

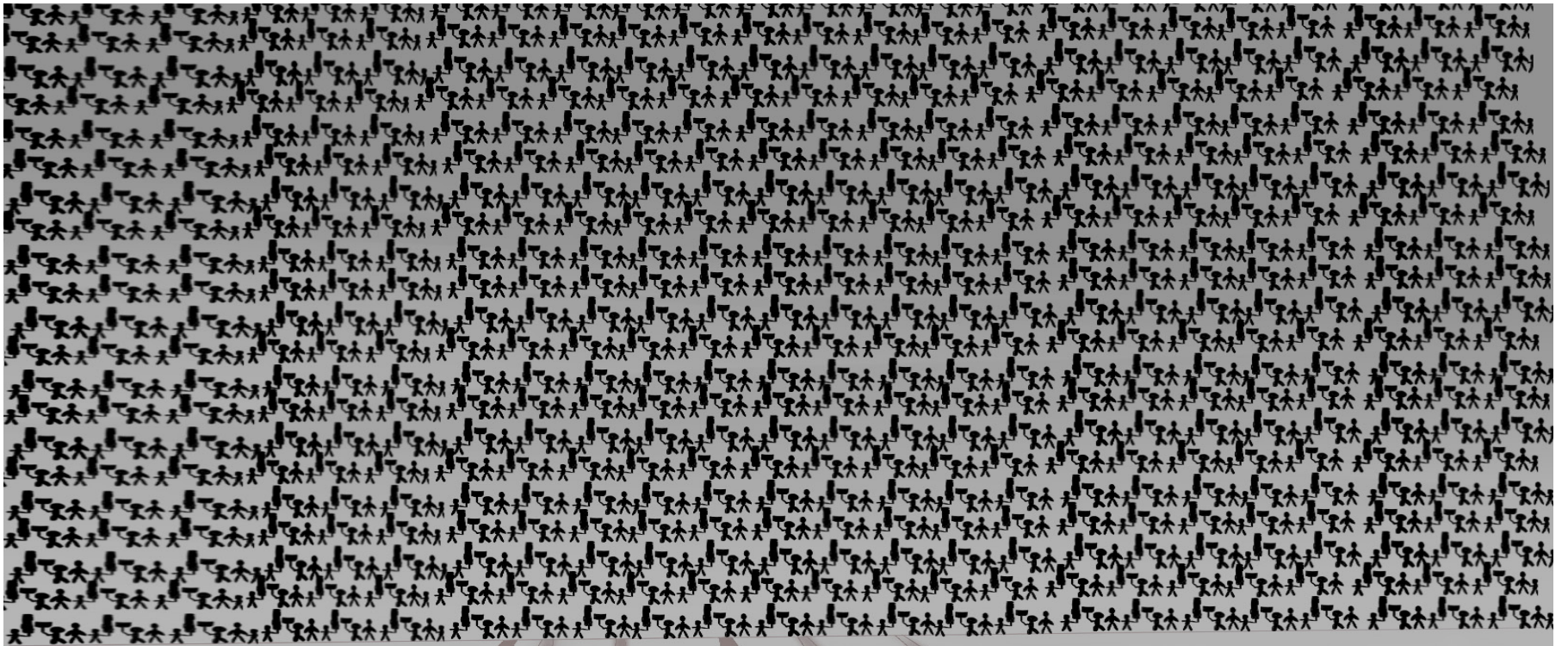
# The Whitworthian

THE VOICE OF WHITWORTH UNIVERSITY STUDENTS SINCE 1905

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Spokane, WA



CHANGE

# 2 Change at Whitworth

## The Whitworthian

The Whitworthian has served as the main source of news and sports coverage for the Whitworth community since 1905. The Whitworthian is an organization composed entirely of students which produces The Whitworthian monthly newspaper and thewhitworthian.news.

### OUR MISSION

The Whitworthian staff is dedicated to presenting accurate and relevant information in an innovative manner. Our goal is to be accountable while informing, entertaining and providing a forum for expressing the interests of the Whitworth community.

### GENERAL INFORMATION

The print edition of The Whitworthian is published monthly, except during January and student vacations. The content is generated entirely by students. The college administration does not review the newspaper's content. Opinions and ideas expressed in The Whitworthian are those of the individual artists, writers and student editors, and do not necessarily reflect the views of the Associated Students of Whitworth University (ASWU), the university, its administration, faculty/staff or advertisers. The Whitworthian is paid for through advertising and subscription revenue and in part by student activity fees as budgeted by ASWU.

### OPINIONS POLICY

Columns, editorial cartoons and reviews are the opinions of their individual creators and not necessarily the opinion of The Whitworthian, its editors or its staff.

### PUBLIC FORUM

The Whitworthian is a public forum that believes in freedom of speech and expression as guaranteed in the First Amendment to the Constitution of the United States.

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If you have a comment or question about the fairness or accuracy of a story, send an email to [emaple24@my.whitworth.edu](mailto:emaple24@my.whitworth.edu).

### LETTERS TO THE EDITOR

The Whitworthian welcomes reader responses to articles or issues of interest to the Whitworth community. Send letters to [emaple24@my.whitworth.edu](mailto:emaple24@my.whitworth.edu).  
Limit to 250 words.

