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U.S. deals with rise in hate crimes

 **GIANNI MARABELLA**
NEWS EDITOR

The surge of reported hate crimes has continued since Donald Trump was made President-Elect of the United States on Nov. 8. These incidents have generally involved bigoted displays defiling people and property alike, and have sent a strong message of intolerance across the country. These have frequently been anti-black, anti-LGBTQ, anti-immigrant and anti-Islam.

According to the Southern Poverty Law Center (SPLC), over 700 hateful acts were reported between Nov. 9 and Nov. 18 alone. This number was derived from reports on their website, along with information from social media and news articles. The top forms of hate crimes were anti-immigrant, anti-Black, anti-LGBTQ, swastika vandalism, anti-Muslim and anti-woman.

The group also found that a majority of the incidents have been xenophobic in nature, and that around 40 percent have taken place in an educational setting.

"Since the election, we've seen a big uptick in incidents of vandalism, threats, intimidation spurred by the rhetoric surrounding Mr. Trump's election," SPLC President Richard Cohen told USA Today.

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Bearcat basketball comes out shooting



The men's and women's teams are off to a strong start after facing tough competition over break.

 **ERIC DEL PRADO**
STAFF WRITER

The men's and women's basketball teams' seasons are in full swing. The men are 1-4 after playing in a tough Rocky Mountain Thanksgiving Tournament in Colorado Springs over the break and the women are 5-0, with all their

games thus far taking place in Oregon.

After an exhibition loss to NCAA Division I University of Portland, the Lady Bearcats have been on a roll, beating Warner Pacific, Pacific Union, Northwest Christian, Redlands and Walla Walla. The offense has been on fire as they are averaging nearly 75 points a game and are

shooting 42 percent from 3-point land.

The season got off to a hot start when the Bearcats dropped 90 on Warner Pacific on Nov. 15. Willamette set a school record with 19 3-point baskets and junior point guard Ashley Evans tied an individual record with nine 3-point baskets of her own to finish with a total of 29 points.

Senior guard Kylie Towry, who previously had the 3-point record, was no slouch, as she was second on the team with 27 points and led the way dishing out eight assists. Junior post Madi Andresen tacked on 15 points and hauled down eight rebounds to lead the Bearcats.

See WOMEN'S Page 8

Students pack into the Ike Box to listen to community musicians



Percy Lounge performs at the Ike Box for the WEB hosted event 'Jammin' with Grandma' on Nov. 17.

See IT'S STILL ROCK Page 2

Supporting the value of nonviolent resistance

 **CALISTA WHITNEY**
STAFF WRITER

In light of the election outcome, talking about freedom of speech is necessary. It is important to discuss why freedom of speech matters, and what is the most effective way to communicate a differing view.

Some questions have been raised, like why is peaceful protesting the most effective way to get our message across? Does protesting even do anything? What is the point of protesting, if change is not immediate?

These are some of the questions we are faced with when we feel that our voices are not being heard. We especially feel that way now, in light of Donald Trump winning the election. Those of us who voted for Hillary Clinton are still suffering through the stages of grief—denial, bargaining, anger, depression, and acceptance.

I personally feel like my vote did not matter, when the outcome so clearly does not reflect what I put on my ballot. I would imagine that many feel the same way when most of the electoral college will vote for Donald Trump while a good portion of the popular vote was in favor of Hillary Clinton.

For those of us who feel this way, it is important that we re-

member that our voices do matter. There are other ways of being heard apart from voting.

We live in a country where we are fortunate enough to have the right to freedom of speech. While sometimes this proves frustrating when others voice opinions that we do not agree with, it is a constant reminder that anyone has the right to express their views.

Another important right that we have is the right to peacefully assemble, and to petition the government for a redress of grievances, according to the Constitution.

These two rights provide us with an outlet to express our opinions.

Protesting may seem futile when there is no immediate outcome, but it is important to remember that the first step to fighting any problem is to get others to recognize that there is even a problem to begin with. This is what protesting achieves.

Protesting draws attention to an issue. While this may not fix the problem right away, it does make others aware that the people protesting are obviously unhappy with the current situation that we are in.

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Post-election hate crimes plague country

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While the group doesn't have data from past years to make any judgment on trend, it was found that 65 percent of hate crimes were reported within the first three days of the election, ruling out the possibility that the surge has come from media coverage alone.

Hate crimes have also been followed by New York Daily News writer Shaun King, who teamed up with Ushahidi, a data analytics firm, to map these hate crimes. They found 148 reports of hate speech or threats, 44 harassment and 80 of violence between the election and Nov. 18. These came from the more populated areas of the country, mostly on the East and West Coast.

In response to this, Attorney General Loretta Lynch assured the country that the Justice Department would investigate these reports.

"The FBI is assessing, in conjunction with federal prosecutors, whether particular incidents constitute violations of federal law," Lynch said. "We need you to continue to report these incidents to local law enforcement, as well as the Justice Department, so that our career investigators and prosecutors can take action to defend your rights."

In his first post election interview with "60 Minutes" on Nov. 13, Trump said that he was "saddened" by anti-latinx and anti-muslim harassment. "If it helps, I will say this, and I will say right to the cameras: Stop it," Trump said.

The president-elect also criticized the protests that sparked against him.

"I think it's horrible if that's happening," Trump said. "I think it's built up by the press because, frankly, they'll take every single little incident that they can find in this country, which could've been there before. If I weren't even around doing this, and they'll make into an event because that's the way the press is."

While the response has been minimal at the national level, some states have taken firm action against these hate crimes.

On Nov. 20, New York Governor Mike Cuomo announced that a special police unit would be formed to deal specifically with these crimes. He also said that he would be creating a legal defense fund for immigrants who are afraid that they will be prosecuted under the Trump administration.

Oregon has not been exempt, with many Portland Public Schools students holding walkouts and sit-ins to combat the hate.

"We have seen a number of incidents of hate speech over the last several months, and it has risen significantly since last Wednesday," Portland Public Schools' interim superintendent Bob McKean said in a letter to parents following the election.

Closer to home, Sprague High School in Salem held a demonstration against bigotry and violence.

People are encouraged to report any sign of hate-driven harassment or displays, so as to both track them and warn those around you to be aware of potentially dangerous individuals in your area.

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It's still rock and roll to me

Students congregate for a WEB hosted concert at the Ike box



SANJAY KAPILA

Percy Lounge singer Reed Bertran performs for the Willamette community at the Ike Box for "Jammin' with Grandma."

KARI MILLSTEIN
CONTRIBUTOR

On Thursday, Nov. 17, students congregated at the Ike Box for "Jammin' with Grandma," a Willamette Events Board (WEB) planned event featuring performances from the Funk Band, Percy Lounge and DoggyDogWorld. Students made time before Thanksgiving break to relax with peers.

"We wanted to showcase student talent," WEB representatives Carolina Woodcock and Nebraska Lucas said. The two worked together to organize the concert.

"These bands play at parties all the time, we just thought it'd be nice to give them the chance to have a real gig,"

said Woodcock.

The first 50 people to attend received t-shirts designed by Brandon Day who does designs for Sizzle Pie, a pizza restaurant in Portland.

Each of the bands played for about an hour, starting at 8 p.m. with DoggyDogWorld and ending around 11 p.m. with the Funk Band.

DoggyDogWorld singer/songwriter senior Devon O'Donnell explained that in the midst of a stressful student life, the release of creating music is imperative to the mental health of those in these bands.

"We play music; music makes us happy," O'Donnell said.

After DoggyDogWorld was Percy Lounge, which was put together when sophomore singer Reed Bertran and

sophomore trombonist/keyboardist Henry Coba met in a music theory class and began writing songs together. Other members are sophomore bassist Nick Burton, sophomore guitarist Brenden Ramirez, and sophomore Jasper Gill, who plays drums.

Bertran's enthusiastic dancing and insistence on performing without shoes kept the crowd upbeat.

Last to play was the Funk Band, arguably the most well established of the three bands, and an unofficial institution at this University for several years.

Junior Saxophonist Derek Billey is one of the members of the band who was recruited more recently by the oldest member of the band in the current lineup, keyboardist senior

Andrew Mell. Gill and Ramirez play with the Funk Band as well as with Percy Lounge.

"The Funk Band is all about encouraging each other's musical creativity and creation," Billy said, discussing the themes in the band's atmosphere. He also explained that friendship and humor is what has kept it together all these years.

"We wanted it to be like a bunch of rambunctious kids playing loud music in grandma's basement," Woodcock explained.

Overall, the turnout pleased Woodcock and Lucas, and they felt they achieved the effect and feel they were going for.

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CAMPUS SAFETY

EMERGENCY MEDICAL AID

Nov. 18, 5:52 a.m. (Art Building): Campus Safety received a report that a student had fallen and injured their ankle. Officers responded and paramedics were called. Salem Fire arrived and transported the individual to the ER.

Nov. 27, 6:20 p.m. (In a Campus Residence): Campus Safety received a call asking for a transport to the hospital for a cut that had occurred earlier in the day and continued to be an issue. An officer responded and transported the individual.

FIRE ALARM

Nov. 19, 11:17 p.m. (Baxter Hall): Campus Safety received an alert regarding a fire alarm

going off in the Baxter complex. Upon arrival the officers noticed quite a bit of smoke on the first floor of the building. Upon inspection, it was determined that the source of the smoke was the kitchen. Salem Fire Department arrived and cleared the building. Due to the large amount of smoke, residents were asked to remain outside while doors and windows were opened, and fans were brought in to clear out the smoke. After the building had been properly ventilated, the residents returned to their rooms.

THEFT

Nov. 17, 4:00 p.m. (Bush Park): Two students reported that their bags had been stolen at Bush's Pasture Park. The indi-

viduals stated they had set their bags down, and upon return a few moments later their bags were gone. A report was filed and the individuals were instructed to contact housing to get new sets of keys.

Nov. 18, 8:15 a.m. (University Center): Campus Safety received a report stating that an employee had attempted to steal food from Cat Cavern. Human Resources was contacted.

UNAUTHORIZED USE OF A MOTOR VEHICLE

Nov. 18, 11:25 a.m. (Matthews Parking Lot): An individual called in and reported that their vehicle had been stolen. The individual stated their car had been parked in the

Matthews parking lot and, upon their return, was gone. A report was filed with Salem Police and Campus Safety.

VEHICLE ACCIDENT

Nov. 15, 10:30 a.m. (Blue Lot): Campus Safety received a call from the City of Salem stating that one of their vehicles had damaged a vehicle parked in the Blue Lot. The owner of the vehicle was contacted and both parties exchanged information.

*PLEASE CONTACT CAMPUS SAFETY IF YOU HAVE ANY INFORMATION REGARDING THESE INCIDENTS.

Debate team goes across the pond

CAROL LI
STAFF WRITER

While many students and community members relaxed or travelled to visit loved ones over this past break, representatives from the Willamette Debate Union travelled to England to compete in the Cambridge Inter-Varsity 2016 hosted by the Cambridge Union Society. Cambridge has the oldest debate union in the world.

