

EMERALD

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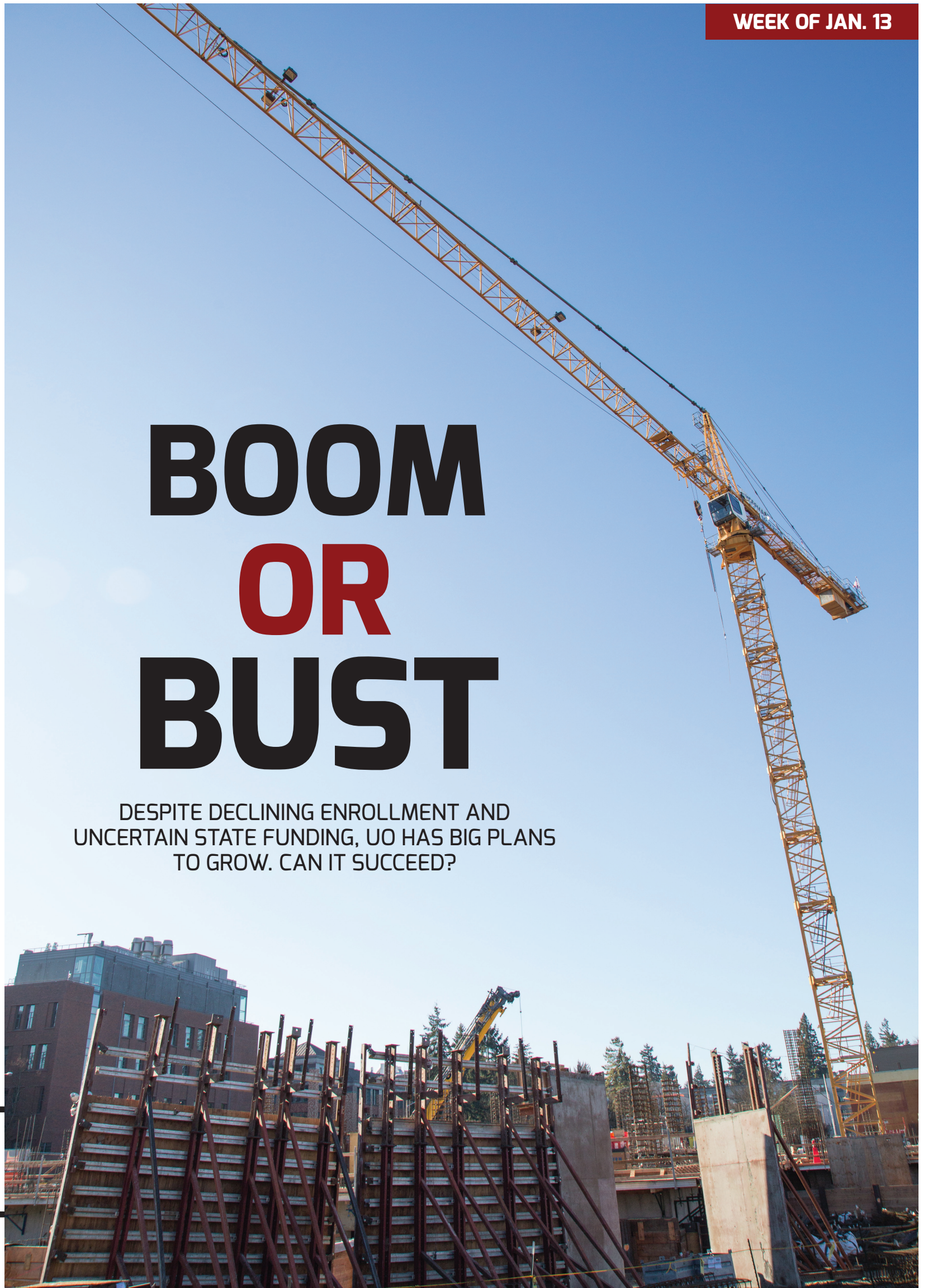
INTRODUCING THE EMERALD TRUST PROJECT

PG 10

BIRCH: HOW TO PROPERLY PRACTICE SELF-CARE

BOOM OR BUST

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 November 13, February 19, April 15

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 November 14, February 20, April 16

Career Fair Interview Days
 November 15, February 21, April 17

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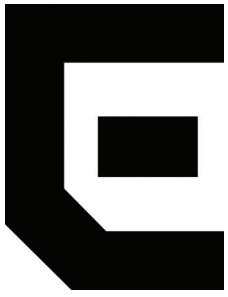
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Daily Emerald

VOL. 121, ISSUE NO. 24

GET IN TOUCH
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THE DAILY EMERALD

The Daily 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.

ON THE COVER

Ongoing construction of the Phil and Penny Knight Campus for Accelerating Scientific Impact as of Jan. 13, 2019. (Sarah Northrop/Emerald)

everything you need to know
EVERYTHING UO

NEWS

INTRODUCING THE EMERALD TRUST PROJECT

BY EMERALD STAFF



The staff of the Daily Emerald work at a production meeting to produce the weekly print edition of the paper. (Sarah Northrop/Emerald)

Over the past few years, journalists and the public alike have suffered due to poor public trust in news media. Public trust hit a historic low of 32% in 2016, according to a Gallup poll. By 2019, another Gallup poll showed that while trust had risen, it remained at only 41%. This environment of mistrust has led to several high-profile cases of protests against student journalism.

