Camille Ilusorio was visiting Brussels, Belgium on a solo trip when the terrorist attacks hit Tuesday morning. She is still in Brussels, but confirmed that she is safe. The junior nursing major is studying abroad in London with a program coordinated by University of Oregon’s global education office. Through email correspondence, Ilusorio told The Beacon about the experience.

When and how did you find out about the attacks? Where were you at the time?

I was actually on my way to Berlin and was heading to the airport to catch my flight. While I was walking, my phone got a notification from BBC. News about how there was just an explosion that went off at the same airport I was going to fly out of. I was already close to the subway station, but once I got the notification, I was thinking, “Oh yeah, better not head that way.” So I turned around and walked back to the place I was staying at. Once I got back, the subway station attack occurred and the line I was supposed to go on was the same one on which the explosion happened. It’s still crazy for me to think that I was about to get on a subway towards the direction of the explosion if I didn’t get that notification.

For the rest of the day, I stayed inside and kept myself updated on what was going on.

Are you traveling with any friends?

No, I was traveling solo for this part of the break.

I understand that the second attack occurred in a downtown metro station near some EU offices — can you tell me any more about this location and the significance of it occurring there?

I don’t know much, but I know the stop is where a lot of European Union and parliamentary buildings are located. And the bomb went off during prime rush hour time on a really busy line, also.

How long did it take you to get in touch with your study abroad coordinators and friends and family back in the states to tell them you were safe?

Well, it was more difficult than usual because I just so happened to have gotten a new phone before the break started and didn’t have any numbers saved from my old phone. So I partly used my phone and Facebook to tell people I was OK. But I was able to get in contact with everyone within a few hours after the explosions!

What is the environment like in Brussels right now?

The city center was full of soldiers patrolling and police cars driving around. I was there before the events happened so I definitely saw a difference in the amount of military present. There aren’t as many people walking about, but there was quite a heavy presence of young, adolescent Belgians that I hadn’t seen prior that were out supporting. The environment was a little tense, understandably, but there was a sense of unity and togetherness.

With the chalk messages, flowers, signs and candles that were left, the singing and hugging, it left a positive and uplifting impression on me and undoubtedly on the people of Belgium. Everyone was there to support each other, despite being from different countries, and it was honestly such a beautiful thing to see and be surrounded by. I haven’t been paying as much attention to the support on social media, but what I’ve been seeing in person has been amazing. One of the signs that stood out to me was written in French and said (translated to English), “United Against Hate.”

I know it’s still fresh, but does this change your perspective at all on terrorism and the increasing threats over the past several months?

My view on terrorism hasn’t changed, really. I still believe no country should be facing it and no innocent lives should be lost. But I also think it’s important not to deal with terrorism with hate. Channeling hatred because we’re afraid does not mend lives should be lost. But I also think it’s important not to deal with terrorism with hate. Channeling hatred because we’re afraid does not mend lives should be lost. But I also think it’s important not to deal with terrorism with hate. Channeling hatred because we’re afraid does not mend lives should be lost. But I also think it’s important not to deal with terrorism with hate. Channeling hatred because we’re afraid does not mend lives should be lost. But I also think it’s important not to deal with terrorism with hate. Channeling hatred because we’re afraid does not mend lives should be lost. But I also think it’s important not to deal with terrorism with hate. Channeling hatred because we’re afraid does not mend lives should be lost. 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The West Coast woke up Tuesday to news and social media buzzing about terrorist attacks that occurred early that morning in Brussels, Belgium.

Two bombs went off around 8 a.m. at the main Brussels airport. About an hour later, another blast hit the Maelbeek subway station in downtown Brussels, not far from many of the European Union institutions.

The New York Times reports that the death toll is 31 dead, along with three suicide bombers. 300 were injured.

Immediately after the attacks, the terror threat level in Belgium was raised to a level four. Flights in and out of Brussels remain canceled, and public transportation within the city is still limited.

ISIS has claimed responsibility for the attacks, and two of the bombers have been identified as brothers and a third suspect is being sought. The New York Times reports that they have connections to some of the Paris attackers.

The Beacon
Assessment of mental health care services

By Jacob Fuhrer

UP is in the process of hiring two new staff members to improve mental health care on The Bluff after a series of suicides led students to express concern to administration. In an email to students last week, University President Fr. Mark Poorman detailed the new positions, which include a new Health Center counselor as well as an Early Alert Program coordinator. It’s all part of a broader effort to understand and improve mental health for UP students. In November, Poorman convened a panel of staff members to gather information and suggest improvements. The eight-person panel, headed by political science professor Gary Malecha, expects to give its final report to Poorman in the next three weeks. “The administration is dedicated to providing assistance and support to students,” Malecha said. “We’ve come up with some ideas in terms of what we might want to do.”