"There were 115 teams from across the entire world — many from the U.S. (mostly east coast and Ivy League schools), but also people from everywhere including Tel Aviv, Canada, Munich and Moscow and many other places," said Quinlyn Manfull, one of the members of Debate Union.

Junior Civic Communications & Media (CCM) major Madison Brown and senior Politics and Spanish double major Maddie Immel competed for Willamette with guidance from debate coach and CCM Professor Una Kimokeo-Goes. The team left Wednesday, Nov. 16, and competed over the weekend and returned from London on the following Wednesday right before Thanksgiving.

Immel, who competed last week, explained that some of the best teams in the U.S. and Europe from

prestigious schools such as Harvard, Yale, Stanford, Cambridge and Oxford were competing, in addition to great teams from other countries such as Russia and Latvia. Therefore, this particular tournament was exceptionally intimidating and exciting.

"It was just a great experience to be debating with some of the best, but it also meant that it was not only intimidating but a really challenging tournament," said Immel.

Immel explained the extensive preparation necessary for this tournament and many debate tournaments the Debate Union participates in. For the Cambridge Inter-Varsity in particular, Immel said that they always read the Economist, especially during the long plane ride.

"It's important to stay up-to-date with current issues, especially with Brexit. I, at least, expected it to be one of the topics, but it didn't end up being a topic," said Immel.

Debate topics can encompass a wide range of subjects, including "Kesha," the "South China Sea," "Iran Nuclear Deal" and even the "downfalls of capitalism."

Manfull explained that our school's Debate Union as a whole works extremely hard to dedicate

time and efforts in preparation of all tournaments

"We compete in a style of debate called British Parliamentary or Worlds Style, which includes four teams of two people debating a resolution that is announced 15 minutes before the round begins. This means you cannot prepare speeches and do special research for rounds, it also means you debate four, sometimes five, different resolutions every day. There isn't really a way to prepare for a specific round in terms of writing a case or prepping a speech the same way one would for different styles of debate."

According to both Manfull and Immel, the Debate Union has been an amazing opportunity and integral part of their Willamette experience. As a senior who has been part of the Debate Union since her sophomore year, Immel has been able to travel to Hawaii, Atlanta, Vermont, China, Ireland and now England.

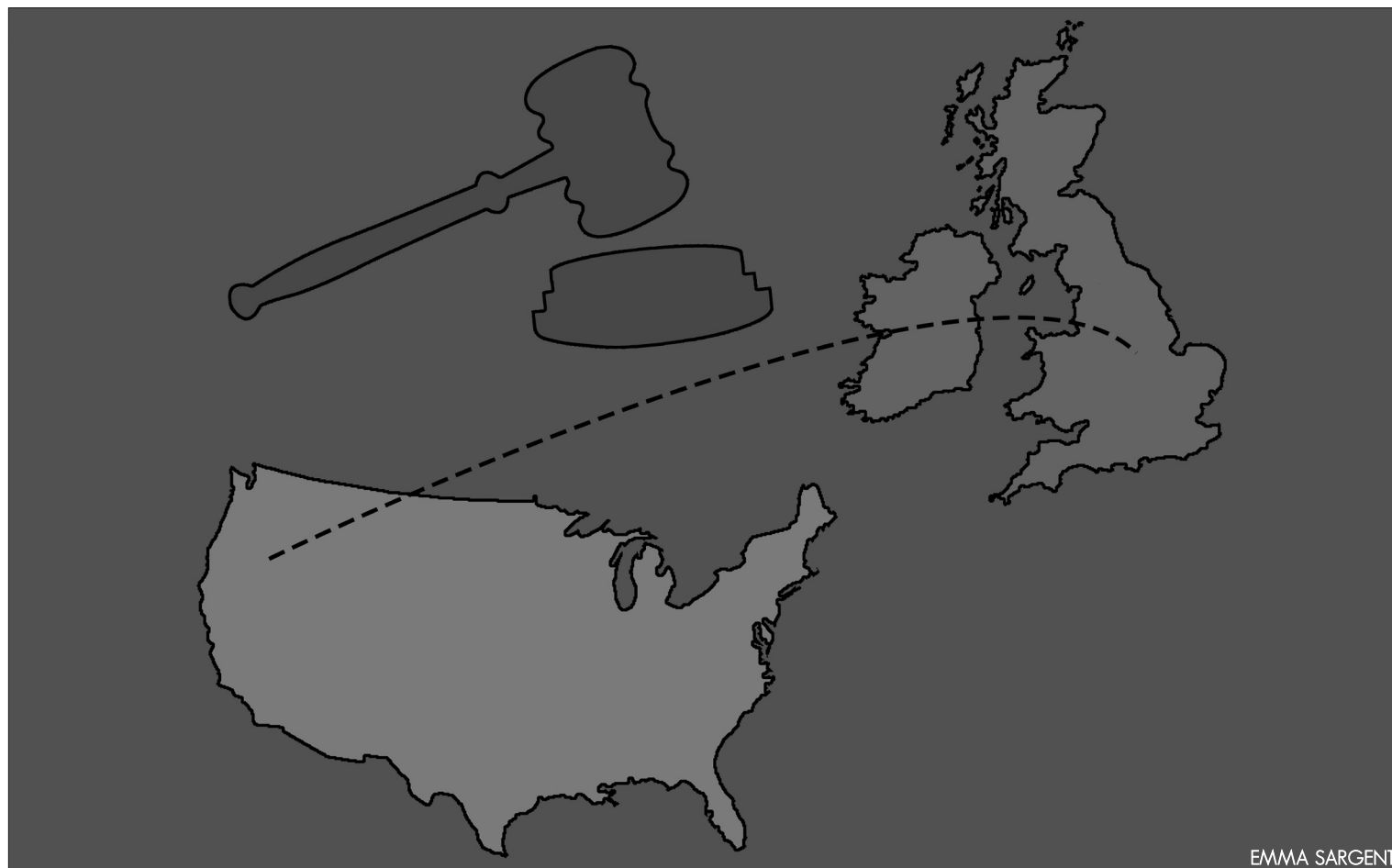
"My favorite part about debate is being able to see so many different and new perspectives, to take a side you might not always agree with," Immel said. "As much as we want to think critically, we really do live in a liberal bubble. Being able to get

out and talk about different topics is really unique ... Debate is really about the learning experience, which is why I love it."

"Debate has given me a place to speak out and use my voice. It has helped me develop my voice and become more concise and articulate when speaking normally," Manfull said. "It forces you to break down reasons why individuals believe what they believe. This has helped me develop my own opinions while also understanding different perspectives and I have become more open-minded due to this."

Everyone is welcome to join the Debate Union, even without any prior experience. It is highly recommended interested students join in the fall by formally registering for the IDS course. If there are any questions, you can contact debate coaches Una Kimokeo-Goes <unakimokeo> and Robert Trapp <trapp>.

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ASWU focuses on campus meals

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During the ASWU Senate meeting on Nov. 17, first year Senator Kylah Clay discussed a project she took on concerning Bon Appetit and Goudy Commons. The project has been designed to make food on campus less restrictive for those with limits to their diet.

"I'm trying to make the food at Goudy safer to eat if you have dietary restrictions," Clay said. "Even though I can eat gluten, it still makes me really sick, and [Goudy has] problems with cross-contamination."

Clay said that making the food healthier is necessary for the en-

tire community, not just those with dietary restrictions. She has discussed this with Director of Dining Services Chris Linn.

"Originally I was going to meet with Chris Linn to talk about cross-contamination problems and ways to make gluten-free, vegetarian and vegan options more available," Clay said. "There's been a lot of talk on the [Class of] 2020 Facebook page that the food is just really unhealthy, and apparently the parents are complaining a lot about it."

Linn explained to Clay that the best way to get the attention of the chefs is for them to receive more emails and comments from students who have ideas about

how to make Goudy better. Currently, the head chef has started a partnership with organic farmers and is trying to start an organic food option at dinner.

"I think I'm just going to try to go for a more wholesome 'attack' and try to make the food at Goudy healthier," Clay said.

Most of the changes discussed will come into effect by this coming semester.

Also at the meeting, junior Senator Daniel Pekich introduced a bill that would make adjustments to some of the ASWU bylaws and amend the external program committee.

"I will say that although there were several important changes that were made with the bill, a lot

of the bulk of it was just getting rid of redundancies and reorganizing the order of things in the bylaws that didn't make sense before," Pekich said.

The main purpose of the bill otherwise is amending how external programs request funding since the current process entails getting an itemized list on previous funding for the next semester, leading to EPs needing to request more money throughout the following semester. The bill was discussed further in-depth, and will be voted on at the meeting on Dec. 1, along with budgets.

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Businesses stop Measure 97

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Oregon's Measure 97 lost on Nov. 8, keeping the cap on corporate sales tax and stopping a 2.5 percent tax on gross sales that exceed \$25 million. It would have increased revenue about \$3 billion per year. If it would have passed, Oregon would have gone from, of the states that have a gross sales tax on business, the state with one of the lowest rates to one of the highest rates.

The campaign broke the record for money contributed over a ballot measure. The "No on 97" campaign received over \$28 million in contributions, mostly from businesses. Nearly every candidate or official that endorsed "No on 97" was affiliated with the Republican or Libertarian parties. Nearly 500 businesses endorsed "No on 97," including Black Bear Diner, McDonald Wholesale Co. and Powell's Books.

"Backers of 97 argue it's a tax only on giant, faceless, out-of-state companies," Powell's said in their statement urging voters to say no. "That doesn't describe Powell's or other Oregon companies directly taxed under Measure 97 at all. In fact, one quarter of the companies directly taxed by 97 are Oregon-based companies just like us."

The campaign for "Yes on 97" received nearly \$19 million. It received endorsements from many Democratic officials, community organizations, unions and over 250 businesses. Businesses that endorsed "Yes on 97" included Voodoo Doughnuts and Falling Sky Brewing.

"It makes only big corporations — ones with more than \$25 million in sales — pay a higher minimum tax on sales above \$25 million, and dedicates the money to healthcare, education and senior care," the Nurses Union said about the measure.

In addition to corporate money, there was also, allegedly, interference by Comcast in advertisements by "Yes on 97."

"They [Comcast] told us we would have to remove any reference to Comcast, including their logo," John Coghlan, an advertiser purchaser for "Yes on 97."

In the ad, "Oregon is Dead Last in Corporate Taxes. Measure 97 Makes Big Corporations Pay Their Fair Share," "Yes on 97" was forced to modify the line "... large and out-of-state corporations like Comcast and Monsanto pay little to nothing" to "large and out-of-state corporations like Wells Fargo and Monsanto pay little or nothing." Comcast never responded to the allegations.

