

# Student Life

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VOLUME 141, NO. 27

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## WINTER TUNES

Five a cappella groups sang their last shows of the semester (Photo, pg 6)



## HIGHLIGHTS

Take a look back at the Bears' top sports moments of 2019 (Sports, pg 9)



## DANCE SHOWCASE

WU students dance in six themed performances this weekend (Cadenza, pg 4)

## WUPD investigates two armed robberies, explores long-term safety initiatives



**1 Sept. 6 at 2 a.m.**  
6000 block of Westminster Place  
Carjacking

**2 Sept. 7 at 11:35 p.m.**  
Laurel and Westminster Place  
Armed Robbery

**3 Sept. 7 at 11:35 p.m.**  
5800 block of Pershing  
Armed Robbery

**4 Sept. 7 at 11:35 p.m.**  
6000 block of Pershing  
Armed Robbery

**5 Sept. 18 at 12 a.m.**  
5900 block of Delmar  
Armed Robbery

**6 Nov. 22 at 10 p.m.**  
6200 Clemens  
Armed Robbery

**7 Dec. 7 at 12:24 a.m.**  
700 Block of Westgate Avenue  
Armed Robbery

GRAPHIC BY MIA GOLDBERG

### TED MOSKAL NEWS EDITOR

Two armed robberies took place on the 700 block of Westgate Avenue at 12:24 a.m., Dec. 7.

In the first incident, a female Washington University student was approached by a male subject who pushed her to the ground and threatened her with a handgun, demanding her personal property. Around the same time, another female Washington University student walking along Westgate was approached by a second subject, armed with what appeared to be a rifle, who also demanded her personal property. Both subjects took the students' belongings and then drove away in a dark colored vehicle.

At 1:55 a.m., the Washington University Police Department (WUPD) sent out a crime alert email to the student body communicating the details of the two incidents.

The University City Police

Department is the primary investigator for both incidents. However, they will work with WUPD on campus-related matters.

"[We] act as a liaison between University City Police Department and the University, as well as the students that are involved," WUPD Chief of Police Mark Glenn said. "If the University police department needed to conduct another interview with students that were involved, a lot of times we can help coordinate that."

This semester, WUPD has introduced two new programs to improve off campus safety: the Campus2Home shuttle and the neighborhood bike patrol. In response to Saturday's incidents, WUPD plans to double down on these programs.

"We've already adjusted their [the bicycle response team's] schedules and their patrols to ensure that we get more patrols in that area," Glenn said. "We've also ensured that we have enough staff to cover any additional escorts that we

would get requested for. I want to make sure that the students know if they need an escort, they can call, and we'll have the staff to make sure that they get escorted as quickly as possible."

Although sophomore Lou Friedman, who lives near the scene of the crime on Westgate Avenue, was generally uncritical of WUPD's response, he characterized the frequency of such incidents as an unfortunate reality.

"These incidents just happen sometimes in the area around campus, no matter what neighborhood you're in...but it's definitely not ideal," Friedman said. "Having an incident specifically on my street didn't change how I already felt based on other incidents in other neighborhoods because I feel like we're all in the same area."

Moving forward, Glenn hopes to structure WUPD's future safety initiatives around input from the University's public safety working group. The group presented initial recommendations Nov. 19, and will

present final recommendations by the end of the calendar year.

Although Friedman, who found out about the incidents through the crime alert email, said he believes he was well informed about the incident, he still worries as he will have to walk from his car to his apartment alone at night due to the hours of his work.

"I might be more heads-up when I walk to and from my car, especially if it's at night," Friedman said. "But I can't really change my behavior because I work until late at night."

When crimes do occur, Glenn encourages students to cooperate with the aggressor and to contact WUPD as soon as possible.

"We also know that you can do everything right and still this can happen, so we always remind people: If someone confronts you asking for the property, just give them the property as soon as possible," Glenn said. "Get away safely. Call the police and let us help them as well as trying to find who is responsible."

## Sam Fox enacts fellowship program, offers full-tuition graduate scholarships

JAYLA BUTLER  
SENIOR NEWS EDITOR

Starting in fall 2020, the Sam Fox School of Design and Visual Arts will provide full-tuition scholarships and travel stipends for 10 graduate students annually.

The fellowship is funded by a gift from the Sam and Marilyn Fox Foundation and serves as a targeted approach to aid graduate students, who often receive less support than undergraduate students.

In recent years, the school has received significant financial support; the Fox family donation follows an \$84.4 million campaign led by Anabeth and John Weil to support Sam Fox facilities starting in the 2008-2009 school year, notably including the opening of Weil Hall this year. By the time the campaign concluded on June 30, 2018, \$22.4 million was earmarked for scholarship funding for both undergraduate and graduate students.

"Now that we have these great facilities, we have to make sure that we're focused on continuing to provide the kind of scholarship support that we need," Sam Fox Dean Carmon Colangelo said. "We feel like we now are a very attractive, beautiful space, it's all connected in the way that we wanted to be. And now we want to be able to give the kind of financial support to the best students possible."

In recent years, the University has made strides towards increasing the number of Pell-eligible students admitted. However, since the Pell Grant is only given to undergraduates, the school was motivated to create a signature program for graduate art students, an area in which Colangelo characterized the University as "slipping behind" in recruitment compared to peer institutions.

SEE SAM FOX, PAGE 2

## Student-designed mental health survey assesses student experiences

SULAN PATHIRANAGE  
CONTRIBUTING REPORTER

Junior Joanna Grill partnered with Student Union Senate to create a survey gauging student experiences with mental health services on campus.

After she personally noticed shortcomings with Washington University's mental health services, Grill sought to bring these flaws to the attention of the administration. She reached out to SU Senate and Title Mine to further publicize the survey and ensure its relevance to the University's broad swath of demographics.

The University has added eight full-time positions to Mental Health Services in the past four years and has made additional strides in the past few years with their Habif Health and Wellness

"Let's Talk" initiative. SU launched the Mental Health Fund in 2018 to help fund off-campus mental health care for low-income students, and worked with the University to add a new notation for medical leaves of absence on transcripts.

Smith hopes that the results of the survey will prompt administrators to devote more resources to existing programs on campus.

"There are some resources on campus that are really beneficial to students, but I think there could be more resources, specifically more counseling staff and more availability of appointments to students," SU Senate Health and Wellness Committee chair sophomore Gaby Smith said. "I think a big issue is wait times at Habif and students struggling to get appointments, which is really devastating to see."

Grill wants mental health services to have longer and more flexible hours to accommodate the varying schedules that students have.

"When I bring these ideas up, people are like 'That's unrealistic,' but if you look at our peer institutions, nothing is new or monumental," Grill said.

Since funding is a major obstacle in creating a more comprehensive mental health system, Grill inquired about how best to incentivize Chancellor Andrew Martin to prioritize mental health in a meeting with Associate Vice Chancellor for Student Support and Wellness Kirk Dougher.

"[Dr. Kirk Dougher] was saying that the Chancellor really responds to student anecdotes and research. People don't like talking about this, and to say 'I am struggling and then I encountered a

problem' is hard. And it's already hard to say you're struggling. I proposed a lot of solutions, and the main point was it aligns with the pillars," Grill said.

Title Mine, a frequent advocate for improved mental health services, outlined some of their specific desires in a recent meeting with Martin.

Their proposals include improving the University's student-counselor ratio of 1,100:1, which is higher than the average of 650:1. Title Mine also hopes to diversify the demographics of the University's counselors. Smith voiced similar sentiments to their proposals.

"The ratio of students to counselors is not low enough for Habif to receive accreditation as a mental health providing facility, so I think that's one step Wash. U. could definitely be working

towards, and that's something that Title Mine has also been echoing," Smith said.

Grill doesn't attribute the University's subpar mental health offerings to apathy, instead pinning the blame on the logistical challenge of trying to fund boundless student issues with limited money.

