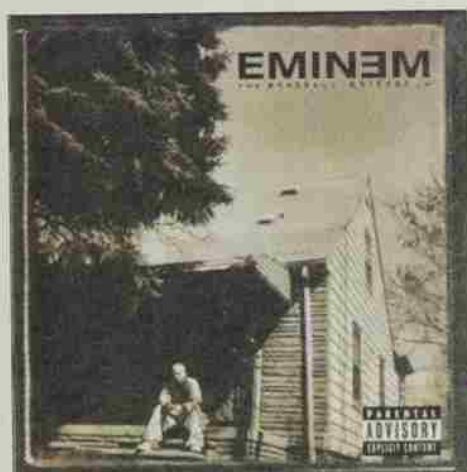
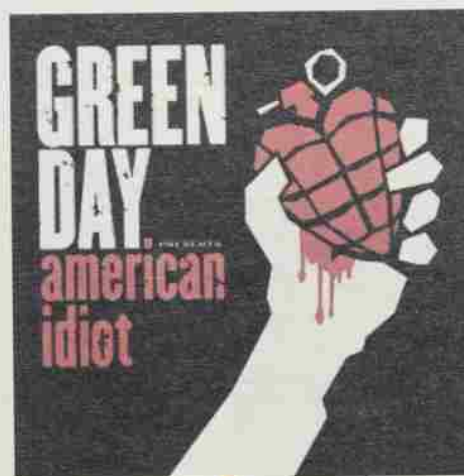


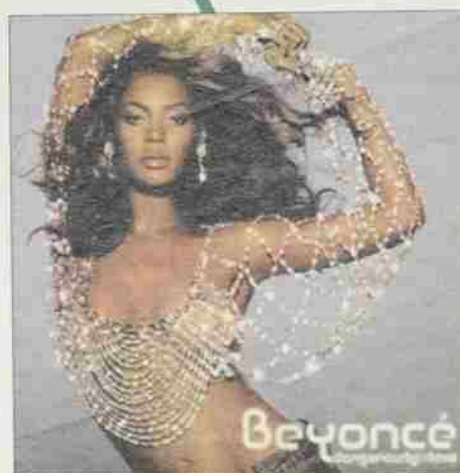
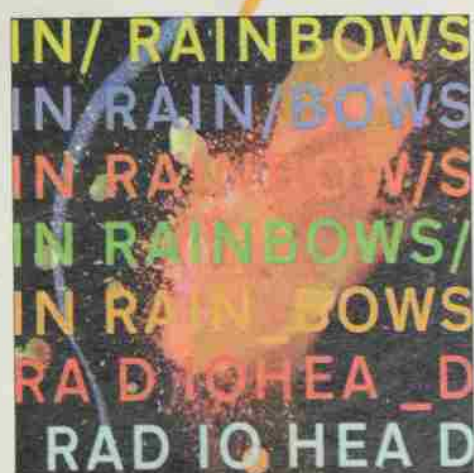
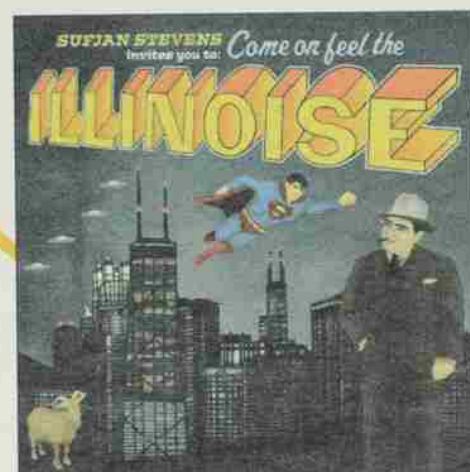
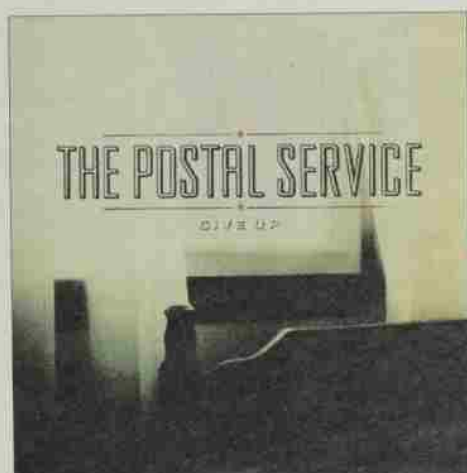
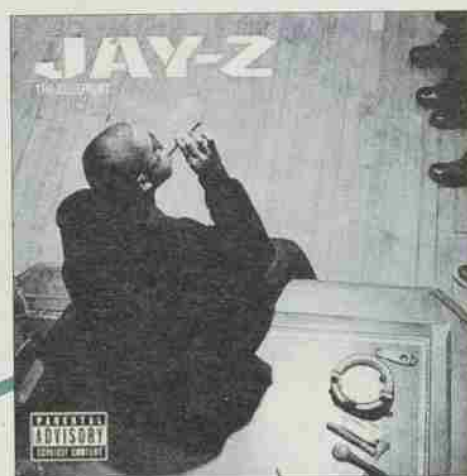
COLLEGIAN

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MUSIC THAT DEFINES THE DECADE

REVIEWS, 4



Exploration, education and ecology in South America

Lecturer addresses environmental issues in the Galapagos and Amazon

ANNA MENCARELLI
CONTRIBUTOR

Students, faculty and community members alike were given insight into the perilous conditions of the South American rainforests by renowned ethnobotanist Maria Fadiman. The Thursday night convocation, entitled "Igniting Hope in the Galapagos and the Amazon: How Coffee and Shamanic Trees are Balancing Humans and Nature," was sponsored by the Sustainability Council and the Dempsey Lecture Series.

Interim President Larry Large began the evening by discussing the achievement of sustainability in the community. "In 2008 the National Wildlife Federation named Willamette as number one in the nation in sustainability activities on a college campus. Last year, Sierra Club labeled us as one of the 'coolest,' aka the greenest, in the country," Large said.

Large then invited Fadiman to take the stage and share her experiences from the Galapagos Islands and the Ama-

zon. As an ethnobotanist, she observes situations in which humans use plants for food, construction and medicine, or as a part of rituals. "An ethnobotanist investigates the relationship between people and plants," Fadiman said. "It's the people who are teaching me things, and I began to get that humans are part of the ecosystem. ... Humans are part of the equation."

With the task of observing these "relationships," Fadiman journeyed to the raging rain forests of South America where she was astounded not only by the gigantic tarantulas and venomous snakes, but by the evident contradictory conditions of both the environment and indigenous peoples.

Upon arriving at the Galapagos, Fadiman noticed many deviations from the island's natural environment. Even though its national park focuses on protecting original, exotic species from extinction, invasive animals and plants had been brought to the islands years ago and now form part of the ecosystem. Coffee plants are one of the most invasive species that cover many of the shaded areas of the island.

Fadiman visited and interviewed the people of the island, including a poor farmer and his wife. Surrounding the farm were numerous coffee plants that could be used for a profitable income. The monopoly minimized the profit received by the farmers to the extent that even laborers were unable to be paid to harvest the numerous beans. "This is not the natural ecosystem," Fadiman said. "But this is also the landscape of the Galapagos, and I am trying to look at potential alternatives within real life situations."

Last year the coffee monopoly was broken by the company Noboa, which in turn cut out the additional costs to the coffee farmers in order to increase their profit, utilizing an invasive species to improve the economy of the islands.

Additionally, the lecture outlined the effects of the oil industry in the Amazon. Fadiman joined a troupe of artists, sponsored by the company Adventure Ecology, to express the turmoil between Texaco and the indigenous peoples of the Amazon. Though Texaco was recently sued for creating environmentally detrimental conditions, many of the Huarorani (an indigenous tribe of the area) depend on the oil company for jobs, doctors and medical supplies. "What I am talking about here is choice. ... Once you get increasingly dependent on western medicine, then traditional

medicinal knowledge is lost," Fadiman said. "They are inadvertently putting themselves in this precarious position with their health and environment."

The group traveled further south to contrast the culture of the Huarorani with the Achuar, a tribe not yet influenced by the oil companies. "They were not unaffected by Western culture, but the importance of the trees in their rituals and culture, as one man said to me, 'no one can live in the North.' He looked to me and said, 'We need our trees; when we are lost in the forest, it brings us back home,'" Fadiman said. She then returned with the group to exhibit the artwork in London.

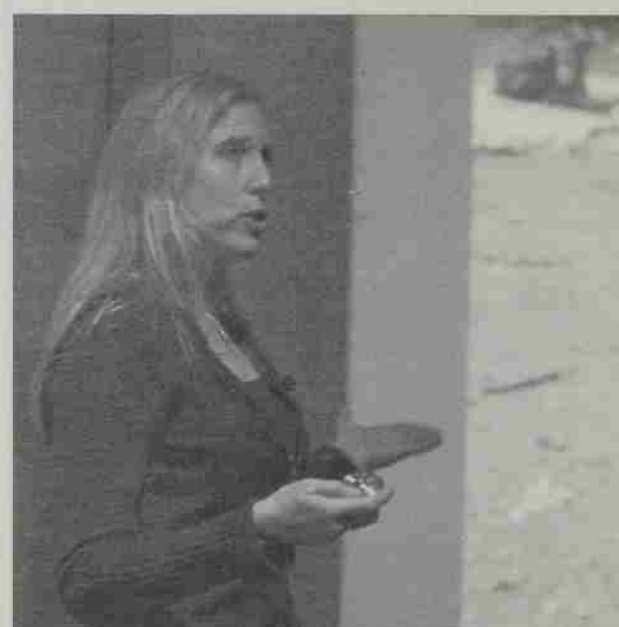
In 2006, Fadiman was recognized by National Geographic for her efforts as "one of eight emerging explorers."

"My goal is to look for the conservation of both land and environment, and to help people understand so that they can be empowered to take appropriate action," Fadiman said.

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IAN LINDGREN
Ethnobotanist Maria Fadiman spoke Thursday night in Smith Auditorium.



IAN LINDGREN
In her talk Fadiman, addressed environmental issues in the Galapagos Islands and the Amazon Rainforest.

BSU sponsors events celebrating Black History Month

KATE BARKER
CONTRIBUTOR

February marks the nationwide celebration of Black History Month. The Black Student Union (BSU) has been busy putting together several events to commemorate the month. The club is giving Black History Month a new interpretation this year, calling it "Reclaiming Black History" because they want to reinforce the idea that black history is an integral part of our American history.

BSU President Walter Robinson said that, "we don't need just a month to celebrate black history. It is already here, and we just need to reclaim it [by celebrating it everyday]."

BSU Secretary Admire Brown agreed. "I feel like it's a publicity stunt when you only talk about black history for a month out of the whole year. There is so much information about black history that people don't know about," Brown said. "Everyone knows about Martin Luther King [Jr.], but there were so many other people who also did great things."

This month was kicked off with a conversation on the White Narrative held in Kaneko on Feb. 4. "It was very good and eye opening," Robinson said. The next event was an open mic night on Feb. 11 in the Bistro. Many people presented pieces that were read aloud or sung, sometimes accompanied by guitars. Topics for these pieces included racism and multiculturalism in America.

