



Emerald Media

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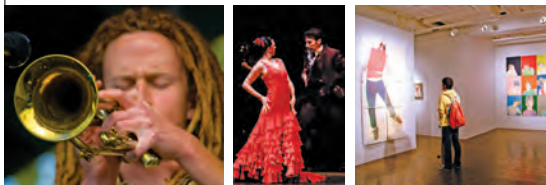
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THE TREES AT THE UO CAMPUS DO A LOT MORE THAN PROVIDE SHADE FOR STUDENTS.

There are 4,000 trees on campus, and some have traveled hundreds of miles from other climates. These trees became a part of a local arboretum for landscape architecture and biology classes right on campus.

Some hold historical significance, like the Yellow Buckeye, planted south of Lillis Hall. According to Jane Brubaker, trade/maintenance coordinator at the University of Oregon, the tree was a gift from Ohio State University when the Bucks defeated the Ducks in a football game in 1958.

As the trees grew bigger and taller, they added to the aesthetic characteristic by defining open spaces and shaded areas.

“The trees create incredible spaces, though not formal space,” Brubaker said. “And (the trees) always compliment the architecture.”

While trying to maintain their living, the trees also provide a significant environmental benefit by reducing pollution, controlling erosion and providing habitat for wildlife.

Realizing the needs and the importance of protecting and preserving the wide variety of trees on campus, the campus planning committee founded the Campus Tree Plan in 2001 as an official written pattern to overlook and manage the trees on campus.

The latest update on the plan was in 2008, to accommodate with the 2005 Campus Plan.

Garrick Mishaga, exterior maintenance supervisor, said the Campus Tree Plan is a requirement for each project happening on campus. Campus Planning and Real Estate will work with the Campus Tree Plan to decide or find alternative ways to protect and preserve as many trees as possible.

The organizations also work with the contractors to ensure the trees’ safety and health even in a minor repair or maintenance job.

“We try to maintain the university characteristics, and add more trees to the tree canopy but it’s not always possible,” Mishaga said.

Brubaker said the committee carefully plans to decide the fate of the trees.

“Sometimes we have to fight for it,” Brubaker said. “I know the university is not a garden, but many people love (the trees) on campus.”

If no alternative method is found, the university will replace the removal tree with a new tree.

The university required the working contractors to post removal trees to the public before proceeding with the project, Brubaker said.

Sometimes the university has to cut down trees damaged from harsh weather conditions or bacteria. The University tries to replace ill or short-lived species with more durable trees.

The trees have significance to Brubaker at a personal level. As she works with donors of many trees on campus, many trees become sentimental to her.

“The tree becomes a reminder of a person,” she said. “It’s a nice place for family and friends to come back to.”

When a tree is finished living its life, the raw wood is stored at the Passive Solar Lumber Kiln program, as an effort of sustainability. The lumber is later turned into furniture that is used in Allen Hall, Johnson Hall and Ford Alumni Center and benches around campus, according to the Director of the program Deaton Love.

The rest of the wood is donated to local non-profit organizations or sell to purchase new trees to replace the old ones, starting a new life at UO campus.

BY TRAN NGUYEN. @TRANNGNGN

**E** The Emerald is published by Emerald Media Group, Inc., the independent nonprofit media company at the University of Oregon. Formerly the Oregon Daily Emerald, the news organization was founded in 1900.

If you have any feedback about work featured in the Emerald, please contact Director of Communications Hannah Taylor at htaylor@dailyemerald.com.

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VOL. 116. ISSUE NO. 46



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<b>FR 202</b> MW 5:00	<b>MATH 111</b> TR 5:00
<b>SPAN 102</b> MW 4:00	<b>MATH 112</b> TR 4:00
<b>SPAN 102</b> TR 5:00	<b>MATH 112</b> MW 5:00
<b>SPAN 202</b> MW 5:00	<b>MATH 241</b> MW 5:00
	<b>MATH 241</b> TR 4:00
	<b>MATH 242</b> TR 5:00
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# MORE GENDER-INCLUSIVE BATHROOMS COME TO CAMPUS

The motion to include more gender-inclusive bathrooms at the University of Oregon continues, but the movement has a diverse set of goals.

On Oct. 29, representatives from Theta Pi Sigma, the ASUO Executive branch, the Women's Center and the LGBTESSP appeared before the ASUO Senate to ask for support for their efforts to increase the presence of gender-inclusive bathrooms on campus.

Elle Mallon, the ASUO's Gender and Sexuality Diversity advocate, was among the speakers. She outlined some of the issues that arose within the transgender community due to the lack of gender-inclusive bathrooms, including purposeful dehydration and other health complications, in addition to high risk of assault or bodily harm.

The resolution is known as the "Resolution to Create and Make Accessible More Gender-Inclusive Restrooms on the University of Oregon Campus."

The gender-inclusive bathrooms are catching the attention of the campus community as of late, but are by no means a new project. The ASUO has been called to involvement recently, but the LGBTESSP has been working to advance this cause for about a year.

Kalie Solomon, program assistant with the LGBTESSP, was in charge of mapping out the locations of all single-occupancy bathrooms on campus last year. The map helped specify where all gender-inclusive bathrooms on campus were and the number of bathrooms.

Following the mapping, LGBTESSP Director Chicora Martin and Assistant Director Maure Smith-Benanti reached out to department heads to discuss increasing the presence of gender-inclusive bathrooms in their respective buildings.

According to Solomon, around 15-17 new gender-inclusive restrooms will be in place around campus, through conversion of signs for traditionally

gendered bathrooms.

