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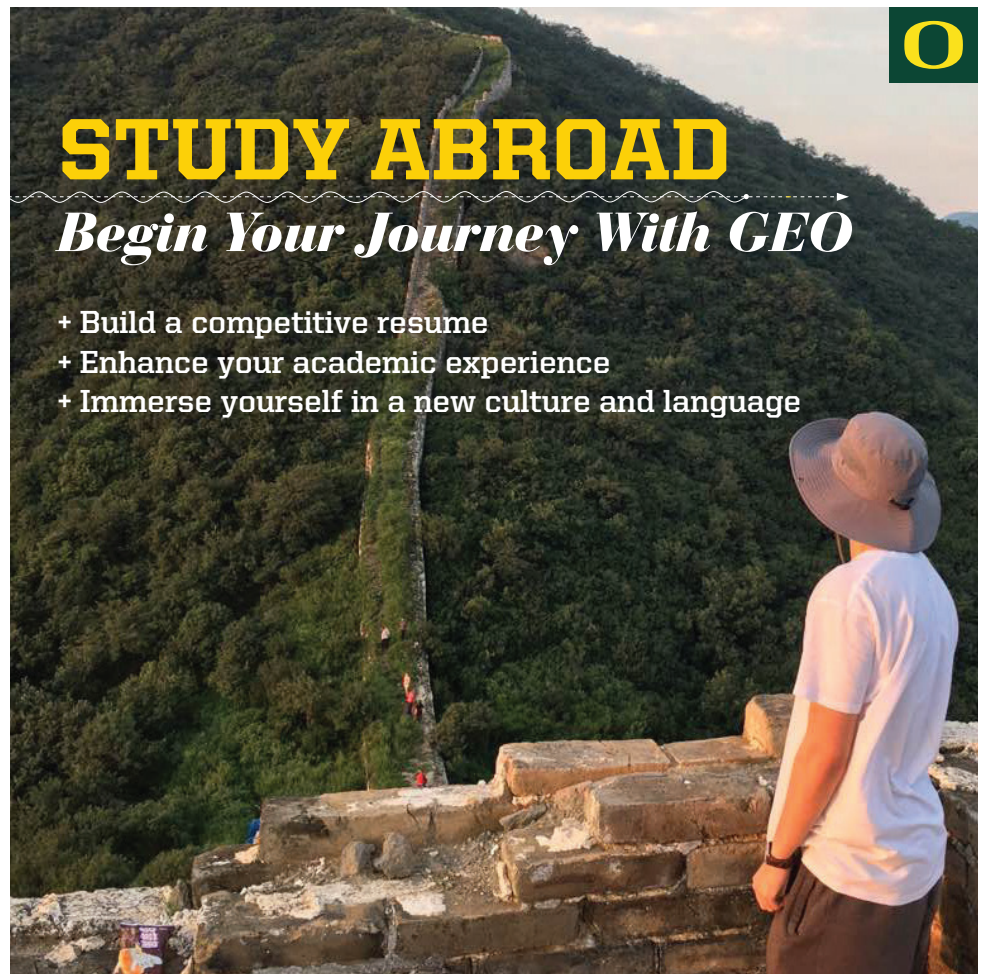
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# WHAT IS

# ASUO



→ ERIN CAREY, @ELCARY

While many decisions seem to be out of the hands of students, the Associated Students of the University of Oregon (ASUO) provides a way for members of the student body to influence policy. According to their website, “ASUO provides for the social, cultural, educational and physical development of its members, and for the advancement of their individual and collective interests both within and without the University.”

Like the federal and state governments, ASUO is split into three branches categories: executive, legislative and judicial. The executive branch consists of the student body president, external and internal vice presidents and a cabinet of up to 24 staff members. ASUO’s legislative body, the Senate, consists of 23 senators from every academic major. The judicial branch, known as the Constitution Court, rules on any question regarding ASUO’s constitution.

While all of ASUO’s bodies play a crucial role in the organization’s success, the legislative branch makes all financial and policy decisions. Each year, the ASUO controls a budget of \$14 million.

This money is provided through a \$238.50 fee that students pay each term with tuition, known as the Incidental Fee (I-Fee). Through the delegation of the Senate, ASUO is able to facilitate events and allocate funds to different groups on campus.

For this reason, Schenk says it’s crucial for members of the student body to pay attention to ASUO or participate.

“If they want to ensure their money is going to good programming and benefiting students, they then should pay attention to ASUO and the financial season, or even get involved in the process” she says. “They should care about the ASUO because most importantly we allocate the money they pay into the UO.”

ASUO provides a way for students to advocate for change within in the school through dialogue with various departments in the university’s administration. Schenk says that this relationship allows student’s voices and concerns to be heard in the decision making process

“ASUO has connections with certain offices such as the Office of the University President, Dean of Students, and UO

Housing, and can foster a relationship with each of these how they want... ASUO is regularly the one to be notified about these things and works with administration or other folks on whatever they are thinking about, representing the voice of students to the best of ASUO’s ability”

As ASUO president, Schenk is working to address issues on campus that she sees as important, such as tuition and food security. She says that past efforts to address these situations have been lackluster

“I want to make the tuition process as transparent as possible. Ideally I’d like to just stop tuition increases, but recognizing the financial budget of the school and working to just mitigate those factors causing large increases, and making that process transparent for all students and include the student input. The issue of food security on campus hasn’t really been addressed and we want to accelerate it”

Although it may seem that the three legislative bodies make the decisions in with ASUO, there are other ways for students to get involved with process such as joining a campus task force or committee or join a student organization.



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*Knight Library across the quad from Lillis Business Complex at University of Oregon.*

*Photograph from Emerald Archives*

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→ ERIN CAREY, @ELCAREY

ASUO president Amy Schenk.  
(Christopher Trotchie)

# MEET PRESIDENT AMY SCHENK

When you talk to the people who know Amy Schenk best, certain words come to mind when describing her. One of the most prolific would be ‘passionate’. Schenk’s passion for improving students lives shows in everything she does. She’s willing to stand up for students in areas they often can’t, one of which being tuition.

While Schenk had served for years in different ASUO positions, being ASUO president hadn’t crossed her mind. But after winning the 2017-18 election in an unopposed race, Schenk took the win and ran with it.

“To be completely honest, I never saw myself running for this position,” Schenk said. “I merely just wanted to be involved in the upcoming year and give my knowledge and my work, specifically on tuition, to the student body.”

When faced with the possibility of becoming ASUO president, Schenk met the challenge head on and never looked back. People around her took notice of her dedication to the position and helping students.

Emily Olson met Schenk when she was a freshman and Olson was a sophomore during UO Mock Trial, an activity program that Schenk had also participated in her time at Woodrow Wilson High School in Portland.

“I think she has exceptional drive, and she’s not the kind of leader that will just delegate tasks and is distant from the day in and day out responsibilities,” Olson said. “She’s really involved, she really cares. She wants to get to know people, and she’s a very hands-on leader. She really makes everyone she talks to feel like they’re really important and that their opinion is so important.”

One of the most notable memories Olson has of Schenk stepping into a leadership role is during the U.S. Presidential election. When Schenk was surrounded by students

who were scared and upset, she remained calm and comforting.

“After the election on November 8th, there was a big gathering of students at the EMU,” said Olson. “And there were so many people that were just so startled and didn’t know what to do, and just so flustered and emotionally upset and heartbroken. Amy definitely felt all of those feelings, but she had such a positive outlook, she was just amazing in that situation. Amy was just so inspiring in her own way.”

But knowing what she wanted out of life and her future wasn’t always easy for Schenk.

Growing up in a middle class family in Portland, Oregon, Schenk knew she wanted to be involved in political work, but in high school that meant becoming a lawyer. After studying abroad at Oxford University in the UK, Schenk realized that wasn’t the right path for her. At the same time, she struggled with understanding who she was as a woman in the political system.