The next upcoming event is a talk by the guest speaker damali ayo, the internationally known author of the book, "How to Rent a Negro." ayo will come to campus and discuss black history and how it affects us all as a community. "She

feels we all need a better understanding of black history in relation to our nation because it's a part of our shared history and that problems result from not understanding it," BSU Director of Communications Danielle Barnett said. It should be thought provoking but also humorous. The BSU is hoping to get the Salem community to attend the talk as well as students. Ayo will speak on Feb. 23 at 7 p.m. in the Montag Den.

The final event will be the Annual Rep Yo' Class Dance. It is a culmination of all the other events with a dance put together by students, in which the classes will dress in the colors of Mardi Gras. Seniors are to wear green, juniors will wear black, sophomores will wear gold and freshmen will wear purple.

The point of this dance, according to Barnett, is to "instill a cross pride in people" and have them realize that they can have a pride in their heritage, and yet can still come together as a community. "We want to create a sense of unity, while also being proud of where you come from. This is why we have the classes represent themselves with different colors," Barnett said. The dance will be at Cat Cavern on Feb. 27 from 10 p.m. to 1:30 a.m.

According to Barnett, the BSU's goal for the month is to provide the community with a greater awareness regarding black history. "We hope students have a better understanding of [black history]," Barnett said. "Hopefully we can do bigger things in the future."

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IAN LINDGREN
Last Thursday, BSU held an open mic night in the Bistro Thursday.

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A 'Vagina Monologues' more relevant to students

ANNA LEVY
CONTRIBUTOR

The student production of the "Vagina Monologues" kicked off its three-show run Friday night in Smith Auditorium. The play is produced each year during Valentine's Day weekend by the group Strength Health Equality (S.H.E.) in celebration of V-Day, a global movement to end violence against women and children.

The show is comprised of a series of monologues performed by a group of women reflecting on topics from love to rape to menstruation. The play was originally written by Eve Ensler in 1996 and is based on her interviews with over 200 women about their views on sex, relationships and violence against women. Since its inception, the play has been translated into over 45 languages and performed in over 130 countries. Proceeds from ticket purchases this year benefited relief efforts in Haiti, the V-Day Campaign and local efforts to end violence against women.



MIMI D'AUTREMONT

Sophomore Jacqueline Davis performs in the Vagina Monologues.

While many of the same monologues are performed in each year's rendition of the play, co-directors Stina Janssen and A.J. Omens decided to make some additions to the original script for this year in the hopes of making the show more relevant to Willamette's unique context and setting.

"Eve Ensler wrote a show that treats diverse experiences, but there certainly are some issues missing that we felt were particularly important for a college-performance of the show, such as a mention of sexual violence occurring on university campuses," Janssen said. "We also wanted something that would affirm and empower ourselves and our audience to 'lift our voices' in the work towards ending gender-based violence."

One such addition to the script included a new monologue at the end of the show written by Janssen and Omens, with collaboration from the rest of the cast. "We wanted to find a way to situate ourselves and our personal experiences, especially at Willamette, within the V-Day movement," senior cast member Bekah Hykan said. "They didn't come across as strongly in the existing script and so we wanted to try to create a monologue that would do that for us."

Student audience members commended the effort made by this year's production team to have the play resonate more deeply with a college-aged audience. "I really appreciated how the last piece brought the issues presented in the play back to Willamette's own campus and back to our personal ties with the issues," senior Hayley Weed said. "It challenges us to recognize that these issues aren't always happening in far removed places but on our own campus, and everywhere."

While senior Ian Peterson said that during last year's show he could not relate to as many of the play's issues as female audience members could, he nonetheless felt compelled to go again this year. "I think it's important for all people to understand these issues," Peterson said. "And it helps a lot that I recognized many of the people on stage - it helps me connect to the performers and not feel as distant."

Both directors and cast members are happy with the positive feedback that the play has received. "I am pleased with the play's reception by audiences, but I am even more

heartened to hear that the process of putting this show together was fulfilling for the cast," Janssen said.

Hykan felt similarly. "It was a powerful and inspiring experience to take part in and I hope that conversations are sparked by it," Hykan said.

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MIMI D'AUTREMONT

Sophomore Kristin Light performed the monologue "Reclaiming Cunt."

Peace Corps invades campus

VALERIE JACOBSON
CONTRIBUTOR

Since 1961, Willamette has sent 290 volunteers to the Peace Corps, and is currently ranked number 12 in the nation for the number of serving volunteers. Seventeen alumni are currently serving in the Peace Corps in various locations and more are applying. Somehow, the university has been able to help and encourage graduates to go into the Peace Corps even during the more competitive years.

"I think it has to do with the global mentality of the campus," recruitment coordinator Erin Carlson said when asked how Willamette has been able to accomplish such a task. She also mentioned that, in her visits to the university, she has been generally impressed with the students and faculty, and the fact that the service orientation of the school really seems to be ingrained in the student body.

Many people do not know what they want to do once they graduate. There are many options, such as graduate school, AmeriCorps, work and other service opportunities. So what makes so many Willamette graduates choose the Peace Corps? "I knew a lot of people who did it, and it seemed like a good opportunity to broaden my experience and learn a new language," Willamette and Peace Corps alumnus Emily Doerr said.

Both she and her sister, Elizabeth Doerr, said that Willamette was really what gave them the push to go into the Peace Corps. "My advisor suggested I sign up for an interview

just to see if I was interested, and it was really through the application process that I realized I wanted to do it," Elizabeth Doerr said about her decision. Both she and her sister cited the university's study abroad program and general international focus as being some of the compelling forces behind their reasons for applying. Options like Take a Break, summer sessions and study abroad all make it easy for students to get international experience, and it seems that this motivates people to go abroad again.

"We are really encouraging people to apply right now," Carlson said. The past two years have involved some cutbacks in certain departments for the Peace Corps. This, coupled with the highest application rate they have seen in years, has made it harder to be accepted into the organization. However, according to Carlson, right now is a good time to apply.

Carlson offered some tips for applicants. She said that it is a good idea to get some experience with English as a second language tutoring. Anyone with at least three months of English tutoring experience has a better chance. People who have spent time abroad have an advantage as well. Also, anyone interested in applying should start early because the application process takes nine to 12 months.

There will be an information session this Thursday in the UC first floor lobby from 10 a.m. to 3 p.m. for anyone interested in the Peace Corps. "It's going to develop countries and seeing how they work," Emily Doerr said. "It's a great opportunity."

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Africa week begins | Africa Club sponsors "Africa Celebration"



KENDRA VANE

On Saturday, Feb. 13 at 1 p.m., Ghanaian drummer and dancer Odo Addy held a workshop teaching African dance in Cat Cavern. The workshop was part of Africa Club's "Africa Celebration" and market, which took place from 10 a.m. to 3 p.m. that day.

Items sold at the market included jewelry, crafts, drums, clothing and artwork. The purchase of these items helped support humanitarian projects in Africa, as well as local Oregon businesses. In addition to the dance workshop and market, those in attendance also helped assemble a large puzzle in the shape of the African continent.

This event served as the kick-off for this year's Africa Week. The theme for the week is "Africa's Regreening: Local Solutions to Environmental Challenges." There are more Africa Week events coming up. On Wednesday, Feb. 17, at 7:30 p.m. in Smith Auditorium, Grace Kuto will give the keynote address, which will be followed by a performance by the Rainbow Dance Theatre. On Thursday, Feb. 18, there will be a showing of the film "From a Whisper" at 7 p.m. in Ford Hall.

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► learn more

The info session will be held Thursday, Feb. 18 from 10 a.m. to 3 p.m. in the first floor lobby of the University Center.

ALBUM REVIEW: Defining the decade

The finest CDs of the aughts

SAM MENEFFEE-LIBEY
CONTRIBUTOR

Pop music is a transient art form, marked by forgettable songs and one-hit wonders amidst over-produced, slow-changing trends. Sometimes, however, there are full albums produced by visionary artists that help to define the musical zeitgeist as articulated in the normally divergent views of critics, consumers and industry. Here are 10 albums that served as hallmarks of the decade in pop music, whose effects were felt by even the most casual fan.

► **Beyoncé** – “*Dangerously in Love*” – The breakout solo debut from the former Destiny's Child star announced the diva of the decade, especially in the catchy lead single, “Crazy in Love.” Even after the inaugural ball performance and her prolific output of chart-topping singles, music videos and films (I recommend “Cadillac Records”), this album remains a career highlight.

► **Danger Mouse** – “*The Grey Album*” – This album was only ever leaked online and never officially released (and is still being litigated by EMI) but it marked the mainstreaming of mash-ups and the meticulous producer Danger Mouse. The mash-ups of the Beatles’ “White Album” and Jay-Z’s “Black Album” are inspired and paved the way for underground artists bucking copyright laws.

► **Eminem** – “*The Marshall Mathers LP*” – Despite the risible moral philosophy of Slim Shady, this album became the top selling record of the decade for a reason. Between Dr. Dre’s minimalist production, Eminem’s playful rhyme schemes, emotional rawness and evocative story telling, this album was a pop-culture highlight that was lauded and derided as widely as any other album of the past 10 years.

► **Green Day** – “*American Idiot*” – Who would have thought that the Oakland runaways that produced “Burnout” would produce the most popular political anthem of the decade? Not only did this album contain many singles that endured on top-40 for years, but it had some real thoughtfulness, despite the heavy sheen of stoopid pop-punk.

► **Jay-Z** – “*The Black Album*” – The magnum opus of one of the most influential American pop musicians ever, Jay-Z appears on four discs on this list, but this is the best work of his career, with great beats that never overshadow his seemingly effortless flow. The top MC of NYC even gave the songs unforeseen depth in the marvelous “MTV Unplugged” album the same year.

► **Kanye West** – “*The College Dropout*” – West transcended his already stellar reputation as an up-and-coming producer with this far-reaching classic. This radio-friendly album showcases some clever rhymes and catchy beats, as Kanye pays homage to hip-hop influences and connects with truly amazing guest-spots.

► **Postal Service** – “*Give Up*” – 2003 was a fabulous year for Ben Gibbard, with the list-worthy “Transatlanticism” from Death Cab For Cutie, and the underground gem “Home V,” but the Postal Service’s one album has proved the most enduring of his extensive catalog. Inspiring covers, imitators and innumerable uses in soundtracks, this album is a beautiful work.

► **Radiohead** – “*In Rainbows*” – One of the few veterans on this list, Radiohead has continued to be the virtuosos of the age. After the visionary “Kid A” prompted pronouncements of the death of guitar-driven rock, this album is a return to form for a band that defies description. Beyond the content, the album was also released without a label on the band’s website as pay-what-you-want mp3s, laying the groundwork for a new age in digital music distribution.

► **The Strokes** – “*Is This It?*” – As critics were declaring the death of rock-n-roll, The Strokes released this vintage rock album that was at once familiar and fresh, with impeccable production and not a wasted second or sound. Many acts owe their success to this trend-setting album, and it still sounds as good today as it did on release.

► **Sufjan Stevens** – “*Come On Feel the Illinoise*” – In a decade dominated by the amorphous category of “indie” music, this album was the best of it. Rich, lush, literary, engaging and simply beautiful, Stevens produced a solid classic that reveals new depth with each listen.