"I think everyone cares, it's just challenging to balance the interests of so many different people and groups. Before making monumental steps, [Martin] needs to make sure everyone is okay with it, but the point I'm trying to make is that it's bringing the whole school down," Grill said.

The administration has acknowledged that the existing system has its shortcomings, but that the solutions are difficult and take time.

SEE SURVEY, PAGE 2

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# theFLIPSIDE



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56/23



TUES 10  
AM CLOUDS/PM SUN  
35/23



WED 11  
MOSTLY SUNNY  
45/23

## EVENT CALENDAR

### MONDAY 9

#### Condensed Matter Seminar

*Compton 241, 4 p.m.*

Prof. Ting Cao (Hosted by Yang), University of Washington. Ting Cao's research employs quantum physics, advanced materials modelling techniques and high-performance computing to study materials science and condensed matter physics, with special focus on the electronic structures of materials, excited-state phenomena and light-matter interactions. His current research interest lies in exploring the distinct physical properties of one- and two-dimensional material systems, which are potentially useful for future applications.

### TUESDAY 10

#### 'Functions of AD-associated TREM2 Variant on Tau Pathology'

*East Pavilion Auditorium, 12 p.m.*

Maud Gratuze, of the Holtzman Lab, will present this seminar. Her most recent publication is 'Differential effects of voluntary treadmill exercise and caloric restriction on tau pathogenesis in a mouse model of Alzheimer's disease-like tau pathology fed with Western diet.'

#### Seminar: 'Antibody Responses to Conserved Epitopes on the Influenza Virus Glycoproteins'

*McDonnell Pediatric Research Building, 12 p.m.*

Florian Krammer, of the Icahn School of Medicine at Mount Sinai, will present this seminar. Host: Ali Ellebedy. Part of the Molecular Microbiology and Microbial Pathogenesis Seminar Series.

#### Winds Division Recital

*E. Desmond Lee Concert Hall, 560 Music Center*

Free Student Performance. Featuring Nicole Aldrich, piano; Finley Li, clarinet; Juhli Modh, Sindhuri Ivaturi, Sharon Park, Nina Silverstein, Maria Schmeer, Emily Angstreich, flute; and Trevor Schultz, saxophone.

### WEDNESDAY 11

#### Fall Write-In

*Olin Library, Level 1, 1 p.m.*

Final paper or project coming up? Join us for the Fall Write-In. Writing Center staff and research librarians will be on hand to answer questions, help with the writing process and provide research assistance. Refreshments will be served.

#### Blue Skies and Beyond Series: 'Why Do Teens Sleep In?'

*mySci Resource Center, 4:30 p.m.*

Featured Presenter: Erik Herzog, Viktor Hamburger Professor of Biology, Washington University in St. Louis. The talk will explore what wakes us up when we don't use an alarm clock. We will discuss daily clocks in the brain, how they synchronize to each other and the local light cycle and how this system is relevant to deciding when the school day should start for teenagers. Free and open to all. Middle and high school teachers encouraged to attend. Registration is required.

## SAM FOX from page 1

Four of the 10 awards will go to students in the College of Art and six will be awarded to College of Architecture students. Current scholarships for graduate art students include the Sam Fox School Graduate Scholarship and the Ernestine Betsberg and Arthur Osver Scholarship, which cover 100% and 75% of tuition, respectively, to an MFA candidate in Visual Art each year. Sam Fox graduate students are also currently eligible for several University-wide scholarships.

By including travel stipends, the program aims to

help mitigate the negative effects on students who have their tuition covered but may lack the discretionary income necessary for everyday life while abroad.

"We want to recruit the kinds of students that think about social equity and responsibility, as well as through design, addressing some of the problems that are happening here in St. Louis... and hopefully we're hoping to recruit some of these graduates to stay here in St. Louis and work in St. Louis and make the difference," Colangelo said.

Amy Hauff, director of

the College & Graduate School of Art, said that the announcement falls in line with Chancellor Andrew Martin's commitment to the WashU Pledge, which will cover the cost of a University education for undergraduate students from Missouri and southern Illinois.

"I think this is very much in line with Chancellor Martin's ambitions for Washington University to be more in service to the local community, the state and the region," Hauff said. "But it's bigger than that, too. Because it isn't constrained by location, the applicants can come

## Presidential advocacy board to outline path forward next semester

CURRAN NEENAN  
NEWS EDITOR

Student Union's presidential advocacy board, a collection of student groups that aim to promote campus activism, plans to release its five-pillar platform, as well as hold a collective rally, near the start of the spring 2019 semester.

SU President junior Tyrin Truong and Vice President of Public Relations sophomore Beth Wiesinger preside over the board, which is composed of advocacy groups such as Washington University for Undergraduate Socioeconomic Diversity (WU/FUSED), Fossil Free WashU, Resist WhiteU, The Washington University Graduate Workers Union (WUGWU) and Leaders in Interpersonal Violence Education (LIVE), among others.

The board will release its platform next semester, as well as stage a joint rally with the board's advocacy groups to whip up support for its goals. Wiesinger said the board is waiting until next semester because the momentum built from a late semester rally might attenuate over winter break. Wiesinger and several member organizations declined to

elaborate on the board's platform or offer concrete goals.

"We're trying to have all of our ducks in a row," Title Mine President junior Candace Hayes said. "When we make our first big statement, we want it to have a huge impact and begin building student power and mobilizing students in a way that they haven't been in a long time."

The advocacy board is the result of one of Truong's campaign promises and tracks with his stated mission to carve out a larger space in SU for student advocacy. Truong, the founder of the SU Black Caucus, has long championed the embrace of marginalized groups in SU.

According to Wiesinger, the board was included in her and Truong's start-of-year goals document as a way to "uplift student activism."

Truong did not respond to a request for comment.

"Our goal is to empower students to demand change and action for the betterment of the student experience on campus, and in every way possible that we can think of," Wiesinger said.

According to Hayes, Title Mine has always had a productive relationship with SU's executive branch. She said Title Mine is currently

building in-roads to SU Senate's Health and Wellness Committee in order to lobby for increased mental health services, one pillar of the five-part proposal Title Mine submitted to Chancellor Martin in November.

"Us joining this coalition will hopefully increase the student buy-in, and not just to Title Mine's movement, but into student activism in general to hopefully create a more sustainable, systemic change on campus," Hayes said.

Wiesinger said the board hopes to encourage collaborative activism among different advocacy groups. A model for that brand of joint activism are the rallies WUGWU and Fossil Free WashU have held calling for a \$15 minimum wage for graduate students and University divestment from fossil fuel companies.

In a statement to Student Life, LIVE's executive team expressed excitement with the board and its centering of underrepresented community members.

"We joined this board because we believe that it is an incredible opportunity to work for the empowerment of the Washington University community," LIVE's executive team wrote.

## SURVEY from page 1

"It is my strong belief that Chancellor Martin, Dr. White, myself and Dr. Broun are keenly aware of the path before us and are working diligently to overcome the obstacles," Dougher wrote in a statement to Student Life. "Implementation and solution finding does require some time to make sure that issues are properly addressed and that there are no unintended consequences to courses

selected."

"The supply and demand problem is a complex issue affecting colleges and universities across the country," Director of Mental Health Services Dr. Thomas Broun wrote in a statement to Student Life. "Wash. U. is not unique in trying to address these challenges. If the answers were easy and could be addressed quickly, I know that they would have been."


Grill emphasized the

need for urgency, since students are still constantly in need of more counseling services.

"What I'm hoping to convey is that it's a 'now' thing, not a 'soon' thing," Grill said. "And we really can't wait for the pillars to materialize and think about it carefully [because] the student body is hurting. I'm a junior, so we can't wait for something to change in three years, because I will no longer be here."

