

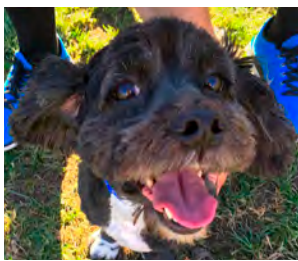
Student Life

The independent newspaper of Washington University in St. Louis since 1878

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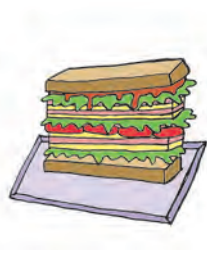
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GOOD DOGS
A guide to the various canines of the South 40 and their humans (Scene, pg 4)



AMERICAN POETRY CLUB
Inside the student band that is more like a club. (Cadenza, pg 5)



MATT'S MORSELS: MEAL PREPARATION
How to plan ahead to make your life in food easy and delicious (Scene, pg 10)

Holding off all challengers

Miles scores hat trick as women's soccer dominates Wydown Classic



GRACE BRUTON | STUDENT LIFE

Darcy Cunningham holds off a pair of Franklin University defenders during Wash. U.'s 5-0 win Saturday. Cunningham had a goal and an assist and Ariana Miles had a hat-trick as the Bears continued their perfect start. Wash. U. is currently ranked No. 10 and is yet to concede a goal this season.

HEMAN DUPLCHAN
STAFF REPORTER

The Washington University women's soccer team improved to 4-0 this weekend, shutting

out Claremont Mudd Scripps Colleges and Franklin College, 3-0 and 5-0, respectively, at Francis Field.

Wash. U. started its home-opening weekend of play on

Friday, when it faced fellow 2-0 team CMS. In the 11th minute, senior back Hannah Menard unleashed a venomous strike from about 40 yards out that hit off the crossbar and into the back

of the net, making the score 1-0.

In the following minutes, CMS looked for an equalizer. In the 18th minute, the Athenas'

SEE **WYDOWN**, PAGE 9

Sam Fox to offer new Bachelor of Arts primary majors

AIDEN BLINN
NEWS EDITOR

The College of Art in the Sam Fox School will now offer two Bachelor of Arts (B.A.) programs in art and design to allow greater flexibility for art students while still providing a studio-driven experience.

The new B.A. majors, which require 30-36 credits of studio work instead of the usual 65 credits accredited to the Bachelor of Fine Arts (B.F.A.) programs, were created to give Sam Fox students room in their schedule to attain second majors or minors from other colleges at the University.

Director of the College and Graduate School of Art Heather Corcoran emphasized the interdisciplinary nature of the Bachelor of Arts programs.

"It's really designed to give students who have chosen to do their degree in the Sam Fox School an opportunity to integrate more coursework from across the campus into their degree at the school," Corcoran said.

Corcoran believes that the B.A. majors will appeal to students who wish to employ multiple fields of study in the workplace.

"I think that there's a subsection

SEE **SAM FOX**, PAGE 2

Immigration law clinic offered at Washington University law school

TED MOSKAL
CONTRIBUTING REPORTER

Starting this semester, Washington University's law school now offers a clinic in immigration law for second and third-year law students. The clinic is structured to provide students with practical experience representing and counseling non-U.S. citizens in immigration law cases.

The clinic is the newest of 18 clinics offered to law students. Katie Meyer, law professor and clinic director, who previously worked at the Migrant and Immigrant Community Action Project (MICA) in St. Louis, will oversee the work of the 10 students enrolled in the clinic this semester.

According to Meyer, as immigration has become a major topic in American politics over the last decade, student organizations such as the Immigration Law Society alongside faculty such as Professor Emeritus Stephen Legomsky have been constantly advocating for such an immigration clinic. In response to these efforts, the University was able to fund the clinic this year by matching the contributions of a law school alumnus who expressed interest in the program.

Both students and faculty expressed gratitude for the alumni contributions that funded the new clinic.

"It really was a resource issue for a long time," Associate Dean of Clinical Education Robert Kuehn said. "The interest in having a clinic has been there for a number of years, but I would

say that it began in earnest about a year and a half ago when we finally felt like we had a person who was going to fund it, so we were able to put it all together."

This semester, Meyer's students will spend approximately 21 hours in the clinic every week to meet with clients, complete research and prepare arguments.

"It's only been two weeks, but we are already hitting the ground running," law student Martin Martinez said. "[Meyer] worked as the managing attorney at MICA and she brought a lot of cases with her."

In addition to improving their knowledge of doctrinal immigration law, Meyer hopes that students will learn practical and transferable skills that will be applicable in any type of legal career.

"Students in the clinic are getting to learn: How do we interview and counsel clients? How do we craft good examination questions for when a client goes to trial? How do we prepare good written filings that will represent the client's interests? How do we go before a judge and argue for a client effectively?" Meyer said. "Those are the sort of skills that the clinic really hopes to teach; skills that you can't learn from reading in a book, you have to practice in order to learn those."

The clinic is structured in a way that gives students independence to manage their cases themselves, while still being able to rely on the professor for guidance.

"In a clinic, there is always a law faculty as this sort of supervising lawyer, and then the law



GRACE BRUTON | STUDENT LIFE

Anheuser-Busch Hall houses Washington University's School of Law. This semester, the law school is offering a clinic in immigration law for second and third-year law students to get practical experience with immigration cases

students work under them," Kuehn said. "But the theory of the clinic as much as possible particularly as the semester goes on...is to have the student doing the work and meeting with clients, and the professor sort of guiding them along the way and making sure they don't do something wrong."

In addition to the impact that this clinic will have on enrolled students, it will also provide free legal counsel to non-U.S. citizens who would otherwise have no access to a lawyer.

"The dual idea of all clinics—and especially this clinic—is to educate new attorneys in these

practices so they can go on and represent clients, but also to provide a much needed service to the immigrant community," Meyer said.

Meyer and the rest of the law school faculty hope that the clinic will continue to serve the interest of both the law students and the greater St. Louis community in the future, citing the immense student interest in immigration law.

"Going back to when I was a student here at the Washington University School of Law and possibly before that, students have been asking for an immigration law clinic," Meyer said.

"The interest among law students in immigration law has always been high and I think has just increased over the last few years as immigration has become such a hot topic."

The establishment of this clinic represents the culmination of years of work by Washington University faculty and students.

"When I came in, there was already a big push for having this clinic, but I am really grateful for everybody for making this happen. I realize that it was a long time coming," Martinez said. "It feels like Wash. U. law history."

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EVENT CALENDAR

MONDAY 10

Medical Campus to host Diversity Week: “Be Aware of Your Unaware”
Washington University Medical Campus, Sept. 10-14
Events range from a nationally renowned speaker on racial sociology, a panel discussion and a film screening, to a diversity fair full of internal and external resources and food trucks. See details online.

Chabad on Campus—Rosh Hashanah Morning Services with Shofar
The Chabad House-Rohr Center for Jewish Life, 7018 Forsyth Blvd, 9:45 a.m.
Join Chabad on Campus for Rosh Hashanah morning services. Please RSVP online. Contact: rabbi@chabadoncampus.org.

Student Life Newspaper Open House
Danforth University Center, Student Life Office, 5-7 p.m.
Come to our open house to learn more about Student Life, Washington University’s Independent Newspaper. The event will be held in the Student Life office (on third floor of the DUC, near the Harvey Media Suite). Free pizza will be served.

TUESDAY 11

University Blood Drive
Athletic Complex, 9 a.m. - 9 p.m.
Sign up online to donate blood or volunteer at the University-wide blood drive. On the Danforth Campus from 9 a.m. to 9 p.m. in the Athletic Complex and on the Medical Campus from 10 a.m. to 6 p.m. in the Olin Gym. Walk-ins are welcome, but appointments are strongly encouraged. See details online.

WEDNESDAY 12

Brotherhood University: Black Men and Social Mobility on a College Campus
Siege Hall, Room 213, 11:45 a.m.
Brandon Jackson, an assistant professor in the Department of Sociology and Criminal Justice at the University of Arkansas, will lead a discussion providing a portrait of college attending black men in the early part of the 21st century.

Collecting Bodies, Body Collectives: Trace Identities in British India, 1918-47
Busch Hall, Room 18, 3:30 p.m.
Projit Bihari Mukharji, an assistant professor in History & Sociology of Science at the University of Pennsylvania, will lead a seminar on how bodily traces were scientifically collected and studied to produce new forms of identities located in the remote past or distant future.



