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Opinion: Canceling commencement was necessary

 **NOAH DANTES**
MANAGING EDITOR

On April 1, Willamette President Steve Thorsett announced that this spring's on-campus Commencement ceremonies would be cancelled due to the spread of COVID-19. In the same announcement, Thorsett said that this year's graduates will be formally recognized virtually on May 17 and will be celebrated on campus in an alternate event when it is safe to do so. While the decision to cancel on-campus Commencement is a painful one for this year's graduating class and their families, the decision is a necessary one and there are several alternatives worth considering.

One of the key ways the spread of COVID-19 is slowed and minimized is through social distancing. According to an April 3 article by Newsweek, social distancing measures have cut COVID-19 cases in Oregon by as much as 70 percent. Oregon's stay-at-home order has been in effect since March 23, according to Oregon Public Broadcasting, but peak resource use isn't projected for Oregon until April 21, according to data compiled by



COURTESY OF WILLAMETTE ALUMNI ON FACEBOOK

The current ASWU executive team leads the procession at 2019's CLA Commencement ceremony.

the Institute for Health Metrics and Evaluation (IHME). On April 2, the same IHME model predicted peak resource use for Oregon to be May

5. While Oregon's COVID-19 cases rose above 1,000 on April 6, social distancing measures are flattening the curve of infections and saving

lives, as shown in the drastic improvement in projections for Oregon over the past week.

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Bishop Wellness Center Updates

 **JACOB BLOOM**
STAFF WRITER

Due to COVID-19, Bishop Wellness Center has been forced to make changes to adhere to social distancing. On March 30, Don Thomson, Director of Bishop Wellness Center, sent out a mass email informing Willamette students that all Bishop counseling services and most medical services will continue through Zoom for Healthcare, a video conferencing app designed specifically for medical appointments. According to Thomson, only medical services that cannot be conducted remotely will continue in-person. The email also provided a link to Bishop's website, which detailed additional changes that have been made in response to COVID-19. According to the website, students with upper respiratory, cough, flu or sore throat symptoms will be immediately referred to community primary care.

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Photo Essay: Photographs of a quiet campus

 **DANI GARCIA KING**
PHOTO EDITOR

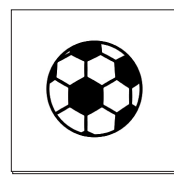
 **SOPHIE SMITH**
EDITOR-IN-CHIEF



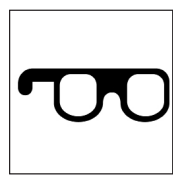
DANI GARCIA KING

The normally bustling quad and its surrounding pathways are empty. The magnolia tree by Smith Auditorium blooms without its usual hammockers and tree climbers.

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Office of Admission suspends campus visits, offers virtual programming as alternative

SOPHIE SMITH
EDITOR-IN-CHIEF

In response to COVID-19-related cancellations, Willamette's Office of Admission is changing its operations. This is in an effort to offer virtual alternatives to campus visits for prospective students, to support student employees and to mitigate potential enrollment decreases in the wake of the outbreak.

In accordance with Centers for Disease Control and Prevention (CDC) guidelines, Willamette's Office of Admission has suspended its campus visit programming until at least May 15. The office has postponed all admission events for the semester, including this year's second and third Bearcat Days events, and has created online visits to allow admitted and prospective students to still interact with members of the Willamette community.

The Office of Admission began creating virtual visit programming around the time of this semester's first Bearcat Days, which took place March 12 and 13. The office first set up online information sessions, or presentations that admission counselors host for admitted or prospective students. As of April 1, about 60 visitors had participated in the virtual sessions.

"Just having had four days of info sessions and having that many visitors engage with us I think is a really good sign," said Mary Randers, the interim dean of admission. "Even though we

aren't able to offer the in-person visits that we would normally be offering at this time, we're still engaging with as many students as we can through these virtual visits."

The office has also started hosting virtual student appointments, which are conversations between students and admission ambassadors, or student employees of the office. Bearcat Days usually allows for prospective students to sit in on classes, so the office has also set up faculty appointments that allow admitted students to engage with professors and current students at the same time. Randers said about 50 faculty members have already volunteered for this type of virtual programming.

The University contracted with a local business to film programs that took place during March's Bearcat Days, including President Thorsett's talk at the welcome program and a student ambassador-led campus tour. These videos are still being edited and are not yet available online.

"There is no shortage of work to do in the virtual world," Randers said, noting that both counselors and ambassadors are staying busy as the office adapts to recent changes. Admission counselors, who normally travel extensively during the spring semester, are participating in virtual college fairs, often with consortiums of other schools.

Ambassadors have been participating in virtual appointments and panels, as well as con-

tributing to social media pages and conducting research projects for the office. All student employees of the office are able to retain their regular work hours.

"I think the benefit of having a work study job is that you're a person and you're a student first. So we tried to be responsive to students actually needing a little bit of space and time to process. But as soon as they're ready to work, we have really important work for them to do," Randers said.