Exactly what those ideas are won’t be revealed until the final report is delivered to Poorman. Representatives from the Health Center met with the panel to suggest improvements, which include changing the name of Health Center to the Health and Counseling Center. “It’s a way of destigmatizing what it is instead of hiding counseling underneath an umbrella of health,” said Will Meek, assistant director for counseling at the Health Center.

Meek also suggested practical improvements, like redesigning the lobby of the Health Center to make it more inviting. He called for more education around sexual consent as well as an effort to make the community more inclusive to diverse student populations. Meek added that after an extensive search for an additional mental health counselor, a decision should be announced by the end of April.

Student mental health advocacy group Active Minds also met with the panel to discuss student well-being. “They’ve given us a number of ideas in terms of trying to create a culture of caring,” Malecha said.

Some of these improvements include holding sessions in dorms to help make it easier for students to seek out support. Malecha says some improvements have already been made, including decreasing wait times at the Health Center and increasing overall awareness on campus.

“One of the things we need to keep in mind is this is an issue that hits all universities,” Malecha said. “I was very much aware of it and I think it’s an important issue.”

Contact Staff Writer Jacob Fuhrer at jfuhrer7@up.edu. Twitter: @jacobfuhrer

UP hiring new staff for mental health

By Rachel Rippetoe

Today’s ASUP election for Executive Board and Senate ended in a runoff for the president and vice president positions. The runoff election will be next Tuesday and Wednesday. The finalists for president and vice president are Brandon Rivera and Tsikata Apenyo and Kriehelle Magtoto and Anthony Ng.

“...this is the third election in a month and I feel bad for the student body.”

Brandon Rivera

SOF president-elect

With a total number of 1207 votes in the election - a turnout of only 34.06 percent of undergraduates, Rivera and Apenyo came in the lead with 536 votes (15.12 percent of expected votes, 44.7 percent of received votes), while Magtoto and Ng followed with 342 votes (9.65 percent of expected, 28.52 percent of received). The position of communications director will also be voted on in the runoff election. Stephanie Tucker came in the lead with 547 votes, while Andrew Simon followed with 308 votes. Magtoto and Ng plan to continue their campaign through Easter Break. Ng said the pair is working on a second campaign video showing more student voices.

“It’s just a way that students on the weekend can see who we are,” said Ng. “While they’re resting, we’ll be hard at work campaigning. It’s changing our Easter plans a little bit.”

For Rivera and Apenyo, Easter Break will be a time to recharge after a hard week of campaigning. Rivera said that the toughest part of campaigning was actually making sure everyone in the student body knew there was an election. Rivera and Apenyo put out 72 fliers across campus and even spoke with students from a Bon Appetit food cart Wednesday. While it seems to Rivera and Apenyo that their hard work has paid off, they recognize that multiple elections in a short amount of time are not just draining for them, but for all of the student body.

“This is the third election in (a little more than) a month and I feel bad for the student body that they have to do this all over again,” Rivera said. “I wish we had just won this election right here, but we have to grab our group and tell them, ‘Hey, we have to keep pushing through.’”

Contact Staff Writer Rachel Rippetoe at rippetoe8@up.edu.

UP is working to make improvements to mental health services on campus, led by a panel of staff members advising Fr. Poorman. Poorman announced a plan to hire two new Health Center positions in an email last week.

ASUP Election ends in runoff for top positions

By Rachel Rippetoe

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Contact Staff Writer Rachel Rippetoe at rippetoe8@up.edu.
Racial inclusion discussion pulls large crowd

By Hannah Sievert and Clare Duffy

Nearly 200 people — students, faculty and staff — packed Mehlhling Ballroom Tuesday night to discuss race and inclusion, an uncomfortable topic at a university where one percent of the student body and zero percent of the upper-administration is African-American.

The event, hosted by the Presidential Advisory Committee on Inclusion (PACOI), left many participants encouraged by attendance, yet confused and disappointed that all of the event’s featured speakers were white.

In small groups, participants were asked to grapple with three questions: What are things that UP as a community is doing well around racial inclusion? What are things that UP as a community could improve around racial inclusion? What are action steps that UP as a community can take to be more inclusive?

“To be honest, this is the first item I’ve seen where I’ve been here that is racial inclusion-specified,” junior Nina Sandel said.

While small groups mentioned several areas of success in terms of racial inclusion such as conversations prompted through Beacon articles and certain professors including cultural competency in their courses, the majority of discussion centered around what the UP community can be doing better.

Participants in the small groups made suggestions ranging from adding cultural competency training to actively diversifying the community to having spaces for diverse religious practices.

But there were two common themes in most of the conversations: First, going beyond “inclusion” to actually diversifying the community both in terms of hiring for faculty, staff and administration and recruiting students from a wider variety of backgrounds. “I wish everyone would like to have faculty that’s not majority white,” Christian Wells, a black Afro-American sociology major, said. “There’s no black faculty that I can go to for advice in my field, especially when I do research, there’s no black faculty.”

