

COLLEGIAN

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Gender Resource and Advocacy Center expands to meet demand



The Gender Resource and Advocacy Center (GRAC) located in the Montag Loft. Multiple resources that support students are located here.



ANNA SEAHILL
STAFF WRITER

Due to rising documented reports of gender-based violence and increased use of student resources, the Gender Resource and Advocacy Center (GRAC) is expanding its programs with a new hire.

Located in the Montag Loft in Willamette's Eastside complex, the GRAC offers advocacy for victims of interpersonal violence through its

director and confidential advocate, Sexual Assault Response Advocates (SARAs) and its recently-hired second confidential advocate.

The quarterly report for July 1 to Sept. 30, 2018 recorded 28 contacts relating to sexual violence, whereas the same time period for 2019 saw that number more than double to 60 contacts. A contact can be sending an email to one of the confidential advocates, filling out a report, making a phone call or any other way of

reaching out to the GRAC about an incident or concern.

This increase, however, is "not a reflection of more violence, but instead of significant outreach," Andrea Doyle Hugmeyer, the GRAC's director and confidential advocate, explained.

She noted more systematic documentation of contacts and the significance of the #MeToo Movement for "no longer tolerating certain behaviors and [helping victims feel]

more empowered to reach out," as two additional reasons for the spike.

To help address this increased interest in the GRAC's offerings, Daphne Van Veen, a 2019 Willamette graduate and former SARA volunteer, began working five to 10 hours each week as a part-time confidential advocate since Oct. 21. As of now, Van Veen is hired through the end of spring semester, but there is hope that her position will be extended to further aid students.

The funding for the addition of Van Veen to the GRAC's team is all thanks to the Victims of Crime Act (VOCA), Oregon Department of Justice (DOJ) and Crime Victims and Survivors Services Division (CVSSD), which together awarded seven Oregon universities, including Willamette, "Campus Victim Services Outreach and Advocacy Project" grants.

Allocated to Willamette's Title IX Team for use from April 1, 2018 to Sept. 30, 2020, this \$174,413 grant covers the second confidential advocate position and enhances victim services for other initiatives on campus, like Willamette's Women's Resource Center.

In Van Veen's words, the job of a confidential advocate is "facilitating agency... and listening to what the survivor wants." Hugmeyer agreed, stating that her role is all about "offering support and information about different options so students can make empowered decisions."

This can involve working with professors, campus housing and safety and the Willamette Title IX Team to help students impacted by sexual violence or harassment, stalking or relationship violence feel a reinstated sense of power and control.

GRANT, 2

Women's swim team captain recounts recent meet and early season



JAKE PROCINO
STAFF WRITER

The Willamette University women's swim team competed at the 2019 Bruin Invitational two weekends ago and, in the final team standings, placed fourth out of six teams. For the team, the invitational was the most important swim meet of the fall semester.

Senior Niki Kates, one of the team captains of the women's swim team, got into swimming by way of her parents enrolling her in a water safety class at a young age. Although Kates enjoys swimming, the competition and the team are what keep her coming back. Kates said: "It was just something I enjoyed and I made a lot of really good friends throughout my swimming career and decided that swimming in college was a really good next step to continue competing and continue those friendships. Being on the Willamette swim team... has fostered both the competitive and friendship aspects of the sport."

Kates further discussed the important team aspect. Kates said: "Swimming is an interesting sport in that it is an individual sport and you're staring at a black line for hours on end going back and forth... It does make it a little bit isolating, but that is what makes the team element so much more important."

The team bonds through many informal day-to-day interactions,



The women's swim team huddles up after their meet against Pacific Lutheran University last month.

such as spending time together in the library. They also get together for more formal team bonding: in the spring, the team hosts swim lessons for kids in the community and volunteers at a variety of events throughout the year.

Most weeks, the team practices for two hours six days a week, with all of the swimmers doing sprinting and distance training. The extent to which the team is close-knit helps the team members get through an exhausting practice.

Kates said, "Seeing someone in the lane next to you and knowing that they have your back and knowing that they are pushing themselves and trying to push you makes it easier to dig deep and find that next gear."

Practices are run by second-year Head Coach Brent Summers, entering his fifth year overall at Willamette, and second-year Assistant Coach Erin McVeigh. The coaches run both the women's and men's teams. They impart a

team culture that consists of four pillars: camaraderie, respect, unity and grit. Kates said: "Our coaches train us really well for the events we're racing. The practices are focused in on how we want to swim those races... The emphasis on character development is really strong, and is something that is unique to [Summers' and McVeigh's coaching style]."

WOMEN'S SWIMMING, 6

How to succeed during finals season

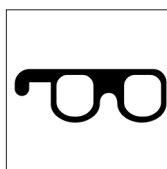


OLIVIA FRENKEL
CONTRIBUTOR

As fall break ends and students begin to settle back into their daily routines, the looming presence of finals returns. Past notes are pulled out, flashcards are made and study groups are established, yet as the week progresses, it becomes apparent that no two study practices are the same. Through years of practice and experience, students, as well as staff, have found their own tips and tricks for success during the end of the semester.

Seniors like Niki Kates ('20) and Kelly Ewing ('20) have grown to learn what works best for them. "I would for sure say that you need to find the joy in studying," said Kates. "My personal favorite thing to do is create games with your classmates that help you memorize or better understand the material on the test." Common study websites, including Kahoot! or Quizlet, have interactive ways to make course material stick while making the process enjoyable. Listening to motivational music, getting new supplies to study with, eating while studying and changing your environment will also aid in finding enjoyment in studying.

RESOURCES, 4



LIFESTYLES

Find fun winter activities in Salem and beyond.

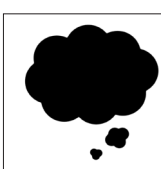
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SPORTS

Junior Max Berner-Hays talks about men's soccer's successful season.

pg. 6



OPINIONS

Content advisories should be put in place to provide the choice to engage with materials.

pg. 8



Fall's literary series comes to an end and spring creative writing events announced

ELIZABETH HYDE
STAFF WRITER

The English Department welcomed nationally acclaimed author Leni Zumas as its last visiting guest for the fall portion of Willamette's Fall 2019 Hallie Ford Literary Series. The department has also announced the spring literary series lineup, along with the Mark and Melody Teppola Prizes for Creative Writing, which are annually awarded to exemplary student writing submissions.

Zumas is an Oregon-based author known for her novel *Red Clocks*. "It's a character-driven political thriller, gorgeously written and impossible to put down," said Professor Scott Nadelson, the Hallie Ford Chair in Writing, of the bestselling novel.

Nadelson summarized the book as "the story of four women living on the Oregon Coast during a not-so-hard-to-imagine near-future in which abortion and invitro fertilization are illegal in all 50 states."