The office's employees are exploring alternative options to the suspended admission events, which may be held in the summer. Randers said one idea is having an event for admitted students that allows them to do some enrolling steps on campus, like participating in advising meetings or discussing financial aid. The \$300 travel vouchers awarded to visiting students who live more than 250 miles from campus will apply to any program that might be held in lieu of Bearcat Days. The office is also trying to devise an alternative to the Access to Excellence program, which funds the travel expenses of first-generation college students and students of color who visit campus during Bearcat Days.

Randers noted that these solutions might be challenging for students who were depending on a campus visit in order to make their final college decision. "I really feel for families and students that are trying to make this decision," Randers said.

The University is working with students and families to address uncertainties such as pass-



Mary Randers, interim director of admission

fail class credit on a student's transcript, standardized test scores and changes to financial need based on recent job losses. The University has kept open its application to accommodate students who may be changing their college decisions based on recent events, such as students living in the area who have decided to stay closer to home.

"We are seeing applications still coming in for first-year students. It's not a lot, it's a couple applications each day," Randers said. "So one impact too is maybe some additional applicants that we didn't expect to have."

Most years, Willamette generally accommodates students who request extensions of the

May 1 enrollment deposit deadline. This year is no different, although the University has not announced a formal deadline extension.

"I don't think we've seen the impact yet of what this will do," Randers said of the COVID-19 pandemic. "I think all of us are trying to be pretty realistic, that it's likely that this class will not be at the target that we hoped that it would be. And that is completely understandable. But we're doing everything we can to work with the families that are still considering Willamette and to make them feel comfortable about making that decision."

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WEEKLY REPORT BY CAMPUS SAFETY

CRIMINAL MISCHIEF

March 20, 7:20 a.m. (Ferry Street): Campus Safety received a call from an employee reporting their car had been broken into. An officer responded and met with the employee and a report was filed.

POLICY VIOLATION: ROOF ACCESS

March 22, 7:14 p.m. (York House): Campus Safety received a call from a student reporting that they saw someone on the roof. An officer responded and met with the student and the student was able to get back down safely. A report was filed.

POSSESSION OF A CONTROLLED SUBSTANCE

MARCH 26, 11:19 P.M. (Lausanne Hall): Campus Safety received a call reporting the smell of marijuana lingering in the hall. An of-

ficer and RA responded and met with the students inside the room. The marijuana and paraphernalia were confiscated and a report was filed.

SUSPICIOUS ACTIVITY/ PERSONS

March 20, 12:14 p.m. (Matthews parking lot): Campus Safety received a call reporting an individual digging through the dumpsters. An officer responded and searched the surrounding areas, but the individual had already left.

March 21, 4:24 a.m. (Matthews parking lot): Campus Safety received a call from a resident reporting a suspicious individual watching them as they were moving out. An officer responded and met with the suspicious individual and they left campus. The officer contacted the resident to inform them

that the suspicious individual was now off campus.

March 21, 8:54 a.m. (Pi Beta Phi): Campus Safety received a call reporting an individual going through the dumpsters. An officer responded and the individual was escorted off campus.

March 21, 8:54 p.m. (Winter Street): Campus Safety received a call reporting a suspicious individual sleeping at the bus stop. An officer responded, but the individual fled as the officer approached them. The officer followed the individual until they were off campus property.

March 21, 10:06 p.m. (Winter Street): Campus Safety received a call reporting a suspicious individual walking near the Law School. An officer responded and fol-

lowed them until they were off campus.

March 24, 2:43 p.m. (Physical Plant West): While on patrol, an officer encountered a suspicious individual. The officer observed the individual until they had left the area.

March 25, 12:35 p.m. (Grounds Building): Campus Safety was notified of a suspicious individual after they tried to hug an employee. Officers responded, contacted the individual and escorted them off campus.

March 26, 12:18 p.m. (Lee House): Campus Safety received a call reporting a suspicious individual yelling and banging on the front entrance door. Officers responded and searched the building and surrounding areas, but the individual had already left.

March 26, 9:15 p.m. (Skybridge): While on patrol, an officer encountered a suspicious individual camping near the bridge. The officer made contact with the individual who then left campus.

March 26, 9:43 p.m. (State Street): While on patrol, an officer encountered an individual who was previously trespassed from the University. The officer made contact with the individual who was then off campus, but would have otherwise been arrested for trespassing.

PLEASE CONTACT
CAMPUS SAFETY IF
YOU HAVE ANY
INFORMATION
REGARDING THESE INCIDENTS.
(503) 370-6911

Photographs of a quiet campus



Although some students remain in their dorms, most of the campus' residence halls are emptied and shuttered, including many in Lausanne Hall. Behind Lausanne is a Doney lot empty of cars.



University employees, donning face masks, get ready to assist American Studies Program (ASP) students with their luggage. All ASP students returned home on April 1 and 2.