And second, adding a discussion like cultural competency to the University’s core requirements. “Think a core class) needs to be mandatory. Especially in this day and age. It would only be beneficial,” Sackett said.

“I think especially at a predominately white school, since the majority hasn’t been necessarily exposed to the experiences of people in different cultures, it would be beneficial to let them be exposed to that,” sophomore Kahlima Bernaldo-Olmedo said.

The event’s featured speakers shared times when they felt they either combated racism or perpetuated it — and what they’ve learned since. But there was an almost palpable question hanging in the air throughout the room: At an event intended to address diversity, why were all the featured speakers white?

“I can’t think of a professor who isn’t white and the top of my head,” junior sociology major Zeke Pralle said.

“I think only hearing white voices talking to us, on stage, is echoing what we hear in the classroom.”

But co-chair of the event and student member of the PACOI Khalid Osman closed the event by assuring the crowd that this was an intentional choice.

“Students of color have been speaking out about this to each other, and I hear from students of color all the time,” Osman said. “What we wanted to know is, the people not speaking, the usual suspects to say, ‘Hey, I made a mistake,’ or, ‘Hey, I did something right’... We want to create momentum. We want more of these conversations to happen. We want this to be just the start.”

Many participants expressed hope that the event, an effort coordinated by various groups across campus — Presidential Advisory Committee on Inclusion, Black Student Union, Black Lives Matter, the Student Association of Social Workers and the Office of Diversity — could be just a stepping stone in improving racial inclusion on campus.

“Basically tonight has the potential to be a long-size steps on a journey that will not be completed in our time at the University of Portland. That is a fact,” sophomore Henry Hark, one of the event’s featured speakers, said.

University President Fr. Mark Poorman attended and gave the event his stamp of approval.

“Scripture says we should be treating each other as if no one were strangers, as if everyone were welcome,” Poorman said.

According to co-chair of the PACOI Fr. Gerry Olinger, the committee will compile participants’ notes from the event into a spreadsheet to use in its discussions.

“The feedback will help inform the work of the PACOI in future years,” Olinger said.

“We’ll have an opportunity to start analyzing that information over the summer. It will really, I think, become a guiding document.”

Contact Staff Writers Hannah Sievert at sievert@up.edu and News Editor Clare Duffy at duffy37@up.edu.

Black Lives Matter Panel discusses police and race relations

By Melissa Aguilá

What would have been an ordinary trip to 7-Eleven with her mother, became one of freshman Carolina Sanchez-Martinez’s most memorable experiences of interactions with police and race.

When she was still a child growing up in Florida, Sanchez-Martinez’s world turned upside down. Her mother, both Cuban immigrants, stopped by the convenience store.

In her mother’s haste, she left Sanchez-Martinez and her younger brother, who was Cuba growing up in Florida, behind.

When she realized her mistake and tried to retrieve her daughter from police officers, they did not believe she was related because of their differing skin tones.

To discuss personal experiences with police and learn about public policy, UP’s branch of Black Lives Matter hosted the panel “Getting Started: A Conversation on Race and Community” on March 15.

Senior civil engineering major Khalid Osman moderated questions to the panel, which consisted of Sanchez-Martinez, sociology professor Brian Rokey and Deanna Wesson-Mitchell, policy director for Portland Mayor Charlie Hales’ office.

Rokey noted that the level of public attention police involvement is receiving is at an all-time high, but it is not a new issue.

“Racial hatred is now becoming more socially acceptable,” Rokey said. “It may be bringing us together, but it’s not bringing all of us together.”

Rokey also gave a presentation explaining the disparities in the incarceration of people of color and whites. Over the course of the presentation and audience question and answer portion, panelists expressed anger at how communities of color have been systematically treated unfairly, while also looking toward the future.

Wesson-Mitchell offered insight into the bureaucracy of police reporting and disciplinary action. She recommended that everyone file a report with the Independent Police Review so officers can get feedback — good or bad — and improve their work.

She also encouraged the University to hire more staff of color and recruit at more diverse institutions.

Sanchez-Martinez shared the difficulties she has faced coming from Roosevelt High School, one of the most diverse high schools in Portland, to a predominantly white university.

“Coming to UP is a culture shock,” Sanchez-Martinez said. “You don’t want to say the wrong thing.”

She is also a commuter student and has worked several jobs, leading to her often considering dropping out. Smiling, Wesson-Mitchell touched her hand and offered words of encouragement, telling her to continue speaking the truths of her experiences.


Contact Staff Writer Melissa Aguilá at aguilam16@up.edu

CORRECTIONS

There are no corrections this week.

Contact Staff Writer Hannah Sievert at sievert@up.edu and News Editor Clare Duffy at duffy37@up.edu.