“What hit me most hard was definitely the systematic pressure against all women,” Schenk said. “People will tell you that of course it’s hard for a woman, but then you get in it, you can definitely see it. So whether that’s working with an attorney who might address the boy student that you work with in high school more than you, or having representatives really not talk to you, but rather the man in the room, or remember their name and not yours. That was the kind of difficulty that I had, and I just felt like it pushed me forward to really break down any of those barriers.”

Schenk began looking into international studies with particular interest in the Middle East, eventually selecting that as her major at UO. This summer, Schenk took a trip to Jordan where she experienced first hand the region she had such a passion for.

“I think that for me was vital for me to go to the Middle East, and to find scholarships to even just get my toes into what the region is,” Schenk said. “I still haven’t fully digested what the program and country gave to me.”

The person who has witnessed the most of Amy’s growth is her mother, Jeri Schenk. When Amy told her mom that she was going to run for ASUO president, she was more than excited for her daughter, and never doubted her ability.

“Amy’s always been very ambitious and has lots of energy,” Jeri said. “She has always been very dedicated to things she’s done. I think she brings a lot of energy to the program, and she’s very committed to representing students from all backgrounds.”

As for the year ahead, Amy has set goals aiming toward helping the current issues that students face in regards to tuition. Ideally she would like to make the tuition process as transparent as possible for students, but she also understands the financial budget of the university.

Another important goal for Amy is an accessible food pantry for students. While there is one off of campus, she believes there is a great need to have an operational pantry where students have food security.

“It hasn’t ever been touched on at the University of Oregon, but efforts have been lethargic for lack of a better word,” Amy said. “I want to continue those efforts that have happened throughout the past, and really push them this year and accelerate them.”

For the people who know and love Amy, they are confident the upcoming year will be another incredible accomplishment.

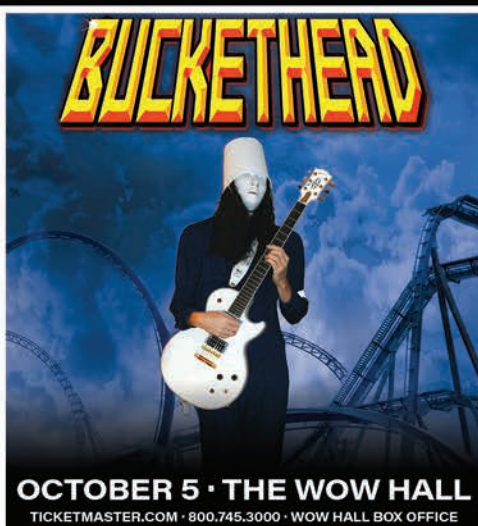
“If the world was full of Amy Schenks, it would just be such a better place,” Olson said. “She’s just so talented and so passionate and so empathetic, and she is going to change the world.”

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# Transfer student guide to UO

→ **ERIN CAREY**, @ERINLCAREY



Students leave Straub Hall after class. (Samuel Marshall)

As a new year starts, many wide-eyed new students will be experiencing the campus in a rush of new classes, new rules and plenty of ins and outs to adjust to. While the traditional freshman student will feel this more than most, there's another group of students who will also have to adjust.

The 1,181 transfer students made up a small part of the enrolled student body for 2016, but they experience different struggles that can set them back substantially.

Here's a few tips and tricks from a fellow transfer student that could make the transition from another large university or a tiny community college a little bit smoother.

## One

Get involved. It sounds obvious, but it's true. There's a group or club for every different interest, or even ones that you had no idea you'd like. This is a way to find people who share your enthusiasm, and those connections can be a lifesaver. You can check in with the ASUO to see the entire list of ASUO recognized clubs and groups, and you can even find some outside of the university.

## Two

Be aware of transfer student dysphoria. When a student transfers from a different school, there's certain adjustments they aren't prepared for. Some of those can include grading systems, class sizes and workload. Coming from a community college, the large class sizes of over 200 can be disorienting and can cause your normally high GPA to take a plunge. Keep in contact with an adviser to make sure that you're transitioning properly into this new environment.

## Three

Find an adviser you like. Most students wouldn't think about it, but when you're assigned to an adviser, it's not set in stone. If you feel that another person can help you more, don't feel bad if you switch. The main priority is your success, and finding an adviser who knows you and knows how to help you will make the process much easier.

## Six

Don't overwhelm yourself. Don't think that taking six classes is going to be as easy as it would be in a smaller school. Adjust yourself to the new environment by easing into a schedule that you can work with. Overworking yourself in the beginning might seem like a faster way to get your degree, but it can also harm your grades and overall GPA.

## Four

Understand what classes you still need. In many cases and especially when it comes to major-based classes, the admissions agreements between schools might not match up. This might mean you need to take a class that seems completely identical to one you've already taken, but due to credit weight it might not coincide with the class you've already taken.

## Seven

Enjoy your time. It may seem like you need to get everything done all at once, but it doesn't mean you can't enjoy your time as a college student at a university. UO has an incredible amount of activities to participate in that can not only boost your resume, but are enjoyable as well. These are the last moments before entering the real world that you can enjoy yourself without worry, so do it.

## Five

Be proactive about your schedule. Scout the buildings early and know what you're going to need. While this seems obvious, it can set a student back going into a new environment without being prepared. This also means planning for the long term, by knowing exactly what classes you need and when you should take them. Live by your degree evaluation plan and always check in with your adviser if you have any questions or concerns.

Each transfer student has a unique story of why they chose UO. With a few simple but important steps, you'll avoid the pitfalls of transfer student dysphoria and truly enjoy your time as an Oregon Duck.

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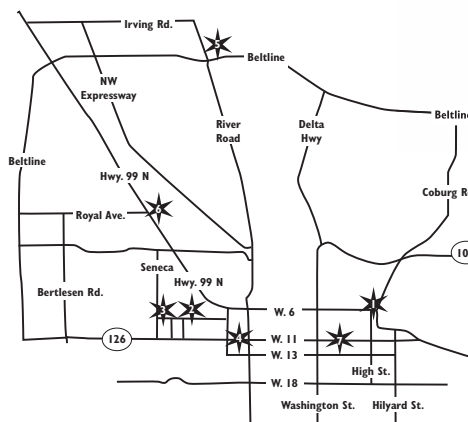
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(lots of clothes, misc. household items)
- 4. 1870 W. 11th, 683-8284**  
(name brand clothing and books)
- 5. 201 Division Ave, 762-7837**  
(clothes, furniture, books, beds, appliances, & housewares)
- 6. 1175 Highway 99 N, 607-4541**  
(our huge car lot)
- 7. 100 East 11th Avenue 868-0200**  
(name brand clothing and accessories)

# Lessons for future Oregonians from a former Californian

## Don't use umbrellas

If you haven't heard by now, rain is a big deal in Oregon. While Northern California gets its fair share, Oregon has more. You might be thinking, "I need to invest in an expensive umbrella." Stop! You are wasting packing space. Oregon rain is consistent, but not overpowering. Most of the time it is nothing more than a mild sprinkle. Oregonians take the rain in stride, and you should too. Lose the umbrella and make sure you have a trusty rain jacket. In fact, the absence of a clunky umbrella is liberating.

## Don't get intimidated by how friendly Oregonians are

The social generosity you will experience in Oregon is something California does not prepare you for. Maybe it's Oregon's natural beauty – from the Columbia River Gorge to the rugged coastline and beaches, to the striking deserts and rock formations of Eastern Oregon – that mediate any pent up hostility Oregonians might have. Perhaps the hospitality is a coping mechanism for the constant rain in the wintertime, collectively bonding people together. Or maybe it's all the legal weed. Whatever the source, kindness in Oregon is the state's best quality. You will receive friendly smiles at the grocery store and help finding your classes on the first day of school. You will even notice complete strangers joining your "Sco Ducks" chants on the bus. Don't get weirded out by all the positive energy people have here. If you buy in, you might share in the Oregon spirit.