In September, DMH Research found 60 percent in favor and 20 percent opposed to Measure 97. However, between Sept. 29 and Oct. 1, 2016, Hoffman Research found lower support for Measure 97 than previous polls, with 41 percent in favor and 47 percent opposed. The results at the polls showed 40.97 percent in favor, with 803,653 votes, and 59.03 percent opposed, with 1,157,930 votes. This change can be largely attributed to aggressive advertisement by the "No on 97" campaign. Another argument instrumental in defeating Measure 97 is that there was a legal ability to allocate the funds in any way, despite there being some language in Measure 97 to spend the money on education, healthcare and senior services.

Because of the failure of Measure 97, the state is left with a projected deficit of \$1.35 billion in the next two-year budget just to preserve existing expenditures. As such, otherwise similarly unpopular measures such as budget cuts, tax increases or both must be employed in the near future.

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'The Librarians' is a magical romp with a humanistic twist

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I don't mind saying that I need a little magic in my life.

The world seems to have become a much scarier place overnight, but for me, it was always pretty scary. Maybe that's why, even though I'm theoretically too old for it, I still love tales of dragons and unicorns, heroes and obvious villains.

Maybe I'm just relieved to be able to spot the bad guy in the first 10 minutes.

Whatever the reason, I consume fantasy the way some people consume sports or video games. For me, fantasy is an escape to a world that is closer to how I think the world should be: the good guys try to actually do good for themselves and those around them, and the bad guys all are eventually vanquished.

Onto my list of favorite shows strolled "The Librarians" way back in 2014. Since then, the show has only been getting better.

"The Librarians" films in Portland, making it practically a hometown phenomenon. The show entered its third season on air on Nov. 20.

If you're looking to shut your brain off for an hour, this probably is not the show for you. "The Librarians" incorporates both traditional mythology and historically relevant literature in order to evoke its fantastic, magic-strewn world.

Last season, Prospero of "The Tempest" attempted to remake the world according to his wishes. For the children in the audience, a wiz-

ard played around with magic while six unabashedly smart and well-read individuals tried to stop him.

For the adults, an elderly man who felt his time had been wasted on Earth tried everything he could think of to steal away just a little more time.

"The Librarians" uses moments like this, in which grief and fear intertwine with questions about the appropriate uses of power, to educate both the very young and very old in its family-oriented audience.

In this show, viewers experience the world through the eyes of four people struggling to adjust both to very new roles in the world, and to the idea that magic is real.

Rebecca Romijn, who played Mystique in "X-Men," plays Eve Baird, former military agent turned protective guardian of the others. The annoyingly gorgeous, sometimes-Portland Christian Kane plays Jacob Stone, laborer in Oklahoma who has gathered many academic degrees and published countless tomes in his hidden role as an art historian.

Other new characters include Cassandra, a mathematician with a perfect memory who is dying of a brain tumor, as well as the wise-cracking ex-thief Ezekiel Jones.

The series conceit is that Noah Wyle's character Flynn, beloved from the tremendously popular film franchise of the same name, must step away from his task as defender of the wealth of human knowledge and magical wisdom that The Library represents.

Therefore, the other, new librarians — the librarians in training, or LITs — must step up.

"The Librarians" is a new kind of crossover action television show, one formatted for people of all ages and genders. Familiar mythological characters like the Lady of the Lake exist in this world alongside fairytale villains like the wolves in "Little Red Riding Hood."

The effect is to generate a zany, unpredictable world where magic can save people, but also destroy them. Much of the first season focused on the need to restrain magic, to keep it safely contained within magical artifacts and in its proper place to avoid chaos.

This might be seen as a metaphor for the perils of power gone unchecked, as a ragtag team of People Who Care battle a power-hungry, self-aggrandizing rich white guy willing to destroy all those around him to get what he wants.

The heroes in "The Librarians" are community-oriented and contain more passion than sense most of the time. They're disorganized, prone to make huge mistakes and then succeed purely by accident and often seem shocked at the horrible things others will do for power.

Then again, sometimes they succumb, too. Cassandra nearly exchanges her new friends' lives for the right to live just a few extra years in the series opener.

"The Librarians," set in an imaginary extension of the New York Public Library, is like that. Just when you think it's going to play to type, the pretty white ingénue sells



MIRANDA MARTIN

out her fellow heroes for just a few more decades.

Eventually, rather than wait around for someone else to rescue her, Cassandra saves herself.

Every member of "The Librarians" team was called to duty without being asked. Each has to learn trust, communication, and how to rely on others. Each fights their own ingrained selfishness and their own weaknesses, and each barely wins.

They're not perfect, they're human and they're still heroes. I don't just want to be them, I admire them for their examples of how to be someone who still has to struggle to do good.

There are smarter, sassier shows out there, to be sure. This one, though, has something special. This one has heart.

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Navigating the conflict between exposure and erasure: Disney's newest masterpiece 'Moana'



MIRANDA MARTIN

CAROL LI
STAFF WRITER

Last week on Nov. 23, Disney released its latest animated film, "Moana." According to a news report from Hawaii News Now, "Moana" dominated the Thanksgiving box office with an estimated \$81.1 million over the five-day weekend. This highly anticipated movie features rapidly rising O'ahu, Hawaii born star, Auli'i Cravalho, who plays the voice of Moana, and Dwayne "The Rock" Johnson, who plays the voice of the demi-god Maui.

Auli'i, now 16-years-old, was 14 when she was cast as Moana. In a Walt Disney Animation Studios video

"Casting Moana - Introducing Auli'i Cravalho," Cravalho explains that she never imagined she would be able to play the role of Moana, however, Cravalho received a callback from the filmmakers who told her she got the role. Cravalho's mom, Puanani Cravalho, spoke with tears in the video and said, "It was such such a blessing... yes Auli'i, you are Moana."

"Moana" is a very important film, as it is one of the few works in the media industry that centers on a Pacific Islander Woman of Color as the heroine, and showcases various depictions of Polynesian people and cultures. Because Moana represents Polynesia and Pacific Islanders, it is important that the film was done eth-

ically and with lots of critical thought.

However, even though directors Ron Clements and John Musker, who both were involved in the creation of other Disney classics such as "The Little Mermaid" (1989), "Aladdin" (1992), and "Hercules" (1997), travelled to Tahiti, Fiji and Samoa to educate themselves from various communities on those islands. Ultimately though, they, along with Disney are white, non-native and indigenous entities telling a story of native and indigenous Pacific Islanders from their perspective.

As a non-native or indigenous person, I cannot claim that my opinion on the subject matters that much. But a few weeks or even a few months

is not nearly enough time to fully understand the lived experiences of Pacific Islanders and depict them accurately. The filmmakers make deliberate decisions on what parts of the cultures they wish to include for their construction of "Moana."

Needless to say, "Moana" is truly a spectacular film. This doesn't discount the important conversations and questions that must continue to be raised about "Moana," but it really is a beautiful film. As I watched it the day after its release, tears were brought to my eyes because of the beautiful story, animation, music compositions by Opetia Foa'i, Mark Mancina and Hamilton's Lin Manuel-Miranda, and most of all, representations of People of Color. Without spoiling too much of the movie because I think it is one of Disney's best animated films, I recommend for people to go watch.

"Moana" tells a story of the island of Motonui's chief's daughter, Moana, who is chosen by the ocean to embark on a dangerous journey to save her people. With the help of Maui, Moana combats difficult challenges all while holding her family close to her heart as she finds the person she truly wishes to be.

I am not a fan of Maui's depiction but, to see such a strong female Pacific Islander lead, emulated so magnificently by the genuineness of Auli'i Cravalho, made me realize how much of an impact this will have on native, indigenous, Pacific Islander, youth of color who will finally see themselves reflected in the media they watch. In fact, I feel Moana and Cravalho are great role models for all people to identify with, and that this movie holds a great deal of power.

As much as the symbolic work "Moana" does by providing a repre-

sentation of Pacific Islanders that is much needed, Disney still ultimately profits from the revenue. For example, Disney was selling brown skin with tattoos for their racist Maui costume before it was recalled, and an ad for Disney's Aulani resort in Hawaii just so happened to play right before the movie. The intricacies of Pacific Islander cultures and people are still trivialized into a commodity that the actual communities do not gain material benefits from. Polynesian still becomes lumped into one constructed image in the eyes of viewers when really there are so many distinct islands, communities and people.

Disney's imagery simultaneously exposes and erases Polynesian culture. My fear is that audiences walk away from "Moana" and do not realize the colonialism that still takes place in various Pacific Islands and the huge disparities that Pacific Islanders face (for example, Willamette and many institutions have no coursework or curriculum that is reflective of Pacific Islander people or culture. There is perhaps a week on Hawaiians in American Ethnic Studies core classes at most). Most importantly, there is resistance and movements among native and indigenous islanders to regain self-determination of the language, culture and land.

My hope is that this film will be a beginning of more films that will have People of Color in all aspects of production so that one day, Pacific Islanders and people of marginalized identities will be able to tell their own stories about themselves. As we continue to fight for that day to come, there is potential to take some time to enjoy "Moana."

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Kombucha: The beautiful, bubbly probiotic



MIRANDA MARTIN

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LIFESTYLES EDITOR

It floats like a dead jellyfish. It smells faintly (or not so faintly) of vinegar. It likes warm, dark places. It's called a symbiotic colony of bacteria and yeast, or SCOBY, and it's the best thing that has ever happened to your digestive bacteria population.

SCOBYs are the magical ingredient that, with time and a generous helping of sugar, turns average

everyday tea into the life changing elixir of carbonation and probiotics that is kombucha.

Now, as fantastic as kombucha is, there is no medical evidence suggesting it has medical, therapeutic qualities. This having been said, it is delicious and refreshing and something you can make in your dorm room. You can find my delicious Nicombucha recipe at the end of this article.

Brew the tea and leave the bags

in boiling water for longer than you typically would with tea. The tea should be brewed especially strong because otherwise it will be overpowered by the sugar and fermentation process. Remove the teabags and let the tea cool to room temperature. It's important that the tea not be too hot when you add the SCOBY and starter liquid, or else you will boil the bacteria to death.

Next, add the sugar and stir for 30 seconds. Use the rubber band to secure the paper towel or cheesecloth tautly over the opening of your container. Finally, place your container in a dark, warm, clean, dry area. Do your best to avoid dust or any other contaminants falling into the mixture, as it will be susceptible to mold throughout the brewing process.

A note about mold: it's unlikely your batch will have any mold, but if you do it will probably look like bread mold – that is to say greenish and fuzzy. If you see mold, throw out the whole batch and clean your brewing equipment with soap and hot water. The SCOBY itself can look rather funky, but as long as it looks the same as when you started except a little bigger, you're probably fine.

Let your batch ferment for a minimum of two weeks, three if you know you like a stronger kombucha in terms of carbonation and flavor.

Be sure to remove the SCOBY and put the rest of the batch in bottles and jars before four weeks, as the batch will resemble vinegar more than kombucha after this. Once everything is bottled you can either begin a new batch immediately following similar steps or preserve the SCOBY in a jar with kombucha.