Casey Edwards was the ASUO State Affairs Commissioner until his resignation in the fall. Throughout the summer, however, he was involved in working with the LGBTESSP on the efforts regarding mapping out gender-inclusive bathrooms. Now, Mallon and Senate VP Miles Sisk are among the members of the ASUO currently coordinating with the LGBTESSP.

Mapping the bathrooms and gaining approval from the department heads has led to where the project currently stands, which is examining the costs of removing the current, traditionally gendered signs, and the purchase and installation of signs which indicate a gender-inclusive facility. Funding to cover these costs may come from the departments, or additional fundraising efforts may be needed.

Solomon will soon be resurveying all the buildings to establish the most current report of bathrooms because the status has changed since the beginning of the school year.

Mallon's work has been somewhat more aligned with an administrative route. In addition to involvement with the department head negotiations, she is currently preparing a resolution to present to the University Senate mandating at least one gender-inclusive bathroom in every building on campus. She said that Exec support, specifically support from President Beatriz Gutierrez, will be critical at that stage.

The movement is taking shape by means of several efforts, but all parties agree on the motivation: create safe spaces for all members of campus.

"For people who might not feel comfortable identifying within a binary at all, it's definitely important," said Solomon.

BY KAYLEE TORNAY, @KA\_TORNAY



# SCHLEGEL BRINGS STUDENT VOICE TO BOARD OF TRUSTEES

*The newest member of the Board of Trustees is excited to have her voice heard among the school administrators.*



Helena Schlegel is a junior at the University of Oregon and the newest member of the Board of Trustees. Schlegel was confirmed to the board during finals week and attended her first meeting as a voting member of the UO Board of Trustees.

Here's what Schlegel had to say about her first meeting as the only student on the Board of Trustees:

## How was your first meeting as an official board member?

As a student, there are not many opportunities to meet with so many senior administrators (and trustees of course). So now that I am a trustee, I have that opportunity, and because of that, I did not know exactly what to expect. But as the meeting progressed, I learned ways to improve transparency and about student outreach in general.

## How have you learned to improve transparency and student outreach?

I would like to see more communication between students, faculty and administration when it comes to our governing body, as I feel that often students are not informed, and thus not aware when important decisions are being made at Board of Trustees meetings.

Personally, I would like to initiate some of these conversations. Initially, I want to ensure students are aware of the Winter Board of Trustees meeting, so they can provide a student perspective and/or opinion on the matters being discussed.

## What student issues did the Board of Trustees discuss at the meeting?

At the meeting, we passed a resolution approving a new academic program, the master of science in sports product management, which is set to

begin September 2015.

We also approved a resolution regarding this year's tuition and fees processes, which is underway this winter term.

## What is the tuition resolution?

The Tuition and Fees Processes Resolution lays out the process and timeline for the adoption of next year's tuition and fees. The process will have an advisory group (with two students) that will make recommendations to the president, and there will also be a student forum winter term to discuss tuition and fee decisions, which will be a great opportunity for students' voices to be heard.

## In your opinion, what was the most important issue discussed at the last Board of Trustees meeting?

It is hard to pick the most important, since every issue affects students in some way, but an issue that I was personally passionate about was a resolution relating to required disclosure by the UO ombudsperson. Now, the UO ombudsperson will no longer be a required reporter (with a few exceptions), so students can approach them regarding issues of discrimination and sexual violence confidentially.

## What should students know about the Board of Trustees and how can students keep up with the Board of Trustees?

There is a Board of Trustees website where you can read about the trustees, upcoming meetings and read past meeting minutes. Also, students can of course reach out to me with any questions and concerns they may have about the Board of Trustees, and I will help in any way that I can.

BY ALEX WALLACHY @WALL2WALLACHY



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# Video games

→ CHRIS BERG. @MUSHROOMER25

# START 2015 STRONG



**BATTLEFIELD  
HARDLINE** is just one  
of the many titles  
to look forward to  
this year.

The holidays have finally passed. With the November rush of new AAA video games, and the rush of Game of the Year lists that follow in our rearview it's time to look forward to 2015. The first quarter of the year is traditionally a fairly light time for games, but this may be the year to break that trend. If you got a shiny new console under the tree this year and want to burn that Christmas cash on a hot new release – keep your eyes open for these games in the coming weeks.

Over the past generation, few games ignited a frenzy among my gaming friends like *Dark Souls*. The third-person action franchise is notorious for brutal difficulty, with tight controls and nearly infinite possibilities for play. Coming on March 24, the true spiritual successor will come in the form of *Bloodborne* (PS4). As the first PS4 game from *Souls* Creative Director Hidetaka Miyazaki, this will surely end in at least one broken controller.

For first-person shooter fans, the coming

season is bringing two highly-anticipated multiplayer games that promise to offer new takes on existing concepts. Turtle Rock Studios is best known for developing the original *Left 4 Dead*, which nearly perfected the co-op shooter experience. Now, the team has turned to competitive play, with *Evolve* (PS4, Xbox ONE, PC). One player takes the form of a massive monster, fighting off a team of four “hunters.” Find your crew and start the hunt on Feb. 10.

If you're more interested in hunting down criminals than alien hell-beasts, perhaps *Battlefield Hardline* (PC, PS4, PS3, Xbox ONE, Xbox 360) will be more up your alley. The latest edition of EA's shooter franchise moves the action from the battlefield to the homeland, focusing on a cops-and-robbers dynamic for the series' iconic multiplayer. Expect it on March 17.