## Don't try to pump your own gas

This one takes some getting used to. When you pull into an Oregon gas station, resist the urge to hop out of your car, pop the gas cap off and begin the routine you've mastered since you were a mere high schooler. By law, Oregon gas stations are full service, meaning the gas station attendant has to work the pump for you. Even if there are eight pumps and one attendant, you just have to sit there. Instead of festering with the knowledge that you could have been on the road ten minutes ago, get creative! Use this newfound time to clean out that disorganized glove compartment, call your parents or text your friends to avoid texting and driving. Just don't get out of the car. You will be ridiculed.

→ **FRANKIE LEWIS, @FLEWIS\_1**

As you prepare for your first year away from home, you must be wondering what Oregon is really like. You have visited campus, participated in IntroDUCKtion and bought your first Duck shirt, but maybe you're still curious what to expect. Many have walked in your shoes before, and the Emerald has compiled some recommendations to help you adjust to your new home.

## Do watch the lingo

Many Californians take pride in the unique vocabulary and linguistic style cultivated in the Golden State. Even though your local language is fun to use, check the lingo at the state line. Southern California folk: Nothing says "I'm a California transplant" like calling Interstate 5 "The 5." Simply replace with "I-5" and you'll fit right in. Northern California folk: No one besides you knows what "hella" or "finna" or "out of pocket" means. Try to remember how you describe things with other English words found in a dictionary. Alternatively, you can attempt to teach some of the lingo to your new Oregon friends, but they will most likely judge you.

(Illustration by Kelly Kondo)



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## emerald essentials

Emerald Essentials is the lifestyle brand of the Emerald Media Group dedicated to bringing the average college student all the information they need to survive and thrive on the University of Oregon campus. We are your campus guide to the dishes you'll eat, the places you'll live, the answers you'll learn and the play you'll always remember.

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# GET READY FOR ROOMIES

## The Dormmate Compatibility Quiz

**Y**our bags are packed, the car is loaded up and it's finally time to settle into your new home in the dorms. Starting at a new school in a place you've never been can be intimidating for some, but for most of us, we're focused on one thing: our newfound 24/7 cohabitant.

While you've certainly stalked all of their social media over the summer and probably know their grandma's cat's name, it can feel awkward when you first arrive in the dorms face-to-face. Take this quiz to break some of the tension in the air and start getting to know your (hopefully) new friend!

Remember – this quiz is for compatibility, so it's important to be honest, but if it turns out you're not the best match don't run for the hills just yet. It can take time to adjust to new people, and sometimes opposites really can attract, or introverts and extroverts can be best friends. In the worst case scenario (like you caught them wearing your undies and casting spells bad, not leaving the door unlocked bad) University Housing can help solve the problem one way or another at **541-346-4277**.

**Fill this quiz out with your new dormmate and compare your answers!**

**1.** WHAT TIME IS YOUR EARLIEST CLASS?

.....

**A** **A** 8am  
**B** **B** 9am  
**C** **C** 10am  
**D** **D** Never before noon

**2.** OKAY, BUT WHAT TIME ARE YOU ACTUALLY GOING TO WAKE UP?

.....

**A** **A** 6am  
**B** **B** 8am  
**C** **C** 10am  
**D** **D** 5 minutes before class

**3.** WHAT IS YOUR AVERAGE EVENING ROUTINE?

.....

**A** **A** Study for a few hours  
**B** **B** Attend a campus event  
**C** **C** Night out on the town!  
**D** **D** Binge watch Netflix

**4.** WHERE DO YOU PREFER TO STUDY?

.....

**A** **A** The Knight Library  
**B** **B** Dorm Room  
**C** **C** Nearby coffee shop  
**D** **D** Study? what's that?

**5.** HAVE YOU DECLARED A MAJOR? IF SO, WHAT IS IT?

.....

**A** **A** Yes  
**B** **B** No  
**C** **C** I'm working on it!

.....

**6.** HAVE YOU SHARED A LIVING SPACE WITH SOMEONE BEFORE?

.....

**A** **A** Yes  
**B** **B** No  
**C** **C** we're still friends!  
**D** **D** It did not end well.

**7.** WILL YOU HAVE FRIENDS/ROMANTIC PARTNERS OVER?

.....

**A** **A** Yes, I'm very social  
**B** **B** No, I'll go to their place  
**C** **C** Every once in a while  
**D** **D** I prefer to be alone

**8.** HOW OFTEN DO YOU MAKE CALLS (PHONE, SKYPE, ETC.)?

.....

**A** **A** I call home every day  
**B** **B** Pretty often  
**C** **C** occasionally, not often  
**D** **D** I don't call anyone

**9.** HOW WOULD YOU DESCRIBE YOUR DECORATING STYLE?

.....

**A** **A** organization is key!  
**B** **B** Comfortable and cozy  
**C** **C** Minimalist - less is best  
**D** **D** what style?

**10.** WHAT SOCIAL SETTING DO YOU THRIVE IN?

.....

**A** **A** Large groups of people  
**B** **B** Small friend groups  
**C** **C** one-on-one hangouts  
**D** **D** I don't make friends



# the FRESHMAN SURVIVAL GUIDE

By: Delaney Rea ○ Photo: Trevor Meyer

**W**elcome to the University of Oregon! Now that you're a college freshman, there's a whole host of new experiences, situations and problems you're bound to encounter. If you find yourself feeling a little lost in your new environment, don't worry — you're not alone. There are time-tested ways to keep your grades up, make new friends and make the most of your first year in college. Here's how to survive your freshman year at UO:

## Be Open

A common early mistake many freshmen make is to not open themselves up to their peers and neighbors. Whether you're feeling shy, homesick or even too cool for your dorm neighbors, it's important not to shut yourself off. You'll want to leave your door open any time you don't need the privacy. This will create a welcoming environment, and you'll be getting along famously with the people in your hall in no time. The mandatory dorm hall meetings you'll have to sit through may seem like a pain, but they're a great opportunity to meet even more people. As long as you stay open to meeting new people, it will come naturally.

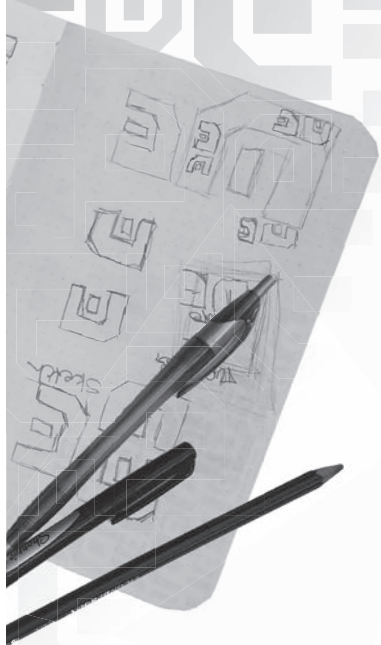
## Join Something

Your freshman year is all about new experiences. Around every corner is an opportunity to join a club or group that could become your new passion. Think about what kind of activities interest you. Does UO offer a sport you've always wanted to try? Join a club or intramural team. Want to learn a new artistic or practical skill? Hit up the Craft Center in the EMU. Do you feel like making a difference? Join a student group, such as the Student Sustainability Center or the Women's Center, that works to improve the lives of students. Inserting yourself into a campus group is a great way to meet people, too.