In response to these statistics and the current climate of student journalism, the Daily Emerald wants to reverse that trend, starting in our own community.

The Daily Northwestern, a well-respected, student-run newspaper, faced blowback from members of Northwestern University's student body in November 2019 as a result of the paper's coverage of campus protests against former Attorney General Jeff Sessions. Photojournalists from The Daily Northwestern published photos from the event on social media, including photos that showed protesters' faces. Student activists said the photos were invasive and put students at risk.

The Daily Northwestern journalists were legally and ethically within their rights to publish photos taken in a public area, but because the campus community at Northwestern wasn't familiar with journalistic practice and didn't feel respected by the coverage, backlash followed.

The Daily Northwestern story teaches an important lesson: For the public to trust you, it is not enough to be a good journalist. You must actively earn trust. And as the University of Oregon's largest independent student publication, it's the Daily Emerald's duty to do so.

The Emerald Trust Project is our solution to actively earn the trust of the UO community over time. It strives to increase transparency, inclusion and trust between members of the community and those who report the news.

The project includes inter-newsroom aspects, such as holding ourselves accountable through the corrections log. We will also clarify language in our reporting to promote transparency and show how our reporters gathered the information they report.

The Daily Emerald is also beginning public projects to reduce the distance between community members and newsroom staff. The first major Emerald Trust Project event of winter term will be "Meet the Daily Emerald." Details will be announced on our social media.

Daily Emerald staff developed the Emerald Trust Project by working with experts in news media trust building, media studies and community engagement. A few of the professionals the Daily Emerald staff contacted were SOJC Professor Lisa Heyamoto, co-author of The 32 Percent

Project, a study about earning public trust; SOJC Professor Dean Mundy, faculty advisor to the UO chapter of the National Lesbian and Gay Journalist Association; and Ashley Alvarado, Southern California Public Radio's director of community engagement; as well as members of the UO community.

The Emerald Trust Project can be found in its entirety on the Daily Emerald website. We are actively seeking public feedback on how we can continue to improve and better serve the UO community.

For questions about the Emerald Trust Project, contact Coordinator of Equity and Inclusion C. Francis O'Leary, Associate News Editor Gina Scalpone, News Editor Hannah Kanik or Editor-in-Chief Michael Tobin.

To read the Emerald Trust Project in its entirety:



REVIEW:

'1917' IS A BEAUTIFUL FILM THAT ILLUSTRATES THE UGLINESS OF WAR

BY CHRISTIAN CANCELLA



The film 1917. Image credit Francois Duhamel / 2019 Universal Pictures and Storyteller Distribution Co., LLC. Image sourced from imdb.

With a single mission and one continuous shot, the film “1917” follows two soldiers in World War I as they try to stop a battalion of 1,600 men from heading into a fatal trap. Lance Corporals Blake and Schofield, played respectively by Dean-Charles Chapman and George MacKay, must trek through no-man’s land with an order from the army command and stop the battalion, including Blake’s brother, before time runs out. “1917” is an intimate war film that makes a small story feel epic through striking visuals and performances.

One of the perks of filming in a single-shot style, like 2014’s “Birdman,” is that the seemingly “small” moments of a story can’t be cut. The audience gets a more intimate look at characters when they aren’t allowed a moment off screen and the downbeats of the story take up the same amount of screen time as the action. One scene in particular features Schofield hitching a ride to the next part of

his mission with other soldiers, following an impactful moment of the film, and here he remains silent. The narrative restriction of doing one shot ironically allows for the freedom to fully flesh out small moments like this.

Director Sam Mendes and cinematographer Roger Deakins, who previously worked together on the James Bond film “Skyfall” (2012), reunite with remarkable visual results. The second half of the film features nighttime scenes which are truly gorgeous. Silhouette imagery is a visual motif of the film, effectively used throughout to juxtapose the background and foreground in these sequences. For example, when Schofield chokes a German soldier hidden in the dark foreground from another soldier by a fire in the back, the visual effect plays up the tension of the sequence as the audience can see everything yet is clueless to how the next moments will unfold.

Despite a simple “point A to point

B” plot, the set pieces between those two points really shine. Most notably are the ruins of a town that Schofield sneaks through at night as enemy soldiers attempt to see using flares. The stark contrast of absolute pitch black and the bright white light from the flares reveals the ruins of the town and scattering shadows everywhere. The fluidity the single-shot style creates adds to the power of these moments, as the camera crawls through the debris towards a burning building in the distance and the audience is pushed into the landscape that Mendes has created.

The film features some minor supporting parts, including Colin Firth, Andrew Scott, Mark Strong and Benedict Cumberbatch. Of the four, Scott has the most memorable role; he provides levity early on to an otherwise bleak film. Richard Madden makes a small appearance and delivers his bit with great emotional impact. Chapman gives a solid performance as Blake, with

one standout scene about halfway in that lets him push his dramatic acting capabilities. Yet McKay has the most memorable performances, delivered with quiet strength as the toll of war has its effect on his mental and physical well-being.

Much like 2017’s “Dunkirk,” another recent war film, the color palette is filled with muted greys and cool-toned blues and beiges, but at night the scenes come to life with the lush orange glow of fire. The score, composed by Thomas Newman, builds with suspense throughout and leaves the audience fully aware of time running out as the instrumentals swell. The sets and props highlight the grotesque landscape of war: from rotting horse corpses in no-man’s land to bloated dead bodies in the river, the desolate and unrelenting decay in the film presents the ugly face of war. “1917” takes the events of one day during a four-year-long war and creates an expansive and thrilling experience.