# ARE YOU GOING?

## MARCH 5, 2020



# CADENZA

## AUDIO FILES: Holiday albums to avoid studying for finals to

**SABRINA SPENCE**  
SENIOR CADENZA EDITOR

As the semester winds down, the one thing everyone has been dreading begins to loom over our heads—finals. Classes are over and our commitments have begun to be less strenuous, and all we have to worry about are the final papers, projects and exams that await us in the coming weeks. But after the stress of finals, we get to go home or go on vacation and the holiday season ramps up to full force. So, to prepare for finals and the holly jolly holiday season, here is a mix of albums from

holiday seasons old and new to listen to as you as you avoid studying for finals.

***'That's Christmas to Me'***  
*Pentatonix*

This album was Pentatonix's first holiday release in 2015. Each song is beautifully arranged and makes you feel cozy and ready to sit by the fire sipping hot chocolate or hot apple cider. The fact that Pentatonix is an a cappella group makes this holiday album so much better and gives it a magical quality. Some of my personal favorites on the album are

"White Winter Hymnal," "That's Christmas to Me" and "Dance of the Sugar Plum Fairy."

***'Under the Mistletoe'***  
*Justin Bieber*

In 2011, Justin Bieber released "Under the Mistletoe," his first, and to-date only, holiday album. "Under the Mistletoe" debuted at number one on the Billboard 200, and for good reason—every song on this album is a holiday bop. Released during Bieber's early years as his second studio album, there are some big names on the album as featured

artists, such as "Fa La La" with Boyz II Men and "Home This Christmas" with The Band Perry. While these are two amazing songs, nothing will top "Mistletoe."

***'Christmas'***  
*Michael Bublé*

It's not the holidays without Michael Bublé. Nothing screams a warm and familial holiday season like the sweet crooning voice of this jazz singer. All you really need is one song from the album to get in the holiday mood. "It's Beginning to Look A Lot Like Christmas" sets the tone—imagine it's snowing

outside and you're curled up in a blanket watching "A Charlie Brown Christmas." This is the feeling that song evokes, and it's a pretty good feeling.

***'Disney's The Nightmare Before Christmas'***

"The Nightmare Before Christmas" is a Halloween movie, but it's also a Christmas movie. The premise is that Jack Skellington, the premiere skeletal Disney character, wants to become Santa Claus and take over Christmas. Plus, it includes every major holiday.

This movie is the perfect holiday movie and the soundtrack is also perfect. "What's This," "This Is Halloween" and "Making Christmas" shine a light on the best holidays to round out the year with.

***'Merry Christmas'***  
*Mariah Carey*

While I did bash the most popular song on this album in a previous article—"All I Want for Christmas Is You"—I would be remiss if I didn't include this holiday staple. Nothing signifies that it's Christmas like Mariah Carey circa 1994 in a red Santa Claus dress.



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# WUDT showcases passion through the movement of storytelling

ISABELLA NEUBAUER  
SENIOR CADENZA EDITOR

Washington University Dance Theatre (WUDT) presented an eclectic mix of dances in their annual performance this weekend titled “Coalescence,” ranging from emotionally impactful to humorous to strange.

The first performance, “Emergent Action,” started the night off on a strange note. Designed by professor David Marchant and inspired by the dancers’ responses to the forest at Wash. U.’s Tyson Research Center, the choreography had dancers mimic the motions of nature. Dressed in greens and browns with dimmed lights that never fully illuminated any dancer and often left dancers completely in the dark, the performers captured the otherworldly feel of the forest. For the most part, the dancers were synchronized, slow and deliberately moving in place. Sometimes, though, a dancer would abruptly begin running, or dancing so quickly and with such sharp motions that they felt almost violent in comparison. The dancers’ performance so completely captured their forest inspiration that it became ethereal in a way that didn’t feel at all human.

The return to the human world was almost jarring in the second performance: “Interludes,” choreographed by Director of the Master of Fine Arts (MFA) in Dance Program and professor Christine Knoblauch-O’Neal. The first of the piece’s two scenes centered on a girl in a blue dress, junior Kendall Pomerlau, as she waited by a streetlight for a date that never showed. The dance captured her progression of emotions, from excitement to impatience to despair.

There were no words, but they weren’t needed to show how she felt when another man arrived at the scene and danced off with another girl. The second scene was less emotion-focused and showcased a lot more of the technical aspects of dance. Senior Ella Rosenkranz, dressed in a green, danced with a man while the girl in the blue dress danced alone before joining them, all three dancing together. The sadness of the first piece was gone, replaced by the pure happiness of dancing.

The next performance, “As we drift,” was by far the most painful act of the night. The dance, choreographed by alumna and Wash. U. postdoctoral fellow Elinor Harrison, focused on the experiences of detained immigrants at the border, specifically those of children separated from their parents. When the curtain rose, the six dancers lay in individual rectangles of harsh white light, wearing neutral-colored, baggy clothes. Although the dancers were not in uniform, the scene was clear: these were detainees. Set to music by St. Louis immigrants and refugees, the dance sometimes progressed to vibrant songs, sometimes in silence and, in some moments, to audio clips from inside a U.S. Customs and Border Protection facility.

The dancers pushed and pulled each other across the stage as an audio clip of a crying child grew louder before exiting, only to later re-enter a line mimicking lifting heavy objects. They mimicked the performance of this hard labor, first working individually before coming together to help each other. This moment of community was undercut when one dancer broke away, grabbing a microphone from



GRACE BRUTON | STUDENT LIFE

Two WUDT performers combine to strike an imposing and vibrant figure in “The Two Kingdoms: Snake and Bird.” The dance, choreographed by adjunct faculty member Diadie Bathily, was revived from its inaugural performance in WUDT’s 2010 showcase.

offstage. As the other five desperately army-crawled across the stage, she shouted questions from the United States Citizenship test. The emotional climax of the piece, however, was yet to come. Dancers embraced in the center of the stage only to be ripped apart, and the lights faded on two dancers being torn apart, unable to hold on to each other as the sound of a child crying grew almost deafening. The lights came up once more, on the six dancers laying on the same rectangles of light in which they started the piece.

When the lights came up for intermission, I found that there were tears in my eyes. While that wasn’t the only performance that would touch my heart, it was one that was the hardest to get over—which, I assume, was the point, to draw light to the plight of immigrants to this

country, a story that everyone needs to hear.

After intermission came “The Two Kingdoms: Snake and Bird,” which once again left the human world altogether and was a celebration of life in all its forms. Choreographed by Diadie Bathily and first performed in 2010, this was the only piece of the night that did not premiere in this year’s performance, and I can understand why it was brought back. Drummers provided the soundtrack, accompanied by noises of snakes hissing and birds cawing.

In what was easily the funniest moment of the night, the dance opened with three dancers in snake costumes pulling themselves across the stage on their stomachs. In addition to their snake bodysuits, they wore large, green cobra models on their heads, whose mouths they could open and close by pulling on a string. Their choreography mimicked the movements of a snake, sinuously swaying in a circle until the lights and the drums died out. When they picked up again, the birds had taken the stage. Red and orange where

the snakes had been green, the birds flapped their brightly colored wings and soared across the stage.

The next piece, “Dragonflies,” returned to the human world. Choreographed by professor Jennifer Medina, “Dragonflies” acted as both a celebration of the progress the women’s movement has made since 1848 and a recognition that the fight is not yet over. Images of key moments and figures in women’s rights played on the screen, slowly moving from Seneca Falls to 1920s suffragettes to recent photos of the 2017 Women’s March, Indigenous Women’s march and a 2018 photo of gun control activist Emma Gonzales. Much of the choreography involved the five dancers holding hands and physically supporting each other as they shed their jackets, long skirts and blouses to stand on-stage in outfits emblazoned with five phrases, one for each dancer. Unite. Love. Empower. Persist. Rise up. The lights faded on them kneeling, separately folding the clothing they had discarded.

