

# COLLEGIAN

February 26, 2020

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## Students embrace Chinese Lunar New Year

**CLEIGHTON ROBERTS**  
CONTRIBUTOR

On Feb. 16, Cat Cavern was filled with students, professors and Salem community members to celebrate the Chinese Lunar New Year. This year the Chinese New Year started on Jan. 25, but traditionally, celebrations continue up to 23 days afterwards.

The room was decorated with red lanterns, tissue flowers and cutouts of rats (this is the year of the rat) set up by members of the Chinese Taiwanese Cultural Association (CTCA). The CTCA organized a mix of modern and traditional performances, set up activities and cooked food for the celebration.

The dishes were traditional Chinese dishes which included black bean tofu, pork belly, bok choy and noodles. All of it was prepared by the CTCA.

Members worked about seven hours each to prepare all of the food. "We cooked Friday, Saturday and a bit of Sunday" said Julianna Tsang ('23), a member of the CTCA.

The performances included both traditional and more modern Chinese performances. The first



A group of Willamette students pose with Chinese lions at the Lunar New Year celebration on Feb 16.

performance was a rap by an international student from Shanghai, Qin Yi He. The rap is based off of the traditional "Gong Xi Fa Cai" song.

CHINESE, 3

## Women's lacrosse prepares for season ahead

**JAMES WILLIS**  
SPORTS EDITOR

As Willamette spring sports begin to start their seasons, women's lacrosse looks to make their second season debut on March. 3 against Aurora University. The team has been practicing since last October, which is when the National Collegiate Athletics Association allows them to participate in up to 16 practices, commonly referred to as "Fall Ball." After winter break, the team is allowed to practice and lift on their own schedule, which has been two hours a day, five days a week.

With the first game under a week away, Head Coach Sarah Lautenbach gave some perspective on what the team is looking forward to the most. She said: "Our players are really looking forward to getting on the field. They are chomping at the bit to go out and compete against somebody else. It is getting a little tiresome competing against ourselves."

WOMEN'S, 6

## Opinion: Exploring the outdoors benefits student health

GRACE SHIFFRIN



GRACE SHIFFRIN

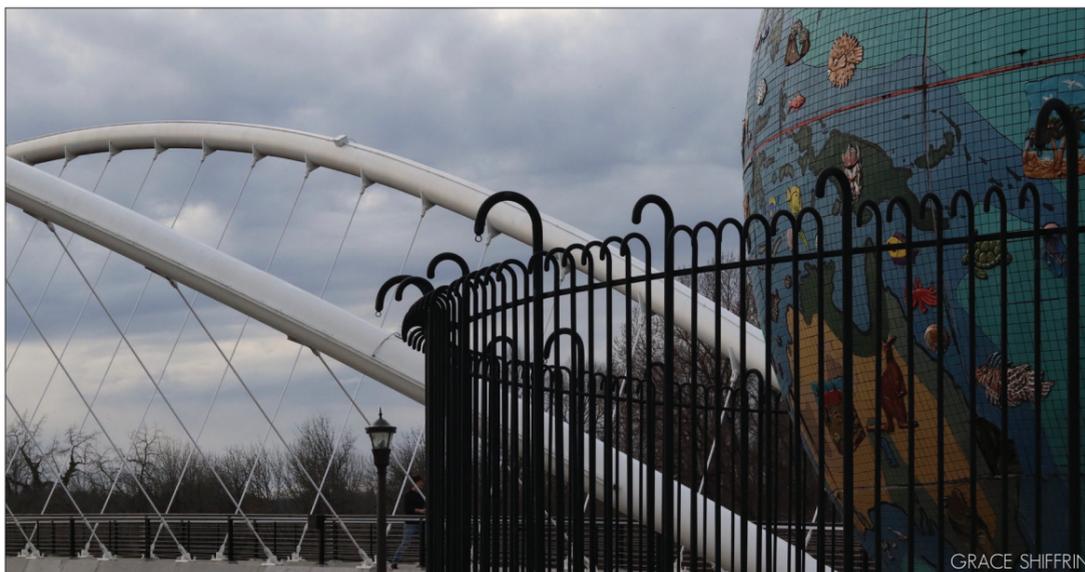
**LILY PAINTER**  
CONTRIBUTOR

Living in the Pacific Northwest is a label that many young people and students wear with pride. The Pacific Northwest, or the PNW, as it has been affectionately named, is loved for its wild nature, easily accessible hikes and green landscape. Willamette University's proximity to many of these benefits allows multiple opportunities for students wishing to discover nature's benefits. There are many, ranging from reduced stress to improved cognitive abilities.

Salem, OR is surrounded by areas conducive to outdoor activities,

such as Bush Park, Minto-Brown Island Park and Riverfront Park. These options are popular among students who like to run, walk or simply sit and spend time outdoors. In addition, each of these locations are only about a 15- to 20-minute walk from campus. Willamette's proximity to locations such as Riverfront Park allows for easy access for those who wish to use it. When asked about Riverfront Park, Julie Henriksen ('21) said, "It's really accessible if you don't have a car," while Lydia Troppacher ('21) mentioned that she takes walks there nearly every day.

OPINION: GOING, 7



GRACE SHIFFRIN

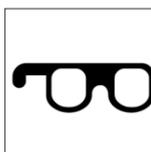
Photos of the Riverfront Park bridge and grassy area, which is a short walk from Willamette's campus.



### NEWS

Meet the president of the Willamette Events Board, Cynthia Ramirez .

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### LIFESTYLES

Students share opinions about recently opened Keizer In-N-Out.

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### SPORTS

Athletics Department hosts professional development workshop.

pg. 6



# Meet your student leaders: Cynthia Ramirez

NOAH DANTES  
MANAGING EDITOR

Cynthia Ramirez ('20) is the Willamette Events Board (WEB) president, politics major, currently working on her senior thesis and baker of the popular white chocolate matcha cookies at the Bistro.