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## Editors' Note

*It is time for a change.*

*We have done a lot of reflecting in light of our current political climate and the ongoing tragedy of racial violence in this country – particularly directed toward the Black community.*

*We recognize that, in the past, we have chosen the path of comfort and convenience. We assigned, interviewed, wrote, edited and published according to our usual practices and our normal routines. This is unacceptable.*

*The idea that journalists cannot take a stand against injustice without undermining their objectivity is a lie that not only keeps us from doing what is right but from doing what our job requires of us, to elevate the voices of every person in this community, especially those who are so often pushed to the margins.*

*We condemn the idea that good journalism must assume an air of false neutrality in situations in which we have a moral imperative to pick a side. The press is on the side of the oppressed. We exist for them – to give them a voice, to give them a chance of being heard. As such, we have a responsibility to make it clear what this newsroom stands for.*

*We are committed to actively fighting the systems that oppress BIPOC, women, the LGBTQ+ community, indigenous people, people with disabilities and other marginalized groups. We are committed to including all people in our coverage, especially those that have historically been underrepresented by the work we have done.*

*We are committed to using diverse, equitable and inclusive practices in our work.*

*We are committed to honoring the input of those who tell us where we have fallen short and where we can do better. We know that accountability is the only way forward.*

*We are committed to using our work to make Whitworth a place where all people feel heard, seen, and valued.*

*This is the consensus of the editorial board.*

# Take Action: Sharpen Your Changemaking Skills

The world is constantly changing – whether for better or worse. What everyone needs to do is stop and ask themselves, “how am I contributing to that change?”

For this issue, The Whitworthian decided to sit down and examine some of the biggest ways that change is shaped, both at Whitworth University and in the larger world. We wanted to pay special attention to changemakers, the ones dedicating their time and effort to steer the wheel of change. Because of this, we decided to write six stories centered around the theme of “changemaking at Whitworth.” All these stories come together to present a picture about what politics specifically and changemaking generally looks like at Whitworth.

We acknowledge that one print edition is not enough to highlight the forces that shape our behavior and help inspire change within us. We would like to give a shout out to the professors that help shape the way they interact with and think about the world, acknowledging the crucial role they play in students’ lives. Students are also changemakers. Over the years, we have had many students get involved in issues they care about. Recently students started petitions and went on local news to stand up for professors who the university had to let go. Students last year

fought to have a hiring policy that allowed for protections of LGBTQ+ professors. Students from the past have fought for change in the university’s financial policies, protested the Vietnam War and shared their voice on other matters.

The Whitworthian has also existed as a changemaker. Media plays a key role in highlighting voices that are calling for change, helping to amplify their opinions and demands. In a nation that highlights freedom of speech and the marketplace of ideas, newspapers, including The Whitworthian, can play an important role in helping to broadcast ideas and movements that otherwise might be swept under the rug by competing voices. The Whitworthian strives to do this by providing space for dialogue and democracy, within both our print editions and our online content. People can participate in this and share their own voice by writing letters to the editor or longer opinion pieces sharing what is on their mind and hearts.

This active participation in changemaking is essential in the democratic society that we live in. There are many reasons individuals should get involved. On the individual level, there are psychological benefits to being part of something bigger than yourself. Being a part of a community can provide belonging, identity and support, while reducing stress

and isolation due because it provides many ways to connect, according to Psychology Today. On a community level, getting involved also builds a sense of community and purpose, helping you to feel integrated into the larger network of society within which you live.

This importance of getting involved and being part of changemaking is especially important at a small liberal arts education. We have had classes like Core which challenge us to step outside our own worldviews and consider how our ideas could impact the world. We have activities like community building day which give us a small taste of volunteering, and we hope some students use that as a platform to jumpstart their own volunteering and activism in Spokane. Interdisciplinary classes that we must take as part of a liberal arts education force us to step outside of the narrow field of our own discipline, encouraging us to use tools from a variety of fields to be changemakers within the field we end up within.

Yet Whitworth is such an oft-sleepy campus. At times in which students around the nation are galvanized about the Israel/Hamas crisis that is occurring, students at Whitworth continue on in their day to day lives. While students at Columbia are getting arrested, students at Whitworth are falling asleep in classes. While students at the University

of Texas are being tackled by armed forces, Whitworth students are struggling to tackle their piles of homework. Maybe that’s okay – maybe the crisis just isn’t something that Whitworth students feel they can impact. Maybe they are more willing to tackle issues closer to home – things like the firing of professors as a result of budget cuts, or the addition of sexual orientation to the list of protected classes in the hiring policy.

But on the other hand, Whitworth students, staff and faculty need to realize that eventually, they have to make a stand for something. There must be issues they care about and are willing to fight for. No one can go through life without taking a stance on at least one issue. So, Whitworth, when are you going to stand up and fight?

We hope this editorial ends up being more than just an ode to changemakers, past and present. Rather, we hope it impels you to realize all the ways that changemaking is occurring within Whitworth and the larger community. So, use this as a call to action. Get involved. Utilize democratic public spaces like newspapers. Write us a letter to the editor. Vote. Stand up for issues you care about. Do something.

*This is the consensus of the editorial board.*

# Whitworth Navigates the 2024 Presidential Election

Reeshika Sharma | Staff Writer

As the presidential elections are coming up, a tidal wave of political messaging can be seen across the country. Whitworth University students and professors shared their personal perspectives on this historical event.