February has always been a time for horror, as the single among us turn to dark imagery to reflect the growing self-resentment fostered by

Valentine's Day. Cuddle up with a PS4 controller on Feb. 20 and settle in for a steampunk adventure with *The Order: 1866*. This graphically stunning third-person shooter might just be the *Gears of War* for a new generation of consoles.

Fans of zombies should be getting ready for *Dying Light* (PC, Xbox ONE, PS4), from the creators of *Dead Island*. The game holds true to the open-world parkour spirit of their previous work, but introduces a new day/night cycle – which allows other players to enter your game as super-powered undead. Survive the night on Jan. 27.

If you prefer your frights in the retro style, this season will also bring us remasters of two horror classics – *Grim Fandango* (PS4, PS Vita, PC, OSX, Linux), Tim Schafer's iconic point-and-click adventure in the land of the dead on Jan. 27, and the Gamecube-era remake of *Resident Evil* (PC, PS4, PS3, Xbox ONE, Xbox 360) (That's right, an HD remaster of a remake), on Jan. 20.



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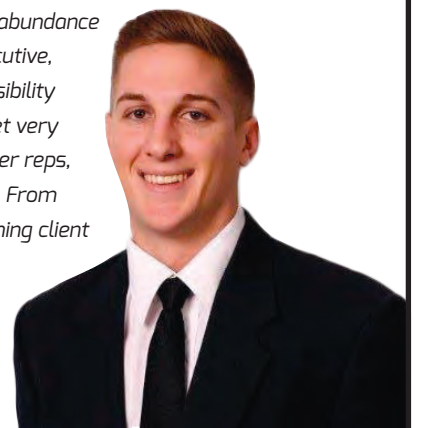
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## Why I enjoy being an Account Executive at **EMERALD MEDIA GROUP:**

During my sophomore year at UO, I applied for a job at over 30 restaurants and retail stores in Eugene. I was hoping to find a source of income to pay rent and other living expenses. A friend who worked at the Emerald told me I should apply because of the flexible hours and potential to make solid money. I applied, interviewed, and have been loving my job ever since. Working for the Emerald has given me an abundance of useful professional experience. As an account executive, you are given a large amount of freedom and responsibility to manage your time efficiently. It is a competitive, yet very rewarding job. You are constantly competing with other reps, as well as yourself to reach and CRUSH sales quotas. From cold calling as a prospect rep, to building and maintaining client relationships, the skills you learn at the Emerald are invaluable. If you are looking for a job that pays well and allows you to be independent and manage your own time, apply to the Emerald today!



Ben Gilberts, senior, sports marketing

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# STAYING HEALTHY IN THE NEW YEAR

BY KATIE WIDEMAN, @KATIEWIDEMAN AND SARAH VELLA-LABRADOR, @SARAHKIANA95

Eating healthy is only one part of your New Years resolution to be healthy. Use these exercise and nutrition apps to help you stay on track with your fitness goals of 2015.

## Exercise

### ACTIVE BY POPSUGAR

This app was developed by one of the most popular fitness websites for women. The ACTIVE app allows you to work out anywhere and at anytime by providing the user with tons of workout videos and step-by-step pictures to help you master the move. You can download your favorite videos to your phone, or you can simply open the app every time you want to access workouts. This app also features an alert that syncs with your phone to help remind you it's time to workout. The videos on this app are excellent and very encouraging. They are updated a few times a week.

### LORNA JANE

With the Lorna Jane app, you can track your runs and other workouts. This app is unique because it combines fitness routines and recipe ideas for after the workout. The app has workout videos for running, cyclizing, treadmill, cross training, stationary biking, walking and the rowing machine. In addition to recipes, videos and tracking, it shows you your caloric breakdown each day and provides inspiration.



### 7 MINUTE WORKOUT

This app is perfect for the busiest of the busy. This app sneaks in a great workout in only seven minutes. It alternates effective workouts and time durations to get you similar results to HIIT training. By having such a short workout time you can do it in the morning or at night. If seven minutes is too long, you can even reduce the time. If you can, try sticking with the seven minute routine to help you achieve your goals by summer.

### NIKE TRAINING CLUB

NTC is by far one of the best apps created by Nike because you don't need to go out and buy any of its gear to perform the exercise (fuel bands anyone?) This app provides detailed and specific videos and workouts. It is great for any fitness level because it breaks workouts down by your experience. You can share your results and workouts with your friends, and they can cheer you on, virtually! This app also provides a four week program that you can customize. You can use this app in the gym or at home, and it even works with Airplay, so you can play your workouts on your TV and it can become a group workout. NTC of course can be synced with Nike Running and your fuel band, but it works wonders on its own.

### FOODUCATE

This app, developed by nutritionists, provides delicious recipes and features a section called 'Ask.' In the 'Ask' section, you can submit a food related question and it will send a reply back from its nutritionists. This app helps you eat healthy and stay on track by providing meal plans in the app, and it tracks your weight and calories. This app is great because even if your not making food from its recipes, you can search a brand of food and find your specific item and it will give you a detailed break down of its health benefits. This app is like having a nutritionist in your pocket!



# Eat right

As we start 2015, just like every year, people make resolutions to eat healthier. Eating healthy seems more difficult than it actually is, when so many options and small changes can make a potentially “unhealthy” meal healthier. But changing your eating habits is not so easy. Curb those cravings and stay on track by incorporating these simple recipes into your life this year.



## BREAKFAST

Greek yogurt with granola and fruit

What you'll need:

Greek yogurt (flavor of your choice)

1/2 cup of desired fruit (I used bananas and blueberries)

1/2 cup of granola

1 teaspoon of honey (optional)

What you'll do:

In a bowl, add yogurt, fruit and granola, stir then add in honey if you would like. I used bananas and blueberries because bananas keep you full, and are a good source of potassium, while blueberries help boost your metabolism and even help preserve your memory.



