



COLLEGIAN

WINNER OF SIX 2010-2011 ONPA AWARDS • VOICE OF THE WILLAMETTE CAMPUS SINCE 1889 • VOL CXIII • ISSUE 10 • NOVEMBER 2, 2011

**Nacho's photos
on display in Ford
Hall
Arts, 5**

**WEB proposes to
start their own
endowment
News, 2-3**

**Cross Country
runs like the wind
Sports, 8-9**

WEB endowment to be voted on

MILES SARI
NEWS EDITOR

Each year, Willamette Events Board organizes some of students' favorite Willamette events such as open mic nights, Black Tie and Midnight Breakfast. However, it isn't uncommon to hear students ask why the University does not host higher profile events and entertainers. The answer to that question simply has to do with a lack of funding.

Nevertheless, with the proposal and potential institution of the WEB endowment, WEB (in partnership with ASWU) "shall be able to provide the opportunity for the Willamette community to produce high profile events without an immediate and unnecessary financial strain on the year-to-year operating budget of the Associated Students of Willamette University," according to the WEB Endowment proposal.

"Willamette is a small campus, our student body fees are relatively low, and that makes it harder for us to bring in a lot of high profile events to campus because we just can't afford it. If we spent all of our money on high profile events, it would mean that our other events such as Black Tie and Midnight Breakfast would be poorly done or wouldn't exist at all. This endowment will allow us to bring in high profile events, musicians and performers," said Willamette Events Board Co-President Rafael Baptiste.

Although WEB has been able to produce a few higher profile events in recent years such as Countdown to Kick Off in the fall of 2009, WEB is looking to be able to produce more high profile events like it.

"With Countdown to Kick Off, we had multiple bands perform and big tailgates. That's kind of the model of a high profile event that was really popular that we just can't afford to do every year. So the endowment will allow us to hold a high profile event like that every three years, while still maintaining the annual quality events on campus," said Baptiste.

The process for the creation of the WEB endowment be-

gan during the last academic year, and the idea was originally initiated by ASWU, said Baptiste.

The endowment will not increase funding for WEB and will not go into the annual budget at all. It will only increase funding for high profile events and "will allow WEB, in collaboration with class councils, other clubs and organizations on campus, to use its resources and hold a large event approximately every three years," said Baptiste.

Funding for the WEB endowment will come directly from the WEB annual budget, said Baptiste. Every semester about \$2500 will come from the annual budget and be placed into the endowment fund.

"The benefit is that we've changed our budgeting process, and we are more efficient with our money. This year we are having more successful events while spending a little less money, which opens up money for the endowment," said Baptiste.

Since the endowment was created by WEB for WEB, the institution of the endowment can technically be decided upon by WEB. However, WEB has decided to do that process a little bit differently.

"We've gotten input from staff members throughout OSA. It's been fitted through members of ASWU exec; it's been fitted by the Associate Vice President of Financial Affairs at Willamette, and it will be presented this week to ASWU. There will then be a week-long break, and then the endowment will be voted on by the WEB board," said Baptiste.

WEB will also be asking ASWU Senate to pass a non-binding resolution to support the creation of the endowment to see if there is student support for it. An open meeting will then be held at 5:15 p.m. on Monday, Nov. 7 in Ford 202 where anyone on campus can come to vocalize their opinions on the endowment.

If the endowment is passed, the next step for WEB is to meet with the Office of Financial Affairs to have a final discussion to make sure everything with the endowment is in line.

"At the beginning of every semester, starting next semester, 2.5% of the WEB budget will be automatically given to the financial affairs office, which will be put into the endowment. So, every semester we will buy \$2500 worth of shares to pass into the endowment, and once we reach \$20,000 in the balance, we can begin to withdraw 10% of that balance every 10 years. And hopefully, in three years, we can start doing high profile events. Any surplus from our budget and any funds given to us from ASWU will also go into the endowment," said Baptiste.