There was no shortage of candidates running for the president, but it is tailored down to presumptive candidates, President Joseph Biden, a member of the Democratic Party and former president Donald J. Trump, a member of the Republican Party

for the 2024 presidential campaign, although they have yet to be confirmed at nominating conventions. This will mark the first presidential rematch since 1956. If Trump is elected, he would become the second president to win a second non-consecutive term, joining Grover Cleveland who won the 1884 and 1892 elections.

The presidential election will be held on Tuesday, Nov. 5, 2024, and will be the 60th presidential election in United States history.

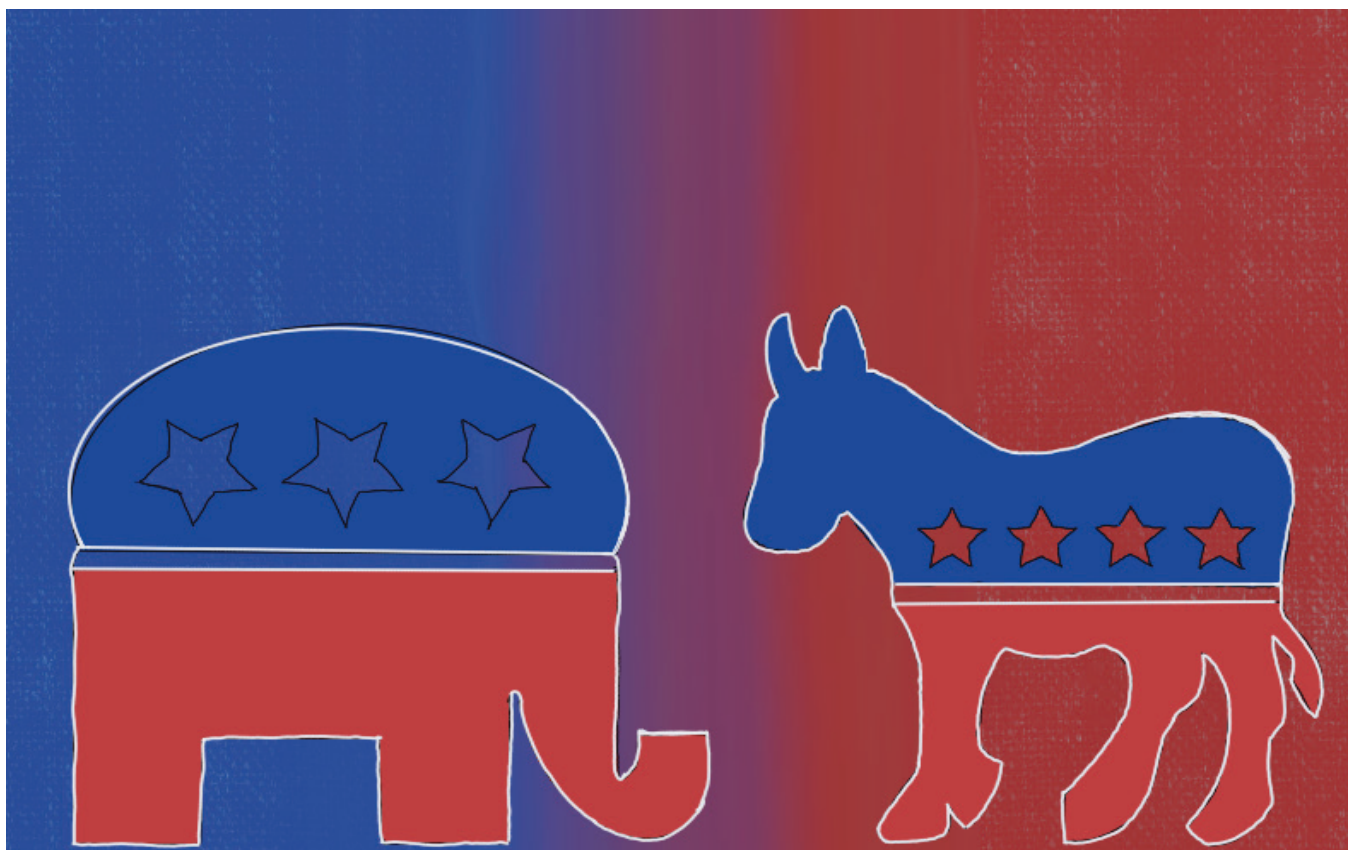
Voters will be electing a president and vice president for a term of four years. Joe Biden and Donald Trump became the presumptive nominees on March 12, 2024. The Democratic Party will make an official presidential nomination at the Democratic National Convention in August 2024, and the Republican Party will make an official presidential nomination at the Republican National Convention in July 2024.

“These elections will be pretty pivotal elections and it will be

very impactful as it will be a turning point to see who we are as a country and what are the values we hold,” said Sophie St. Jacques, a freshman political science student at Whitworth. “We must be okay with [whoever] wins because that is just how democracy works and follow the principle of peaceful transition of power as it’s never just going to be one person.” She mentioned that finding a way to work together even with different viewpoints is necessary. To work together is a common goal that everyone is striving for.