## LUNCH

Avocado salad open-faced sandwich or wrap

Chive spread:

What you'll need:

1/4 cup Greek yogurt

1 tablespoon of finely chopped chives

A pinch of salt and pepper

Avocado salad:

What you'll need:

1 avocado, diced

1 tomato, diced

1 cucumber, peeled and diced

1 tablespoon lime juice

2 tablespoons of chopped cilantro

A pinch of salt and pepper

1/4 cup alfalfa sprouts

1 piece of wheat bread or wheat tortilla

What you'll do:

Toast bread and spread desired amount of chive spread. Top the bread with avocado salad, and enjoy! If you are making a wrap, use desired amount of chive spread, add avocado salad, wrap and enjoy! The spread makes up to four servings, so there will be plenty more for later. This is a quick and easy on-the-go lunch or snack, not to mention super delicious.

## DINNER

Cheddar broccoli and chicken shells

What you'll need:

3 cups of 9 oz shell noodles

1 lb boneless chicken breast, cooked and chopped

12 oz broccoli florets

2 1/2 tablespoon butter

1/4 cup flour

1/2 teaspoon garlic powder

A pinch of salt and pepper

3 cups of low fat milk

1/2 cup of shredded cheddar cheese

1/3 cup of finely shredded Parmesan cheese

What you'll do:

Boil water in a large pot, add noodles and cook until done. Once noodles are cooked, on low heat add butter, garlic powder, flour, milk and salt and pepper, stir until all the ingredients are mixed well. Add in cheese, chicken and broccoli. Remove pot from heat and let sit for five minutes before serving.

## DESSERT

Low-fat rice krispy treat In a mug:

What you'll need:

1 tablespoon smart balance butter

1/2 cup rice krispy cereal

5 small marshmallows

What you'll do:

In a mug combine all the ingredients and microwave for 45 seconds. When it is all done, mix well and enjoy. This is a sticky treat, but it's super yummy, and since it is in a mug, you will be eating a controlled portion and won't have to worry about overeating!



# BINGE ON THESE NEW NETFLIX HITS

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with these new shows

As winter break comes to a close, you sadly bid adieu to all of your pals in *Orange Is the New Black* and *Friday Night Lights* with a final episode.

Yet, a new month and year have just begun and the most recent films to hit Netflix make your binge watching possibilities endless. Watch three series in one winter term? Child's play. Cheers to January's new films and to #NoNewFriends.

## 1. 101 DALMATIANS

Yes, the live-action one. Yes, that movie that would continually replay when the babysitter was coming over. And yes, the lifeline of our childhood.

## 2. THE AMITYVILLE HORROR

A couple moves into a new house where a murder was committed. Hmm, wonder what happens next?

## 3. BAD BOYS II

Will Smith and Martin Lawrence being bosses in Florida busting the ecstasy cartel and what not, typical Tuesday.

## 4. BEAUTY SHOP

Queen Latifah and her beauty shop that becomes the local hangout, filled to the brim with gossiping employees and customers.

## 5. BIG FISH

That movie that you probably watched at a friend's house once and didn't understand half of it. Oh, and keep an eye out for Miley Cyrus who happens to be in it for a hot second as well.

## 6. BRUCE ALMIGHTY

How we all learned how to spell "BEA-U-TI-FUL."

## 7. CAST AWAY

Is this the one where Tom Hanks is on a deserted island and cries over someone named "Wilson" the whole time?

## 8. DIRTY DANCING

Oh, you bet I'm about to have "The Time of My Life" watching this smoke show for the first time.

## 9. ENOUGH

Hands down, my favorite Jennifer Lopez movie of all time as she trains herself to fight back at her abusive ex-husband. God, why can't I be her?!

## 10. FOOTLOOSE

The original, starring Kevin Bacon as a city teen that rebels in a small town through dancing... Kids today.

## 11. FRIENDS: COMPLETE SERIES

If you're looking for me, I'm most likely hanging out with Rachel, Monica, Phoebe, Joey, Chandler and Ross.

## 12. GHOST

Another moving love story starring Patrick Swayze and Demi Moore. This also might be your mom's favorite movie.

## 13. JACK RYAN: SHADOW RECRUIT

Action + blue-eyed babe Chris Pine? Sign me up.

## 14. MEAN GIRLS

You can almost hear Regina George saying, "Stop trying to make studying happen – it's not going to happen."

## 15. NOTTING HILL

An unlikely couple brought together by fate, opposite backgrounds and 1990s film quality brings this love story between Hugh Grant and Julia Roberts to the screen. So '90s, so about it.


## 16. UPTOWN GIRLS

The bittersweet tale of an unlikely friendship between a nanny (Brittany Murphy) and an 8-year-old (Dakota Fanning), also known as one of Brittany Murphy's best films.

## 17. PSYCH: SEASON 8

The incorporable duo takes on a series of cases in the show's eighth consecutive season.

Other options to check out this month include *White Collar Season 5*, *Wayne's World 2*, *The War of The Worlds*, *Valkyrie*, *Soul Plane*, *The Odd Couple*, *Mr. Mom*, *Mr. Deeds*, *Mystic River*, *Kangaroo Jack* and *The Kite Runner*.

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# UO VOLLEYBALL UNDERCLASSMEN HAVE BIG SHOES TO FILL



Liz Brenner will be leaving the Ducks after finishing her senior year second on the team in kills with 349.