She joined WEB her junior year after helping friends in WEB put on an event: "I went to a lot of the events, but I remember helping my friend put up the screen for the 'Black Panther' movie because it was outdoors. I thought it was really fun to put events on and join a different kind of club on campus."

She joined as a general member but at the end of her junior year, she submitted an application for president. While she was hired in May of last year, the majority of her work didn't start until August when fall semester began.

Her duties as WEB's president include: "I work with the ASP students... I make the meeting agenda. I plan most of the training and then assign certain parts of training to the other exec members. I send a lot of emails to managers, people who we contract to bring to campus. They always send emails to me first, but then we shift the responsibility to a general member so they can start talking with them. And then a lot of brainstorming, team building, things like that. I share a lot of those [duties] with the vice president

[Adriana Escorcia Lopez ('22)] too. And we always have our office hours together."

Many Willamette students may not know the work that goes into an event, but Ramirez described the process in detail: "For planning an event, we have the ones that are mostly scheduled, like Back to School or Midnight Breakfast, but if someone wants to propose an event, we ask them to fill out this Google Form with the proposal and then we also meet with them... And then they propose the idea, we go over everything."

During the meeting, they consider four core ideas: "We think about safety, courtesy, show and performance. So we want to see how the event can do that. And then afterwards, we asked them to propose a budget and a location, and then the treasurer looks over the budget, buys all the things, we reserve the location and then they send a request to our publicity members. Then they start creating the poster and the Facebook event, and then Instagram and then after that, they ask the vice president to send out the campus-wide email."

On the day of an event, "we let them into storage and they get everything ready, and the event goes and afterwards we reflect on the event. If the event is to be done again in the future, they discuss how it can be improved."

Ramirez emphasized that one of her goals is to foster strong

team dynamics in order to ensure event success. Another big goal is successfully putting on the Star Jam event this spring, which will involve food, student organizations and activities. "It's our first year doing it, so we're really looking forward to that and getting more student voices. We've been doing a lot of polls on our Instagram and our text messages." She is also excited for Black Tie, which is coming up this Saturday.

One of the biggest challenges she has faced during her time as president has been scheduling meetings: "It's always an over email, even though it would be better to communicate in person."

It was only towards the end of last semester that exec started meeting with the general members who were planning an event two weeks before the event. This semester, this has become the standard: "We make sure to find a meeting, even if it's during lunchtime, if it's really late, so we can get everything done, so then it's not rushed at the end. I think changing the system made it a lot easier to be more organized too."

"My favorite part [of the job] is just seeing the events that people think of... then seeing Willamette students and ASP students come to them and seeing them really engaged with the event. I think that's so cool. It's a really good feeling," Ramirez said.

Outside of WEB, Ramirez works at the Bistro and for Housing. As a senior, she is also working on her thesis, on top of another class. In the free time she has, she likes to play Mario



EXENE VANDENBERG

Cynthia Ramirez

Kart and watch Netflix (her favorite show is "The 100").

When asked how she manages her free time, she said: "Sometimes I just give up on my homework at a certain time, like 10 p.m., maybe nine. I just give up because I think there's no point because my brain can't function anymore. So I just like to take a nap or hang out here [at the Bistro]."

Speaking of the Bistro, her favorite snack there are the snickerdoodles: "I like them when I make them." She also likes getting hot chocolate with oat milk.

When asked if she had a general message for Willamette, she said: "We all work very hard as a com-

munity to make Willamette run... We really like constructive criticism and really like feedback from students. So don't think that you can't talk to WEB. We want to hear what you want to do too. That's why we do a lot of polls. Let us know. We want to collaborate a lot more with clubs."

Her office hours are 12-1 p.m. on Wednesdays and Fridays in the office of Student Affairs. Information about WEB can be found by texting WUWEB to 76626 or following their Facebook page, @WillametteEventsBoard, or their Instagram, @wueventsboard.

[ngdantes@willamette.edu](mailto:ngdantes@willamette.edu)

## WEEKLY REPORT BY CAMPUS SAFETY

### CRIMINAL MISCHIEF

**Feb. 13, 6:00 p.m. (Winter Street):** Campus Safety received a call from an employee reporting their vehicle had been broken into. The individuals ran off after the car was started remotely as the victim was returning to their vehicle. Officers and Facilities responded and helped tape up the window. A report was filed.

### EMERGENCY MEDICAL AID

**Feb. 14, 10:29 p.m. (In a campus residence):** Campus Safety received a call reporting a student feeling ill. An officer and WEMS responded and WEMS evaluated the student. The individual declined transport to the hospital after WEMS determined that further medical treatment was not needed.

**Feb. 14, 11:24 p.m. (In a campus residence):** Campus Safety received a call report of a student feeling ill. Officers and WEMS responded. WEMS evaluated the student and determined the individual needed to be transported to the hospital. An officer transported the student. The on-call area coordinator was notified.

**Feb. 16, 11:07 a.m. (Goudy**

**Commons):** Campus Safety received a call reporting a student lost consciousness in the serving area. An officer responded and met with the student who then requested transport to their residence room.

**Feb. 19, 3:44 p.m. (Rogers Music Center):** Campus Safety received a call reporting a student had injured their foot. An officer responded and met with the student who then requested transport to the hospital. The student was transported to the hospital and the on-call area coordinator was notified.

### HARASSMENT

**Feb. 18, 11:14 a.m. (Skybridge):** A student came to the Campus Safety office to report that as they were walking underneath the Skybridge, they were grabbed by a suspicious individual. The student gave a description of the suspect and officers searched the area for the individual.

**SUSPICIOUS ACTIVITY/PERSONS**  
**Feb. 14, 4:16 a.m. (Tokyo International University of America):** While on patrol, an officer encountered a suspicious individual hiding in the

bushes. The officer met with the individual and advised they were on private property. The individual left campus.