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Performing Arts Department offers free tickets for all undergraduate students

MERRY MAY MA
CONTRIBUTING REPORTER

All shows sponsored by Performing Arts Department are now free for all full-time Washington University students and University College students. The department hopes that this new measure will increase attendance at student productions.

“We are very excited about [it] because we always want to get every Wash. U. student from every department to see [Performing Arts Department (PAD)] productions,” William Larson, operations manager of Edison Theatre, said.

Prior to the new policy, the price of a performance for each student was \$10. Larson believes that the financial barrier was one reason for low attendance at PAD shows.

“We really want to look at what were the barriers and reasons that [students] might not come, so we decided to cancel the admission fee for performances,” Larson said. “We don’t want [the price] to be a barrier anymore.”

Now that students ticket sales will no longer bring in revenue, the College of Arts & Sciences will support the PAD budget.

“We will be working with the department to see they stay with their budget. And there will be some support from Arts & Sciences for this,” Larson said. “So if there is a lack of income because of the ticket sales... Arts & Sciences will help [resolve the cost issue].”

In addition to the free tickets, students can now reserve seats in advance. With this new policy, Larson hopes that students will have easier access to attending PAD productions.

“I grew up in theater, so I know what dramas can convey. This news is such a heart-warming thing that I cannot wait to share my show to everyone,” Josh Sarris, stage manager for “The Rocky Horror Show,” said. “The more people can come to it, the happier I am because my efforts have paid off.”

Sarris also believes that having a greater student presence in the audience will fuel the energy of the performers.

“It is kind of [full] circle. We see energy from the crowd,” Sarris said. “Opening it up, bringing [in] more people is fantastic.”

Students are looking forward to being able to attend more shows.

“I will definitely go,” freshman Andrew Bass said. “I would like to see what our school is doing during extracurricular time. It is a benefit-to-all policy.”

According to the PAD website, professors are encouraged to utilize performances as materials to inspire students to feel the power of dramas as well.

The first performance will be T.T.C Dance Company’s “Persistence of Memory” by Ting-Ting Chang Sept. 26 at 7 p.m. in Edison Theatre.

Frankenstein Bicentennial committee hosts competition to promote creative student engagement

NOAH SLAUGHTER
CONTRIBUTING REPORTER

The Frankenstein Bicentennial committee is hosting a contest—The Monster Challenge—to encourage continued student engagement with “Frankenstein” by Mary Shelley.

Open to all Washington University students, participants can submit one piece of creative work through Oct. 15 for an opportunity to win up to \$1,000. The challenge is a part of the University’s ongoing Frankenstein Bicentennial celebrations that began in 2017 in commemoration of the 200th anniversary of the 1818 novel.

Corinna Treitel, celebration organizer and associate professor of history, hopes that the challenge will encourage students to explore their relationship with Shelley’s novel.

“There are some really excellent creative writers and artists who have had this ongoing relationship with the novel, so we thought, ‘why not see what the students can come up with?’” Treitel said.

The contest is split into two categories: written and visual. Written submissions can include poetry, fiction, nonfiction or theater, and visual submissions can include new media or experimental media, sound art, performance art or design.

Junior Anna Konradi is considering submitting to the contest.

“It’s so important to give people access to art in different forms,” Konradi said. “Just taking a moment for [students] to stop and take a breath and not be worried about everything in a black-and-white context, but actually see that there’s color at Wash. U. too, is important.”

The College of Arts & Sciences offered classes focusing on the novel and its themes over the past three semesters, and all current sophomores read the book for the Common Reading Program before their first year. The University also celebrated the novel by hosting guest speakers and movie showings, among other events.

Treitel believes that the novel is accessible to all students, regardless of their academic focus.

“Because we’re such a large research university with a really large undergraduate student body, we all tend to get stuck in our little niches. We thought that ‘Frankenstein’ was something that could appeal across many of the different units on campus,” Treitel said. “We just thought that it was a very flexible category for drawing together people who might not necessarily have anything to talk about, to bring them together, to discover that actually they have a lot to talk about.”

First through third place winners in both categories will unveil their creations at an award ceremony in the Ginkgo Room of Olin Library Oct. 26 at 4 p.m., where their work will stay on display through the end of 2018.

“At a most basic level, I’m hoping that this is a way of eliciting a public acknowledgement of how talented we are as a student body here,” Treitel said. “We like the idea of issuing an open-ended challenge and seeing how high you guys can jump because we know you’re going to jump high.”

SAM FOX from page 1

of students who really want whatever else they’re studying on campus to be a prominent part of their post-college plan,” Corcoran said. “It’s not that their major or their degree isn’t central to them, but the idea of really doing intensive portfolio-based work in the professional field is not really why they are there.”

Corcoran highlighted several interdisciplinary combinations that are especially relevant to Sam Fox students and have practical applications.

“Some [combinations] that come to mind for me are if you’re getting a B.A. in design, computer science is a pretty interesting intersection,” Corcoran said. “Certainly, marketing in the business school would be interesting and is interesting for a lot of our B.A. students in design or in art, specifically fashion.”

Freshman Isabella Xie believes that the B.A. program will open up doors for the students to pursue multiple interests.

“I definitely think it’s a good opportunity for a lot of students because I know many of the Sam Fox students really want to pursue an interdisciplinary path in college instead of just focusing on the fine arts or communication design or architecture,” Xie said. “I think that having this B.A. program gives students like us more of [our] other passions.”

Corcoran compared the B.A. offerings to the College of Art’s new second majors, which allow students with other primary academic divisions to graduate with a second major in Sam Fox.

“Students who are already majoring or getting a degree in some other school at [Washington University] have some other major to begin with,” Corcoran said. “They, too, we hope, will find a second major compelling so that they can find a way to integrate art or design into what their primary field is.”

Kevin He, a junior in the Olin Business School with a second major in Communication Design, sees the new majors as the best way to combine Sam Fox classes with classes from other colleges.

“I think it’s a more holistic approach to combining something in Sam Fox with something else outside of Sam Fox,” He said. “Even though we’re second majors, we’re still dedicated to doing the same amount of work that the full B.F.A. students are, only we have other classes that we also care about.”

He added that because the College of Art’s second majors are in their early stages, he’s still figuring out how to make the most of his art classes

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CADENZA

‘Thinking Out Loud’ about Ed Sheeran at Busch Stadium

BRIGHT CHONG
CONTRIBUTING WRITER

After a two-hour wait, a familiar tune resonated in Busch Stadium. Ed Sheeran stepped in as he sang “Castle on the Hill,” a single from his popular 2017 album “Divide” (stylized as ÷).

Sheeran’s largest American stadium tour yet was a success in St. Louis, with a crowd of 38,000 to watch Sheeran on the gigantic stage. He took on the show

with just a guitar and a lap pedal manipulated by his feet. During the concert, Sheeran performed familiar hit songs such as “Thinking Out Loud,” “Photograph,” “Perfect” and many more. In between the songs, Sheeran surprised the crowd with his rap-singing.

Sheeran was quite talkative during the concert. While he could have performed more songs, considering he has three hit albums and several covers, his set list ended just

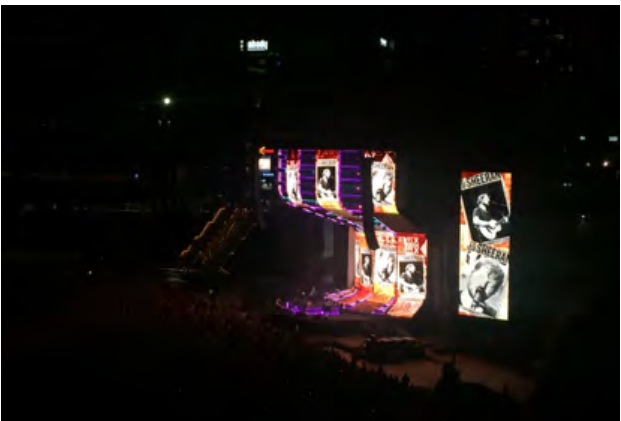
short of 20 songs.

When introducing the “The A Team,” Sheeran told the crowd a story of taking the song from radio station to radio station, being told, “We already have a Jason Mraz.” Despite the difficulties of breaking into American culture as an English singer, Sheeran made his way to hosting huge performances in some of the largest stadiums in the United States.

Sheeran said stadium shows are significant to him

because he loves baseball, despite being English. When he took the stage for the encore, he wore a Cardinals jersey while singing “Shape of You.”