Dr. Michael Ingram, a professor of communication studies at Whitworth shared his insights on the 2024 elections. “Almost every election people say ‘this election is the most important one,’ and I think this 2024 can make a special case as it is the first time [since] 1956 [that], at the same time, two major parties’ nominees will face each other, and this makes it very unique historically.” said Ingram.

Dr. Megan Hershey, a professor of political science at Whitworth shared that thinking about elections feels like deja vu. “People should be paying attention not just to domestic but international policies as well. If you are a U.S. citizen, you are casting a vote that will affect a lot of people who can’t vote in our elections, so I would encourage people to keep that in



Whitworth Navigates the 2024 Presidential Election graphic | Westley Hackler/ The Whitworthian

mind,” said Hershey. An example of one of these policies is the immigration policy and how that affects the lives of people who are hoping to come to the U.S.

Ize Upham, a freshman political science major at Whitworth provided her insights on the elections and said she has two emotions: “fear and hope.” There are going to be a lot of changes that are made, and it depends on the outcome.

“I think no matter what happens some of the changes may be for the better,” said Upham.

Upham said that she thinks human rights are up for debate in America and she believes that the Biden administration is trying to hold on to abortion rights for women. “If the Biden administration does not win, or we have a major takeover with Republicans in the House and the Senate, then ultimately I think abortion rights will be formally taken down more than they already have,” said Upham.

“[I am] worried about [...] women’s right to choose for abortion. I think that medically or personally, [...] to terminate a pregnancy should be [a] medical [decision] that should be available to [anyone] based on what [they] believe,” said St. Jacques.

“The first thought that comes to [my] mind about the 2024 presidential election is [how] historic [it is] in many different ways,” said

Dr. Aaron Hitefield, a professor of political science at Whitworth.

“You have to make a decision on where we want to take the country when it comes to predominantly things like foreign policy, human rights, international treaties and many more, so make sure to vote, as each vote matters even if it is not going to be the single tie-breaking vote in the election,” said Hitefield.

In the political landscape, the media strongly influences citizens across the country when it comes to elections. From shaping public opinion to sharing the candidates’ positions, the media plays a large role in keeping the citizens informed through news reports and commentary. Campaign rallies, debates and interviews are some of the opportunities that candidates must use to engage with the public so that their opinions may be broadcast. Media’s role also extends beyond mere information to also serve as a watchdog which is to hold the politicians accountable for their actions and statements.

“I usually look at BBC [British Broadcasting Corporation] or the CBC [Canadian Broadcasting Corporation] because I think it’s really interesting to see how other countries are approaching our elections because there might be inherent bias [...] and international media can help us keep accountable,” said St. Jacques.

There are multiple media platforms for staying informed on what is happening politically, it is our responsibility as citizens to investigate journalism and fact-check the claims made, ensuring transparency and accountability in the electoral process.

“I am really a big news junkie and am also Whitworth’s debate coach, so I need to stay up to date on current events to help my students. I always make sure to read news from a variety of sources and similarly for elections I try to keep engaged with different news platforms such as BBC [and] The Washington Post,” said Ingram.

Navigating news and media can be challenging because there are a lot of sources to focus on and they are structured to present the big issues so it can be difficult to know the smaller issues, according to Upham.

It is important to understand the idea of social media. “Getting the information from both sides is important and focusing on a particular source is not valid as especially our social media feeds are tailored to what we have been looking at which does not show us the whole story,” said Upham.

“When approaching news one of the things that is really important is to be aware of what and where are you getting the information

from,” said Hitefield. There are two kinds of platforms for media: the news source and the entertainment source. News sources provide current events nationally and internationally, with some examples being National Public Radio (NPR), The New York Times and The Washington Post. Entertainment sources are commentaries shared to provide a narrative of what is happening. They appear in the news and one can get information from these sources, but there can be some biases present. Examples of biased new sources include Cable News Network (CNN) and Fox News.

As the 2024 presidential election is coming up, students and professors at Whitworth recognize the significance of this historic moment and the importance of embracing the differing viewpoints between political parties while staying well-informed.

“If you are a U.S. citizen, you are casting a vote that will affect a lot of people who can’t vote in our elections, so I would encourage people to keep that in mind.”

# Whitworth's Political Science Club and Students' Political Life

**Kyler Cramer** | Staff Writer

Whitworth University's Political Science Club aims to give students the opportunity for civil discourse and an unbiased platform to work with. A few members of the club have expressed ways the club, the school and the students can engage in healthy political discourse by making space for people's voices, staying informed on political topics and learning to recognize different perspectives.

Whitworth students on campus may feel that due to this national political divide, they are better off quietly sticking with their views. Or, as Jamie Gassman, member of Whitworth's Political Science Club puts it, they may be "holding their breath" and waiting for something to potentially happen.

Gassman also feared the possibility of some hostility around political conversation.

"Everyone here is mature enough [to] not directly oppose anyone, [but] there might be some harsh words or glances," said Gassman.

Vincent Inayat, the secretary of the Political Science Club, made similar comments, adding that some clubs also lead certain "social discourses" on campus, while others hold back in fear of judgment.

The Political Science Club aims to offer unbiased information and wants to help students get evaluative information on current political topics, such as the

upcoming election.

"[The club] teaches students to have their views, but accept others as well," said Casey Moddrell, another member of the Political Science Club.