While Liz Brenner may go down as one of the best volleyball players in the history of Oregon athletics, losing Brenner will be anything but detrimental to next year's volleyball team.

Yes, Oregon is losing a former All-Conference and All-American player in Brenner, whose intangibles far exceed what anybody outside of the program could possibly understand but, the Ducks are well-equipped to deal with that loss.

Now-junior outside hitter Martenne Bettendorf, as well as a committee of young and talented players, will step into the massive footsteps of Brenner.

Bettendorf was arguably Oregon's best player during the 2014 season when she was named as an All-Conference performer as well as being selected to as a third-team member of the All-American type.

Bettendorf's steady climb to one of the most feared outside hitters in the Pac-12 began as a freshman when she averaged 0.98 kills per set in limited action as a freshman but saw that number jump to 2.71 kills per set on a .153 attacking percentage her sophomore year. This past year, those numbers all shot up, particularly her attacking percentage as Bettendorf totaled .309

percentage while averaging 3.52 kills per set.

Helping out Bettendorf will be a trio of now-freshmen who all contribute the most on the offensive side of the ball. Setter Maggie Scott and outside hitters Frankie Shebby and Taylor Agost, provided Oregon with a breadth of youth on this year's roster and all three contributed in many different ways.

Scott was the most steady of the group as she averaged 6.63 assists per set while splitting time with senior Shellsy Ashen in Oregon's 6-2 rotation. Shebby was by far the most explosive of the group as the incredibly athletic freshman was able to sky through the air multiple times for big-time kill. But in order to take the next step forward, Shebby needs to become more consistent on the offensive end as well as a better defensive player.

Agost struggled in the beginning of the year while trying to adjust to the speed and athleticism of the college game but injuries also helped derail her getting off to a better start. In the end of the season though, Agost took the rotation spot of now-sophomore Naya Crittenden and helped the Ducks become a fierce blocking team by using her 6-foot-3 frame to consistently baffle

opposing hitters and setters.

Defensively, the Ducks are in great shape as far as next season goes. Now-sophomore libero Amanda Benson and now-junior defensive specialist Chelsey Keoho both return to give the Ducks a domination duo in the back row. Benson will return to Eugene as a three-year starter next year while Keoho made a huge difference in the last half of the season as her communication put all the Oregon players in their proper positions.

Senior Serena Warner, along with Ashen, will be leaving the Ducks due to graduation but sophomore Kacey Nady will be there to replace her. Nady was virtually an unknown entering this year but really emerged as a true two-way threat for the Ducks. Nady averaged 2.05 kills per set while hitting a team-high .339 and added 93 blocks on the year.

Oregon has all the pieces in place to make another deep NCAA tournament run, but in order to do so, someone is going to have to step-up. The talent is there but with the loss of Brenner, where will the leadership come from?

BY RYAN KOSTECKA. @ RYAN\_KOSTECKA



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**SPORTS**

# KELSEY ULEP: A FRESHMAN AHEAD OF HER GAME

Anyone who has experienced the freshman year of college can attest to its unique challenges.

In addition to the usual obstacles, highly-touted freshman golfer Kelsey Ulep needed to step in as one of the five Ducks on the traveling team as they participated in four tournaments within a one-month span.

"I have traveled all over the country before, but it has never been back-to-back, and with having just started college and getting used to everything," Ulep said.

Ulep's teammates recognize how unusually demanding the situation must be for a freshman.

"She really got thrown under the bus

because we were away so much earlier in the term," sophomore Cathleen Santoso said. "But she's learning, she's growing and I think it's all part of the

experience that we encounter."

Prior to the season, her teammates, along with head coach Ria Scott, expressed their excitement to watch Ulep play. Her style of play, according to the team, will turn many heads.

"She's already got so much power," Scott said. "This past fall, she probably hit the ball furthest of anyone on our team."

Her raw power, according to Scott, is matched by her fearlessness on the course. "She's just really natural out there on the golf course and doesn't play with many thoughts except for the target."

Ulep looked like one of the team's pillars early in the season. The freshman fired a 5-over 221 in North Carolina, which ranked second on the team. She followed up a week later with her best score of the fall, shooting 220 at Stanford. Later

that week, she participated in the Pac-12 Preview at Nanea Golf Club in Hawaii, the team's fourth tournament in as many weeks.

Admittedly tired, Ulep turned in her worst score of the fall season, shooting 237.

"I think this fall I did okay," Ulep said. "I did pretty well at some tournaments, but I didn't finish as strong as I wanted to at Nanea.

Despite the score, Ulep learned quite a bit from the final tournament of the fall season.

"I think I learned more about my game there than I did anywhere before," Ulep said. "There's just some things in my game that I need to focus on and once all the loose screws are

tightened, I'll do really well and I'll be prepared for spring."

As the Ducks continue their three month break before resuming playing in early February, Ulep believes that being in the atmosphere of collegiate athletics will only help her

make necessary adjustments.

"This is the first time I've actually been part of a team because in high school, the girls weren't as motivated or serious," Ulep said. "Being with these girls that are just so competitive and just love golf so much is just really good to be around and I've never been so motivated to do well before."

Through all of her experiences in her first term, Ulep is confident of her ability to flourish in the months and years to come.

"I kind of underestimated what I was going against," Ulep said. "But, I think that now that I have an idea of what college is going to be like in the next four years, I can prepare to play and do well in school in the future."

“There's just some things in my game that I need to focus on and once all the loose screws are tightened, I'll do really well and I'll be prepared for spring.”