The Bistro, which is usually packed with patrons all hours of the day, is now vacant. A week after announcing that its hours would shorten and that only take-orders would be served, Bistro leadership announced on March 21 that it would close for the rest of the semester.



A sign directs students to Goudy Dining Hall's side entrance. Goudy is the only on-campus dining location still open to students and Willamette community members, albeit with limited services and hours.

Bishop to resume services while maintaining social distancing standards

CONTINUED from Page 1

Additionally, students are being asked to no longer schedule appointments at the front desk of Bishop. Instead, according to Bishop's new pages titled, "Changes in Health Services" and "Changes in Counseling Services," appointments should be made by calling Bishop's front desk, which can be reached at (503) 270-6062, from Monday to Friday from 8 a.m. to 5 p.m. The Collegian has compiled additional answers to some of the most common questions regarding changes that have been made to Bishop's services.

Does Bishop provide testing for COVID-19?

No. However, if you have symptoms of COVID-19, Bishop can point you in the right direction to determine if and at what location you may be able to get tested.

Is Bishop still taking "walk-in" appointments?

No. They ask you to schedule an appointment by calling (503) 370-6062. If the call is not answered, leave a message. Appointments can also be made on the secure messaging portal on Bishop's website if students have already been working with a provider.

Is Bishop Wellness Center still accepting counseling appointments?

Starting Thursday, March 30 until the end of spring semester, all Bishop counseling appointments will be conducted over telephone or Zoom for Healthcare. No in-person counseling appointments will be conducted.

Is Bishop Wellness Center still accepting medical appointments?

Starting Thursday, March 30 until the end of spring semester, most medical appointments will be conducted over Zoom for Healthcare or telephone. According to Don Thomson, exceptions to this include services that cannot be provided remotely, such as labs, vitals, blood work and more.

Will Zoom for Healthcare be able to access my medical information?

According to Bishop's Website, "all audio/video communication is securely encrypted and transmitted from point-to-point such that even Zoom does not have access to any identifiable health information that may be communicated."

Do I have to use Zoom for Healthcare, or can I use another platform to make remote appointments?

Bishop allows for regular phone appointments as well.

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COVID-19 campus updates

JASPER JONES
NEWS EDITOR
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EDITOR-IN-CHIEF

Due to the spread of COVID-19, which has made the University transition to distance learning and mostly remote working, administration has made many quick decisions to adjust to the new needs of the campus and community. The rapidly-changing situation and the University's response to it can be monitored on Willamette's "Coronavirus (COVID-19) Prevention and Response" webpage.

American Studies Program (ASP):

University President Steve Thorsett announced in an April 1 email to the Willamette community that ASP students that were planning to be on campus through next semester were sent home. This year, 90 students from Tokyo International University came to study at Willamette. Their flights home were scheduled for April 1 and 2.

Commencement:
In the same April 1 email, Thorsett announced that Commencement ceremonies for all of Willamette's schools, originally scheduled for May 17, have been cancelled. Administration is currently in the process of deciding an alternative date. Some suggestions have been to have Commencement ceremonies in August alongside Opening Days, or to conjoin it with the Class of 2021's ceremony.

Credit/no credit grading:
In an April 2 email from Dean of the College of Liberal Arts Ruth



This is an artistic depiction of the worldwide spread of COVID-19.

Feingold, she announced the latest updates to policy surrounding credit/no credit grading. Now, students may decide to credit/no credit classes until 5 p.m. on the last day of classes, May 4. Students may also choose to revert back to letter grading if they before decided to do credit/no credit by the same deadline.

Students can choose to credit/no credit any number of their classes this semester, and it will not count towards the three credit/no credit courses that students are allowed to take in their time at Willamette.

With credit/no credit grading, students who achieve an A to a C- in their class will receive credit for it. With a lower grade than a C-, the student will not receive credit for the course.

Students Scholarship Recognition Day (SSRD):

In a March 31 email to Willamette faculty, SSRD Committee

Chair Professor Josh Laison announced that SSRD will take place online. Student presentations will be conducted via Zoom, and research posters will be uploaded to Hatfield Library's Academic Commons website. The SSRD application submission deadline was on April 1, but students are encouraged to reach out to the committee with questions or concerns.

Campus closed to visitors:
Starting March 23, campus closed to everyone except students living on campus, certain staff members and "allowed guests." On the University's coronavirus update page, "allowed guests" is defined as "parents and families assisting their students with moving out, vendors, service providers and contractors with essential campus business and food delivery drivers."

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Abrupt recalls cut short study abroad trips admist pandemic



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LIFESTYLES EDITOR

In the midst of the global shutdowns happening due to COVID-19, Willamette students studying abroad this semester were recalled to the United States and summer programs were canceled. This process looked different for each program, depending on where in the world it took place and what level of support it had, but all who were interviewed shared the sentiment that the changes happened exponentially as the crisis became more and more widespread. However, students in different programs had varying experiences with being recalled.