**Feb. 14, 4:30 a.m. (Law School):** While on patrol, an officer observed a suspicious individual on a bike looking into cars. As the officer approached the individual, the suspicious individual quickly left campus.

**Feb. 14, 4:40 p.m. (Atkinson Graduate School of Management):** Campus Safety received a call reporting a suspicious individual rummaging through the dumpsters. An officer responded and located the individual off campus.

**Feb. 17, 12:28 p.m. (Pi Beta Phi):** Campus Safety received a report of a suspicious individual outside screaming. Officers responded and met with the individual who was escorted off campus.

**Feb. 18, 11:30 a.m. (University Center):** Campus Safety received a call from the bookstore reporting individuals smoking near the building. An officer responded and advised this is a no smoking campus and the in-

dividuals left.

**Feb. 18, 5:03 p.m. (Ford Hall):** Campus Safety received a call reporting a suspicious individual sitting on a bench yelling. Officers responded and met with the individual who then left campus.

**Feb. 19, 2:44 p.m. (Jackson Plaza):** Campus Safety received a call reporting a suspicious individual standing near the stream. An officer responded and met with the individual. The officer observed the individual as they left campus.

**Feb. 20, 4:09 p.m. (Law School):** Campus Safety received a call reporting a suspicious individual rummaging through the dumpster. An officer responded and searched the area and surrounding areas, but the individual could not be located.

### THEFT

**Feb. 20, 7:25 p.m. (Goudy Commons):** Campus Safety received a call from Goudy reporting a student missing their backpack. An officer responded and met with the student. Video footage was

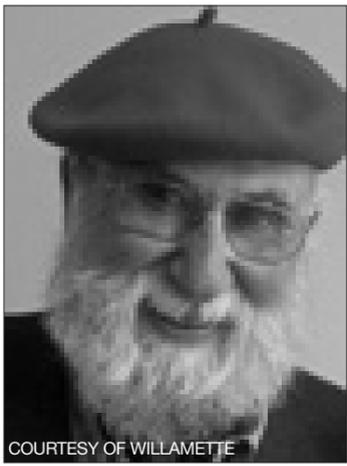
reviewed and sent to the Salem Police Department. A report was filed. The next day, another student also came to Campus Safety to report their backpack stolen. The students were advised to contact the Salem Police Department to make a report.

### WELFARE CHECK

**Feb. 20, 1:30 a.m. (In a campus residence):** Campus Safety received a call requesting a welfare check on a student. Officers responded and met with the student in their room and determined them to be fine, but advised they can contact Campus Safety at any time if they need anything. The on-call area coordinator was also notified.

PLEASE CONTACT  
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YOU HAVE ANY  
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INCIDENTS.  
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# Award offers \$400 for seniors to present research



COURTESY OF WILLAMETTE

Phil Hanni (1932-2013) served as a chaplain at Willamette University for 12 years.

ANNA SEAHILL  
STAFF WRITER

The Phil Hanni Student Scholar Award is right around the corner, with the application deadline for this opportunity to present student research and creative work set for March. 9 and the results announcement scheduled for March. 16.

Established in 2013, the award honors six Willamette seniors each spring who have demonstrated an interest and ability in presenting their academic endeavors to an audience. This au-

dience is made up of members of Willamette's Institute for Continued Learning (ICL), a program that began in 1992 and "serves retired and semi-retired persons over the age of 50 who wish to explore opportunities for continued learning in an academic environment," according to the University website.

These 160 ICL participants sponsor the Phil Hanni Student Scholar Award, pooling together

work in April in the Kaneko Auditorium is designated for a selection committee of six to eight ICL members; they collaborate to read all of the online applications and narrow down the field to the top six student proposals. In the past six years, there were a total of 135 applications, 105 of which came from women.

In order to ensure that one academic discipline is not overrepresented in the presentations, Zook

ies and Public Health Ethics, Advocacy and Leadership (PHEAL), spearheaded the establishment of the Phil Hanni Student Scholar Award after speaking with a visiting professor from the University of Cambridge.

Millen stated: "It was in the course of discussion comparing a small liberal arts college to a big university that we talked about how important it is for students to practice presenting to people outside of their discipline."

that are made as a result. We talk about the University as if it is the real world, but not everyone is actually here. The ability to interact with ICL means the student teaches the elderly and the elderly teaches the student," Millen said.

Millen concluded with a shout-out to Administrative Program Coordinator Reyna Meyers, who currently coordinates the logistics, including collecting applications, designing posters and other forms of event preparation.

*"These 160 ICL participants sponsor the Phil Hanni Student Scholar Award, pooling together their donations to give every student scholar \$400 for their efforts and commitment, along with a certificate presented by Erin Hanni."*

their donations to give every student scholar \$400 for their efforts and commitment, along with a certificate presented by Erin Hanni, Phil's wife. Thomas Zook, an ICL member since 2011 and the Institute's curriculum director from 2012 to 2016, explained that this generosity stems from a core interest of the award: helping and encouraging student success.

The process of choosing the students who will present their

said, "We get a lot of variable departments and make sure we do not have more than one student from a department chosen in a given year." So far, the two subject fields that have been the most prominent over the years are politics and anthropology. Recent topics from 2019 include the Violence Against Women Act, transitional housing in Salem and the response to the opioid epidemic.

Joyce Millen, associate professor of anthropology, African stud-

Millen created the award with ICL as a mutually beneficial response to enable students to present in front of an audience with life experience while also engaging ICL with the rest of the campus community. The setup of each presentation allocates 35 minutes for the speaker to give their talk and the following 15 minutes for a question-and-answer session with the ICL audience.

"The best part about the program is the intergenerational connections

Seniors from all departments are encouraged to apply for the Phil Hanni Student Scholar Award by the March. 9 deadline. The application, which can be found on the Willamette website, requires a faculty sponsor and asks for the applicant's presentation abstract and explanations. Questions can be directed to Meyers at [rmeyers@willamette.edu](mailto:rmeyers@willamette.edu).