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BOOK REVIEW: “Stones into Schools” | Greg Mortenson

A peaceful look at a war-torn country

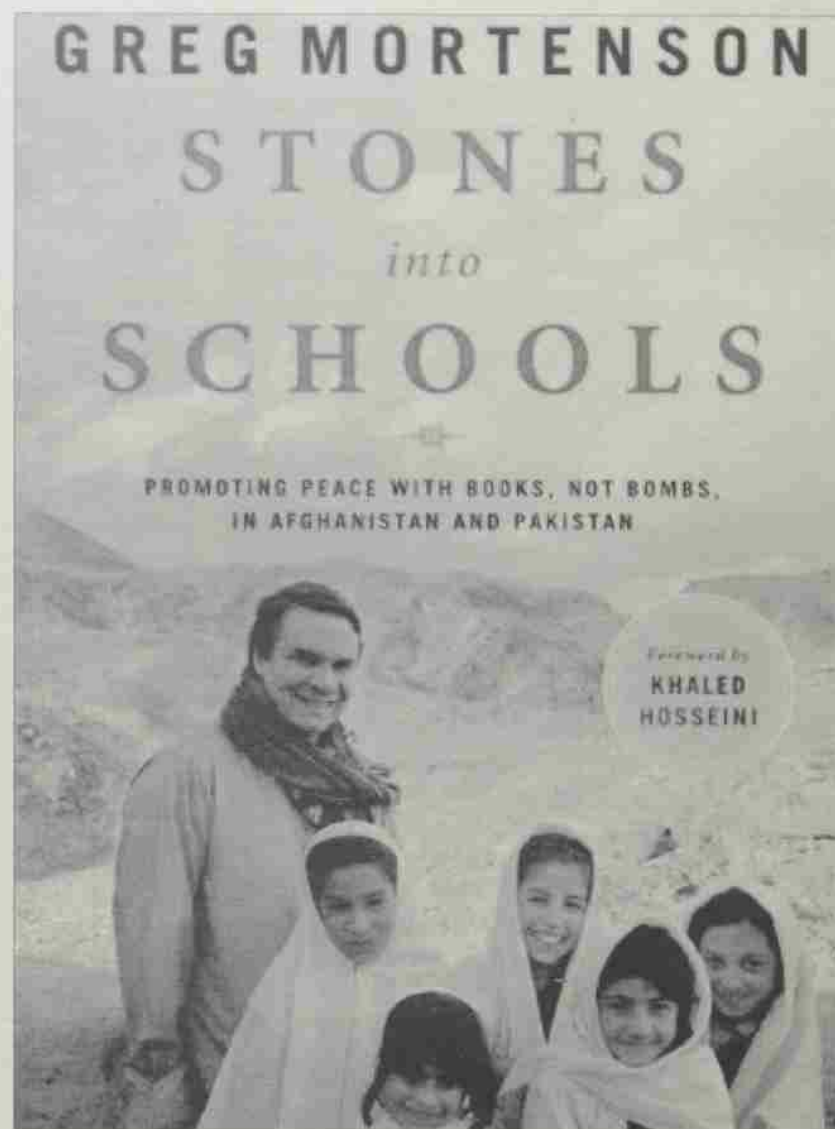
ZACHARY GARRETT
CONTRIBUTOR

With growing turmoil in many parts of the world, it is not unusual to ask what the best plan of action might be. Greg Mortenson, the author of “Three Cups of Tea,” recently wrote another book on exploits in Central Asia, which might hold answers to how we should go about helping the peoples in war torn and disaster-affected areas. “Stones into Schools” details Mortenson’s and the Central Asia Institute’s move to Afghanistan, and ultimately the completion of their hardest project.

This book is a must read for the current generation of college students, who were entering their adolescence at the beginning of America’s intervention in Afghanistan. Mortenson spends a great deal of time describing the events that led to the condition of the education system in Afghanistan when he first arrived. The Taliban destroyed most of the education system when they took power. They focused primarily on subjugating women and girls, confining them to their houses.

A few years before the United States invaded Taliban-controlled Afghanistan, a group of horsemen from a dying culture called the Khirgiz found Mortenson in Pakistan and requested a school be built for their people. This school would be the most difficult Central Asia Institute would ever construct, and is therefore the main focus of “Stones into Schools.”

The book itself is well written and never has a dull moment. Each chapter ends with the reader wanting to know more. The description paints a vivid picture of the beauty of regions that have been lost to most of mankind for centuries. Throughout his journeys, Mortenson took photographs, many of which are presented throughout the book. Each picture helps amplify the emotions that are felt while reading about the people and places. The only complaint that I have about the book is the progression of time. At one point he is describing projects that were being completed in 2005 and



COURTESY OF VIKING

the next he will be describing projects from a few years prior.

With the recent disaster in Haiti, the message of “Stones into Schools” is even more important. After the earthquake in Pakistan, the Central Asia Institute helped with the relief effort, but in a different way from the other groups in the area. Instead of handing out bottles of water and food, they set up schools in large tents and began plans for constructing earthquake-proof schools. Relief aid should help rebuild infrastructure and the hope that the people lost.

The “Nation Building” policy that

was adopted by the United States in the War on Terror will not succeed by simply holding elections and getting rid of insurgents. One of the main sources of religious extremists is education that teaches the children that extremism is right. Schools must be built that teach these children how to read and think for themselves. “The first step in that process is to take up the stones and start turning them into schools,” said veteran mujahadeen Wohid Khan at the opening of a school in Afghanistan.

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RESTAURANT REVIEW: Los Arcos Mexican Grill

Enjoy the bright lights and cheap cuisine

VIRGINIA VAN DINE
CONTRIBUTOR

Arriving at Los Arcos Mexican Grill, you are welcomed by the brightly-outlined neon building that introduces the restaurant’s festive theme. Inside is busy and bright, with the large room adorned with little red lights, fake palm trees, flowers and a big screen TV. The popularity of this restaurant is evident: there were many people inside, filling the room with conversation. There are cozy booths bordering the room with various sized tables filling the center. However, there were odd gaps in between some of the tables that made the room look unbalanced and poorly planned out.

Warm chips, salsa and refried beans came immediately, followed by a very busy and diverse menu. Los Arcos has the usual items expected at a Mexican restaurant such as enchiladas, quesadillas, burritos, chimichangas and nachos, but it also has the unique additions of hamburgers and pasta to the menu (these I was not bold enough to try). There are a total of eight double-sided pages that makes up the menu, which was a bit overwhelming when first looking at it. The smoothies listed in the menu caught my eye so I ordered a mango smoothie only to be told 10 minutes later they did not have that flavor. Settling on a blackberry smoothie was not a bad choice, it tasted natural and refreshing apart from the large chunks of ice that made it difficult to drink through the straw.

I ordered the “Top quesadilla” which is an open fried quesadilla for \$8.95. It was different from your typical

quesadilla with melted cheese on the top of the crunchy shell with the cheese and vegetables inside, but after a few bites it started tasting pretty plain and dry. It was very difficult to eat as well since the chicken and vegetables were merely placed in between two crunchy tortillas, making the process of eating very messy. I tried some of the cheese enchilada as well, which was drenched in a brown sauce that tasted slightly like barbeque. I was not overly impressed with either entrée.

The chips with beans and salsa were definitely the best part of the meal as the rest were only mediocre. Service was a bit slow at times but overall was very friendly and personable. The food did not take long to arrive after ordering and our waitress was attentive throughout the entire meal. Prices at Los Arcos are pretty moderate with a range of \$2 to \$15. Several friendly staff members said “goodnight” and “thank you” as I left the restaurant feeling full but not completely satisfied. Los Arcos is a fun restaurant if you want a quirky atmosphere and some decent Mexican food. If you are expecting a more authentic environment and delicious food, however, Los Arcos is not for you.

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Spoken word poetry 'slams' campus

HANNAH MOSER
CONTRIBUTOR

On Feb. 22, audiences will experience slam poetry that addresses issues from Asian-American to pop cultures through the performance of Alvin Lau, an international slam poet award winner.

"[He] carves blizzards out of granite, releasing flurries of words that make you step back, catch your breath and marvel at the craft and concentration humming underneath," Jeremy Richards said. As co-editor of the 2005 National Poetry Slam Anthology, Richards' opinion is highly respected.

"Asia-America, you're more than your key words of hair, and skin, and eyes, but you're the reason I give my life to poetry. You're the fire that I speak trying to spin this tapestry," Lau said at the 2006 National Poetry Slam. "Asia-America, tell me where have you gone, and when will I find you?"

Lau is from Chicago, the city where slam poetry was born in 1984. The son of Chinese immigrants, his poetry addresses issues that range from Asian-American culture to musings on his sister's wedding. He is the highest ranking Asian-American slam poet of all time and has won more high stakes poetry slams than any other poet in the world.

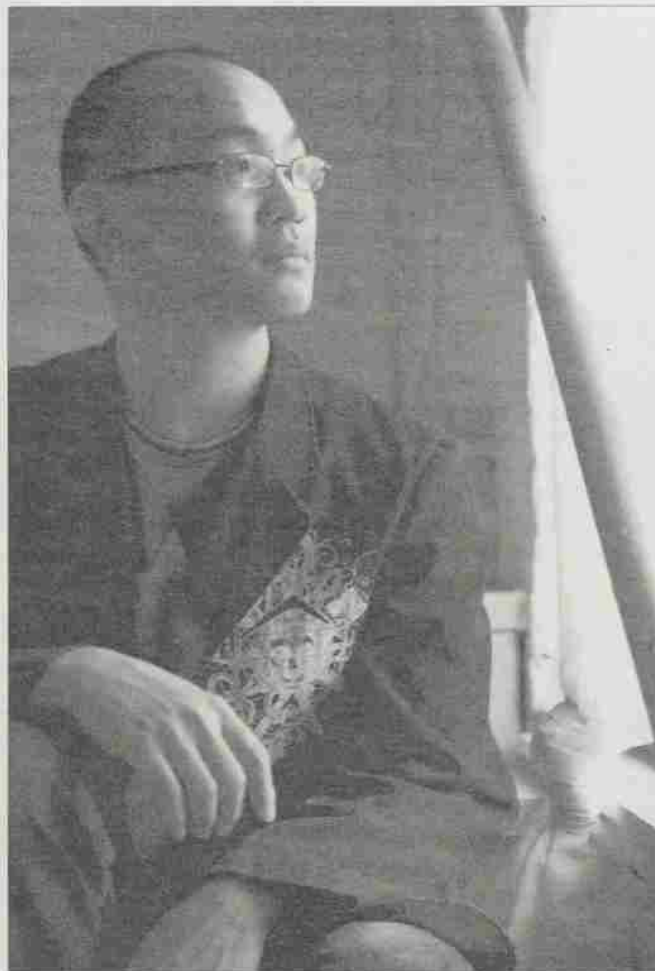
Having shared poetry performances with acclaimed emcee Talib Kweli and poet Li-Young Li and appeared on the well-known slam stage Def Poetry Slam, Lau is internationally recognized. He is two-time champion of Louder than a Bomb (the Chicago Youth Poetry Slam), two-time champion of Brave New Voices (the national youth poetry slam), four-time regional slam champion, four-time individual finalist in a national competition, individual runner-up at the National Poetry Slam and a Pushcart nominee, and was named 2006 "Poet of Conscience" by Amnesty International.