The decision to cancel programs was one that was university-wide, according to Kris Lou, director of the Office of International Affairs (OIE). People present in meetings concerning the cancellation of study abroad programs included representatives from the Office of Academic Affairs, Bishop Wellness Center, the university legal counsel and the dean's office. These meetings addressed issues as they arose, starting with figuring out how to help a degree-seeking student stuck in China at the beginning of the semester, then students in Japan, Italy and onwards as the situation evolved.

Lou said in an interview: "The thing that is really important to understand in all of this is that the series of events that occurred was always an evolving situation. You can see that in the series of decisions the CDC and the state department were making throughout time, travel warnings that were issued over time. All these things evolved over time. And each time these things ramped up... we had to then adjust."

Bee Heumann ('21) was studying abroad in Rome, Italy and was one of the first two people to be recalled.

"Being one of the first students to be called back, I didn't realize what a big deal this was yet," Heumann said. "When I got the email from Willamette telling me I had

Cassidy Brennan ('21) was studying in Granada, Spain and said that she was initially given 10 days to leave, but once a national state of alarm was issued, they were

"I have been working toward this study abroad experience since I was about 12 ... I miss everything about it."

-Bee Heumann

to come home, I just didn't understand, so it seemed like a huge overreaction from Willamette's part." But as time went on, she checked regularly on the progress of the virus and changed her mind. She reported that one day there were five confirmed cases in Italy and two days later, there were 400.

Students studying in other places reported similar feelings. Katy Payne ('21) was studying abroad in Galway, Ireland and said that "it was just on the backburner the entire time," but once things changed, "it was exponential."

Jordan Hitchcock ('21), who was also studying in Galway, similarly said: "Leading up to it, it was hypothetical, going home. Like, 'This is probably not gonna happen.' Everyone was chill the day before [things changed]."

On Tuesday, March 10, Karen Arabas, a Willamette professor on-site with the Galway program, sent the participants information about what would happen if they did get recalled.

Payne said: "To myself I was like, 'That seems like a little bit of overkill, but okay, I guess it's good to have this kind of stream of thought.'"

Two days later, on March 12, the program was canceled and on March 15, Payne and Hitchcock flew back to the United States.

urged to leave within 48 hours for fear of getting stuck in the country. "Everyone was sort of like, 'It's not even deadly, it's like the flu, it's fine, it's fine, it's fine' in Spain. And then all of a sudden, in one week, it was just not fine, not fine at all." At the time of Brennan's departure, Spain had the third highest number of cases and Brennan said people were calling it "the new Italy."

Having to obtain such quick flights home left some people in difficult situations. Hitchcock returned to Salem instead of Hawaii, where her family is, because returning to Hawaii was three times as expensive as returning to Oregon. Brennan also reported nearly not being able to afford to leave the country. "I couldn't pay for three international flights, so I had to plead with [the airline] to waive all my change fees. But that was after being on the phone for six hours, being transferred to their supervisor and their supervisor's supervisor," she said.

Once students did obtain flights home, many reported harrowing experiences in the airports they went through. Hitchcock said she was at the airport for almost nine hours waiting in line for screenings, where they asked where each person had been in the last two weeks and if they had a fever. If someone had been in any other country than

the one they were flying out of, they had to go in a separate line for more comprehensive screenings.

Payne reported that her initial flight was delayed five hours due to how long it took for everyone to get through these screenings as well as customs. At the last minute, Payne had to book an entirely different flight for the next leg of her journey, because the first flight was delayed to the point that she missed her connection.

Upon arriving in the U.S., Brennan reported that everyone had to fill out questionnaires before landing, then go through a CDC screening where their temperatures were taken and they were examined. Only upon completion of that could they then move on to go through customs. These delays made return journeys substantially longer, and in Payne's case, the total journey was 40 hours long.

No one reported getting compensated or reimbursed for their last-minute emergency flights. Lou noted that "students are wondering rightfully about refunds" and reported that Willamette announced a general refund policy last week. Lou will soon be meeting with people in the Office of Financial Affairs about how people who were studying abroad might fit into that policy.

Whether or not a student will be partially reimbursed for their study abroad program varies by program. Heumann reported receiving some refund for her housing in Italy, and Brennan reported a partial refund for her program itself, but those who studied in Galway said they haven't received any money back and do not foresee getting anything in the future.

Lou said, "Everybody really wants to do everything they can in terms of doing right by people as best we can."

Everyone who was studying abroad is able to finish their classes online, though this is easier for some students than others. For

those abroad in Galway, they only had one week of classes left by the time they were recalled, so it hasn't been as much of a struggle to switch to an online system. But Heumann was studying art history in Rome and most of her classes were on-site, looking at art in person, which is no longer possible. Brennan said that only one of her classes is doing live lectures, but that it takes place at 5 a.m. where she is now, so waking up for that has been a struggle.