My first concert in the United States was an unforgettable experience, as everyone was in love with Sheeran’s performance. It was all thanks to a man giving the crowd a unified experience. He remarked, “I hope you realize the show is not about me; it’s about us.”



BRIGHT CHONG | STUDENT LIFE

Ed Sheeran’s stage at his Busch Stadium concert Thursday night. Sheeran performed popular hits like “Castle on the Hill.”

Day of Shame: diving proudly into the campus theatre experience

JADEN SATENSTEIN
CONTRIBUTING WRITER

When a group of 23 actors and directors walked into the Village Black Box Theater Friday night, they had absolutely no idea what was in store for them. Twenty-four hours later, they emerged having created a show that is sure to be talked about for years to come.

The annual “Day of Shame,” a 24-hour play festival produced by Washington University’s oldest student group, experimental theater group Thyrsus, delighted audiences Saturday night by presenting five unique plays that had not existed the night before.

The Thyrsus board met with the actors, writers, directors and tech crew members Friday night to kick off the process by randomly dividing the company into five groups, each consisting of one to two writers, a director and one to three actors.

The board then announced the theme of the show: “I haven’t told my parents.” The writers, having just heard it for the first time, had to incorporate it into the 10-minute plays they stayed up all night to write, though the theme was never directly revealed to audience members. The writers were also given an extra challenge: They were each assigned a first line with which to begin their plays.

“My favorite part is that tonight we have nothing, but tomorrow we’ll have everything,” board member and senior Catey Midla said before Friday night’s kickoff meeting.

The plays were due to the Thyrsus board by 7 a.m. Saturday morning, and directors and actors gathered at 8 a.m. to begin to bring their writers’ works to life.

As the day went on, actors and directors worked tirelessly to stage and memorize the pages and pages of words they had just been handed. Crew members

spent that time scrambling to gather the props and costumes requested by directors and creating the sound and lighting cues needed for each play.

When 10 p.m. arrived and the first play, “Dollar Store Menu” began, it became clear to audience members that they were in for a special experience.

The play began in the dark, as the audience heard first-year actor Maya Horn simulate a disappointing sexual encounter. Once the lights rose, Horn began to tell her character’s hilarious yet thought-provoking story of the unheard side of the sex trade.

“I’m a feminist icon,” remarked Horn, inducing uncontrollable laughter from the audience. “I provide a service, kind of like McDonalds.”

Through sophomore writer Zoe Cooke’s use of vivid imagery and Horn’s spotless comedic timing and spontaneity, audience members quickly felt as if they were experiencing the character’s wild encounters alongside her.

“It’s not really as much a scene as it is the character and the audience. The audience becomes the character when you only have one,” said freshman director Dakotah Jennifer.

Jennifer’s inclusive staging allowed every person in the room to feel as if Horn was speaking directly to them, a challenging feat when directing in the round.

“Dollar Store Menu” was a perfect play to get audience members excited for the show ahead of them, and it will be hard to forget the iconic moment when Horn bravely consumed a McDonald’s fish fillet in the middle of her performance.

Juniors Eric Judson and Ike Butler nailed the challenge of being assigned the first line, “Have you gotten your teeth removed yet?” Not only was this outrageous question seamlessly integrated into the story, but it became the premise for their play, “Hark! the Princess Speaks!,” which revolves around

an argument between a queen and her daughter, who refuses to perform the traditional custom necessary to rule their strange kingdom—teeth removal.

Though the circumstances of the story may have been bizarre, the mother-daughter relationship portrayed by junior Abby Rubin and senior Nina Goode felt incredibly real and relatable.

The audience laughed through the entire show, as wild subjects like marriage, God and white teeth ads were introduced as twists and turns to the story. In the final moments, Goode performed a dramatic ode to ice cream.

The line, “I believe in God, because God believes in ice cream,” was both the strangest and most fitting way to conclude this wonderfully creative piece.

In “Houseplant,” actors Claire Kozak and Danny Teich’s natural chemistry while portraying a married couple expecting a child made their relationship feel so vulnerable and human that it was easy to forget about their extreme circumstances: being trapped in a bunker for four years during an apocalyptic war.

Regardless of the reality of their situation, writer Hannah Dains’ dialogue made the characters relatable and empathetic. Director Ellen Fields’ use of a plant prop when Teich jokes about having an affair with the plant in the bunker created a visually engaging comedic moment, while the couple’s embrace as the show commenced easily tugged at audience members’ heartstrings.

Senior Chisara Achifelu, writer of “Style of Love,” was given the added challenge of having her play randomly chosen to receive a surprise prop: a cardboard cutout of pop sensation Harry Styles.

What ensued was an endearing and hilarious conversation between two parents (Midla and senior Jordan Weinstock) and their teenage daughter (senior Kedzie Schuster) after she

came home drunk from a party.

Achifelu’s perfectly-crafted archetypes of uptight parents and a rebellious teen complemented each other in an entertaining and relatable way. Schuster’s character, who at first appears unnecessarily defiant and disrespectful, ends up becoming incredibly sympathetic when she is no longer allowed to attend the concert of the love of her life, Harry Styles.

Director Madison Lee set the play at a pace that induced both laughs and silent moments that increased the awkwardness of the confrontation within the family. Audience members laughed so hard at one point that the actors needed to pause the action until everyone was finally able to gather themselves.

The final play, “In the Telling of It,” written by junior Hannah Richter and Zoe Morris, easily blew the minds of everyone in the room. When three kids (junior Mark Fernandez, Jordan Coley and freshman Reese Toomre) gather in their cabin on the last night

of summer, they exchange a variety of stories.

The campers lie out on sleeping bags, occasionally rising to tell their stories. Director Julia Cohen strategically placed the sleeping bags facing toward the center of the stage in order to allow each audience member an equal perspective.

As the play goes on, the campers must guess whether or not the other kids’ stories are true, which eventually leads the actors to successfully convince the audience that whether or not something is “true or false” is far from the point.

“Who cares if it’s false? It happened in my mind. And it happened in yours when I told it to you,” says one kid regarding his story.

At one point, a loud “woah” escaped the mouths of audience members, as their conception of “true or false” had been completely transformed.

After 24 hours of hard work, actors, directors, writers, Thyrsus board members and the unsung heroes of every production, the tech crew (light operator Benjamin Gaffney,

crew members Carley DeGennaro, Brooke Schwidel and Zoey Miller), left the Black Box having had an incredibly unique artistic experience. Their sense of pride and appreciation for what they created was palpable.

“As someone who only usually does tech, this is a great opportunity to get naked and weird for the art,” said Kozak, referring to her revealing army-style costume from “Houseplant.”

Audience members were left in awe of the plays, and greatly appreciated all the elements that contributed to the show’s success.

“I felt like it inspired me in every way that a person could be inspired,” freshman Grace Meyers said after watching the show. “It was so creatively enlightening. I’m just so impressed to be going to school with students that are so out of the box.”

Though this year’s “Day of Shame” may have been centered on the theme “I haven’t told my parents,” it was definitely something to write home about.





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SCENE

Tri My Best Triathlon brings smiles across campus

MADHU KANDASAMY
CONTRIBUTING WRITER

The triumphant smiles and proud cheers of this year’s Tri My Best Adaptive Triathlon participants and families shone through the chilly Sunday morning drizzle. More than 400 volunteers—twice the amount from the first triathlon four years ago—from several different groups helped out, including various Washington University sports teams and clubs, Webster Grove community organizations, local Boy Scout and Girl Scout troops and volunteers from St. Louis Children’s Hospital. Over 60 participants traveled from the St. Louis area, as well as from all over the Midwest, to take part in the triathlon, generously hosted through a collaboration between Children’s Hospital and Washington University. In the first leg of the triathlon, the swimming portion, groups of families and volunteers stood around the pool and created cheers for each of the participants. The energy in the room was palpable, as participants

grinned and made their way across the pool, with the assistance of helpers and adaptive devices. Maya, a participant for her second year in a row, said that this leg was her favorite part of the event, in addition to the overall support she received from everyone around her. Her excitement about Wash. U.’s baseball team coming out to cheer her on was boundless. She proudly remarked that this event has furthered her interest in other athletic events in the future. Courtney Dunn, a member of the organizational team and coordinator of the after-party, was excited to see the turnout of volunteers at the event. Dunn’s involvement with the event began at Children’s Hospital, where she works as a physical therapist in the Carol and Paul Hatfield Cerebral Palsy Sports and Rehabilitation Center. When asked about how the event came to Wash. U. in its first year, she remarked about the outreach from the Wash. U. Triathlon Club, who offered to host the triathlon right on campus. Ever since then, the

