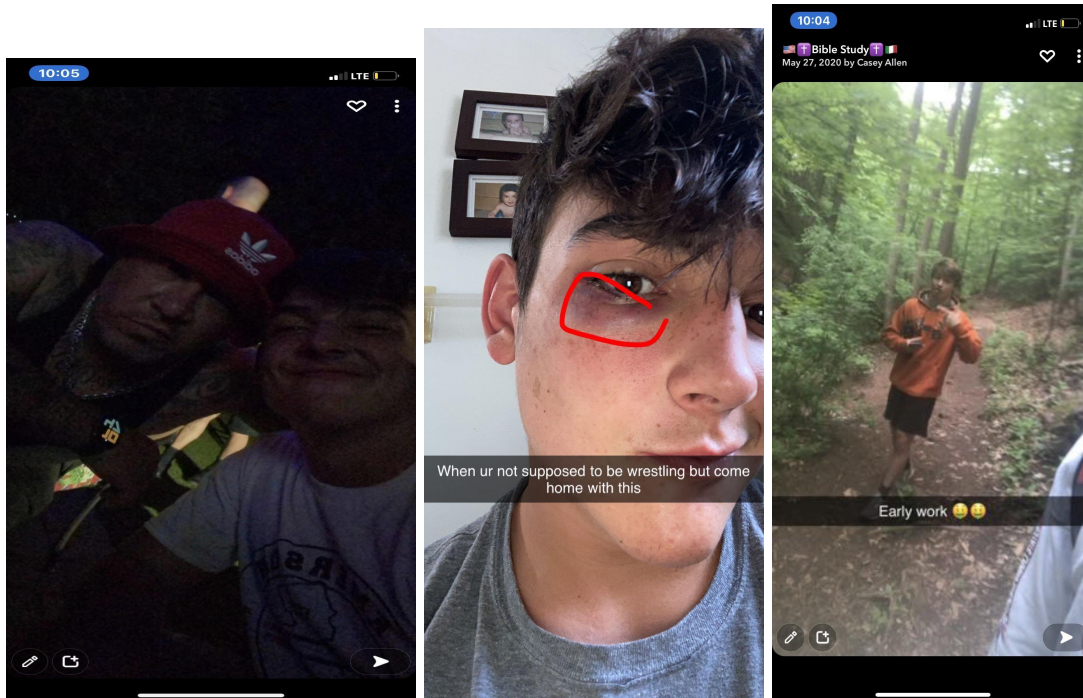


The title of my contribution is going to be how I trained in the woods. I think it is a simple title, but it hammers home the message. The videos are all of me working out in the woods during quarantine. All of the gyms were closed, so the only way to work out would be to go outside and do whatever I needed to do. These woods would vary everywhere in northern New Jersey. I enjoyed switching up the scenery and keeping things new. I did everything from run to lifting logs and punching football pads. My friend Jack was a great force in motivating me during this tough time. We were both there for each other to get better, and I do truly appreciate the time I spent with him. Although my COVID experience was filled with a ton of mental hardship, these were the experiences I remember the fondest from that year. Anything that was available to me in public I used to better myself. The videos are of me and sometimes my good friend Jack. The dates vary from April 2020 into that summer. My name is Casey Allen, callen4@springfieldcollege.edu.



I really enjoyed looking into all of these archives over this passed unit. Although repetitive with the questions taking a deep dive into things I would not have probably gotten a chance to look into was pretty cool. My favorite part is looking into the Springfield Archive and seeing all the different things that happened in our school's history. It was shocking to see how hypocritical our humanics message is no offense to Springfield College. The way we handled segregation will stick with me forever. I also loved the museum of suspended objects. It was really interesting seeing different things get their meaning back after looking like simply junk. Shows that almost anything can be made into an archive.