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THE TIP LINE

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UP Alumni Survey reveals post-grad job rates

As graduation approaches, seniors are polishing their resumes and wondering how long it will take them to get a job. They might find a clue in data UP Career Services collected from last year’s seniors in three surveys (Dec. 2014, May and August 2015).

According to responses from 95 percent of the class, 60 percent are employed full-time, 9 percent are in graduate school and 8 percent have part-time jobs.

Molly Vincent and Rebekah Markillie

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**GRADUATES WITH A PLAN**

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<thead>
<tr>
<th>Status</th>
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<tbody>
<tr>
<td>Employed full-time</td>
<td>60%</td>
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<tr>
<td>Employed part-time</td>
<td>8%</td>
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<tr>
<td>Enrolled in graduate studies</td>
<td>9%</td>
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<tr>
<td>Not seeking employment or continuing education at this time</td>
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<tr>
<td>Participating in a volunteer or service program</td>
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<td>Planning to continue education but not yet enrolled</td>
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<td>Seeking employment</td>
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<tr>
<td>Serving in the military</td>
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*Values are rounded estimates

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**OUT OF 805 GRADUATES, 688 LEFT UP WITH A PLAN**

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**New hire in administration // News**

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**Video from racial inclusion event // News**

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Silent Wings Club shares World War II veteran stories

By Luke Lonanger

When senior Mackenna Krohn initially heard Dale Bowlin give a speech to the Silent Wings Club, it lingered in her mind. This speech became the inspiration behind the Greatest Generation Project, which records discussions with soldiers who fought in World War II. Though the project initially started with an interview with Bowlin, those behind the Greatest Generation Project are looking to expand and allow others to conduct interviews with those who were a part of World War II before it is too late.

“It is really important for our generation to see what (World War II veterans) lived through,” Krohn said. “We can share these impactful stories with people our age. This format is accessible.”

Krohn is drawn to World War II veterans because of how few of them remain, and because of the unique place they hold in modern society. According to the Department of Veteran Affairs, more than 420 World War II veterans die every day.

“It is really important for our generation to see what they lived through,” Krohn said. “We are talking about people, who before they graduated high school, went across seas and fought (and then) came home and went to college.”

(Veteran stories need) to be shared through individual stories, not just the history that you get in a book.”

Contact Staff Writer Luke Lonanger at lonanger@up.edu.

Silver Wings Club shares World War II veteran stories stories, and not just the history that you get in a book.”

Karen Garcia • Living Editor
garciazk@ups.edu

“Veteran Dale Bowlin, holding a picture of himself when he enlisted in World War II.”

Well, the lineup for this year’s Rock the Bluff is finally out and you’re either practically shaking in your shoes with excitement or you’re just really confused. Who is AlunaGeorge? Why is that name so weird? Who are Bleachers? Are we really going to have people playing the STOMP code for STOMP? Is STOMP on bleachers? Wait … is this going to have people playing percussion sounds and slick dance moves of STOMP, you are all wrong. Lucky for you, I am here to introduce you to this two groups and let you know which songs to listen to in order to become a seasoned fan of each.

AlunaGeorge

AlunaGeorge is an electronic duo from England, comprised of Aluna Francis and George Reid, AlunaGeorge have been making music since 2012. Recently, they gained popularity with a DJ Snake remix of their song “You Know You Like It,” which they actually released in 2012 as a digital download. They're masters of smooth, electronic beats and even funky, disco tunes that get you dancing. “Supernatural!”

A disco trip into space where planets are full of happiness and dancing feet, this song is out of this world. Aluna’s voice is like an angelic whisper over a playful beat and synths. Imagine you’re in a spaceship with Matt Damon — without the whole being stranded on Mars thing — and your mission is to spread disco inspired beats to all the inhabitants of space.

“Kaleidoscope Love”

This makes me think of an actual kaleidoscope. But like a kaleidoscope of euphonic beats and scenes of wildflowers just floating around me. It is so magical and a total dance tune.

“Strange Desire” came out in the summer of 2014 and produced an instant summer anthem. One of the hit singles off the album was “I Wanna Get Better,” which became the meaning of life for all Tumblr alt-rockers. Not going to lie, this was the only album I wanted to listen to whenever I came to visit Portland because I was one of those Tumble alt-rockers.

Overall, they are the cutest band around right now, in my opinion.

“Wake Me”

A more low key song on their debut album “Strange Desire” come out in 2014 and produced a slow crescendo which leads to a screaming _______ Antinoff, almost pleading in the song. If you pay attention to the lyrics then you’ll immediately fall in love with the message and pure poetry. If they play this at Rock the Bluff then grab the person next to you and hug them even if they’re a complete stranger, or if you’re in a relationship then just slow dance and enjoy the love!