Keep in mind that as long as the SCOBY is in contact with kombucha liquid it will continue to ferment. Be advised that all kombucha contains a very low alcohol content (with rare exception, commercially brewed and bottled kombucha does not qualify as an 'alcoholic beverage' requiring the buyer be 21 years of age), so be aware of this if you are avoiding alcohol for any reason.

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- a large glass jar, jug, or pitcher
- 4-6 bags tea - for loose leaf, 1 bag of tea = 1 tsp
- SCOBY (you can buy these at health food stores, or borrow one from someone who already brews kombucha!)
- 1 cup starter liquid (kombucha from a store bought bottle or existing batch)
- purified/bottled water
- tea kettle
- brewing vessel, cloth cover (something breathable like a paper towel or cheesecloth), rubber band



Complicated cleanliness

DORIAN GRAYSON
STAFF WRITER

If there's one thing that'll make people understand how much I live day-to-day, it'll be my room. Ever since I can remember, I've had a messy room. I thought that would change coming to college – for some ill-defined reasons – but it didn't. As it stands, my room is a disaster with items strewn everywhere. I'm OK with that.

Keep in mind, I still intend to spend time cleaning up before winter break, and there are some things that need to go back to their places. But, in general, I'm OK with the mess. I'm able to find things when I need them and the mess doesn't stress me out too much (unless I'm worrying about others judging me for it).

Society would disagree with this stance, however. The first comment I hear whenever someone enters my room is about the mess, or how it must have been a while since I've cleaned. There are some more entertaining instances of this, though.

In her article on messy roommates, Christina Samurkas said "A glob of mobile flesh surrounded by a thin (or thick) layer of dirt. It's horrifying, slightly nauseating, and the main reason you don't let friends, family or potential dates visit your room. It's even messing with your mind."

"Moldy dishes, dirty clothes, spoiled milk, mildewed shower tiles, bags of garbage (or, worse, garbage scattered all over the apartment), overflowing litter boxes, and a toothpaste-laden sink – living with a messy roommate can be a unique form of odorous, cluttered hell," a user of Apartment Ratings said in a blog.

But what interests me most is the backlash to those people. The internet is littered with articles about how messy rooms are indicative of a creative mindset or superior intelligence.

"Your desk is a mess. Then again, it's your mess, and thus, it feels very in-control. When you habitually fail to put things in their designated place, you're bound to get creative figuring out ways to make everything, I don't know, fit. And fit comfortably," Dan Scotti wrote for Elite Daily.

The first results if you Google "messy room" are positive articles, rather than negative ones. It seems that the internet blogging machine has found articles that spin negatively perceived traits as hidden positive ones. And yet, it isn't for those reasons that I don't feel bad about my messy room.

I have an unfortunate assortment of mental illnesses. I won't go into that much more, as that's relatively personal. However, they definitely limit what I have energy to do each day. This isn't an excuse, just simply the way that I work. In nearly every day, there isn't enough mental ability to go do what I need to do and clean up after myself.

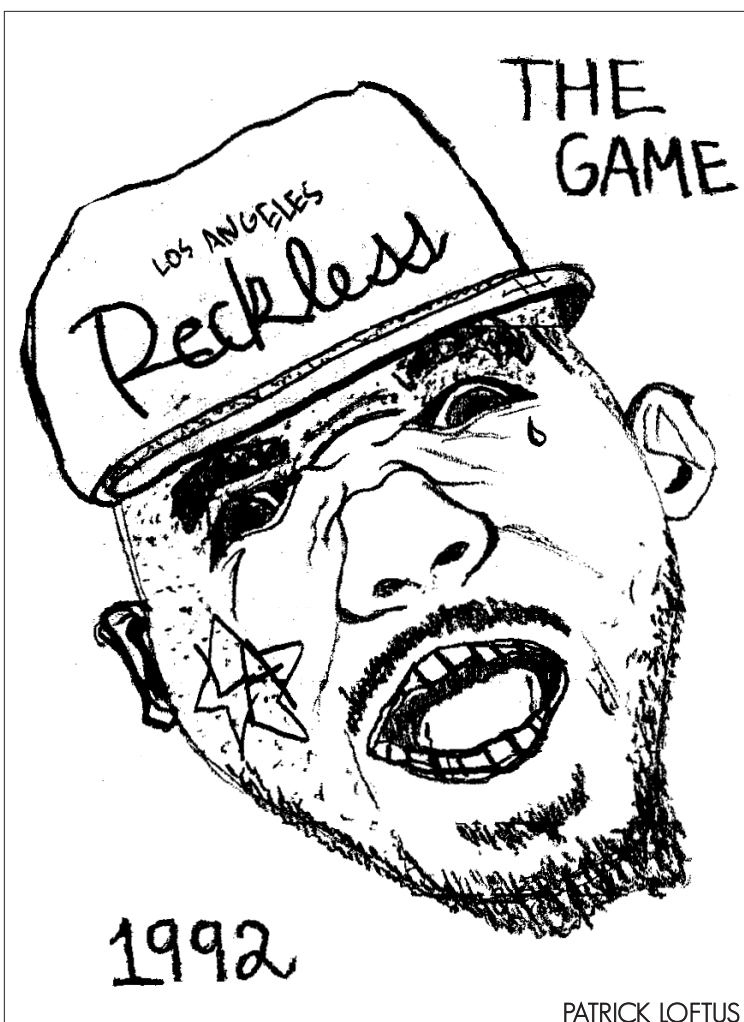
But that doesn't mean I never clean, because of the flip side of my illnesses: cleaning and sorting relaxes me. Whenever my room is clean, it's likely because I've been stressed and trying to cope.

To put it simply, I have a complicated relationship with the cleanliness of my room. It isn't as simple as laziness, genius or illness. My room's clutter is just a feature of my life I accept.

I really hope I don't get a roommate next semester.

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The Game's '1992' deserves a Grammy nomination



PATRICK LOFTUS

AARON WIESENFELD
STAFF WRITER

Compton-based-rapper Jayceon Terrell Taylor, a.k.a. The Game, was shot five times in the chest during a gang-related robbery on Oct. 1, 2001. Amazingly, The Game not only survived the shooting, but managed to call an ambulance before entering a coma which lasted three days.

Growing up in Compton, Jayceon was initially affiliated with the Santana Blocc Crip Gang, as both of his parents were Crip gang members. At the age of 13 he joined his first gang – the Cedar Block Piru Bloods in the year 1992.

The above biographical excerpt does not serve to glorify gang involvement. Rather, explaining The Game's formative childhood provides a good basis for the casual hip-hop listener to understand "1992" as a period piece, social critique, and rap album. The complexity of The Game's latest release cannot be understated. The "1992" album cover features a young Jayceon caricature having his arms pulled apart in opposite directions by both the Crips and Bloods. Furthermore, the album cover includes cartoon artwork of the O.J. Simpson murder trial, the infamous Rodney King beating and the subsequent 1992 Los An-

geles Riots. All of these events have been mentioned in the lyrics of The Game's prior discography.

Stylistically, "1992" is a departure from The Game's previous, feature-stuffed albums: supporting acts are typically a hallmark of any Jayceon album. Instead, "1992" is a minimalistic 13 track album with only one credited guest feature: the bonus track "All Eyez (feat. Jeremih)." To clarify, however, the single "Baby You" did include uncredited vocals from Jason Derulo. Otherwise, every song on The Game's new album is simply himself rapping about his childhood – albeit Jayceon does perform over multiple famous samples (e.g. Wu-Tang Clan's "C.R.E.A.M.").

The Game's minimalistic approach functions smoothly on "1992" primarily because his lyrics are both personal and universal: Jayceon's childhood chronologically and physically coincided with the iconic N.W.A. "Straight Outta Compton" era.

On a side note, "1992" also features what I personally consider to be this year's best hip-hop diss track, The Game's "92 Bars." For those who do not follow the World-StarHipHop element of rap music, The Game engages in a rather brutal beef with Philadelphia-based-rapper Meek Mill this past summer. Let's just say that The Game upheld his reputation as hip-hop's most successful and prolific beef instigator. In fact, "92 Bars" is probably in the same league as Drake's 2015-Grammy-nominated-Meek-Mill-diss-track, "Back to Back." Of course, it must be taken into consideration that Drake and The Game have collaborated on multiple tracks in the past (dating back to 2011). Therefore, they most likely coordinated together against Meek Mill – although that claim is purely speculation.

Something else worth noting about The Game's "1992" is the al-

bum's chronological significance: The Game was an up-and-coming rap superstar during a different era. The Game's debut studio album, "The Documentary," was produced primarily by Dr. Dre and released to both critical and commercial success in 2005. "The Documentary" is The Game's best-selling album to date. By the same token, The Game's only Grammy nomination to date was for his 2005 collaboration with 50 Cent on "Hate It Or Love It."

After falling out of favor with both Dr. Dre and G-Unit (50 Cent's now mostly defunct rap supergroup), The Game went on to release his sophomore album, "Doctor's Advocate," which was commercially and critically successfully mainly due to his producing and rapping collaborations with Kanye West. During that time period (2006-2007), both The Game and Kanye West shared the experience of becoming estranged from their mentors (Dr. Dre and Jay-Z respectively). The Game's relationship with Kanye West proved to be arguably his most important music industry connection over the course of his entire career.

Fast forward roughly a decade later into early 2015. The Game was largely a hip-hop after-thought, except with up-and-coming West Coast rappers like Kendrick Lamar (whom he actually co-signed and mentored). Then in late 2015, Dr. Dre decided to release his final studio album "Compton: A Soundtrack by Dr. Dre." Subsequently, West Coast hip-hop music has experienced a nouveau renaissance with the rise of T.D.E. artists. Since then, The Game released "The Documentary 2" (in late 2015) and "1992" (in late 2016) to both commercial and critical success.

5 Stars / 5 Stars

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Restorative

Not “What are you thankful for?”

 CAROL LI
STAFF WRITER

This past week, the Willamette community was able to experience the first week-long fall break vacation in over two decades. Prior to this year, the hiatus commonly known as “Thanksgiving break” allowed students to take Thursday and Friday off and return to school on Monday after the weekend.

This year, students received an additional three days off, so break could technically begin on the weekend before. What is often the focus of these breaks is the idea of being thankful and appreciative, hence the term Thanksgiving. Some of us can recall making hand turkeys in grade school and writing a list of what we were thankful for.

The common narrative for the first Thanksgiving is that the pilgrims and Native Americans sat among one another and enjoyed their first meal. Thanksgiving imagery usually includes turkeys, pumpkin pie and large feasts.

However, this colonial construction of Thanksgiving differs to what historically happened. In a Teen Vogue video directed by Kelly Teacher entitled “Native American Girls Describe the Real History Behind Thanksgiving,” six Native American girls expressed what really happened during Thanksgiving.

“After every killing of a whole village, these European settlers celebrated it and they called it Thanksgiving.”