The Chicago Tribune said Lau was the epitome of Billy Collins fused with Kanye West, while champion of the 2009 Women of World Poetry Slam Rachel McKibbens said, "Alvin Lau is young, sharp and freakishly talented. A manic intellectual, Lau provides metaphorical bricks to his readers and listeners, asking them to launch them through the dirty window of apathy." Further commendation comes from nationally acclaimed spoken word group member Jaylee Alde. He said, "Alvin Lau is like a freshly lit fireball: graceful, vibrant and booming. Expect greatness."

Currently, Lau is an honorary touring member of the poetry group "Death from Below," traveling with Def Poetry Jam veterans Dan Sullivan and Tim Stafford.

Lau's Monday night performance will take place in Montag Den, which will allow the audience to get an up-close and personal taste of his work. Check out Lau on YouTube in advance and prepare for a wild ride of twisting verse and cutting, sophisticated and thoughtful rhymes.

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Alvin Lau has performed and won awards at more slam-poetry competitions than any of his peers.

Artist explores 'Vital Signs' of urban sprawl

NATHAN COMBS
STAFF WRITER

Joe Feddersen uses materials familiar to the public in order to create pieces such as woven baskets, blown glass and relief stencil etchings. His display, "Vital Signs," a unique interpretation of modern, urban life through the medium of Native American art styles, can be viewed at the Hallie Ford Museum of Art through March 28.

Feddersen graduated with a BFA from the University of Washington and a MFA from the University of Wisconsin. He uses his artistic education in combination with influence from his Okanagan Indian background to create both two- and three-dimensional art that draws from traditional American Indian styles as well as the increasingly prominent urban landscape.

"Following in the footsteps of his Plateau Indian ancestors, who interpreted their environment in the patterns of their baskets, Feddersen transforms the rhythms of the urban centers

and natural landscapes surrounding him into art forms that are both coolly modern and warmly impressionistic," Phoebe Keleman said in a press release promoting "Vital Signs" at the Tacoma Art Museum earlier this year.

At first glance many of the pieces of "Vital Signs" appear to be decorated with standard, beautifully simplistic American Indian designs, but upon closer inspection (or by reading the titles of the pieces, which tends to be very direct) the basis of the design in modern, urban life becomes apparent. Whether it is the design on the side of a blown glass vase that suddenly turns into the tread of a car tire, or the pattern on a basket that looks like a highway viewed from above, complete with a car-pool lane border of diamonds, Feddersen's art examines urban sprawl from a new perspective. Tree stumps, chain-link fences and builders' scaffolding form patterns that, while ignored in everyday life, become objects of beauty and thought.

Although they certainly make for visually appealing art, Feddersen's pieces also carry a message about the changing world around us. Those worried about preachy, politically charged art should not be concerned, though, as Feddersen's style makes more observation than argument. "My work is about the investigation of signs and about the language of patterns," Feddersen said in the press release.

His aim seems to draw the attention of the public toward the parallel found between patterns in urban society and nature alike.

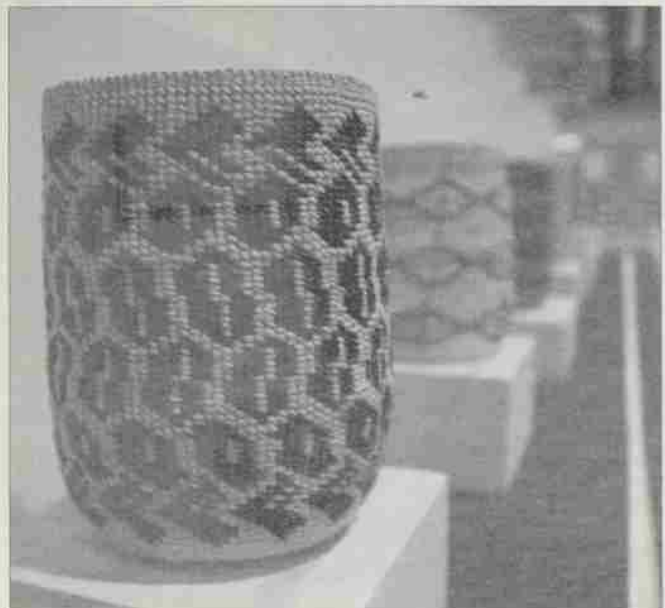
Concerned about the continuation of his culture, Feddersen presents his art not as an improvement upon traditional methods and styles, but as a variation. He said, "It's about sign and place. And I would hope that people from the Plateau area recognize the traditional patterns that are keeping the language alive, while also seeing the humor in the new ones, as to how our land is changing."

When in search of simplistic beauty, people tend to head for the wilderness. With increasing urbanization, however, it can be more difficult to find easy access to nature. "Vital Signs" is a powerful reminder of the gorgeous simplicity that can be found all around us.

Contact: ncombs@willamette.edu

► see the art

"Vital Signs" will be on display in the Hallie Ford Museum of Art through March 28. Admission is free for Willamette students.



EMILY SCHLIEMAN

Feddersen's uses common materials to portray urban life in his art.

ART UNDRESSED:

A college degree: Going places



KRISTEN SVENSON

ARTS EDITOR

This past weekend I managed to escape from the Willamette bubble in order to spend time in relaxation and rejuvenation. However, it turned into the basis for today's column. It just so happened that I was surprised with tickets to an adapted version of "Hamlet," an amalgamation of publications from each folio presumed to belong to the bard. While I was sitting in my seat in this small, pocket theater and thinking how lucky my escape was turning out to be, I encountered something that made me stop and think about exactly how much Willamette will have an effect on all of our lives.

I was pleasantly surprised by the skill and "bad ass-ness" that unfolded from the small, five-person cast that made up the show. For those of you who know "Hamlet," you understand that a five person cast is seriously undercutting many roles of the famous play, which usually requires a cast of about 30 to be successful. In this instance though, no major characters were omitted from the production. Instead, each actor fulfilled the roles of at least three characters (except the large role of Hamlet, in which the actor only played the one character).

At this point you may be wondering, "what does this have to do with Willamette art?" I must admit that I could gush on and on about the prodigy and skill that emerged from the difficult task of successfully performing a Shakespearean tragedy with no more than five actors. However, another event overshadowed this amazement. Nothing surprised me more than looking down at my program and seeing that the woman playing the roles of Ophelia, Laertes, one of the players and a grave digger was in fact a recent Willamette alum.

Brittany Burch, who graduated from our beautiful home in 2005, has risen through the difficulties of the acting world and scored these amazing roles at the CoHo Theatre in Portland. Only five years out of school and already earning rave reviews, she quite successfully accomplishes the play's most-difficult scene, acting against herself as both Laertes and Ophelia, who, if you don't already know, are brother and sister in the play.

Let this be a message of hope and inspiration, not only for all you theater majors, but also for students nearing graduation and wondering just how far their Willamette reputation will take them. Out of all the things I could have been doing Saturday night, I was watching a play at a small theater in Portland. Out of all the actors that could have been cast in that play, a Willamette alum was given one of the five roles.

A Willamette reputation is wide-spread, especially in the northwest. If I hadn't noticed that Brittany was an alum of my same university, it may never have occurred to me how much my education is worth until much later in life. Don't forget these little lessons of life. They may be found in the oddest of places, but they change your perspective toward a more positive light. For me, it was discovered on a side street of Portland in the second row of a theater to which I had never ventured before. Where will you find yours?

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Are you a painter or poet?

The Collegian arts section is searching for visual or written art to publish.

Submit your work to Kristen Svenson:

kvenson@willamette.edu

Beyond Socrates: The value of liberal arts

KELSEY KINAVEY
CONTRIBUTOR

In the Jan. 18 issue of *Newsweek*, writer and editor Jon Meacham published his article "In Defense of the Liberal Arts," in which he discussed returning to his alma mater and witnessing the election of the new university president. The introduction of his article gives the impression that he is writing a story solely to highlight the University of the South, but as the article develops, a new idea is brought to the surface. He begins to discuss the difficulty in making the case for the importance of liberal arts colleges when they are "something so expensive and so seemingly archaic."

Liberal arts universities are often burdened with negative opinions because of the cost they accrue for the students and how they may compare to trade schools and other degrees. The joke usually goes: The graduate with a science degree asks, "Why does it work?" The graduate with an engineering degree asks, "How does it work?" The graduate with an accounting degree asks, "How much will it cost?" And the graduate with a liberal arts degree asks, "Would you like fries with that?" Another common question is, "Why would you pay so much for a liberal arts school when you could be getting the same education elsewhere for so much cheaper?"

Why has the liberal arts degree lost its credibility at face value in today's society? Unlike learning a trade, the majority of growth in the liberal arts degree happens in the way the liberal arts students learn to think. Liberal arts students learn critical thinking at a level that helps them "[form] a habit of mind that enables them to connect ideas that might otherwise have gone unconnected," Meacham wrote. When compared with other degrees, at first glance the liberal arts degree can seem impractical, but under the surface of the education, the benefits greatly outweigh the cost of attendance.

Meacham's article brings up a number of points that reinforce the importance of a liberal arts degree. Many students struggle with the decision to attend such an expensive school. Attending Willamette, for example, is just one step in coming to terms with the cost for a liberal arts education, but a lot of students continue to grapple with the cost of attending and whether or not it will pay off. However, having a liberal arts education trains the students to think differently and learn in new ways. Educating people on both the negatives and positives of a liberal arts degree is important because it shows that despite the criticism, the degree stands strong in the real world.

The case against the liberal arts degree is centered around money and the usefulness of the degree. Spending four or five years at a liberal arts college and paying between \$30,000 and \$40,000 per year to attend (and board) seems excessive when compared to the two years spent at a trade school. One could be entering the work force after finishing a trade school in the time it takes an undergraduate at a liberal arts university to declare a major.

With the subject of money also comes the issue of the current economy and the money troubles that the majority of Americans are struggling with. Spending a large amount of money to attend a university only to graduate into a struggling economy with an unemployment rate of 10.6

percent seems risky at best. To many, the idea of leaving college with a significant amount of debt and trying to get a job in an unstable economy is a main deterrent of attending a liberal arts college.

Also, liberal arts campuses are often more condensed and sheltered in relation to the community around them, since everything is available right on campus and in a smaller amount of space. This can be seen as negative because it shelters the students, and therefore they have the potential of being slightly out of touch with the real world. Comparatively, students attending a large university or trade school often have to travel around the city to attend classes because the campus is so large. This enables them to be more in touch with the community and those not attending college, providing them with a wider perspective.

In general, the advocates against the liberal arts believe that the degree does not produce skills that can be carried over successfully into the work force. The fear that a large amount of money paid to attend university will not end up benefiting the liberal arts graduate is not completely unfounded. However, the payoffs and opportunities that having a liberal arts degree brings about are demonstrated with numerous examples.

How to "sell" a liberal arts degree is the topic of many discussions. In Meacham's article, he discusses a few instances where the degree has benefited the graduate greatly. He states that "employers say all the time that they value clarity of writing and verbal expression, and that they often find liberal arts graduates expert in both." This demonstrates the importance of the liberal arts general education requirements that are focused on learning to think differently in a number of situations and topics. Liberal arts schools also require classes that are centered in writing in order to ensure that the student is strongly grounded in writing for all different situations.