Among all participants interviewed, there is a distinct sense of loss. Heumann said: "I have been working toward this study abroad experience since I was about 12. I knew what I wanted to do, I knew I wanted to study art, I knew I wanted to study art in Europe. So this experience of being able to walk around and just be living among the art was just magical. I miss everything about it."

Brennan reported having a very difficult time parting with her host mom from Spain. "It was really hard because she was my best friend in Granada," Brennan said. "I would come home every day and we would sit for an hour before lunch just talking. She cried so hard when she found out the program was canceled. It was really hard."

Despite all of this, everyone said they had a wonderful experience in the time they did spend abroad and were overall very glad for the experiences they were able to have, even if it was for less time than they had anticipated. Those interviewed expressed gratitude for their program directors. Payne called Arabas a "dynamite lady" and Brennan said, "Our program directors in Granada have been phenomenal." Lou echoed this, saying his biggest takeaway from the experience has been the incredible dedication of those involved. He said, "The idea of a community has never been more true than now."



Students refocus on health, hobbies, helping their communities

OLIVIA FRENKEL
CONTRIBUTOR

For many Willamette students, March 12 marked the beginning of new personal battles with the effects of COVID-19. The email that announced Willamette's transition to online classes made the reality of the world's situation more clear and the aftermath of this was felt heavily across Willamette's campus. State borders were rumored to be closing, meal points were used up, dorms were hurriedly packed and campus became more and more empty. Students listened to the news, fretted over podcasts listing to the ever-rising statistics

missions work, then I'm using my time to stay healthy," said Jack Hanscom ('22). Hanscom has taken up learning to play the piano via online classes, saying: "I use the rest of my free time to learn new skills or improve old ones. I think the biggest thing I'd recommend is to focus on what you can control in a day by day fashion, in a way that's productive for your time, your mental health and your heart."

Location also has an effect on the daily life of an individual. Ronan Davies ('23) lives in Alaska and explained that COVID-19's effects aren't felt nearly as heavily there. "There aren't any lines in front of grocery stores, although Costco now puts

Others continue to go to work. Dana Hamilton ('22) had just begun working at Salem Hospital before the pandemic. "I don't have too much experience here yet, but from what people have told me, it's actually much slower than what it used to be. They're completely out of tests for the

and friends, but are finding it more and more difficult to stay. Emilia Kaldis ('23) and Meredith Bolls ('23) are among the few who continue to live in the first-year dorms. "I knew I would do better academically if I stayed, so I do homework, go outside when the weather is nice and

"Take this seriously. If an increase of cases were to happen in Salem, our hospital wouldn't be able to handle it."

-Dana Hamilton

"If I'm not doing school work, Opening Days preparation or admissions work, then I'm using my time to stay healthy."

-Jack Hanscom

and joined the almost comical rush to buy toilet paper.

Now that days and weeks have passed, the once busy and sometimes overbooked Willamette student now has free time with endless ways to fill it.

For many, planning out the days ahead helps mimic the routine and structure that our normal lives once had. "I look at my week ahead and delegate specific tasks to each day, and if I'm not doing school work, Opening Days preparation or ad-

the receipts in the cart, rather than handing it straight to you," said Davies. After homework in the mornings, "I hike up different mountains since the resorts and lifts are closed, and I'll ski for hours every day." Though things seem close to normal, he expressed concern for the upcoming summer. "A lot of the jobs over the summer months are all tourism-based, but since the cruise ship season has been cancelled, I don't know what a lot of people are planning to do."

flu and tests for COVID-19 are extremely limited. People have to basically be on the verge of death to get one, so people with cough symptoms don't bother coming in anymore." She echoes the sentiments of many public health officials, saying, "Take this seriously. If an increase of cases were to happen in Salem, our hospital wouldn't be able to handle it."

The last few students who remain on campus fill their time with homework

hang out with my friends," says Kaldis. Bolls agreed, saying, "I listen to podcasts and crochet a lot more now, but I've found that focusing on work has become a lot harder." Both expressed concern over how much people are still interacting on campus, yet Bolls explained that "though I feel bad about seeing people, but really there's only so much you can do if you're using the same bathrooms and common rooms as everyone else."

College students everywhere used to relish free time, yet now they face its surplus. Willamette students, now sprinkled across the country, are adaptable and very closely knit. So, call each other, do what you can and stay safe.

"I hike up different mountains ... and I'll ski for hours every day."

-Ronan Davies

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Willamette Hires New Volleyball Head Coach for Upcoming Season

JAKE PROCINO
STAFF WRITER

While college sport competitions and practices have been suspended, preparation for the future continues. After 12-year volleyball head coach Tom Shoji retired in February, Willamette University began the hunt for a new head coach to lead the team. Willamette found its person on March 26 when the University hired former University of Wisconsin-La Crosse (UW-L) volleyball head coach, Lily Hallock.

