

Whitman Today

Monday, April 19, 2021

Counseling Center Resources



The Counseling Center has a number of learning and support opportunities coming up:

SMART Recovery: with Angela at noon every Wednesday, in person, at Reid Campus Center in room G02 now through May 19. No RSVP necessary. For more information email angela@trilogyrecovery.org or garcial@whitman.edu.

I am Not My Thoughts: Somatic Techniques for Anxiety and Depression: with Nicholas Duran Fair at noon every Wednesday through May 5. RSVP duranna@whitman.edu for Zoom link.

Let's Chat: Lunching and Learning with a Counselor: Come to the amphitheater grass at noon on Wednesdays for an informal brown-bag lunch with Counseling Center staff. Ask questions, learn a practice or two, get a new perspective or just sit and listen. The group size is limited to 15, so this will be a first-come/first-munch kind of experience.

Framework of Addiction & Recovery: Educational presentation regarding addiction and recovery in order to promote understanding and solutions. At 6 p.m. on April 21 with Megan Toliver from Trilogy Recovery Community.

Drug Use & The College Experience: Educational presentation that discusses current statistics around drug use on college campuses, provides understanding between substance use, problem use and addiction and the local resources that exist if you or someone you know needs help. At 6 p.m. on April 28 with Megan Toliver from Trilogy Recovery Community.

Q: How does Walla Walla County manage to hold such large vaccine clinics for the community?

A: Through the help of many volunteers! You too can support public health and help bring an end to the COVID-19 pandemic. Sign up for the Walla Walla Volunteer Corps to volunteer at an upcoming vaccination clinic.

Announcements

BlueCross BlueShield Class Action Lawsuit

Whitman employees may have recently received an email about a possible financial settlement award. Human Resources checked with Whitman's insurance broker, who confirmed that this is a legitimate notice pertaining to a class-action lawsuit on behalf of BlueCross BlueShield customers. The website in the email provides all of the details. The Washington Department of Insurance also provided some information.

Whitman is not able to provide advice on decisions related to the class action lawsuit or your choice to participate in the settlement.

Community Engaged Summer Research Program 2021

CESRP Application Deadline Extended

The deadline for the Community Engaged Summer Research Program (CESRP) is extended to 10 a.m. on Friday, April 30. The review committee will review applications as they come in to help students solidify their plans as soon as possible.

The CESRP supports 8 weeks of fully virtual and hybrid in-person research. For more information on the program please review this informational poster or the CESRP 2021 application!

Do you have questions about the CESRP? Kelsey Martin, Community Learning Specialist, is ready to help. Contact her at martinka@whitman.edu.



The COVID-19 vaccine has a lot of people excited about the possibility of travel in the not-too-distant future. This week, we want to know: What's one place you're looking forward to going to once the pandemic is over?

Where do you want to go?

Happening This Week

MONDAY	
9 a.m.–2 p.m.	COVID-19 Testing COVID-19 testing at Cordiner Hall for those in this week's random sample surveillance testing.
5:30 p.m.	Next Steps 2021: See the World with the Fulbright Program On April 19, come and learn about The Fulbright Program and hear from Nikki Brueggeman, Fulbright grantee to South Korea (2015-2017), about her experiences. She will discuss strategies for applying to the program, expectations for grantees, and how applicants can prepare for being part of the program.
TUESDAY	
9 a.m.	Supervisor Training on the Employee Assistance Program
4:30 p.m.	<u>AAUW Start Smart Salary Negotiation workshop (Fourth</u> Years Only) - WCM & Craft Your Future Series
WEDNESDAY	
4 p.m.	Robert Sapolsky, "The Biology of Racism"
5 p.m.	Big Idea Talks ONLINE: The Book of Delights
6 p.m.	"The Prison Within" Film Discussion
THURSDAY	
all day	<u>Spring Break Day</u>
noon	Virtual Career Trek: Bend, Oregon, Forensic Lab
1 p.m.	Ziplines and Slacklines!
2 p.m.	2021 SAIG/GSC Dissertation Lecture: Forgetting Sextus Pompey: the bellum Siculum and Vergil's Aeneid
2:30 p.m.	Virtual Career Trek: Puget Sound Naval Shipyard
7:30 p.m.	<u>AIA-Walla Walla, Colonial Collecting, Postcolonial</u> <u>Preserving: Understanding the History of the Sutro</u> <u>Egyptian Collection and Mummies</u>

FRIDAY	
all day	Fall 2021 Pre-Registration Begins
noon	Along the Columbia River: Maya Lin and the Confluence

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	Project

noon	Katherine Beckett, "Race, Equity, and Justice: The Rise and
	Fall of the Death Penalty in Washington State"

- Decolonizing Whitman: It's Time To Get Marcus Whitman 1 p.m. Off Our Campus
- Delta Gamma Spring Cornhole Fundraiser 1 p.m.

Guest Lecturer - Torange Yeghiazarian: Putting the Middle 5 p.m. East Center Stage

Whitman Events Calendar

Have a virtual event you'd like to share with campus? Email the details to whitmantoday@whitman.edu.

"Whitman Today" is produced by the Office of Communications and is emailed Monday-Friday to Whitman College staff, faculty and students. All times are listed in Pacific Daylight Time.

Submissions are welcome! If you have a professional or personal accomplishment to celebrate, an event to publicize or other content to share with the Whitman community, email whitmantoday@whitman.edu. Submissions should be 125 words or less. The deadline for submissions is noon for the following day's newsletter, though submissions may be held for a later date according to space and editorial needs. By submitting to Whitman Today you also authorize use on Whitman's social media unless otherwise specified.

Previous issues of Whitman Today are archived on our website.



WHITMAN COLLEGE