While to some the general education requirements seem potentially pointless and a waste of time, good often comes from them. Co-founder and CEO of Apple Steve Jobs credits a calligraphy class he took before he dropped out of Reed College for "providing part of the inspiration for the Macintosh," Meacham wrote. Before attending Columbia (where a firm grounding in the liberal arts is required), United States President Barack Obama attended Occidental College in Los Angeles, a small liberal arts college.

Here at Willamette, the general education requirements give students the opportunity to explore almost all major areas of study. We are required to take courses in different "modes of inquiry," such as "thinking historically" or "creating in the arts," all of which give us the opportunity to think differently and develop critical thinking skills in diverse subject areas. This gives us the ability to look at situations in a number of different ways and helps us to properly solve problems that arise through this different way of thinking.

The Oxford English Dictionary defines "liberal" in the context of education as "directed to general intellectual enlargement and refinement, not narrowly restricted to the requirements of technical or professional training, free from narrow prejudice, open-minded, open to the reception of



Lauren Ahinas ('09), Rebecca Cornelius ('10), Caitlin Horsley ('09) and May Ohara ('09, MAT '10) smile before the 2009 Hawai'i Club La'au.



2008-2009 House of Hall Representatives weekly meeting in Montag Den.



Senior Shannon Satterwhite listens to Ghanaian music and stories from world-renowned Obo Addy.



Seniors Clara Gonzalez, Tanya Tran and Alicia Maggard take part in Pi Beta Phi's "Pie with Pi Phi" philanthropy event.

In general, the advocates against the liberal arts believe that the degree does not produce skills that can be carried over successfully into the work force.

new ideas or proposals to reform." All of these definitions are directly related to thinking, remaining open-minded and increasing your knowledge. This means that once the liberal arts graduate enters the workforce, he or she will be open to new ideas, learning new things, accepting change and problem-solving.

Though it may take longer for liberal arts graduates to start their career, evidence shows that once started, graduates advance farther when compared to others. Since liberal arts graduates did not attend trade school, they have fewer specific specializations and are not limited by them. Therefore, the employer has the opportunity to train the worker with the specialized skills of the job. Because of the critical thinking learned in the liberal arts, the worker has advanced thinking and problem solving skills that jobs require but that employers do not train their employees to do.

The future of the American work force could end up resting in the hands of those holding liberal arts degrees. Now is a time of great transformation within the United States. Change is happening and many are realizing that in order for the country to function in a healthy way, there is even more change to come.

Liberal arts graduates are just the people to help bring along new developments in the United States because of the way they think. This is not to say that graduates of trade schools and other programs are not playing an important part in society and will not continue to do so; a new group is simply entering the workforce. Liberal arts graduates now have the opportunity to make a bigger dent in the work force and make their presence known. They have the ability to look at a situation from a number of perspectives, analyzing and choosing the best way to go about solving the problem. In his article, Meacham cites Alan Brinkley, former provost of Columbia University, saying, "liberal education is a crucial element in the creation of wealth, jobs and, one hopes, a fairer, more just nation." A liberal arts education can be seen this way because learning in the unique ways that are taught at institutions like Willamette helps breed new ideas and solutions.

It is important to note that trade schools and other degrees need not be looked down upon. However, Meacham's article demonstrated that liberal arts is a vital part of the higher education system and without it a population of unique thinkers would not exist. While the benefits of the liberal arts do not immediately come to the surface, they are present in the graduates and in society. In order to break away from the criticism of the liberal arts, one must educate oneself on the good and bad aspects of this brand of education. Once the information is put out into the open and the stereotypes of the liberal arts are broken, it will be more widely accepted. Growth and change will hopefully occur in new places, and the liberal arts graduates will be at the helm. The liberal arts are a wonderful institution; they have helped and will continue to help the students who pass through who, in turn, will hopefully help those around them and prove their education is worth the time and money.

Contact: kkinavey@willamette.edu

Sources: Jon Meacham article: www.newsweek.com; The Oxford English Dictionary



Senior Tessa Allen performs in the 2009 Willamette Dance Company's fall performance.

BEHZOD SIRJANI



Male a cappella group Headband with senior Haley Rosenthal and Sophomore Laurel Curran at this winter's Alpha Chi Omega A Cappella Night.

BEHZOD SIRJANI



Junior Colby Takeda and Sophomore Kelsey White's Opening Days group.

BEHZOD SIRJANI



Students dancing during Reel Big Fish's performance at WEB's "Countdown to Kickoff."

BEHZOD SIRJANI

MEN'S BASKETBALL

Bearcats topple Pioneers, fall to Bruins

JOHN LIND
STAFF WRITER

Coming off a wild weekend that saw Willamette men's basketball sweep conference rivals UPS and Linfield on Feb. 6 and 7, a short turnaround gave the Bearcats just enough time to catch their breath before visiting Lewis & Clark last Tuesday night in Portland.

Willamette (7-16, 4-10 NWC) has had its share of struggles on the road this season, with only a 4-9 record away from Cone Field House, but this time the Bearcats

started quickly. After the Pioneers scored the first basket of the game, Willamette answered with a 13-0 run, including three consecutive three-pointers from Ryan Meehan, Taylor Mounts and Bubba Lemon to start the barrage.

Lewis & Clark (9-13, 8-6) rallied, eventually taking the lead on a Josh Kollasch jumper with 11:06 to go in the first half. But the Bearcats stayed competitive behind 51.6 percent (16-31) shooting that helped Willamette compensate for a monster performance from Kollasch. The senior guard led the Pioneers with 19 first-half points.

For the Bearcats, Cameron Mitchell established himself early on as usual, scoring 12 points in the first period while pulling down four rebounds and collecting two steals. Mounts and Meehan added eight and seven points, respectively, and Willamette ended the first half

down just 40-37, after Mitchell dunked at the buzzer.

"It makes a big difference when the opposing defense has to guard three scoring threats instead of one," Mitchell said.

But it was the Pioneers who came out of halftime with a steady attack, giving L&C a slightly larger cushion. A three-pointer by Kollasch extended the Pioneer lead to 50-43 six minutes into the second half.

But midway through the second half, the Bearcats found their rhythm. Down 55-50, a Mitchell jumper ignited an 8-2 run that vaulted the Bearcats back on top for the remainder of the game and a solid team effort helped the 'Cats retain the lead.

Ahead just 64-62, Willamette stuck in the final dagger with another 8-2 run. Back-to-back free throws from Terrell Malley kicked off the spree, which included a Mounts layup between two buckets by Meehan. Now comfortably ahead, the Bearcats were able to close out the game and come away with an 80-73 victory that put Willamette on a season high three-game winning streak. Mitchell again led the Bearcats with 23 points, Mounts finished with 16 and Meehan scored 15 points while notching six assists.

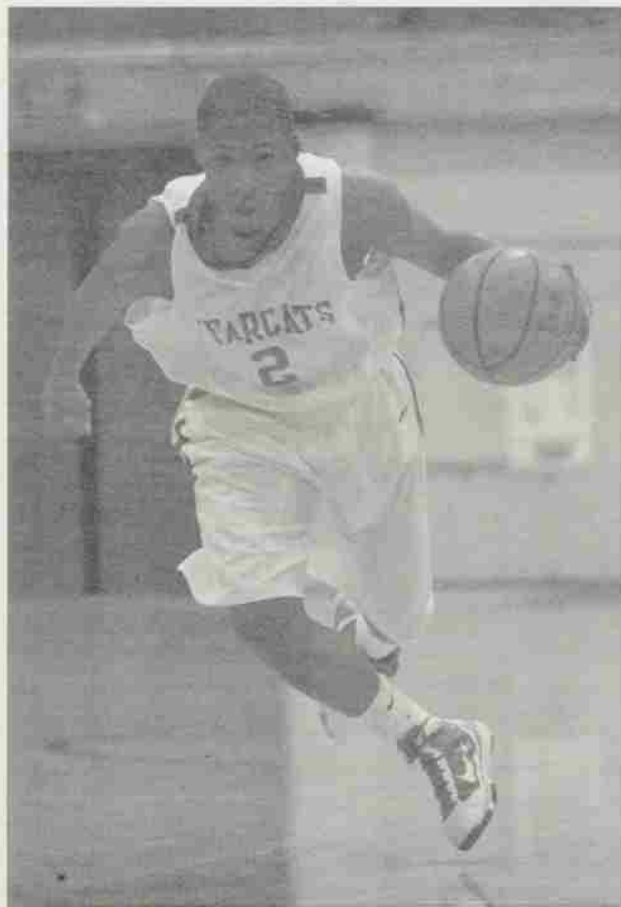
Willamette put its winning streak on the line Friday night against George Fox (11-12, 8-6), tied for third place and looking for their first NWC tournament berth ever. Again, the Bearcats started fast, as Mitchell and a red-hot Marcus Holmes led the way with 10 points apiece and the 'Cats starting lineup scored every first-half point. The Bearcats built their lead to as many as ten points, eventually taking a 40-31 lead into the locker room at halftime.

But the fatigue of playing four games in seven days began to show in the second half, as the Bruins rallied to take the lead for good with 4:53 remaining. Although Willamette finished with all five starters in double figures and Mitchell pulled down a whopping 25 rebounds to go with 20 points, George Fox's 89-81 win officially ended any faint hopes of a Bearcat playoff run.

"We basically reverted back to our old style of play, lots of selfish ball with no distribution, and that's what killed us," Mitchell said. "When we keep away from that game we're fine."

Willamette closes out its season this weekend. The Bearcats travel to Pacific Lutheran on Friday before returning home Saturday for Senior Night against Pacific.

Contact: jlind@willamette.edu



Terrell Malley looks to drive during Friday's loss to George Fox. Malley finished with eight points on 3-11 shooting.



Cameron Mitchell, who averages 21.5 points and 17 rebounds last week, was selected NWC player of the week for the fourth time this year.

SWIMMING

'Cats exceed expectations at NWC championship meet

WILLAMETTE SPORTS INFORMATION
PRESS RELEASE

Willamette's swimmers traveled to Federal Way, Washington this past weekend to compete in the Northwest Conference Championships. The events started on Friday, Feb. 12 and ended with an evening session on Sunday, Feb. 14. The Bearcat women, swimming perhaps their best meet of the season, placed seventh in the final team standings while the men, represented by lone freshman Ian McGahan, finished eighth.

"[Overall,] it was a fantastic meet," head coach Leslie Shevlin said. "About 90 percent of our results were personal-best times for everyone on the team, which was a great accomplishment."

Senior Gwen Schulze continued her recent hot streak with another strong showing, taking third place in the finals of the women's 200-yard backstroke with a career-best time of 2:12.78. Earlier in the meet, Schulze took second place in the 100-yard butterfly with a career-best time of 1:00.26 – the fourth-fastest time in Willamette history. Schulze also won the Consolation Final of the 200-yard individual medley, taking ninth place overall in the event with a time of 2:16.82.

"Gwen was the heart and soul of this team," Shevlin said. "She had personal bests in all three of her events. She

gave it everything she's got and had a phenomenal year."

Three Bearcats competed on Sunday in the weekend's longest event, the 1,650-yard freestyle. In the women's 1,650, senior Jenna Larrow earned ninth place with a career-best time of 18:48.66. Junior Hanna Connett followed Larrow, taking 14th place while recording a time of 19:27.94.