The girls expressed their frustrations with the erasure of this piece of history that is not taught in schools, being that Thanksgiving was “celebrating the deaths of many people and many tribes that were lost.”

Given the current circumstances of native and indigenous resistance and resurgence movements, such as the protests at Standing Rock in North Dakota, or Mauna Kea on the Big Island of Hawaii, it is important to acknowledge the historical actions of colonialism and genocide that took place previously to bring communities to these points. The efforts to bring self-determination and reclamation to language, culture, nation and land is justified. A great part of this decolonization is recognizing the origins of Thanksgiving.

With all this in mind, this time of year serves as a place for expressing gratitude. Often, we are asked “What are you thankful for?” Rather than asking what we are thankful for, perhaps we should begin to recognize who

we are thankful for. This allows us to truly see the importance of the living, breathing people that surround us and have been there throughout our lives.

It is easy to forget the amazing love that exists in our lives, despite all of the challenges that we face. We are able to overcome the greatest obstacles because of the communities and individuals that empower each and every one of us.

From elementary school teachers to our aunts, to that one classmate, our role models in literature, activists who fought for issues important to us, and our loved mentors, it is the people who really add the life to our days and experiences. It is those we love that encourage us to continuously learn and grow.

In this society, people are often compromised for profit and production. Our time is spent providing a service or going through a routine to perform necessary tasks, and our desires lead us to focus on material items instead of happiness.

This is not to discount the importance of material goods necessary for survival, but entitlement and excess cloud our minds and renders us ignorant of the beautiful human life that exists around us. The beautiful and complex life that is us and this earth. The life surrounds us that we have a responsibility to care for.

In this time of mourning after recent events such as the nationwide election of white supremacist, sexist, homophobic, xenophobic and islamophobic ideologies, there is great power in recognizing those who came before us. Remember that many of our ancestors lived through immense barriers, and that very strength paved the way for us to live in the world that we do now. From the establishment, this nation was founded upon the eradication and exploitation of certain bodies. The struggle, and thus the resilience, has never ceased to exist since that moment, and our ancestors lived through that.

Several of the Native American girls who spoke in the real history of Thanksgiving video expressed appreciation for their elders and for one another:

“I’m thankful for my elders who kept our culture alive all these years.”

“I’m thankful for all of us to be able to stand together, stand strong and stand as one.”

To see that there is beauty, hope and goodness that exists in our lives despite the circumstance has the potential to be empowering. To take time in our day to appreciate those who have touched our



lives, throughout all of the challenging and glorious moments, is an act that is restorative, for both you, and the people who may not realize the impact they have made on your life.

With this thought in mind, several Willamette students took the time to share their appreciation for people who have made a difference in their lives.

Montreal Gray: “I’m thankful for my mom because she works really hard to support me and our family, and she has always supported me and has kept

me surrounded by incredible love.”
Katlien Lee Ngiateng: “My family, my sister and her boyfriend specifically. My friends from home and the new ones I’ve met. The people who support me unconditionally and who give me so many things that I don’t have, whether it be material-wise or what I can provide for my own personal self.”

Mia Carranco: “My best friends for making me laugh every time we talk; my mom for offering her own perspective and thoughts on whatever I’m going through; my brother for re-

e Resilience

, but “Who are you thankful for?”



family, but also my high school teachers and professors at Willamette who continue to provide support in helping me find my career path.

Because of these individuals I have a lot to be thankful for, because I wouldn't be the person I am today if it wasn't for them.”

Erica Noble: “2016 has been a pretty tumultuous year (as I'm sure we can all agree) so I have been doubling my efforts to remind myself what [or] who I am thankful for. Shout out to my best friends: Sali and Denise, for always being there for me and for being the best friends I could hope for.

I am grateful for my boyfriend Eric for being an amazing human being who always manages to make me laugh even when I am 1000 miles away.

I am grateful for my dad who always supports me and brings my spirit up. I am grateful for the beautiful Willamette community that has taught me so much and helped shape who I am today.”

Stephanie P. Aronson: “I am thankful for my family and their constant support, love and supply of good food.”

Lina Truong: “I'm thankful for my parents, who have sacrificed so much for my siblings and I. For all [of] those late nights they worked, for the times my dad would give us piggyback rides before facing a 10-hour work day. For all the nights in our childhood my mom would read us bedtime stories in broken English, not understanding the story or knowing all the words, and occasionally making stuff up.

And for all the moments they would stand in our corner, proudly supporting us through whatever we chose as our goals.”

Alika Masei: “I am thankful for my family. For my mom reminding me that in the toughest times, your family always has your back, and my dad for supporting me in my academic and athletic interests.

My grandpa for his kindness and warm smiles, despite the hardships he's faced throughout his life. And for my two younger siblings, being there for me when I was growing and developing my own sense of self and identity.

Shoutout to Micah and Malia, and the whole Masei Ohana for being my rock.”

Ashley Alunan: “I am grateful for

my mom, dad and sister, Tiffany who shower me with love and care endlessly. Maadhav, Sumana and Shaleen who are my support system back home.

Carol who I can always count on and lean on in times of sadness and immense joy. Meg for all the exciting adventures and them helping me embrace my identities more. Mady, who has taught me the importance of educating myself and has the patience to put up with me.

Mylinh, who shares so much love and is the best Big I could hope for. Rachel and Karen, who have given me great laughter and understanding, and are the best study buddies.

Tiff, who makes waking up at 8 a.m. every Sunday worth it and waffles! Julie for the fun and spontaneous train travels and who I love getting to know better.

Emma for being more than just an advisor, but a friend and confidant who motivates and inspires her students. Michael, who validates my experiences and provides much needed representation and strength. Gordy and the OMA staff for all their hard work and supporting students of color and LGBTQ students.”

A lot of people give thanks to their family, as well as their friends. Others acknowledged important support systems such as professors, therapists and staff members. It is clear how much more substantive our lives are because of the people in our lives. We are capable of expressing and receiving affection in its many forms. This facet is part of the messy and complex experience that all of us call life.

It is important for each and every one of us to take the time out of our day to thank, love, acknowledge and appreciate those around us. There lies great healing and love in the world amidst the difficulties, and remembering this genuine restorative and resistant love can do wonders for the communities around you, as well as yourself.

Similarly to how people, even strangers, can have an impact you, you yourself hold importance in others' lives, even when you least expect it. Never forget that. So, to everyone, take time to care, cherish and love, because you may not know how much that may mean to someone. This collective effort of restoration and resilience can get all of us through the challenges that are ahead.

minding me that there is room to be sillier and more adventurous in life than I sometimes think. Some of my professors for being resources of support, honesty and advice.”

Melissa Legaria Cisneros: “My family because they have been supportive on my transition into college and they are always encouraging me to do my best.”

Karla Gutierrez-Hernandez: “My parents have been the first ones to lift me up, and words cannot simply describe how much I appreciate the sacrifices

they made to provide a better life for my brother and myself.

My dad with his sense of humor and creativity. My mom's encouragement and mindfulness. And of course my grandparents. They are the best grandparents who have given me all of their love and support, but they have always been my number one fans.

My grandpa who will always give me hugs and provide cheesy jokes during dinner time. And of course my grandma who always carried on with life with a smile, always [looking] for ways to help me, and sharing her stories to provide words of wisdom.

I will always be thankful for my

Inspiration from everywhere

Conor McGregor's magnetic personality and meteoric rise

ALEX GORDON
STAFF WRITER

The history of fighters is decorated with colorful personalities. Many would argue, from an entertainment perspective, that the talk outside the ring is just as important as the product in it. Conor McGregor, UFC's current welterweight and lightweight champion, is cut from that same cloth. He is a showman on both sides of the octagon. He brings a brashness and bravado that alienates some and draws in others, but either way people want to watch him.

He burst onto the mixed martial arts scene in 2015, where he claimed his first UFC lightweight championship belt by knocking out Jose Aldo in 13 seconds. It was

a shocking result for a much anticipated fight, and his stardom only continued to rise from there. His 2016 welterweight title fight against Nate Diaz had the highest pay-per-view in UFC history. To paint him simply as a fighter of unbridled confidence, however, would be selling McGregor short. With McGregor, there is more to the man than the exterior would suggest, but the contrast between the personality that we all see and how McGregor handles himself outside the limelight is a fascinating contrast.

McGregor was born in Dublin, Ireland, and continues to train there. Despite his \$16-20 million per fight contract with UFC, he is not someone motivated by money or fame. He is a pathological com-

petitor. He values commitment and hard work over anything in life, and despite his bombastic claims, he remains somewhat down-to-earth. He donated all 50,000 pounds he received from a recent publicity tour in Ireland to Dublin-based charities. He trains at odd hours, going into the gym whenever his body feels ready. He is famously non-superstitious, believing that pre-fight rituals are a sign of fear.

In the ring, he is something of an outlier as well. Despite excelling in mixed martial arts, he employs a very conventional boxing style while fighting. Eighty percent of his knockouts and technical knockouts come from striking as opposed to grappling and submission holds that are al-

lowed in MMA. On top of that, he is also left-handed, but is known to switch to a right handed boxing stance on a whim during matches.

Maybe the most interesting thing about McGregor, however, is his gift for observation. In almost all the articles you will read about him, you will find him mentioning his fascination with movement. He observes anyone, from other fighters to random people he sees in public. In one such article he said, "I will analyse a man walking down the street to see how they carry themselves. I feel you can tell a lot about someone by the way they carry themselves, so I try to move cleanly and efficiently."

He also famously watches predatory animals and the motions they use while stalking and

attacking prey, trying to mimic that grace and concentrated power when he fights.

His inspiration even comes in a form that one may not expect. A question on his UFC fighter's profile is, "Do you have any heroes?" His answer was simultaneously dismissive and poetic: "None, but I take inspiration from everyone and everything. I'm inspired by current champions, former champions, true competitors, people dedicated to their dream, hard workers, dreamers, believers and achievers." It's hard to beat a man that finds inspiration literally everywhere he looks.

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Women's team off to strong start, men face tough competition



TAYLOR HOUSTON



TAYLOR HOUSTON



TAYLOR HOUSTON



TAYLOR HOUSTON

CONTINUED from page 1

The Bearcats have continued their offensive prowess as they also scored 86 points against Pacific Union College and 88 points against Walla Walla University.

Andresen credits this offensive success to "... having almost everyone return from last year and the addition of talented freshmen. A main focal point in practice has also been passing on offense," said Andresen. "Another thing we want to emphasize is making good passes and knowing who we're passing to, and where

they want the ball in order to be able to give them the best option to score. Bad passes lead to turnovers and missed opportunities when the person receiving the ball has to move from their shooting pocket to catch it; a good pass is necessary for a good shot."

The Bearcats look to stay undefeated as they start conference play at home this coming Friday and Saturday against some of the tougher teams in the Northwest Conference: Whitman College and Whitworth University.