The night ended, not

on an emotional note or a humorous one, but one as strangely ethereal as it began. “Serenity,” choreographed by Wash. U.’s Distinguished Performing Artist Kirven Douthit-Boyd, was exactly that—serene. Black curtains divided the stage into small sections, and the dancers’ orange dresses provided the only spot of color. Beginning with a composition that sounded like a bell tolling, the dancers were separated from the audience by a screen, which lifted along with the curtains to reveal a bright orange backdrop. Calm but energetic, the performance felt strangely urgent, the stage filled with dancers that all dropped to their knees. The lights faded on all of them kneeling, one arm outstretched.

This weekend’s WUDT performance did something I’d forgotten dance could do. At different times, it brought tears to my eyes and made me laugh out loud. It told seven wordless stories, each channeling a powerful emotion. And above all, it did so energetically, with passion for the stories the performers were telling.



GRACE BRUTON | STUDENT LIFE

Dancers from “Serenity” flit across the coolly-lit Edison stage in billowing chiffon dresses. The dance was envisioned by Wash. U.’s Distinguished Performing Artist Kirven Douthit-Boyd.



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# SCENE

## TYLER'S Wardrobe Watch



### How to stay stylish and comfortable during reading week and finals

**TYLER SABLOFF**  
SENIOR EDITOR

With classes finally at an end, students are able to collectively let out a sigh of relief. But that feeling is quickly stripped away as finals rapidly approach. Though you may no longer have to stunt on everyone in your classes, that isn't a reason to let yourself go completely. You're still going to spend time studying and taking exams on campus, so you want to be as presentable as possible under all the pressure.

Though you may be a stressed-out mess on the inside, you don't have to look like it. The last thing you want to do is let yourself fall apart under the pressure. So here I have a few tips on how to stay stylish despite slowly being consumed by reading week.

The first and easiest thing to neglect when cramming for days on end is personal hygiene. When you get caught up working for hours

and days, you can start to lose track of the things you need to do to take care of yourself. You might forget to eat a meal, brush your teeth, shower, change your clothes for a few days, etc.

This is an easy way to screw up your finals by letting yourself succumb to the stress to the point where it harms your personal health. It's important to take care of yourself, not just for your appearance, but for your own personal wellness. Stick to your normal routine; it'll help keep your days structured and prevent you from looking like a stressed out mess, even if you are one.

The most important thing when dressing during finals is staying comfortable. Regardless of your studying habits, you're going to collectively be spending hours and hours working during the week. The last thing you want to do is wear something uncomfortable that will hinder your concentration. Now, this obviously subjective. What one person finds

comfortable may not be the same as another person.

My go-to outfit for a long study day is a nice, well-tapered pair of jogger sweatpants, a hoodie and a pair of running shoes. This allows me to stay comfortable, but presentable at the same time. Make sure whatever you wear also fits well and is flattering on you. Super baggy sweatpants and sweatshirts that make you look like a kid wearing their parents' clothes may be comfortable, but will make you look sloppy.

Though finals may be stressful and cause you to feel like you're about to collapse, staying well put together can help you to stay focused and calm. The more you succumb to the stress and pressure, the more it will affect you. By sticking to your normal routine and wearing clothes that make you feel good and comfortable, you'll be able to stay looking good, feeling good and more productive during the hell that is finals.

## WU Dinosaur Race: Students go Jurassic on Francis Field

**SABRINA SPENCE**  
SENIOR EDITOR

Washington University's Francis Field became overrun with a blast from the past—dinosaurs—on Saturday, Dec. 7, at 2:30 p.m. Seniors Taylor Emerson and Eric Judson co-hosted Wash. U.'s first ever Dinosaur Race on Francis Field. Invitations were sent out to friends via Facebook and anyone with an inflatable T-Rex costume (dino suit) was encouraged to participate.

And even if participants didn't own a dino suit, co-hosts Judson and Emerson provided one. Runners were required to wear the suit and run one lap around the track, which was timed by Judson.

"Being a senior and knowing that there are a lot of meme events going on, there's the [Law Library Sit-In] and then the screaming at the top of your lungs for 30 seconds one that's happening next week; I just remember at the end of the semester around this time there are fun events going on to keep people's spirits up," Emerson said.

Emerson got Judson involved after showing him a video of a dinosaur race.

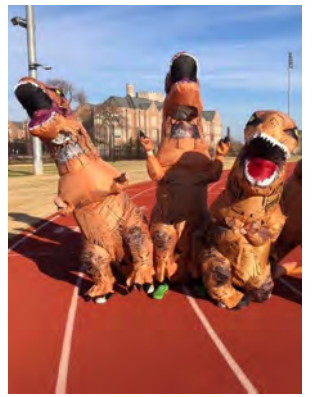
"Taylor [Emerson] showed me the original dino race [video] and it made me laugh. I wanted to see such a race in person," Judson

wrote in a statement to Student Life.

These dino suits have gained popularity as the source of many viral videos, including one of a family waiting for a little girl to get off of a school bus, all of them in matching T-Rex costumes. Emerson got her first dinosaur suit at Christmas last year after showing her family a series of these viral dinosaur videos. She also bought a suit for both of her sisters, and from that point on, she knew she wanted to do something like this. Having seen people with these suits on campus, Emerson knew that she wasn't alone and her interest in doing the race grew.

There were five participants: seniors Hayley Emerson, Taylor Emerson and Ike Butler, sophomore Shaelee Commettant and junior John Gorman, all wearing full-sized T-Rex costumes. Around 25 people showed up to support the T-Rex runners. The dinosaurs lined up at the starting line at 2:30 p.m. At 2:35 p.m., they were off. T-Rex heads bobbing in the wind, tails swishing back and forth and little arms poised, these five dinosaurs charged down the track.

Gorman immediately became the frontrunner, shooting out ahead of his dino friends and taking the lead, but as they entered the



COURTESY OF TAYLOR EMERSON  
Students dressed as dinosaurs prepare for Dinosaur Race.

home stretch, it was a close call between him and Butler. But then Butler fell. A dino was down and Gorman secured the lead crossing the finish line at one minute and 10 seconds, with Butler not far behind.

Taylor Emerson finished strong, coming in third without incident and securing her spot on the podium. Commettant, slated to finish next, took a tumble and rested on the track until it was too late. While she rested, Hayley Emerson, who was last up until this point having fallen early on, snuck up behind her and went in for the kill. With big heads and little arms zooming towards the finish, Emerson used Commettant's fall to her advantage, just edging her out of fourth place. Commettant finished in fifth at two minutes and seven seconds, and the race was extinct.

WASHU SUMMER

\*Save The Date\*

\*RSVP Today\*

## 2020 Summer Opportunities Fair

Wednesday, January 22

6 - 7:30 p.m.

Risa Commons on the South 40

Meet with campus groups and departments to learn about:

- Summer courses
- Language and writing institutes
- Housing and dining
- Jobs and internships
- Research opportunities
- Available summer resources

[summerschool.wustl.edu/fair](https://summerschool.wustl.edu/fair)  
#WashUsummer



WashUsummer



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Washington University in St. Louis

# PHOTO

## From the tops of their lungs: A cappella hits the right notes



GRACE BRUTON | STUDENT LIFE

Wash. U. a cappella groups—The Stereotypes, Staam, More Fools Than Wise, The Aristocats and Reverb—perform on campus over the weekend. The groups sang a variety of musical genres.