Freshman Lauren Ballinger placed second in the "B" Final of the 100-yard freestyle, finishing in 56.12 seconds, a career-best time that earned her a 10th place finish. Sophomore Kara Koetje and freshman Kayla Kosaki both swam in the "B" Final of the 200-yard butterfly. Koetje trimmed her career-best time – set in the preliminary rounds – by nearly four-and-a-half seconds to take 11th place overall with a time of 2:22.54. Kosaki placed sixth in the "B" Final (14th overall) with a time of 2:25.20.

On the men's side, McGahan placed 18th in the men's 1,650 with a time of 19:59.31, and also competed in the Consolation Finals of the 200-yard butterfly, scoring a 16th place finish after clocking in at 2:23.83.

Whitworth University claimed the women's team title and the men's team championship. The Pirates scored 793 points to win the women's competition. Whitworth earned 724.5 points on its way to the men's title.

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WOMEN'S BASKETBALL

Losing streak at seven as women drop two more

CAMERON MITCHELL
STAFF WRITER

Finishing up a stretch of four contests in seven days, Willamette women's basketball played two Northwest Conference games last week: Tuesday at Lewis & Clark and Saturday at home against defending national champion George Fox.

Tuesday night in Portland, the Bearcats' first half shooting struggles continued, as Willamette made just 6-24 field goal attempts in the first half. But despite being down 31-15 at halftime, the Bearcats never quit, bouncing back to shoot 15-37 (40.5 percent) in the second period.

"That's one of our strengths: we never give up," junior guard Alex Zennan said.

Unfortunately, the deficit eventually proved to be too much, as Willamette (3-20, 1-11 NWC) fell to the Pioneers by a score of 70-58. Zennan, the Bearcats' most consistent threat this season, scored 10 points in the game to go along with three rebounds and one steal, while junior post Keilyn Fujioka recorded 10 rebounds, six points and two blocked shots. Four players reached double figures for Lewis & Clark (16-7, 10-4).

Due to the odd schedule, Willamette had just one game last weekend instead of the usual two, but that game pitted the Bearcats against defending national champion and fifth-ranked George Fox. The Bruins (21-2, 14-0) opened the game with a 5-0 run and never let go of the lead,

though Willamette cut the deficit to one point at 9-8. But George Fox closed the half on a 34-10 run, taking a 43-18 halftime lead and cruising to an 84-42 victory.

The Bearcats could not buy a basket all evening, shooting just 21 percent from the field (7-34) in the first half and finishing the game 16-65 (24 percent). Despite the best efforts of sophomore forward Kaileigh Westerman, who had 11 boards on the night, Willamette also lost the rebounding battle 48-41. George Fox dished out an outstanding 24 assists and had nine blocked shots in the game.

Fujioka was the lone Bearcat to reach double figures in scoring, finishing with a game-high 14 points. George Fox had a more balanced attack, as every player recorded at least two points with three players in double figures.

Willamette next takes on Pacific Lutheran in Tacoma on Friday night before returning home to play against Pacific University for Senior Night on Saturday. Earlier in the season, the Bearcats defeated PLU for their lone conference win.

"We played smart against them and got the ball into the post," Zennan said. "We need to keep distributing the ball well and play smart basketball if we want to get the win."

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TENNIS

Men's and women's squads crush Fox

TIM WALSH
SPORTS EDITOR

Northwest Conference play kicked into high gear for Willamette's tennis teams last weekend, with both the men's and women's squads in action.

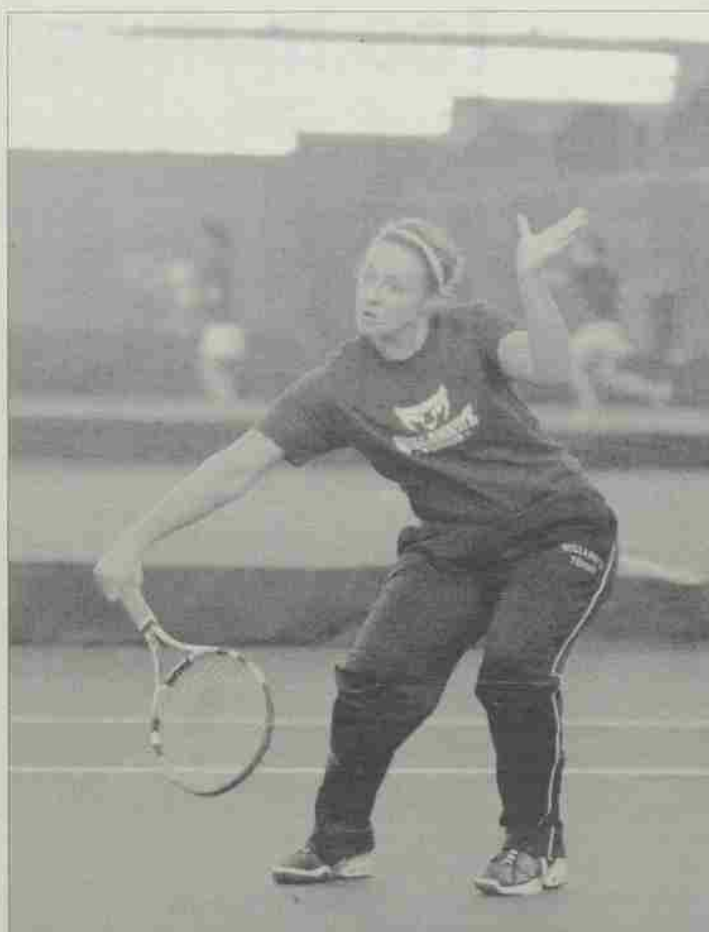
The Bearcat women began the week in McMinnville, taking on a talented Linfield squad that was off to an undefeated start in NWC play. Willamette took Linfield (3-0, 3-0 NWC) deep into the evening, but Wildcat victories at the 1-4 spots in singles and at #2 and #3 doubles eventually sealed a 6-3 win for the hosts.

Senior Alyssa Morrison and freshman Kate Thurber won the #5 and #6 singles matches for the Bearcats (2-1, 2-1), with Thurber's come-from-behind 4-6, 6-3, 10-8 victory lasting into a super tie-breaker. Despite falling in their respective singles matches, junior Natalia Agarycheva and sophomore Shannon Palmer reaffirmed their status as one of the top doubles teams in the West, outlasting Linfield's best tandem 9-8 (7-5).

On Saturday, Willamette returned to action at Salem's Courthouse Tennis Club against George Fox (0-1, 0-1). The Bearcats began the match with a 2-0 advantage, since the Bruins, with only five players available, defaulted at #6 singles and #3 doubles. Willamette swept the 2-5 singles matches, while Palmer and Thurber teamed to win #1 doubles. Morrison and sophomore Fabi Dieguez were victorious at #2 doubles, as the Bearcats cruised to an 8-1 win, despite the absence of Agarycheva.

Coming off consecutive losses to Division I competition - including last week's heartbreaker against Seattle University - the Willamette men breezed into NWC play with an 8-1 win of their own at George Fox. The Bearcats (1-2, 1-0) took a commanding 3-0 lead by sweeping the doubles matches and continued rolling by picking up wins at the 2-6 singles positions. Freshman Michael Baumgartner (6-3, 6-2), sophomore Cody Ferguson (6-2, 6-2), freshman Joshua Wong (6-0, 6-0) and senior Luke Lagattuta (6-2, 6-0) all took home easy wins against the overmatched Bruins (2-1, 1-1).

Both squads play two matches this weekend, with the men at home and the women away. Willamette's men host Pacific (2-2, 1-1) on Friday and the struggling Puget Sound (0-2, 0-2) on Saturday, with both matches at the Courthouse Tennis Club. The Bearcat women visit the same two schools. All matches except the women's



Freshman Kate Thurber won her singles match Tuesday then teamed with Shannon Palmer at #1 doubles on Saturday.

game at Pacific begin at 1:00 p.m. That match in Forest Grove is scheduled to begin at 3:00 p.m.

Contact: twalsh@willamette.edu

▼ next up

Friday, Feb. 19

Baseball vs. Oregon Tech (DH*)
@ NW Nazarene Tournament
Nampa, ID, 10:00 a.m.

Men's Tennis vs. Pacific
@ Courthouse Tennis Club
1:00 p.m.

Women's Tennis @ Pacific
3:00 p.m.

Women's Basketball @ Pacific
Lutheran, 6:00 p.m.

Men's Basketball @ Pacific
Lutheran, 8:00 p.m.

*DH - Doubleheader

Saturday, Feb. 20

Softball vs. Concordia (Ore.)
@ NW Cup, Hood View Park
Happy Valley, OR, 9:00 a.m.

Baseball vs. Whitworth
@ NW Nazarene Tournament
Nampa, ID, 10:00 a.m.

Men's Golf @ Pacific
Quail Valley Golf Club
Banks, OR
10:30 a.m.

Women's Golf @ Pacific
Quail Valley Golf Club
Banks, OR
10:30 a.m.

Men's Tennis vs. Puget Sound
@ Courthouse Tennis Club
1:00 p.m.

Women's Tennis @ Puget Sound,
1:00 p.m.

Softball vs. Northwest Christian
@ NW Cup, Hood View Park
Happy Valley, OR, 1:00 p.m.

Women's Basketball vs. Pacific
@ Cone Field House, 6:00 p.m.

Baseball @ Northwest Nazarene,
7:00 p.m.

Men's Basketball vs. Pacific
@ Cone Field House, 6:00 p.m.

Sunday, Feb. 21

Softball vs. College of Idaho
@ NW Cup, Hood View Park
Happy Valley, OR, 11:00 a.m.

Softball vs. British Columbia
@ NW Cup, Hood View Park
Happy Valley, OR, 3:00 p.m.

HEALTH & WELLNESS

Hungry? How about some healthy fast food?



HILARY
ANDRUS

COLUMNIST

It's late at night, you've been studying for hours, and you need a quick bite to eat before you can possibly continue on with your homework. What are your options? How about heading off-campus for some fast food?

Before you decide to head off-campus, think about where you're going and how that food will impact your diet and health. It's especially important to remember that you shouldn't eat large meals after about 8:00 p.m. The human body's metabolism is significantly slower after that time, increasing the risk of gaining unhealthy weight.

So when choosing a fast food restaurant, always be aware of where you're going and what you're eating. The first and best place to go is, of course, the produce section at Safeway, but that's not everyone's ideal meal. If you just can't stay away from fast food, here are a few ideas for the right places and meals to choose:

The Pita Pit: Just about everything here is healthy within reason, but be careful of the dressings: they can be high in fat and calories. When choosing a pita, be sure to choose the whole-wheat variety to maximize the health benefits. Also, choose lots of vegetables and be careful when selecting meats. Chicken breast is your best option to keep the calories down.

Burger King: The Chicken Whopper sandwich contains the lowest amount of fat and calories per sandwich, with your second-best option being just a plain burger without mayonnaise. If you go for a salad, again be careful with the dressing.

Jack-in-the-Box: Your best choice is the basic Beef Taco, with a basic hamburger again coming in second.

Subway: The six-inch Turkey Breast Sub is the healthiest choice on Subway's menu. Since it has the lowest number of calories, you can still top it off with your favorite veggies. Once again, watch out for cheese and dressings: they can increase calories without you even noticing.