The novel received the 2019 Oregon Book Award, was the New York Times Book Review Editors' Choice and was named a Best Book of 2018 by *The Atlantic*, the *Washington Post*, the *Huffington Post* and others. As the grand finale of the Hallie Ford Literary Series, Zumas visited Willamette and read from *Red Clocks* as well as her other works of fiction. Zumas also taught a writing workshop, offering prompts in the form of constraint-based writing exercises which she explained are surprisingly generative for writers.

"The concept behind this literary movement is that constraints produce creativity," said Zumas. "Textual limits challenge and unleash the imagination and force a writer's language out of its habitual tendencies."

This opportunity to learn from one of the nation's leading novelists is a part of a greater effort to cultivate the literary community on campus. The spring series is right around the corner. Nadelson has

been organizing Willamette's Hallie Ford Literary Series for 10 years.

"Most important to me is to get writers to engage with groups of students, so I always plan for them to visit classes or offer workshops," he said.

Nadelson generally brings in authors based on a combination of researching, attending conferences and taking suggestions from other faculty, students or community members. While not all of the authors are as well known as Zumas, the series features a broad swath of writers with varying backgrounds.

"My main concern is trying to bring a diverse mix of voices to campus, and that often takes a good bit of planning in advance; I try to highlight writers of color every semester, as well as represent multiple literary genres. And because I have a relatively small budget, that often means finding writers early in their careers before a lot of other people have heard of them," said Nadelson. "I hosted Anthony Doerr at Willamette just a few years before he won the Pulitzer Prize for *All the Light We Cannot See*," he said. "But probably my very favorite event was a visit by the poet Reginald Dwayne Betts, whose new book *Felon*, is making huge waves right now. Dwayne writes about his experience in prison and after his release—he was arrested as a 16-year-old and spent eight years incarcerated—and while he was here I brought him to speak to a group of prisoners at the Oregon State Penitentiary before his reading at Willamette. It was an incredibly moving experience, and the reading was stellar—funny, engaging and powerful."

There is an impressive history of visiting authors on campus, and this year's spring series is no exception. On Sunday, Feb. 9, at 1:30 p.m., in collaboration with the music department, poet Elizabeth Woody will read from her repertoire. Woody is the first Native American selected as Oregon Poet Laureate and will field questions



Leni Zumas

COURTESY OF LENI ZUMAS

before a concert premier based on her poems. On Feb. 26 at 7:30 p.m., essayist Ander Monson will read as well as visit Professor Danielle Deulen's creative nonfiction class. On April 9, also at 7:30 p.m., author R.O. Kwon will speak, whose debut novel *The Incendiaries* was a finalist for the *Los Angeles Times* First Book Prize.

In addition to curating and administering the series, Nadelson orchestrates the Teppola Creative Writing Prizes, which were created thanks to an endowment from Mark and Melody Teppola four years ago. Nadelson brings in nationally recognized writers to judge submissions and organizes a celebration for the recipients. His advice for potential applicants of the Teppola Prizes: "Submit! Choose your best work, proofread carefully and take a chance. The judges for the Teppola

Prizes bring their own aesthetic preferences to the process, and you never know what will spark their interest. It's a great opportunity to have someone read your work outside the context of a class. Submit the piece that matters the most to you, even if it's a little raw, because the passion is usually what comes across to someone who's never read your work before."

The deadline to submit is Jan. 1 and will consider work in the genres of poetry, fiction and creative nonfiction. For winners in each genre, first prize will be awarded \$400, second \$300 and third \$200.

Nadelson highlights that engaging with the literary community on campus has larger implications for aspiring writers as they pursue their own creative journeys: "I think both the series and the prizes are important because they remind

us all that writing is something that happens outside the classroom as well as inside; that what you do in a semester's class is just part of a much longer journey, and that to participate in a literary community is to be part of a conversation that's going on in many different parts of our culture; that writing isn't something you master, but something you wrestle with and something that sustains you over a whole lifetime."

Nadelson encourages students to attend events in the literary series, underscoring that at any time a particular author may resonate with them: "Sometimes all it takes is a single off-hand remark by a brilliant poet or essayist or novelist, and [students] are never quite the same again. I live for those moments."

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Grant allows GRAC to increase resources and hire new confidential advocate

CONTINUED from Page 1

Speaking with either Hugmeyer or Van Veen can help a student know and understand all of their options for how to proceed, whether that be filing a law enforcement or Title IX report, pursuing academic accommodations or addressing housing needs on or off campus.

Van Veen said, "I'm here to support students, acknowledge my identity, go above and beyond... even if a student is just struggling and hasn't made a decision about Title IX and just needs to come vent."

Looking to the future, the GRAC and SARAs will continue to grow, produce more information materials and enhance prevention efforts. Hugmeyer also wants

to direct more energy to under-represented groups who utilize the GRAC's resources, such as students of color and LBGTs+ students, in order to ensure that everyone feels comfortable, accepted and acknowledged.

Additionally, work is underway on the development of an LGBTQ+ education program focused on understanding discrimination around sexual identity and how to be an ally. The program is set to launch as early as this spring.

For more information about the GRAC, confidential advocates, SARAs and other resources, visit the Willamette website or email grac-info@willamette.edu.

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Daphne Van Veen

COURTESY OF WU

Bistro Finals Schedule

Saturday, Dec. 7:

12 p.m.- 6 p.m.

Wednesday, Dec. 11:

7:30 a.m.- 6 p.m.

Sunday, Dec. 8:

2:30 p.m.- 10 p.m.

Thursday, Dec. 12:

7:30 a.m.- 6 p.m.

Monday, Dec. 9:

12 p.m.- 11 p.m.

Friday, Dec. 13:

7:30 a.m.- 4 p.m.

Tuesday, Dec. 10:

7:30 a.m.- 6 p.m.

Sunday, Dec. 14:

7:30 a.m.- 3 p.m.

WITS staff explains recent technical difficulties

NOAH DANTES
MANAGING EDITOR

Willamette Integrated Technology Services (WITS) experienced a number of outages and issues during the month of November, including wifi outages in residence halls, intermittent WUPrint outages, mail group issues and SAGE slowness during class registration. These issues created difficulties for students in both their personal and academic lives. Despite these problems all occurring over the span of less than two weeks, they were unrelated to each other. Since, WITS has fixed each issue and conducted an internal review, which resulted in several plans to improve its technology and systems to prevent such problems from occurring again in the future.

WUPrint was first reported to be down on Nov. 1, and intermittent outages continued through Nov. 6. “The WUPrint outage was eventually determined to be a memory tuning issue with the application in order to handle a heavier load,” said Casey Feskens, Willamette’s director of infrastructure services. Memory tuning is the adjustment of memory in software applications to improve functionality. It was recommended by the vendor for WUPrint because its memory was insufficient for its amount of use.