[amseahill@willamette.edu](mailto:amseahill@willamette.edu)

## This week on campus

### Wednesday, Feb. 26

Honor and Awards in Bearcat Excellence Pizza Party  
11:30 a.m. - 1:30 p.m.

Office of Student Activities (UC 2)

Ash Wednesday service  
12:00-12:45 p.m.  
Cone Chapel

Eboo Patel: Atkinson Lecture Series  
7:00-8:30 p.m.  
Rogers Music Center

Ander Monson: Hallie Ford Literary Series  
7:30 p.m.  
Eaton 209

### Thursday, Feb. 27

Convocation: COVID-19  
11:30 a.m. - 12:30 p.m.  
Cone Chapel

Maslenitsa: 'Russian Mardi Gras'  
4:00-5:30 p.m.  
Ford 102

Fulbright Student Program info session  
4:00-5:00 p.m.

Language Learning Center

Open forum to meet VP for Student Affairs/Dean of Students candidates  
4:15-5:15 p.m.

Alumni Lounge

"Revolt. She Said. Revolt Again."

Thursday 7:30-9:00 p.m.

Friday 7:30-9:00 p.m.

Saturday 2:00-3:00 p.m.

and 7:30-9:00 p.m.

Pelton Theatre

### Friday, Feb. 28

Fridays with the F.A.M.: Career Development staff on international job searches  
11:30 a.m. - 12:30 p.m.

Parents Conference Room

### Saturday, Feb. 29

A Black Tie Affair  
Dinner at 6:30 p.m.  
Dance from 8:30-11:30 p.m.  
Salem Convention Center

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CCT Presents: Ed Hill (18+)

Friday, Feb. 28<sup>th</sup>

7:30pm Salem Famous Improv Comedy (All Ages)

9:30pm Salem's Missed Connections LIVE (18+)

Saturday, Feb. 29<sup>th</sup>

7:30pm Salem Famous Improv Comedy (All Ages)

9:30pm Salem's Missed Connections LIVE (18+)

Tuesday, Mar. 3<sup>rd</sup>

7:30pm

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# Popular California chain opens a Keizer location

OLIVIA FRENKEL  
CONTRIBUTOR

Though the palm tree-clad cups and secret “Animal-Style” menu may be familiar to some, the newly opened In-N-Out now provides all Willamette students and Salem-Keizer community members with a taste of the Californian cult classic.

The shiny new In-N-Out doors opened on Dec. 12, 2019 to crowds of people and masses of cars. New the publicity and excitement, though not nearly as intense as it once was, continues to thrive and lines of people still snake through the doors and onto the sidewalk.

“We waited for about 45 minutes outside before going straight to the register when I went last month,” said Jordan Edner (‘23). “Then we waited another 30 for the food. It was extremely busy and there wasn’t room for everyone inside, but I’d say it lives up to the hype.”

Cecily Banks (‘23) echoed a similar sentiment, saying: “The wait was about an hour the first time I went and about 10 to 15 minutes when I went [on the 20th]. The quality is just as good as the ones in California and you gotta go try it at least once.”

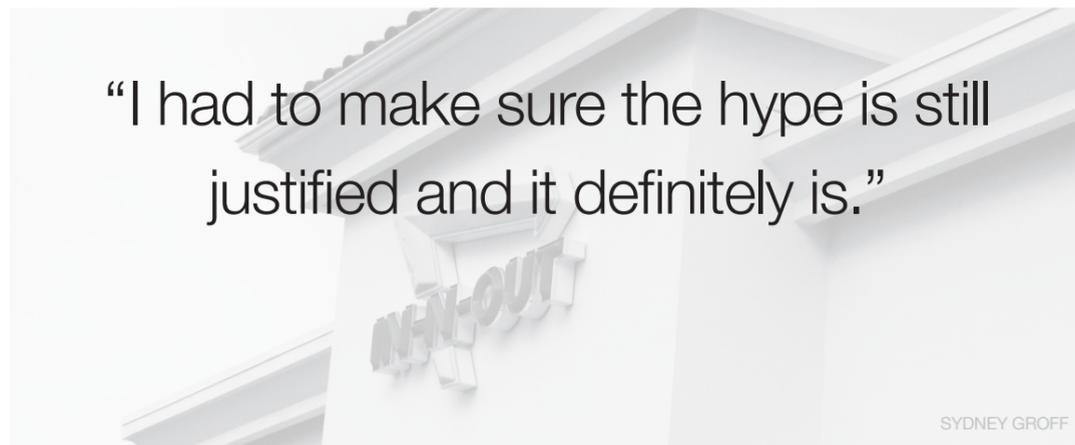
Despite the wait, students seem to agree that the quality does exceed most other fast food restaurants. “It had been a long time since I’d gone to In-N-Out, so I didn’t remember it a whole lot. I had to make sure the hype is still justified and it definitely is,” said Ronan Davies (‘23).

However, other students, such as Jacob Hulti (‘20), avoid the restaurant specifically because of the wait.

“I tried to go once,” said Jacob Hulti (‘20), “It’s hard to say no to a \$2.40 cheeseburger, but then I drove up, I saw the line of cars and



In-N-Out located in Keizer has tents set up to accommodate lines of people waiting outside in the rain.



“I had to make sure the hype is still justified and it definitely is.”

people, and I turned around and ate something else.”

For some, the novelty of the franchise has simply worn off. Californian Evan Segimoto (‘21) explained,

“In-N-Out was such a normal thing growing up, so now there’s no urgency for me to go. The quality is

always good and the stores all look very similar. If you’ve eaten at one, you’ve eaten at all of them.”

Consistency and good quality was

the goal for Harry and Esther Snyder, who founded the first In-N-Out in 1948 in Baldwin Park, CA. The service and low prices allowed it to quickly rise as a California staple, and locations began to spread across state lines. Nevada’s first location opened in 1992, Arizona’s in 2000, Utah’s in 2008, Texas’s in 2011, and Oregon’s in 2015 in Medford, about three and half hours from Salem.