Taco Bell: The two best options here are the Beef Baja Gordita Fresco Style and the Grilled Steak Soft Taco Fresco Style.

Stay away from foods that are fried or have extra cheese or beans, since they can be high in fat.

Wendy's: The Junior Hamburger (without mayonnaise or relish) is your best bet, though one condiment won't hurt. Still, don't think eating more than one is acceptable just because it's the healthiest option. It's not.

Papa John's Pizza: Always choose thin crust. It cuts down on carbohydrates and allows you to enjoy a little more cheese. Actually, a plain cheese pizza or a garden fresh pizza are your two best options. As usual, watch how much you eat. Three slices of pizza is worse than a single hamburger at Wendy's.

Sonic: I would choose any of the wraps as a lower calorie option, though a good second choice is the Junior Burger. Be careful of the drinks at Sonic: they can be heavy in sugar, delicious as they are.

Wherever you go, always remember to be careful of how much you eat. Eating more than one of anything on this list can turn it into a bad choice. Enjoy!

Contact: handrus@willamette.edu

NWC STANDINGS

AS OF FEBRUARY 15, 2010

Men's Basketball	NWC	Overall
#7 Whitworth	14-0	21-2
Linfield	9-5	11-11
George Fox	8-6	11-12
Lewis & Clark	8-6	9-13
Pacific Lutheran	6-8	8-13
Whitman	6-8	12-11
Willamette	4-10	7-16
Puget Sound	4-10	8-15
Pacific	4-10	8-15

Women's Basketball	NWC	Overall
#5 George Fox	14-0	21-2
#15 Puget Sound	12-2	20-3
Lewis & Clark	10-4	16-7
Whitworth	8-6	12-11
Whitman	6-8	11-12
Pacific Lutheran	5-9	7-16
Linfield	4-10	6-17
Pacific	3-11	6-15
Willamette	1-13	3-20

Men's Tennis	NWC	Overall
Whitman	2-0	3-1
Linfield	1-0	1-1
Willamette	1-0	1-2
George Fox	1-1	2-1
Pacific	1-1	2-2
Pacific Lutheran	1-1	1-1
Whitworth	1-1	1-4
Puget Sound	0-2	0-2
Lewis & Clark	0-2	0-3

Women's Tennis	NWC	Overall
Linfield	3-0	3-0
Whitman	2-0	2-1
Whitworth	2-0	2-2
Lewis & Clark	1-0	1-0
Willamette	2-1	2-1
Pacific	1-2	1-2
George Fox	0-1	0-1
Pacific Lutheran	0-3	0-4
Puget Sound	0-4	0-4



Colleen,
Cornered

Thesis refraction



Colleen
Martin

OPINIONS EDITOR

I have spent the last few weeks complaining endlessly to anyone who would listen about my thesis. I imagine this is not an unusual complaint among seniors – I heard similar grievances last semester from the first batch of students who were writing them. I envy those first semester writers – they are finished, and I've merely begun. These theses or senior projects are supposed to be a capstone to our college career – something we will look back upon with pride. At the moment, however, I take no pride in what I am writing, and furthermore, am less than pleased with my own behavior.

In these first few weeks of the semester, I have lost sight of the more important aspects of my project. I am writing on the great detective Sherlock Holmes in the Independent English thesis class. The project itself has been shifting and molding itself into something different than I thought it would originally look like, but that's to be expected. What I didn't expect was that I would become so consumed with what the requirements and necessities of the paper are that I couldn't see anything else.

I became so stressed out by these details that I inevitably became sick with a weird coldish, sinus thing. I lost my sense of taste and smell for days. Though some may not believe me, when I worked on my thesis, my fever rose. My thesis was nothing more than an assignment that made me feverish with worry, increased the knots in my back and oftentimes led me to despair in my own abilities.

As my cold subsided and I continued working, clarity slowly started to lend itself to me. Walking to my internship at the state archives, I was listening to a Sherlock Holmes story on my iPod (I am an ace at multi-tasking) that I thought might be of use. I've read the entire canon more than once, but I had forgotten the specifics of this particular story. As I was listening, I found myself getting caught up in the suspense of it. How did this poor client of Holmes get framed for murder? How was an unusually stumped Holmes going to clear his client's name?

I forgot for a moment that I was technically doing research for a school assignment. Instead, I found myself remembering why I had worked so hard to get my topic approved for an independent thesis. These stories have brought me so much joy and I truly love to read, think about and discuss them. Being given the opportunity to work with them for an entire semester is a privilege, and I have allowed myself to get caught up in technicalities. It is easy to forget that school in general, learning new things and being exposed to different concepts, can and should be fun. Papers, grades and expectations can so easily become the priority that I often forget why I came to school in the first place.

I am sure that my lamentations about my thesis will quickly rise to the surface yet again as the weeks pass. All senior projects are difficult and have elements of the unpleasant about them. But in brief moments, when I am focused on the stories themselves and discover something new about them, I hope I will continue to be reminded that it is this joy in my project that I should really be proud of.

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LETTER TO THE EDITOR

In response to the Feb. 3 editorial, "In search of more parking spaces"

It seems students may not be aware of resources available regarding what Willamette has in store for the future in terms of parking and other campus amenities. I encourage students to educate themselves by visiting the site: www.willamette.edu/committees/facilities/masterplan/.

Amber Revoir

2010 MBA Candidate
arevoir@willamette.edu

Letters can be sent by postal mail, e-mail tbrounst@willamette.edu, campus mail or fax. Letters must include name and phone number and be submitted by noon Sunday on the week of intended publication. The Collegian reserves the right to edit for length and clarity.

EDITORIAL

The new round of applause: Too many standing ovations

Like the American dollar, Starbucks coffee shops and Facebook friends, a standing ovation just doesn't mean much anymore. Once upon a time, a standing-o meant that the audience had just experienced the thrill of their lives from a performance of goose-bump raising status. It was reserved for the likes of Pavarotti, the New York Philharmonic and Maya Angelou. These days, however, all a performer has to do to get a standing-o is keep everyone awake, and sometimes not even then.

Why is it that today a solid round of applause won't cut it? What makes us so eager to praise just about anything? In a world where there is a proliferation of entertainment, one would think that audiences would become more selective. Maybe, in our need to be entertained all the time, we're grateful for anything. According to classical guitarist Xuefei Yang, whose performance here received a standing-ovation, it is a cultural phenomenon. Audiences in the UK, for instance, are far less likely to stand, while in Mexico, people almost always stand. For whatever culturally constructed reason, standing ovations have become too common to be considered an honor.

The first people to stand up at the end of a performance, especially for student productions, are usually parents and family members. That's great; they should stand up and be proud of their children. The next handful that stands up is the unselective group that thinks it has just seen the performance of a lifetime, every time. That's fine too; they are entitled to their opinion. It is the next group that

should reevaluate its decision to stand. This is the group that feels pressured. They actually think that the performance was only so-so, but they cannot stay seated when the other half of the auditorium is up and on their feet. We say resist!

You are not a bad person for staying seated. It does not, or should not, mean that you did not enjoy the performance. Applause is a perfectly legitimate way to express gratitude. Be brave: ignore the looks, because they are probably just imagined anyway. Be a critic, and save your standing-o for the performances that move you to tears or change your life.

Because here is the issue: what do you do when it actually is a life-changing performance? When Broadway gets the same response as a high school musical, how does a standing-o mean anything more than applause? At this rate of inflation, we will have to find a bigger and better way to express appreciation. Throwing flowers and stuffed animals might work. That's what audiences do for 15-year-old female ice-skaters. But it might not be as appropriate for Yo-Yo Ma. So, save your standing ovation for when it counts, and bring the meaning back to the action.

COLLEGIAN EDITORIAL POLICY

The Editorial represents the composite opinion of the Collegian Editorial Board.

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ORDERED ORDURE: Dining in Hell: Abuse as a viable and affective instructional method



MICHELLE
K I M

COLUMNIST

An esteemed associate informed me he found my last column disappointing: it seemed, he said, that I must be running out of things to write about. Now, I respect smugness. I believe that it is an indicator of one of two things: either that you have done things well in your life, or you have the psychological ability to convince yourself of such. Out of appreciation for that feeling of mutual respect and amity, I have given considerable thought to my contribution this week: after completing an initial draft, I went through it for grammar mistakes, crossed out the F-word twice and cut a bestiality joke entirely.

I have spent the last few weeks engrossed in online episodes of "Hell's Kitchen," a "Survivor"-meets-food-porn reality TV show produced by Chef Gordon Ramsay, the meanest bastard ever to don whites and earn three Michelin stars (incidentally, he's also the first Scotsman ever to do the latter. If you've ever tasted smoked haddock, you'll understand why that's a big deal). Think "The Apprentice," but run by a PCP-crazed Tasmanian devil wielding a large kitchen knife.

Contestants compete against each other for a contract as head chef at one of Ramsay's many restaurants, looking at a six-figure salary and moderate fame as part of the bargain. Over the course of the season, these aspiring chefs are harassed, insulted, overworked and emotionally abused to within an inch of their lives. Most seasons

feature more censored profanity than there is audible dialogue, a half-dozen sexist tirades and at least one medical emergency (an ambulance comes toddling to the back gate for a limp, unresponsive chef with hypothermia or a gushing potato-peeler mishap).

Those of you who know me personally can already tell why I like the show. Egregious psychological abuse, sneering cruelty and antisocial narcissism have been known to win me over in the worst of situations, and my closet foodie inclinations make the deal even sweeter. But you're wrong this time.

I can say with complete sincerity that even if I had no chance at winning the prize – even if I had to pay to be there – I would gladly work in Hell's Kitchen, getting cursed, snarled and spat at, for the sheer privilege of doing grunt work in the presence of a competent mentor. These people learn. Even the contestants that fudged on their applications, somehow stretching their career as a marketing rep to include professional cooking experience, improve their skills from the first episode to the moment they're cut from the competition.

Seeing how sullen, dysfunctional and socially retarded some of these people are struck a chord with me: Hey! I see myself in these people, and this guy's tirade of abuse and overcorrection is working on them. Maybe that's what I've been missing in college! Shit, it worked when my parents did it; I got straight A's in middle school.

The man's outbursts on camera are gruff but inspirational – charming in a kind of Hannibal-Lecter-meets-anabolic-steroids way. Rarely bothering to ask their names, he can be heard calling his would-be protégées such endearments as "chunky monkey," "f*cking donkey" and "some kind of a big goddamn muffin that doesn't move or do shit." I think I've spent the last eight years waiting for a teacher or mentor to speak to me that way. It hasn't happened yet. Can anyone blame me for being a consistent underachiever? Apparently not. Well, Chef Ramsay would. He would lock me in a refrigerated storage room for six hours every time I cut class or turned in a late assignment – and by God, I would never screw it up again.

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The man's outbursts on camera are gruff but inspirational – charming in a kind of Hannibal-Lecter-meets-anabolic-steroids way.