“Who I Want You To Love”

This song reminds me so much of Lord Huron and I can’t even begin to describe how special this song is. On a personal note, this was the song that made me feel a very strong connection to this campus. I drove here in the summer of 2014 and this was my main song of the season. Right when I rolled up to the entrance of the school, this song came on and I pretty much cried. It is beautiful. Uptown, powerful, guitar driven and just a good time. Hopefully you make your own connection to this gem and don’t see me break down in tears at the concert.

Entertain me: AlunaGeorge & Bleachers — rock the bluff preview

Natasa Horose • THE BEACON

“Being a huge fan of each other, we thought it was the perfect opportunity to come together and work on something for all Tumblr alt-rockers.”

There are no words in this song that can describe how special this song is. On a personal note, this was the song that made me feel a very strong connection to this campus. I drove here in the summer of 2014 and this was my main song of the season. Right when I rolled up to the entrance of the school, this song came on and I pretty much cried. It is beautiful. Uptown, powerful, guitar driven and just a good time. Hopefully you make your own connection to this gem and don’t see me break down in tears at the concert.
Hawaii Club celebrates lū’au’s 40th anniversary

Hawaii Club’s annual lū’au is one of the oldest traditions on campus, and it celebrated its 40th anniversary last Saturday. The event showcases just a few aspects of Hawaii’s culture, and its evolution and growth year by year has been made possible by the hard work of members from the UP community.

Lū’au was first brought to campus in 1976, when Fr. Cornelius A. Hooibroer had a conversation with the then-governor of Hawaii. Coincidentally, the governor’s sister was a UP alumna, and Fr. Cornelius was interested in bringing some of Hawaii to UP. Hawaii Club was created that year and they hosted the first annual lū’au.

Today, Hawaii Club continues to put on lū’au with the help of other members in the UP community. Preparation for the event starts in fall semester and performers start practicing right after winter break. Junior Marisa Tottori served as this year’s lū’au chair, working with UP faculty, parents back home and community organizations to put together this year’s event.

“It’s definitely a cooperative mission,” Tottori said. “Without everyone, lū’au definitely wouldn’t be what it is today.”

Parents back in Hawaii play a major part in lū’au. They donate monetary gifts, items for the country store and plants for the stage. Some parents even fly up every year to help put the event together and support their children who are performing. Aida Gazmen is the mother of junior Junna Gazmen a junior at UP; she has helped at various lū’aus.

“I love helping with (the) set up,” Gazmen said. “We have always helped (Aida) with performances because we are always here to support her.”

This year’s lū’au kicked off with traditional Hawaiian games like Ulu Maika, which is similar to bowling, and Konane, which is similar to checkers. There was also a pre-show this year that featured performances from members of other clubs. Guam Club performed a hybrid of both hula and Tahitian dance, while Filipino Club performed a traditional dance known as Tinikling.

Guests were then offered some delicious Hawaiian food such as lomilomi salmon, chicken long rice, kalua pig and poi. After dinner came the night’s big show, which included traditional hula dancing as well as other Polynesian dances, such as Tahitian.

“Parents back in Hawaii play a major part in lū’au. They donate monetary gifts, items for the country store and plants for the stage.”

By Alana Laanui

THE BEACON

Contact Staff Writer Alana Laanui at laanui18@up.edu.

All photos by Kristen Garcia • THE BEACON
Hawaii Club celebrates lū‘au’s 40th anniversary

Your how-to guide for: hammocking

Looking for a way to relax more, get outside and maybe meet some interesting people along the way? Hammocking has grown in popularity in recent years and allows users to get a little more R&R in their lives. The Beacon spoke with freshman business major and hammock aficionado Andy Quackenbush about how to create the perfect hammock session.

Melissa Aguilar • THE BEACON

Best places to set up

Shipstad quad

When the sun’s out, people often choose this quad to play sports or pass a Frisbee or even just to lounge with their philosophy book nearby. Quackenbush recommends this place for a more social atmosphere.

Schoenfeldt by SLUG

With views of the St. Johns Bridge and Forest Park, this secluded spot is great for a quieter, more pensive mood.

Franz quad

Everyone from professors and students, to the occasional dog walker passes by Franz regularly. Who knows who you’ll meet while reclining here?

Hammocking essentials

Straps

For easy set up and to avoid damaging the trees, get some straps.

Blanket

Especially in the early spring months, it can get a little chilly.

Snacks

Stop by Mack’s beforehand so you don’t have to leave the fun to refuel.