"The club tries to stay as moderate as possible, and [we try to] just facilitate, not directly lead," said Gassman.

According to the club's constitution,

the club aims to provide a neutral environment for discussing politics on

campus. The club also tries to keep the presidential candidates for the club moderate too. "Anyone who's a candidate for the club should be fully [aware] of what they're getting into and how everything should be handled," said Gassman.

Still, it is not always concrete whether facts themselves contain bias. "Even data has perspective. Statistics can be used against what someone is saying, depending on perspective," said Moddrell. "What [ultimately] matters is how you interpret that data and how you work with your peers around you."

According to Gassman, the main thing the club tries to promote is civil discourse – expanding knowledge and helping others understand both sides. With the upcoming election, the club is "trying to make sure people can learn everything they can about different candidates [and] perspectives and [is trying] to understand where everyone's coming from,"

said Gassman. "[We] have events [and information] sessions [where] we'll just [have] chances to talk and communicate what's going on."

During these meetings, the main thing the club aims to avoid here is arguing. Events will provide "civil [and] healthy discourse, making sure good conversations can be had [where] people [are] learning and not arguing," said Gassman.

Moddrell added that it is up to the student to want to learn, as they must overcome preconceived notions. "The Attorney General was here [earlier], and he was just talking about his office and what they do. [...] Well, around campus I kept seeing his event posters [with] "commie" written in Sharpie on his forehead," said Moddrell.

When it comes to specifically learning about presidential candidates, the Political Science Club aims to provide information on whatever people need to "get an understanding of what's going on and what they're voting for," said Gassman.

Dr. Aaron Hitefield, the faculty advisor for the Political Science Club, expressed the present opportunity for student led programming, such as a voting drive, campaigns or gubernatorial lectures. For instance, there is a United States House race currently going in this district. "There's an opportunity for some really cool student-led programming [covering these races]," said Hitefield.

Moddrell recalled President Scott McQuilkin's January statement about university emails and highlighted it as an example of institutional neutrality.

"He put out a campus wide announcement saying that he's not going to comment on everything unless it directly affects the university policy. Why? Because he doesn't want to influence the student population," said Moddrell.

However, Moddrell also said that the university could do better in regard to encouraging political education for students.

"I think the university needs to have multiple information sessions, needs to talk with the political science department

or outside entities and provide [multiple] unbiased information sessions, making sure any student can go and learn about some candidates if [the student is] not that politically involved currently,” said Moddrell. “I’m sure they have conversations [with the political science department], but overall, I think that [they] could do a little bit more.”

Hitefield said that he would love to see students getting a more “personal, in depth” opportunity to meet with candidates.

“I’d [also] like to see some really intentional voter drives for students, getting [them] registered to vote,” said Hitefield. He also mentioned how he would like to see a crash course evaluating what is a good versus bad news source, ultimately asking the questions, “What is truth and what is sensationalized?”

Moddrell suggested going back on recent decisions made by the university administration by bringing back the Core 350 class. “You can’t force people to do anything, but at least give them a class where they have the opportunity to [learn political science],” said Moddrell.

Inayat emphasized the importance of having a space where voices are treated equally. “One person can make a change if they

[use their] voice,” said Inayat. “If you value democracy, you should value your voice as well. [...] The U.S. in particular is a democratic nation. It values liberty and has values and principles towards [liberty]. So, I feel political discourse should be encouraged rather than discouraged.”

These political science students encouraged students to prepare for the election season by doing their own research. First, students should read “more than just the headlines,” said Gassman.

Second, Gassman encouraged students to look at information and news sources on both sides of the spectrum. Third, students should seek discussion with people they agree and disagree with. Students should “learn about [the] other’s life experience,” said Gassman.

Doing this

could also help make a possible connection. “You might disagree on 99 different policies, but [with] that one you agree on, you’ll be able to work together [on] something,” said Gassman. “Everything in this world isn’t black and white. There is always a gray area. There will always be something to discuss and learn from others.”

As far as hostility goes between students on campus, Gassman and Moddrell noted a lack of genuine concern. Practically no matter what happens in the upcoming election, “[the students] are going to move on,” said Moddrell.

Hitefield expressed optimism about what Whitworth can do for the students, even if people’s biases make it difficult. “I would love to see [more of] Whitworth having

an intentional series of talks and informational opportunities for students to be able to learn about voting, and [also] have them learn about candidates. It’s not my job to tell you who to vote for. Rather, [my job is] to train and provide you with the tools necessary to critically analyze and explore the world,” said Hitefield.

Hitefield hopes that Whitworth’s teaching can show students how to think ethically, morally and outside oneself. This is in hopes of creating more holistic members of society. “I’m excited [for] the Political Science Club’s future and what it has the opportunity to do and engage with,” said Hitefield.



Dr. Aaron Hitefield stands outside his office at Whitworth University, Monday, Apr. 22, 2024, in Spokane, Wash. | The Whitworthian/Madison Stoeckler

Mitchell Burwell,  
We are so proud of your perse-  
verance.  
You will achieve anything you  
wish in life.  
Mom and Dad

Taylor you hold the world in  
your hands. Follow your hearts  
desire.