OPINION

Space: The forgotten frontier

Why the Constellation program needs to continue

ANDREW MACUK
GUEST WRITER

On Feb. 8, the space shuttle Endeavor launched on a mission to deliver the final piece of the International Space Station. Unfortunately, this launch was one of the last, because NASA is scheduled to retire the space shuttle fleet at the end of 2010. This isn't exactly bad news; the Endeavor is over 15 years old, and the rest of the fleet is over 25, so a replacement is long overdue. There's just one problem: President Obama's proposed 2010 budget for NASA will cancel the Constellation program, which is in charge of developing the space shuttle's successor. Instead, the plan calls for an increased focus on research into new technology.

This new focus is important, but it comes at too high a price. Billions of dollars have already been poured into the Constellation program, all of which will have been wasted if it gets cancelled. Additionally, shutting down such a massive program at this stage will cause many people to lose their jobs and increase the economic problems in several states.

Worst of all, the United States will lose the ability to personally send humans into space. Human spaceflight is obviously a lower priority in the current economic climate, but the new budget doesn't just put the issue on hold; it takes a gigantic step backward.

Under the new plan NASA would rely on commercial space vehicles to carry astronauts into orbit rather than use its own spacecraft,

Putting extra money towards new research is great, but it's not going to miraculously cause NASA to start building warp drives. Even if the new programs succeed, they won't produce practical results until many years from now.

essentially privatizing space flight. Unfortunately, no major commercial spaceflight company has achieved any real success with their own designs; everything is still in the development phase. Even if privatized spaceflight does get off the ground, the only immediate customers would be NASA and a few rich adventurers.

As a result, ticket prices would be incredibly high and new companies would be reluctant to enter the business. The bottom line is that NASA would be forced to rely on a commercial market that doesn't exist yet, has no development timeline and will be inexperienced and expensive when it finally emerges.

The new plan supposedly makes up for the loss of the Constellation program by giving NASA a higher budget. This new funding will be directed towards the development of robotic technology for use on the moon or Mars, new ways of fuelling spacecraft in orbit and new types of propulsion systems for future spacecraft. While these are all important projects, none of them can replace Constellation. Putting extra money towards new research is great, but it's not going

to miraculously cause NASA to start building warp drives. Even if the new programs succeed, they won't produce practical results until many years from now. In the meantime, without the Constellation program, astronauts will have no reliable means of transportation.

NASA's legacy doesn't deserve such a pathetic ending. To this day, the moon landing is seen as the pinnacle of human achievement – the proof that we have the determination and the ingenuity to accomplish anything.

But the moon is merely the closest destination, and getting there doesn't seem so impressive if we're too lazy to go back, let alone to go farther. NASA needs to move on to bigger and better things, but the President's new focus isn't a plan of action, it's just a vague promise about what we might come up with in the future. The Constellation program is the only concrete plan we have. If it gets cancelled, then 2010 will mark both the retirement of the space shuttle and the end of human spaceflight.

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OPINION

The Salem drivers: An unstoppable menace

STEPHANIE KLEVE
GUEST WRITER

I'm a safe person. I always do everything by the rulebook, always to the letter. I'm straitlaced, never do anything too extravagant, never blatantly break a law. When crossing the street, I only cross at corners, and will wait an extra few minutes just to ensure that the nearest car on the road is so far away as to be indistinguishable. I don't jaywalk, and I try to cross only where the road is well lit.

I walk to class every day, crossing a grand total of one street on my way. Yet, every day, it's an uncertainty whether or not I will in fact make it to, or back from, class. This is because of Salem drivers. Several times, I have been crossing the street, with no one anywhere in sight. Mid-way across the road, a car comes squealing around the corner, and does it slow down when the driver sees me? Oh, no. It guns straight toward me. I wish I could say that I was just being paranoid, and that this was not actually the case. Unfortunately, I've had far too many incidents of cars missing me by barely a foot, if that.

I come from Portland, where one would think that drivers would be far crazier, right? No, Portlanders will stop and wave me across. My suspicions are that they are high on something and therefore filled with "peace, love and brotherhood" and other such hippy notions, but I'm not complaining. I'm not saying Salem drivers should get high, I'm just saying that maybe they should take yoga or something. Maybe take a vacation? Seriously, though, why the homicidal rage? Did I kick their puppy or something? No, I don't kick puppies, so that can't be it. Then what is it?

It's not just drivers of cars, either. Four times, while having the pedestrian "walk" light, I have had bus drivers try to run me down while they were making a right turn. Is there a law saying that pedestrians no longer have the right of way? Did I miss that bill being passed?

To be fair, I have had three cars stop to kindly let me cross the street. Two of them stopped, each going opposite ways, just to let another lady and me cross the street. The third one stopped for me when it was raining. So, there are some kind drivers in Salem. It's just that most others seem to be completely off their rockers. Don't we have driver's license tests for this reason?

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(POLITICAL) PARTY ANIMALS:

Conservative Voice



LYNSEY
HARRISON

COLUMNIST

It is fairly safe to say that, at this point, just about everyone in the country is fed up with the health care reform bill that is currently stalled in Congress. Democrats and Republicans are both so entrenched in their positions that reconciliation seems like a far-off dream. Or does it?

In truth, the Democrats have the option to employ a rarely-used tactic called "reconciliation," which would allow the Senate to pass a bill with just a simple majority of votes. Under reconciliation, a group of just 51 senators can amend a bill – the only catch is that legislation passed in this manner can only affect government spending, taxes and budget revenue. This tactic bypasses the need for the usual 60-vote majority and eliminates the possibility of a filibuster by the Republicans. So much for bipartisan politics.

Created in 1974, reconciliation was designed to speed along much-needed efforts to reduce the deficit. Since then, both parties have used the tactic as a last resort for passing controversial bills, including welfare reform and the expansion of Medicaid eligibility. Most recently, Republicans used the tactic to push through the 2001 and 2003 tax cuts during the Bush administration,

The health care bill's last option: Reconciliation

as well as legislation that allowed for oil drilling in the Arctic National Wildlife Refuge.

Sneaky tactics will only breed mistrust and harsh feelings, no matter if Republicans or Democrats are the perpetrators. Using reconciliation to pass the health care reform bill will only lead to more animosity between the two parties. This will hinder future attempts at affecting positive reform in this country and makes a mockery of Democratic claims of a desire for bipartisan cooperation.

Instead of using this last-ditch tactic, senators on both sides of party lines need to grow up and reach a compromise. Compromise is going to mean members of both parties giving up some things that they want in favor of pushing through the reforms that they can agree on, such as putting an end to insurance companies denying coverage to those with preexisting conditions.

If it is truly impossible for them to reach an agreement on certain parts of the bill, then it is time to drop those parts and try to tackle them again later. It would be better to pare down the bill than to put health care reform in limbo over conflicts that may never be resolved. If the members of Congress cannot do that, there will never be any progress made in health care reform.

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ERIN
BLOOM

COLUMNIST

Reconciliation is far from the conciliatory and compromising image it brings to mind of genial statesmen putting aside their animosities for the greater good. What it is, in fact, is an alternate process designed to fast-track budgetary laws through the muddled Congressional process. In doing so, it allows the majority party to bypass the filibuster – the last stand of the minority party. It is forceful, uncompromising and, some would say, underhanded. So why do I believe senate Democrats should use this last-ditch effort in passing health care reform? Because we are now in the last ditch – or very close to it, at least.

Over the last year, Americans have watched with increasing weariness as Democrats and Republicans in the senate have debated endlessly over every aspect of the health care bill. The public option was dropped early on, Democrats ceded on reform issues relating to illegal immigrants and abortion, and despite all the concessions made, health care is still stuck in the starting gate. Even with an 18-seat majority in the senate, Democrats are still unable to move forward.

Enter reconciliation. It is an imperfect tool, one that will only address the budgetary concerns of the package, and not the regulatory issues. It has time limits attached to it, and it is a black mark, politically. It won't look good to use it. (Filibustering,

Liberal Voice

by the way, wouldn't look any better – yet another reason the Democrats should call the Republicans' bluff and let them filibuster.) It's an unfortunate choice to have to make – and yet, Democrats are left with few other options. With Scott Brown being sworn in to Edward Kennedy's seat last week, the Democrats lose their supermajority, and with it, the cloture vote to overrule Republican stalling tactics. Reconciliation has fast become one of the most appealing options left.

Republicans cry foul over it, claiming a lack of bipartisanship and Congressional compromising. House Republicans John Boehner and Eric Cantor wrote to Rahm Emanuel, urging the administration to take reconciliation off the table as an "important show of good faith to Republicans and the American people." But where, I ask, is the Republican Party's show of good faith to the Democrats? Since the bills have been introduced in both chambers, the minority party has used every tactic at their disposal to stall and stop the process of health care reform.

This is an unfortunate situation for all involved. I think I speak for a lot of people on both sides of the aisle who are sick of watching the stubborn and downright juvenile behavior of the United States Congress. I am not a fan of strong-arming a bill through the senate, but I honestly feel that the Democratic leadership has been left with few options.

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Comments? Concerns? Questions?

Come share them with the
Collegian staff!

Come visit us in our office on the
third floor of the UC

We'll see you today at 4 p.m.!

CAMPUS SAFETY REPORT

FEBRUARY 7 - FEBRUARY 13, 2010
Information provided by Campus Safety

ALCOHOL POLICY VIOLATION

► Feb. 13, 12:40 a.m. (Rogers Music Center): After attempting to conceal an open container of alcohol, a student was confronted by a Campus Safety Officer. The student was then cooperative and emptied the remaining contents of the can. The judicial process to follow was explained as well.

BURGLARY

► Feb. 11, 3:15 p.m. (Walton Hall): Campus Safety was informed of a stolen DVD/VHS player that was last seen in the middle of January and noticed missing on Feb. 9.

CRIMINAL MISCHIEF

► Feb. 7, 1:35 a.m. (Theater): It was discovered that someone had knocked over and bent a portion of the fence that surrounds the theater construction area. Photos were taken of the damage and the fence was then repaired by maintenance.

► Feb. 8, 12:25 a.m. (University Center): It was reported that a large planter was tipped over and broken.

EMERGENCY MEDICAL AID

► Feb. 7, 7:45 p.m. (Kaneko Com-

mions): Campus Safety was informed of a student in the Atrium bathroom who had become very ill. The officer arrived on the scene and, after an evaluation, 911 was notified. The student was transported to the Emergency Room for further treatment.

► Feb. 13, 2:37 a.m. (Alpha Chi Omega): Campus Safety received a report of an intoxicated student. After notifying WEMS, contact was made with the students taking care of their intoxicated friend. WEMS determined that further evaluation was necessary and the student was transported to the E.R.

POSSESSION OF A CONTROLLED SUBSTANCE

► Feb. 8, 2:15 p.m. (Beta Theta Pi): Campus Safety personnel noticed the odor of burned incense. The room was located and the officer knocked on the door. When there was no response, officers carded into the unoccupied room and found incense and drug paraphernalia near the desk. Both the incense and paraphernalia were confiscated.

► Feb. 13, 8:34 p.m. (Shepard Hall): During a welfare check of a student, a bag containing marijuana was discovered and confiscated.

Please contact Campus Safety if you have any information regarding these incidents:

safety@willamette.edu

THIS WEEK IN ASWU SENATE

» ASWU announced Bearcat BrainQuest, a team-based trivia competition to be held on March 12th. All proceeds will go to the student-initiated Haiti Relief Fund. More information will be sent out shortly via e-mail.

Compiled by Sen. Tej Reddy

Contact: treddy@willamette.edu

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