The cause of the outages were hard to identify, which prompted WITS to contact WUPrint’s vendor, A.N.D. Technologies, Inc., on Nov. 4 for support. With the help, the issue was resolved on Nov. 6. When asked about what the University is doing

to prevent this issue from arising again, Feskens said WITS has “discussed looking at other products to compare against the value we are getting from WUPrint.”

Additionally, WITS’ network monitoring system reported wifi outages in buildings Lausanne, Doney and Olin on the morning of Nov. 7. “This outage was determined to be due to damage to the fiber optic cables that connect buildings to the Willamette network,” Feskens said.

Fiber optic cables are just one way in which an area can connect to the internet, similar to the old standard copper wires. The damage was mitigated and connectivity was restored to the affected residence halls in a manner of hours by transitioning service from the damaged cables to other cables between the buildings that were not damaged. This measure is only temporary.

“The vendor has determined that the fiber cannot be repaired due to its age. We are currently pursuing quotes to replace the fiber with newer, higher bandwidth fiber and will replace it as funding becomes available,” Feskens said.

When asked if the University was planning on investing in any new technology to prevent a similar situation from happening again, Feskens said: “Over the last several years, WITS has made significant investments in modernizing our fiber optic cable plant and our network for greater throughput and resiliency. The University has also been investing significantly in best-of-breed web applications and cybersecurity and future technology investments are planned.”

Mail groups were also not working for several students from Nov. 3 to Nov. 4. The issue was the result



This is an artistic depiction of the recent wifi outages that affected many Willamette community members.

of an operating system upgrade for outdated software on Nov. 3, “which changed some of the underlying software libraries upon which the mail group system relies,” Feskens said. “While our staff testing following the upgrade did not reveal any issues, some mail groups with custom access control began denying authorized senders the ability to send to some groups.”

Moving forward, WITS is looking to replace mail groups with Google Groups by the end of 2020.

SAGE went down for a period of time during junior class registration a week after the WUPrint outage, mailgroup issue and wifi outage. According to Senior Programmer Analyst Bryan Cook, “The issue was traced to a database con-

nection bottleneck. Each semester at Willamette, we increase the number of students allowed to register at one time. The load caused by the increased number of students overwhelmed the configured number of database connections. The connection configuration was diagnosed and corrected within an hour.”

WITS did not receive any further reports of SAGE slowness or downtime during the week of Nov. 18, when registration opened for sophomores.

In the future, WITS plans to “automate SAGE deployment and testing processes,” Cook said. SAGE is updated four times a year to improve functionality, but this process is manual and slow. Automating the process would allow WITS to run

simulations to test how well the system can handle a heavier load and verify that the configuration is correct.

“Our staff is always assessing service offerings for improvement and we typically follow up any major outage with a review as to how we can reduce or eliminate repeat issues. Our staff has assessed each of these outages for possible improvements,” Feskens said.

If you have any questions, feedback or suggestions for WITS, email <wits> or call them at 503-370-6004. Phone numbers for individual WITS employees can be found on the WITS staff page on the Willamette website.

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Apply for Take a Break to participate in service learning

REED BERTRAN
STAFF WRITER

Take a Break (TAB), a service learning program that gives Willamette students the opportunity to engage in community service over spring break, has extended its application deadline to Dec. 13. According to Marion Powell (‘22), the TAB marketing outreach coordinator, this year’s trip is planned to take place in Oakland, CA, where students will volunteer to aid various service organizations who work with youth predisposed to incarceration due to social factors.

Differing from previous years, this year’s trip is planned to only take in place Oakland, CA as the trip size is expected to be smaller than it has been in the past.

To apply to the TAB program trip occurring this spring, google “Take a Break Willamette” to reach TAB’s website. By selecting the “Student Involvement” tab, an interested applicant can apply as either a participant or a facilitator for the trip. According to McKenna Noland (’20), the TAB director, the application is relatively short and only takes about 20 minutes of an interested applicant’s time. The TAB program trip application can also be found on Handshake.

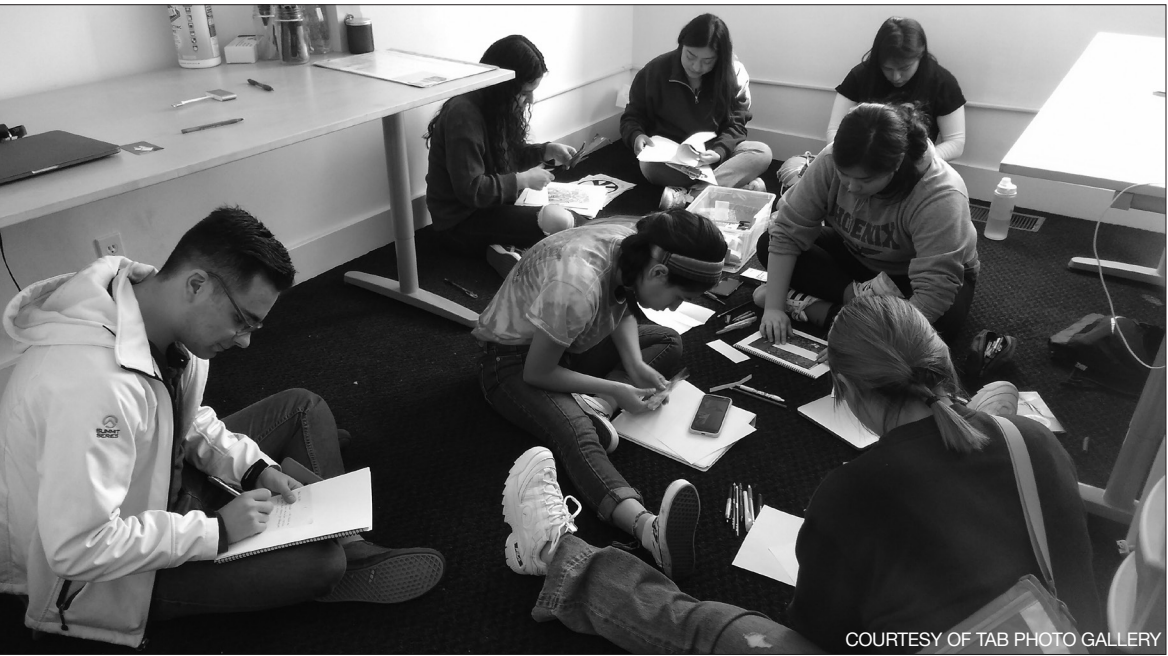
On the Willamette University website, TAB’s mission statement

is as follows: “To involve Willamette University students, staff and faculty in community-based service projects and to give students opportunities to learn about the problems faced by members of communities with whom they otherwise may have had little or no direct contact.”

Powell described the impact on a potential participant the TAB experience can offer.

“The experience is brief, just one week. But, engaging in this program for just one of its cycles can really open up someone’s mind as it allows a student to apply what they have read at Willamette and see how issues of social justice are manifested in the real world. A student can also take this experience and grow from it by making connections with these organizations, an opportunity that they could benefit from as well.”