"The goal is that three or four years from now, Willamette will be able to put on high profile events such as big name musicians, performers, etc., without having to worry about the nuts and bolts of programming," said Baptiste.

WEB is creating a bylaw that makes it where WEB is more responsive and accountable to Senate and the student body as an extension. It means WEB will have more financial transparency. If WEB doesn't conduct themselves as formally as they should, Senate has more ability to keep that in mind. The goal is to have WEB be more transparent with student body fees. The bylaw will be voted on this Thursday, according to Baptiste.

► Learn more

For more information on the WEB endowment, attend an open meeting at 5:15 p.m. on Monday, Nov. 7 in Ford 202. For more information on how to get involved with WEB and to utilize WEB's resources, contact Rafael Baptiste at <r baptiste>.

Contact: msari@willamette.edu

University students celebrate Diwali

ANNIE GAINZA
CONTRIBUTOR

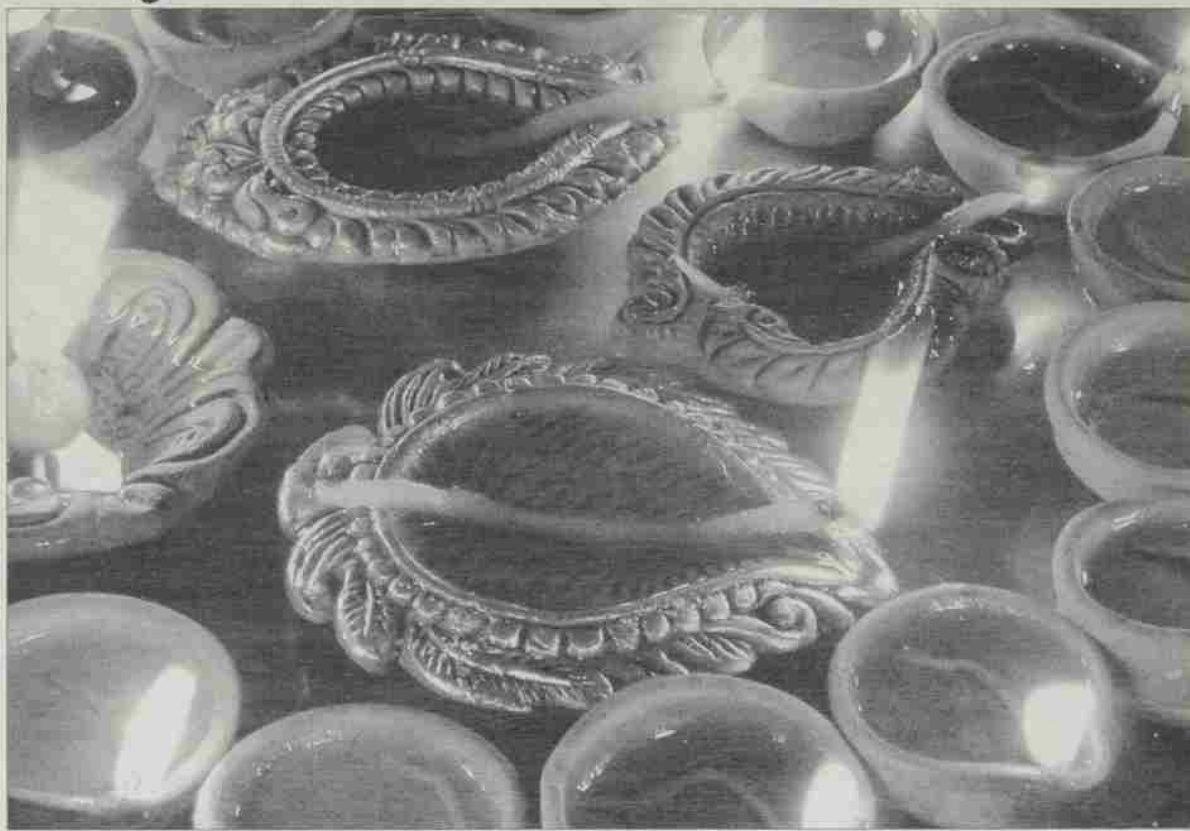
Diwali is the shortened name of the Hindu tradition of Deepavali, also known as the Festival of Lights. This year, Diwali was celebrated from Oct. 26 to Oct. 30.