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UO EXPANDS CAMPUS IN HOPE TO GROW

BY RYAN NGUYEN · TWITTER @RYANJNGUYEN



Bean Hall while under construction (Sarah Northrop/Emerald)

This year's freshman class, the Class of 2023, broke records for its diversity and its GPA. The university renovated Justice Bean Hall and is preparing to tear down Hamilton and Walton halls. Campus is expanding to the north with the addition of the Phil and Penny Knight Campus for Accelerating Scientific Impact. Construction will be a constant presence on campus for the next decade, according to the university's 10-year capital construction plan, which includes projects like the renovation of Hayward Field.

In other words, the University of Oregon is hoping to expand. Whether it can meet that goal depends on if it can recruit more out-of-state and in-state students, said Dr. Roger Thompson, the UO vice president for student services and enrollment.

"In public higher education, tragically, I don't think states are going to get back to the funding levels that they once had 20 or 30 years ago," Thompson said when asked why the university wanted to grow. "If that's not going to happen, then we're not going to sacrifice the quality and excellence of the University of Oregon. And so, that leaves us with the idea that maybe we can grow a little bit, and I think we have capacity."

Thompson said he'd like the university to grow to around 25,000 students, near the peak that UO reached during the 2012-13 school year.

Current plans

The university's plans for expansion can be seen around campus. What Thompson has dubbed the "Housing Transformation Project" – the plan to tear down and rebuild Hamilton and Walton halls – began in late November, as fencing surrounded the green space that students have nicknamed "Humpy Lumpy Lawn."

This housing plan is meant to attract prospective students with dormitories that have modern technology, such as Wi-Fi and computers, as well as inclusive dining options, like gluten-free and vegetarian cuisine.

One recently finished renovation, Bean Hall, was the first major remodel of an on-campus dorm that dated back to the 1960s. After finishing construction this fall, the dorm now offers space for new Academic Residential Communities such as the Latinx Scholars ARC and the Health Sciences ARC.

But the plan to build new residence halls does not entirely square with the findings of a residence hall feasibility study from September 2011. The report, meant to inform UO's future housing projects, states that the university should "not demolish its existing debt-free housing, but rather maintain it and renovate it." That conclusion is based off of the costs of adding additional housing and the subsequent changes to room rates.

"We are experiencing a significant student demand for a greater percentage/mix of larger rooms and rooms with in-room private bathrooms," Housing Director Michael Griffel said in a statement when asked about the feasibility study. "There is also demand for lower cost, smaller double style rooms and triple occupancy rooms. The combination of legacy residence halls (Justice Bean, Earl, Carson, Riley) and new residence halls with some triple room occupancy spaces, currently meets and is projected to meet future student demand."

At their December meeting, the university's board of trustees authorized the issuance of \$120 million in bonds to fund university capital projects, including a new dorm on the Humpy Lumpy Lawn, according to board documents. In a question and answer session with Emerald reporters and editors last week, UO President Michael Schill said that the university looks at debt carefully and described the amount of debt the UO has taken out as "prudent."

Part of the university's plan to attract more students also includes an effort to bolster its science and technology programs. The construction of Knight Campus is one of those initiatives, but it also involves new degree programs, such as neuroscience, data science and bioengineering, which were discussed during that board of trustees meeting.

Schill told Emerald reporters and editors that the new programs were meant to help attract

international students to come to the UO.

Demographics

Oregon residents comprise about half of UO's student body. Around 40% comes from out of state, with the remaining 10% coming from outside the United States.

About a quarter of the total student body comes from California, and this fall, out of this year's incoming class, about one in three students hail from California.

Nonresidents have comprised a growing piece of UO's student body since 2006; the percentage of out-of-state students at UO has increased almost every term since then, according to historical UO enrollment reports. Each incoming class has also been more diverse and has had higher GPAs than those before it.

UO students come from all 50 states and from several different countries around the world, Thompson said. He added that he would like to add more university recruiters in places such as Texas, a place where more prospective UO students are coming from and where it's hard for the enrollment department's single Texas recruiter, located in Dallas, to cover effectively. ("All you gotta do is look at a map of Texas, and the state of Texas is gigantic!" Thompson said.)

But over the past few years, the university's total enrollment numbers have been steadily declining. Total enrollment, including undergraduate and graduate students, peaked for the university during the 2012-13 school year, when the campus population reached over 24,500 students, according to the UO Institutional Research website. That figure has fallen steadily since then, with a decline of about 2,000 students to where enrollment stands now, at 22,500 students. (That's a decline of almost 10%.)

Thompson said this decline in students is from more students being able to graduate in a shorter period of time.

"It's actually a good thing," Thompson said. "It's what we're supposed to be doing. Now, we brought in this huge freshman class, and we're probably on the road to another one that's going to look like that. So that trend is going to turn."

This enrollment drop also coincides with a decline in the university's number of international students, which has fallen from a peak of about 3,200 students during the 2015-16 school year to about 1,700 during the 2019-20 school year, according to UO institutional research data. Thompson attributed this to the federal government making the visa process difficult, saying that: "We'd like to be doing better internationally than we are. And we're working on that."

Schill told Emerald reporters and editors last week that the UO has overrelied on international

students from China in the past and is working to diversify its international student population by reaching out to students from other countries like India.