While accepting the head coach decision was a career move, it was also a family decision for Hallock, who said, “Coaching at Willamette will allow me to stay close to family while pursuing the career that I love: coaching DIII volleyball.”

Hallock first got into volleyball at a very young age: “My parents played city league volleyball when I was young, and I wanted to play every sport I could. I started playing volleyball in third grade, the first year it was available.”

Playing every sport she could led Hallock to her first coaching position.

“The first sport that I coached was basketball. My high school basketball coach asked me to help run our youth camp when I was 18. That really solidified my desire to coach and I continued on coaching both volleyball and basketball after that.”

Hallock went on to play volleyball for four years at University of California Santa Cruz (UCSC). Hallock’s coaching career has taken her across the country. A year after graduating, Hallock continued her coaching path as an assistant volleyball coach at South Eugene High School before being hired as the assistant volleyball coach at UCSC. Hallock



COURTESY OF WILLAMETTE

then served as assistant coach and interim coach for Smith College (in Massachusetts) before being hired as the head coach for UW-L.

During her five year tenure at UW-L, Hallock was twice named Wisconsin Intercollegiate Athletic Conference (WIAC) Coach of the Year, and UW-L volleyball won two WIAC titles. In 2017, Hallock stepped down as head coach and moved back to her hometown Eugene with her family. She cited it as “a family decision” in a 2017 La Crosse Tribune article.

When the position became available, Hallock jumped at the opportunity.

“I was thrilled when the head coaching position opened at Willamette,” said Hallock. “It is a wonderful opportunity for me to coach at a university where student-athletes can excel on the court and in the classroom... Willamette Uni-

versity provides such great support for students and cultivates an environment where individuals feel comfortable being themselves. That is exactly the environment one wants for a team to be able to bond and grow.”

Unfortunately, with Willamette partially closing its campus and Oregon and other states implementing self-quarantines, it is a difficult time to become a new head coach.

Hallock is still finding ways to connect with the team, saying: “It is really disappointing that we are unable to hold our spring practices. Those would have been an excellent opportunity for me and the team to get to know each other and start to make changes on the court. Instead, I am brainstorming ways to get to know the team and help them feel interconnected. I have had individual Zoom sessions with all the

returners on the team to start the process. I look forward to finding more ways for us to connect with each other from around the world.”

Throughout the outbreak and once the team eventually returns to practice, Hallock hopes to develop “a team culture where everyone feels comfortable contributing to the leadership. So often teams label a select few as leaders while others are expected to follow.”

Hallock believes she excels at coaching the technical and strategic aspects of the game. “I really enjoy analyzing film and finding how we can improve as a team and how we can take advantage of weaknesses of opposing teams,” she said, while admitting, “Sometimes I can get too caught up in making changes and improvements and I don’t take adequate time to recognize successes.”

Hallock also feels her presence as

a woman coach will have an impact on the team.

“It’s important for women to see other women in positions of leadership, whether they are leading men, women or co-ed groups,” she said.

With all this in mind, Hallock has goals for the end of the season: “When the season concludes I hope that all members of the program feel proud and happy of what we have accomplished.”

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Student athletes improvise at home workouts to remain in shape

JAMES WILLIS
SPORTS EDITOR

When Willamette University decided that all classes would move online for the rest of the year and that upcoming spring sports seasons would be cancelled, returning student-athletes were faced with a challenging question: what were they going to do in order to stay in shape? With the closing of Sparks Fitness Center and other gyms in the Salem area, these athletes had to figure out ways to safely stay in shape for their upcoming seasons. Some athletes have access to personal weights sets and can lift from their own homes. Others have had to get creative in order to achieve their offseason goals.

Local gyms in the Salem area have started posting workouts on social media for anyone to participate in. Many of these workouts are designed so that the participant doesn’t need to use weights, but rather their body weight to determine the reps needed. Additionally, participants are encouraged to go outside and run, walk or hike.

Football head coach Isaac Parker explained how the football team is staying in shape. With students all over the place, the coaches send out workouts for every week dig-

itally. Parker said, “We send out workouts that our players can either do with weights, or with bodyweight as a measurement.” This is a way to ensure that players without access to

touch with both our academic success platoons as well as our position players.”

The team splits up into six groups, or “platoons.” Each platoon is led by a coach and

academics still come first.

Sophomore Carson Pies explained what this new process looks like for him. Every week, he receives a week’s worth of at-home workouts. When

Lots of variations of pushups, wall sits, air-squats and squat jumps, bicep curls with basically anything you can find and situps.”

Although the team is still able to complete workouts, Pies mentioned a challenging aspect of the at-home workouts that he and many other student athletes face. “The hardest part for me is finding enough space to do the workouts! I live in a small house with my parents and it can get pretty cramped at times as there isn’t much space anyways, let alone trying to do circuit workouts in the living room.”

Before social distancing measures were put in place, all WU sports teams had set times where they work out as a team. Examples included weight classes in the early morning or afternoon, field work, group runs and sessions in the pool. With student-athletes now having to work out alone, they now have to work harder at keeping themselves and their teammates accountable.