The story behind Diwali begins with Prince Rama's exile by his stepmother. She didn't want Rama to be king; instead she wanted her son, Bharata, to be king. She asked her husband, King Dashrath, to exile his oldest and most favorite son for 14 years.

Rama's wife and his most loyal brother Lakshmana went with him. He defeated an evil lord and was allowed to return to his home. Diwali is the celebration of his homecoming. Rows of lights were lit in sets of 20 to welcome his return.

This is only one of the many stories celebrated during Diwali. All of the stories center on the theme of good triumphing over evil said Sagi Ravishankr, president of the University's Namaste South Asian Organization.

Govardhan Puja celebrates the day that Krishna defeated Indra, the deity of thunder and rain. According to the story, Krishna saw preparations for an annual offering to Lord Indra and asked his father Nanda about them. He debated with the villagers about what their 'dharma' (duty) truly was. They



Diyas (oil lamps) during Diwali.

were farmers; they should concentrate on farming and protecting their cattle. Krishna said that all human beings should do their 'karma' to the best of their ability and not pray for natural phenomenon.

Krishna convinced the villagers to not proceed with the special puja (prayer) to Indra. Indra was angered, so he flooded the

village. Krishna lifted Mount Govardhan up to protect the people and cattle from the rain. Indra finally accepted defeat and recognized Krishna as supreme. This story also set up the traditional belief in karma, according to Ravishankr.

Traditionally, Diwali is celebrated by Indian people dressing up in their best cloth-

ing to give gifts, eat lots of Indian food and burn fireworks.

Diwali is celebrated almost everywhere in India, as it is known as the Hindi lunar new year. It can be mostly related to Christmas in that it involves gift-giving and the birth of a new year, signifying a new era.

The date of Diwali coincides with the positioning of the moon, which is why it changes from year to year.

Ravishankr generally celebrates Diwali at home with her family eating lots of food and lighting many candles. "My mother would never let me do homework during our celebration of Diwali," she said.

► Learn more

This year the Namaste South Asian Organization is putting on a Diwali night on Nov. 9 from 6-8 p.m. in Cat Cavern. There will be Indian food, dancing and henna. Please come out to show your support and enthusiasm for the traditional Hindu holiday of Diwali.

Contact: againza@willamette.edu

COVER PHOTO BY NACHO CORDOVA

EDITOR IN CHIEF Matthew Pitchford | mpitchfo@willamette.edu
MANAGING EDITOR Hannah Schiff | hschiff@willamette.edu
PRODUCTION MANAGER Erika Fokyna | efokyna@willamette.edu
NEWS EDITOR Miles Sari | msari@willamette.edu
ARTS EDITOR Hannah Moser | hmoser@willamette.edu
REVIEWS EDITOR Tom Ehrmann | tehrmann@willamette.edu
SPORTS EDITOR John Lind | jlind@willamette.edu

OPINIONS EDITOR Kimberly Hursh | khursh@willamette.edu
FEATURE EDITOR Lindsay K Braunwelder | lbrownw@willamette.edu
DESIGNERS Jenna Shelton • Matt Soma • Sean Fogarty
COPY EDITORS Nick Boniello | nickboniello@gmail.com
AD MANAGER Beatriz Leon-Gomez | bleongor@willamette.edu
BUSINESS MANAGER Darrin Ginoza | dginoza@willamette.edu
SUBSCRIPTION MANAGER Nicole Price | nprice@willamette.edu

WEBMASTER Lucas Miller | lcsmlir@gmail.com
PHOTO EDITOR/IMAGING TECHNICIAN Allison A Szeto | aszeto@willamette.edu
COLLEGIAN ONLINE The Collegian is also published online at www.willamettecollegian.com. If you are interested in advertising with the Collegian Online, please contact our advertising manager.
POLICIES The contents of this publication are the responsibility of the staff

of the Willamette University Collegian and do not necessarily reflect the policies of ASWU or Willamette University.