Book

Now’s the perfect time to catch up on reading that’s not on a syllabus.
Experiencing the Easter Triduum at UP

HOLY WEEK 2016

HOLY THURSDAY
MASS OF THE LORD’S SUPPER
MARCH 24TH 4:30PM

GOOD FRIDAY
LITURGY OF
THE LORD’S PASSION
MARCH 25TH 3:00PM

HOLY SATURDAY
THE EASTER VIGIL
IN THE HOLY NIGHT
MARCH 26TH 8:30PM

EASTER SUNDAY
MASS OF EASTER DAY
MARCH 27TH 10:30AM

Photo courtesy of Anthony Paz
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University of Portland Department of Performing and Fine Arts Presents

AMERICAN FEAST
A Night at the Movies

Featuring the University of Portland Singers
Michael Connolly, Director; Molly Kerness and Jasmine Trai, Student Conducting Associates

6 p.m. Saturday, April 16, 2016 in Baccio Commons

Enjoy a social (appetizers and no-host beverages) and dinner followed by music from films since the first talking picture

Tickets available at Buckley Center 315, 503-943-7128 or pfa@up.edu until Monday, April 11. No tickets will be sold.

Students $5, Non-Students $15

Bon Appetit points may be used for purchase.

For ADA accommodations, please call the PFA Office at 917-943-7128, up.edu/music, 1020 N. Willamette Blvd.

Anthony Paz is Campus Ministry’s Assistant Director for Liturgy and Catechesis. He can be reached at paz@up.edu.

Anthony Paz
Campus Ministry

Photo courtesy of Anthony Paz

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For UP RELATED Updates
The Portland Paradox

Don’t let Portland’s progressive reputation make you complacent

We live in a city of striking contradictions. Despite having carved out a reputation for itself as a sort of liberal utopia on the West Coast — a place where sustainability, left-leaning political tendencies, alternative culture and that ubiquitous weirdness is the norm — Portland has a history of racial exclusion, the consequences of which can still be seen and felt today.

Tuesday evening, the Community Engagement on Racial Inclusion event took place in the Melba Room Ballroom. Students and faculty were encouraged to attend and share personal experiences related to race and ethnicity on campus with the hope that in doing so, a message could be sent. There are people at UP who are wanting and willing to have a conversation about race and take steps to address how it affects the lives of students.

It’s important for people to be informed and honest about their knowledge — or lack of it — on the topic of race and racial inclusion in Portland. All part of the reason that UP isn’t very racially diverse is because Portland isn’t.

Although the worst of overt racial discrimination is often attributed to the South, for decades Oregon was a northern haven for the strongest of these racial philosophies. Black people weren’t allowed to move to the state until 1926, after which housing laws and employment discrimination prevented black, Latino and Asian people from purchasing homes. Up until the 1960s, it was common for some public spaces and businesses to be segregated or simply limit their services to “whites only.”

Obviously, many things have changed over time — but the legacy remains, if in a subdued form.

In 2009, the Oregonian reported that while people of color make up 40 percent of the metro area’s population, Portland’s population remains predominantly — 78 percent, to be exact — non-Hispanic white, making it the whitest city on the West Coast. This has implications for public policy, as is only a handful of public policy makers are people of color.

Portland was the fastest gentrifying city in the U.S. according to a 2015 study from Governing. Gentrification in the controversial city planning technique that, through increasing property values, pushes lower-income businesses and families. In a rapidly growing city, this means older and less dense homes (and food cart pods) are torn down to make space for high density apartment buildings and businesses.

The results of gentrification are exemplified in North Portland’s shifting demographics. As home values in the neighborhoods of Irvington, King-Sabin, Humboldt, Boise and Woodlawn have quadrupled over the past 20 years, communities of color have dispersed. On average, black communities make less money than white communities.

The United States Census Bureau reported that in 2014, the median income of non-Hispanic, white households was $60,256, whereas the median income of black households was $35,398. This reality is unsettling — and rightfully so.

Do not become so comfortable in Portland’s “progressiveness” that you grow complacent.

In recent years, the topic of race and ethnicity in the United States has perhaps become more nuanced due to the internet and the advent of social media, but it has always been an integral part of the country’s history, for better or for worse. Issues related to racial and ethnic diversity aren’t trendy hashtags or blogs in the cultural consciousness — they represent the day-to-day experiences of millions of people, whose existences are real and valuable.

So stay informed. Racial inclusion is just one of the many forms of inclusion that should be addressed in Portland. You don’t have to know everything about a subject, because no one does. The willingness to engage in conversations that challenge our understanding of the world, and the Portland we want it to be, can steer the city in a better direction — leaving behind a rain-soaked path, of course.

The Beacon invites readers to use the Opinion section as a platform to share personal stories and opinions on this issue further, and submit pieces to beacon@up.edu.
Feminism: Get informed on what feminism means

Continued from page 9

they believe she’s submitting to her husband’s will. True feminists look down on neither. They support females no matter how each individual chooses to perform the role of woman.

This philosophy means that the nurturing nature and femininity that the blogger mentions are not only acceptable by feminist standards, they are to be celebrated. Feminism and femininity are in no way incompatible. Recently, actress and comedian Melissa McCarthy talked about the issue of feminism and people, like the author, who may hold incorrect definitions of the word.

