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LIFESTYLES

Food trucks: maybe they should stay in Portland. Junior Nebraska Lucas reviews four-wheeled cuisine.

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SPORTS

Unsure of gym etiquette? Senior Gordie Clary has some guiding tips for social success in Sparks.

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FEATURE

Campus rumors debunked by senior Lyra Kuhn with the help of a feline friend.

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Bern, interrupted



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SHAYNA WEIMER

ASWU Pres: "Be able to back up what you say"

 GENEVIEVE GAHAGAN
CONTRIBUTOR

ASWU President Shamir Cervantes has some advice for incoming first years and returning students: "Be chill, and people will be chill back;" "Be open to disagreements in class" and "Be able to backup the things you say with evidence."

Cervantes was elected president with 65 percent of the vote in a runoff election last March against Nominee Meghan Cusick. He said in a recent interview that as ASWU President for the 2015-16 academic year, he is ready to stir some things up.

Cervantes was born in Oaxaca, Mexico, and lived there for about four and a half years until moving to California. Cervantes and his family eventually moved to Oregon, and he attended McNary High School in Keizer before coming to Willamette.

Shamir has been on the the Debate Club since his first year as a Bearcat. His

favorite part about being in debate is traveling. He studies Rhetoric, and plans on finishing his thesis this fall so that he can go on trips with the Debate Club during spring semester.

When asked about his decision to run for ASWU president, he joked around for a moment, saying his actual decision was very last minute.

See ASWU PRESIDENT, Page 6



SAM KEECHLER

Cervantes joked that he ran for ASWU executive at the last minute, and won our hearts.

Oregon outdoors: last minute explorations



MONTANA MILLER

Senior Montana Miller roadtrips to Lincoln City, Ore. to get a change of scenery.

 CHARLOTTE MCGEEVER
STAFF WRITER

Oregon is a state filled with fun places to go—from the coastal towns to the rolling hills of the Willamette Valley to the peaks and high desert landscape eastward of Salem, there are many places to explore close to our capital.

As many upperclassmen know and many freshmen will find out, it is important to adventure out of Salem every so often and stimulate your eyes and brain with sites other than textbooks. Whether it's a weekend trip planned by you, a friend or with the Willamette University Outdoor Program, a break from Salem can help revitalize you for a week of heavy academic work.

While there are natural sites to visit throughout the academic year, here are a few locations worth checking out before summer 2015 becomes a distant memory.

Tamolitch Pool:

John Muir once said, "In every walk with nature one receives far more than he seeks."

If you want to experience just this, take a day and head out east of Salem to Tamolitch Pool. What you will find is a well marked 4.2-mile trail (round-trip) to one of the most stunning natural pools in Oregon.

The McKenzie River is the source of the crystal clear blue water hole which has a depth around 40 feet. If you are brave enough to jump into the frigid water, it won't be long until you feel the need to belt out some Outkast, "What's cooler than bein' cool? Ice cold!"

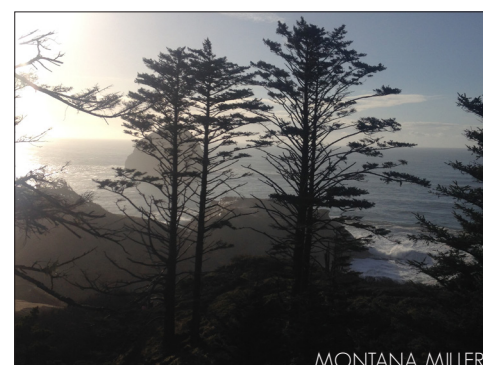
See SEPTEMBER ENDS, Page 8



MONTANA MILLER



MONTANA MILLER



MONTANA MILLER



MONTANA MILLER

Summer Carson Grant Projects nearing their final stage

JOE LINDBLOM-MASUWALE
NEWS EDITOR

The 13 sophomores and juniors who received summer Carson grants in spring 2015 are now reaching the final stages of their projects in preparation for review coming this September.

The Carson Undergraduate Research Grant, established by an endowment from Bill Long '59 in honor of CLA Dean Julie Carson,

has been handing out up to \$3000 in funding per student for summer research since 1989. According to Director of Health Professions Advising and Student Fellowships Monique Bourque, it was originally conceived for students to explore topics that may not necessarily fit with their regular curriculum.

"It might be something that they can't study in the classroom at all, something that relates to one of their co-curricular interests and

long term passions," Bourque said, "or it might be something that they want to take out of the classroom and into the world in some way."

Junior biology major Maya Kaup studied the declining habitat of the Western Gray Squirrel in the pacific northwest for her grant project. It had her collecting hair samples from snares she set in the selected areas to analyze the different squirrel populations. Kaup wanted to study a topic related to mamma-

lian biology, which she hopes to work on full time in the near future.

"It was a lot of work," said Kaup, "but it was a really great experience for me and it will definitely help me get into grad school and get other internships in the future."

For his grant, junior history major George Zenker did a secondary source review that analyzes the historical dimension of current discourses about American police

brutality. Using literature and interviews funded for by the Carson grant, Zenker draws comparisons to antebellum era slaves patrols.

Zenker said, "As someone who had not faced the sort of brunt, of police brutality I did not become aware of this issue until the Ferguson protests, which hashed out in a provocative and unique way." He added that the Carson grant was a wonderful opportunity to explore this topic from a scholarly perspective but found it a challenge to cover because of his lack of objective distance.

Senior politics major Luther Caulkins used his Carson grant to extend the semester he studied abroad in Hong Kong into his summer, visiting different Buddhist monasteries across mainland China. "I wanted to find some opportunity to stay in China and keep working on my language and learning about Chinese culture," Caulkins said. "Being there and spending time with the people, and communicating with the monks and the community is of course an experience you can't get in a text book."

Caulkins will be minoring in Chinese studies and said he appreciated the opportunity to research a subject he was interested in but lay outside the scope of Willamette's curriculum. "The Carson grant gives you a lot of freedom to tailor a project to spend time in a way that's fun and rewarding," Caulkins said.

Bourque said that from its beginnings the grant has been designed to be flexible and allow for a variety of projects.

"Over the years I've seen everything from puppet shows to composing and recording music to various sophisticated research projects in every discipline, to projects that are service oriented," Bourque said. "Really anything is possible."

Students receive two thirds of their grant funding up front and are required to submit their completed projects before receiving the following third. Because the flexibility of the Carson grant guidelines allows for a vast variety of subject matter to be studied, measuring project success isn't often clear cut. "If [the student] has been able to keep on track and turn in a final product, and that they and the sponsor feel it has been a valuable process, that for me is successful," Bourque said.

jlindblo@willamette.edu



JIM LEONARD



LUTHER CAULKINS



LUTHER CAULKINS



JIM LEONARD

TOP: the western gray squierrel, native to the pacific northwest, is close to becoming an endangered species. Junior Maya Kaup has been researching their declining habitats for her Carson Grant project.

BOTTOM: Senior Luther Caulkins studied at different Buddhist monasteries on mainland China over the summer.

Cervantes wants transparency, opportunity

CONTINUED from Page 1

However, he had been considering running for a long time prior because he thought that there were many changes that needed to be made around campus. With the support of many of his peers from different corners of the University, he was elected president of ASWU.

One of Cervantes' main goals for his presidency is to increase the opportunities available for Bearcats to give back to Salem. Having lived in Keizer for many years, Cervantes

said that he is very concerned with the local community. Through his contacts at the Salem/Keizer Coalition for Equality he hopes to empassion the student body about volunteering in the Salem area by connecting them with representatives from local organizations. Cervantes wants to focus on providing course-specific opportunities that students are already experienced with. Willamette students pursuing a degree in mathematics for example could go and help tutor after school.

Cervantes also wants to get the University more involved with the White House "It's On Us" initiative that intends to put an end to sexual assault on college campuses.

"It's On Us" was created in the fall of 2014 by the Obama administration. It aims to assist federally funded colleges with improving practices and policies that prevent sexual assault from occurring and providing support for an effective response if they do. Cervantes said that by having Willamette's administration more involved with

this initiative, a safer environment could be created for everyone.

Cervantes also plans on increasing transparency between the Administration, student body and faculty as well as in student-to-student interactions. He said he wants to create advisory boards that will communicate student opinion to the administration. This would give students an opportunity to openly propose or oppose different changes at Willamette. Cervantes said he wants every student to feel they have a voice.

Cervantes said the best place to study on campus is Ford, and the best place to take a break is the botanical gardens by the Sparks center. Finally, If Shamir could be any animal, he would be a tiger, because "They don't do anything. They sit around all day, and then they eat. And they're happy. Isn't that what anyone wants out of life?"

ggahagan@willamette.edu

1,203 participants green light world record attempt



FRANK MILLER

Participants ready themselves for the beginning of the world record-breaking game

RYAN GAIL
 CONTRIBUTOR

On August 28, hundreds of students, staff, alumni and Salem residents flooded the Willamette University Quad in hopes of reclaiming the world record for the largest game of red light, green light.

Excitement built as participants entered the playing field, all lining up at the start with hopes of being crowned the winner of the record-setting game. None could have been more excited than Vice President of ASWU Rebecca Brownlee. After organizing a similar event in fall 2013 she wanted to see Willamette truly come together as a community once again.

Brownlee worked with Director of Campus Recreation Bryan Schmidt to create the original record setting game of red light, green light two years ago after noticing that Willamette had relatively few events that encompassed the entire community.

"In the fall Willamette doesn't usually have a big event that brings everyone together," Brownlee said.

"We wanted to create an event where every community member could get involved."