ADVERTISE/SUBSCRIBE For classified rates, press schedule and subscription information, please contact our advertising manager Beatriz Leon-Gomez at collegian-ads@willamette.edu.

Career Center: Helping students with life after Willamette

ALISON EZARD
STAFF WRITER

Preparing for life after college is no easy task. Despite this difficulty, the graduating class of 2011 was able to achieve great success in finding jobs and getting into graduate schools after college.

"Willamette graduates actually do a little better than the national average," said Associate Dean and director of the Career Center, Jerry Houser in a campus wide email.

Last year, about 26% of the graduating class applied for graduate school, and 17% of the graduating class was accepted into graduate school. Additionally, 27% of the graduating class was able to obtain full-time, part-time, temporary or unpaid jobs directly following graduation.

Although the graduating class of 2011 was able to achieve such a high level of post-graduate success, many Willamette students do not feel they are properly prepared for the transition to post-graduate life.

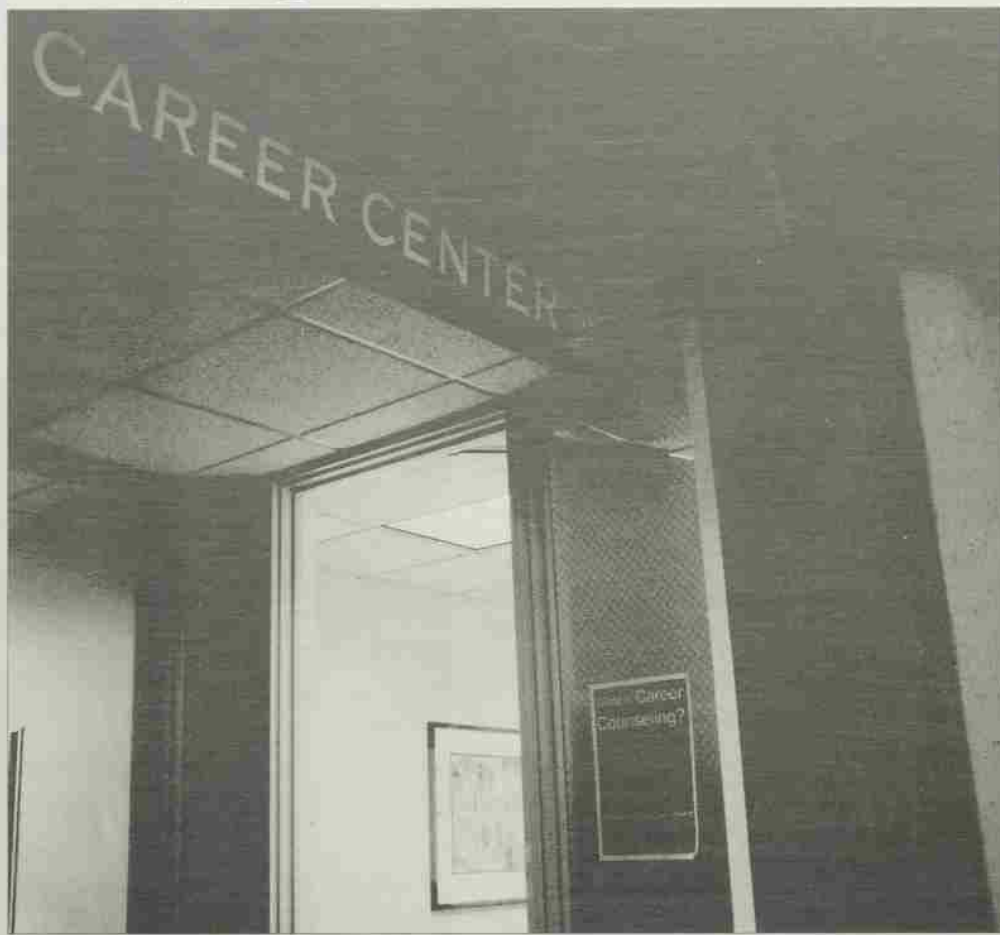
"A large fraction of our graduating students are under-prepared for their transition beyond Willamette. This is what keeps me up at night," said Houser.