UO faces some challenges in growing enrollment.

For one, rising tuition costs. Just in the last decade, tuition has increased eight times. According to the earliest inflation-adjusted tuition data available, from 1980, an Oregon resident would have paid \$2,233 in tuition. Nonresidents, on the other hand, would have paid \$9,687, or more than four times as much. (Thompson has acknowledged that these increases generate anxiety for prospective students.)

Tuition is the main source of funding for the university's academics, according to the UO tuition website. During the 2019-20

fiscal year, the university made over \$306 million in nonresident tuition and about \$121 million in resident tuition. UO also got about \$75 million in funding from the state, and another \$43 million in revenue from fees, interest and investment earnings, among other sources.

But the university may have a potential workaround. At the most recent meeting of the board of trustees, UO's Chief Financial Officer Jamie Moffitt, along with Thompson and Vice President for Student Life Kevin Marbury, introduced a "guaranteed tuition" model that would institute a tuition ceiling for students the year they begin school.

The trustees have seen this concept before, when Thompson presented it

in 2015, according to The Register-Guard. Thompson, who described himself as "cautiously optimistic" about guaranteed tuition in a recent interview with the Emerald, said that such a model could alleviate financial stress from prospective students and their families.

It could also prevent tuition increases from outpacing the value of scholarships, Thompson added, using the example of a \$5,000 scholarship, since the amount of money that scholarships give does not change depending on how much tuition costs.

"That's one of the things I like about guaranteed tuition, is that the \$5,000 over these four years, with tuition staying the same, has the same buying power in your freshman year as it does in your senior year," Thompson said.

This model still needs approval from Schill and the board of trustees before it is implemented. Right now, the university tuition board is discussing the details of what such a program would look like.

At the moment, campus continues to grow, and Thompson has high hopes for the future, saying that higher education is the biggest investment that families will make – if they don't own their own home.

"If they own their home, then it's the second biggest one they'll make," Thompson said.



TRAGICALLY, I DON'T THINK STATES ARE GOING TO GET BACK TO THE FUNDING LEVELS THAT THEY ONCE HAD 20 OR 30 YEARS AGO. IF THAT'S NOT GOING TO HAPPEN, THEN WE'RE NOT GOING TO SACRIFICE THE AND EXCELLENCE OF THE UNIVERSITY OF OREGON."

DR. ROGER THOMPSON
University of Oregon Vice President for Student Services and Enrollment

TUITION AND ENROLLMENT: BY THE NUMBERS

2019-20 ACADEMIC YEAR

22,500

UNDEGRADUATE AND
GRADUATE STUDENTS

\$306 MILLION

HOW MUCH UO MADE IN
NONRESIDENT
TUITION IN 2019-20

\$10,440

OREGON RESIDENT
TUITION

49.3%

OREGON RESIDENTS

1 IN 4

STUDENTS COME
FROM CALIFORNIA

1,700

INTERNATIONAL
STUDENTS

Source: University of Oregon Office of the Registrar

MONDAY JANUARY 13,

ALL SIZES FIT ART RECRUITMENT

All Sizes Fit is a positive body image campaign that aims to increase body positivity and decrease the social pressures associated with obtaining an "ideal body." All Sizes Fit focuses on three principles: Attention: Be in touch with your body and (Monday - Friday) 12 am University Health & Counseling Center, 201, University of Oregon.

CONFUSED ABOUT RECYCLING?

Don't know what goes in the recycling, garbage and yard wastebins but want to do the right thing? 2-3 p.m. Campbell Community Center, 155 High St.

CSI GAME NIGHTS

Join the Center for Student Involvement for our weekly Game Nights Monday's at 6pm by the EMU O Desk Stairs. Come play games and activities with your fellow UO Students! Free food is provided at every event! 6-7 p.m. Erb Memorial Union, 1395 University St.

GEO DROP-IN ADVISING

Stop by Global Education Oregon for a quick 15 minute advising appointment with a GEO study abroad advisor. 1:30-3:30 p.m. (Monday - Friday) 1:30 pm Oregon Hall, 300W, University of Oregon.

JAY & SILENT BOB REBOOT ROADSHOW WITH KEVIN SMITH

Hult Presents Kevin Smith comes to Eugene to show his latest and greatest motion picture, the star-studded Jay and Silent Bob Reboot! The New Jersey stoner icons who first hit the screen 25 years ago in CLERKS are back! 7 p.m. Soreng Theater

MIDDLE MONDAY CRIBBAGE

Enter our monthly cribbage tournament for a chance to win a \$25 Bier Stein gift card and other great prizes! We have plenty of boards, but feel free to bring your own in case we run low. 6:30-9 p.m. The Bier Stein, 1591 Willamette St.

STUDY ABROAD IN ITALY THIS SUMMER!

Discover how to make study abroad a reality in Italy this summer. 4-5 p.m. Willie and Donald Tykeson Hall, 460, University of Oregon.

STUDY ABROAD THROUGH THE COLLEGE OF DESIGN

Are you studying: Architecture & Environment Planning, Public Policy, and Management (PPPM) History of Art and Architecture Art + Design Find out from UO faculty leaders and additional sponsored program providers where you can receive credits for 12-1 p.m. Lawrence Hall, Hayden Gallery, University of Oregon.

UNPACKING YOUR STUDY ABROAD EXPERIENCE

Note: This event is for UO students returning from a recent study abroad experience Now that you've had this transformative international experience, come unpack with GEO! 4-5:30 p.m. Straub Hall, 251, University of Oregon.