University has continued to support the event, providing space and facilities for the past four years. While there was an astounding number of volunteers for this event, there’s always a need for more support. Dunn said that the Adaptive Sports Program in Children’s Hospital is open year-round, and offers various classes such as dance, swimming and basketball for patients at the Cerebral Palsy Sports and Rehabilitation Center. Involvement in this program is a great way for Wash. U. students to take part in an expansive effort to make the St. Louis community more accessible and welcoming for people with different abilities. Some of the clubs on campus that advocate and uplift people with disabilities, such as Best Buddies and Ability, are always looking for more members to further the efforts of inclusion and normalization of easily accessible resources for everyone. Kathryn Tavanaugh, a physical therapy assistant at Children’s Hospital, said



GRACE BRUTON | STUDENT LIFE
A participant crosses the finish line at the Tri My Best Triathlon on Sunday morning. The triathlon, designed and held specifically for those with physical disabilities, involved more than 60 participants and over 400 volunteers this year, many of whom lined the course and cheered.

that the best part about the event is “watching the participants faces as they finish each leg of the race, and seeing their personalities come to life.” For many of the participants, this triathlon is one of the biggest opportunities they have to perform athletically. This year, several families and friends came donning team shirts for their loved ones and gripping large signs personalized

for participants. Tavanaugh also remarked that the campus is “open, accessible and clean”—a great combination of attributes for an event of this magnitude for people with different abilities. The last leg of the triathlon was marked by crowds of people whooping and applauding the participants as they made their way across the finish line. Upon

crossing the finish line, Evy—a first-time participant—said that her favorite part of the day was swimming, and her mother Jenny exclaimed that Evy “hasn’t stopped smiling since she got in the pool!” Evy’s face clearly conveyed her excitement as she and the other participants proudly displayed their medals and continued enjoying the festivities of the day.

Surviving college without your dog: The cor-keys to success

CHRISTINE WATRIDGE
CONTRIBUTING WRITER

I’m only a couple weeks into college, and I’m already experiencing some serious doggo withdrawal. I’m scrolling through my camera roll, oohing at adorable pictures of my dog, Holly. I’m showing people Snapchat videos of her throwing me some serious shade or running around like a madman chasing her tail.

And I’m throwing myself at every available dog on campus because—let’s face it—pupper time is essential for survival! To all of you canine-lovers out there, here is a guide to just some of the many dogs out on campus, available for some tail-wagging, face-licking and all-around adorable-ness. Live-in staff and faculty are permitted to have pets in the communities;

so, if you see them walking around the Swamp, don’t be afraid to introduce yourself! (To learn more about pet policies, go to the Residential Life Website).

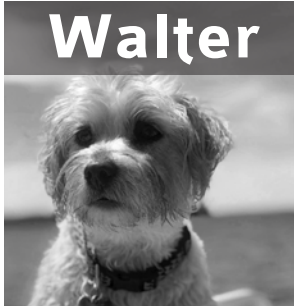


Luz is a “boxer-beagle-something mix,” according to her owner, and is turning three in November! She belongs to Christian Sandoval, the Park and Mudd Residential College Director (RCD), and is partial to “a good head scratching.” Her name means “light” in Spanish, and she will definitely brighten your day if you run into her. Luz is a small-to-medium-sized russet-and-white-colored dog, friendly to newcomers and an avid rope tug player. Sandoval describes her as a very playful dog, who will also gladly climb on your lap if she sees you sitting on a couch. And if Luz really likes you, she’ll roll over and let you gently scratch her tummy. She also sometimes sits in front of people’s feet, curling up against them and soaking up a good back pet.

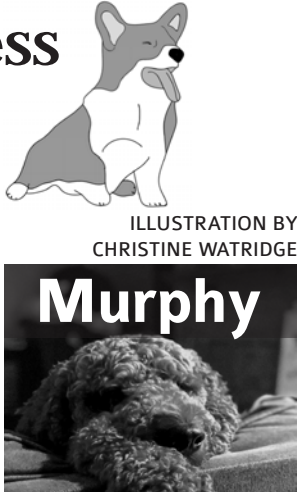


Theodore “Teddy” belongs to John Rios, the Thomas H. Eliot Residential College Director. He is nine years old and is a Lhasa Apso mix rescue dog. According to Rios, Teddy is all bark but no bite and would not hurt a fly! He is also surprisingly

fast for his small size. To ensure a smooth greeting, be sure to bend down to Teddy’s level when saying hi because he sometimes gets scared by random objects or people. He loves being pet, anywhere and everywhere! He also enjoys walking around the Swamp and chasing squirrels and bunnies he’ll never actually catch.



Walter is a three-year-old mini Schnauzer-terrier mix, whose owner is Ally Schipma, the RCD for Umrath and South Forty Residential College. He will run over to you and say hi if you call his name! However, Walter is still working on his fear of skateboards, so steer clear if you’re on a board. He loves sprinting around the Swamp, and giving kisses to anyone who pets him. And if you are petting him, Walter is not picky: go for tummy scratches, ear scritches, snuggles and cuddles of all sorts! Walter enjoys going to the dog park to hang out with friends, relaxing in Schipma’s office in Umrath, barking at WUPD officers, eating any food remnants off the ground and being taken out for morning walks around the Swamp.



Brittany Bynum, the RCD for Lee and Beaumont, is the proud owner of Murphy, a still-growing one-year-and-five-months goldendoodle. Ironically, Murphy is a hypoallergenic dog with allergies. He always has a smile on his face, and Bynum said he “always looks like a chicken nugget.” Murphy often stares out of the window; so, if you’re ever out back behind Beaumont Hall, come up and say hello! He loves any and all attention he can get but may bark if you run toward him; so, stick to walking. Murphy loves a good belly rub as well as some behind-the-ear and head scratching. He enjoys playing with other dogs, chasing people around and running between groups of people when he has the “zoomies.” Aside from the aforementioned dogs, there are always plenty of pups touring campus. Don’t be afraid to respectfully approach owners, because many will happily let you pet and play with their dog. Forest Park also hosts and abundance of dogs of all sorts of shapes and sizes. Don’t live in sadness, fellow dog-lovers! Instead of enviously staring at Instagram pictures of labs, huskies and corgis, step outside and enjoy the company of a real, live dog.

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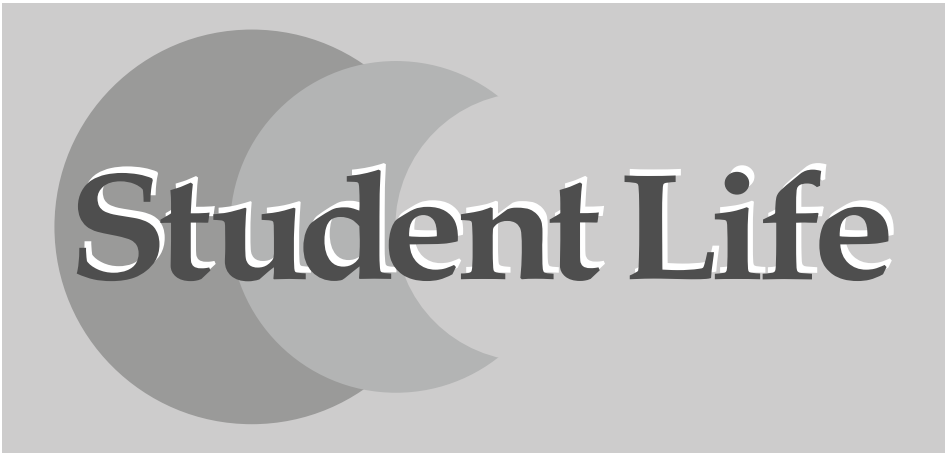
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Waiting to ripen: Ripe’s musical journey to maturity

JOSH ZUCKER
SENIOR CADENZA EDITOR

You wouldn’t expect your average band to wait almost seven years before releasing their debut album, but Ripe is no average band. I caught Robbie Wulfsohn, Ripe’s frontman, on a 20-hour drive from Coos Bay, Ore. to Boulder, Colo., and while dealing with spotty cell service and a lit gas light in the middle of nowhere, Wulfsohn never let worry get the better of him.

