This week, we want to know: One month in to the fall semester, how's it going?

**ILSE SPIROPOLOUS '23 (she/hers)**

I am a part of the Martial Arts Club. I have been practicing Taekwondo for nine years and it is a really important part of my life. Martial arts is a really valuable form of physical activity and competition specifically because it's so unorthodox or unpopular, and it is normal to feel stressed about the unknowns we're facing. Know that there will be no classes Thursday and Friday this week. Whitman offices will be open and staff will be working regular business hours.

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

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This fall, the Counseling Center will be available for online counseling via Google Meet with students in Washington state. They may also be able to provide references and resources for students outside of Washington state. Call 509-527-5195 for assistance. The Counseling Center also has curated a list of online resources and mental wellness apps.

COVID-19 Mental Health Resources

- COVID-19 Mental Health Resources
- Banned Books Week with Penrose Library
- Race, Violence, and Health Events
- Coronavirus Task Force are thinking about and planning for the spring semester.

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**Announcements**

**Data, Violence, and Health Disparities**

A public, virtual panel presentation will take place on the Whitman campus. The event will be held on the front steps of Friedkin Hall and in the Friedkin Hall Green Room. It will feature three speakers: Dwayne Brown, Rachel Johnson, and Jennifer Craig. The presentation will be followed by a panel discussion.

**Whitman Breaks COVID-19 Protocol**

Whitman officials have lifted the restriction on gatherings in the Indoor Learning Environment. This includes the student union, the cafe, and the dining halls. Students are encouraged to continue to wear masks and practice social distancing.

**Banned Books Week**

Banned Books Week is an annual event celebrating the freedom to read, and supporting the freedom to seek and to express ideas, even those some consider unorthodox or unpopular, and o

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**Opinion of the Week**

This week, we want to know: One month in to the fall semester, how's it going?

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**Coping With Coronavirus**

We are in this together.

COVID-19 Mental Health Resources

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**Happening This Week**

**THURSDAY & FRIDAY, OCT 2**

All day: Banned Books Week with Penrose Library

Event details:

- **On Being Bulletproof: The Importance of Black Superheroes**
  - Superheroes: Heroes and villains, on the big screen, in our psyche, and occasionally on our campus. Join comics creator Khalid Johnson for a conversation about Black superheroes. His comics and short films can be viewed on his website. 

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**Getting to Know...**

**ELISE UPRIGHTFALL by [author]**

**Whitman connections:**

- Whitman connections:
  - **Major:** philosophy
  - **Extracurricular activities:** Martial Arts Club, Debate Team, Fencing Club, Police Force, Students of Color, Latte,

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**Whitman Today** is produced by the Office of Communications and is emailed Monday-Friday to students, faculty, staff, and alumni. This week's edition was sent on Monday, September 28, 2020.