## Make the Grade

Okay, so you've made yourself some friends now. Great! You're heading to clubs, events, football games and parties together, having a great time 24/7. Everything's coming together perfectly, and you're killing it at life — until you get slapped in the face with a D grade on your first Psych 201 exam. Keeping up with our schoolwork is obviously a key element of success in college, but it can be easy to get caught up in everything else that's going on in your first term of college and fall behind in class. Don't worry though, that's what the safety net of your first fall term is for. The new college workload is a lot heavier than a lot of us are used to in college, so you'll need to give yourself ample time to focus on studying. Instead of saving everything for Sunday night (you simply will not get everything done with this strategy), plan out time during each day to chip away at your mountain of reading, homework and studying. Don't just resign yourself to work at your dorm room desk — changing the scenery away from where you sleep will make you a lot more productive. Campus is full of hidden spots to work on homework, so don't feel like you have to hole up in Knight Library every day either. With a little persistence, you'll develop a study plan that puts you on the path to success in no time.

# TURN DREAMS INTO DEEDS



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*Connect students to art and events.*



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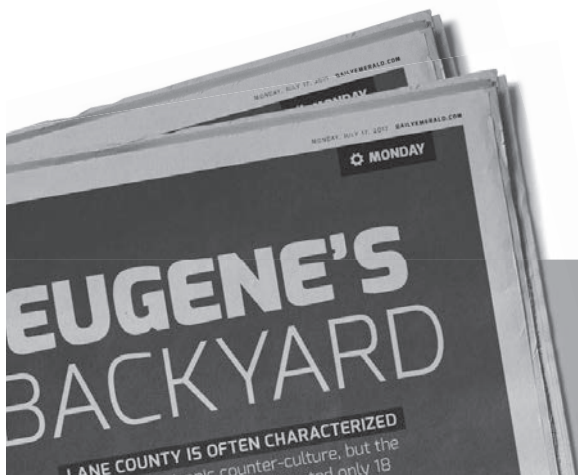
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# 5-MINUTE MUG RECIPES

By: Sierra Pedro

**All you need is a microwave, refrigerator, microwavable mug, and a few ingredients for these easy, dorm-friendly recipes. One thing that draws students away from making easy meals in their dorm room is the clean up time.**

No one wants to drag a tub full of dishes down to the kitchen after a long day of classes, but depending on the recipe you choose, the only clean-up is your mug and utensil! The best part? The prep-time for these are all under five minutes, so you can still roll out of bed at a decent hour! Check out some of our favorite DIY meals below.



## Nutella Cakes

Here's a cozy, sugary recipe perfect for cold, rainy days. You might want to make an extra for your roommate too!

- Mix together 4 tablespoons flour, 4 tablespoons sugar (or substitute with honey), 1 egg, 3 tablespoons cocoa powder, 3 tablespoons Nutella, 3 tablespoons milk (or substitute with almond milk) and 3 tablespoons olive oil. Optional: add a spoonful of peanut butter.
- Microwave for 2 - 3 minutes. Include toppings to your liking. We like to add whipped cream, chocolate syrup, and chocolate chips. Finally, eat while cuddled up with a good book or Netflix!

## Mug Pizza

Okay, this one might not be as healthy, but it's equally delicious and makes for the perfect post-midterms comfort food.

- Mix 4 tablespoons flour, pinch of baking powder, pinch of baking soda and a pinch of salt in a mug.
- Add 3 tablespoons of milk and a spoonful of olive oil. Mix together.
- Next, spread a pre made pizza sauce on the top.
- Sprinkle on any toppings. We love keeping ours simple with just pepperoni and cheese.
- Microwave for 1 minute or until the toppings start to slightly bubble. Enjoy!

## Overnight Oats

This is my favorite go-to breakfast. You can also make this in a mason jar if you prefer. I always use a jar when I'm in a hurry and need to eat while I'm walking to class so that I can store it away in my backpack later. There are so many different ways to style your oats, but here's my favorite:

- Whisk together ½ cup oats, ⅓ cup plain Greek yogurt, ⅔ cup milk (I prefer almond milk. For an extra chocolate taste, try chocolate almond milk!), ½ teaspoon vanilla extract, honey or maple syrup (to your liking), ½ banana, handful of chocolate chips.
- Refrigerate for at least 5 hours (overnight is even better). Then, enjoy!

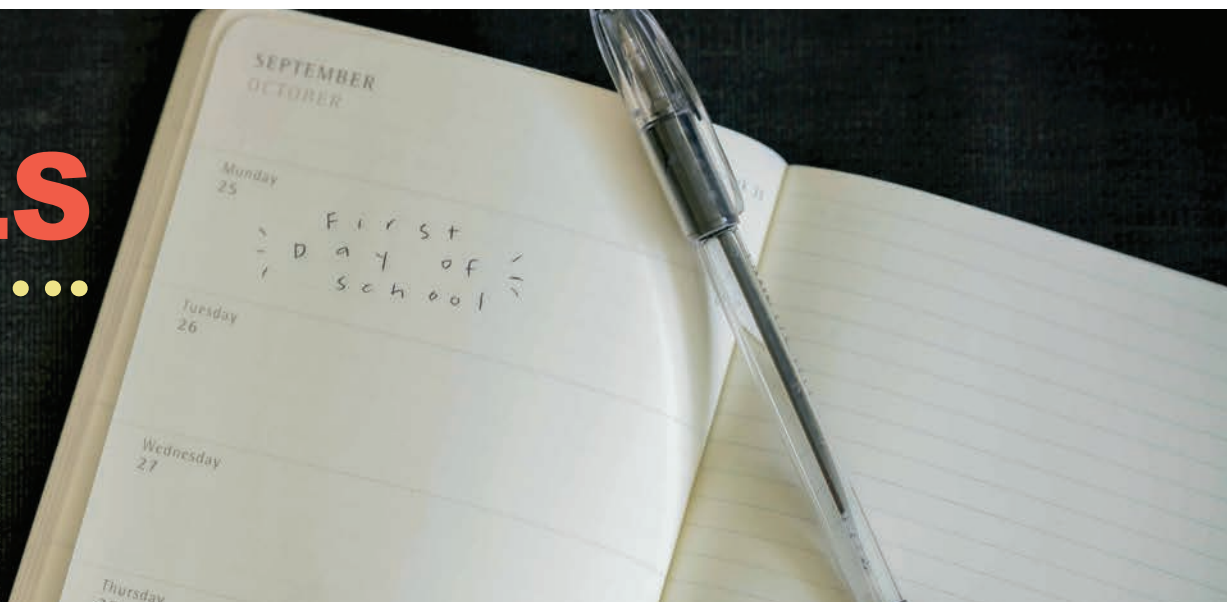
## Breakfast Omelette

It's easy to get in the habit of grabbing a mocha on the way to class before an 8am, especially when you get tired of your go-to dorm food. Instead, try this easy DIY, protein-filled breakfast you can make without even stepping foot out of your dorm room!

- Crack 1 egg into a mug. Add a dash of milk and stir until mixed.
- Microwave for 1 minute.
- Add toppings like ham, tomatoes, cheese, pre-cooked sausage, or anything else you might like! Then microwave for another 40 seconds
- Finally, top with salsa, sour cream, cilantro, salt, pepper (all optional) and enjoy!

# FALL TERM ESSENTIALS

By: Skyla Patton ● Photo: Chris Trotchie



**T**he leaves are turning brown, back-to-school sales are popping up in every store, and pumpkin spice lattes are finally back at Starbucks, which can only mean one thing: fall term is here! The 2017-18 school year is upon us and it's finally time to start loading up our backpacks and prepping for the first round of classes at the University of Oregon. Whether you're someone already armed with textbooks and pocket protectors to start the term or someone who dreads stepping foot on campus after the summer, here are some things you need to know to make this term the best one yet.