“I think we’re gonna make it,” Wulfsohn said. “I’m an optimist...but I think we’re gonna make it.”

And optimism is central to what Ripe and their first album, “Joy into the Wild Unknown,” is all about. Throughout Ripe’s lifetime, the band has been tackling the concept of joy and what it truly means to live a happy life.

“I think that the basic idea of what we’re dealing with throughout the record, and we try to tackle this from as many different angles as possible, both musically and lyrically, is the idea that there’s a misconception about joy,” Wulfsohn explained. “Even the language that we use to describe these emotions like joy, happiness, togetherness, connectivity—they’re all described as light emotions—and sadness, alienation, hate and frustration are all described as heavy emotions, almost as though

one cannot compete with the other and that any of these lighter emotions are merely distractions from these ‘true, heavy emotions.’ I think that that just sets you up for a really terrible life if you don’t think that you can find a happiness that can actually battle with alienation.”

Wulfsohn continued, “So, I think that coming from a group of seven people who, because we’re close friends, because we’re chasing our respective dreams, because we’re bringing these community values and family values to the forefront of what we do...we just feel like we’re in a place to try and craft this idea of a heavier joy, something that while still rooted in these lighter emotions does have weight to it, that does have a sense of gravity to it.”

And over the years all this reflection has been boiled down into what “Joy into the Wild Unknown” became. Ripe’s 7-year journey together has been filled with this kind of heavier joy. So, why wait so long to release their first album?

“The conversations that we had whenever we were talking about our first album always centered around the idea that we wanted the first album to be a mission statement—that as long as we didn’t have a communicable answer to ‘who is Ripe?’ and ‘what is Ripe about?’ we didn’t want to push out a first album for the sake

of having a first album. So, while we’ve had some of the songs for a while and while we did a couple of EP’s off the bat, it was always working towards the point where we could put out a worldview, both sonically and ideologically, that felt right and that felt like us. So, we decided to take a little bit longer with that first release.”

But now that Ripe has an LP in the books, that doesn’t mean that they’ve given up their dynamism. More than a definition, this album is a snapshot of where Ripe as an artistic expression is in its journey.

“I think that even in the time since recording and the time since releasing the record, the way forward has presented itself; and it feels both entirely indebted to the album that we’ve just released and also the logical next step. So, I think that the same way that you wouldn’t look at a high school yearbook and say, ‘that is entirely who I was,’ I think that it’s very, very much who we were at the time and it’s very, very much a part of us, but we continue to grow and change.”

And this ever-changing nature is central to who Ripe is. In fact, there are two Ripes—one live and one recorded. Wulfsohn recognizes that what makes a live performance good isn’t necessarily the same as what makes an album good. Not only that, but it’s important



to realize that both play important roles in a band’s identity.

“We’re not trying to make these two things the same. We’re trying to make these two things as good as possible, as superlative as possible. So, when it comes time to record a song for an album setting, we’re not necessarily going to look at it the same way as when we’re trying to execute the song in a live setting. We want both things to be the best they can possibly be, and to us, part of that is acknowledging that they are in fact different.”

And Ripe hasn’t spent its duration only getting

ready for their first album. They’ve been constantly growing and refining their live performances. Many of Ripe’s influences come from traditions of improvisation and the temporary notion of their live sets is what brings the excitement to the band.

“In terms of our live world, we may not be able to achieve the same kind of perfection because we only get one crack at bat, but we do feel that there’s an energy that can’t necessarily be contained in a studio recording that comes about when you’re making eye contact with an audience and the audience is watching the band

and you wind up in that symbiotic relationship where the band feeds the audience and the audience feeds the band and all of a sudden the whole thing is elevated because it’s something that’s only possible [in] a live setting.”

And, in my opinion, Ripe’s energy is something that should be experienced live. Their energy can be felt throughout a venue, and while their album performance doesn’t exactly translate to their live feel, both are very worthy of a listen.

Ripe will be in St. Louis at the Atomic Cowboy on Sept. 11. Doors open at 7 p.m.; the show begins at 8 p.m.

American Poetry Club aims to create music to define the ‘sound of self esteem’

QUINCY SCHMECHEL
CONTRIBUTING WRITER

Producing the “sound of self esteem” doesn’t sound like an easy task, but American Poetry Club, a student band at Washington University, is more than up to the task. Founded two years ago by Jordan Weinstock, APC produces what Weinstock has labeled “cosmic American” music.

“I don’t like genres,” Weinstock said. “But my preferred description of our music is ‘cosmic American,’ in the sense that we live in America and our music will fill the cosmos.”

Although the term is typically used to refer to country music—which APC is not—Weinstock said he’s enchanted by the “idea of just a bunch of dumb kids walking around professing their love for each other in basements,” as it’s such a beautiful and “cosmic and universal

idea that I’m trying and sometimes succeeding to hit upon.”

If one were to fit APC’s music into a more cemented genre, it would probably fall into categories like bedroom pop or emo but fitting into a box was never what the band—which Weinstock describes as being more of a club, really—has ever been about.

APC wasn’t brought to life in the way that most bands are thought to be. Weinstock started as being a member of a different band, The Chair Enthusiasts, but broke off amicably to pursue creating APC after his mother’s diagnosis and battle with cancer.

“My mom had cancer last year, and I am not good with emotions,” Weinstock said. “So writing is a very easy way for me to express how I’m feeling. Instead of talking to someone about the things that I was feeling,

I would write songs about it. They were songs I wanted to do something with because I felt proud of them, and they had helped me process information that I couldn’t otherwise.”

Weinstock said that he didn’t feel as though his songs fit with The Chair Enthusiasts.

“The whole point of The Chair Enthusiasts was that we wanted to get kids to dance, but it’s hard to get kids to dance to songs about your mom going through chemo,” Weinstock said wryly.

So, he decided to throw another name onto his creative process and get some friends together to start APC. APC is unique in that it’s not a band with a set member list.

“That’s why we call it a club, more than a band,” Weinstock said. “It’s really more about whoever can stop by and play with us.”

The idea behind APC is to encourage kids to

come out and get involved in music, whether they’re coming from a strong music background or are self-taught like Weinstock. Often, there’s a regular participatory crowd, but the band isn’t dependent upon that.

Although one might think that this unconventional approach would make the creative process more jumbled, Weinstock is of a firm mind that it emphasizes creativity and makes it less of a concerted process. The band creates music when Weinstock writes lyrics and encourages members to do their own thing.

“I don’t like telling other people what to do,” he said of the music making process. “So I kind of just let everyone play what they feel best playing.”

Weinstock said it’s a very different dynamic than previous bands he’s participated in, but he prefers the vibe of everyone having their own creative

license.

“Everyone feels more confident,” he said. “Every time we play a song, we play it differently...Everyone has different perspectives about how a song should sound, and that makes it unique. I think it makes it more fun for our audience. We play to the same seven people all the time, and I’m sure they don’t want to hear the same nonsense played over and over again all the time.”

Weinstock says this uniqueness makes the recording process and playing shows more dynamic as well.

“I hate hearing my songs twice. I’d much rather be surprised every time,” he said with a smile.

Since releasing their new album, “we are beautiful, even when we are broken!”, which took the band nearly three months to produce its eight songs, APC hopes to broaden

their horizons.

“This album was very different because the whole band worked on it. The other APC stuff has been a lot of me, recording in my bedroom on my [iPhone],” Weinstock laughed. “This was the first album we created as a band.”

In the wake of their album, APC is hoping to branch out beyond their usual venues of KWUR events and Foam, a venue on Cherokee Street.

“We’ll play wherever we’re wanted,” Weinstock said. “But we’re hoping to get out on tour, go around St. Louis, and maybe hit up the Midwest.”

Listeners can catch APC’s music, which is always being unexpectedly and sporadically released as the innovative spirit strikes, on Bandcamp, Spotify and Apple Music. The band also keeps their Facebook well-updated with new releases and events.



JOSH ZUCKER | STUDENT LIFE

American Poetry Club performs on the Graham Chapel stage. The band opened for Mothers on the first night of KWUR Week, a set of concert events put on by the radio station in April 2018.



JOSH ZUCKER | STUDENT LIFE

American Poetry Club opens for Mothers last April. APC is composed mostly of members of KWUR and is a fixture at concerts hosted by the radio station and around the St. Louis area

SPORTS

Volleyball goes perfect 5-0, beats No. 10 Illinois Wesleyan, No. 13 Carthage

DORIAN DEBOSE
SENIOR SPORTS EDITOR

After stumbling out of the gate in its first weekend of play, the Washington University volleyball team game hit its stride this week. After defeating No. 10 Illinois Wesleyan University Wednesday night, the Bears hosted four opponents during this weekend's Bear Invite and dispatched all of them in turn, including a trio of 3-0 sweeps and a victory over No. 13 Carthage College.