**KELSEY ULEP**, freshman golfer.

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BY JACK HEFFERNAN, @JHEFFY13



### JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

4			6			3		
6	1		9		5			
	3			2		8		
1		4	5	9		6		3
	8		1		2		5	
9		6		4	3	7		1
		1		7			3	
			2		9		4	7
		5		1				9

Rating: **BRONZE**

Solution to 12/31/14

3	9	6	7	4	1	2	5	8
4	7	1	2	5	8	3	9	6
5	8	2	6	9	3	1	7	4
1	4	5	3	6	7	9	8	2
9	3	8	4	1	2	7	6	5
6	2	7	5	8	9	4	1	3
2	5	3	1	7	6	8	4	9
8	1	4	9	2	5	6	3	7
7	6	9	8	3	4	5	2	1

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1/1/15

### JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

			8	4				1
4		9						8
	7			1	6	9		
			9				3	
1	3	4				6	9	8
	9				1			
		7	1	4			6	
	4					3		5
6			2		3			

Rating: **SILVER**

Solution to 1/1/15

4	7	2	6	1	8	3	9	5
6	1	8	9	3	5	4	7	2
5	3	9	7	2	4	8	1	6
1	2	4	5	9	7	6	8	3
3	8	7	1	6	2	9	5	4
9	5	6	8	4	3	7	2	1
2	9	1	4	7	6	5	3	8
8	6	3	2	5	9	1	4	7
7	4	5	3	8	1	2	6	9

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1/2/15

### JANRIC CLASSIC SUDOKU

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process elimination to solve the puzzle. The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

5		6		8				1
4			5			8		6
		9						7
	3		9	5				
		1				6		
				7	6		5	
	8					2		
1		4			8			3
	6			1		7		8

Rating: **GOLD**

Solution to 1/6/15

4	2	6	3	9	5	8	1	7
8	3	1	2	4	7	5	9	6
9	7	5	6	1	8	2	4	3
3	8	9	5	2	4	7	6	1
2	5	4	7	6	1	3	8	9
6	1	7	9	8	3	4	5	2
7	6	3	4	5	9	1	2	8
1	4	2	8	7	6	9	3	5
5	9	8	1	3	2	6	7	4

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1/7/15

## The New York Times Crossword

Edited by Will Shortz

No. 1104

- ACROSS**
- 1 Stops
  - 6 Stoned
  - 10 Genre for N.W.A. or T.I.
  - 13 Honolulu hello
  - 14 Everglades bird
  - 16 "Yes, there \_\_\_ God!"
  - 17 Gave in
  - 18 Critic's positive review of drummer Keith of the Who?
  - 20 Had down pat
  - 21 Its national animal is the vicuña
  - 22 Small matter?
  - 23 Powerful industrialist
  - 25 Please, quaintly
  - 27 Whine tearfully
  - 29 Thick-skinned one
  - 30 Tribal symbol
  - 31 With 40-Across, critic's positive review of a Fox medical drama?
  - 32 Male turkey
  - 35 Nonhuman sign language learner
  - 36 Posted an opinion, maybe
  - 38 "\_\_\_ had it up to here!"
  - 39 "Agreed"
  - 40 See 31-Across
  - 41 Chair designer Charles
  - 43 Mythical man-goat
  - 44 First family of the 1840s
  - 45 Galaxy competitors
  - 48 They're hard to run in
  - 49 Incessantly
  - 50 "\_\_\_ be surprised"
  - 52 Homer Simpson's favorite beer
  - 55 Critic's negative review of a 1988 Hanks film?
  - 57 Word before range or cord
  - 58 "\_\_\_ with caution"
  - 59 Everglades bird
- DOWN**
- 1 Unrespected writer
  - 2 Mathematician Turing
  - 3 Critic's negative review of singer Courtney?
  - 4 Stand-up routine?
  - 5 Down
  - 6 Macho dudes
  - 7 Dr. Frankenstein's helper
  - 8 Many "Family Feud" celebrations
  - 9 Mama bird
  - 10 Digital camera brand
  - 11 Help desk sign (Syracuse mascot)
  - 12 Old-hat
  - 15 Asset for an umpire or editor
  - 19 \_\_\_ the Orange
  - 21 Typical "Meet the Press" guest, for short
  - 24 Band that sang the "Friends" theme song "I'll Be There for You," with "the"
  - 26 React to yeast
  - 27 Certain court order
  - 28 "Uh-uh"
  - 29 "\_\_\_ that" ("Understood")

1	2	3	4	5	6	7	8	9	10	11	12
13					14				15	16	
17					18				19		
20				21				22			
23			24				25	26			
27	28					29					
30					31				32	33	34
35				36	37				38		
39			40					41	42		
43							44				
45	46	47					48				
49					50	51			52	53	54
55					56				57		
58				59					60		
61									63		

PUZZLE BY JOEL FAGLIANO

- 31 Eastern Catholic ruling body
- 32 Critic's negative review of a newsmagazine?
- 33 More than predicament
- 34 Minstrel's instrument
- 42 "Finished!"
- 43 Mamas' boys
- 44 Sen. Cruz
- 45 About to bloom
- 46 Asset in a beauty pageant
- 47 "Science of Logic" philosopher
- 48 Idirarod dog
- 51 Plant also known as ladies' fingers
- 53 When many network shows debut
- 54 Pet pest
- 56 "\_\_\_ be my pleasure!"
- 57 Winery fixture

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## The New York Times Crossword