Way to go Katie Chilcote  
You did it!  
Your proud family  
Mom, Dad, Zach, Emma, Josie,  
Nan, Mmmba & Uncle Jarod

Talea we are so proud of your  
perseverance, dedication, and  
faith while at Whitworth. We  
love you! -Mom and Dad

Congratulations  
Davis Campbell!  
We love you!  
Proverbs 3  
Dad & Mom

Taylor, your dedication shines  
in your success. We're proud of  
you! Love, Dad, Mom, Ryan,  
Brennan, Colin.

Congrats Nico!  
We are proud of you!  
-Polly, Ryan, Nonny, Grampee

Congratulations Hannah Jo!  
We're so very proud of you,  
for all you are and all you do.  
Love, Mom and Dad

Congratulations, Laz! We are  
proud of you!  
Love, Ross and Rebecca

Way to go, Maddy B! We love  
you! -Mom, Dad, JB, Nonny,  
Grampee

Brianna, may your  
graduation be the beginning of  
many more wonderful achieve-  
ments in your life. We love you-  
Mom, Dad & Eli

Congratulations Abby Wooster!  
Que Dios te bendiga!  
Love Dad, Mom and Annalise



Rylee Bird I could not be more proud of all your accomplishments over the last 4 years. I love you.

Dear Sarah, with all my love and pride on your graduation day. You've made me the proudest Mama!

Congratulations, Ainsley! We are so proud of you and your success!  
Love, Mom and Dad

Congratulations for being the first college graduate in the family Marsaili Morin! Love Mom!

So proud of you Maddie aka Dairygold!  
No shoulda, coulda, woulda for you –  
Love you to infinity & beyond!

Way to go T Dawg!  
So proud of you!  
Congratulations  
Tara Kaneshiro.  
Love,  
Dad, Mom, Genna, and Ruby

Aubrey  
We're so proud of you!  
You got this Kiddo  
We Love you so much  
Love Mom, Dad & Shelby

Congrats Epic Jake!  
So proud you're now the  
"Ultimate" Whitworth  
grad!  
Love Mom and Dad

Congratulations Jacie! We're proud of all your hard work and happy for you.  
Love, Mom, Dad, Jamie, and Goga

Abby, you are such an inspiration. We are so incredibly proud of all you've achieved!  
Love, Mom & Dad

Your M.B.A. in 9 months?!  
Your work ethic never ceases to amaze us, Brenden! Love—  
Mom, Dad, Ky, & Kam

Kaity, we are so proud of you!  
Adventure is out there, now go get it! Love, Mom & Dad

# Navigating Political Dynamics On Campus During Elections

Jasmine Schmidt | Staff Writer

With elections approaching in the fall, professors and students on campus will be challenged to navigate political dynamics both in and outside of the classroom. Some classes, like those in the political science department, will talk directly about elections, where professor's strategies for wholistic decision are put to the test.

However, according to Dr. Megan Hershey, a professor of political science, political topics have the potential to come up in any class, as national events affect students and professors and can be connected to any discipline.

Jamie Gassman, a political science major at Whitworth University, agreed. "You can take current events and take different arguments from it and apply it to so many different subjects, [...] looking at history, and analyzing it," said Gassman.

Hershey said that she finds value in addressing current political issues in her classes. "We are teaching students how to understand political systems, how to understand power and the current events [...] that are our essential examples to help students understand that and honestly, it's what students want to talk about," said Hershey.

Dr. Aaron Hitefield, another

political science professor, said that the validity of bringing up political issues depends on the reason for bringing them up. As a professor of Whitworth's American National Politics and Electoral Politics courses (which always runs during an election cycle), Hitefield focused on looking at the bigger picture when thinking about current events and politics. His classes look at trends between candidates, delve deeper into political issues and learn about aspects of the election process.

"The thing I love about teaching an elections course during an election is there's always something happening to talk about. [...] There's no shortage of current events to input into the class," said Hitefield.

Dr. Alan Mikkelson, a communications professor, said that he tends to refrain from political discussion in the classroom. His course, Persuasion, always taught during an election cycle, goes a bit into it but focuses less on politics and more on the strategies being used.

Mikkelson has surveyed self-disclosure in the interpersonal classes he teaches. He asked students about their comfortability talking about religion over politics. According to Mikkelson,

10 years ago and prior, about 50% felt more comfortable talking about religion over politics. Now, about 90% of surveyors feel more comfortable talking about religion than politics.

"Just because of the contentious nature of [the political cycle], there's sort of a lack of civility in politics that I think makes it harder to talk about effective and thoughtful messaging. It was definitely easier 10 years ago than it is now," said Mikkelson.

When it comes to discussing politics inside and outside of classes at Whitworth, listening is the way to start. "Remember that first and foremost we should listen," said Hitefield.

Hershey also emphasized the importance of listening and sharing with an open posture. "Listening to understand is really, really sort of your first tool I think, and then sharing with a kind heart [...] your own experience [and] your own [observations] that are hopefully well informed by good sources," said Hershey.

To stay up to date on political issues, Hershey recommended news outlets like National Public Radio (NPR) and the British Broadcasting Corporation (BBC). Hitefield warned of news tied to entertainment and recommended avoiding sources such as Fox News and Cable News Network (CNN) and focusing more on sources

like The New York Times, The Washington Post and Wall Street Journal.