Brownlee and Schmidt were able to make their original event a reality in fall 2013 attracting a record-breaking participation level of 1,060 people. However, despite Willamette's impressive turnout, the record was broken in winter 2014 after the NFL's "Play 60 campaign" attracted 1,136 people to a similar event in Phoenix, Ariz. "It wasn't devastating," Brownlee recalled when she learned that Willamette had lost the record. "It was more of a motivation that we could take it back."

Success for this year's event came from a stronger communications effort to reach out to people all across the Willamette and Salem communities through social media, direct alumni contact and on campus advertising. Participants were quickly able to break the previous world record of 1,136 in-game players. Lucky number 1,137 was given to six year old Fiona Lippincott, the daughter of a Willamette Alumni.

rgail@willamette.edu

Go (nearly) anywhere on a Salem Cherriot bus

GREGORY HILL
 CONTRIBUTOR

Starting September 8 bus routes in the Salem and Keizer area will be changing to better reflect community needs. Titled "Moving Forward", the project uses existing funds to redistribute buses in a way that creates more efficient service.

This system redesign was based on a comprehensive service analysis completed in 2014. Salem-Keizer Transit gathered input from 23 different events and public meetings in preparation for the changes.

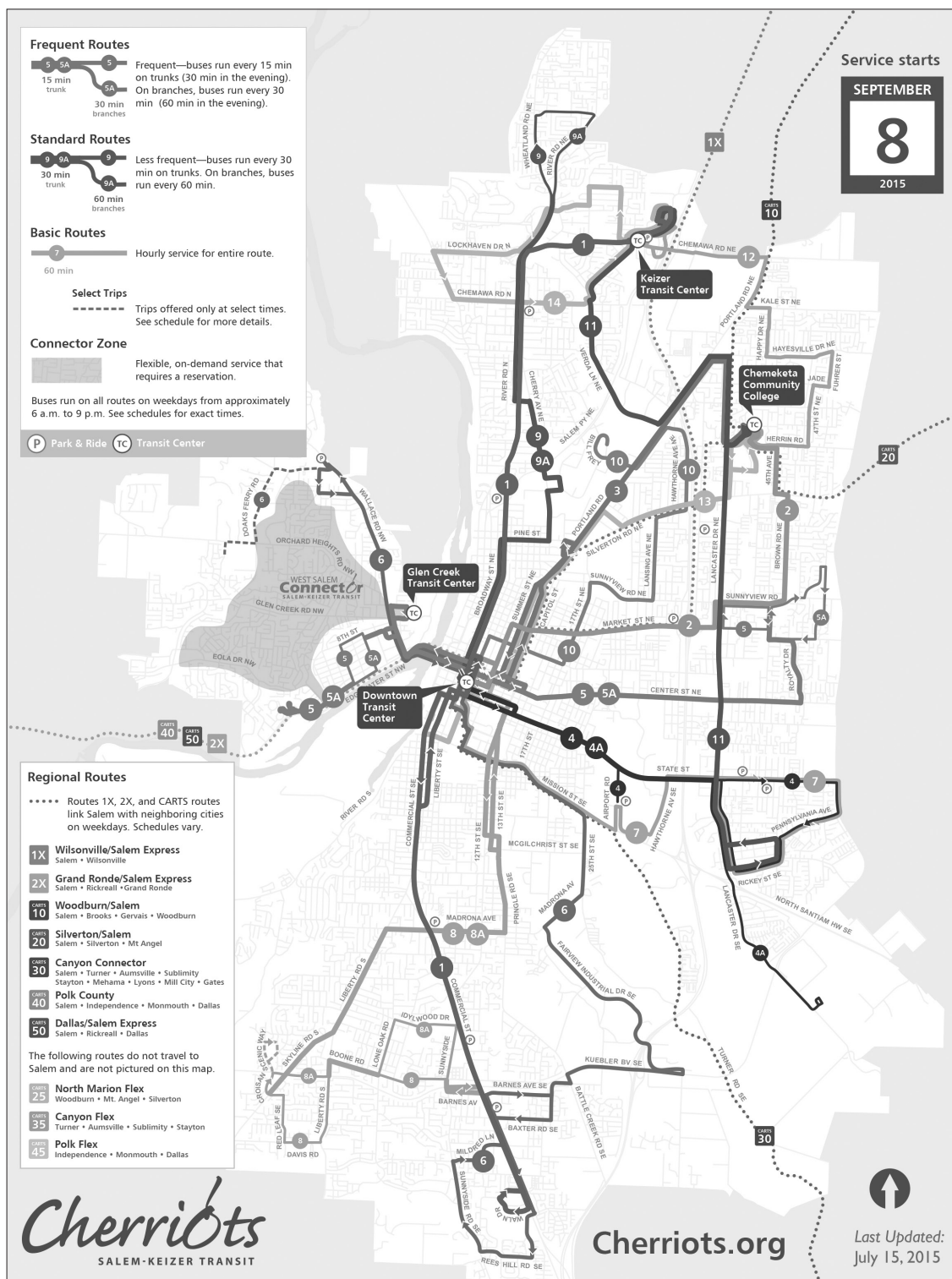
Moving Forward plans to reduce the 28 existing lines down to 23, with redesigned routes based on collected data. The most popular lines are also scheduled to have buses coming every 15 minutes. Less popular lines will continue having hourly service.

Designers also wanted to make it easier for crosstown connections, allowing riders to get from one side of town to the other with fewer transfers.

Previously routes six, seven and 14, stopped at Willamette University every hour. Once Moving Forward is implemented only routes seven and four will provide service to campus but with a bus coming every half-hour.

While Cherriots does not offer weekend service currently, in the upcoming November 2015 election local voters will have the opportunity to vote for weekend and later evening transit service in the Salem-Keizer area.

More detailed information about these changes, or want to plan out a new trip, go to <http://cherriots.org/movingforward>.



Some places the bus can take you:

- Lancaster Mall
- Northern Lights Pub and Cinema
- Winco
- Keizer Station Shopping Center (including REI, Target and Old Navy)
- Chemeketa Community College
- Social Security Office
- Goodwill
- Kaiser Permanente
- Trader Joe's
- Amtrak / Greyhound
- Walmart
- Oregon DMV

ghill@willamette.edu

Revamped Website actually works on smartphones now

JOE LINDBLOM-MASUWALE
 NEWS EDITOR

Late last July Willamette unveiled their updated website featuring a variety of major layout and design changes. These included a new hashtag, search engine optimization and a brand new homepage featuring many more photos of students and professors around campus.

Vice President of Enrollment Michael Beseda who chairs the renewal committee said that the old site had not been updated in many years and had a lot of out-dated content.

The new update has cut out over 30,000 pages of old content and then reorganized the remainder to better reflect market-driven research, based on traffic data using Google Analytics. Making the website mobile friendly was also a main commitment of the committee.

It is an effort to build loyalty toward the University from students and alumni as well as increase its academic reputation among prospective students in particular, according to the Website Renewal Committee webpage.

"When [prospective students] come to the website they're asking, 'what's distinctive, important and relevant to me about this institution?'" Beseda said. "The way to tell the story of Willamette is through the people."

The "Only at Willamette" and "Who am I" sections of the homepage are an attempt to address this question, as is the increased focus on the University's program offerings and faculty members.

Calling the new website "a beginning", Beseda added that its development is an ongoing process with still more features yet to come, including more video and an updating news feed. A design for the Willamette sports webpage is also scheduled to debut in two-four weeks.

jlindblo@willamette.edu

Arts

The Red Raven Gallery is hosting a steampunk invitational show on Wednesday, Sept. 2. Highlights will include: themed costumes, appetizers and a local artist from the new TV show "Steampunk'd" presenting his work. The show is from 5 p.m. to 8 p.m.

Oregon State Fair is celebrating their own "Throwback Thursday" on Thursday, Sept. 3. The fair is celebrating 150 years of running by offering tickets for the price they were sold at in the 1860s—25 cents.

Kick off the new school year at Back to Schoolapalooza! PDX rock band Genders, ASP student band, and CLA student group Frontallobes will rock Cat Cavern on Friday, Sept. 4. Get the first glimpse into the Wulapalooza scene for free from 7 p.m. to 9 p.m.

Enjoy Marvel's "Guardians of the Galaxy" under the stars at Riverfront Park as the final screening for the summer series. The film starts at sundown on Saturday, Sept. 5, and concessions are sold at the park.

Got culture?
Contact Lifestyles Editor
Christine Smith <cssmith>

Food trucks in Salem still don't deliver



CHRISTINE SMITH

NEBRASKA LUCAS
CONTRIBUTOR

Salem, Oregon: once a backwoods swamp, now home to the state Capitol, has become something of an up-and-comer. Salem has taken numerous steps to modernize their city including developing the underground music scene, opening hot, youthful cafes and—perhaps most surprisingly—food trucks.

The Salem food trucks are situated off to the side of some unknown semi-busy street between one nondescript building and another on Broadway. However, don't let these

incredibly dull surroundings fool you: the food will disappoint as well. No, I'm just kidding. Honestly, the food is pretty good.

The Patty Wagon, which specializes in all your burger needs, has homemade sweet potato fries that will make you moan in ecstasy. The burgers are massive and carry roughly the same amount of grease as a 15-year-old's forehead. The Patty Wagon offers several pre-made burgers but gives you the option of building your own burger as well, a BYOB most college students will not be familiar with. For its extensive toppings list that includes menu

items such as grilled bell peppers, fried eggs and hot sauce, I award the honor of best food truck in town.

1st Due BBQ was a close second with a mouth-watering supply of pork ribs slathered in sauce and brisket sandwiches. The NW Salad, which was tasted by junior Megan Duff, consisted of iceberg lettuce, apples, grapes and cheese, and covered with a lite raspberry vinaigrette. Duff said "It was pretty good. I thought it was going to be disgusting but it is not bad."