The Bears took on Nebraska Wesleyan Friday and made quick work of the Prairie Wolves after their tough five-setter

against Illinois Wesleyan on Wednesday. Wash. U. won in three sets, none decided by fewer than 8 points. After the win, the Bears then took on the Birmingham-Southern Panthers. The Panthers were undefeated entering the match and fought the Bears closely for two sets, losing narrowly. The last set was a decisive Wash. U. victory, ensuring they'd complete the first day of the weekend blemish free.

The Bears maintained their momentum heading into Saturday as they took on MacMurray College in the morning. Senior Lauren Martin led the way with eight kills as the Bears took another 3-0 win. The final match of

the weekend was against Carthage. Carthage had an impressive first set, amassing a .312 hitting percentage. While seniors Julianne Malek and Ifeoma Ufondu did their best to keep the Bears in the set, Carthage prevailed, 20-25. That would be the first and only set dropped by the Bears all weekend. As Carthage's hit percentage fell, Wash. U.'s rose steadily over the match. Wash. U. comfortably won the next two sets before crushing Carthage in the final set, 25-11.

Now on a five-game winning streak, the Bears improved their record for the season to 6-2. The Red and Green look to be in excellent form heading



GRACE BRUTON | STUDENT LIFE

Sophomore Kirby Knapp sets up teammate Abby Li for a kill against Nebraska Wesleyan. Knapp had 23 assists Friday in the first of four Wash. U. wins at the Bear Invite this weekend.

into a difficult road trip series of tough West Coast No. 4 Claremont-Mudd- where they will face a opponents, including Scripps Colleges.

Men's soccer falls short in rain-soaked matchup at DePauw, 1-0

JAMES LONG
CONTRIBUTING REPORTER

Friday, the Washington University men's soccer team traveled to Greencastle, Ind. to face DePauw University, dropping a tight game, 1-0, in the final early season match ahead of the home opener.

After losing the first two games of their 2018 campaign, the Bears were looking to bounce back and capture their first win of the season. In the

beginning of the contest, neither side could take control of game. Offensively, both teams struggled with keeping possession in the rain. This struggle resulted in only one shot on goal for either team during the first twenty minutes of play.

As the first half wore on, however, the Bears possessed the ball more effectively on offense and started connecting on passes in the middle of the field. Although it took some time to develop

attacks into the DePauw final third of the field, the Bears eventually created opportunities for shots on goal. In the 25th minute, senior forward Ryan Sproule forced DePauw goaltender Austin Bodner to make his first of six saves on the night.

The Bears continued to attack the Tigers and control the ball in the DePauw defensive side of the field. Although Wash. U. controlled the possession of the ball for the latter part of the first half, the

Tigers did a great job of playing lockdown defense in their final third of the field. The DePauw defense held the Bears to just one shot on target the rest of the first half. The inclement weather also played a part in the success of the DePauw defensive unit as the rain made it difficult for the possession-based Bear's offense to accurately pass in the rain.

In addition to their defensive efforts, the Tigers used speed and athleticism to their advantage by playing balls over top of the Red and Green defense and running under them in their counter-attacks. In the 42nd minute, a foul committed by the Bears set up a key set piece for the Tigers. From the midfield line, DePauw freshman midfielder Oliver Shebek sent a free kick towards the Wash. U. goal, which DePauw freshman forward Jack Schrepferman

headed back into the middle of the box. Tigers sophomore midfielder Carlos Martinez volleyed this ball into the back of the net, scoring the first goal of the game.

Heading into halftime, the Bears now found themselves trailing in a game where they had controlled the majority of the ball possession. However, head coach Joe Clarke said that he told the team to "stay true to our style of play, and keep staying positive."

In the second half, the Bears stuck to their game plan by continuing to possess the ball and put pressure on the DePauw defense in their zone. The Red and Green looked for opportunities to connect on goal, outshooting the Tigers in the second half, 6-2. Despite these chances to score, the Tigers were able to ride their 1-0 lead for the rest of the contest thanks to Bodner's superb

play.

In the latter stages of the game, the Bears played more aggressive defensively as well. This aggressiveness resulted in the Bears receiving the only three yellow cards issued for either side during the game.

Although the Bears did not get the result they were hoping for, the team definitely showed that they are a team that can make a run at any moment. The Bears possessed the ball extremely well and remained focused on playing their style of soccer throughout the entire second half. According to Clarke, the Bears played well enough to win but simply didn't get the result to go their way.

"I don't feel like we lost the game," Clarke said. "We just ran out of time."

The Bears will prepare to host Wartburg College in their Francis Field opener Friday at 7 p.m.



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CECE HEARD | STUDENT LIFE

Andrew Brunetti runs with the ball through midfield against Greenville University last year. The Bears lost to DePauw University Friday, their third loss in a row to open the 2018 season



CECE HEARD | STUDENT LIFE

Ryan Sproule takes a shot on goal against Greenville University last year. Sproule had a game-high record of five shots with three on goal as Wash. U. lost to DePauw University on Friday.

FORUM

STAFF EDITORIAL

Ticket subsidization presents opportunity for all

Washington University recently announced that, starting this semester, all Performing Arts Department (PAD) productions will be free to all undergraduate and University College students. Events will still be ticketed, but students just need to stop at the Edison Theatre box office before entering. Prior to this change, tickets would cost around \$10. This initiative was started to help the

student body engage more with PAD shows. In our eyes, this initiative shows that the administration cares about encouraging students to participate in fields more than the most often-cited ones, such as STEM or business. This can be seen as an encouragement tool by the University to get more support for the students participating in the performances and for the PAD as a whole. By doing this, Wash. U. is going against the tide of the

Trump Administration's plan to eliminate the National Endowment for the Arts. The University is showing that it has a vested interest in the performing arts and believe they are a valued part of students' education, not just a side hobby or niche community. Students should take advantage of the opportunity to see as many PAD shows as they would like with this new initiative in place. Students who normally may have not gone

to these performances now have an incentive and ability to see what the PAD has to offer. For some, the former price of admissions for these productions presented a significant barrier to going to such events. With that now eliminated, those who may have been deterred by the pricing of tickets or could not afford tickets are now able to come. Formerly, one of the ways students were encouraged to attend PAD performances was through

free tickets subsidized by individual residential colleges. With this new initiative in place, residential colleges can now use the money used to purchase the tickets to fund or purchase tickets for other activities and events, potentially for student-run productions like Cast N' Crew or Thyrsus shows. Similarly, residential colleges could use this as an opportunity to bring more students to PAD shows, as they would no longer be limited to the amount

of tickets they are able to collectively pay for. Overall, this initiative by the University to subsidize the PAD shows is a win for both the student body and for the department as a whole. It shows a great deal of encouragement to the students performing that the University has a vested interest in supporting the work they do and encourages the student body as a whole to experience what the department has to offer.

Don't believe your professors, you will change the world

MATT WALLACE
STAFF WRITER

What is the point of going to college? Just think for a minute about why you are in college—especially this one—and not doing anything else. For me, and many of you reading, college serves as a place of advanced learning from world-renowned experts, experts who have decades of experience and have put millions of hours of thought into their fields. But no matter how intelligent someone is, no matter how many grants and awards they've won, they are all human. This thought is oftentimes lost on students, since professors are seen as an endless fountain of knowledge

and wisdom. I have found myself in this line of thinking, but the more time I simply spend living, I find myself increasingly at odds with what professors think will be the direction of the world moving forward. The weight of their accomplishments can paralyze the most independent-thinking student into agreeing with their ideas and not truly voicing their opinion. I am here to remind you that no matter how far-fetched your optimism seems, no matter how much your professor tells you that it isn't possible, you can and will change the world. First, I want to acknowledge that this is not a call to ignore expert opinions or history. There is immense value in studying what has happened before and applying it to the

present. But this does not mean that history is bound to repeat itself or that we must follow the same paths as those who have preceded us. The greatest parts of modern life came from bucking tradition and being bold. Just think, Apple did not expect the first iPhone to be a pivotal moment in history, but they decided to be different and it paid off immensely. My grandparents did not think it would be possible that black Americans would be able to have a place in the top universities in the United States, but here I am sitting at one of the best colleges in the world. Like anything in life, we cannot be all-or-nothing, but be willing to blend many different ideas and experiences to create something new. Now back to my