Powell also discussed last year’s TAB program trip: “I joined the TAB program trip last year as a participant. We traveled to Seattle to explore environmental and food injustice. We learned about gentrification, food deserts and the impacts that local community-led service organizations have on their communities, versus that of larger political organizations. It was also important to hear the stories of people in Seattle who are negatively impacted by these issues, and



Participants from a previous Take a Break trip write letters for an organization they volunteered with.

we got the opportunity to do that as well.”

Last year’s TAB trip was one of many. According to the Willamette University website, TAB has been taking students on service trips over spring break since 2001. The topics of environmental justice, food justice and mass incarceration are not new to TAB.

The website states: “Since 2001, students from a myriad of backgrounds have been facilitators or

participants of service trips focusing on the intersections of social issues such as education, poverty, racism, hunger, homelessness, LGBTQ2S+ or the environment.”

Noland described the process that participants engage in as they prepare for the trip: “What makes the impact of this trip on a community really meaningful is that student participants are prepared. Participants will meet once a week for six weeks to discuss the topic

of the trip and explore different aspects of the service they will be doing. For instance, one week of this preparation may be centered around discussing privilege, and being mindful of it affects work we will do. We read articles and the process of preparation is all about peers educating peers on how to be more mindful concerning the trip.”

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Resources and tips to make it through finals

CONTINUED from Page 1

Ewing echoed this sentiment, saying: “I’d say switching environments while studying is super helpful! Once I start losing productivity in one spot, sometimes moving to another place will help me get into a new headspace.”

Other students find that adding routines to their day helps them maintain organization throughout finals week. “I try to give my day some structure. Since we don’t have classes it’s easy for me to lose track of time. I keep telling myself that I have plenty of time to study and I’ll end up procrastinating,” said Daniel Fang (‘21).

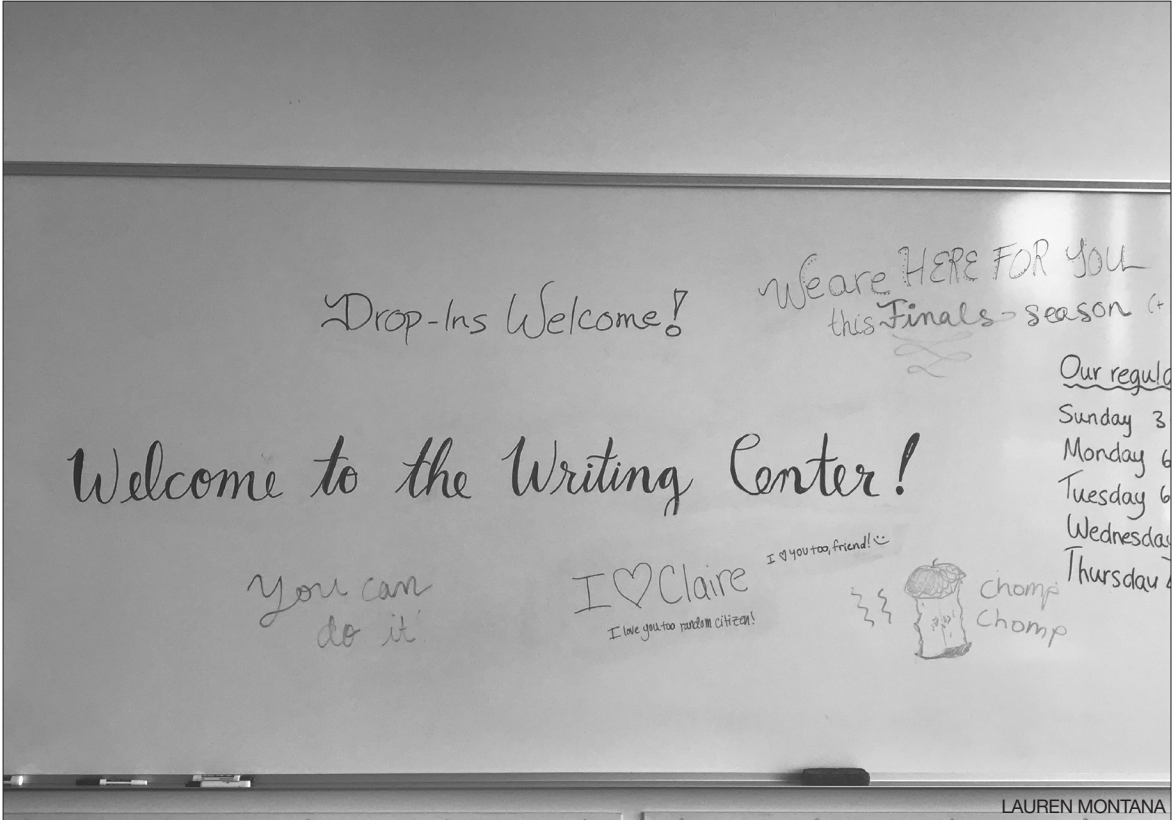
Scheduling regular work shifts or study sessions help productively break up the day while giving you chances to take rests. Updating Google Calendar with a comprehensive study schedule, along with meals and breaks, is helpful for some students who struggle with procrastination. Even setting up a study time with just one other classmate can help keep students accountable for working.

Making sure to take breaks and to not overwork is also an essential part of a successful study practice. “This is my first round of college finals, but from other test prep and essay writing this year I have learned to separate my work and leisure spaces,” said Oliver Kushen (‘23). “Sleeping in the same place that I study makes me really unmotivated, so I try to go straight to the library or the Bistro after class, instead of go-

ing back to my dorm.” Keeping healthy habits such as this, along with eating and sleeping regularly will keep your mind clear and ready to work.

Kelvin Clark, director of academic support, shared a wide array of knowledge on how to best use your time. One of these tips was “Space distributed practice. This simply means start preparing and practicing early! A week in advance is normally sufficient (if you have a plan). Making a plan entails knowing what you will be assessed on, what materials you needed to study and developing multiple ways to assess your learning. It has been said that in order for information to move from your short term memory to your long term memory, you need to engage with that material in five different ways (studying with friends, quizzing yourself, going to tutoring, creating a study guide, revising your notes or taking practice tests).” Clark also advised using exam planning sheets, which can be located on the Willamette website.

The American Psychological Association released an article stating that there are four ways to study smarter. The first two tips are spacing out your sessions and interweaving your topics. Interestingly enough, these two methods rely heavily on relearning, forgetting and relearning again. Going over material over the course of days strengthens memory because one is forced to recall information from days



The Writing Center in Ford Hall offers students help with written assignments during finals.

passed rather than hours passed. Mixing subjects also aids in the forgetting process, as one’s mind is still stimulated, but it is being used in a different way. The third tip is to test yourself using an environment close to the one you will be in for the final. The last tip is to simply take the hard route. The reason why the last three tips work so well is because they are hard to practice consistently. The process of learning, forgetting,

retrieving and relearning helps build the course information into our long-term memory, but it isn’t always the easiest process.