The final two trucks were not sampled. Gustav's Hometown Heroes—a sandwich truck that prom-

ises to be the dream of every Willamette student; and Cryptic Cuisine, an Indian/frybread/taco truck which happened to be closed...shocking, considering the assumedly high demand for its menu items. Honestly as a student, I am going to give the Salem food trucks two stars out of five.

Apart from the promising singles scene, evident by the four Salem Fire Department men that were ordering from the Patty Wagon, I found the trucks to be quite lacking. They are too far from campus, too expensive to really be of worth to Willamette students. I will say this though: to any student that is willing to walk roughly the same distance as Muchas on a late night, but in the exact opposite direction, the trucks are a refreshing change of pace.

To any student 21 and over, the Salem food trucks are located next to the Barrel & Keg, a large, dirty, essentially Salem bar. The Barrel & Keg does not serve anything beyond alcohol but they do allow their customers to order off the food truck menus. The orders are placed via text and hand-delivered by truck workers. What does this all mean? Well, that perhaps three pints in, the food might be a bit tastier than you expected—and three shots of absinthe in, an Indian frybread taco starts to sound pretty tasty...what-ever the hell that is.

nlucas@willamette.edu

Extreme wilderness multitasking off the grid

ANDIE DIBIASE
CONTRIBUTOR

Sometimes you just have to go get lost in the wilderness. I spent the summer working at a wilderness camp in the High Sierras, giving me the opportunity to live three peaceful months without my cell phone buzzing or worrying about doing my laundry. Even the social obligation to shower was long gone. Running water, electricity and cell service are certain luxuries that we simply forget to appreciate because we rarely have to live without them.

Essentially living off the grid gave way to a simple lifestyle that overall made me happier. Once a week, we embarked on a supplies run by motor boat. There is less to stress and worry about when removed from a lifestyle of excess.

The initial panic that hit when I read my packing list and saw that I could only bring four shirts to camp for the entire summer disappeared immediately upon arrival. Fast forward and I realize there are so many greater issues worth worrying about beyond the daily outfit dilemmas. I wore the same thing almost every day, which was one less thing to worry about in the morning. It allowed me to slide out of my sleeping bag in the morning and dash to work in two minutes.

Every few days, I would jump out of my canoe into the refreshing lake water after the class I taught. The campers laughed at me but they did not realize that I was doing some extreme wilderness multi-

tasking—peeing, bathing, and washing my clothes all at the same time! This way, I had so many better options at the end of the day rather than wasting my time showering. I could watch the sunset, go climbing, swimming, running...definitely all more rewarding than showering, stench and all.

People bond quickly when there is little access to basic resources and no technological distractions are present. The small group of instructors I was part of became friends quickly because nothing builds companionship faster than living in the wilderness with the same crew of people who do not bathe. The ultimate test of friendship was when someone had to poop and needed someone to go down to the creek to get a bucket of water so they could flush it down.

The summer of 2015 consisted of no real bed, shower or clean clothes, and I would not have wanted it any other way. Minimal cell service was accessible via a two hour hike, but it was rather pointless. Coming back to a reality of life overrun by small screens and the accumulation of stuff is honestly scary. Living a minimal lifestyle eliminates those pointless distractions people are constantly faced with and allows us to shift our focus to more important things in life. So get lost, put your phone down, and see the world without a filter.

adibiase@willamette.edu



ANDIE DIBIASE

You snooze, you don't lose



Palms like Dahmer

CHRISTINE SMITH
LIFESTYLES EDITOR

Some things increase in significance as we grow older, some things get better with age. One part of my life that does not fall into either of those categories is my handwriting.

Cursive books from elementary school still torment my life. I remember being a straight A student on my report cards except for a B or C in handwriting. How can my scrawl on a piece of paper possibly reflect my intelligence level? How can someone even evaluate that for a grade? There was and still is no way for me to change my penmanship and I am forever bitter over it.

I do not have the time to focus on something so small. Teachers have complained, but honestly even my attempt at "nice" handwriting still looks like a strange mixture of printing, cursive and stick figures. My I's are often not dotted, my letters tend to heap into one jumbled and illegible word, but I can still always read it. It is a little like my room; an organized mess, but I always know what is going on.

Many of my worst elementary school memories revolve around my writing. There were many times my mom just crumpled up my papers if they looked too sloppy and teachers complained to her about how my writing was not neat.

Looking back, I am disappointed in my teachers for placing so much time and value in the way my writing looked, rather than the quality of the content in my papers. I have no shame for the appearances of my writing; in fact, I usually get out of writing on the board or in class group quickwrites because everyone else writes better than me. Sometimes I am convinced that maybe I was actually supposed to be left-handed and the reason I write so illegibly is because I tried to be like my parents and the rest of the 89 percent majority of people on the planet who are right-handed.

My favorite teacher in high school loved to build her students up and gush over them in class. One day she was passing back papers and said "Christine, you have serial killer handwriting." I was so taken aback, while everyone who had seen my papers at some point chuckled in agreement. She then followed it up with "But that is okay, because one day someone else will be typing your papers for you."

The majority appreciates an overly romanticized handwritten note, but at the same time, we have moved into a new era of technology. How can one person put a pen down to a paper and get calligraphy while another person can use the same pen and paper only to get chicken scratch?

Handwriting, as opposed to notes by computer, helps you think and recall facts better when taking notes, but the pressure to print in a pretty manner is so pointless. Handwriting may not be a relic of the past yet, but it has definitely lost importance in my life.



FORREST SMITH



SAMUEL KEECHLER

KELSEY WALKER
CONTRIBUTOR

Naps were the bane of my existence in kindergarten, but they have become an essential part of my life as I embark on my second year as a college student.

Naps are not just a craving; they are a necessity. Each morning starts with a few obscenities spewed at my alarm clocks, forcing me to drudge through a day that will demand more time and energy than my 5 foot 8 frame contains. Sometimes the only motivation to get out of bed and continue through the day is the thought of the nap I am sure to take later in the day.

I know I am not alone in these nap escapades so I have put together a guide to naps on campus. Not everyone has the luxury of being able to go home between classes so you have to get creative.

Location is everything and I spoke with some students to compile a Bearcat approved list made by some of the most experienced snoozers on campus. Some spots are pretty public, which is fine if you don't mind the possibility of ending up in sophomore Michael Chen's Facebook photo album "Slumber Games."

A classic spot is on the banks of the millstream—especially if it is sunny outside. Plenty of folks blow off class entirely if the opportunity to catch a few winks at Willamette Beach arises. The lobby of Sparks is also always an inviting place for post or pre-workout power naps. When just opening up your door is too much of a struggle, even the dorm hallways are an ideal spot.

Others may prefer more secluded options, such as the couches in the back corner of

Hatfield's first floor. They are plush and hidden, making them prime for pretending that papers and exams do not exist. The UC's third floor also offers many private couches and often empty conference rooms for lunch hour catnaps.

The next vital factor is the duration time of your nap. Oftentimes I wish that I would wake up to find all my problems solved, or just never have to wake up. Nevertheless, the dreaded alarm clock wakes me up and I am reminded that there are still tasks to be completed. Depending on your schedule and the purpose of your nap, you must consider the amount of time you should spend sleeping away your stresses.

Your wakeup call is the third crucial factor. The way you wake up will impact how much you enjoyed the nap and it sets the mood for the rest of the day. Below is a

list of songs recommended to use in order to wake up after you doze for a bit.

- 1 "Shout"- The Isley Brothers
- 2 Any song by Queen
- 3 "Vamos a la Playa"- Loona
- 4 "Anne Bonny"- by Death Girls
- 5 "At 1 a.m."- The Subways

I wish the best of luck to all of my fellow Willamette students, old-timers and newbies, hoping that this year is filled with the most wonderful naps you have ever experienced.

kwalker@willamette.edu

Archaea: A philosophical exploration of intimacy

COLIN METCALFE
COLUMNIST

The setting is a study room in a Chicago public library. Six students have arranged themselves around a wood table—books out, pencils and pens scattered, surrounded by the ever-present drone of a professor whose greying, unkempt hair seems less a style than a representation of his meandering, dull lecture.

But this is no class, and the library's cloistering walls no classroom; the cramped space was never intended for education, and this group of young artists have transformed it into a canvas for expression, engaging outsiders directly in a conversation about human intimacy and philosophical questioning.

This conversation is held over the course of 47 minutes, contained in a short film titled "Ar-

chaea", directed by Willamette's own Nastja Nykaza, sophomore.

I met with Nykaza to speak with her about her film and we walked to the seclusion of a Hatfield study room.

I had already watched the film and was duly impressed; "Archaea" is an edgy, avant-garde approach to a very sensitive, nuanced topic, filled to the brim with wide-angle and close shots, multi-frame narration, and fourth wall shattering monologues. When Nykaza responded to my questions, I was surprised to find that she is not majoring in film studies, but instead in environmental sciences.

Nykaza never seriously considered becoming a filmmaker before "Archaea", having only considered it in elementary school. She is especially looking at the possibility of combining her environmental sciences ma-

ior with her interest in film, saying that she has "thought about [mixing the two]...especially a joint thesis."

She went on to discuss her further interest in creating environmental documentaries as her dream: "I have thought about environmental art and mixing the two...having environmental issues as the focus [and concept] of art. Being able to raise awareness...just informing people of what's going on is really important...obviously media and film is a really big way to do that because everyone is involved in it, anyone can look at a video online and so easily share it online and mass distribute it, especially now [with the Internet]."