# Upcoming Events: Dec. 9-20

<b>9</b> <b>M</b> 1 PM: <b>Career Early Action</b> , DUC, Room 276  1 PM: <b>DSP x WCC - Navigating the Next Steps to Recruiting - Building Your Winter Checklist</b> , Bauer Hall, Room 210 - McGinnis Classroom	<b>10</b> <b>T</b> 4 PM: <b>Career Early Action</b> , DUC, Room 276  4 PM: <b>Search Acceleration Team - Med Campus</b> , (Graduate Students and PostDocs) Becker Library, Center for the History of Medicine (6th Floor)	<b>11</b> <b>W</b> 4 PM: <b>Search Acceleration Team - Danforth Campus</b> , (Graduate Students and PostDocs) DUC, Room 111 (Career Center)	<b>12</b> <b>T</b>	<b>13</b> <b>F</b> 1 PM: <b>Work Group: Government, Politics, and Public Policy Internships and Jobs</b> , DUC, Room 234  1 PM: <b>Career Early Action</b> , DUC, Room 233
<b>Career Center Quick Question Drop In Hours:</b> All Students: Mon - Fri, 10 am - 5 pm, Career Center, DUC 110, No appointment needed Graduate Students: Fridays, 10 am - noon, Career Center, DUC 110, No appointment needed Architecture Students: Every other Saturday, 9:30 am - noon, Steinberg Hall, Room 005, 15 minute appointments for portfolio review Art Students: Wednesdays, noon - 1 pm, Steinberg Hall, Room 005, 10 minute appointments Engineering Students: Mon - Thurs, 1:30 - 4 pm, Lopata Hall, Room 203, No appointment needed Graduate Engineering Students: Mon, 1:30 - 4 pm, Lopata Hall, Room 203, No appointment needed				
<b>16</b>	<b>17</b> 4 PM: <b>Search Acceleration Team - Med Campus</b> , (Graduate Students and PostDocs) Becker Library, Center for the History of Medicine (6th Floor)	<b>18</b> 4 PM: <b>Search Acceleration Team - Danforth Campus</b> , (Graduate Students and PostDocs) DUC, Room 111 (Career Center)	<b>19</b>	<b>20</b>
<b>Save the Date:</b>  <b>Spring Internship and Job Career Fair</b>  <b>Thursday, Feb. 6 3-7 PM</b> <b>Athletic Complex</b>		<b>The Career Center is open during winter break!</b>  Winter break is a great time to touch base with a career advisor. Even if you are at home, we can meet with you by phone or skype.  Just give us a call to set up an appointment at 314-935-5930, or use our online scheduling at <a href="http://careercenter.wustl.edu/onlinescheduling">careercenter.wustl.edu/onlinescheduling</a>		

Log into CAREERlink for more information and to RSVP: [students.wustl.edu/careerlink](http://students.wustl.edu/careerlink)

## puzzle mania

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**Pathem**® the path word puzzle      topic: *Famous Italians*

**"Isabella Rossellini"**  
Difficulty ★★★☆☆ (180pts)

**HOW TO PLAY:**  
Spell the phrase in the grid above it, writing each unique letter only once. The correct solution will spell the complete phrase along a single continuous spelling path that moves horizontally, vertically and diagonally. Fill the grid from square to square - revisiting letters as needed to complete the spelling path in order. Each letter will appear only once in the grid.

visit [www.Pathem.com](http://www.Pathem.com)      Pathem® Puzzle Solution

**"Sergio Leone"**  
Difficulty ★★★☆☆ (180pts)

**Los Angeles Times Daily Crossword Puzzle**  
Edited by Rich Norris and Joyce Lewis

1	2	3	4	5	6	7	8	9	10	11	12	13
14			15						16			
17			18						19			
20			21	22					23			
		24		25				26	27			
		28				29						
30				31		32			33	34	35	36
37				38		39			40			
41				42		43			44			
				45		46			47			
48	49	50	51					52				
53						54			55		56	57
58					59	60			61		62	
63					64						65	
66					67						68	

By C.C. Burnikel      12/9/19

**THURSDAY'S PUZZLE SOLVED:**

P	A	C	E	D	S	S	T	A	P	I	S	H
O	R	O	N	O	T	A	U	M	A	N	N	A
B	O	A	S	T	L	A	M	B	O	R	F	O
T	U	X	S	O	S	O	R	E	S	A	W	S
A	S	I	F	P	I	A	N	O	B	E	N	C
G	E	N	O	M	E	S	C	O	A	S	T	A
E	D	G	E	R	V	O	N	S	P	A	L	
S	T	A	T	E	S	E	A	L				
S	T	D	T	A	X	L	A	T	C	H		
P	R	E	S	E	L	L	S	U	B	Z	E	R
C	I	F	E	J	A	C	K	E	T	E	X	E
I	B	E	X	E	S	N	A	N	A	T	E	T
T	U	N	I	C	S	I	D	E	S	W	I	P
U	N	S	E	T	U	F	O	H	O	L	E	S
P	E	E	R	S	P	E	G	E	W	E	R	S

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**ACROSS**

1 Plane engine housing

4 Hindu philosophy

10 "Don't leave"

14 Previously

15 Signals for firefighters

16 Only state with a non-rectangular flag

17 Big beverage server

18 Church official

20 "I'm game!"

22 Business abbr.

23 Singer Mann

24 Vermont senator since 2007

28 Gambling city on the Truckee

29 Golden Delicious, e.g.

30 Hosp. recovery area

32 Prepared

33 Add to the staff

37 With 39-Across, seed money ... or what 18-, 24-, 48- and 58-Across each has

39 See 37-Across

41 Jedi master with pointy ears

42 Twaddle

44 Business losses, figuratively

45 Biting desert lizards

47 Buddhist temple bell

48 "Thus with a kiss I die" speaker

53 Amazon Echo's voice assistant

54 Youthful fellow

55 Difficult journey

58 Baked pasta dish

62 " ... you alone?"

63 Flood-anticipation precaution, briefly

64 Was nearly empty

65 Fabric flaw

66 Dollars for quarters

67 Word from a poser

68 Thus far

**DOWN**

1 Folklore lumberjack

31 Festival in the month of Adar

33 Holed up

34 Travel plan

2 Fantasy meanie

3 "Chin up!"

4 Touch lightly

5 Harlem Renaissance writer Locke

6 C.S. Lewis' fantasy world

7 Bench press beneficiary

8 White House's 132: Abbr.

9 Firepit detritus

10 Three-dimensional

11 park

12 Broadcaster

13 Oxen connectors

19 Stick for a walk

21 Nissan sedan

25 Ginger or ginseng

26 Builder's guideline, briefly

27 Ring exchange place

28 \_\_\_-Rooter

30 "Gangnam Style" musician

31 Festival in the month of Adar

33 Holed up

34 Travel plan

# SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

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

**Level**  
1 2  
3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, please visit [sudoku.org.uk](http://sudoku.org.uk)

Solution to Thursday's Puzzle:

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

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# FORUM

## STAFF EDITORIAL

### The little trolley that couldn't

Originally proposed in the 1990s by Blueberry Hill owner Joe Edwards, the Loop Trolley has had a rocky history, starting and stopping construction for years before being completed in 2018. The plan for the Trolley was to revitalize the Delmar Loop and bring in more traffic, but the abysmal ticket sales for the 2.2-mile long transportation blunder proved otherwise.

In November of 2018, the Loop Trolley opened with a ceremony at Delmar Hall after several delays. A little over a year later,

it has been announced that the Loop Trolley is being discontinued due to a lack of revenue, only making \$37,354.20 from 17,292 riders compared to a proposed profit of \$394,433 from 400,000 riders in its first year—a benchmark the trolley did not meet and was not close to meeting. \$51 million was invested into the Loop Trolley only for it to not keep its promises. From the beginning, it seemed as though the general public believed that the idea of this trolley was a bad idea, and lo and behold, they were right.

Throughout the

construction and its short-lived and long-awaited run, the Trolley proved to be an annoyance and a safety hazard. People have been injured by the rails, and construction at important intersections on the Loop has forced businesses to lose customers, move locations and close. The Trolley has also been the cause of numerous car accidents, hitting cars while running as well as being hit by cars.

A previous Student Life Staff Editorial stated, “The history of the Trolley is one of waste: Mismanagement of funding both pre- and

post-construction has continued to afflict the proposed budget.” And this continues to ring true a little over a year after its opening. It makes you wonder what could have been done with this \$51 million that would have been more productive and more effective. And yes, while hindsight is 20/20, foresight should have been a major player in the decision-making process around the Trolley. So much money was funneled into a 2.2-mile streetcar that took passengers virtually nowhere. Created under the guise of the betterment of St. Louis, this

Trolley has done nothing to improve transportation in the city, and if that were the real concern, then an expansion of the St. Louis Metro System would have done a better job than the Trolley. St. Louis’s public transportation system could have been improved using the money wasted.