Even with a fact-founded opinion with reputable sources, politics are rarely simple. "My whole thing is politics and just everything in the world is not black and white. There's a gray area, and everywhere, everyone's a different spot on that gray area," said Gassman.

"This is a university. Have a posture of learning. You may have strong feelings, and you may have strong opinions, and you may have strong thoughts about this. But the reason you are here is to learn and part of why we learn in a group is so that you can also learn from your peers," said Hershey.

Mikkelson also expressed that conversation between different viewpoints is important. "If we're not talking to each other and having dialogue, we're missing out on these opportunities. And, honestly, I think it leads to more division and polarization," said Mikkelson.

Students can also reach out to political science professors such as Hershey or Hitefield with any questions regarding politics or the upcoming election. "Students should follow politics and if they want to learn more, they can come to the political science department and take a class," said Hershey.

**"First and foremost we should listen."**

# A Spoken Tightrope: Whitworth and Activism

Kaitlyn McConnell | Staff Writer

From the spring of 1970, where 350 Whitworth University students gathered on The Loop to protest the Vietnam War, to 2023, where graduates handing out pride flags in silent support of the change in LGBTQ+ hiring policies, Whitworth exhibited a rich history of student-led activism. As coming to college can be a formative experience in many people's lives, having a space to interact in dialogue with others about current world issues has become increasingly important.

Kyle Marquez, a political science, theology and honors student recently held a panel of current Spokane changemakers to kickstart a conversation about justice and what that looks like to current Whitworth students.

"My goal [for this panel] was to connect Whitworth students to the broader Spokane community through this lens

of activism because I'm driven by [...] this goal of justice. I wanted to provide counseling that would have practical use for students in the future," said Marquez.

Marquez's honor's project held an attentive audience of students that asked many questions to changemakers from Spectrum, SCARS and Spokane Alliance. "So I brought in [four] speakers from

Spokane. And [I] personally do work in community organizing. [...] My intention was that I wanted individuals with strong voices [...] who were, one, [doing] good work in the community and, two, [setting up a] diverse set of perspectives and voices both in race and ethnicity but also gender, social life, sexual orientation and identity," said Marquez.

While it is notable to see Whitworth students still involving themselves in current day activism, many universities across the country are currently facing backlash due to stopping students' displays of activism. The most recent example of this

being Columbia University, where students encamped on campus property in protest of the Israel-Palestine War, leading to many students being arrested for trespassing. So, when and where are students allowed to participate in community and world-level activism at university?

Dr. Dale Soden, a retired history professor at Whitworth, said that it is a fine line to walk for many universities.

"A traditional purpose for university, in general, was to try to provide a safe space for people to



Student Kyle Marquez, a junior political science and theology major, poses for a photo at Whitworth University in Spokane Wash. Friday Sept. 29, 2023 | Photo By Ben Gallaway/ The Whitworthian

debate issues and to express their opinion about what they think about anything. And traditionally, after the mid 60s with the free speech movement at Berkeley, the principle of being able to express your speech in some kind of protest has been a traditional part of university," said Soden.

With Whitworth being a private institution, one can wonder if the university's mission or views can influence whether students are given that space to speak freely.

"University is idealistically where you can speak for yourself. You can even protest. But [the university] traditionally needs to allow counter protests, [...] to allow counter speeches [and] to allow other activists who are opposed to haven the space to express themselves, said Soden.

Despite Whitworth's campus being a relatively calm one among universities around the country, that does not mean that student voices are silent or being silenced. However, students like Marquez do not want the Whitworth community to forget that they have a voice that matters and can make a change. "While change is not linear, [...] action can happen across the country and especially here at Whitworth. Students can and are able to mobilize [and] create meaningful [the] change that we want to see," said Marquez.

# 12 Photo Story: HEAT Scallywag Scurry 5k The Whitworthian



HEAT Scallywag Scurry at Whitworth University, Spokane Wash. Sat. Apr. 27 2024 | Ben Gallaway/ The Whitworthian



# OPINION: Notice You Have Changed. Thank a Friend.

Grace Uppendahl | Associate Editor

Like many others, I do not like change. I run from it, avoid it and hide from it.

But when I think back to all the ways I have changed, I realize that it is because of my friends. The things I enjoy, the things I do and what I desire have all changed because my friends at the time asked me to try. As much as I avoided change, it happened anyway.

We create change from something as simple as asking someone to have dinner with you. We make change through the love and care from relationships.

“Friendship, more than anything else, often leads us to transform ourselves as we begin to love what our dearest friends and companions love, primarily because they love it,” said Dr. David Henreckson, the director of the Weyerhaeuser Center for Christian Faith and Learning.

When I tried listening to metal for the first time, it was not because I enjoyed it. It was because a loved one asked me to listen to a song. Now, I can listen to metal, which is significantly better than when I first tried it.

I changed because I loved that person and wanted to love what they did. There are so many things that I do now, some I even do in my everyday life, that are due to

relationships.

If this is the effect my friends have had on me, I must have a similar effect on them. I have made a change just by creating relationships that matter to both people.

The things we like, eat and believe in are shared with our friends. The way we live our lives is not only influencing others but can be seen in the habits of our close friends.