The aspiring director plans on continuing to make films going forward, whether environmentally focused or otherwise. Nykaza plans on making more

films with her partner in crime: the screenwriter, composer and co-creator of Archaea—the mysterious artist who asked to be referred to only as Hush Muhney.

Nykaza and Muhney are knocking around plans on making music videos this winter as another possible joint project, with other potential short films in the future.

I for one will be looking forward to the next project Nykaza brings us with bated breath, whether paired with Muhney or otherwise, and will continue to do so as she continues forward after her promising entrance into what could very well become a long and illustrious career as a professional filmmaker.

cmcalfe@willamette.edu

cssmith@willamette.edu

The student body at Willamette is an uptight, socially anxious, politically vocal bunch with fierce commitment to individuality and pomp. People are kind, beautiful and excited to be at college until the novelty wears off and real life sets in, or their dog dies or they realize they want to swallow swords on fire more than they want to sit in class and learn things. College is an exciting time, full of experimenting with things that scare you — within reason. This common perception lends itself to the creation of the college mythos. There are many myths that incoming freshmen tend to believe, and this article is meant to dispel some myths, while confirming those others that are true.

Myth: You will gain the freshman 15, or the freshman 40, and it will be horrible and you will have to eat salads for the rest of your life.

Myth busted: You may gain weight, or you may lose weight, but it doesn't matter as long as you're healthy. Focus on exercising at least three times a week and drink absolute gallons of water. This mythical "freshman 15" might also refer to the fifteen new

friends you make and lose within the first semester. It's OK, no one else knows what they are doing either.

Busted

Myth: You will be thrown in the Mill Stream on your birthday. It is tradition. We are a university that relies heavily on tradition, such as the time-honored ritual of stripping of one's mortal clothes and painting one's bodily flesh with colored paint and running around the campus like a wild banshee released from the depths of your grandmother's hellish mindscape.

Myth busted: That does not actually happen unless your friends secretly hate you, because during most of the year the Mill Stream

is only three inches deep and freezing cold. Unless they know you love cheesy rituals and being plunged into icy cold baths is already a hobby of yours, then your chance increases to about 67 percent. You do you.

Busted

Myth: If you step on the Willamette seal in Jackson Plaza, you will never graduate and will end up living in a majestically decorated cardboard box behind the library where the duck food is. Your hair will grow stringy and your abdominal muscles soft.

Myth busted: You will graduate, you will live in a home with proper insulation and maybe even hardwood floors because in this world you can do absolutely anything, and nothing is determined by where your foot is placed

on a Tuesday afternoon. Or you may not graduate, and that's okay, but your fate is not determined by a glorified quarter someone glued to the ground as a prank.

Busted

Myth: The person you kiss under the Star Trees will be the person you love forever and maybe will have offspring with. Once your lips have touched, you will be a slave to their every whim and they will have to buy you waffles covered in whipped cream once in a while to prove their true love and devotion. Frequent sushi dates and impromptu haircuts will happen.

Myth confirmed: Shoutout to Linnea and our brood of succulents!

CONFIRMED

Myth: It's easy to get a job on campus.

Myth busted: The jobs available on campus are operated in a "Soprano"-lite fashion, where it really is necessary to know someone who has had the job. Work connections are necessary and important and (gasp) even more important after graduation. Cultivate peers in the right places now, my perfect little musk oxen. That is how Wall

Street has functioned for centuries, and it's worked for them.

Busted

Myth: College is a politically diverse place where many people will engage with you in coherent and respectful debate about current political conditions.

Myth busted: Collge Republicans at Willamette consists of approximately three people and one of them might be a double agent. It is an upright club with noble ambitions. Give it a shot if you're interested. You will find people who are as politically aware

(or unaware) and motivated, but at a small liberal arts university, the overwhelming trend is toward Marxist excess. You've been warned.

Busted

Myth: Everyone drinks and parties every weekend and if you don't do the same you are an utter loser.

Myth busted: Not everyone drinks, or goes out every weekend, and no one measures your worth as a person based on your sociability. There is a rampant epidemic of fear of missing out raging around campus and ruining well-intentioned plans of "Netflix and chill," or just your typical solo Netflix binge in sweatpants pastime. There are

many things to do on campus that do not involve doing body shots off of a vague stranger. Other options include joining the debate team, cultivating a collection of miniature cacti or starting a science fiction book club.

Busted

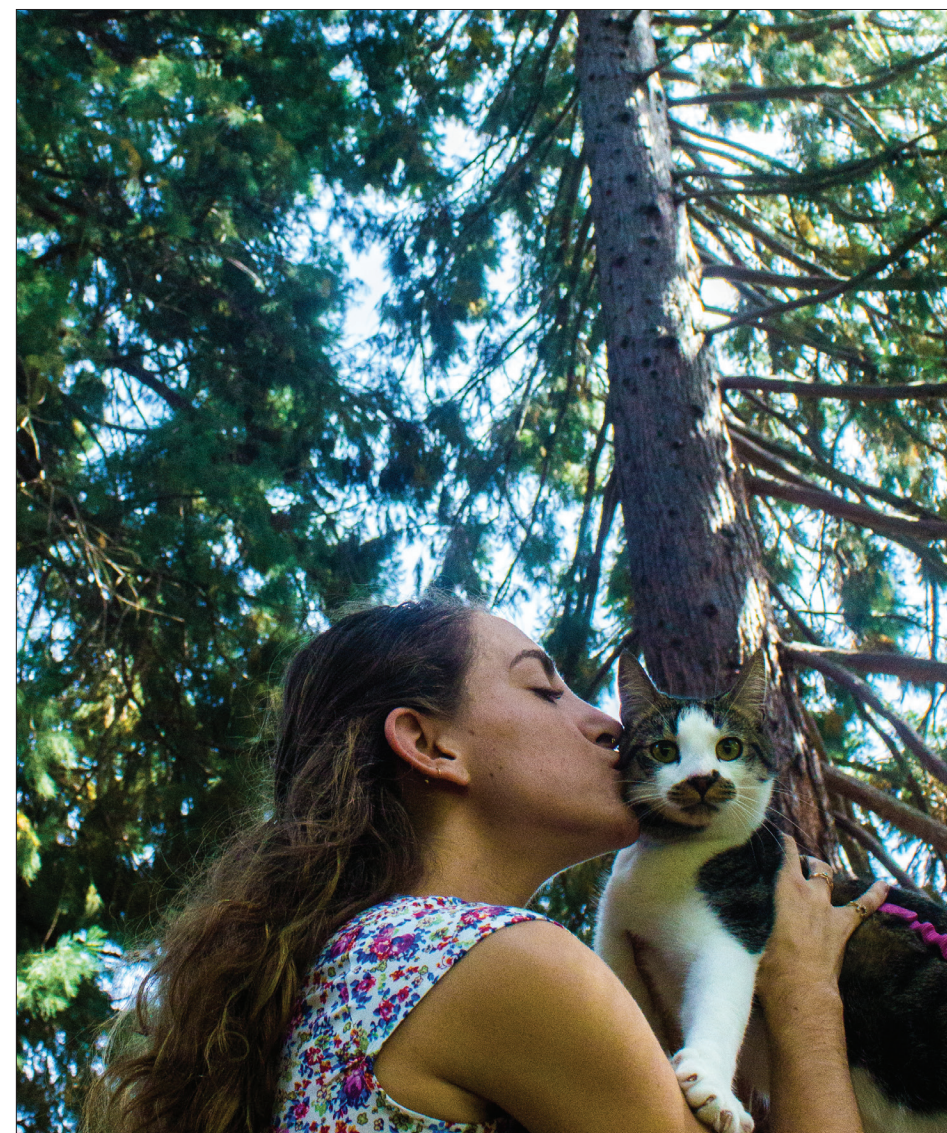
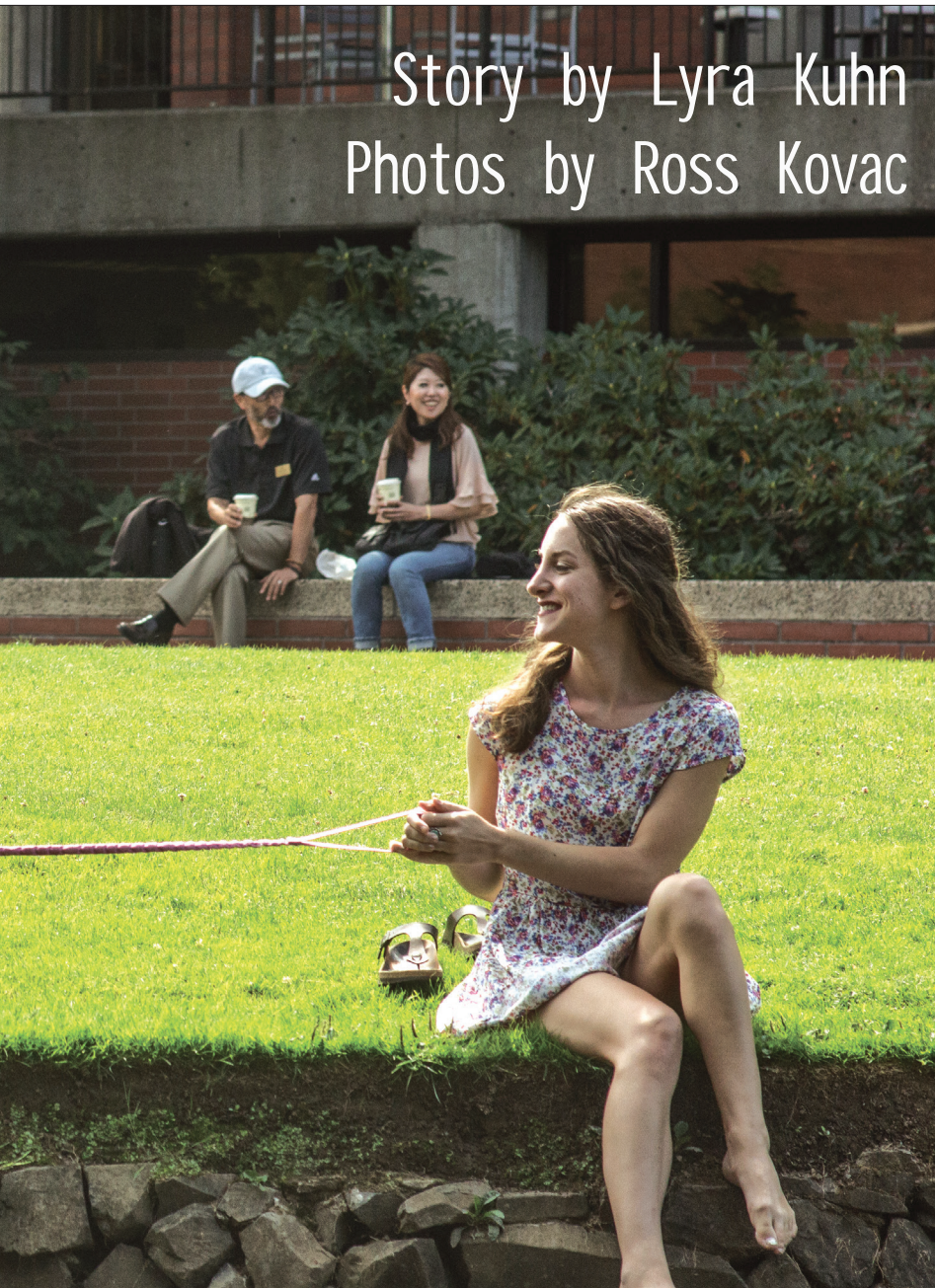
WU-BUSTED: GHOSTS, AND OTHER CAMPUS