TUESDAY JANUARY 14,

BIKE APPRECIATION WEEK

Join the UO Bike Program week two Tuesday, Wednesday, and Thursday, 10 a.m.-noon, for Bike Appreciation Week! 10 a.m.-12 p.m. (Monday - Friday) 10 am Erb Memorial Union, 1395 University St.

CAREER LAB: EXPLORING CAREERS AND GETTING STARTED

What should you do if you don't know what you want to do? Career exploration is a process. Learn about yourself and the world of work, identify and explore potentially satisfying occupations, and develop an effective strategy to realize your goals. 4-4:50 p.m. Lillis Business Complex, Room 155, University of Oregon.

CSI TUESDAY TREATS

Come join us every Tuesday for FREE Donut Holes and learn more about all the exciting events the Center for Student Involvement and the Student Activities Board have coming soon. 1-2 p.m. Erb Memorial Union, 1395 University St.

DECLARE YOUR WELLNESS

This campus Wellness Ambassador led workshop for faculty and staff will explore personal health around mind and body and how we can make change individually and collectively. 2-3:30 p.m. Erb Memorial Union, 1395 University St.

RACING TO CHANGE: OREGON'S CIVIL RIGHTS YEARS—THE EUGENE STORY

Racing to Change chronicles the civil rights movement in Eugene, Oregon, during the 1960s and 1970s—a time of great upheaval, conflict, and celebration as new voices clashed with traditional organizations of power. 11 a.m.-5 p.m. (Monday - Friday) 11 am Museum of Natural and Cultural History

SEXUAL ASSAULT SUPPORT SERVICES LGBTQIA+ GROUP

Sexual Assault Support Services (SASS) has a support group for members of the LGBTQIA+ community (18+) who have experienced any form of sexual violence in the past or present.

SASS services are always free. 5-6:30 p.m. Sexual Assault Support Services (SASS), University of Oregon.

SKI AND SNOWBOARD WAXING NIGHT

Come to the barn and wax your skis and boards! You are welcome if you have never waxed before, or if you are a waxing veteran! Tactics board shop will be here to help out and provide tips, tricks and supplies. 6-7 p.m. Outdoor Program (OP) Barn, University of Oregon.

WEDNESDAY JANUARY 15,

ASK ME ANYTHING STUDY ABROAD: PEER ADVISING

Stop by the Global Education Oregon office in 300W Oregon Hall to speak to International Peer Assistant, Miranda, who went on the Cross-Border Interviewing and Story Development in Spain and Portugal program. 12-1 p.m. Oregon Hall, 300W, University of Oregon.

BUZZED WITH BACHATA! 7:30-10PM

Buzzed with Bachata. Need something to do to relieve stress? Come out to the Oregon Wine Lab and choose from a delightful vino selection while you get your bachata on! 7:30-10 p.m. Wine Lab, 488 Lincoln St.

CLAIRE BURBRIDGE: IN CONVERSATION

A conversation with artist Claire Burbridge, exhibition curator Jill Hartz, and catalog essayist Emily Shinn. 5:30-6:30 p.m. Jordan Schnitzer Museum of Art (JSMA), University of Oregon.

CREATEATHON OREGON 2020 LAUNCH PARTY

Meet the nonprofits! Createathon Oregon is a creative marathon where students and marketing professionals create pro

bono marketing assets for local nonprofits in need. 5-6 p.m. University of Oregon.

GEO PEER ADVISING AT GSH

Whether you are a resident of Global Scholars Hall, participate in the global engagement or honors academic residential communities, or just want to talk to a recently returned study abroad student. 5-7 p.m. Global Scholars Hall, Learning Commons (above fireplace), University of Oregon.

INTRAMURAL BASKETBALL CAPTAINS MEETING

If you are interested in playing intramural basketball make sure that you send a team representative to the captains meeting on Wednesday, January 15 at 5:00PM in McArthur Court. 5-6 p.m. McArthur Court, University of Oregon.

KAYAK POOL SESSIONS

Practice your kayaking moves in the SRC pool before heading to the river, and meet other kayakers! Attend one, two, or all of the sessions. Date: Wednesdays, Weeks 2-8 Pre-trip: None Sign-up: Monday-Friday, noon-5 p.m. 8-9:30 p.m. Student Recreation Center (SRC), Pool, University of Oregon.

LGBTEA TIME

Looking for a place to sip some tea, make some friends, and have fun? Come to LGBTea Time! From noon-2 p.m., there will be an assortment of free Townshend's tea and crafting! 12-2 p.m. Erb Memorial Union, 1395 University St.

UO BOOT CAMPS DEMO DAY

Please join us for UO Boot Camps Demo Day! This event is designed for industry professionals, company partners, current boot camp students,

alumni of the university, and those interested in becoming a partner. 6:30-8:30 p.m. White Stag Block, Light Court Commons, Room 142/144, University of Oregon.

UO SPORTS PRODUCT MANAGEMENT VIRTUAL INFO SESSION

Turn your passion into your profession with a master's degree in sports product management. Our program is grounded in innovation and sustainability with a global business perspective. 6-7 p.m. Online (Zoom), University of Oregon.