Overall, studying is truly a process, and one must figure out what works and what doesn’t for themselves. One of the most important things to remember is that there are always resources to help. The Writing Center offers students help with all writing pieces, from essays to poems. The research li-

brarians can provide help with finding scholarly articles for essays and papers. There are tutors for nearly every class that can be found with the help of Kelvin Clark and the Office of Academic Support. Be sure to use the resources available to you this finals season!

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'Tis the season to explore Salem's winter and holiday events

AUDREY PIACSEK
CONTRIBUTOR

Most students can agree that finals season is stressful, but as December starts and the first snow falls, the holiday season kicking into high gear can bring additional stress of its own. Luckily, there are plenty of seasonal events and winter activities available around Salem this month if you need a break from studying or want to start gearing up for the holiday season.

If you’re still looking for the perfect gift for everyone on your list, there are several holiday markets open around Salem that can help you out. The Handmade Market organized by the Salem Etsy Team will be taking place on the Oregon State Fairgrounds on Saturday, Dec. 7 from 10 a.m. to 5 p.m. The next weekend, from Dec. 13-15, the Salem Holiday Market will also be open on the fairgrounds. This event also includes a gingerbread contest, a train display and other holiday shows. Both markets will feature local vendors selling handmade gifts.

Deepwood Estate and the Bush House Museum, two historic houses located on Mission St. just a few blocks from campus, are also hosting holiday markets. On the weekend of Dec. 7-8, Deepwood’s greenhouse will house a gift market, with proceeds benefiting the Deepwood museum and gardens, according to their website. You can also take a five minute walk across the park to the Bush Barn Art Center, which is in the middle of its Holiday Showcase featuring local artists. If you’re more interested in history than handicrafts, both museums will be



Holiday lights are set up at Riverfront Park, where a Giving Tree is set up to support a local organization.

open free of charge on Sunday, Dec. 8, from 1-4 p.m.

If you’d like to give back on a larger scale this season, stop by the carousel at Riverfront Park during December. The Salem landmark has put up a giving tree to support the Center of Hope and Safety with gift tags detailing donations that the center needs for the winter. To help, just take a tag and get something for a woman or family in need. There are also free carousel rides on Christmas Day and New Year’s Day for anyone who brings a canned food dona-

tion. All donations go to the Marion-Polk Food Share.

While you’re in Riverfront Park, you might find yourself looking around for the pop-up ice skating rink that has been set up there for the past two winters, but unfortunately, it won’t be returning this year, according to the *Statesman Journal*. However, you still won’t have to venture too far to get your skating fix: there will be an ice rink open at the Oregon Gardens in Silverton through Jan. 5. The rink is part of the garden’s Christmas in the Garden show,

but is also open separately from 1:30-4 p.m. for \$15.

Christmas in the Garden includes “paths and trails leading you through a million light display winding through the forest, dotted with merchants, food booths, fire pits and games,” says its website. Ice skating and tubing is open from 5-9 p.m. for an extra \$15. Admission to the entire event starts at \$8. Check their calendar for more details at christmasinthegarden.com/events.

For those into more rugged winter sports, Mt. Hood Mead-

ows is open all winter for skiing and snowshoeing. Mt. Hood has downhill slopes for everyone, from beginners to experts — or, if you’d like to slow it down a little and just take a stroll through the snowy forest, head down the road to the Nordic Center for some cross-country skiing. Buses and shuttles run from Portland to the mountain on weekends and some weekdays throughout the season, but you can also drive yourself up. Make sure to monitor the road conditions and weather if you decide to take your own car, as the roads higher up on Mt. Hood can become difficult to navigate in snow and ice. Visit the Mt. Hood Meadows website for details on conditions, transportation and prices at skihood.com. Make sure to check with the Outdoor Program for ski trips from Willamette during the season as well.

The end of the semester can be intense, but there are plenty of ways to relax for a little while and enjoy the holiday season in Salem. The holidays are the perfect time to get off campus and see what the Willamette Valley has to offer. And even if you’re fully booked with studying there’s always time to kick off finals with Midnight Breakfast next Monday, Dec. 9 at 9:45 p.m. in Goudy Commons. Midnight Breakfast is a university tradition hosted by Willamette Events Board (WEB) at the end of each semester. The theme this fall is the classic cartoon Peanuts, so come on down for a night of breakfast food, Peanuts movies and fun activities before finals begin!

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Horoscopes for the week of Dec. 4-11

BILLY ULLMANN
LIFESTYLES EDITOR

WHILE YOU WERE GONE:

Jupiter, the planet that rules expansion and growth, entered Capricorn on Dec. 2. This is the first time Jupiter has been in Capricorn since 2008. With Jupiter in Capricorn, you will want to examine the amount of effort you put into change or if there are any structures in your life that need to change. This transit will help illuminate what needs to be done and the benefits of hard work.



Aries: The moon enters your sign on Dec. 5, likely energizing and calling you to take action. On Dec. 8, the moon enters Taurus, so give yourself some time to focus and recuperate. Mercury enters Sagittarius on Dec. 9. This transit will likely make you think bigger or more than usual, and will make you more willing to share your thoughts. The moon goes into Gemini on Dec. 10, making it a good time to communicate with others.



Taurus: The moon goes into Aries on Dec. 5; do not be afraid to confront conflicts and your own desires directly. On Dec. 8, the moon goes into your sign so relax a bit and check in with yourself. Mercury moves into Sagittarius on Dec. 9, asking you to share your ideas with others

and hopefully, learn from others too. The moon enters Gemini on Dec. 10, which may make you feel a bit distracted.



Gemini: On Dec. 5, the moon enters Aries; try to think a little less and trust your gut a bit. The moon goes into Taurus on Dec. 8, so pause for a bit and reward yourself. Your ruling planet, Mercury, goes into sister sign Sagittarius on Dec. 9. This transit will likely make you feel free to talk more and think about anything and everything. The moon enters your sign on Dec. 10, calling you to take things lightly for a bit.



Cancer: The moon goes into Aries on Dec. 5, making it a good time to take care of anything that needs direct attention. On Dec. 8, the moon goes into Taurus, so practice a bit of self love and make sure all your ducks are in a row. Mercury enters Sagittarius on Dec. 9, motivating you to expand your thoughts and your social network. The moon in Gemini starting on Dec. 10 will push you to socialize and learn.



Leo: On Dec. 5, the moon goes into fellow fire sign Aries, so be direct and confront things head on. The moon enters Taurus on Dec. 8, calling you to relax and enjoy yourself.