Top: Mill Streaming is just a tall tail for this lucky kitty. Left: Looks like someone is going to fail his classes. What a catastrophe! Right: Lyra and Hamlet are feline the love under these romantic trees.

MAGIC LOVE TREES, S MYTHS EXPOSED

Story by Lyra Kuhn
Photos by Ross Kovac



Myth: It's okay to not do the reading for class.

Myth busted: Your professor knows when you do not do the reading, and mentally classifies you as lower than the algae on a toad's butt. Being able to bullshit your way through class discussions and exams is not the point; Willamette is expensive, and taking higher

education for granted is deeply unsexy and Oprah won't love you.

Busted

Myth: You will be so excited to be free of the shackles of living with your parents that you will never get homesick.

Myth busted: You will get homesick and that's OK. It's perfectly natural to miss the people that spawned you. Call your people, and know that they will be there for you when college sucks, and your college friends will be there for you when your parents an-

nounce they are adopting a tyrannical goldfish colony to impress the neighbors.

Busted

Myth: The friends you make during Opening Days will be your best friends for your college career and life beyond the cliffhanger of graduation.

Myth busted: They might, but they also might not. No tellin'. No pressure, either. You will meet so many people in this life that worrying about making best friends forever and ever is not the best use of your time right now. You could be hik-

ing with the Outdoors Club or having coffee with a professor.

Busted

Myth: Lausanne is haunted by an irate ghost.

Myth busted: It's haunted by a coven of vampires who specialize in creeping out those who need to use the bathroom between the hours of one and three am.

Busted

Myth: You will graduate with a major that is relevant to the rest of your life.

Myth confirmed: Even if you are majoring in something typically seen by society as "impractical" (we're looking at you, Creative Writing and Studio Art) you are contributing to society and to your well-being by pursuing your passion. This does not mean necessarily that you will make a living out of your knowledge of European textiles but

it does mean you will be a more interesting person. You can also change your major until the registrar sends you a little email saying that you really need to settle down and pick one because they will not process your major change forms any longer.

CONFIRMED

Myth: Your professor wants you to succeed and cares about you as a person.

Myth confirmed: If you do the work, show up, and reach out, your professors will want to help you in your attempts at world domination. Willamette professors are exceptional creatures in general and will take

an active interest in not only your academic career but in you as a person.

CONFIRMED

Myth: You will never encounter that person you drunk texted and/or hooked up with ever again.

Myth busted: You will see them everywhere. By the Mill Stream, in the library, working behind the counter at the Bistro, at your friend's birthday party. Eye contact will be minimal and body language will be robotic and strange. It is unavoidable however, so

steel yourself and prepare a smile especially for the occasion.

Busted

Myth: You will be full of glorious purpose by the time you are a senior and the only question people ask you is some passive-aggressive version of "So, do you know what you're doing with your life?" As a senior, you will stride around campus secure in your future and in your fate as a uniquely special human bean with a multi-faceted and rich personal life.

Myth confirmed: I know what the fuck I'm doing, how about you? But some people do

not know, and that is okay. Even those who apparently have everything figured out still have to transition from comfy college life to living in the real world.

CONFIRMED

Iron rules



GORDIE CLARY
COLUMNIST

DO: Go to Sparks!

Sparks Fitness Center is not just a place for athletes, or the athletic. It is a valuable, free resource available to all students, in order to help everyone lead a healthy and active lifestyle. Energy expenditure is a vital component to being healthy, so what better place to expend energy than Sparks?

DONT: Use your phone the whole time!

Your phone can be a very useful tool while in the fitness center. You may use it to keep track of training workouts, weights that you used and most importantly, to listen to music. However, other than the moment that it takes to jot down some notes or to make sure the Kanye song "Runaway" starts at exactly one minute and two seconds, the cell phone should seldom be used.

Go into the lobby to make a phone call if you must! The lobby is also Tinder-friendly! Whatever you do, don't use your phone as you are using a machine. You are not getting as much out of it if you are texting while riding the stationary bike. What's worse is that someone who wants to get the most out of it may be waiting for you to finish.

DO: Research a workout regimen!

There are thousands of millions of articles, websites and postings out there that can give you info on how to workout and what workouts to do. These may be valuable resources to you.

Create a goal, do some research and find out what best fits your liking! There is literature out there to help you reach your objective—and some of it may even be backed by science, yeah!

An even better idea: WU now employs student personal trainers that are great at helping you workout, and are very personable. Find out more information on this resource on the Willamette website. You can't go wrong!

DONT: Make fun of people!

This one should probably go without saying. Not everyone that works out at Sparks is a weight room expert. Few are. The point is, everyone has to start somewhere. Don't be a dick and make fun of people. This includes someone who found a new way to do crunches that involves suspension wires, a kettlebell and other strange items found in the corner of the room. Bottom line: leave people alone.

DO: Get after it!

Get after it, meaning try your best! Work hard! Exercise training isn't easy—but nothing that is worth doing is... yeah, yeah, yeah, whatever... you know.

Seriously, don't be afraid to work up a sweat! The more challenging (within reason) your workout is, the better and more satisfied you will feel after you are done.

DONT: Check yourself out in the mirror!

I still believe actor/YouTube guy Jimmy Katt said it best: Some people think that they have a membership to an all-mirrored room that just happens to have weights in it. It's pretty hard to look cool when you do this. The one exception is if you go to the gym specifically to do this. Like, you show up to the gym at, say, 7 p.m. and you flex in the mirror until 7:05 and then you leave. If you were to do that I would respect the hell out of you.

gclary@willamette.edu

Get outside, before September ends

CONTINUED from Page 1

Oregon Coast

Three Pools

A popular destination for Willamette students, Three Pools (located in the Willamette National Park) is a picturesque spot hidden in the trees and filled with great jumping and diving spots. Often crowded on the weekends, weekdays are the best time to go. Unfortunately, the high crowds bring in trash, and in recent years the water levels have been low due to drought.

If you go, remember to be a good citizen of the Earth and carry out anything you bring in.

The coast of Oregon is stacked with little beachside towns, all with their own distinct character and an abundance of designated camping sites. The closest town to Salem is Lincoln City, which is an awesome place to visit if you want to get a glimpse of the Pacific Ocean and walk along the beach.

On hot days in the Willamette Valley, escaping to the coast is one of the best ways to cool off. North of Lincoln City is Tillamook, where the famous Tillamook Cheese factory is located. Tours of the cheese factory are

totally fun for dairy lovers—samples and ice cream flavors galore!

Minto-Brown Island Park

A local attraction close to Salem, Minto-Brown Park offers paved trails for walkers, cyclists and runners. A lot of Salem residents bring their dogs to run around a designated field close to a bunch of blackberry bushes.

Blackberry season is almost over, but there are still berries to be picked and consumed by the mouthful! Minto-Brown is a peaceful park and a fantastic place for those who are fans of

our canine friends and delicious Oregon blackberries.

While exploring Oregon can be filled with beautiful sights and fun experiences, it is discouraging to see trash strewn on the ground. If you find yourself visiting these locations or any other public areas, put in some effort to "leave no trace." For more information on how to minimize your impact in nature and practice good environmental ethics check out www.lnt.org.

cmgeeve@willamette.edu



ANDREA RISIOLO

Willamette students have the opportunity to adventure all over the north west; picking berries, dog walking, and swimming with friends are only a few of the amazing things you can do!



SAM KEECHLER



ANDREA RISIOLO

Northwest frenemies

BRAYDON CALDER
STAFF WRITER

They probably should have run the ball. It was only second down and, well, Marshawn Lynch. Instead, Russell Wilson threw that fateful interception and the Seattle Seahawks lost Super Bowl XLVIII.