Pies said, “We stay in touch as a team a minimum of two times a week to talk football, and also to check in on one another.”

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-Carson Pies

weights can still stay in shape.

Parker also explained the process of keeping in touch with all of his players: “We have Zoom meetings every Tuesday and Thursday... our coaches are also staying in

student-athlete captains. These platoons meet to achieve academic goals and to compete in friendly competitions during the offseason. Although it is important to remain in shape, Parker emphasized that

asked about having to improvise workouts due to lack of equipment, Pies said: “We focus a lot more on core, now that that’s the easiest thing to work on due to lack of accessibility to weight room equipment.



Opinion: Why the cancellation of Commencement was necessary

CONTINUED FROM PAGE 1,

While it is good news that the worst of COVID-19 may be behind Oregon after April 21, it is important to keep social distancing measures in place even after cases dip significantly. The IHME model makes its projections with the assumption that social distancing will continue through May, which is when Commencement is normally held. If social distancing is relaxed early, Oregon could see a second wave of infections. COVID-19 has proven to be highly transmissible due to its ability to pass from person to person through respiratory droplets and to survive on surfaces. It can be transmitted by those with mild and, in some cases, no symptoms at all, according to the World Health Organization. Its incubation period, the time between exposure to infection and the first appearance of symptoms, can range anywhere from one to 14 days. The spike in infections the country is seeing now are infections from one to two weeks ago. Oregon, and Willamette, need social distancing through May in order to prevent the possibility of a second wave of infections.

On-campus Commencement entails the gathering of hundreds of people in close proximity, which is not only dangerous for the graduates but also their families, and COVID-19 is especially deadly for the very old, according to Business Insider. On April 4, Oregon governor Kate Brown donated 140 ventilators to New York, leaving 762 ventilators available in the state, the Oregonian re-

ported. These ventilators are essential for the survival of patients with the most severe cases, and with the reduced number of them now available it is even more important to keep social distancing measures in place. IHME's projection for Oregon resource use could easily jump back up to May, as it was on April 2, if we are not

the country and from around the world. Even if COVID-19 has disappeared from Oregon, it wouldn't be wise to hold an on-campus Commencement until the outbreak has disappeared from the United States. The COVID-19 outbreak is ever-changing and new information is coming out every day. The projections for all

students do, and the decision to cancel Commencement was the right one given the information we have now.

Other universities around the country are similarly cancelling their graduation ceremonies. Some colleges are adding this year's graduation ceremony to next year's, some are postponing

think of additional ways to celebrate. Connection and community is especially important during this time, and Commencement alternatives will help with that. Discuss the loss and brainstorm ways with peers to celebrate graduation and keep the community thriving, whether it's something small for your friend group or the creation of a larger community page or event. Have a party with your family in your house. Get your friends on a Zoom call and have your own quirky ceremony. Get creative. There are many alternatives out there and you don't have to choose just one.

There's an entire graduating class of students, from Willamette and elsewhere, looking for connection, closure and answers. Willamette is adapting as well as it can, but no solution can make things perfect or like nothing ever happened. This outbreak robbed this year's graduates of their final months at Willamette and now Commencement. It's okay to grieve. The pain and loss is real, but don't experience these emotions alone. Call your loved ones, find connection and community. Reach out to a peer, for many are feeling alone right now. Social distancing does not mean isolation. This outbreak does not mean the parting of our community. We are greater than this crisis. More than ever, it is important to remember our motto: not unto ourselves alone are we born.

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"Connection and community is especially important during this time, and Commencement alternatives will help with that. Discuss the loss and brainstorm ways with peers to celebrate graduation and keep the community thriving, whether it's something small for your friend group or the creation of a larger community page or event."

careful.

Willamette, while its promise to hold an on-campus celebration of the graduates at some point in the future when safe is a good one, should be cautious before committing to a new date. Willamette students come from all across

the states have been changing daily in both directions, and several states are more affected by the outbreak than Oregon. There is no telling when the outbreak will end, whether it is sooner or later. Willamette has to adapt to the daily new information just as the

their ceremony, most are holding virtual ceremonies, but all are still adapting and coming up with plans. Willamette has committed to recognizing graduates on May 17 remotely, and while the details have not been specified as of April 6, Willamette students should

Opinion: Instagram challenges allow students to connect during social distancing

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Everywhere you turn, the news, your friends and your employers are talking about COVID-19, the disease being spread by the novel coronavirus. Faster than most people expected, many businesses have closed, social distancing measures have been imposed and schools have shut down. Universities are no exception to the new regulations and classes are now conducted online. These changes have created a lack of human interaction which many people find difficult, realizing that they cannot hang out with friends or talk to many people in person. In some cases, people are also having to stay away from their family. There has been a surge of talk about the struggles of social distancing as people find themselves without the flood of regular human interaction most experience in a day. In the midst of this sudden lack of human interaction, social media platforms have gained a greater prominence in people's lives. Instagram in particular is constantly blowing up with new challenges, polls and memes about social distancing. These challenges seem to be a new way for people to feel connected with one another while being unable to hang out in person.