WEEKLY BINGO/ TRIVIA PRESENTED BY CONNECT THE DUCKS

Join the Connect The Ducks Team for our Weekly Bingo and Trivia series! Bingo occurs weeks 1,3,5,7,9 and Trivia occurs weeks 2,4,6,8,10. Winners receive Duck Bucks that can be used on campus! Event is free for all UO students. 6-7 p.m. Erb Memorial Union, 1395 University St.

THURSDAY JANUARY 16,

BASKETBALL WATCH PARTY AT THE EMU!

Come cheer on your Duck basketball team against Washington State! Game time is 6:00pm. Join the Pit Crew in the EMU "O" Lounge! Game commentary provided by UO's amazing KWVA announcers. Erb Memorial Union, 1395 University St.

CLIMBING KNOT BASICS CLASS

Come learn the basics of climbing knot tying in an in store setting. We'll focus on building solid fundamental skills teaching you the climbing related knots you need to know. 6-8 p.m. Eugene REI, 306 Lawrence St.

COFFEE WITH A COP

Join UOPD for a cup of coffee! We look forward to meeting you and answering your questions or..... just say hi!
10 a.m.-2 p.m.
Erb Memorial Union, 1395 University St.

THE FOCUS GROUP

Do you identify as a man? Why are guys so much less likely to access wellness resources than women? Come share ideas about how to make campus support services more gender-inclusive. Pizza provided at every meeting.
5:30-7 p.m.
Erb Memorial Union, 1395 University St.

OREGON DUCKS WOMEN'S BASKETBALL VS. STANFORD WOMEN'S BASKETBALL

6 p.m.
Matthew Knight Arena, 1776 E. 13th Ave.

RUDRA MEDITATION

Rudra Meditation is an open-eye form of meditation that uses breath to open and strengthen the energy centers in the body.
5-5:30 p.m.
Erb Memorial Union, 1395 University St.

WINTER TRIP INITIATOR CLINIC

Want to initiate a trip through the OP? Maybe ski for free at Hoodoo Ski Resort? Come to the winter term Trip Initiator Clinic and get yourself well on your way to being a trip initiator.
6-7 p.m.
Outdoor Program (OP)
Barn, University of Oregon.

FRIDAY JANUARY 17,

AN AMERICAN IN PARIS

ON SALE AT THE UO TICKET OFFICE IN THE EMU| LOVE IN THE CITY OF ROMANCE In post war Paris, romance is in the air and youthful optimism reigns.
8-9 p.m.
(Monday - Friday) 8 pm
Hult Center for the Performing Arts, Silva Concert Hall, University of Oregon.

CLUB COFFEE CONNECTIONS

Are you interested in getting involved but don't know where to start? We can help. Any

Friday morning; stop in to the Center for Student Involvement Resource Center and talk with an involvement coach.
9-11 a.m.
Erb Memorial Union, 1395 University St.

CREATING CONNECTIONS' THIRD ANNUAL DIVERSITY DINNER

This is a free social event for graduate students from traditionally marginalized populations in higher education.
5:30-8:30 p.m.
Lillis Business Complex, Atrium, University of Oregon.

LAW CLERK OPPORTUNITIES WITH THE US ATTORNEY'S OFFICE IN EUGENE

The U.S. Attorney's Office in Eugene hires 1L law clerks (usually one paid position and two unpaid positions) to start in the summer and continue throughout the following school year (and sometimes beyond).
12-12:50 p.m.
William W. Knight Law Center, 141, University of Oregon.

PIZZA WITH THE CHIEF

You are invited to join UOPD Chief Carmichael for free pizza!! We would

like to meet you and answer any questions you may have about our department and services we provide.
11:30 a.m.-12:30 p.m.
Erb Memorial Union, 1395 University St.

STUDIO ART IN ATHENS: INFO SESSION

Spend three weeks in the unique landscape of the Greek islands and Athens to receive six quarter credits.
3-4 p.m.
Lawrence Hall, 143, University of Oregon.

SUSTAINABILITY OPEN HOUSE

Learn about work being done around sustainability at University or Oregon from operational staff, faculty, and student groups. Network with UO colleagues and peers.

Build cross-campus collaborations that further our sustainability goals.
9:30-11 a.m.
Gerlinger Hall, Alumni Lounge, University of Oregon.

SATURDAY JANUARY 18,

NOBLE SATURDAY NIGHTS

Cozy up with wine, music, and friends at Noble Estate Urban. We'll be serving more than a dozen wines including Chardonnay, Ruby, and Malbec! Multiple local beers and cider available on tap.
5-9:30 p.m.
Noble Estate Urban, 560 Commercial St.

RIFF RAFF

On Saturday, January 18, 1988 Entertainment presents Riff Raff at the WOW Hall.
7 p.m.
WOW Hall Community Center for the Performing Arts, 291 West 8th Avenue.

WILDERNESS FIRST AID WITH REI & NOLS

Whether spending time in the backcountry is your passion or your profession you should never ask "What do I do now?" In this 2 day course you will learn skills and abilities to make sound decisions in emergency situations.
8 a.m.-5 p.m.
(Monday - Friday) 8 am
Obsidian Lodge, 2250 East 29th Ave.

WOMEN'S SELF-DEFENSE SEMINAR

This seminar is designed to be accessible to all women regardless of experience or fitness level and incorporate awareness, verbal and basic physical defense techniques.
10:30 a.m.-12 p.m.
Sheldon Community Center, 2445 Willakenzie Rd.

SUNDAY JANUARY 19,

OREGON DUCKS WOMEN'S BASKETBALL VS. CALIFORNIA WOMEN'S BASKETBALL

2 p.m.
Matthew Knight Arena, 1776 E. 13th Ave.