## Things to Always Have in Your Backpack

- **GREEN BOOKS:** Sold for 15 cents at both of the Duck Stores on campus, green books are a must-have for nearly every class the University has to offer. Rather than waiting until midterm or final season rolls around when everyone is scrambling to purchase them, grab a handful at the beginning of the year and keep them tucked in a notebook somewhere safe.
- **BIKE LOCK:** Eugene is notorious for the rampant bike theft, and the creativity in which the thieves use to rip them off is increasing every year. Invest in the best u-lock you can afford and research the variables that come with each kind of bike protection.
- **REUSABLE COFFEE MUG:** As time goes on you'll start to realize the horrifying amount of your salary that is spent on that quick pick-me-up coffee on campus – you won't stop, you'll just be more aware of it. Bringing your own mug is not only cute and trendy, but many places take a few cents off the drink price, too.

## Building the Perfect Class Schedule

- **LOCATION, LOCATION, LOCATION:** Picking classes can be a stressful ordeal no matter how many times you've done it, even with the help of schedule builder and a good night's sleep. Many students fall victim to finally creating the perfect schedule, only to find some major flaws once actually performing said schedule during the beginning of the term. When selecting your classes, pay close attention to the location and start/end time too. The system allots a minimum of 10 minutes between classes, but even that can be pushing it if you're heading from McKenzie Hall all the way to Esslinger.
- **DROPPING/CHANGING CLASSES:** DuckWeb can be a hard website to get used to and is sometimes a struggle to navigate, especially when the clock is ticking and you're trying to escape a class you already can't stand. Utilize the Add/Drop feature of the Registration Menu to easily switch up your course schedule. To get out of a class, simply select "drop" in the drop-down menu immediately to the left of the class number and save the changes. To add a new class, with two tabs open, use one to search for the classes you're looking for (see Search for Open Classes) and identify the CRN number of the correct course time you want, and then fill it in on the Add/Drop menu. Be sure to always "Save Changes" at the bottom of the screen! But don't forget to add or drop classes before October 1 of fall term in order to receive a full refund!

## Be There or Be Square: Events You Won't Want to Miss

- **THE FLOCK PARTY:** For new and returning students, the Flock Party is the place to be at the beginning of the year. The largest on-campus welcome event all year long, it offers tons of free food and university swag, information on classes and clubs to join, and a general sweet opening to the new school year at a rockin' university. Check it out at the Erb Memorial Union on September 22nd from 5:30 pm to midnight.
- **THE NIKE CLASSIC:** Grab some popcorn, pick a seat and get cozy in the Matthew Knight Arena for some raging matches of volleyball. The Ducks will go head to head with great teams from across the country in a three day long battle between Sept. 7 and 9. Check out GoDucks.com for information on tickets, game times, and livestreams.



● **AN EVENING WITH MARIA HINOJOSA:** Host of NPR's Latino USA and well-known founder of one of the largest nonprofit organizations dedicated to journalism from a person of color's perspective, Futuro Media Group, Maria Hinojosa is visiting the university on October 5th. Head over to Straub Hall at 7:30pm to hear all about the Oregon Humanities Center's yearly theme, "We Are The People," from a Latin perspective.

**UPCOMING WOW HALL CONCERTS:**

<b>SEPT 26</b> 9PM	<b>WHEATHAN</b> WITH BEARSON AND OPIA
<b>SEPT 28</b> 9PM	<b>PARTY FAVOR</b>
<b>OCT 5</b> 7:30PM	<b>BUCKETHEAD</b> WITH BRAIN AND BREWER
<b>OCT 14</b> 9PM	<b>DIMOND SAINTS</b>
<b>OCT 24</b> 9PM	<b>SONGHOY BLUES</b>



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# GAMEDAY PREGAME

By: Skyla Patton • Photo: Trevor Meyer



**T**he leaves are changing, school is almost back in session, and football is finally back! After a long, staggering off-season, the Ducks are back in Autzen Stadium and the fans are ready to follow suit.

**When you're packing up for Saturday night football, it's easy to get caught up in the excitement and pre-game celebrations and end up stuck without something important 500-deep in the student section. Check out these gameday essentials for tips and tricks to making every gameday a great day!**

## ● Duck Gear (in rain or in shine)

Collect your pom-poms, grab those green and yellow leggings and slap on some face stickers – it's game day, and it's time to represent the Ducks. There's nothing more welcoming than walking in the gates to a sea of green and yellow, so it's important everyone joins in. You can pick up unique, spirited duck gear of all kinds at the local Hirons or Fred Meyer for a great bargain price, or head over to the Duck Store for name-brand Duck gear! Remember: it may never rain in Autzen stadium, but juuust in case... be prepared, and carry an umbrella or a raincoat with you.

## ● Hydration is a Major Key

Regardless of the temperature outside, it can be a pretty tiring job standing in the student section cheering your heart out for four quarters. It's always an option to grab a quick water from one of the many vendors inside the stadium or you can save a few dollars and bring your own bottle! Pack a lightweight bottle with handfuls of ice and your favorite flavor to stay refreshed and ready to go all day long. Remember to make sure they're clear and visible, or security won't let it through the front doors

## ● Sunscreen

Even on the cloudiest day in the stadium, it can take a tough toll on your skin to stand outside with no protection after a long afternoon. Rub some SPF 15 on vulnerable places like your nose, ears or the back of your neck to protect them from the hot sun. For the makeup wearers out there, look for foundations or moisturizers that have SPF built in to make it even easier!

## ● Bring a Buddy

No one wants to go alone, and the whole day will get better when you're surrounded by your fellow Ducklings. Bring your friends, a camera to document some sweet group selfies, and arrive early to the game to get a spot in the front – maybe you'll make it on the big screen. Be sure you bring your student ID to get into the student section together.

**Check out the 2017 schedule for information on what days the games are, who we're playing that day, and which colors to wear to really rep your school spirit!**

SEPT 23	@ ASU	WHITE
SEPT 30	VS CAL	GREEN
OCT 7	VS WSU	YELLOW
OCT 14	@ STANFORD	YELLOW
OCT 21	@ UCLA	GREEN
OCT 28	VS UTAH	BLACK
NOV 4	@ WASHINGTON	GREEN
NOV 18	VS ARIZONA	GREEN
NOV 25	VS OREGON STATE	GREEN

# DORM LIFE DO'S & DO NOTS

By: Kelsey Tidball

**M**oving out of your childhood home and into a dorm can seem daunting. There are so many uncertainties at the start of freshman year and even more uncertainties about your living situation. Will your roommate like you? What is the dorm food like? What kinds of appliances can you have in your room? Can you hang your favorite posters and bring your favorite rug? And what happens if you and your roommate don't exactly get along?

If you are having any of these thoughts and concerns, you should know that you are not alone. Freshman year can be scary for everyone, and moving into the dorms is a daunting experience. That first week in your new room is going to feel like you've entered into a whole new dimension, but you will grow accustomed to your new life and you will realize that living in the dorms is actually awesome. And in case you need a little guidance along the way, here are my top 10 dorm do's and don'ts to help you navigate some of those pesky little details that may be giving you unnecessary stress.



1

**DO** decorate your side of the room to your heart's content. Having a colorful, cozy, eclectic space that feels like you will be so important in the months to come. Bring that comforter that reminds you of home, and buy that patterned lamp you saw at Target and just couldn't live without. This is your new space. Your home away from home. Put forth every effort to make it feel like that.

**DON'T** worry about coordinating with your roommate. Each of you should have your own space, and each of you should be able to decorate your half of the room to reflect your own personality.

2

**DO** set ground rules with your roommate early. Sit down sometime in the first week and discuss things like sleeping habits study habits, cleaning schedules, and whatever else you can see being a potential point of tension.