"Our conference is one of the toughest in the country, but I am

confident that we have a shot at the conference tournament this upcoming spring. It's going to take a lot of hard work and dedication, but with the depth of our team, combined with how well we work together, it is definitely within our reach" Andresen said.

The men's basketball team started out hot as well, when they defeated Texas-Tyler on Friday, Nov. 18, by a score of 85-81. Junior wing Casey Thornton led the way offensively for the Bearcats with 20 points. Sophomore forward Jordan Jenkins also had himself a day, as he recorded a double-dou-

ble, scoring 19 points and pulling down 10 rebounds, while also pitching in six assists. On the defensive side, junior Dylan Critchfield was a force in the low post as he recorded four blocked shots for the Bearcats.

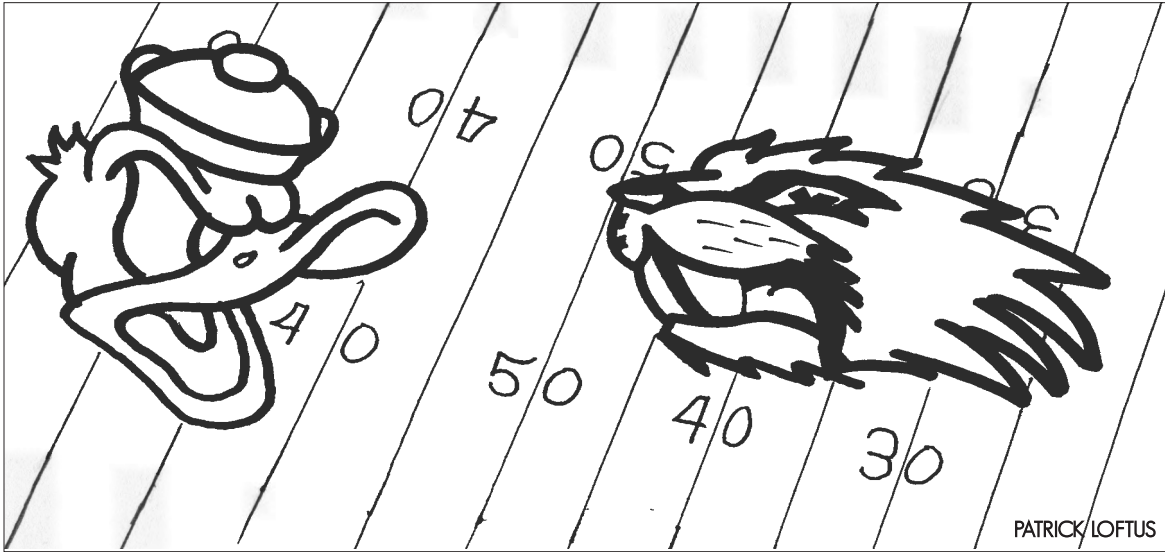
Although this is the only win for the men's team thus far, they have been playing well against some extremely tough competition. "I'm very excited for this season and to be back on the court with my teammates because I feel like this is going to be a special year with the talent we have. In practice, we've been working really hard on

rebounding because we are not a very big team, which will help us translate into our strength, which is transition offense, after we get a rebound and push the ball," Junior forward Nate Sherfey said.

The Bearcats open Northwest Conference play this coming Friday, Dec. 2, and Saturday, Dec. 3, as both teams take on Whitman College and Whitworth University, respectively.

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Civil War: The Beavers bury the Ducks



LOUIS KNOX
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On Saturday Nov. 26, the Oregon State Beavers football team finally broke a nine-year losing streak against their rivals, the University of Oregon Ducks.

The Beavers were led by sophomore running back Ryan Nall,

who rushed for 155 yards and four touchdowns in the team's 34-24 victory over the Ducks.

The first Civil War game was held in 1894. The University of Oregon currently holds the lead in the series with 63 wins, while Oregon State only has 46 wins. The Ducks won most of the games up until 2007.

The Oregon Ducks have been heading on a downward slope in the past two years ever since Tennessee Titans' quarterback and Heisman Trophy winner Marcus Mariota left the program. In 2014, the Ducks went to the Rose Bowl game, where they fell short to the Florida State Seminoles, who were led by quarterback Jameis Winston.

Last year, the Ducks beat the Beavers in a high scoring affair, 52-42.

The game, held last Saturday in Corvallis, Oregon, was dominated by the Beavers' offense. Controlling the time of the possessions was clearly the strategy of Head Coach Gary Andersen. The Beavers controlled the ball for 40 minutes out of the 60-minute contest.

Despite the total yardage being somewhat similar for both teams, the Beavers kept the Ducks offense off the field, which proved to be successful.

The first score of the game was courtesy of a 12 yard run from Nall, who capped off a nine-play, 61-yard drive. The Ducks went ahead and answered back with a 10-play 75-yard touchdown drive.

After the two teams went back-and-forth a couple times on the field in the first half, both teams went into the locker room at halftime with the score at 14-14.

The Ducks then came out of the gates hot and scored another seven points courtesy of a 23-yard touchdown pass from quarterback Justin Herbert to his receiver, Charles Nel-

son. The team followed with another drive, resulting in a 46-yard field goal from kicker Aiden Schneider. The Ducks had the lead 24-14.

Then the game took a notable shift in favor of Oregon State, specifically because of Nall. The Beavers marched down the field with 75 yards in seven plays, resulting in a 14-yard touchdown from Nall.

Nall put the team on his back, carrying the ball seven times on an eleven-play drive, which was capped off by a 6-yard touchdown run. Despite the three touchdowns that Nall had at this point, he was not finished yet.

Nall ran down the clock in a 5:17 drive. On the ninth play of the drive, he plunged into the end zone with a 2-yard run and his fourth touchdown of the night.

These three consecutive touchdowns and two extra points gave the Beavers a 34-24 lead with just minutes remaining. This would be the final score of the contest, resulting in the Beavers and the Ducks both moving to 4-8 this season.

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The man of Michigan: Jim Harbaugh

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Last Saturday, Nov. 26, Michigan and Ohio State faced off in Columbus, Ohio for the 112th time.

The matchup was simply referred to as "the game." Given, that name was provided by ESPN, who also just happened to be broadcasting the matchup.

Why was this matchup a little different? Michigan hasn't beaten the Buckeyes since 2011. In spite of their recent struggles, the Wolverines entered Saturday with a 10-1 record, ranked No. 3 in the AP poll, and the charismatic, firebrand of Jim Harbaugh on the sidelines. Truth be told, Jim Harbaugh is not my favorite. I am a

Seattle Seahawks fan to the core, and for years the seemingly mentally volatile Harbaugh terrorized Centurylink Field and the greater Pacific Northwest as coach of the 49ers. This doesn't mean that I don't respect the hell out of this man though.

Harbaugh, during a recruiting visit last spring to Los Angeles, was attempting to lure a young cornerback by the name of David Long Jr. to Ann Arbor, Michigan. Harbaugh knew giving the same old spiel about how his program is the right one for the talented young high schooler wasn't going to cut it. So what did Harbaugh proceed to do? He referenced rapper DJ Khaled in his ploy to land the talented recruit, not long before Harbaugh

proceeded to literally climb a tree in Long's front yard to, "Showcase his upper body strength."

Now, I realize that admiring a person for their Average Joe characteristics and their perception that they are one of us and not a part of the establishment, can fall on deaf ears given our current president-elect. However, Harbaugh isn't making policy decisions — he's a football coach, and a damn good one for what it's worth.

I could go on for a year detailing Harbaugh's stories, like how last week he smashed a buckeye nut at the site of legendary Michigan Head Coach Bo Schembechler's grave site in anticipation for the rivalry game. These anecdotes are fun, but the reality is that the vol-

atile coach knows exactly what he's doing.

Michigan has gone from being an illegitimate dumpster fire of a program two years ago, struggling to stay afloat in the Big Ten at 5-7, to having a top five national recruiting class two years in a row, back-to-back 10 win seasons and becoming national title contenders. All because of this volatile man.

So while many critics, including myself just a few years back, looking at the coach smashing his headset during games and drawing a penalty for his team will call him childish. I choose not to.

I choose to see a passionate head coach who treats the media and his players with respect, but

wants to win more than anyone else in this country. Who can really blame him for that?

As Michigan enters the post-season this December, possibly looking at a spot in the College Football Playoffs, I will not be rooting for them, as my Washington Huskies are looking to be a part of the same playoffs.

One thing I will be doing though is tuning in whenever Michigan takes the field. Whenever the charismatic, volatile coach in Harbaugh is jumping around like a madman on the sidelines, I'll be watching.

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this week in sports

AARON ODA
STAFF WRITER

This last week in sports brought the family together with a Thanksgiving dinner. Hopefully with fewer arguments and with more semi-friendly competitive arguments over the rivalries that make a team *your* team.

Let's see what happened over the weekend, and who got the family bragging rights for the year.

NCAA Football

It was a battle of the rivals this week in college football. These rivalries are referenced to under many different titles, such as the "Civil War," which is the game between Oregon and Oregon State, the "Apple Cup" matching Washington and Washington State and some as simple as "The

Game" pitting Michigan and Ohio State.

For the first time since 2007, Oregon State beat Oregon in the Civil War game. With the last two outings of this matchup not being close between these two teams, it looked bleak for Beaver fans in the near future. But Saturday's surprising win shocked the Ducks and all their fans.

In the Apple Cup it was the dominance of the Washington Huskies over the Washington State Cougars that proved that the Huskies still needed to stay in national championship conversations, being ranked No. 5.

In what is called The Game, No. 2 Ohio State was pitted against No. 3 Michigan in what was the biggest game of the week. The game came down to a fourth-and-1 in double overtime with the Buckeyes in possession of the ball and down three points. Quarterback JT Barrett rushed the ball to the left and appeared to get the first

down, while he was in mid air, but immediately got pushed back, obviously short of the first down. The play was very 50/50, and can be up for interpretation.

NFL Football

Thanksgiving day football is also special for certain NFL teams. The Cowboys, in particular, have one of the longest streaks of playing on Thanksgiving. During the Thanksgiving game, they played one of their rivals, the Washington Redskins. This year, they were able to show off their new rookies: Dak Prescott and Ezekiel Elliott, and both shined bright like diamonds. The two rookies combined for 331 yards of offense and all four of Dallas' touchdowns. The Cowboys now find themselves extending their winning streak to 10 games, losing only one during opening weekend.

NBA

We all need to start watching the show that point guard Russell Westbrook is putting on in Oklahoma City on the Thunder without his partner in crime, Kevin Durant, who is with the Golden State Warriors now. After Monday night's performance of 27 points, 18 rebounds and 14 assists, his average is up to a triple double, meaning he has an average of double digits in three stat categories.

He is currently averaging 31.2 points per game, 11.1 assists per game, 10.1 rebounds per game and we are already through 19 games. These are unheard of stats for a player, and this shows how great of a player he is and how much he is valued on his team.

Until next week, K DEN!