Mercury moves into Sagittarius on Dec. 9, bringing a sense of expansion to thought and communication. You may be surprised with how much you can think. The moon enters Gemini on Dec. 10; it will be a good time to socialize and network with others.



Virgo: The moon enters Aries on Dec. 5, asking you to stop overthinking and take more action. The moon goes into Taurus on Dec. 8, so make sure you are on the right path for you. On Dec. 9 your ruling planet, Mercury, goes into Sagittarius. You will likely feel called to think and communicate more. The moon moves into Gemini on Dec. 10; reach out to others and don't take yourself so seriously.



Libra: The moon goes into sister sign Aries on Dec. 5; make sure you are pursuing things you actually want. On Dec. 8, the moon enters Taurus, asking you to check in with yourself and your needs. The next day, Mercury goes into Sagittarius, encouraging you to seek out new topics to think about and to share with others. The moon enters Gemini on Dec. 10 so try something new and don't be afraid to play.



Scorpio: On Dec. 5, the moon enters Aries, giving you the

drive and the urge to face things head-on. The moon goes into sister sign Taurus on Dec. 8, so check that you are taking care of yourself. On Dec. 9, Mercury enters Sagittarius, calling you to think broadly and communicate openly with others. The moon goes into Gemini on Dec. 10; stir up some trouble and try new things.



Sagittarius: The moon goes into Aries on Dec. 5, putting you in a good place to attend to your desires. On Dec. 8, the moon enters Taurus, so give attention to your emotional state and how you can affect it. Mercury enters your sign on Dec. 9, which may bring ease to areas of communication and encourage you to share your thoughts more. The moon will then go into sister sign Gemini, motivating you to see others and maybe even flirt a bit.



Capricorn: The moon enters Aries on Dec. 5, giving you energy and motivation to get things accomplished. On Dec. 8, the moon goes into Taurus, so consider where your energies are spent and whether or not it is serving you. Mercury moves into Sagittarius on Dec. 9; it's a good time to try new ideas and for sharing that information. You will probably feel social and expressive as the moon goes into Gemini on Dec. 10.



Aquarius: On Dec. 5, the moon enters Aries, so keep your eyes on the prize and continue moving forward. The moon moves into Taurus on Dec. 8; make sure you are attending to your needs and aware of what they may be. On Dec. 9, Mercury enters Sagittarius. This transit will ask you to expand your mind and grow your methods of communication. The moon goes into Gemini on Dec. 10, providing a social and chatty energy.



Pisces: The moon enters Aries on Dec. 5 which will likely call you to take action. Perhaps you've been putting something off? The moon then enters Taurus on Dec. 8, so take some time to take care of yourself. Mercury goes into Sagittarius on Dec. 9, encouraging you to share what you know and learn more. The moon goes into Gemini on Dec. 10; take things easy for a bit and don't stress too much.

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

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Graphics: Blake Carlile

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WEDNESDAY, DEC. 4, 2019

4:30-8 p.m.

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6:30 p.m.

Star Trees Lighting

NORTH SIDE OF WALLER HALL

Gather before the concert for cookies, cocoa, and s'mores. Coat and clothing donations will be collected for Union Gospel Mission.

7 p.m.

Family Holiday Concert

SMITH AUDITORIUM

University Wind Ensemble, University Chamber Orchestra and Jazz Collective.

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Men's soccer looks to continue success



COURTESY OF WU ATHLETICS

Graduate student Nicholas Ballenger protects the ball while trying to avoid University of Puget Sound defenders, while first-year Abdul Ali considers his next move.

IVY YEOH
STAFF WRITER

The Willamette University men's soccer team finished its season with an overall record of 11-4-4 and an 8-4-2 record in the Northwest Conference (NWC). This year was junior Max Berner-Hays' third consecutive year of receiving First Team All-NWC Honors, and received honors as the NWC Defensive Player of the Year in 2018 and Freshman of the Year in 2017. In the explanation of the honors, Berner-Hays said: "At the end of the season, the [NWC] coaches decide who gets All-Conference recognition. There's first team, second team and honorable mentions and about 11 [possible spots] in each of those. There's also Defensive MVP and Offensive MVP and Rookie of the Year... It's cool to see that our team is thought of as a high-level team in the conference. Every year we have more and more representation among the team and that's really great to see." This year, eight players from WU men's soccer team were selected for these honors, four for the first team, three for the second team and one honorable mention.

Berner-Hays attributes this success to the coaching efforts of both Lloyd Fobi, the men's soccer coach in 2018 and Jared Rust, the

current head coach. Berner-Hays said: "Coach Fobi started to build a program with Rust as an assistant [coach], taking one of the worst teams in the conference and turning it into a consistent contender. Having Rust take over and build off of that has really helped the team grow and start thinking more about the future."

The concepts of "future" and "progress" have been the biggest themes of the men's soccer team this season. Part of the success of the soccer team comes from the ambitious mindset nurtured amongst the team and the high standards at which they set their goals. Berner-Hays said: "This year our goal was to win the NWC and potentially make a run into the National Collegiate Athletic Association (NCAA) tournament. We weren't able to achieve that goal. However, there were still some positive takeaways from the season... Before I got here in 2017, Willamette had never won the conference, but at this point, that's really our expectation. We want to build to where we look at the NCAA tournament like how we used to look at the NWC until eventually we could contend for the national championships."

The men's soccer team is not very superstitious, but they do have

a few rituals before games to hype themselves up. Berner-Hays said: "Before every game, we have a little saying, which started my freshman year. It's our commitment to each other and it ends with 'I Am Because We Are' which puts the team above everything else. We say it so much, we all know it by heart." While this ritual was created by the team as a mantra to celebrate teamwork. Berner-Hays also mentioned the less intense rituals the team has fun with: "Before every home game, Mason [Kelliher] starts to play 'When A Fire Starts to Burn' in the locker room, and on road trips, we play a ton of Mafia [the game]."

Berner-Hays' love for soccer and competitive drive are equally matched by the rest of the team. When asked about his relationship with his teammates, Berner-Hays said: "We stay pretty well connected, both in and outside of practice... Right off the bat, we all hang out for a week in the summer playing soccer and spike ball all day, fun activities that help to bridge the gap between people who are just coming into the team and those already a part of the close-knit group... It's not official or anything. I think it's pretty cool that out-of-season we hang out with each other almost as much as we do in-season and that's all by choice,

not because we have to, and not because we have practice. It's because we want to spend time with each other."

Berner-Hays also commented on what it's like to play with the American Studies Program (ASP) students and how that has helped the team perform. Berner-Hays said: "I think there's multiple great things about it for everyone. The ASP players are very high-level and have contributed tremendously on the field but it's also a cool cultural experience for us... Mason [Kelliher], another captain on the team, actually got to visit one of the players on the team last year in Japan. It's cool to be able to know someone and be close to someone who lives thousands of miles away. It's also a great opportunity for them to strengthen their English and make good friends."