It's been a year, but it still hurts.

I wouldn't even consider myself a huge Seahawks fan. I'm not from Washington, I've probably only visited Seattle twice and I don't have any family ties to the team. I grew up and lived my whole life in the Willamette Valley, right outside Corvallis (Go Beavs).

So why did it hurt? Northwest pride, of course.

There aren't many other places where you can wake up to hail, eat breakfast in the sun, lunch

in the snow, a snack in the rain and then dinner back in the sun. Our love of this crazy weather, Birkenstocks and not using umbrellas seem to unite us all.

It's a unique place that we call home, and we do so proudly. Heck, when people from other places ask where I'm from, I don't even say Oregon. I say the Pacific Northwest.

We Northwest natives take great pride in our coffee, our bookstores, our scenic views and, above all, our sports.

An underwhelming number of major professional sports teams means that there is support from the entire Northwest for the ones we do have. In the MLB there is the Seattle Mariners, in the NFL, the Seattle Seahawks and in the NBA, the Blazers (RIP Seattle Supersonics).

However, there is one major sports league that is represented

well in the Pacific Northwest—soccer.

Oregon and Washington each have their own Major League Soccer (MLS) team, the Timbers and the Sounders, respectively. There is no more Northwest Pride when it comes to soccer; there is merely Portland and Seattle.

No amount of mutual regional pride could unite someone in a Sounders jersey with someone in a Timbers jersey. Rooting for both teams is simply not an option.

The passion for sports in the PNW has created one of the most exciting rivalries in the MLS. Both club's supporters have made a name for themselves in the league.

Seattle's CenturyLink Field has consistently opened up more seats every year for Sounders games, as the demand from supporters has been so high. Similarly, the Timbers Army for

Portland has become one of the rowdiest and loudest fan groups in the league.

The atmosphere at Seattle-Portland games is second to none in the MLS. The players get heated, the game gets chippy and the noise becomes deafening.

This was apparent in the most recent game between the two clubs played on Sunday. The game saw a penalty kick and five yellow cards, with Seattle eventually winning 2-1.

However, Portland still sits ahead of Seattle in the standings, giving both teams' supporters another thing to take pride in that isn't just the Northwest.

bcalder@willamette.edu

Top 'Cats in town

CARRIE FOX
STAFF WRITER

With fall sports season already under way, we'd like to introduce you to some of this year's fall captains and team leaders! While they may seem like tough, relentless competitors on the field, court or course, you'll find that they're just your typical college students with some of the same goals and interests as you.

Check out what these Bearcat sports stars said when asked some pretty interesting questions, their answers might surprise you!



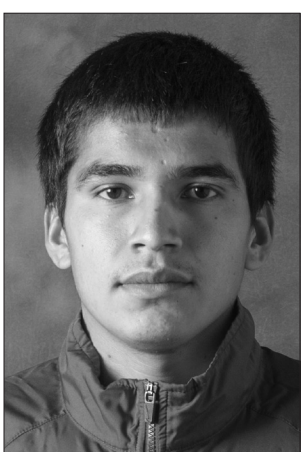
Football: Sal Lopez
Q. If you could date any celebrity who would it be?
A. Beyoncé.
Q. What would you do if you won the lottery?
A. Take care of everyone I love.
Q. What's something most people don't know about you?
A. I'm a good cook.



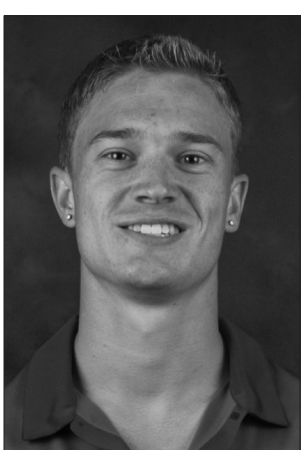
Women's Soccer: Jill Phillips
Q. What's something people don't know about you?
A. I played hockey for 8 years.
Q. What's your biggest pet peeve?
A. Feet.
Q. What did you want to be when you were young?
A. A firefighter.



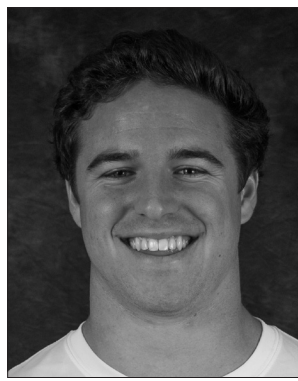
Volleyball: Taylor Lum
Q. If you could date any celebrity who would it be?
A. Sam Hunt.
Q. What would you do if you won the lottery?
A. Pay my college tuition and travel the world with Riley Fawcett.
Q. If you could be any animal what would you be?
A. A lion, they are pretty legit.



Men's Cross Country: Yonny Castillo
Q. If someone were to make a movie about your life, who would you want to play you?
A. Mario Lopez.
Q. What did you want to be when you were older?
A. A Marine: Shout out to all the men and women who have served, or are currently serving this country.
Q. What was the first picture you took on your phone?
A. I got a new phone this summer so it was definitely a selfie in front of the White House.



Men's Golf: Chase Lamothe
Q. What's your biggest pet peeve?
A. When people underestimate themselves.
Q. If you could date any celebrity who would it be?
A. Sofia Vergara.
Q. What's something most people don't know about you?
A. I like noise.



Football: Henry Adelman
Q. If you could live anywhere, where would it be?
A. Catalina Island.
Q. What would you sing at karaoke night?
A. "Summer Nights" from "Grease."
Q. If you could be good at any sport, besides the one you're playing, what would you want it to be?
A. I love basketball, that's what I'd want to be good at.



Men's Soccer: Braydon Calder
Q. If you could date any celebrity who would it be?
A. Minka Kelly, I could totally be her Tim Riggins.
Q. Is there anything you wish would come back into fashion?
A. Silly Bandz.
Q. If you could be good at any sport, besides the one you're playing, what would you want it to be?
A. Unicycle polo.



Volleyball: Sarah Fincher
Q. Is there anything you wish would come back into fashion?
A. Jean jumpsuits.
Q. If someone were to make a movie about your life, who would you want to play you?
A. Jennifer Aniston.
Q. What's one thing most people don't know about you?
A. I had a rare disease when I was little called Kawasaki disease.



Volleyball: Lindsey Compton
Q. What's something most people don't know about you?
A. I'm rather good at Madden...
Q. Is there anything you wish would come back into fashion?
A. Juicy Couture sweatsuits.
Q. If you could go back in time, what year would you travel to?
A. 1999, kindergarten was a good time!



Women's Cross Country: Taylor Ostrander
Q. If you could live anywhere, where would it be?
A. Zermatt, Switzerland! The skiing there is (supposedly) amazing.
Q. What's something most people don't know about you?
A. I was a Nordic Ski Racer in high school, full body spandex and all.
Q. What's your biggest fear?
A. Growing up in Alaska, I would have to say bears!



Women's Golf: Taneesh Sra
Q. If you could date any celebrity who would it be?
A. Jordan Spieth.
Q. What did you want to be when you were younger?
A. A professional golfer.
Q. What's something most people don't know about you?
A. Punjabi music is my favorite.

Fighting the wrong fight



MARGARET
WOODCOCK
COLUMNIST

In a pre-ESPYS red carpet interview on July 15, Ultimate Fighting Championship (UFC) fighter Ronda Jean Rousey made a historic dig against Floyd Mayweather.

"I wonder how Floyd feels being beat by a woman for once."

She was directly referencing Mayweather's well-documented history of domestic violence.

Rousey took home the prestigious Best Fighter award over Mayweather, and when asked about the comment, Mayweather chalked up Rousey's quip to a bruised ego.

"You know a while back, I never knew who Ronda Rousey was. So I'm pretty sure she got upset," Mayweather said in an interview with ESPN SportsCenter. "I've yet to see any MMA fighter, or any other boxer, make over \$300 million in 36 minutes. When she can do that, then call me."

Rousey's comment is now under scrutiny as she is rumored to be dating fellow UFC fighter Travis Browne. Browne was being investigated by UFC after being accused of domestic violence by his ex, fitness model Jenna Renee Webb.

Webb has taken to Twitter after a photo of Rousey and Browne eating dinner was posted by a fan.

"I'm pretty disgusted...more so in her. But I've known this for a while," she posted. "I expected more from her. She should be ashamed of herself."

Unfortunately this debate has become one entirely focused on Rousey, rather than the actions of Browne or Mayweather.

Webb is rightfully angry; her voice has been met with little attention. Though at first the UFC responded, comparatively, much better than their counterparts (such as the NFL), Webb has faced widespread criticism and backlash.

After Webb posted photos on Instagram in July of her legs and arms covered in bruises, UFC responded by suspending Browne and pulling him from all International Fight Week Events.

After a seven-week inquiry, UFC published a press statement announcing that their investigation produced "inconclusive evidence," though they wanted to assure the public that they take "allegations of domestic violence very seriously."

Browne's beatings—just like Mayweather's—are made socially acceptable in and out of the ring because the UFC will continue to put their financial gain over the integrity and safety of women's bodies.

Rousey's choice to date Browne is her own and, from what we know, a consensual decision between two adults. Our anger and frustration should instead be directed at Browne, Mayweather and the countless other UFC fighters with domestic violence allegations on their records.

When we steer our focus away from the predators, in any capacity other than chastising them for their actions, we become a part of a longer historical narrative of holding women accountable for the violence enacted against them.