The menu, after the addition of “Animal Style” in 1961 and milkshakes in 1975, has stayed exactly the same. Even the logo, revamped once in 1954, has remained unchanged.

Now, each storefront is easily recognizable by the two crossed palm trees at each location, inspired by Harry Snyder’s favorite film, “It’s a Mad, Mad, Mad, Mad World,” which features buried treasure under crossed palm trees. Snyder considered each In-N-Out store to be his own treasure, thus the tradition continues.

Though In-N-Out has over 300 locations, it remains a family business. Harry and Esther’s only granddaughter, Lynsi Snyder, took over as president in 2010. She continues to uphold the precedent of quality that Willamette students and Salem-Keizer residents alike are now experiencing.

The Keizer In-N-Out is located on 6280 Keizer Station Blvd and is open from 10:30 a.m. till 1 a.m. every day except Friday and Saturday, when they close at 1:30 a.m.

onfrenkel@willamette.edu

## Horoscopes: week of Feb. 26 - March 4

BILLY ULLMANN  
CONTRIBUTOR

**SOMETHING NEW:** I pulled a tarot card for each sign this week, as there are few lunar and planetary movements occurring.

 **Aries:** The moon goes into Taurus on Feb. 28, so let yourself feel whatever you’re going through and sit still with yourself. The moon enters Gemini on March 1, pushing you to analyze yourself and the world around you. Your tarot card: the world. There is a sense of completeness, bringing a feeling of harmony in your life. Know that you are connected to everything.

 **Taurus:** The moon enters your sign on Feb. 28, encouraging you to feast and take care of yourself in abundance. On March 1, the moon goes into Gemini, so be open to learning and to being around others. Your tarot card: the magician. Be willing to put effort and concentration toward what you want to achieve. The tools are in your belt, if you are willing to see them.

 **Gemini:** The moon enters Taurus on Feb. 28, so give yourself a break and pause; you need to restore in stillness. The moon moves into your sign on March 1, calling you to explore ideas and express yourself. Your tarot card: the two of wands reversed. You need to plan, especially when it comes to your long term goals. Have patience and know what is important.

 **Cancer:** On Feb. 28, the moon enters Taurus, which inspires you to be warm and gentle, both to yourself and others. The moon goes into Gemini on March 1, asking you to be open minded and communicate. Your tarot card: the five of cups. You may be feeling disappointment but ask yourself: Is there something you haven’t let go of? You have control over how you react to things.

 **Leo:** The moon moves into Taurus on Feb. 28, making it a good time to treat yourself and others to material pleasures. On March 1, the moon goes into Gemini, so embrace distraction and let it take you where it does. Your tarot card: the six of wands. Enjoy your success and

the attention that comes with it. You have worked hard to earn it, whatever it may be.

 **Virgo:** The moon goes into fellow earth sign Taurus on Feb. 28, asking you to rest and remember that your work comes with rewards. The moon moves into Gemini on March 1; open your mind to new experiences and let go a bit. Your tarot card: two of wands. You already have a plan for what you want to do. Now it is time to move forward and step into the unknown.

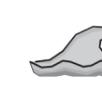
 **Libra:** On Feb. 28, the moon goes into Taurus; know where your energies are best spent and enjoy what you have. The moon enters Gemini on March 1, letting you easily connect with others and with new ideas. Your tarot card: the ace of wands reversed. You may be having a hard time motivating yourself or feel unsure about your projects. Take some time away to clear your head.

 **Scorpio:** The moon enters sister sign Taurus on Feb. 28, so remember

you are loved and you have everything you need, even when it doesn’t feel like it. On March 1, the moon goes into Gemini, making it a good time to take things lightly and go with the flow. Your tarot card: the four of swords. You have stability and harmony, especially through your community. Make time to celebrate love.

 **Sagittarius:** The moon moves into Taurus on Feb. 28; pick worthy battles to fight. Some leopards never change their spots. The moon enters sister sign Gemini on March 1, encouraging you to make connections and flirt. Your tarot card: the three of pentacles reversed. Teamwork doesn’t work if everyone feels threatened. Allow space for communication and cooperation.

 **Capricorn:** On Feb. 28, the moon goes into Taurus, asking you to look at what hard work can get you. What do you want? The moon moves into Gemini on March 1, so be playful and look at the world as a child would. Your tarot card: the high priestess. Be aware of the power you have within. You may feel lost but the answers are inside you; they’ve always been.

 **Aquarius:** The moon enters Taurus on Feb. 28, so let yourself feel love for something directly in front of you. On March 1, the moon moves into Gemini, pushing you to socialize and look in new directions. Your tarot card: strength. You are patient, dedicated and strong. Your stability can be more important for others than you realize.

 **Pisces:** The moon moves into Taurus on Feb. 28, making it a good time to be sentimental and warm. The moon enters Gemini on March 1; it’s okay to have your head in the clouds, especially if they carry you to new and exciting places. Your tarot card: the hierophant. Sometimes the available social structures are to be trusted. Traditional doesn’t always mean boring.

**DISCLAIMER:** I am not a professional or trained astrologist. Any guesses made are simply that: guesses.

aeullmann@willamette.edu  
Graphics: Blake Carlile

# Chinese Lunar New Year in full swing



COURTESY OF CHINESE TAIWANESE CULTURE ASSOCIATION

Willamette Chinese Taiwanese Cultural Association executive board poses for a picture at the Lunar New Year celebration in Cat Cavern.

CONTINUED from Page 1

The rap was followed up by two musicians from the Portland Wisdom Arts Academy. The duo played traditional Chinese music on a erhu, a two-stringed instrument played with a bow and a guzheng, a plucked string instrument played across the user's lap.

"The guzheng has a long history, over 2,000 years old," said Hai Bi, the guzheng player who has been playing his entire life.