“If I think about the ways that I have changed my mind or practices on moral, political or religious matters over the course of my life, it has almost always been tied to friendships that pushed me to reevaluate my own attitudes, as I take seriously the attitudes of friends that I love,” said Henreckson.

Whether it is unconscious or not, our beliefs are shaping the way others see the world.

Change is often not something super big. When most people change, they think about big acts of change, such as protests or laws being changed. But change is not always that big. It can be something as simple as a new habit. However, there are many other ways our friends make changes in our lives.

An article in American Psychological Association talks

about the ways in which friendships change our health. Not only does having friends help fight depression, but they can lower your stress by lowering your blood pressure.

Our friends change our health in numerous ways, including making us calmer. This does not mean that a study session during finals week with a friend is going to solve all our stress, but friends do help.

Our relationships are creating change. These changes can be long-term. I love Dr. Pepper because a friend of mine loved it and introduced it to me. Now, it is my favorite soda. This change has little to no real effect on my life, but this change is still significant because it came from a friend.

It took me a while to realize I really love Dr. Pepper even if I thought differently. I changed over time, but the change has stuck for years.

“I think it’s helpful to look at human beings primarily in terms of what we love, not just what we think. And so, if we want to see changes on the personal level, we need to be attentive to what we desire,” said Henreckson.

We may desire something as simple as a Dr. Pepper, but does it have the same effect when you drink it alone compared to when

you are drinking it with someone who also loves it? The answer is no.

Our friends change our lives in so many immeasurable ways. It would be nearly impossible to count them all, but the change made is impactful.

It is not just the big ways in which you change that are impactful, but also the small things because those are all tidbits and pieces of the people you once or do hold dear. The small ways we change are from those around us.

Our most influential decisions are who we choose as friends. We are changed so much by them that it is important to make those choices carefully. We ask our friends for advice or where to go because we want to live with them and so what they like to do.

“Change begins by diagnosing where our loves go awry, and then living alongside others who can help us begin to love better what is true, beautiful and good,” said Henreckson.

When I need advice, the first thing I do is go to my friends. If they support my thoughts, I am more likely to follow my original idea than if they are not supportive. What if they do not? Would that change your mind at all?

Advice changes an action, but it signifies my friends’ influence

over me. And I am sure I have a similar effect on them.

The way that change is made is from our relationships, not what we think we believe, but what we love. Relationships influence our health, our attitudes and our habits. This is what influences our view of the world and changes our perspectives.

When we believe and love something strongly, we desire for

things to be how we believe is right. What we believe is right comes from our past or current relationships.

If a friend has an opposing viewpoint on something than me, I am going to hear them out and try to understand their point of view in contrast with my own. I will think about my own views and analyze whether they are right, wrong or vice versa.

The extra moments I take to truly understand my view and wonder if it is wrong is a step I am willing to make. This change is something I do often.

When my friends ask for a change, I think critically about who I am and my views in relation to those I am close with.

The ways I have changed, both big and small, are from my friends. The change we make is primarily

through friendships. The ways in which we love are strong, and that is what creates change.

It is not just the big, sudden changes that influence us, it is the small changes that happen over time because of our friends that show who we truly are. Without our friends, we would not be who we are today.

Whitworth 2024 grad cap in the sunset in Spokane Wash. Wed. May 1, 2024. Ben Gallaway/ The Whitworthian



# Horoscopes

**Aries:** I know you are feeling behind. Your friends are moving on and changing and you don't feel like you're measuring up. You are fine. Change happens differently for each person. Ignore your competitive side and recognize that everyone is on different tracks.

**Taurus:** You feel run down. You are resisting the change that you feel coming because you want to stay where you are. Your loyalty is going to keep you down. Embrace the change; it's good for you.

**Gemini:** One day you are happy and excited, the next you feel like you're dying. Instead of embracing the change, you are the change. Calm down. Take a breath. Stop being so hot and cold, everyone else can only handle so much change.

**Cancer:** Change is here, and you are not ready for it. Your emotions are high, even though you are trying to keep them at bay. Change is not as scary as you think; you can get through it.

**Leo:** You are ready. You have curated your future and are ready to jump to it. You have changed and you are not afraid.

**Virgo:** You are still trying to make more change. You want it to be perfect. Sorry, perfect doesn't exist. The change you have made is good, there is no need to overdo it.

**Libra:** You are on the fence of what you want. You have changed and created change around you, but suddenly aren't ready to face it yet. Suck it up, you got this. Decide and embrace the change.

**Scorpio:** Everyone around is saying you are doing great, ready to take the next step. Deep down, you know you are not. You have no clue what comes next, and it is freaking you out. You need to turn the page, so stop avoiding that change.

**Sagittarius:** You really have no clue what is coming next but you are fine with it. You are ready to change as constantly as the wind does. Good luck.

**Capricorn:** As change approaches, you are looking back and deciding whether to avoid the consequences of the past. Your unforgiving personality has made this even harder. You must do what is best for you.

**Aquarius:** You have thought through every single change that has happened in you, but you have not noticed the changes you have made in others. Look around you and notice the subtle changes in your friends. You have more of an impact than you like to think, so do not let that go to your head.

**Pisces:** You are taking everything personally right now. Not everything is about you. Just because Taylor Swift wonders that does not mean you should. Calm down, the change others are going through is not about you.



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