From all of this, there are a few lessons to be learned: namely, connect the people to what they want to be connected to. Going from the Delmar Loop to partway through Forest Park is not an ideal ride, and while 2.2 miles, in theory, seems like a lot, in practice it’s

not much walking. See where the people want to go, and take them there. Also, think about things in terms of practicality, not aesthetics. The idea of the Trolley was nice and it looked aesthetically vintage like it was supposed to, but that’s all it did. It didn’t even brush the promises and quotas it was supposed to reach; this could have been avoided if plans had been made by looking at the “investment” practically. And finally, if there was ever an investment for Wash. U. to have a hand in—even a small one—this wasn’t it.

### I think we all have a working problem

THOMAS HUMPHREY  
STAFF WRITER

I think we all have a working problem. It is tough to find a virtue that is as highly praised as hard work is in this country. And that is good, right? We are always told that it is one of the secrets to our success, but I am not convinced. Maybe we are thinking about it all wrong. Maybe working too much has been holding us back.

Correlating rest to productivity has been a rising topic of scientific study. Most recently, Microsoft Japan tested a 4-day

working week on employees and found that it boosted their productivity. Despite this information, I don’t think anything is going to come out of this. It would make sense, but we do not run on sense here. We run on fried food, bitter coffee and sleep deprivation. There is such adversity to perceived laziness in American culture that the image of being a hard worker often supersedes actual productivity. As always, it is just about the clout.

Some people do not even relax during their breaks. Self-care would be a great idea if that’s what people did. Instead, it seems to

me that it is mostly used to justify bad habits. Eating microwaved mac and cheese in bed all day is not self-care, it is part of the problem. Maybe it helps some people, and if it works for you keep doing that. I think most people that subscribe to this type of “self-care,” however, are lying to themselves about “recharging,” when all they are doing is indulging in their worst habits.

People are addicted to looking for outward solutions. The real way to get improvements in your life is introspection, not consumption. I absolutely hate the fact that rest has been largely commodified. They sell you

iPhones that reduce your attention span, then turn right around and create mindfulness apps that are supposed to bring it back. It is a shame that rest is so de-emphasized in our society that people need an app to figure out how to do it.

The college atmosphere doesn’t help this issue, but rather brings out the worst working habits in people. It is easy to keep odd hours, to eat unhealthy food, to overcommit yourself. The St. Louis winter doesn’t help either; darkness and grey descend over all. Time loses its meaning. When you hermetically seal yourself in the B Stacks for five hours in

mid-January, you lose a part of yourself. You become an automaton.

As mentioned in a previous Student Life article, Wash. U. can often be an unforgiving environment for stress-prone people. We often compare ourselves to others, and when everyone around you is a hardworking and motivated person, that sets a pretty high standard. It is great to be at a university where so many are driven and passionate, but this tends to warp our collective perception as well.

So how does all this connect? Simple—I want everyone to try to find some peace, in their own way.

We live in an environment where we are bombarded by the high expectations of ourselves and others, where we are constantly consuming and outputting mountains of information daily. So, I want you to get out of your heads, whatever that might mean. Maybe you could take some time to just think. Maybe walk around the library looking for nothing in particular. Wander aimlessly. If you take a break—a real break from everything—you tend to come back refreshed, and things might matter a little bit less. Drink water, get some sleep and remember to take care of yourself.

## OP-ED SUBMISSION

### On the power of student voices: An update from Fossil Free WashU

EDDIE IVES  
CLASS OF 2021

At halftime of the annual Harvard-Yale football game, hundreds of protesters stormed the field to call for their schools to divest their assets from fossil fuels. They wanted to join the University of California system, which has divested its \$83 billion endowment/pension fund from fossil fuels, Stanford, which has divested from coal, and thousands of universities, governments and philanthropic endowments that have divested over \$11 trillion in combined assets worldwide so far. The event received national coverage, and with it, plenty of controversies. While this may have been the most publicized divestment action to date, it was far from the first and its impact can only be fully understood with the broader context of the fossil fuel divestment movement. Coincidentally, this action

occurred just after Fossil Free WashU’s most recent meeting with Chancellor Martin, a meeting that yielded significant progress.

For background, Fossil Free WashU advocates for the University to remove all investments in the world’s top 200 fossil fuel companies to better align our university’s stated values and mission with our actions. The extraction, transportation and combustion of coal, oil and natural gas imperils the future of our planet and harms vulnerable people. To profit along with the companies responsible for such damage is a moral failure of a leading research institution like Washington University that has studied both the economic and social impacts of continued fossil fuel dependence.

Students and faculty alike have demonstrated widespread community support for divestment. Over 2,000 students and 100 faculty members have signed our petition and

group members have written op-eds, letters and emails to show support. We have met with Chancellor Wrighton, Chancellor Martin and members of the Board of Trustees. Most notably, we have held over half a dozen rallies and disruptions on campus, often with more than 100 students and faculty present in support.

Empty promises for transparency were made and calls for divestment are routinely dismissed, making these protests a powerful tool to bring administrators back to the table. While this process can be frustrating and can at times seem futile, conversations have begun to lead to genuine progress towards a more transparent and just endowment. Days before the Harvard-Yale protest, we met with Chancellor Martin and Eric Upin, the executive board chair of the WashU Investment Management Company. While divestment was not the outcome, we had a productive dialogue and received some

promising news about the state of our endowment. Martin promised that in the first quarter of 2020, two documents will be released: a statement of investment principles to be sent to all investment partners, and a public transparency report on what is in our endowment, broken down by sector. Transparency has long been an essential step towards divestment that acknowledges our right, as stakeholders in this university, to understand where the money that funds our education comes from.

Most notable was Chancellor Martin’s citing of the “groundswell of student support” for divestment as his reason to meet with us and commit to endowment transparency. We owe these successes to the students who show up on Friday mornings to march to Brookings Hall, to the professors and activists who speak at our rallies and to those of you who share our posts on Facebook, talk with your friends and family and

otherwise help to spread the word about our endowment that profits off of climate destruction. However, the push for divestment is far from over. While we hope that the administration will follow through on promises of transparency, we have been let down before and will not stop until Wash. U. is completely divested.

Divestment is not the only movement to see recent progress. All non-student campus employees will see \$15/hour wages in July 2021. Wash. U. will now offer free tuition to under-resourced local students. And now, hopefully, our endowment will be transparent within the next three months. None of these happened by accident or out of sheer goodwill by our administration. It took sacrifices and hard work by graduate and undergraduate students and community members who camped out for weeks in Brookings Quad, protestors who were arrested while voicing concerns to those in power and

everyone else who fought to make these changes happen. While some success has been achieved, much remains to be done. Graduate workers are still not guaranteed a living wage. Wash. U. admissions are still not need-blind. Our endowment still invests in fossil fuels. Yet protests like the one undertaken by Harvard and Yale students continue to be a surefire tactic in getting the attention of, and ultimately a reaction from, those who would rather ignore student voices in favor of political expediency. We know that these protests will be as effective for Harvard and Yale in moving the discussion forward as they have been for us.

While protest can seem inconvenient and uncomfortable, the status quo of climate degradation will become exponentially more inconvenient the longer it remains unaddressed. Disrupt someone’s sporting event so a changing climate won’t.

## OUR VOICE: EDITORIAL BOARD

Staff editorials reflect the consensus of our editorial board. The editorial board operates independently of our newsroom and includes members of the senior staff and forum section editors.