**DON'T** wait until problems come up to discuss them. Try to be overly communicative about problems you may face instead of waiting for something big to come up.

3

**DO** establish a good relationship with your RA.

**DON'T** think of your RA as someone you can't go to for help. They can give you advice on many things, university related and otherwise, and are really there for you. Use them. Get to know them early, set up a positive rapport, and you will go far.\*

4

**DO** invest in shower shoes.

**DON'T** treat the communal bathroom like your own personal space. Make sure all of your stuff is easily transportable in and out and that you clean up after yourself when you leave. Unlike your side of the dorm room, this space should not be personalized to you.



5

**DO** buy an inexpensive bike. Eugene is an incredibly bike-friendly city, and a bike is by far the best way to get around campus, and around town if you do not have a car.

**DON'T** think you're going to want to walk to class when it's pouring rain outside. Walking takes twice as long as biking and you become more drenched. Trust me. A bike is the way to go.

6

**DO** buy a Kryptonite U-lock for your bike. Basically, if the bike lock exceeds the price of the bike, you are on the right track. Bike theft is an unfortunate part of life in Eugene, and U-locks are the most trustworthy locks out there. Invest in one.

**DON'T** trust a flimsy lock or ever, EVER leave your bike unlocked and unattended. Even for a second.

7

**DO** try to hang out with your roommate sometimes. If the two of you set aside even one day a week to just go to the library together, grab coffee, or sit in your room and chat, you will both have a better relationship and a better year.

**DON'T** exclude your roommate from social gatherings you might be having with your outside friends. An invite makes such a difference in how they feel about you. And being sensitive to their needs, even if you aren't the best of friends, will go a long way.

8

**DO** get involved on campus. Join a club, audition for a play, sign up for the soccer team, or get an on-campus job. This is a great way to meet people and a great way to find your way on campus. Go to [studentlife.uoregon.edu/clubs](http://studentlife.uoregon.edu/clubs) to start your search!

**DON'T** count on your dorm as your primary source of activities and socialization. Leave your room every once in awhile and do something new, meet some upperclassmen, and see some new sights, even if you have a ton of studying to do. Nobody ever regrets getting involved, but so many freshmen regret not getting involved.

9

**DO** stock up on your favorite snacks.

**DON'T** rely on the dining halls to always be open when you need them. They usually aren't, and sometimes you'll need breakfast on the go and late-night eats. Make sure you prep for these occasions in advance to avoid those desperate 2 am Taco Bell runs.

10

**DO** enjoy your time in the dorms.

**DON'T** spend the whole year wishing you could have your own room, eat better food, or just get out of the dorms already. You will make so many great friends and memories during your time in the dorms. Don't wish it away. Take advantage of every moment of it. Trust me, you'll miss it when you have to wash your own dishes and make your own dinners. Really live it up and try to see it as a necessary and awesome part of the college experience



\*University of Oregon RAs are mandatory reporters. To learn more about mandatory reporting visit <http://around.uoregon.edu/content/mandatory-reporting>





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# YOUR FIRST PLACE

## Tips for a Successful Year

By: Skyla Patton



**T**he school year is almost here, and while it does signify the end of a time, for some of us it means an even bigger change is coming up: moving into a new place.

**Whether it's your first time packing up home and heading to a new city or if you're a routine U-Haul driver already, moving can be a stressful and overwhelming experience.**

**Don't let the piles of boxes and mountains of rental paperwork scare you just yet – check out some of these helpful tips for moving into your new apartment.**

## ● **Get Rid of EVERYTHING (Not really, but kinda)**

As soon as you're certain that you're going to be moving into a new place, the first step to take is to eliminate, and I don't mean your landlord or annoying neighbor, either. Decluttering is the key to not only an easier move, but a cleaner, happier looking new apartment right off the bat. Go through everything you're able to and really decide if you need it or not — that shirt you haven't worn in two years even though you think it's cute; the coffee mug you bought from Target in middle school that cracked down the side; old magazines your mom insisted you keep for memorabilia. Donate things you can for an added bonus and recycle or trash the rest of it! Purging of old, unused or unnecessary household items will allow for an easier, more efficient packing adventure.

## ● **Pack Smarter, Not Harder**

At first glance, five large boxes stuffed full of all your possessions seems much easier to manage than a million smaller boxes, right? Wrong! When it comes to packing up and hauling out, quality and quantity are finally equal in this arena. Carrying huge boxes that are probably bigger than you are and weigh twice your bodyweight generally slows down the process and can lead to a lot of broken cardboard, and in the worst cases, body parts. While it may take a few extra trips than you were hoping for, smaller boxes that are easier to carry and more stack-able will make your moving adventure faster and easier to manage. Along with this, don't be afraid to spend a little time and money on the quality of your actual moving materials. Stronger boxes and packing tape may be a few extra cents, but will make the world of a difference if opting for the cheaper ones means broken boxes and spilled belongings in the street.

## ● **Strategy in Organization**

Nothing is more boring and agonizing than packing up your house – except for unpacking it all over again in the new place. Despite Pinterest's hard efforts to make decorating and sprucing up a new place look fun-filled, for most of us it's a process that becomes a chore after just a few delicately placed picture frames or furniture rearrangements. To bypass some of this struggle, use a system

and thoughtfulness when packing up into boxes in the first place. Think of it as a chronological order: when you first arrive at your apartment and have all the boxes looming in the corner, what are you going to need right away? What about for the first night? The morning? Using this system will make the transition a breeze, and ensure that you're not stuck digging through crates and boxes looking for your waffle iron at 6am the next morning. If this sounds too specific or tedious for you, try sorting everything into categories instead. Organize all of your kitchen items in labeled boxes, books in another, bedding and pillows, and the list goes on. This will allow for easy recognition of where something is (or at least might be) and can help in sorting everything out once you're in your new home.

## ● **Don't Be Afraid to Ask for Help**

Moving into a new apartment is often an exhausting and stressful procedure, even for the most organized or prepared individuals. It's hard to not feel defensive and skeptical over the entire process too – after all, you are packing up everything you have and taking it to a new, strange place. When your brain starts to feel overworked and your fingers sore from ripping off pieces of tape, it's important to remember that it's okay (and encouraged) to ask for help. Recruit some of your friends who hit the gym every day for help loading up the boxes or your neighbor who has a knack for organization to give suggestions on sorting stuff out. Most everyone has gone through the undertaking of moving and has some skill to offer that you might not have thought of before. Eugene also offers several highly-rated and recommended moving companies to just the whole weight right off your shoulders from the get-go. Check out local companies like Emerald Movers (541-343-6155) and Mike's Moving Service (541-946-1244), or opt from a more commercialized company like Eugene's U-Haul for trucks and movers or U-Pack for longer-distance moves. The University of Oregon's rowing team is also offering Rent A Rower, where you can hire a student athlete for moving assistance, yard work, or any other general manual labor. Contact Oregon Rowing through Gabe Mager at 530-204-7464 or Carlin Otterstedt at 541-521-7652.





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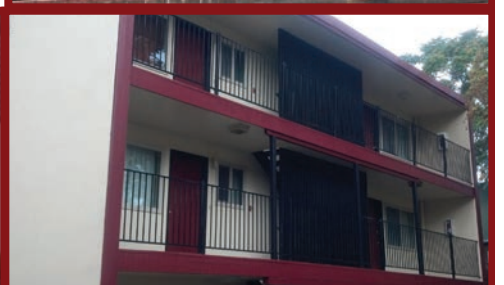
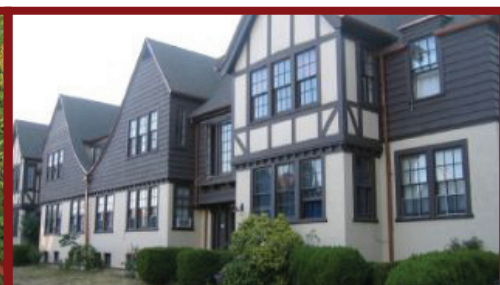
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# DORM BREAKDOWN

→ EMERALD A&C DESK PHOTOS FROM EMERALD ARCHIVES

With a wealth of dorm experiences – both good, bad and everywhere inbetween – Emerald staffers are here to pass on some wisdom. Check out the Emerald’s dorm by dorm breakdown of the university’s residence halls below.