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WHY 'SELF-CARE' PRACTICES DON'T CARE FOR OURSELVES AND HOW TO CHANGE THAT



Illustration by Christina Staprans

BY AMALIA BIRCH

The term “self-care” gets thrown around a lot this time of year. Many resolutions may be centered around practicing self-care or just taking more “me time.” While some may be doing so in a useful way, many practice self-care in a manner closer resembling a fad than an actual healthy habit.

Self-care is often used as a band-aid to cover up bad habits or the fact that we are running ourselves into the ground. When we feel tired or stressed, we do a face mask or watch a Netflix show as if that will magically fix our worries and restore our mind and body to a relaxed place. Then the next week’s stress gets to us all over again, and we do the same things though nothing has ever truly improved.

This form of self-care is not a productive one and doesn’t really care for your mind and body long-term. Real self-care is taking the time to turn

unhealthy habits into productive ones that will serve you in the long run.

Letting yourself sleep in on the weekend to catch up on the hours you’ve missed won’t actually make you less tired or give your body the rest it needs. A long-term solution would be to build a good sleep schedule so you feel rested and energized more consistently.

Another shortcoming with the self-care fad is not giving yourself a break when you actually need it. Our lives have become so busy and fast-paced that we often don’t have time for anything to derail us from our plans or to-do lists. Even when our bodies or minds desperately need a break, we are reluctant to take one and become stressed when we have to stop. Guilt can eat away at us for our inability to be productive so often we just carry on painfully and

slowly with our work, even when we don’t have the energy, and schedule in a break later.

When you do feel sick or tired and in need of a nap, that is when it is important to give in to your body’s needs and take a break. Instead of ignoring it and doing less quality work with twice as much effort, put your tasks on hold for when you can complete them better. If you self-care when you feel you need it and work when you feel able, both will be more effective.

For all the criticism that trends like self-care can get, it is a very important thing to practice, and it can make a huge difference in one’s life. If self-care is one of your 2020 goals, think about how you will practice it so it actually improves your life and remember: It takes more than a face mask.



ANALYSIS: THREE TAKEAWAYS FROM OREGON'S WIN OVER ARIZONA STATE

BY BRADY LIM · TWITTER @BRADYLIM619

The No. 9 Oregon Ducks (14-3, 3-1 Pac-12) mostly handled Arizona State (10-6, 1-2 Pac-12) from start to finish on Saturday night at Matthew Knight Arena, but there were some lulls at points in the game that indicate there's still room to grow.

That said, the Ducks picked up two quality wins at home against the Arizona schools and have now won three straight following the dud in Boulder against Colorado.

"We really needed this one because coach has been talking about this," center Francis Okoro said. "He's been talking about Arizona State and Arizona and we got two wins. So for us, it's huge confidence going into next week."

Pac-12 play is now in full swing, and each game teaches us more about this team – one that looks to have the making of a serious contender come March. Here are three takeaways from Saturday night's win.

N'Faly Dante is still rounding into shape, but he's the team's best option at center.

Dante shouldn't be starting right now. His conditioning simply isn't there yet. That said, it's clear that he possesses more touch, skill and, perhaps most importantly, size, than Okoro.

Ever since he debuted in mid-December, he's flashed just about everything – outside of explosive athleticism, perhaps – that you could want from a modern-day center. In an offense so predicated on drives and set-ups from Payton Pritchard and Will Richardson, having a big man down low that can capitalize on those inevitable opportunities is crucial, and Dante is best suited to fill that role.

He's been increasingly present in head coach Dana Altman's closing lineups in tight games, and it seems like it's only a matter of time before he gets the starting nod, and the lion's share of the minutes that come with it.

Chris Duarte is the ultimate glue guy who doesn't get talked about nearly enough.

Where would this team be without Chris Duarte?

Typically, when that type of question is asked, the insinuation is that the answer is going to be somewhere from "not great" to "horrible." I don't think that's the case at all here – the Ducks

would still be a pretty darn good team without Duarte – but those aforementioned lulls have seemed to increasingly end with Duarte making some sort of play to get the team going.

He did it again on Saturday night, hitting a 3 to put the Ducks back up by nine after a quick 6-0 run by the Sun Devils got them to within six midway through the second half. That, coupled with his 6-foot-6 length competing on the perimeter on the defensive end, has vaulted Duarte into a role that suddenly appears to be crucial to the Ducks' success.

If this is a bad game, look out.

The Altman portion of the post-game press conference was, once again, mostly negative. He didn't like the way his team started the game defensively, he didn't like the free-throw shooting and he didn't like Pritchard's shot selection – so much so that a second-half heat check earned the senior point guard a two-minute stay on the bench.

He poured in 29 points on the night on 9-16 shooting, but that didn't earn a single word from Altman. The message was clear: he still has to be better. Largely, that message extends to the entire team.

"We got a long way to go," Altman said. "We can't run a lot of our things defensively because our combinations, our roles, aren't defined ... It's gonna be a work in progress for a long time. We got a lot of work to do."

If that's the case, this team could be flat-out scary come March. Shakur Juiston played well for the first time since returning from an injury suffered in the North Carolina game, Dante is still working into game shape and Pritchard has stepped into the role of a legitimate go-to scoring option and leader as a senior.