Looking back on the season, Berner-Hays recalled both the team's toughest game as well as their most impressive performance. Berner-Hays said: "Pacific Lutheran University was probably one of the better teams I've seen during my time in the conference. They were really good, but looking back, we recognize that we should have won the first time we played them and definitely could have won the second time. Seeing them win the

conference shows us how close we were."

Berner-Hays also remembers a personal highlight for him this season: the team's game against Whitman. Berner-Hays said: "We had just come from a disappointing loss to Whitworth and we were about to play Whitman in Walla Walla, WA. We were heavily injured, and we were missing several players. Some people had to play out of position, four or five people had their career-high minutes, a couple people made their first career starts and this was playing against the first-place team at the time. We had a great performance, almost everyone got to play and everyone really stepped up and we ended up winning 1-0. That was one of my proudest moments."

The men's soccer season is now over, but will start up again next fall with all the strides they made as both a representative of WU and as a strong team in the NWC. Berner-Hays said: "One of the big things I look forward to is coming out and seeing a lot of fans in the stands supporting us. It doesn't go unnoticed for us, whether we win or lose, knowing that there's people on the other side cheering."

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Women's swimming prepares for spring season

CONTINUED from Page 1

Kates said: "Most people don't pick their strokes as much as their strokes pick them. You swim all the events and you [find] you have a natural affinity for one."

Other than regular prep for meets, the team draws inspiration from a mascot—not Blitz the Bearcat, though. The swim team has adopted a creation by senior Jensine Rasmussen as their own unofficial mascot: a mannequin head named Josephine. Kates

said: "Josephine is a mannequin head that we have put on a mop. A head on a stake kind of thing. She really carries our team, I think, through the toughest of meets. And we are all very grateful for her presence."

The Bruin Invitational, Willamette's most recent and final meet of the fall semester, was approached differently than most. The meets the swim team competed in before the Bruin Invitational were all dual-performance meets, where the swimmers were getting race experience rather

than trying to max out. But the Bruin Invitational is a conference meet, where the swimmers went all out trying to achieve the quickest time possible. Kates saw the invitational as successful, saying, "We had an unprecedented number of lifetime best swims at the Bruin Invitational, which bodes very well for conference championships in February."

Now that the fall swim meets are done, the team is looking forward to winter break, when they will be prepping for spring semester swimming. They have

three weeks of winter training, with some of the training taking place in San Diego. Kates said: "As we look ahead, our coaches have us on a really good training program and our job is to keep up the intensity and stay healthy. We're all gearing up for winter training and the Oregon duel meets. We're projected to have some really close competitions in the spring, so I'm excited to see what we do."

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CORRECTION

In Issue 12, the *Collegian* incorrectly published that graduate student Jordan Jenkins received the record-breaking 95-yard pass. It was sophomore Max Andersen who received the record-breaking pass.

Bearcat spotlight: XC's Gabriel Regimbal



JACOB BLOOM
STAFF WRITER

First-year cross country runner Gabriel Regimbal hasn't put too much pressure on himself during his first season running for Willamette University. Rather, he's approached the season by learning about himself as a runner before choosing what goals to set for himself. He said: "I think going in I didn't have any goals... Going in it was kind of just wanting to see where I was at. In the very beginning, I was kind of surprised to see how much I had progressed since high school, and then as the season moved on, I had goals for running certain places or times.

But I think this season was about seeing where I was at. I think the goals will come next season. I was just enjoying the moment and not putting too much pressure on myself." Regimbal said that while his teammates, stress relief and being in nature are some of his favorite things about cross country, his favorite part of running is seeing firsthand that hard work pays off. Regimbal stated: "What I love about running and cross country is seeing that hard work really does pay off and you can see it pays off. Talent gets you far in running but you can improve a lot dramatically just by going out and doing it more. You can do it by yourself, you don't need

other people. It's something you can go out and do. It's a very self-motivated sport." Regimbal talked extensively about the lessons running has to offer. Specifically, he pointed out that while running may seem like a solely physical sport, a large portion of what a successful runner must overcome are mental barriers. He said: "I think mentally, running is harder than the physical aspects. We run so much that anyone on our team can run five miles, but the mental part is convincing yourself you can do it. I think with cross country, we run so many races, but only a handful of them are going to be your best race. Being able to mentally start every race believing you're going to have one of the best races of your life is something that takes a lot of practice." While Regimbal is keeping to the regimen of three hours of cross country practice a day, he highlighted that there are non-physical parts of the sport that he is working on as well. In particular, Regimbal says he's trying to work on his patience in terms of how he approaches each race. Regimbal said: "I think the thing I've hammered home this year for running is patience and trusting the process. Five miles is a long race, and I think I've learned through racing that you don't need to go out super hard. Stay patient, stay relaxed and let the race come to you. In high school, races are a little shorter, so I think I've learned to be patient and trust that I'm ready when I line up."

Another mental challenge Regimbal talked about was staying calm before races. He said that whenever he gets too nervous about a race, his performance is visibly affected. "Running tense makes me run slower. When you relax and work hard, it feels more natural. When you're tense it feels like you're working hard to maybe do something that shouldn't be as hard." According to Regimbal, a misconception about cross country is that it isn't a team sport, as he said: "Cross country appears very individualistic, but you also have the team in mind. We score based on our top five people. You can have one, two, three and four really fast, but if the fifth person isn't as fast, your team might not do as well. Sometimes running isn't about talent, but being able to work together." When asked about the best advice he's gotten this season, Regimbal quoted his coach, saying that he tells the team "Life is not about cross country, but you'll learn a lot about life while running cross country." Regimbal said he agrees with this statement, as he said: "Some people get obsessed and think their life is about running, but you learn about life through running. Running itself is hard, and life itself is hard, but if you do work hard at it you can be rewarded."

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Willamette Fall 2019 sports season statistics

All information and statistics cited in this article were gathered from the Willamette website, courtesy of the Willamette Athletics Department.

MEN'S SOCCER

Overall record: 11-4-4
NWC record: 8-4-2

Men's soccer took 290 shots and scored 35 goals over the course of the season, good for a 0.407 shots on goal percentage. Additionally, they received 37 yellow cards but only one red card.

WOMEN'S SOCCER

Overall record: 11-7-2
NWC record: 10-4-2

Women's soccer took 233 shots while scoring 27 goals over the course of the season, good for a 0.442 shots on goal percentage. Of the 27 goals scored, 15 came on assists.

WOMEN'S GOLF

NWC final placement: 9th place

WOMEN'S TENNIS

Overall record: 4-10 NWC record: 2-6

WOMEN'S CROSS COUNTRY

NWC final placement: 5th place

MEN'S GOLF

NWC final placement: 1st place

MEN'S TENNIS

Overall record: 1-14 NWC record: 1-7

MEN'S CROSS COUNTRY

NWC final placement: 6th place

FOOTBALL

Overall record: 2-8
NWC record: 0-7

Senior Matthew Castanada broke several Willamette records this season, one of the most notable being a 95 yard touchdown pass to Max Andersen, the longest in Willamette's history.