## GLOBAL SCHOLARS

College dorms are usually pretty barren. Not GSH. It has billiards and a sushi bar.

That’s right: in addition to housing the university’s lion’s share of Honors College and language immersion students, this academic Ritz Carlton offers dining worthy of a college-level Michelin star. Organic food is abundant and expensive enough to make Whole Foods regulars swoon.

Some of the floors are organized by the language of their inhabitants, so speakers can mingle. Study rooms are plentiful, and the dorms themselves are the most spacious on campus. Need to print a paper? The in-house library’s got you covered.

It’s enough to make every non-GSH-er stare daggers if they find out where you live. Too bad the entire complex may or may not be sinking into the ground. “The hallways tilt to one side!” Bro, humble yourself. Enjoy your shrimp scampi.



## HAMILTON

Hamilton is not just the name of a Tony Award-winning musical – it’s the most underrated dorm on campus. With rooms that are slightly bigger than Bean and an off-brand Chipotle called Big Mouth Burrito, what more could you want besides indigestion? Wellness? Well, look no further.

Hamilton West is home to the Wellness Floor for students who want to live in a (relatively) quiet hall. The complex also has a basement you could easily get lost in and never return home from. There’s a residence hall called Tingle. How could you not have a shiver run down your spine knowing that?

## BEAN

We’ve heard it all before. The biggest and nicest dorms belong to the Learning Living Center. The smart kids get a smoothie bar and a sushi chef at the Global Scholars Hall. And despite the old, cramped rooms, Hamilton still features the best variety of food options of all the dorms at the university. While other dorm halls receive glory and praise, one is consistently left out: Bean. With no dining halls and the smallest living corridors, the infamous Bean hall has earned a bad reputation amongst the UO community. Luckily for the incoming freshman class, the hall is closed for the 2017-18 school year due to renovations.



## WALTON

Walton is like Hamilton’s ugly cousin. It has the same small rooms and dated communal bathrooms, but without any food options in house. On the bright side, you have the opportunity to get very close with your roommate while sharing a 130 square foot living space and walking through the rain to Hamilton or Carson for food.

A handful of rooms on the third floor of Walton can see into Hayward field during track meets, which is probably the building’s most redeeming quality. Walton is slated to be remodeled soon, but for now residents should bring their earplugs. The university housing website warns residents that there will be construction noise and increased traffic near Walton in 2017-18 due to the Hayward field renovations.

# WHERE TO RUN IN EUGENE



*Runners cross over the Autzen Footbridge. The 2016 Run With The Duck Race took place along River Front Field and Alton Baker Park in Eugene, Oregon on October 30, 2016. (Samuel Marshall)*

Eugene is synonymous with running. Hayward Field has hosted six U.S. Olympic Trials, the Ducks are constantly contending for national titles in track and cross country, and some of the best professional runners in the country call Eugene home. Whether you're brand new to running or have been doing it your whole life, Track Town, USA is a great place to be. Here are some of the best places to run near campus.

## Pre's Trail and Alton Baker Park

Pre's Trail is perhaps Eugene's most famous. Steve Prefontaine helped design it, modeling it after running trails he had seen while competing in Europe. The 4-mile trail runs through Alton Baker Park and past Autzen stadium, in and out of forest and open fields. Its soft dirt surface is well-maintained, and there are several different options for loops to run. Get there by crossing over the Autzen footbridge from campus and taking a right on the dirt trail.

## Along the Willamette River

If you're looking to run a little longer, combining a loop around Pre's Trail with a run down the Willamette riverbank is a great option. There are concrete paths on both sides of the Willamette that stretch for miles. The Autzen footbridge is about 3 miles upstream from the Valley River Center, where you can run across a different footbridge and come back on the other side of the river.

# Amazon Park

Also within walking distance of campus is Amazon Park, home of the Amazon and Rexius trails. Both trails are soft wood mulch, which makes running easier on your knees. The Amazon Trail runs near the southwest side of the UO campus, and can be reached by running down University Street to 24th Avenue. The trails are connected and form a 4.5 mile loop total.

# Skinner's Butte Park

If you're looking for a challenge, running up Skinner's Butte will certainly put your lungs and legs to the test. Located between downtown and the Willamette River, the 682 foot hill is hard to miss. A network of several trails run around and up it, and you can take a break at the top to see panoramic views of Eugene and Springfield.



Meter marker at Amazon Park in south Eugene. (Jack Pitcher)

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# Oregon defeats Wyoming 49-13 with strong rushing attack, stout defense

→ SHAWN MEDOW, @SHAWNMEDOW

The elevation didn't slow down Oregon in Laramie, Wyoming, as the Ducks trounced the Cowboys 49-13 to improve their record to 3-0.

Oregon scored 42 points in the first half for the third straight game, but the Ducks only managed seven points in the second half while limiting Wyoming to only three points. The Ducks once again dominated in the running game, scoring six of their seven touchdowns on the ground.

The Ducks' offense flew to two quick touchdowns in the first quarter, both punched in by Royce Freeman for a 14-0 lead. For those first two touchdowns, Justin Herbert was 7-for-7 for 84 yards.

Oregon's defense halted Wyoming's offense, but Charles Nelson muffed a punt with 5:19 left in the first quarter and the Cowboys recovered on the Ducks' 25-yard line.

Wyoming quarterback Josh Allen rushed for a 10-yard touchdown for Wyoming with 3:48 to play in the first, cutting Oregon's lead 14-7.

Justin Herbert fumbled on third down and the Cowboys recovered the ball. Wyoming got the ball on Oregon's 21. Wyoming was forced to kick a field goal, shortening the Ducks' lead 14-10.

Later in the quarter, Freeman converted a 4th-and-1 early in the second to get the Ducks into Wyoming's red zone. To finish the drive, Herbert rushed for a 10-yard touchdown to give the Ducks a 21-10 lead.

On 3rd-and-10, Herbert threw to Freeman for a 50-yard gain to Wyoming's 33. Herbert then threw to Taj Griffin for a 20-yard touchdown. It was Griffin's first touchdown reception of the season.

Freeman rushed for his third touchdown, and ninth of the season, to give Oregon a 35-10 lead with one minute left in the half.

Then with under a minute to play in the first half, Allen fumbled the ball and Tyree Robinson recovered for the Ducks, bringing the ball inside Wyoming's five-yard line. Kani Benoit punched in the touchdown to give Oregon a 42-10 lead at halftime.

At halftime, Herbert was 13-of-21 for 195 yards with the Ducks defense keeping Allen 3-of-14 for only 13 yards.

In the third quarter, after Oregon drove down the field, Herbert fired inside Wyoming's half of the field and his throw deflected off Tony Brooks-

James' hands into the air for an interception.

Wyoming capitalized when they added a field goal to try to work back into Oregon's 42-13 lead, which proved to be the final score of a lackluster third quarter.

Oregon had 80 yards on 17 plays in the third but had no points to show for its efforts.

On the first play of the second half, Oregon's A.J. Hotchkins intercepted Allen on a deflected pass, giving the Ducks possession in Wyoming territory.

Benoit then scored on a rushing touchdown, his second of the game, to give Oregon a 49-13 lead.

Oregon killed the clock for the remainder of the game, winning the game 49-13.