beef with Washington University professors. I am majoring in Chemical Engineering, and a big part of our curriculum is learning about the ways in which we use energy and its impact on the environment. Like most people, I want a world that does not get the energy it needs from environmentally hazardous sources. The dream of a 100 percent renewable-energy-driven society is something I wholeheartedly believe will happen in my lifetime. Some of my professors think otherwise. On the second day of this semester, two of my classes had moments when the professor claimed it wouldn't be possible because the economic and political landscapes had not been favorable in their lifetimes. I pushed back but got the same answers and

little discussion. Briefly, I believed that they were right and we would be stuck with fossil fuels until the day climate change destroys us all. How could I argue with someone who had decades of knowledge and experience on this particular subject over me? Who was I to challenge their expertise? I am the goddamn future, that's who I am. That's who you are as well. If our professors were the ultimate authority on anything, what would be the point of us learning? The point is to collect the experiences and knowledge of those who came before us and create something new that is beyond imagination. They are a tremendous resource to our development and progress, but that doesn't exclude them from challenge by the generation

that will come after. Fearlessness and optimism are critical components to improving the world. Giving a giant middle finger to the stagnation and pessimism of the generation before us is how we get where we need to go. If your professors tell you something isn't possible, then work to make it possible. If you have experts telling you to not believe change can happen rapidly, tap into that teenage rebellious nature we all have and make the world better in spite of the people who made it the s---hole it is today. There is a lot wrong with the world today, but that doesn't mean we should be crushed into inaction by the failures of our many teachers in life. Journey said it best: Don't stop believin'.

OP-ED SUBMISSION

Identity and exclusion

NICHOLAS KINBERG
CLASS OF 2020

Coming to a university like Washington University means meeting people of all kinds of different identities, experiences and lives. Coupled with this is the need to mature. But what buttresses all of this is the fear of exclusion. Wash. U. is a majority-white environment. One would expect to find this in a majority-white country. But because of this, the environment is also ruled by white culture. This article will discuss the sociological perspective of a minority in such an environment to succinctly explain the problem that minorities face not just at Wash. U., but around the world: exclusion. It will also discuss, specifically, white culture,

and why this minority is made uncomfortable by it. This is, however, just the experience of one minority, so it does not profess to speak for all—not even the minorities to which the author belongs. As in any country, the majority's culture reigns supreme. This leads to those with minority status, whether that be in race, socioeconomic status, religion, sexual orientation, gender identity, what have you, having to adapt to that culture. Some do it better than others, some being tokenized for their minority status among a majority, some being genuinely included without having to sacrifice their own culture and others having to jettison their own culture in lieu of the majority's. Others fail, and experience exclusion on a scale disproportionate from the exclusion felt by students

of the majority. Take the author, for example. His status as a black male makes it more likely that he will have been raised in black culture, which is different from other cultures. This leads to clashes between those cultures and, in some cases, exclusion. Because black people are a minority on this campus, that exclusion will be felt more intimately, to the point where he is incentivized only to hang out with other black people. They will be all he trusts. This, however, is coupled with maturity in college. It becomes difficult to discern between what is an adoption of white culture and what is simply recognizing a new social cue, becoming more considerate of others, handling one's allergies or functioning in group settings. While the latter goal should not be

ignored—in fact, it should be promoted because college is about growth—it should be recognized that minority status confers a difference upon a person. Black people are different from white people are different from Latino people are different from Asian people and so on. These differences aren't bad; they're the opposite. But the problem arises when the majority doesn't try to include those who aren't like them. It isn't enough to just hang out with people who are different from you, because doing that means subconsciously hanging out with people who are culturally like you. It is enough to make intentional and proactive inclusion a part of your life, such that you recognize the differences between groups and accommodate and celebrate those groups rather than calling them

“weird.” This prompts a discussion of white culture, with which the author has two problems: its tendency to hold a grudge and its capriciousness. White culture is unforgiving, in that a single social faux pas can destroy entire relationships. The author has experienced this on numerous occasions and is worried whether his myriad relationships only with minorities are a result of his personality or his mistakes in dealing with white culture. The culture can also be arbitrary, in that social rules seem to materialize and disappear randomly to the point where it is impossible to understand white culture without having grown up in it. The problem also arises of repeated violations of white culture causing people trying to find and expecting weird things said from the person

violating the culture. A common response to this is hanging out only with those who look like oneself and refusing to talk around white people for fear that what one will say will be “awkward.” The author is projecting because he sometimes doesn't know the difference between exclusion based on culture and exclusion based on maturity. The author has certainly made mistakes of maturity in the past, whether that be in competence, work ethic, avoidance of excuses and more, and will continue to improve. But lack of perfection doesn't mean lack of dignity. The author, and all people, still deserve to be treated like people, differences between people being acknowledged and not erased. Bigotry doesn't make you a bad person. Refusal to do anything about it does.

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WYDOWN

from page 1

Sarah Tocher got the ball on a breakaway, where she had the opportunity to go one-on-one with Wash. U. sophomore goalkeeper Emma Greenfield. Luckily for the Bears, Greenfield came out quickly and closed down Tocher’s angles, forcing Tocher to put her shot wide. From there, the Bears would continue their offensive onslaught, outshooting CMS 9-3 in the first half.

More of the same followed in the second half. Wash. U. dominated possession of the ball, patiently waiting for the right moment to strike. In the 60th minute, Wash. U.’s patience finally paid off. A deflection in the box allowed junior forward Taylor Cohen to score, putting the Bears up 2-0 with 30 minutes to go in the match. Then, 16 minutes later, the Red and Green’s other junior, midfielder Jesse Rubin, launched a beautiful shot from outside the box that lofted over the outstretched arms of CMS goalie Claire Hamson and into the back of the net. The match finished 3-0, as Wash. U. not only added to its streak of clean shutouts but also recorded its second game this season without allowing a single shot on goal.

It was a quick turnaround for the Bears, as they played their next match 24 hours later. Matching up against Franklin, Wash. U. looked to continue its undefeated season. The Bears’ offense got off the mark quickly, as freshman midfielder Ariana Miles chalked the first goal of her career less than a minute into the match. Senior midfielder Darcy Cunningham provided a wonderfully weighted ball into the box, and Miles was on the scene to provide a cool finish. Cunningham would then put away a goal of her own, scoring off of a breakaway in the 18th minute, making the score 2-0.

Heading into the second half, Wash. U. refused to let up, unloading multiple shots at the Franklin goalkeeper. In the 54th minute, Miles scored her second goal of the game. Cunningham played another great ball through to Miles, who slotted the ball away.

Just five minutes later, Miles completed her hat trick. Yet another through ball from the Bears proved too much to handle for the tiring Franklin defense. Miles used her speed to catch up to the pass played by Menard and converted the chance for the rare third score.

Finally, another two freshman midfielders connected for the Red and Green’s fifth goal, with Erin Flynn finishing out the scoring in the 78th minute off of a cross provided by Kally Wendler. The 5-0 score marked the final.

This was a match in which the Bears dominated all proceedings, outshooting Franklin by a stunning 43 shots to two. Miles recorded the program’s first hat trick since Anna Zambricki put away three goals against Missouri Baptist University in September 2011.

Head coach Jim Conlon, while expressing his excitement for Miles, emphasized the importance of team play.

“Obviously, Ari put three in the back of the net today,” Conlon said. “But she got some great passes from her teammates as well.”

Conlon, whose vision for the team relies heavily on good passing and well-worked team goals, stated that while individual brilliance should be applauded, he “always loves when the entire team contributes.”

Wash. U. looked the better team in each game from the first whistle, exuding the confidence of a team looking to make a run deep into postseason play. However, Conlon is still looking to take things one game at a time.

“We’re trying to get better each game,” Conlon said.

According to Conlon, the biggest thing his team took away from the weekend was “unselfish soccer,” explaining that “moving the ball to whoever’s open” has given the team more opportunities to score, and in turn, has put the team “in good positions to be successful.”

Wash. U. will gear up for its next match, when it travels to Illinois Wednesday to take on Millikin University at 7:30 p.m.



GRACE BRUTON | STUDENT LIFE

Franklin University goalie Lexi Short makes a save on a corner kick. The Bears had a total of 43 shots with 17 on goal, while Franklin had 2 with 0 on goal as Wash. U. coasted to a 5-0 win.