Regarding women who don’t consider themselves feminists, McCarthy said, “I always think, ‘Oh, that sounds so dumb.’ And I don’t mean that in a hateful way. It just sounds so ill-informed. Do you think women should be paid less? You don’t believe in equality for women? I think so. So let’s stop making feminism such a dirty word. McCarthy puts it best. Many people who don’t identify as feminists are truly ill-informed on what feminism means. This misinformation is connected to the negative spin that feminism has encountered for decades.

Feminism expands opportunity for all types of people, women and men alike, allowing individuals to choose who they want to be regardless of gender. Women should be encouraged to be professional athletes as much as men are. Men should be encouraged to become kindergarten teachers as much woman are. Gender norms confine everyone, and feminism sets out to break the barriers for all.

So let’s stop making feminism such a dirty word.

Mariah Wildgen is a senior political science major. She can be reached at wildgen16@up.edu.

Peace: ‘The good days have been so good’

Continued from page 9

hurt myself. I ate and I didn’t eat. I slept and I didn’t sleep. I cried often. I didn’t let people hug me. When I originally drafted this piece, I wrote, “I am writing to you on a day that every cell in my body feels exhausted from being so sad and scared for so long. I feel haunted but also numb.”

But during the blessed days and months that I have been free from the haunting, I have experienced myself and my life in a way that is more beautiful and more satisfying than I ever hoped for. I have laughed and cried and loved and loved and loved. I know now how and when to ask for help. I know how to let people be there for me. I know how to listen and be empathetic without monopolizing the conversation and drowning people in my problems.

The good days have been so good and even when they haven’t been, to be free of the haunting is enough. I would never wish the torment of trauma or darkness of depression on anyone. But I really believe that I would not be as grateful for the good days if I hadn’t endured the bad ones. I understand that the rest of my life will likely be a trajectory of highs and lows but the peace I have experienced is something I cherish and seek out, endlessly. And I hope you will, too.

We all struggle, let’s struggle together.

Olivia Sanchez is a sophomore psychology major. She can be reached at sancheol18@up.edu.
Pilots show improvement in loss to OSU

By Hunter Jacobson

The No. 3 Oregon State Beavers braved the rain and took Joe Etzel Field by storm on Tuesday night, cruising to an easy 13-6 win over the Pilots. With the win, the Beavers, led by University of Portland alumnus Pat Casey, increase their winning streak over Portland to 23 games.

"We don't talk about last year. We just focus on the team that we have this year and what they're capable of," Head Coach Geoff Loomis said.

The loss drops the Pilots to 11-9 on the year while the Beavers improved to 16-2.

But the Pilots fought back, scoring two runs in the 5th on a two-run homerun from center fielder Caleb Whalen. Forgione drove in two runs of his own in the following inning. The Pilots put three total runs on the board in the 6th.

"I think that’s what’s worked for us so far." After four and a half innings of play on Tuesday night, the Pilots found themselves in a 10-1 hole, seemingly headed for another lopsided loss at the hands of the Beavers. Their only run up to that point came when Michael Forgione scored from third when a ball scooted by the Oregon State catcher and made its way to the backstop.

The Oregon State bats were just too dominant for the Pilots to come all the way back. They put runs on the board in six of the nine innings, totaling 13 runs on 14 hits.

Although they’re facing a tough stretch at this point in the season Forgione and the Pilots are confident that they can begin to build a winning tradition.

"We’re off to a pretty good start this year, and I think our mentality has changed. We’re walking around with a little more swag." Michael Forgione said.

"I think that’s what’s worked for us so far." After four and a half innings of play on Tuesday night, the Pilots found themselves in a 10-1 hole, seemingly headed for another lopsided loss at the hands of the Beavers. Their only run up to that point came when Michael Forgione scored from third when a ball scooted by the Oregon State catcher and made its way to the backstop.

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"We need more guys to buy in. And when we all buy in — and it’s gonna happen soon — we’ll be pretty deadly in this conference." Michael Forgione said.

Forgione sees the new coaching staff as a huge component in the team’s early successes because they bring tremendous knowledge of the game to every series.

“We have so much information at our disposal with these four (coaches),” he said. “We are really well-prepared for each weekend and I think that’s a huge step forward in this program.”

Forgione said that the team respects that the coaches and players are putting forth equal effort toward becoming a top tier West Coast Conference team.

“They know that we’re here a lot of hours,” said Loomis. “They know that we’re here working and grinding just like they are.”

The Pilots are in the middle of one of the toughest stretches of their season. They will face off against Cal State Northridge on Thursday who is currently riding a 13-game winning streak. The following weekend the Pilots will host BYU who sits at No. 23 in the national rankings. Although they’re facing a tough stretch at this point in the season Forgione and the Pilots are confident that they can begin to build a winning tradition.