These challenges range from posting workout videos to sharing funny photos to spreading positivity. They begin when someone posts a story with the challenge. Then they tag friends, asking them to participate. The friends who choose to do so

then tag even more people and it spreads until the challenge becomes common. Once it is, almost everyone on Instagram has either seen it, heard about it or participated in it. A few that have been circulating recently include the "Do 10, Tag 10," which has people all over the country and the world doing pushups and getting some exercise done in a fun and interactive way, and

say the most powerful aspect of social media is its application as a tool to connect communities across the world. With the global pandemic lately, it seems that connecting with one another is again at the forefront of how social media is used. It's just nice seeing this refocusing." He is one among many who enjoys seeing the fun activities people are coming up with on Instagram

despite this, he said, "That being said, they're definitely a net positive thing!"

Instagram, much like real life, often connects those with similar interests or those who already know each other due to the ability to choose who to follow and who your followers are, leading to the group distinction Westby talked about. While this is noticeable, it is also important

gram poll of 38 Willamette students, 66 percent stated that they believe the Instagram challenges show solidarity and help people interact and stay connected. The other 34 percent were mostly indifferent, not thinking the challenges did anything out of the ordinary besides create a way to fill time.

Daniela Camacho ('20) said that she does not necessarily think they make people feel connected, but that they are instead "just something to do now that everyone is bored."

Even with this view however, one can see that it is something to do; no matter the motive behind it, the challenges are a way to draw people in. These games are a fun way to connect the world in the midst of a pandemic that is putting stress on everyone. Sharing activities can remind people that, although social distancing is incredibly important, there are ways to relieve some of the stress of being isolated.

Social media has been a central part of life for a while now, and due to COVID-19 it has gained a new centrality in people's lives, offering a space to reconnect and share thoughts. Instagram is one of the many platforms that is being used to fill time and remind everyone that they are not alone. Like everything, Instagram challenges are not for everyone, but they offer a fun way to interact with friends and even make new ones while still practicing social distancing.

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"These games are a fun way to connect the world in the midst of a pandemic that is putting stress on everyone. Sharing activities can remind people that, although social distancing is incredibly important, there are ways to relieve some of the stress of being isolated."

the "Until Tomorrow" challenge, which asks people to share embarrassing or unattractive photos of themselves for 24 hours. Another one involves posting people's Instagram posts and handles on your story in order to support others.

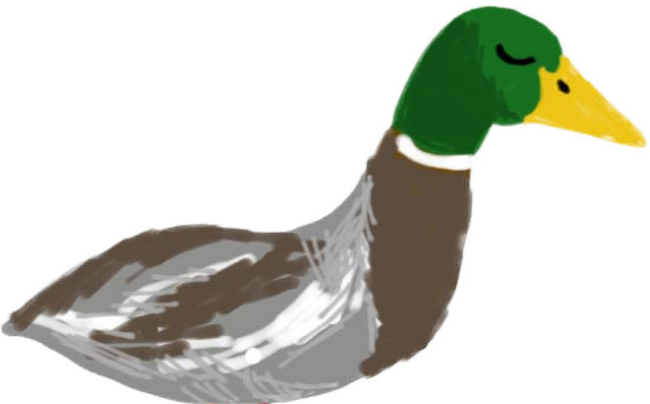
Kawika Kalama ('21) said: "I'd

and other social media platforms.

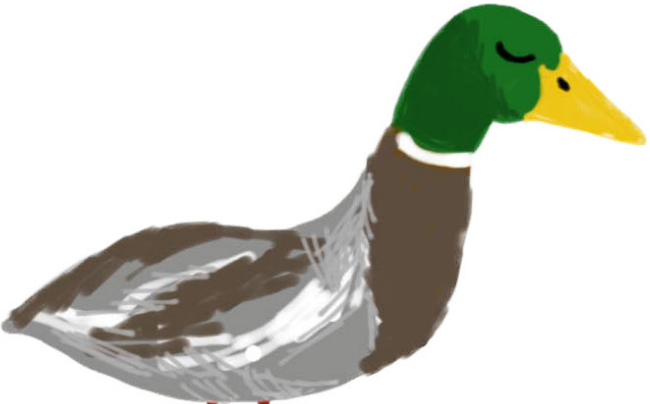
Joel Westby ('21) mentioned that he thinks the Instagram challenges have unity in mind but added, "I see solidarity within many small groups and groups that are more likely to participate in challenges anyway." However,

to realize that friend groups are managing to stay connected and in-touch by way of social media.

As with all things social media, there are differing opinions about these challenges. Some people enjoy them, others find them useless and still others do not care either way. In an Insta-



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