Edited by Will Shortz

No. 1129

- ACROSS**
- 1 Likes a lot
  - 8 It's not to be believed
  - 15 Ones clearing for takeoff?
  - 16 O.K.
  - 17 Like one of Brunei's two main languages
  - 18 Less experienced
  - 19 It might give you a headache
  - 20 Hunting party?
  - 21 Boobs
  - 22 Continental Congress delegate from Connecticut
  - 23 Quads, e.g.
  - 24 Onetime host of CBS's "The Morning Show"
  - 28 "\_\_\_ doing ..."
  - 29 Alternative to quotes: Abbr.
  - 30 Cry at a revival
  - 32 Something not found in this puzzle's answer
  - 37 She played Wallis Simpson in "The King's Speech"
  - 38 But, in Bonn
  - 39 Be a Debbie Downer
  - 41 "King \_\_\_" of old comics
  - 42 Height of fashion
  - 43 Boxer who won 1980's Brawl in Montreal
  - 44 Grammy-nominated Franklin and others
  - 45 Giant with a big trunk
  - 48 Flunkies
  - 50 "Let me repeat: Forget it!"
  - 51 Historic residential hotel in Manhattan
  - 52 Part of a 14-Down's harness
- DOWN**
- 1 Comes clean
  - 2 Handle
  - 3 Small unit of atmospheric pressure
  - 4 Insomniac's lament
  - 5 Kings of León
  - 6 Noteworthy times
  - 7 Payroll dept. info
  - 8 Fairy tale figures
  - 9 Fairy tale figure
  - 10 Less likely to give
  - 11 They play hard on Saturday and Sunday
  - 12 Principal lieutenant of Hector in the "Iliad"
  - 13 Portable heater
  - 14 You can bet on it
  - 24 Mount, with "up"
  - 25 Formless life form
  - 26 Bloom in Robert Frost's "A Late Walk"
  - 27 Nickname in the Best Picture of 1969
  - 31 Block from the White House
  - 33 They're 50-50
  - 34 Enthusiasm shown during a 2008 race

1	2	3	4	5	6	7	8	9	10	11	12	13	14	
15							16							
17							18							
19							20							
21							22							
23				24	25	26	27	28						
29				30				31				34	35	36
32				33								38		
37												42		
39	40						41							
43												44		
45					46	47		48	49					
50								51						
52								53						
54								55						

PUZZLE BY ELIZABETH C. GORSKI

- 35 Wining and dining
- 36 Olympic sport that includes passades and pirouettes
- 39 Food whose name means "little purée"
- 40 Transition to fatherhood
- 43 Tiny amounts
- 44 "Masks Confronting Death" painter, 1888
- 46 "No \_\_\_ think is in my tree" ("Strawberry Fields Forever" lyric)
- 47 Michael who played Worf on "Star Trek: The Next Generation"
- 48 Like Italian "bread," e.g.: Abbr.
- 49 Inside opening?

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**SOCIAL MEDIA WITHDRAWAL:**  
The thought of being out of the loop can cause anxiety.

# Quitting my social media addiction

A good indicator of addiction is dreading no longer having access to the object of the addiction. An aspect of dependency is not knowing how to navigate the world when the object of dependency is not available.

This is why I was worried when I realized how much I was stressing about Internet access over winter break. I was spending most of my break in Panama with my family visiting my sister in the Peace Corps, and I had no idea whether I would get cell service or WiFi in the rural areas we'd be visiting.

About a year ago, the comedian Louis C.K. was on *Conan* and brought up the topic of smart phones. "You need to build an ability to just be yourself and not be doing something," he said. "That's what the phones are taking away, is the ability to just sit there. That's being a person."

My anxiety about not having access to the Internet reflected this — few things give me the instant gratification of clicking on a Facebook notification, seeing "likes" on Instagram or something I wrote being retweeted. I know I'm not alone in feeling this way. Psychologists have written about

social media creating "dopamine loops," or seeking rewards and then receiving the rewards, which makes you want to seek more rewards.

I'll post something on Instagram, see that it got a number of likes, and I'll feel better about myself for about five seconds before deciding that I should be getting more likes. I'll then find myself spending more time on social media in order to gain more virtual approval.

A couple of nights into our trip to Panama, my family was preparing to go to my sister's village in a rural part of the country where there wouldn't be cell phone service or access to WiFi. I sent a Snapchat to many of my friends that said "Tomorrow we leave the land of WiFi. Pray 4 me," featuring a black and white selfie of me looking somber. I thought this struck a good balance between humorously admitting to my anxiety about being away from the Internet, while also giving a heads up that they would be deprived of my constant stream of hilarity and wit.

But really, no prayers were needed. Those few days that we

spent without WiFi were days that I felt less anxiety than I had in a while. I was more present in conversations because I wasn't always thinking of another clever thing to say online. I read and talked to my family in our free time instead of worsening my carpal tunnel by scrolling through Twitter on my iPhone. I thought vaguely about social media, but knowing that accessing it wasn't even an option made me able to overcome any desire to see how many notifications I was getting.

I had feared that I would feel anxious without the Internet, but the opposite was true.

I spent a large part of my summer in 2014 not using social media at all. My anxiety levels were lower, but I did feel more isolated. I hung out with a smaller group of friends, and I wasn't as aware of what was going on in the world, which provided me with less to talk about with friends.

As such, social media is a double-edged sword in my life. It connects me to people by making communication easier, but isolates me by causing me to constantly focus on my social standing.

Learning to find the balance

between the two ends of the social media seesaw is a challenge that most of us have already struggled with, and that most of us will struggle with for a long time. Unlike an alcoholic, an Internet addict can't realistically practice total sobriety due to the Internet's unavoidable presence in most of our lives.

Rather than totally abandoning social media, which serves as a coping mechanism for me, I need to find a healthier replacement. Writing, exercising, reading a good book and spending time with friends give me the same near-instant gratification as social media without the dopamine overload.