The saying that Altman's teams always get better as the year progresses has quickly become the most nauseating cliché in Eugene. But it's true. And a significant improvement upon a team that has already looked every bit the part of a top-10, perhaps top-5, team in the nation suggests that this team might just have a Final Four run in them.

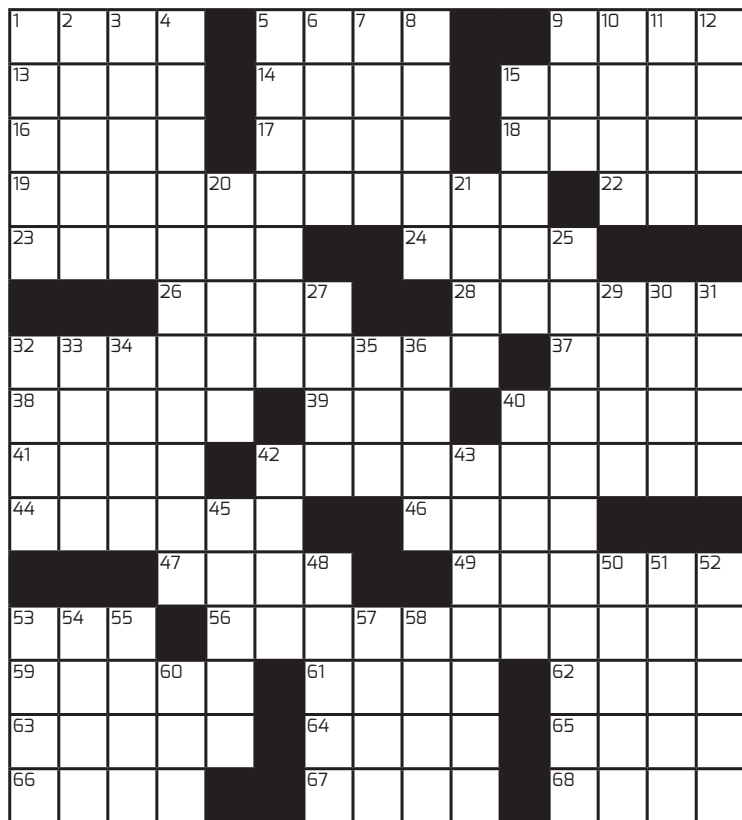
One more thing: as much as everyone loves five-star freshmen and future NBA lottery picks, experience wins in March. And the Ducks have a lot of it.

Ducks guard Payton Pritchard (3) drives past a defender. (DL Young/Emerald)



Ducks forward Shakur Juiston (10) reaches back for the slam. (DL Young/Emerald)

FUN & GAMES: CROSSWORD



ACROSS

- 1 ____ Sea (inland body with high salinity)
- 5 With 67-Across, song by 56-Across
- 9 Sword part
- 13 Radius, e.g.
- 14 Comic strip dog with a long tongue
- 15 Spine-tingling
- 16 Lash
- 17 Ike's partner in 1960s-'70s music
- 18 Bicycle shorts material
- 19 With 32-Across, song by 56-Across
- 22 Half a school year: Abbr.
- 23 Chaos
- 24 Splinter group
- 26 Rat-____
- 28 Conveyance in an Ellington song
- 32 See 19-Across
- 37 Pres. Carter's alma mater
- 38 Having throbbing temples, maybe
- 39 Fourth notes
- 40 Expensive
- 41 Actress Taylor of "Six Feet Under"

- 42 Song by 56-Across
- 44 City SSW of Seattle
- 46 Peacekeeping grp.
- 47 Afternoon refreshers
- 49 Long rant
- 53 London-based record label
- 56 Musician born 11/27/42
- 59 "Deliverance" instrument
- 61 Panache
- 62 Lickety-split, in a memo
- 63 Passion
- 64 Pete and Julie's "Mod Squad" partner
- 65 Job for an actor
- 66 Where to buy GM and GE
- 67 See 5-Across
- 68 Compound with a double-bonded carbon atom

- 5 Bygone company with yellow-roofed kiosks
- 6 Thor's father
- 7 RR ____
- 8 "A Full Moon in March" poet
- 9 With 60-Down, song by 56-Across
- 10 Three-point lines in basketball, e.g.
- 11 Song by 56-Across
- 12 Word after mule or school
- 15 Choose
- 20 Tool that turns
- 21 Catch, in a way
- 25 Sleepover game, maybe
- 27 Sukiyaki ingredient
- 29 Where sailors go
- 30 1966 hurricane
- 31 A ponytail hangs over it
- 32 What picked flowers may do
- 33 Prima donna's delivery
- 34 After-bath powder
- 35 Card game for two
- 36 "Pardon the Interruption" ailer
- 40 Arrive, as darkness
- 42 Big ____ (baseball's David Ortiz)

- 43 Period of inactivity
- 45 Biology or English
- 48 What bloodhounds and dead fish do
- 50 Bad ignition?
- 51 Connect with an operator
- 52 Kick out
- 53 Abba of Israel
- 54 "The Wind Cries ____" (song by 56-Across)
- 55 Neither Dems. nor Reps.
- 57 Hip parts
- 58 13 cards, maybe
- 60 See 9-Down

DOWN

- 1 Former sitcom on the Beeb
- 2 "Good Times" actress Esther
- 3 "You can't teach ____ dog ..."
- 4 Lawsuit

SOLUTION




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SUDOKUS

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.



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

SOLUTION

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

Tacos. Tequila. #Duh

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SOLUTION

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

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