"[The erhu] passed through Mongolia and during the Tang dynasty it was brought in but then it became a Chinese instrument, because nobody else plays it," chuckled Ji You Yang. "And it's now one of the most popular music instruments in China."

After that, another rap was performed by Chinese 200- and 300-level students. This was followed by a Wushu performance done by a team from the University of Oregon. Wushu is a martial art that is not only practiced for self defense, but also as a performance art.

"It is a Chinese martial art. A lot of it is focused on performing. There is Wushu that is self defense, but the focus on modern Wushu is on performance" said Jason Hui, a coach for the University of Oregon Wushu team. "It is an up-coming-sport I would say, [Wushu] just got admitted to the 2020 Olympics. It almost got into the 2020 Olympics

but I think baseball beat it out."

The last two performances were traditional music played by Willamette students and a Chinese lion dance. The students played homemade flutes, which were crafted from bamboo or PVC pipe, and were accompanied by Ji You Yang on the erhu.

The lion dance consisted of two lions, each controlled by two people: one in the front holding the head, the other in the back as the tail. They walked around and interacted with the crowd while two people on stage played the drums and cymbals. The lions did a number of tricks, including playing catch with their mouths and standing up on two legs, which requires the tail person to hold the head person on their shoulders for an extended period of time.

Doing all of this organizing, cooking and performing is a lot of hard work, but it all gets done because people want to celebrate their culture.

"I really like helping with the event because Chinese New Year is close to my heart, even without my family," said Tsang. "It's also a good way to share my culture with others."

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## Binders for Bearcats

DAWN-HUNTER STROBEL  
LIFESTYLES EDITOR

The Gender Resource Advocacy Center (GRAC) now offers a program called Binders for Bearcats. Through this program, trans and gender non-conforming students can order a chest binder and the GRAC will provide it free of charge.

This program is made possible largely through the work of Gray Gauteraux ('20) and Oakley Fielder ('22).

To apply for a binder, scan the QR code at the bottom of this page.

The QR code leads to a Google Form that asks a series of questions such as chest measurement, shoulder measurement, guessed binder size, what style and color of binder is requested, and a space to write out any questions or special requests.

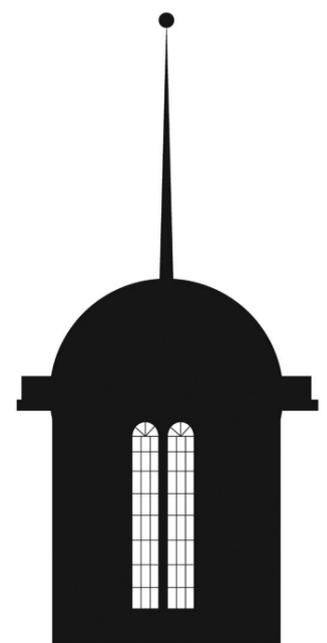
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## Women's lacrosse prepares for the start of their upcoming season

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After last year's inaugural season, the team's main goal is to continue to build the program by establishing a winning culture. When asked about how this is going to be accomplished, Lautenbach said, "We try not to focus on wins and losses at this point. The key is to improve every day, push for winning culture and do the right thing, regardless of the outcome, no matter who is watching." She also mentioned that one of the most challenging aspects of the season by saying: "Being able to separate the score and how we played can be challenging. Taking a step back and reflecting on that is important."

Another key component in establishing a winning culture for

the team is improving the chemistry among players. To achieve this, the team participated in many team-building activities throughout the off-season and the spring semester. Lautenbach also said that the team talks about respecting one another and everyone's role on the team.

"We talk about respect a lot, respecting each other as people and as players in different roles. We all have different backgrounds, so by respecting that we can continue to build trust."

This year, the women's lacrosse team will be playing in 17 regular season games over two months. These games will feature other teams from the Northwest Conference and other Division III teams. The week's game plans change to best match their op-



COURTESY OF WU ATHLETICS

Women's lacrosse Head Coach Sarah Lautenbach gives coaching advice to players at a game.



COURTESY OF WU ATHLETICS

Sophomore Miranda Piros (center) carries the ball in a 2019 game.

ponents, and practices are designed to help prevent players from becoming injured. When asked about preparation before games, Lautenbach said: "One of our team philosophies is keeping the team fresh. I also think we are better conditioned this year and can have more players play whole games while avoiding injuries."

This year, the lacrosse team welcomed six new first-years to the roster. The new players boost the roster size, which allows for increased injury prevention through substitution and opens up what the team can do during practices. Lautenbach has been

pleased with their performances thus far: "You will definitely see them out there this season... they are all very talented."

Reflecting on the past season, Lautenbach spoke about a few of her favorite memories, the first being the first lacrosse game in school history.

"Our first game was great, seeing our buildup pay off, seeing the players see what they can actually accomplish, [that] they can do this and being able to see it all put together is really exciting." They won their first ever game with a score of 16-5.

Lautenbach also said, "Seeing

the players overcome adversity and the challenges of the season was great. I got to see them all grow as people as well, which was really cool."

The Bearcats kick off their second season on March 3 at 5 p.m. on Sparks Field.

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## Basketball comes to a close

JAKE PROCINO  
STAFF WRITER

Going into the final game of the season on Saturday night, the Willamette women's basketball team had a chance to earn a playoff berth if the University of Puget Sound lost to George Fox University and if Willamette beat Pacific University. George Fox handily defeated Puget Sound 62-45, which put the ball in the Bearcat's court.

The game started out slow for Willamette, not scoring until senior Lucy Morrill drained a jumper four minutes into the game. Willamette played catch-up for the rest of the first quarter, going into the second quarter behind by six. During the second quarter, Willamette pulled within one point before Pacific went on a 10-3 run to end the first half, Pacific leading 29-21.

Morrill and junior Amanda Carpenter led a furious comeback in the third quarter, quickly erasing Pacific's eight point lead within the first two minutes of the quarter. Neither team was able to gain a significant advantage as scoring went back and forth; the Bearcats at one point led 33-31, but the quarter finished with Pacific leading 43-39.