Society will only begin to change when we start holding predators accountable with the same social persecution we reserve survivors, and women in general.

cfox@willamette.edu

PHOTOS BY CHRISTOPHER SABATO

mwoodco@willamette.edu

Pass the mic



JESSE SANCHEZ
COLUMNIST

Social media has become a firestorm of anticipation surrounding the upcoming presidential election. While the Republican primary is a mess of candidates, most of whose names I can't remember, the Democratic competition between Bernie Sanders and Hillary Clinton (and O'Malley, I guess) has taken center stage.

The two represent an ongoing internal struggle for the party leadership: left-wing socialism versus centrist regulated capitalism (as two dominant ideologies in a multifaceted party). While the conversation about the changing face of the democrats ensues, activists have called for a serious confrontation of racial inequity in the United States. The interrupters have demanded our attention, while drawing both ire and admiration.

When Marissa Johnson and Mara Jacqueline Willaford of the Black Lives Matter movement interrupted Sanders at his rally in Seattle (the latest in a string of candidate speech interruptions by anti-racist activists), many of Sanders' supporters expressed confusion. On the surface, it might seem that voters of color would support a candidate who marched for civil rights many decades ago.

The Democratic Party has expected a monopoly over POC voters for decades since the enfranchisement of black people in the 1960s.

The age of entitlement is over as a more radical politics begins to rise on social media. In fact, Bernie Sanders is representative of a generational shift. We live in an age in which socialism is no longer a dirty word. Although far from making the changes that will truly result in equity, it's the first time in awhile that the media, often from alternative sources that have risen through social media, persistently addresses issues of racial justice and questions the basis on which peace and law are supposedly built.

It's not that simple. While many Sanders supporters are thinking in terms of the election, activists from Black Lives Matter and related movements, such as anti-prison industrial complex groups, are asking broader questions about oppressive structures in the United States.

It's not about Bernie. He has some cool ideas. Even so, there's a demand for issues of racial inequity to be front and center. Too many decades have passed of candidates refusing to center race, especially blackness, in their campaigns. It takes the publicity of dozens of assaulted or murdered people of color by our legal authorities to bring attention to "race in America." Now is the time.

People are paying attention. Partisan politics threaten to overshadow the focus on racism before any issues are resolved. It's very easy to say, "Bernie is a socialist. That's great for everyone including black people!"

While that could potentially be true, a racist police officer has no idea how much money a person has in their pocket during an unwarranted traffic stop or a stop-and-frisk. Socialism won't end the disproportionate random violence against queer people of color. A president isn't individually responsible for resolving all these issues, but a president does have some power to change structures and persistently bring national attention to social injustice.

One might believe that an interruption is rude or a disrespectful way of drawing attention to an issue. People of color have tried being "respectable" for years. It hasn't worked. Politely asking political leaders to sincerely address issues of race hasn't worked. Why do black people have to request time to speak from the all white pool of front-runners? Hand over the mic.

jsanchez@willamette.edu

Trigger finger



LANCE ROSSI

MISHA RADONJIC
STAFF WRITER

The authors of "The Coddling of the American Mind" point out in their article for *The Atlantic*, "Don't teach students 'what' to think; teach them 'how' to think."

No doubt, universities would serve a dubious role if they only provided students with litany to memorize or a ready-made way to look at the world instead of the tools with which to productively interact with other people and create a new, better way of understanding the world we live in. But I find it stunning that they then can go on to say, completely seriously, that it is trigger warnings and safe spaces that are robbing the average American student of the capability to engage with the world and use their own minds in a healthy, meaningful way.

That article is only one of the most recent in a spate of articles that have taken extremely critical stances towards the new push by students to create safe spaces on campus and to effectively utilize trigger warnings to make the classroom more receptive to both the personal and general needs of students. Trigger warnings and safe spaces are some of the first attempts by students to reclaim living spaces and out-dated curricula that often holds in regard student identities as less than a footnote.

This push is an attempt by students to engage in the "how" of thinking, and not simply remain passive in the face of the "what" of received opinions and viewpoints. The whole point of safe spaces is not to avoid societal issues, as many of the critics of the "campus coddling" camp have alleged, but to provide a space to be able to face those is-

ues in a constructive manner.

Since the authors of the article from *The Atlantic* already made the connection to mental health, it is worth mentioning that therapy is a similar space for patients. To reduce this effort to a futile attempt to shield people from the world they live in so that their "feelings" won't be hurt is disconnected from what students are attempting to do.

Emotional well-being is obviously important; making students aware of certain content so unnecessary trauma can be avoided is not the same thing as being incapable of engaging with conflicting viewpoints. Similarly, taking "political correctness" too far is not the same as showing basic respect for human beings.

In adjusting to the demand for change, both students and administrators are dragging their feet. But these small changes

are the very first steps towards creating a university more suited to teaching the how, and not only the what, of thinking. To be able to leave your comfort zone you first need to feel safe in your own person.

This isn't just about the feelings of oversensitive students, it's about facing the realities of race, gender and a highly alienating campus. This is evident in the patronizing tone of conversations that insist a note on syllabi is "coddling."

The question of whether or not trigger warnings and safe spaces are harmful for mental health is still undecided. Whether endemic issues like campus violence, lifelong student debt and unresponsive administration are harmful for mental health is not.

mradonji@willamette.edu

Got a fever? Don't call Dr. Pepper

JOSHUA SINGER
STAFF WRITER

Unless you're from Salem, for many new Bearcats, the transition to Willamette University will be the longest distance from home they have ever traveled. It will be the first time a sleepover spans over a single night, the first time a vacation comes with setting a room, the first time a goodbye actually holds some tears with it.

For many, the excitement of a new place has likely faded, and it has finally hit them, homesickness: the ever-present tug on one's heart to a comfy bed, or a cherished pet or the white noise of one's father snoring through the walls. While the semester may only be four months, it may also be the longest four months of some of your lives.

I know how it is. You search online for a remedy, and you ask your

parents. They tell you it's going to get better, but it's not, and you're worried that maybe this isn't the place for you. They say you're exaggerating, but you don't believe it, and that's okay. You are entitled to feel sad and the fact that you miss home shows that home is something worth missing. But, it's not healthy to feel so terrible in place that should better your life.

I'm not saying you should make college your second home. It may never be nor does it have to, but if you want to stick it out, you will have to adjust. Keep home as home, but don't turn college into hell for it.

While it may be impossible to completely eradicate homesickness from our genes, there are certainly ways to lessen its impact. That said, not all of these solutions will work for everyone. In fact, some solutions can actually be harmful because their vagueness and unrealistic optimism sets people up for failure.

For example, a common recommendation for tempering homesickness is that people should simply get out of their dorm rooms and have more friends. Now, this suggestion is not in itself foolish; in fact, having close friends would probably lessen homesickness considerably.

What is foolish, however, is that these recommendations are about as helpful as telling someone that the key to getting a good grade in class is to get an A. How do you accomplish that? How do you make new friends? How do you even get out of the dorm room?

How can you expect someone to make significant social connections at Willamette when the person is always thinking about leaving it? Having a close group you can rely on should be the end result, not a stepping stone. The solution should therefore come from something you can control, something manageable,

something you have been doing all this time: taking care of yourself.

When many students recollect home, they typically forget about the routine: the brushing of their teeth, the regular showers, square meals, clean rooms, sleeping at night. While these habits may be quickly discarded once the parental figure leaves the campus' ground, they're necessary.

You simply cannot expect to feel as chipper as you did last summer when you now sleep five hours a day and only quench your thirst with Dr. Pepper. You may think that eating candy bars for dinner is an exercise in newfound independence, but you will feel like crap, and you will think it's homesickness when it might be malnutrition.

Because if you want to lessen homesickness, then don't forget what home has taught you.

jsinger@willamette.edu

The pussification of America: Why I'm not that excited about women in combat



LANCE ROSSI



JESSICA WEISS
COLUMNIST

On Friday, Aug. 21, the first two women graduated the U.S. Army's elite Ranger School, which was traditionally only open to men. Yes ladies, as if Ronda Rousey wasn't enough, we finally have representatives to show our country that we can tough it out.

In response, the "women in combat roles" debate has re-emerged, prompting a positive response from the Pentagon and top military officials (the pussification of America has begun; Trump was right all along). Elite military units are now considering accepting women who can pass the assessments, with the Navy leading the way with the phenomenal statement that they are planning on allowing women to become Navy SEALs.

When I first heard this, I was ecstatic. I was a competitive swimmer for about 10 years, and as a young girl (remember this is a post-9/11 me here so jingoism took its toll) I had always wanted to become a Navy SEAL. When I was told I couldn't because I was a girl, I always said, "You wait

and see. I'm faster and stronger than all these boys and it won't take long for them to realize it."

I still feel this way, and shout-out to the two women who surpassed a little more than three-fourths of the men who couldn't make it to graduation. But that's where I worry. Two women. If so few women actually pass the physical requirements comparative to the amount of men, what are we trying to prove here?

Before I get crucified, I completely support an integrated military. If women can meet non-gendered standards for elite forces, then they deserve the spots. My concern lies with the perception of these forces and the representation within them, and what that will mean for debates over differences between men and women in the future.

We all complain that Congress has a disproportionate representation of women, even though we know many smart women who can lead just as well if not better than many of the men. In the military however, the disproportion is even greater, and that's something I don't think women will ever be able to match.