If nothing else, I'll be making more of an effort to be conscious of the reasons why I'm posting something on social media. If I'm doing something that will bring me closer to people, I'll do it, no problem. If it's some hare-brained attempt to improve my self-esteem, well, maybe I should work out those in some other forum.

~~~~~  
*Julia Comnes is an opinion writer for the Emerald. Follow her on Twitter @jlcmmns*



# Reality Check.

U of O students are talking a lot about Hub On Campus (and Marcus Mariota of course) as classes resume this semester. Whether you are the best and newest choice for student housing in Eugene, or the best college football player, the buzz occasionally creates rumors...



## True or False Quiz (Your 1st Quiz of 2015)

Visit [HubOnCampus.com](http://HubOnCampus.com) to get a reality check and find the truth. While you are there, please let us know what you think in your social media and use the #hubreality to be entered to WIN a \$100 Duck Store Gift Card.

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- 3. Units will have custom designed furniture by Kim Kardashian.**
- 4. You can get a private hot tub on your terrace.**
- 5. Hub On Campus' retail space will be occupied by GoodnessFresh.com. Yummmmm**
- 6. Your showerhead has a Bluetooth speaker...how is that even possible?**
- 7. Hub is the tallest building in Eugene.**
- 8. University of Oregon constructed Hub On Campus to house all the athletes due to close proximity to campus and the huge fitness complex, including saunas, steam rooms and more.**
- 9. If I wait to sign a lease, I may get a better deal. It's too early to sign a lease right now.**
- 10. Love Whole Foods? We do too...AND they will be our neighbor!**

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3, 7, 8 and 9 are false



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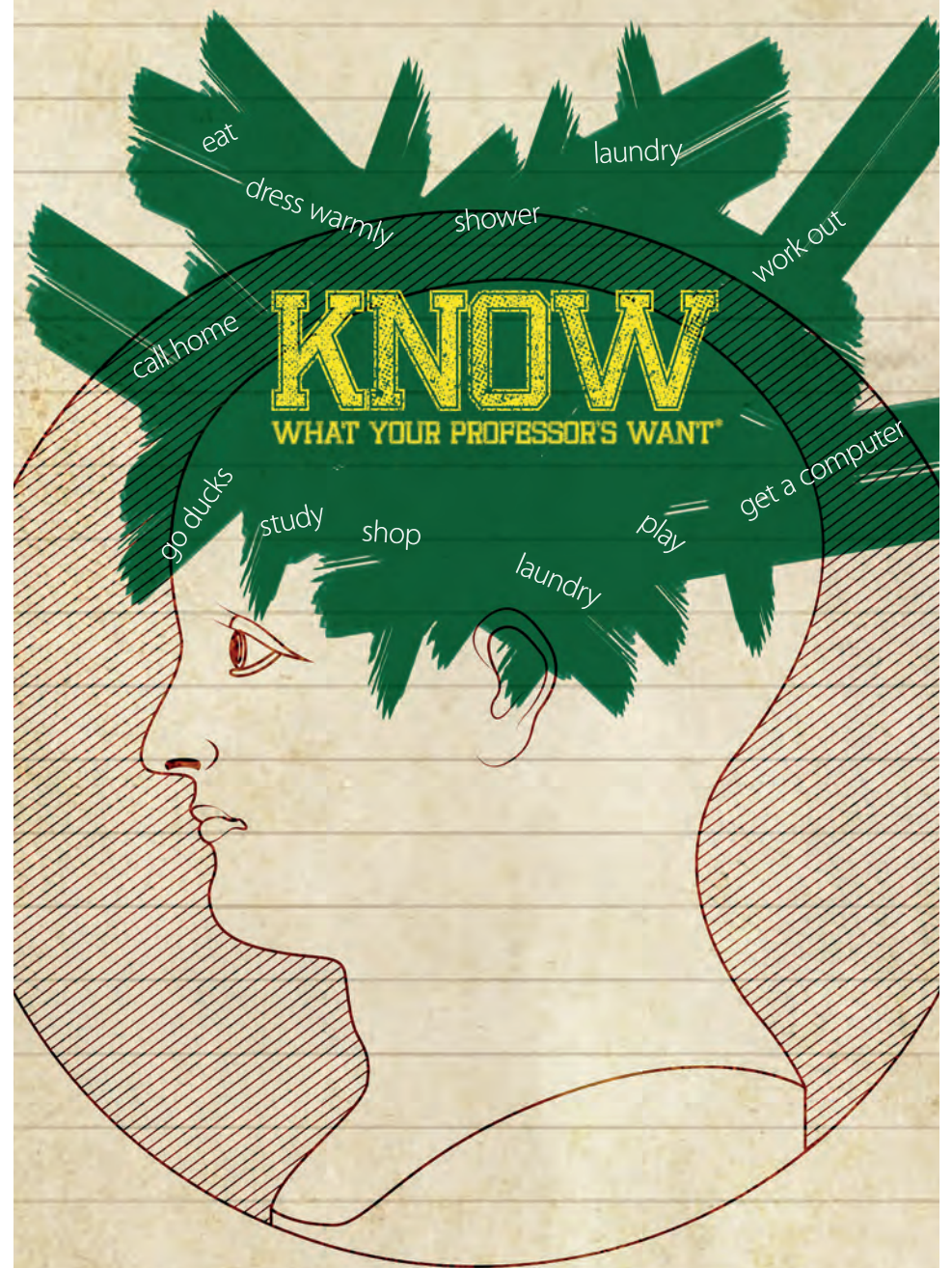
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