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Russia is Western ally in the war against terrorism

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It is without doubt that one of the West's chief foreign policy concerns of the 21st century is the war against terrorism.

In addition to this, the West desires to see a resolution to the dangerous power struggle in Syria. After four years of conflict in Syria, Islamist groups such as ISIS, Al Qaeda, Boko Haram, and several others remain strong and in possession of territory according to the BBC.

The policies of the U.S., along with Western European nations in the region, have been problematic. This is because such policies have been oriented toward solving two problems at once. The United States, along with the E.U. want to deal with Bashar Al Assad while simultaneously waging war on Islamist groups in the region, according to Consortiumnews.com.

Though the West has armed many Syrian groups with hopes of eventual success, the conflict continues. This is because the United States along with European players in the conflict have overlooked an important potential ally: Russia.

Needless to say, the West's relationship with Russia is currently not a good one. The reason lies in the complicated dispute over Russia's supposed territorial conquests in Crimea and Ukraine.

Therefore, the United States along with its European partners remain skeptical that an actor such as Russia has the same interests,

in Syria as they do. This skepticism overlooks the key benefits that a Russian-Western alliance could have in dealing with the Syrian crisis.

Russia's air force has been relentlessly bombing ISIS for several months, and has made significant progress in obliterating ISIS and other rebel positions according to the International Business Times. Vladimir

“Needless to say, the West's relationship with Russia is currently not a good one. The reason lies in the complicated dispute over Russia's supposed territorial conquests in Crimea and Ukraine.”

Putin is a powerful, honorable man who has shown no mercy to Islamists in the region. As a result of this, the very groups that the U.S. has tried for months to suppress have lost significant leverage.

The reason Russia has been so active in its use of force is that it has much to lose if militant groups gain the upper hand. Ac-

corned to American Thinker, the triumph of a caliphate in Syria would expose Russia's soft underbelly in the Caucasus and Volga region with Tatarstan, and thus make the country vulnerable to penetration by radical groups in Syria.

Europe itself has a lot to lose through a continuation of the conflict in Syria, mainly a stronger radical base in Syria along

with an influx of thousands of refugees. Though European countries have offered humanitarian aid in the past, there just aren't enough economic and infrastructural resources left to adequately help tens of thousands more.

The point is that this is an area in which the West and Russia have common inter-

ests, through which collaboration is made possible. If Russia wants Bashaar Al Assad to remain in power, the West should support that for the sake of maintaining a firm, orderly power base in Syria.

The result of such an alliance would be stability in the region, along with a joint military effort to eliminate ideological elements in Syria harmful to both the West and Russia.

Furthermore, it is important to recognize that the Russians are a lot like us. They too want to see the world spared of the clutches of ISIS tyranny and Islamic fundamentalism. Likewise, they want to see stability and an end to the conflict in Syria.

Given this reality, it would be wise for the West to set aside any feelings it may have toward Russia. A better level of mutual understanding would not only lead to cooperation in Syria, but also heal a relationship which is currently at an all-time low since the Cold War.

Through such an alliance, order in Syria can be restored, and the world would be better off. Russia and the United States would have a better relationship, but more importantly, people would stop dying by the thousands.

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Subtext bites: The pitfalls of dishonesty in relationships

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I hate subtext, and it hates me.

It's one thing to watch characters in a show sigh at one another longingly, then run away for some manufactured nonsensical reason. That is the kind of thing that my fanfiction-addicted high school-aged self could really get behind.

It's really not nearly so pleasant in real life.

I spent a few minutes talking to somebody after class about the weather the other day. It was probably the dumbest conversation I've had the entire time I've been at this school.

It was probably particularly idiotic because I spent the whole time trying to figure out what I was supposed to say to move the conversation to somewhere past the point of conversation.

Stuff like this is hard enough when you haven't spent years having your brain fucked with by parents who much preferred you believe yourself insane, than believe they were exactly who they tragically were, and still are.

So, yeah, some of this is me. Some of this is because I spent 10 years having an eating disorder while my peers were figuring out romance and relationships.

A lot of this is because flashbacks and sex don't go hand-in-hand real well.

Still, I can't be the only one. I mean I tend to think I am, because PTSD is like that, it's one of those things too many people have and virtually every one of those people feels ashamed of. It fucks with your brain and your sense of reality, and it makes me so insecure about my sanity that anything short of "fuck me, here's when" seems like maybe I could just be making it up.

I'm one of those people who would rather give offense than accidentally invade someone's territory, so I spend a lot of time alone. I'm not sure that's even such a bad thing.

Sometimes that seems like a really awful thing.

Because hey, we all need relationships. Chances are, nearly all of us are ill-equipped to handle them, because our parents are divorced or abusive, our peers have been bullies or have encouraged our blase and overly cynical attitudes, and our role models have fucked or ignored us.

Still, what would we do without them?

Relationships aren't like food. I can't just toss them aside and walk away when I can't deal, until whatever I'm feeling passes and I can handle the thought of it again.

So too much of the time, I walk away from these encounters with no idea of what actually happened.

Feeling totally confused and lost doesn't really help with having a sense of grounding, so I just push it all aside and walk away, hoping my brain will be clearer the next morning.

That almost never works.

I don't exactly have any great wisdom to impart here. I think the worst thing about this topic, though, is how lonely and isolating it can be. I know I've spent a lot of my life avoiding real romance by either pretending feelings I didn't have, or holding on way too tight to situations that were toxic or doomed or just not right for me at the time.

So maybe I just want to say, to myself as much as to anybody: keep trying. Don't settle for something that "looks" right in lieu of something that feels right.

Don't treat sexuality like a performance so long that you forget that it's also a sensibility, a way to connect with your body and with the world, and something that has at least the potential to mean something magical.

Dear self, don't buy fishnet stockings and then wear them only for someone else's benefit. Wear them for your own.

Don't manufacture someone else's sexuality and wear it like a

straitjacket. Create your own kind, tailored precisely to fit you, and change it as often as you need to in order to reflect every bit of new growth you do.

I'm too old to believe in happy endings. What I do believe is that we have more power within our romantic relationships than we do basically anywhere else in our lives, so jokes about Twu Wuv aside, those relationships matter.

I might never get past the point where smiling back at this girl petrifies me. Still, acknowledging that is something, that's a step. It's a punch thrown in the face of people

who've got a problem with me loving women.

It's one more blow against my eating disorder's insistence that being anything other than thin means being an immoral slutty unlovable slob.

There's an abyss where everything I could become lives, and sometimes there are these people that abyss shows up around. Sometimes that abyss seems too scary to risk a single step in, but then there are these moments where staying outside of it also seems dangerous.

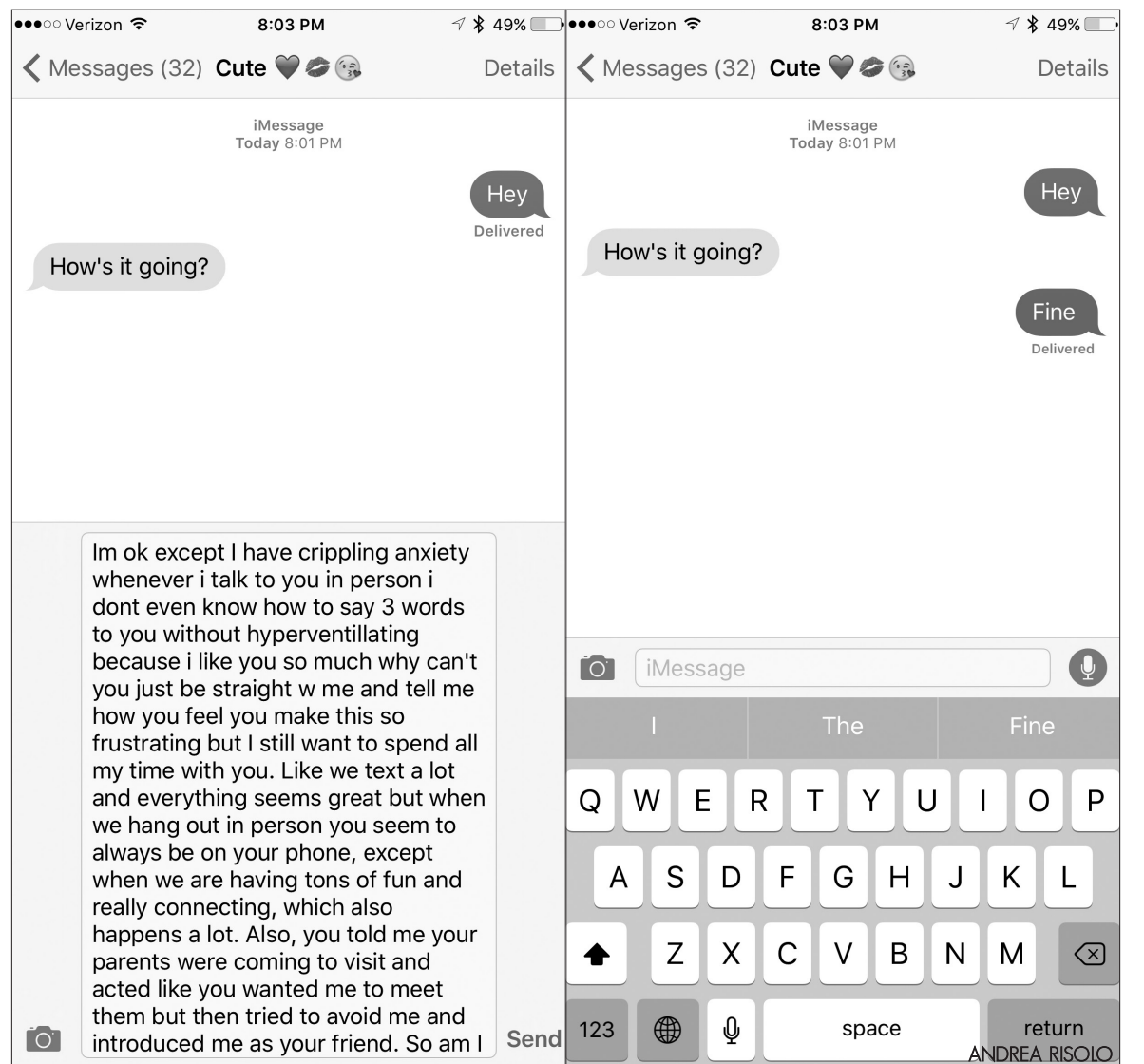
Interpreting subtext line by line is fun and time-consuming, but it

also transforms love into the kind that's claustrophobic, the kind that dies off slowly and contributes to entropy as it does.

Maybe sometimes it's all a person can do. Maybe for now it's enough to remember how to feel, or really, in my case, to learn for the first time.

Doesn't make me wish any less for subtext to become story, to become action — for me to stop drowning in words, and start saying them instead.

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Gluttonous holidays: Consuming the worst Western tradition has to offer

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Why are holidays centered around food? The holiday season is quickly approaching, and I find myself wondering why each holiday is associated with a specific kind of meal.