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Contact Sports Writer Hunter Jacobson at jacobsoh19@up.edu. Twitter: @huntre23

This week in sports

Baseball
The Pilots play the first of of a double-header against CSUN today at 3 p.m. They will face off again at 6 p.m.

Men's and Women's Track and Field
The Pilots are set to compete in the Willamette Invitational on Saturday, March 26.

Men's Soccer
The Pilots fell to the Timbers 2 on March 18 on Merlo Field by a score of 2-1.

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Tennis player finds an escape in cultural dance

By Ben Arthur
THE BEACON

It’s a Sunday afternoon in the gymnasium at Holy Trinity Greek Orthodox Church in Northeast Portland and a group of 20 middle schoolers are linked together in a circle learning Syrtos Xaniotikos, a traditional Cretan dance. University of Portland tennis player Michail Pervolarakis and the other dance instructors are guiding the kids through the basics.

The small details are key to success in the dance. One boy takes the lead position and his confidence vanishes. He forgot the movements he rehearsed. Pervolarakis takes him to the side and the two work in private. They start from beginning, going through the basic steps over and until it is firmly imprinted in his mind.

Other instructors had tried to help the boy for months to no avail. Pervolarakis’ instructions hit home in a few minutes. The boy had a pep in his step when he rejoined the group.

Pervolarakis’ work with the boy and other youths in the Holy Trinity Greek Dance program has not gone without recognition. The Oregon Sports Awards named him the Play It Forward college athlete of the month for February. The award recognizes student-athletes who are committed to helping kids in Oregon stay physically active.

Pervolarakis enjoyed sharing his knowledge of traditional Greek dance and is eager to do it again next year.

“Being up, we don’t always get to do something,” Pervolarakis said. “We’re always here. Going one day a week to the church to do something I like is definitely an escape.”

Pervolarakis has thrived at the No. 1 singles position for the Pilots tennis team. The sophomore was named October’s U.S. Bank student-athlete of the month following an impressive outing against some of the nation’s elite at the USTA/ITA Northwest Regional Championships. He snagged WCC player of the week honors for the week of Feb. 9.

Pervolarakis’ prowess on the tennis court stems from his superstitions preparation. He always sleeps eight to nine hours the night before a match. He wakes up two hours before he is scheduled to play and gulls down a bowl of cereal for breakfast before warming up with teammates. Cherios is his favorite.

He was four years old when his parents introduced him to tennis. They were playing for fun one day when they asked if he wanted to give it a try. A native of Limassol, Cyprus, Pervolarakis spent much of his childhood outdoors enjoying the beach. He stayed active with spearfishing, racquetball and soccer.

Pervolarakis hasn’t looked back since the first day he picked up a racket. He competed on the Cyprus junior national team and ranked as a high as No. 3 player in his home country.

University of Portland men’s tennis head coach Aaron Gross said that he recognized Pervolarakis’ talent from his strong performances in international tournaments before arriving at The Bluff. He uncrossed and smiled when he spoke of Pervolarakis’ week ethic.

“(Mike’s) strength is that he doesn’t have obvious weaknesses,” Gross said. “I feel like two years from now he’ll be at that place where he can try and earn money playing the sport.”

A calm disposition sweeps over Pervolarakis on the court. When frustration creeps in, he remains patient. He waits for the opponent’s slightest hint of relaxation and makes his strike with a lob or netpost.

Pervolarakis is laser focused in the heat of a match. His attentiveness to detail has been nurtured through his immersion in Cretan Folk Dance.

Pervolarakis’ father, a Greek native, began teaching him the dance when he was 14 years old.

Panos Stratis, a dance instructor at the Greek Orthodox church, caught wind of Pervolarakis at a Greek Festival last October. He was so impressed that he asked him to be a volunteer teacher for middle school kids in their dance program.

From November through February, Pervolarakis would head to the church most Sundays to help instruct the kids. But there was no joking around. For two hours, he had their undivided attention. He was vocal and hands-on in teaching the different dance variations.

Stratis says that the kids were best behaved when he was around.

“Mike embodies the spirit of the folk dance,” Stratis said. “I sensed it from the moment I met him. He doesn’t kid around.”

Pervolarakis’ “serious” style comes from appreciation of the history behind the dance.

“You can have fun and enjoy what you’re doing, but at the same time you have to respect the tradition,” Pervolarakis said.

Back on the tennis court, Pervolarakis is locked into his regimen. His ritualistic approach carries into the match.

Win a point? Grab the same ball for the next rally. A particular shirt that he is victorious in? Wash it and toss it back on for the match the next day.

Pervolarakis is dialed in, just as he would be performing his favorite traditional Cretan Dance: Syrtos Xaniotikos.

A dance that he is eager to teach the kids when the Holy Trinity Dance program starts up again in the coming months.