Oregon's defense shut down Allen. He finished the game 9-of-24 for 64 yards and one interception. Herbert finished 18-of-29 for 251 yards with one passing touchdown, one rushing touchdown and one interception. Taylor Alie replaced him with 3:53 remaining.

The Ducks will again play on the road when they travel to Tempe, Arizona, to take on Arizona State on Saturday.



Oregon quarterback Justin Herbert (10) attempts a pass during the 4th quarter. (Theo Mechain)

# AP Poll: Ducks ranked No. 24, UCLA and Stanford drop out of top 25



Oregon running back Royce Freeman (21) celebrates after scoring a touchdown against Southern Utah. (Phillip Quinn)

→ SHAWN MEDOW, @SHAWNMEDOW

In week four's Associated Press Top 25 poll, Oregon earned its first top 25 spot of the season, ranked No. 24 following its 49-13 win over Wyoming on Saturday.

Along with the Ducks, four other Pac-12 schools are ranked in the top 25. USC fell from fourth to fifth after a double overtime win over Texas; Washington moved down from sixth to seventh, despite a 48-16 win over Fresno State; Washington State moved up from 21st to 18th with a 52-23 win over Oregon State; and Utah, which beat San Jose State 54-16, earned a spot at 23rd after receiving the 26th-most votes in last week's poll.

UCLA, ranked No. 25 last week, and Stanford, ranked No. 19 last week, both fell out

of the top 25 after losses to Memphis and San Diego State, respectively. The Cardinal still received votes but the Bruins did not receive any.

Colorado (3-0) earned the 27th-most votes after a 41-21 win over Northern Colorado while California sits seven spots outside the top 25 after beating Mississippi to remain 3-0. Colorado plays Washington next week and Cal hosts USC.

The Ducks received the 30th-most votes last week but a dominant performance in Laramie, Wyoming against Josh Allen's offense helped give the Ducks the No. 24 ranking. Oregon kept the Cowboys' star quarterback to only 64 passing yards in the Ducks' third win of the Willie Taggart era.

## The Poll

- |                      |                             |
|----------------------|-----------------------------|
| 1. Alabama (45)      | 15. Auburn                  |
| 2. Clemson (15)      | 16. TCU                     |
| 3. Oklahoma (1)      | 17. Mississippi State       |
| 4. Penn State        | <b>18. Washington State</b> |
| 5. USC               | 19. Louisville              |
| 6. Oklahoma State    | 20. Florida                 |
| <b>7. Washington</b> | 21. South Florida           |
| 8. Michigan          | 22. San Diego State         |
| 9. Wisconsin         | <b>23. Utah</b>             |
| 10. Ohio State       | <b>24. Oregon</b>           |
| 11. Georgia          | 25. LSU                     |
| 12. Florida State    |                             |
| 13. Virginia Tech    |                             |
| 14. Miami            |                             |

\*Bold indicates PAC-12 members

Also receiving votes: West Virginia 114, Colorado 93, Maryland 84, Vanderbilt 83, Notre Dame 57, Memphis 21, California 19, Stanford 16, Kentucky 11, Kansas St. 10, Duke 10, Tennessee 6, Texas Tech 4, Iowa 2, Wake Forest 2, Michigan St. 1, Houston 1.

# TURN ONE INTO TEN



## The Newsroom

### News Reporters

Help inform the UO community

### Copy Editors

Help make the news read well.

### Graphic Designers

Help make the news look good.

### Arts & Culture Reporters

Connect students to art and events.



## The Media Group

### Event Coordinators

Help organize internal and external events.

### Graphic Design Interns

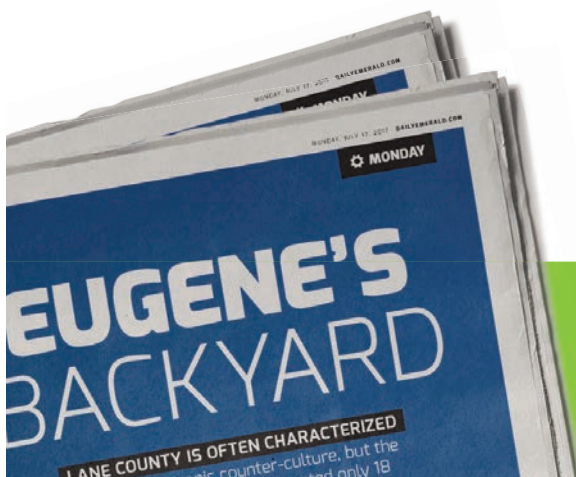
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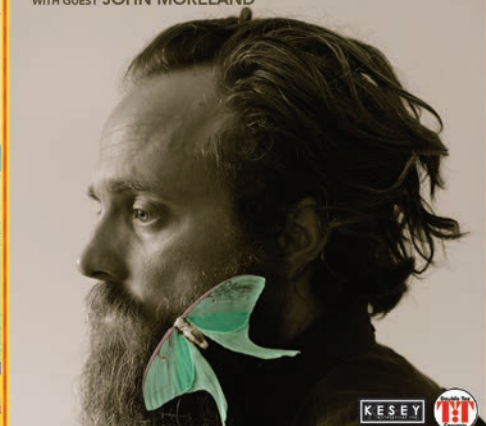
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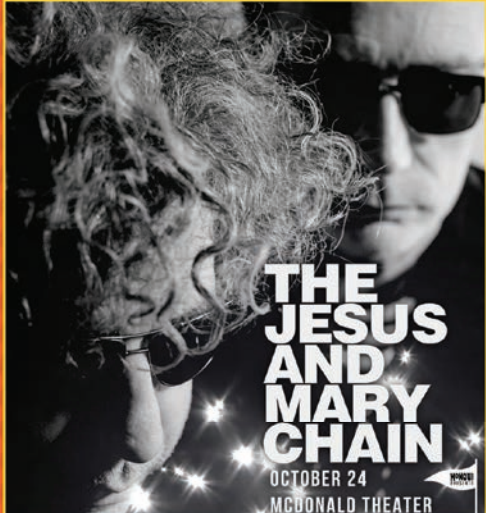
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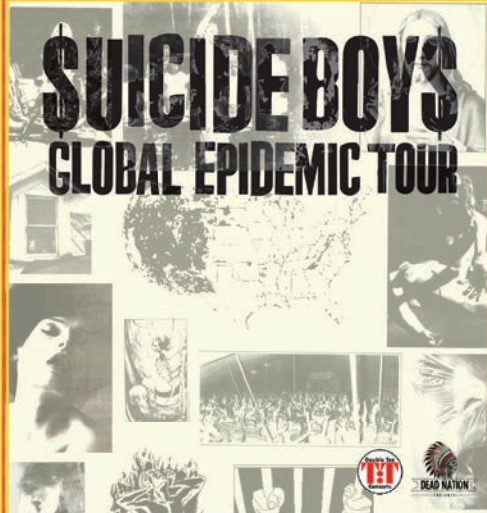
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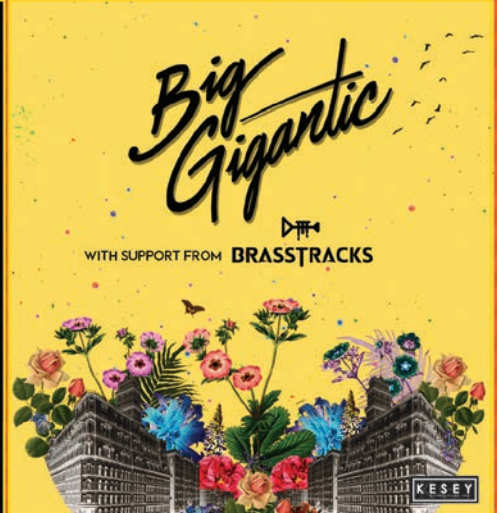
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