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Senior Sports Editor: **Matthew Friedman**  
Senior Cadenza Editors: **Isabella Neubauer, Sabrina Spence**  
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We welcome letters to the editor and op-ed submissions from our readers. Submissions may be sent to letters@studlife.com and must include the writer’s name, class and phone number for verification. Letters should be no longer than 350 words in length, and readers may

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# SPORTS

## Looking back at the top 10 WU sports stories of 2019

**DORIAN DEBOSE AND MATTHEW FRIEDMAN**  
SENIOR SPORTS EDITORS

2019 was an eventful year for the Bears. Multiple teams got hot at the right time and looked like they were contending for national titles. Some familiar faces moved on to greener pastures. There were important moments, exciting moments, and important and exciting moments. Here's a look at the top 10 Wash. U. sports stories of the year.

**Honorable Mention:**

St. Louis Blues win the Stanley Cup: Not a Wash. U. sports moment, but it was still a fantastic moment overall. Go Blues.

**10. Annie Mascot wins a Division I tournament**

Freshman Annie Mascot was one of the best—if not the best—golfer in Division III this semester. She won first place in her first two collegiate competitions. In her head-to-heads with other top-20 DIII golfers, she was 8-1-2. But the peak of her already illustrious career came in October, when she produced a school-record-breaking performance to win the Arkansas State Lady Red Wolves Classic. Mascot shot 5-under, three strokes better than her nearest competitor (University of Texas at Arlington's Madigan Murray).

**9. Justin Hardy named University Athletic Association ROY**

The men's basketball team graduated six seniors before its 2018-2019 season. The question coming into this season was who would replace their production. The answer, in part, was Justin Hardy. Hardy put up 14.6 points, 5.3 rebounds, and 3 assists per game. Each mark was good for second-best on the squad. For his efforts, Hardy was named to the DIII

News All-Freshman Team and won UAA Rookie of the Year.

**8. MLS comes to St. Louis**

St. Louis isn't just a soccer city. It is THE American soccer capital. We were surprised to learn this, but St. Louis has had a rich connection to soccer for decades despite not having an MLS team. That's why when it was announced that St. Louis was getting a professional soccer team, it was a victory for the entire city. It was also a great moment for a city still reeling from the loss of the (now Los Angeles) Rams a few years ago. Really, this moment is probably the most widely impactful moment of any on this list, but because outside of men's soccer head coach Joe Clarke's connection to St. Louis soccer, there's not much of a Wash. U. connection, we're putting it at eight.

**7. Jolie Carl scores game winner against Wheaton**

When No. 5 Wheaton College met No. 10 Wash. U. on Sept. 18, the Bears' place as one of the best women's soccer teams in the country was in question. They had started the season 2-1-1. They had suffered their first regular season loss since 2017 against University of St. Thomas earlier. With the game tied in double overtime against the Thunder, the Bears kept testing Wheaton goalkeeper Lauren Ketchum. In the waning moments of the game, Wash. U. quieted its critics with a stunning game-winning goal from freshman Jolie Carl. The exciting win was the fourth in a streak of 13 consecutive victories as the Bears finished the season as UAA champs.

**6. Pitcher John Howard and the WU baseball team had a great spring**

A 13-game winning streak

powered No. 12 Wash. U. baseball to its best season in head coach Pat Bloom's four-year tenure, as the Bears finished the year 34-7-1 and made it to the NCAA Regionals. The 34 wins matched a program high and the team had numerous other milestones as well. Finishing the season with a 1.23 earned run average, starting pitcher senior John Howard was named the D3baseball.com National Pitcher of the Year before being scouted by the St. Louis Cardinals. He was the only senior on last spring's team, so expect much of the Bears' success to continue next year.

**5. Overtime win for women's soccer in Sweet 16**

The Bears' road to the playoffs was pockmarked with overtime finishes, but this one tops them all. Wash. U. had fallen behind just after halftime when Claremont-Mudd-Scripps scored on a fast break, but the Bears answered right away, scoring as sophomore back Gabbie Cesarone slipped through the crowd to score on a header. Tensions were high, but when senior captain Taylor Cohen scored her 18th career game-winner in overtime, the crowd went wild and the mood was jovial.

**4. Track and field's Eka Jose won two national championships**

Most of the entries on this list were team efforts, but we would be remiss if we didn't mention the extraordinary individual achievements of junior Eka Jose. Jose broke the Wash. U. record(s) for the triple jump en route to winning the Indoor and Outdoor National Championships.

**3. Jim Conlon gets his 200th win**

Against the University of Rochester, the Wash. U. women's soccer team came from behind to win against a conference opponent. The



Football coach Larry Kindbom stands watch on the sideline against Milikin University. Kindbom helmed the team for 31 years, racking up 192 wins and 119 losses on the gridiron.

win marked Jim Conlon's 200th win as Wash. U.'s head coach; he is the first coach in Wash. U. history to reach the 200 mark. Coach Conlon is one of the kindest people in the athletic department. It was a pleasure to see him reach the milestone and a testament to the consistent excellence that he brings out of the program.

**2. Women's basketball gets deep into the playoffs**

Before New Year's Day of 2019, the women's basketball team was 6-5. After New Year's Day, they were one of the best teams in the county. They closed the season on a 16-2 run. After defeating

then No. 22 University of Chicago to end the regular season, the Bears beat University of Wisconsin-Whitewater, No. 8 George Fox University and No. 12 University of Mary Hardin-Baylor before falling to No. 1 Thomas More University in the NCAA sectional final (Elite Eight).

**1. Coach Kindbom retires after 31 seasons with Wash. U. football**

Larry Kindbom started coaching at Wash. U. before any of the players on the 2019 football team were born. He was an integral part of the culture within the athletic department for

31 years. His teams were a model for consistency: In all but five of his 31 seasons at the helm of the Bears, his team managed a winning record. Kindbom's retirement provided a chance to reflect on the impact that he's had on the University. He touched the lives of hundreds of young men who have played for him. Wash. U. honored Kindbom after the Nov. 7 senior day loss to Millikin University with a powerful video and a thank-you ceremony. As athletic department faculty, former players and community members paid their respects to Coach K, the enormous impact that he has had on those around him was apparent.



PHOTOS BY CURRAN NEENAN

TOP: Sophomore forward Justin Hardy floats a shot over the outstretched arm of a defender. BOTTOM: Senior Kristina Schmelter celebrates a tournament championship victory with style.

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# Neither size nor press defense slows women's basketball

**MATTHEW FRIEDMAN**  
SENIOR SPORTS EDITOR

Trailing for just 12 of the 80 minutes of game time, the Washington University women's basketball team defeated Greenville University and No. 25 Claremont-Mudd-Scripps Colleges by wide margins this weekend. With these wins, the Bears have now won three straight games and improve to 5-2 on the season.

Wash. U. beat Greenville, 76-54, on Friday night, out-rebounding the Panthers 51-36 and sinking 11 three-pointers. Then, in the highly-anticipated final game of the 19th Annual McWilliams Classic at the Field House, the Bears beat CMS on Saturday night, 67-52.

"This weekend was just a true testament to the kind of the hard work we've put in this week," senior Kristina Schmelter said. "We came out this weekend with a lot stronger energy than we've had in the past, both on the floor and on the bench. It was just incredible and we had some great team wins."

The Bears fell behind early against Greenville, a relatively smaller team physically that relied heavily on a press defense to keep Wash. U. off the scoreboard. While the Bears missed their first three attempts from long range, the Panthers were on fire, going on an 8-0 run over two minutes midway through the first quarter. The Greenville press forced a few Wash. U. turnovers, which the Panthers then converted into easy points.

The Bears then began to adjust, refusing to allow

Greenville to pull away. Wash. U. started to find holes in the Greenville press, advancing the ball past half court and creating scoring opportunities. "We started playing a little better defense, and when you get stops against a pressing team, they can't press," head coach Randi Henderson said. "It just helped us kind of ease up a bit. We hit a couple shots and started finding a little groove offensively, but it definitely started with our ability to get stops."