Pacific ran away with the game in the fourth quarter, going on an 11-1 run and never relinquished the lead. Willamette started fouling to slow the game down, but Pacific hit 10 of 12 free-throws in the fourth quarter to keep their lead.

Down nine points with 5.4 seconds to go, Head Coach Peg Swadener gave the seniors a final, emotional send-off, subbing out seniors Elizabeth Logsdon, Morrill, Drew Farmer, and Kassin Hopkins, during which they received a standing ovation from the crowd.

This loss means that Willamette

will not be advancing to the Northwest Conference (NWC) tournament, and caps a season in which the team went 13-12.

Willamette men's basketball participated in the second game of the evening. The Bearcats scored 91 points, their third highest scoring mark of the season. However, this was not enough to overcome Pacific University's 99 points.

The high-scoring affair was a result of the fast-paced transition-based offense that Willamette employed to counter Pacific's full-court press defense. However, this fast play also resulted in a lot of mistakes, as the teams turned the ball over a combined 37 times over the course of the game (there are only 40 minutes in regular time).

The game started out strong for Willamette, the team taking an early 7-3 lead. This was the biggest lead Willamette had in the game. Pacific went on a run to take a 30-20 lead 10 minutes into the game. Willamette never gained the lead back, but came close during several points throughout the game. Willamette stormed back only trailing 33-31, but a hot streak by Pacific pushed the lead 51-38 at the half.

In what felt like déjà vu, the Bearcats quickly overcame the second-half deficit and tied the game at 69 points and kept it close throughout much of the second half. However, accurate free-throw shooting from Pacific kept the game out of Willamette's reach.

The only senior on the team, Joshua Stubbs, was also honored with a substitution with four seconds left in the game.

This loss capped a season in which the men's team finished with a record of 1-24.

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## Athletics Department hosts workshops

BRITT SHUNN-MITCHELL  
STAFF WRITER

After a semester of Monday night workshops on many different topics, this month, the Athletics Department is focusing on professional development. There will be a workshop every Thursday from 11:30 a.m.-12:30 p.m. with different focuses that all tie in to professional development. Associate Athletic Director Leslie Shevlin explained that "we have a committee [Student Athlete Advisory Committee] to prioritize what they thought the student athletes wanted and there were student athletes involved in figuring out what we are providing." The goal of these events is to create a well-rounded student-athlete and to alleviate some of the pressure from coaches by providing culture-building events for their athletes during seasons.

The Athletics Department recognized that student-athletes are hyper-visible and have a platform to magnify their actions on campus. Monday night workshops, which took place last semester, and the Thursday afternoon workshops were created in an effort to help create well-rounded student-athletes that positively affect those around them.

Shevlin said "A lot of the workshops are not just about having a united student-athlete base, but also student-athletes can be a positive impact—they recognize they are not above the rest of the student body—they don't want to be separate."

Shevlin emphasized that while the events are put on by the Athletics Department, they are open to the whole student body and meant to be tools for any student that wants to utilize them. The first event kicked off with

a social media workshop with information on how employers are utilizing social media in the hiring process, and how you can use yours to network. This week's event is on navigating student debt after college. Next week's will be a workshop on networking and will host a panel called Women Who Rock. These events will be held in the Alumni Lounge on UC 3 with lunch provided to the first 50 attendees. The workshop series will be followed up with a professional development night on March 16 at 6:45 p.m. in Cat Cavern. This event will consist of a panel of WU alumni sharing their knowledge, mini workshops and a networking portion.

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EXENE VANDENBERG

Willamette students attend a workshop to learn about professional development skills and concepts.



# Opinion: Going outdoors improves student mental health

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For those who are looking to explore the outdoors farther from Salem, the coastal town of Lincoln City is a good option, as it is only an hour away by car. There are also hikes 30 to 40 minutes outside of Salem, including the popular Silver Falls located near Silverton and the North Fork of the Santiam River, which is home to the popular summer spot, Three Pools. Silver Falls has trails of various distances and take visitors past many awe-inspiring waterfalls. Three Pools is best known for its crystal-clear and deep water that people can jump into from the flat rocks surrounding the pools, but also has beautiful hikes that follow the path of the Santiam River.

There are many benefits to exploring nature. According to *Business Insider*, studies have found that it relieves stress to spend time in the forest and improves attention span and a person's ability to remain focused. Both of these are critical for college students to remain in good mental health while completing their work. When asked why he makes a point to get outside, Quan Tran (MBA '21) said, "We spend a lot of time stuck inside buildings and don't really get outside. I think it's stress relieving."

Troppacher said that she finds solace outside, saying: "Nature is usually quiet. I like to go alone. It's my think-

ing time. I feel that nature gives you something back. That's why I like it."

According to *Ask the Scientists*, creative problem-solving also improves after spending a few days in the wild. While the studies do note that the results do not indicate if this is due to "increased exposure to nature, decreased exposure to technology or

generation of new ideas. If students are rewarded with better mental stability and improved cognitive tools by simply going outside, they should commit to spending time outdoors even if it is as little as once a week.

For those students who want to go on hikes and explore farther than Salem's local parks, the Outdoor Pro-

keep perspective when I'm out there so far away from everything else." Smoll and her team organize weekend trips to various locations all over Oregon. Among other things, they take an annual snowshoe trip to Crater Lake, travel to the coast and organize white water rafting trips.

Getting outside can be daunting

of the PNW's natural state. Friends to go on adventures with can be found, and the Outdoor Program is in the process of hiring lead positions for next year and is looking for new students to share their love of the outdoors. Spending time in nature helps students maintain a healthier mental state and boosts their thinking skills. From rigorous mountain trails to paved paths, there are many ways to access the outdoors. In the words of Smoll: "The outdoors is so accessible to everyone as a concept. There can be something for everyone."