The Ranger School had 94

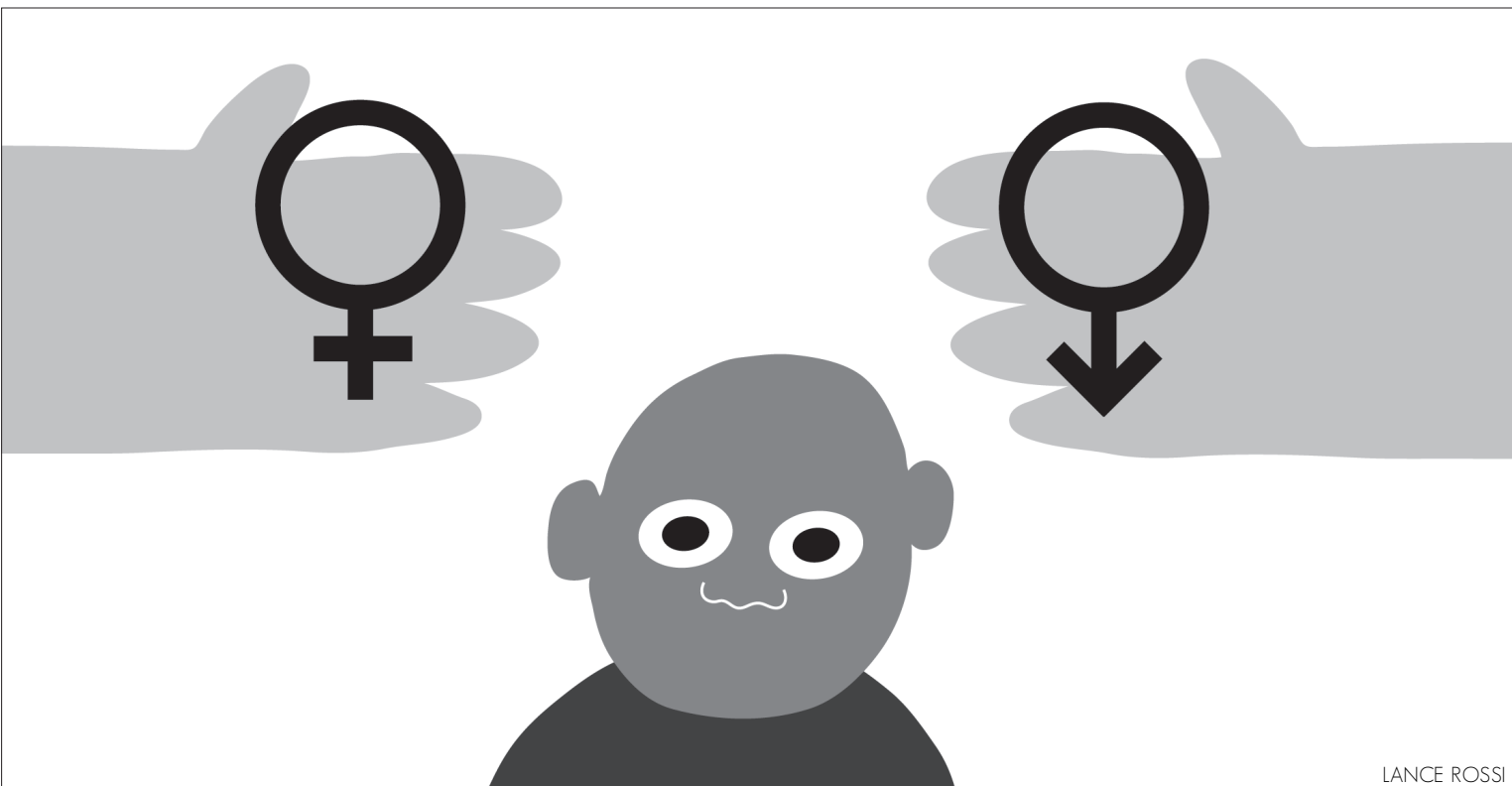
men make it through out of 381, and two women out of 19. The pass rate for men was almost double that of women. Within the Navy, the odds of women actually becoming SEALs is worse.

Within the Navy's expeditionary specialty units, such as the Seabees and Navy divers, out of 1,153, only seven are women, a whopping 0.61 percent of the force.

I think there is a frank point to be made about women being physically smaller and biologically less suited for many of tasks required of these positions. Obviously, there is nothing outside of giving the women the same opportunity. And of course, I applaud the progress made on integrating women. But I think we need to ground ourselves before getting too excited, because the reality is that there probably won't be an influx of women into these forces, and representation will be grossly disproportionate.

This decision may not have as much impact as we would hope, and sadly, if I could go back in time, I would probably still tell younger me to forget about being a SEAL.

jweiss@willamette.edu



LANCE ROSSI

Children and cats and gender, oh my

GENEVIEVE GAHAGAN
STAFF WRITER

You're at a baby shower. Perhaps for your sister, or for one of the three friends you stayed close with after high school. There's a big poster on the wall that reads: "IT'S A BOY!"

You may find yourself totally at peace with this poster. After all, the mother-to-be has received the results of her ultrasound, and has determined that, yes, in fact, the fetus has the external sex organs of a baby boy.

Preparations are made for the baby's room, which will be painted blue, and furnished with a whole cornucopia of toys for the child to grow into. Trucks, science and mud are all a part of this little baby's recreational future. Friends bring over many gifts consisting of Seahawks onesies, tiny little shirts

that read: "Ladies' man", all to establish this newborn's tough and rugged sense of masculinity before it can even think.

If a child's gender identity has already been strongly established by the parents, they have no chance to explore that on their own.

While it may seem conventional to equate sex with gender, gender as a part of human culture is far more complicated. Raising a child within the gender binary takes away their agency to build their own sense of identity until they are more independent. At which point, it may be too confusing and complicated and scary to make a change.

If the behaviors and performance of gender is confusing for humans, why do we thrust it on other animals? A cat can have a biological sex, meaning male or female reproductive organs, but

then we name a cat with female reproductive organs "Sarah" and give it gendered pronouns. "Sarah pooped on the couch, she is such a naughty cat!" "We need to teach Sarah how to behave herself." But Sarah the cat is totally unable to tell us, "Hey, pal, I don't subscribe to your gender binary bullshit. I'm just a cat." Maybe Sarah the cat pooped on your couch for a reason.

An even stranger phenomenon is that people assign gender to things that have no biological sex. Inanimate objects like cars and boats somehow become beautiful ladies or big strong dudes. Your bright yellow Volkswagen beetle, I'm sorry to say, is not a man or a woman or even a person. It will not love you back. You can go ahead and put those fake eyelashes on the headlights, but in the end it's really just a German two-door

compact car that you bought used at a dealership to get from point A to point B.

So how do we go about navigating this world of gendered children, cats and cars? Primarily, strive to be more aware of the words you choose. Consider using gender neutral pronouns such as "they/their" and "zie/zir" if you don't know someone's gender identity quite yet. Even better, ask them what they prefer to be called or which pronouns they like to use. When addressing a group, incorporate words like "everyone", "pal", "folks" or even my personal favorite, "y'all" to be more linguistically inclusive. When it comes to identity, it is best to let people decide for themselves, and then be respectful of their decisions.

ggahagan@willamette.edu

Letter to the editor

Hello all:

I am contacting you to point out an issue with your editorial. In your editorial on page seven, you tell the audience you were writing to, the incoming first year students, to "make out with their OD Leaders." As the Opening Days Coordinator, and someone who has been involved with Opening Days for the past two Opening Days as a Leader, I find this to be highly inappropriate and problematic on multiple levels.

Firstly, if you are not aware we have a strict policy against inappropriate relationships with not only the leaders students, but also any incoming student during OD. Second, the issue was published, and made available, during the first two days of Opening Days while the parents, families and friends were still on campus with their students. This not only reflects poorly on the Opening Days program, but also Willamette as a whole. Thirdly, Opening Days is not the type of program to encourage relationships, or behavior with two parties, where one is in a position with power over their students. I am not sure what made you think this was okay to include in the editorial, especially as someone who is in charge of *The Collegian*.

I want to know what will be done in this situation, and if any clarifications will be made in the next issue.

Best,
Kelci Jacoby
Opening Days Coordinator, 2015

[kjacob@willamette.edu](mailto:kjacoby@willamette.edu)

In the OD issue, the *Collegian* misspelled the name of columnist Marika McCarthy. Send errors found in print to <emanouki> and we will correct them in the next edition of the paper.

We invite you to submit letters to the editor. Letters are limited to 150 words, must include your name and must be submitted by Monday at noon on the week of intended publication. The *Collegian* reserves the right to edit for length and clarity. Please email letters to <emanouki>.

Humans of Willamette

What was the song of your summer and why?



Henley Ashmn
 Junior

"I'll Hold You Down" by DJ Khaled and Cris Brown

"Because it's just for clowning purposes. My friend and I decided over the summer that it will be a song that plays at our wedding reception."



Gabriella Romo
 Sophomore

"Can't Sleep" by Vanic x K. Flay

"My friend group filmed a video of ourselves for a whole day of us just being friends and when we cut it together and this was the song in the background. Now it reminds me of all the fun we had on that special day."



Kassandra Omvik
 Senior

"Pillow Talk" by Lil Dicky

"My roommates and I were listening to it while cooking when we first heard it and listened to it the whole way to Crater Lake."



Molly Jones
 Sophomore

"Little Fang" by Avey Tare's Slasher Flicks

"I spent all summer with my brother and took a road trip from Tahoe to LA. This song reminds me of that experience."



Liz Brown
 Sophomore

"Good Friday" by Why?

"I was over at a friend's house and we made brownies and my friend broke out his guitar and played it all night. Every time my friends got together after that we asked him to play that song all night."



Derek Kennedy
 Sophomore

"Good Morning Starshine" by Oliver

"I got my driver's licence this summer and the first time I drove, I pulled on the highway and turned on the radio and this song was playing. The crescendo at the beginning describes my feelings at that moment."

PHOTOS BY SAM KEECHLER

SUDOKU

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