Once Wash. U. had found its groove, the Bears never looked back. Freshman Sammi Matoush drilled three three-pointers in a row midway through the second quarter, tying the game before helping the Bears to pull away. Matoush said that better ball movement allowed for more opportunities as the first half went on. "Us slowing everything down and moving the ball around—like kicking it into the post—was able to create more open shots," she said. By halftime, Wash. U. had pulled away and led, 34-28.

The Bears' three-point shooting stayed hot after halftime. They made seven shots from long range on just 13 attempts in the second half, as freshmen Molly Gannon and Naomi Jackson kept connecting. Gannon had four three-pointers in the second-half, while Jackson made all three of her attempts, scoring nine points in the half and 12 overall.

"My teammates really pushed the ball and were looking for the open player," Jackson said.

Gannon led the Bears with a career-high 18

points while sophomore Samantha Weaver finished with a double-double, scoring 11 points and collecting 14 rebounds. Schmelter had 14 points and nine rebounds.

Wash. U. stayed hot on Saturday, scoring 13 points before CMS could even get to four. While the Bears only shot 33.3% from the field in the first half, they took advantage of the Athenas' lack of discipline, scoring 12 of their 28 first-half points from the free throw line. By halftime, Wash. U. had doubled up on CMS and led, 28-14.

"Everyone was on the same page in the beginning," Weaver said. "That really helped us. It just set a tone for the game that we wanted to come out strong. We wanted to punch first."

An important aspect of the Bears' defensive success was limiting Athenas' forward junior Kate Parrish, who came into the game a leading scorer for CMS with 13.2 points per game. Wash. U. kept 6'2" Parrish away from the basket in the first half, allowing her only two shots, and held her to just two points before halftime. While Parrish did score another nine in the second half, she encountered foul trouble in the third quarter that kept her on the bench for significant periods of time and limited the CMS offense.

Whereas three-pointers had provided nearly half of the Bears' offense on Friday night, it was a different story against CMS, a taller team. Wash. U. took just eight shots from downtown on Saturday, a third of their total from Friday night.

"It's just an adjustment



CURRAN NEENAN | STUDENT LIFE

Freshman Samantha Weaver dribbles the ball upcourt while hounded by a Greenville University defender. Wash. U. cruised to a 75-64 win in the title game of the 19th Annual McWilliams Classic.

offensively to the different kinds of defense," Henderson said, observing that CMS plays a style of defense that has traditionally prevented many long-range shots.

Weaver said that game-planning for CMS was a crucial help. "We kind of expected that we [would] have to drive to the basket more, just because this team had more on-ball pressure compared to Greenville," she said. "It was kind of our goal to get to the basket. We just wanted to move the ball around more and get more layups and looks closer in."

Weaver led the Bears with a career-high 18 points. Matoush had her first-ever double-double, scoring 17 points and pulling down 12 rebounds, both career highs.

Wash. U. held the Athenas to just 26.1% from the field, as CMS took 69 shots but made just 18. Weaver said that communication enabled

the Bears to limit the CMS offense. "[That was helpful] because they were setting a lot of screens and they were constantly moving on their offense," she said. The 26.1% mark was the Athenas' second-lowest of the season.

"The biggest thing was just boxing out," Schmelter said. "Because they were such a big team, being able to make sure they stayed off the glass and didn't get second chance shots [was important]," she said. The Bears limited the Athenas to just 38 rebounds, a season-low for CMS. The loss was the Athenas' first of the season, dropping them to 6-1.

The weekend saw the return of two Bears' veterans, senior Camille Keane and junior Mary Bryggman, who had missed the first few weeks of the season with injuries. Bryggman played just eight minutes over the two games but was able to score her first points of the year with

a layup at the end of Friday night's game.

Keane played 14 minutes against CMS and got involved immediately, scoring four points. "It was really nice how she was able to come in and just make a difference right off the bench. She was being aggressive toward the basket and she was making strong moves," Weaver said. "So it's nice to see somebody that hasn't played a lot, somebody that cares a lot about the team, come in and make such a big impact."

Henderson was optimistic about the Bears' chances for the rest of the season. "I think we just keep getting better," she said. "I think this weekend showed growth from last weekend, and hopefully that just keeps carrying forward."

The Bears take on neighborhood rival Fontbonne University at 6 p.m. on Tuesday.

*Additional reporting by Dorian Debose.*



Career Center

STUDENT AFFAIRS AT WASHINGTON UNIVERSITY

## What to do over Winter Break

**You made it!** The pause between college semesters is a thing of beauty, so revel in it! However, once you have a few Netflix marathons under your belt you might feel ready to do something productive with your time. The Career Center advising team rallied together to encourage and support you with some **tips for making the most of Winter Break**. Choose one or two and come back in January feeling great about your productivity and ready to crush it in 2020.

❄️ **Simplify:** Break down large goals into manageable bites. "Get an internship and figure out what to do with my life" is too daunting. Schedule times to work on discrete tasks for 30 minutes at a time, so that you also have time for fun. Imagine the cumulative effect of committing to a plan like this over the break — you'll be productive AND you'll actually enjoy the break as a BREAK and not a vague, intimidating list of to-dos.  
-Jen Meyer

❄️ **Reflect:** Think of an experience or a course you had this fall that you enjoyed, or that ultimately took you in a direction you were glad to go, and then answer the following: 1. When did you feel most engaged in your learning or work? 2. What strengths/skills/personal qualities did you draw on to help you succeed? 3. As you look forward to next semester and summer, what is something (however small or large) you want to learn more about or prepare for a possible long-term goal in college or beyond?  
-Michelle DeLair

❄️ **Reconnect:** Get back in touch with high school friends and teachers. Your conversation may lead to possibilities for internships, informational interviews, or job leads. Prepare a specific answer to conversational questions that will make it easier for people to help you. For example, when your friend's mom asks how you're doing, instead of mumbling something vague say, "Well, I'm hoping to find a summer internship at a health-related non-profit here in Dallas. I'd love your ideas if you know anyone in that field."  
-Cynthia Bowdry

❄️ **List:** A target list is a document you can use to gather the names of 15-20 people and/or organizations related to your interests. Research them and expand your list by finding their competitors and collaborators, or check to see if there are WashU students or alumni who work/worked there. They may be great contacts for informational interviews.  
-Amy Heath-Carpentier

❄️ **Link:** LinkedIn is a professional networking site, designed to help people make connections, share their experiences and resumes, and find opportunities. Use it to find alumni doing work that interests you and build your network. LinkedIn can be a place to start exploring and see the variety of career paths available, or a way to target key companies and positions once you have a specific goal in mind.  
-Jennifer Finney

❄️ **Ask:** Networking is as easy as asking someone where to go for good New York style pizza. You are seeking advice about something that interests you. When you do it for professional growth it is the same thing, only you might be asking about the field of sustainability or marketing rather than pizza. Most people are happy to help! Ask graciously. Reach out to someone — a parent's friend, your older cousin, or a previous coach — and see what you can learn or who you might meet to help you along in your search.  
-Carol Moakley

❄️ **Learn:** As a WashU student, you have access to LinkedIn Learning, which

provides thousands of videos covering business, creative and tech topics (in several languages!). This is a great way to learn from expert instructors and increase skill sets that can enhance your candidacy for internships and jobs.  
-Patty Katzfey

❄️ **Shadow:** Consider asking professionals if you can shadow them for a few hours or a day. Spending time in the workplace can help you understand what certain professions look like before you consider pursuing them.  
-Michael Chapin

❄️ **Engage:** Learn as you scroll by following companies, professionals and industry-related news outlets on social media. Good candidates for internships and jobs need to know about trends, conversation topics and news related to the work. Even passive following, like reading the headlines, will make you more familiar with industry lexicon.  
-April McLellan

**Best wishes to you from the Career Center!**

**The Career Center is open during break!**

Even if you are at home, we can meet with you by phone or skype.

Just give us a call to set up an appointment at 314-935-5930, or use our online scheduling at [students.wustl.edu/schedule-career-center-appointment](https://students.wustl.edu/schedule-career-center-appointment)

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