The 4th of July is synonymous with backyard barbecues, Easter is known for ham, Thanksgiving is all about turkey and Christmas brings up visions of cookies and milk for Santa Claus. Are we really so focused on food as a society that each celebration would not be complete without a specific feast? What would happen if we took away the special meals at each holiday?

People would be left wanting if they could not have their Thanksgiving feast. They would feel cheated out of a proper holiday. Why is that?

Thanksgiving is supposed to be about being grateful. Why are a turkey and pumpkin pie involved in saying, "Thank you?" How did food become such an integral part of celebrating?

I can understand the importance of food in the past when it would have been scarce. However, at this point in time, having the momentous occasions in our lives be surrounded by food is just gluttonous.

I suppose having a plethora of food could show wealth and social status. However, it seems to be the norm at this point. With everyone buying a turkey at Thanksgiving, it no longer seems like a sign of

wealth to have food that pertains to each holiday of the year.

It seems to be an outdated tradition that continues for no other reason than repetition.

Also, why do many of our holidays place a special emphasis on meat? The 4th of July includes barbecued meat, Easter with ham, Thanksgiving with turkey, and Christmas with turkey or ham.

Meat used to be a sign of social status because only the rich could afford to eat it. Also, anything that grew out of the ground was considered to be "peasant food."

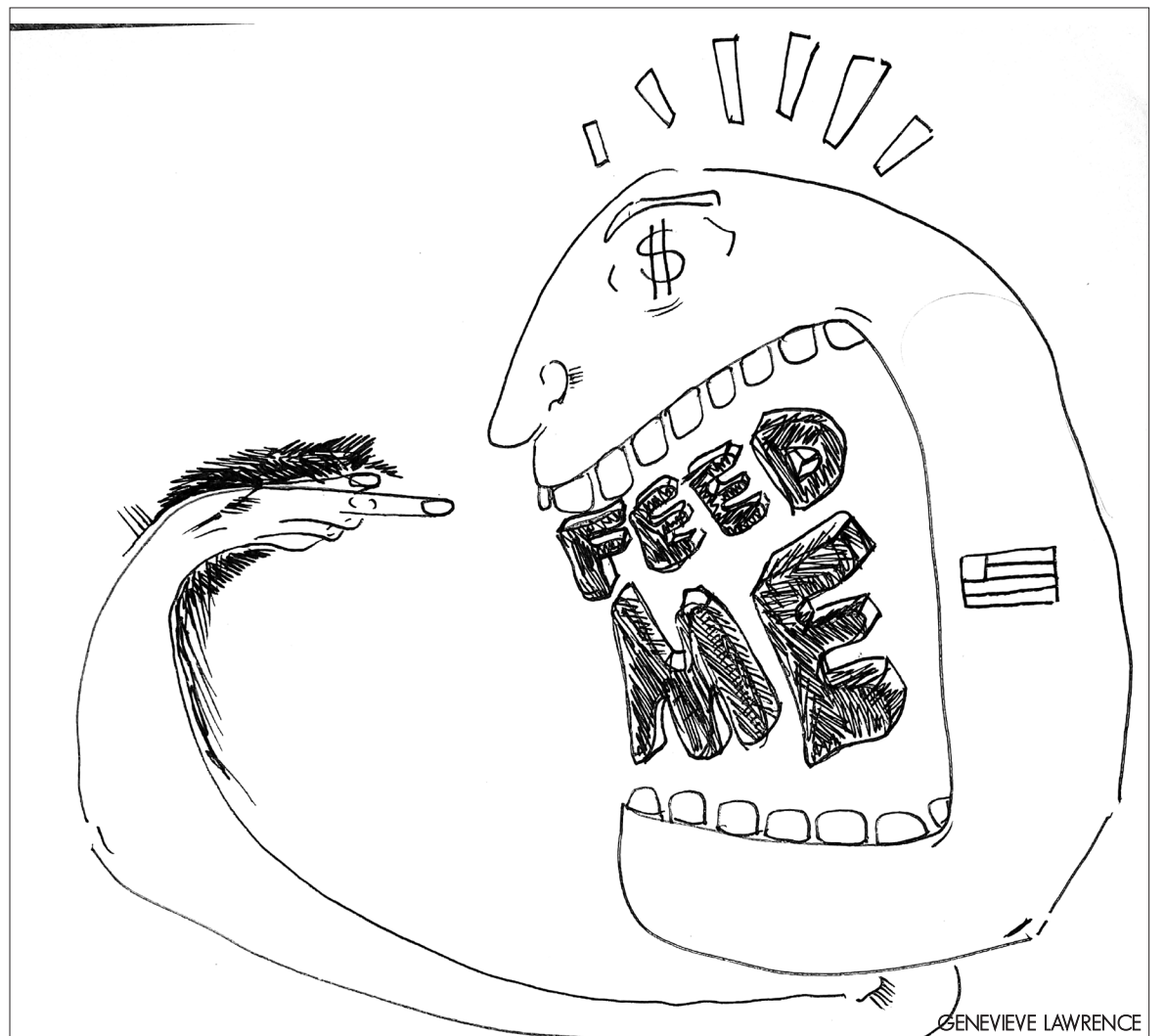
Meat is still expensive now, but I would hardly call having it the mark of wealth and prosperity. This is especially true because it is so readily available through means such as fast food.

It seems unhealthy for so much of our lives to revolve around food when we have an obesity epidemic. Society eats too much and exercises too little.

Gone are the days of hunters and gatherers foraging for their food. Now, people sit in their cars and drive to grocery stores or restaurants.

A sedentary lifestyle has become the norm for many members of society, but the amount of food consumed has not decreased to balance this change. Sitting around eating makes the reason we have an obesity problem in America seem rather obvious.

Focusing on food as the main point of holidays is unhealthy. It only promotes the idea of a seden-



tary, inactive lifestyle.

To have food absorb such significance for holidays is a problem. Holidays should be about the meaning behind them, not the food served with them.

I am not saying that people should not eat what they would like during the holidays, but simply that the focus should be shifted away from food and onto the holiday at hand that celebrates

family, friends and another milestone passing by in our lives.

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Peaceful protests matter

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This may not be what everyone agrees with, but it does at least make people think about, and question, why the situation we are in needs to be considered as unacceptable.

Peaceful protesting matters, because it reminds the public of who the people suffering are, such as African Americans protesting in the 1960s with Dr. Martin Luther King Jr. or suffragettes assembling to obtain the right to vote in the early 1900s.

Although it is frustrating to not resort to violence in times of absolute outrage, it is imperative. Violence only leads to more violence and fear.

"Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars... Hate cannot drive out hate: only love can do that," said Dr. Martin Luther King Jr. It leads to a more violent form of oppression and fear of the people protesting.

When people are afraid of protestors, they are unwilling to hear their message. This defeats the entire point of protesting in the first place.

We must choose to take advantage of our rights, and use them to get our message across to those who do not believe in the same things that we do.

Although the effects of protesting are not immediate, the first step to getting a message heard will have been taken. Thus, stay strong in your convictions, and peacefully make your voices heard.

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Post election survival guide: How we can carry on with the fight

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STAFF WRITER

It took me a while to write this article. When I was prompted with the idea, my first thought was that I had no idea how to heal myself, let alone help others do the same. However, after endless support from friends, family and peers, I have found myself healing from the horrendous events of Nov. 8, 2016.

I took the past couple of weeks to just sit with girlfriends and cry about the dreams we had since middle school being crushed by an unqualified white guy — something that isn't too exotic to any woman.

Hillary Clinton was, to many of us, a hope for progress. But instead this election was an example of large sectors of our electorate being able to dismiss racism, sexism and xenophobia as merely a character flaw because it did not affect them personally.

Now, I find myself ready and motivated to fight for the future. I am oozing with eagerness to fight for the America I want, and the America we all need.

I know not everyone is there yet, and that isn't a problem. This article is meant to show all the ways you can help yourself, and help your community, during a Trump presidency.

Firstly, as much as I would love for this decision to be overturned and for Clinton to just automatically become the president be-

cause of some petition getting 5 million signatures on Facebook, I am not hopeful of this. You shouldn't be either.

Secondly, don't back down. Start standing up for yourself. Get others to stand up for you. You deserve to be in this country, you are wanted in this country. Most people in this country want you to be here, and be safe. There has been an influx of hate crimes in the U.S. since Trump's election. Scrolling Shaun King's Twitter and the hashtag #DayOneTrump made me want to never leave my house again.

If you are not under these kinds of attacks in this country, learn how to intervene when you see this happening. Stick up for others who have a smaller voice than you. Make room, amplify voices that have been silenced for years. That is how to be an ally.

Do not allow Trump's rhetoric to be normalized. Do not allow people to think alt-right is fine, to think it is acceptable to believe they have more rights to this land than anybody else here.

Use rhetoric that is more accurate. Call "alt-right" white nationalism or white supremacy. Do not brush off any harm that comes from this election.

If you feel safe doing so, engage in discussion with Trump supporters or Trump sympathizers. I know this is hard. I have a hard time sitting through the dismissal of sexual assault and racism without my head blowing off, but I do

because this discourse is necessary.

Calling out these people and using language such as sexism, racism, homophobia (although accurate) can further a divide and insulate these individuals more and more. This is not productive for our future.

If you come from a conservative household, bring political questions up at dinner, talk to your family about social justice issues. Ask questions about their beliefs and their actions. At the very least, this can help point out flaws in their understanding of this election.

This is especially true if your more conservative uncle has children. Set a rational and educated example for these kids by discussing racial issues with a level head and without attacking.

If you do not feel safe doing this, do not put yourself into these situations. It is not your job to engage in these discussions with people who do not make you feel safe or wanted.

Thirdly, look up the numerous "Trump Checklists" that are online to familiarize yourself with your legal rights and steps you should take in order to stay healthy and safe for the next four years. ("Oh Crap! What Now?" is a favorite of mine). Spread these like wildfire.

Next, find organizations you believe in and support them. Buy merchandise from Emily's List, donate and volunteer with Planned Parenthood or the ACLU. Find immigrant rights groups in local areas (Causa in Salem, SFILN in San Francisco, Northwest Immigrant Rights Project all across the PNW) and volunteer your time or support them in any way possible. Speak to professors and faculty about making Willamette a Sanctuary School.

There are many, many more steps to take. I think the most important is to listen to those around you, and make sure everyone has a voice and has space to use that voice.

Make people feel at home. I do not mean to erase the real issues by saying that just being kind will solve these problems. I know making cookies and providing a place to stay is not the full answer. I also know that it can never hurt.

Do not stop here. Do not let Trump's campaign promises come true. Fight like hell to be proud of the country we find ourselves residing in. Organize, lobby, make calls, protest, campaign, volunteer and fundraise for the next four years — and for the rest of our lives after that. Vote in midterms, vote in local elections, help in every way you can.

Keep fighting until you can be proud of the country you live in.

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