WOMEN'S VOLLEYBALL

Overall record: 9-16
NWC record: 8-8

The women's volleyball team recorded 1,102 kills with 12.11 kills per set on average over the course of the season. Additionally, the team had 1,656 total digs with an average of 18.20 digs per set.

This week at Willamette

JACK KUYPER
SPORTS EDITOR

WOMEN'S BASKETBALL

Fri. 11/22
Cal Lutheran @ Willamette
80-84
Junior Amanda Carpenter earned 23 points, with 13 of these points scored in the third quarter.
Tue. 11/26
Willamette @ Claremont Mudd Scripps
47-66
Senior Drew Farmer earned 11 points, 11 rebounds, seven assists and a steal.
Wed. 11/27
Willamette @ Caltech
59-47
Sophomore Madison Ballard tied her career-high of 15 points in this game.
Fri. 11/29
Willamette @ Whittier
31-49

Upcoming matches:
12/07: Lewis & Clark at WU
12/19: WU at Portland
12/21: Vancouver Island at WU
1/03: WU at GFU

MEN'S BASKETBALL

Sat. 11/23
La Verne @ Willamette
70-84
First-year Cade Whicker scored 21 points while junior Ben Sutton scored 19 points and secured 10 rebounds.
Sun. 11/24
Concordia @ Willamette
106-79
Fri. 11/29
Willamette @ Buena Vista University
73-96
Sat. 11/30
Willamette @ Nebraska Wesleyan University
84-101
First-year Daniel Plumer scored 30 points.

Upcoming matches:
12/07: Lewis & Clark at WU
12/20: Wisconsin La Crosse at WU
12/21: Sain Johns at WU
12/30: Louisiana Colorado at WU
1/03: WU at GFU

MEN'S SWIMMING

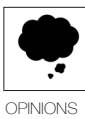
Sat. 11/23 & Sun. 11/24
Willamette @ George Fox University
394 (2nd place)
Senior Ben Hedman won two events: the men's 400-yard individual medley and the men's 200-yard butterfly. Junior Ben Fritz also earned first place in the men's 1,650-yard freestyle and took third place in the men's 200-yard freestyle.

WOMEN'S SWIMMING

Sat. 11/23 & Sun. 11/24
Willamette @ George Fox University
221 (4th place)
Senior Niki Kates placed second in the women's 100-yard backstroke.

All images in the score boxes are used courtesy of the respective institutions and do not belong to the Collegian.

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Content advisories provide people with the power of choice

CLAIRE ALONGI
STAFF WRITER

You're probably familiar with the use of movie ratings to gauge whether a movie is appropriate for certain audiences. They notify viewers of sex, violence and drug use, and in a way, act as a kind of advisory. In addition to these ratings, there are often advisories such as "viewer discretion advised" that precede visual media. While commonly associated with movies and TV, content advisory can appear in different places, from books to music to live performances.

The University of Michigan's Inclusive Teaching site defines content advisories as "verbal or written notices that precede potentially sensitive content. These notices flag the contents of the material that follows, so readers, listeners, or viewers can prepare themselves to adequately engage or, if necessary, disengage for their own wellbeing." Another common term for content advisories is "trigger advisory," in reference to triggers that might cause a person to experience an anxiety or PTSD response.

While some people might view content advisories as younger generations having a weaker backbone, it is actually very important when it comes to making sure everyone feels safe and comfortable in their environment.

Before getting into why content advisories are useful or even cru-

cial, it's necessary to understand that not everyone agrees on their effectiveness. A *Psychology Today* article looked at the findings of a Harvard study on content advisory. Researchers had participants read passages from classic novels like "Moby Dick" and "Crime and Punishment", but some students got this message before the passages: "TRIGGER WARNING: The passage you are about to read contains disturbing content and may trigger an anxiety response, especially in

Naysayers of content advisories not only debate advisories effectiveness, but also whether they might actually prevent healing and learning. The key is this: content advisories don't stop people from doing anything. They're meant to give people a choice. While eventually facing content that might be triggering could be a kind of exposure therapy for people that have experienced trauma, it should be a choice. Content advisories allow people to make that choice.

ate a standard content advisory that professors will be able to put into their syllabi. They worked with the Title IX committee and the Teaching and Learning committee to craft statements that were satisfactory. To the best of Betts-LaCroix's knowledge, the statements will be included in the suggested syllabus additions for next semester. They also note that the language "advisory" has been intentionally chosen over "warning."

gering material and notes that the professor will provide specific advisories for materials that might be triggering, as well as asking students to come forward with specific concerns they might have. The second advisory states that the professor has chosen not to use content advisories, but that students should still come forward with specific concerns. It remains to be seen if either of these advisories will be utilized in spring semester classes.

"Coping mechanisms that help people with trauma overcome what might be their initial feelings of panic or anger, or dissociation exist, but many of them work best with forewarning. The purpose of a content advisory is to provide that forewarning," they said.

Even though some may be skeptical, hopefully content advisories will become more common. It doesn't take a lot of time to give people a heads up and it can spare so much grief. It also gives the person the power to choose what material they want to engage with in a healthy way and what might be too much too soon. Perhaps Burgess said it best: "If you can prevent a student's emotional pain just by warning them, wouldn't you want to?"

"Content warnings allow individuals to prepare themselves, the chance to choose when and where they absorb the information and who is around them, as to best feel safe."

those who have a history of trauma." The *Psychology Today* article states that the "trigger warnings led to no self-reported differences in anxiety between the two groups overall, but for participants who already held the belief that 'words cause harm,' trigger warnings led to an increase in anxiety." By this alone it would seem that content advisories might do more harm than good. But both the researchers on the study and the author of the article noted a major flaw: the study was not conducted with people who have actually suffered trauma.

Willamette student Emma Burgess ('21) echoed their importance in class. "If a student has experienced a traumatic event or situation encountering triggering material unexpectedly, without preparation it can have serious emotional repercussions, cause mental harm and ultimately distract from learning and impact students' grades. Content warnings allow individuals to prepare themselves, the chance to choose when and where they absorb the information and who is around them, as to best feel safe," she said.

ASWU member Kaizen Betts-LaCroix ('21) is working to cre-

"Among the faculty who have spent time on the topics the preferred language has been 'content advisory.' The thinking behind using 'advisory' rather than 'warning' is that we don't want to imply that a topic necessarily poses a danger that needs to be 'warned' of; 'advisory,' rather, emphasizes that the intention is to give students the information to be able to better make their own choices about what's best for them."

Betts-LaCroix worked on two statements. One acknowledges that the class might have trig-

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