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"If students are rewarded with better mental stability and improved cognitive tools by simply going outside, they should commit to spending time outdoors even if it is as little as once a week."

other factors," the fact remains that going outdoors affects people for the better, whether that be from the lack of tech or simply the land itself. As college students, the ability to problem-solve is used every day for class projects, leadership positions and the

gram offers an easy way to experience more. Emma Smoll ('20), a co-coordinator of the Outdoor Program, when talking about what she enjoys about her job, said: "I think every single time I go outside I'm baffled by how rejuvenating it is. It helps me

at first and hard to commit to, but is invaluable for a healthy lifestyle. There are many ways to explore the outdoors, whether that be with friends or as a solo adventurer. Many students on Willamette's campus are willing and excited to take advantage

## Correction

In the 2/12 article "Grant funds programs to aid student success," it was incorrectly stated that motivational interviewing is a separate program from the Peer Academic Coaching Program. Motivational interviewing is part of the Peer Academic Coaching Program. The article also incorrectly referenced the position title "Peer Teacher;" this position is called "Supplemental Instruction Leader."

# Opinion: Student engagement is possible at the local level

GRAY GAUTEREAUX  
STAFF WRITER

While approximately 75 percent of undergraduate students come from out-of-state, according to the Office of Admissions, many students find the opportunity to engage with local politics through University-structured engagement and internship opportunities. There are a number of motivations students might have for getting involved in local or state politics, including campus culture, inspiration from classes and professors and the wide variety of networks that communicate political causes and opportunities throughout the community.

Janet Lorenzen, professor of sociology, explained the motivation of students to engage in off-campus politics as "a matter of social networks and habits." For example, if a student was involved in political activism in high school, or has close friendships with politically engaged people, they are more likely to continue their political engagement in college. Lorenzen teaches a course called "Qualitative Methods of Social Research," in which her fall 2019 semester class conducted interviews with students who had been involved with environmental groups on campus. The data from the interviews indicated student engagement with those groups "was really about had they been part of activist groups in high school, or if they had some relation to politics in their family."

Claire Mathews-Lingen ('21) is a student who still holds her voter registration in her home state of Minnesota, but has been highly engaged with Oregon politics since her first year at Willamette.

She explained that her first exposure to local activism in Salem was the frequency of DACA protests and rallies at the capitol in her first year as a student. Some of her engagement with these rallies was facilitated by Professor Jonneke Koomen's course, titled "Student Activism in South Africa and the US; Then and Now." Since the fall 2017 semester, Mathews-Lingen has pursued a number of official organizing and internship positions in the local political sphere, including a WU-sponsored fellowship with Our Climate, an or-

ganization that focuses on climate justice policy at a legislative level, as well as an internship with Representative Rachel Prusak as a part of her legislative internship course last spring. Most recently, Mathews-Lingen has been interning on the Deb Patterson Campaign, a state senate campaign, which entails canvassing and volunteer outreach.

Patterson's campaign has seen a high rate of WU student engagement and is directed by recent Willamette graduate Malea Kirkland ('20). Kirkland explained her motivation for hiring WU students related back to how much

she benefited from her internships and activism work with professors during her time at WU, as well as how much she values "the input and energy and enthusiasm of students. [These students] live in Salem and are part of the community and get to make a real tangible difference in the midst of a climate where things seem so impossible."

In terms of department-facilitated opportunities for engagement, there are two clear facilitators of student activism: forming relationships with lo-

a large number of people working in government who are retiring in the next five years.

This semester, most students with government internships through the PPLE department are working for state agencies such as the criminal justice commission, the Department of Transportation, Parks and Recreation, various departments in the Secretary of State's office and an organization called Engaging Local Government Leaders. Ellis will be teaching a course on state ballot initiatives next fall that will en-

engagement experiences. She's a member of 350 Salem, a local climate action group, as well as Renew Oregon, a non-profit coalition based in Portland that focuses on passing climate legislation.

Lorenzen said, "I think it's hard to be a college student because sometimes you feel college is a really transitional moment," but she emphasized that "if you're here now you're still a constituent" and that legislators "love to hear from young people, they love that young people will get involved in politics and come to the state capitol."

There is clearly room for WU student engagement to include a more open dialogue with year-round residents of Salem. It is important for people engaged in political activism to listen to local voices which can better inform engagement, internship and organizing. High levels of political engagement can be a tall order for students already balancing an academic and social life. However, Mathews-Lingen offered insightful advice for self-regulation; ask yourself, "Am I doing something that I love and that feels fulfilling and important to me?" In the end, this is the heart of keeping political engagement genuine, bringing fulfillment and energy to everyday political action. Ultimately, Willamette students are constituents of their Oregonian representatives and can be energetic influencers of progress and change within local political decision-making processes.

"... there are two clear facilitators of student activism: forming relationships with locally engaged professors through courses and taking advantage of department-based internship opportunities."

gation that focuses on climate justice policy at a legislative level, as well as an internship with Representative Rachel Prusak as a part of her legislative internship course last spring. Most recently, Mathews-Lingen has been interning on the Deb Patterson Campaign, a state senate campaign, which entails canvassing and volunteer outreach.

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cally engaged professors through courses and taking advantage of department-based internship opportunities. The politics department, which initially only hosted legislative internships in the spring, has expanded in the last two years to include other governmental internship classes.

Professor Richard Ellis, of the PPLE department, explained that the recent transition was largely due to the fact that "legislative politics, for most students, is a short-term thing." Offering students more opportunities on the governmental and administrative side is beneficial because there is

gation with the political process of policy issues at state levels. There will also be a course on state and local government offered to undergraduate students at the College of Law.

It is unsurprising that so many students feel motivated to follow in the footsteps of professors who show how educational skills such as research and organizing can be applied in a real sense through local politics. Lorenzen has been involved with research into cap and invest bills since 2015 and played a significant role in both Mathews-Lingen and Kirkland's internship and climate policy

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