GRACE BRUTON | STUDENT LIFE

Senior Darcy Cunningham runs down the field before taking a shot on goal against Franklin University. Cunningham had an assist and scored the Bears’ second goal in the 18th minute.

Student Life

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Title IX Listening Session

Wednesday, September 12th
8 pm, Umrath Lounge

Facilitated by:

Holden Thorp
Provost

&

Lori White
Vice Chancellor for Student Affairs

Please join us to:

- Continue our dialogue about improving WashU’s response to sexual assault and sexual misconduct
- Learn and share feedback about WashU’s recently announced action plan
- Identify opportunities for student leadership and engagement
- Recommit to making progress, together

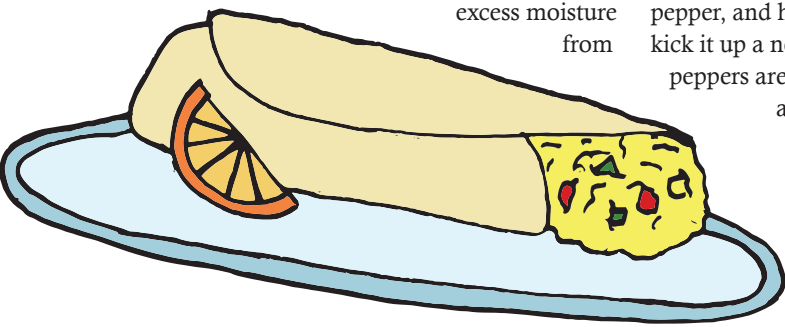


MATT'S MORSELS

Meal preparation? Homework, but for food

MATTHEW WALLACE
STAFF COLUMNIST

Good things come to those who prepare. Nowhere is that more apparent than with food. We all know that what you eat determines how the rest of your life goes. Eat poorly and you'll be grumpier than Cookie Monster accidentally eating an oatmeal raisin cookie expecting chocolate chip. Eat well and you'll be happier than Scooby Doo in a Scooby Snack factory. Preparing your food days in advance relieves alleviates a ton of pressure on off the average college student, who is already emotionally drained by week three. Not only should your meals be healthy, but they have to be tasty, cost effective, and be able to survive for at least a week. Here are some of the meals that have kept my belly full, my wallet fat (not really, but it isn't the food's fault), and my meal points above zero.



Quesadillas & Burritos

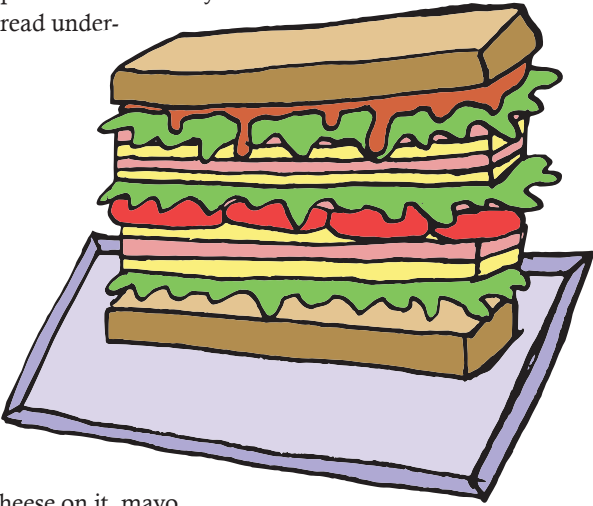
Breakfast is the most annoying meal of the day. Who wants to cook when they can barely compel themselves to not hit snooze 5 times? Thankfully, burritos solve this conundrum, plus it and allows you to explore your creativity in the kitchen to the fullest. You can go the classic breakfast burrito route with eggs and sausage or go full vegetarian with rice, cheese, beans, and any vegetable that tickles your fancy. Fill your tortilla with your mixture and wrap to secure. Finally, brown your burrito in a skillet to get that delicious crunchy exterior. Wrap in foil and store in your freezer. To reheat, put in your microwave for 1:30 on high. Quesadillas are the same, except your toast your tortilla with cheese first before you fill it with your desired mixture. Next you can fold your creation and cut into thirds so they are more manageable to store. Be careful to remove

excess moisture from

the food so the to final product is not overly soggy.

Sandwiches

I love sandwiches. They are the most versatile food imaginable. When preparing them for the week, choose a sturdy bread that will hold up over the week. Sourdough is the king in my opinion. Don't leave your bread under-



cheese on it, mayo is essential to a good sandwich. But this isn't the regular degular mayo from the jar. Use that as a base and add whatever your heart's desire compels you to add. Personally I add garlic, paprika, mustard, pepper, and hot sauce to kick it up a notch. Roasted peppers are a must as they add flavor and a crisp texture. Next comes spinach, or kale or whatever another green you want to add.

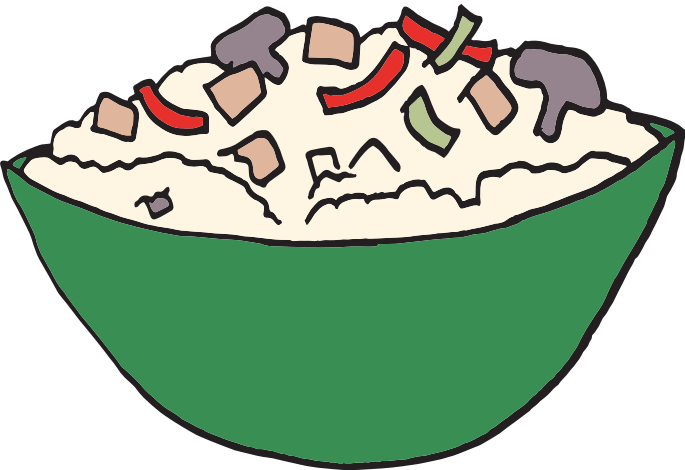
Cheese is great to prevent your food from slipping out of the bottom. I typically alternate layers of meat, cheese, and more green stuff. Lunch meat is fine, but cooking up some quick chicken thighs is the most economical and delicious way I have encountered so far. Top with more bread (don't forget your

homemade mayo) and toss in an oven until the bread is toasted and the cheese is melted. Store and enjoy it cold or reheated. If you do reheat, add a wet paper towel atop your sandwich to prevent it drying out excessively.

Better than Chipotle bowls

When I figured out what

Chipotle bowls where, I fell in love harder than ever before. I was constantly disappointed in the layering of their burritos since it



usually ended with bites of only tortilla followed by one or two ingredients at a time before it finished with the other end of only tortilla. The bowls allowed the perfect bite every time while being great the next day. Making them yourself is easier than you expect. The base is obviously rice, which you can cook in massive amounts. I have found equal parts rice and sauteed vegetables best since it adds more variety to your meals. Broccoli, cauliflower and peppers shine here. Undercook them a little so they stay crunchy when reheated. Mushrooms can add their own distinct flavor and texture to up the ante. With the meat, you should marinate overnight to really get your desired flavor throughout and

make it melt in your mouth tender. If meat isn't your first choice, there are plenty of types of beans that will fulfill your

protein requirement. Mix it all up with cheese and salsa to finish and voila, you have bowls Chipotle could only dream of.

Meal preparation can be daunting the first time you do it, and the cleaning after is probably the worst part. Once you get the hang of it, you'll find your creative side flourishing as you explore different combinations that'll make your friends jealous. No longer will you have to wait in excruciatingly long lines around campus, or worry about running out of meal points 4 weeks before the semester is over. Now the only thing you need to worry about is which cool lunch box you'll be carrying around campus.

ILLUSTRATIONS BY
CHRISTINE WATRIDGE

Fall Career Fair

Don't let the thought of the Career Fair freak you out! Get a few tips on how to work a career fair, from researching employers ahead of time to presenting yourself to an employer.

PREP SESSIONS

Special session for
Graduate and PhD students:
9/10 3-4 PM DUC, Room 234

9/10 4-5 PM DUC, Room 234

9/11 12-1 PM DUC, Room 233

Special session for
International students:
9/11 4-5 PM DUC, Room 233

More career events this fall:

Engineering SLAM

9/12 6-8 PM DUC, Tisch Commons

Meet The Firms

9/12 4-7 PM
Knight Hall/Bauer Atrium

9/13 ATHLETIC COMPLEX 3-7 PM



Visit careercenter.wustl.edu for details and to RSVP.



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