One of the best ways to ease this transition is to apply for internships during undergraduate study. Internships can provide valuable insights into different fields and help students figure out what type of career might best suit them.

According to a survey created by the Career Center, of 70 of the 290 graduating seniors in 2011, some of the most common regrets were not doing an internship during undergraduate study or waiting too long to begin applying for and holding internships.

Another step students may want to take during undergraduate study to ease this transition is gaining research experience.

According to the survey of 2011 seniors, one of the most common regrets was not taking advantage of the variety of academic grants that allows students the unique opportunity



ALLY SZETO

The Career Center is located on the 3rd floor of the Putnam University Center.

to pursue academic and creative interests outside the confines of the classroom.

Students also expressed regret over not getting more involved in conferences and research within their respective fields. Participation in such conferences and research can help familiarize students with the procedures and people they may be using and seeing as a graduate student and beyond.

Additionally, students may want to begin preparing for graduate school before their senior year of college.

In fact, according to the survey of 2011 Willamette gradu-

ates, one of the most common regrets was not beginning the application process for graduate school during junior year. Another common regret was not preparing for and looking into graduate programs as an underclassman.

One of the best tools for easing the transition to post-graduate life, however, is the Career Center itself. The Career Center, which is located on the third floor of the University Center, helps students make decisions about possible future careers, links students to resources and helps launch job searches.

When asked about preparation for post-graduate life in regard to the Career Center, many students who commented for the survey of 2011 graduates responded that they greatly regretted not taking more advantage of the Career Center while completing undergraduate study.

Another helpful tool provided by the Career Center is the Career Roadmap, which gives students four projects to complete that will help students prepare for applying for jobs after college.

These four projects include creating a profile, drafting a resume, practicing for interviews and creating a marketable brand, such as a LinkedIn profile.

"Career Services has the resources to get students prepared, but only faculty have the power to get students to act. This is why we developed the Career Roadmap," said Houser.

The Career Roadmap can be accessed at willamette.edu/dept/careers/roadmap.pdf.

Contact: aezard@willamette.edu

CAMPUS SAFETY REPORT

October 21 - 27, 2011
Information provided by Campus Safety

EMERGENCY MEDICAL AID

► Oct. 27, 9:51 p.m. (Lee House): A student called requesting to be transported to the E.R. at Salem Hospital due to severe headaches that might have been related to a concussion.

POSSESSION OF A CONTROLLED SUBSTANCE

► Oct. 21, 12:15 a.m. (Lausanne Hall): Campus Safety was notified of the smell of marijuana on a floor in Lausanne Hall. Campus Safety and Residence Life staff traced the smell to a room and conducted a plain view search. No paraphernalia was found. A report was sent to the Campus Judicial Office.

► Oct. 21, 9:01 p.m. (Lausanne Hall): Campus Safety was notified of the smell of marijuana coming from a room in Lausanne Hall. The officers interviewed the students in the room and conducted a plain view search of the room. Marijuana paraphernalia and alcoholic beverage containers were confiscated from the room.

► Oct. 25, 8:53 p.m. (Doney Hall): Campus Safety was notified of the smell of marijuana coming from a room in Doney Hall. The resident of the room was interviewed and a plain view search of the room was conducted. No paraphernalia was found.

► Oct. 26, 9:10 p.m. (Doney Hall): While on patrol, officers observed smoke coming from a window in Doney Hall. They traced the smell of marijuana to the room from which it was emanating and interviewed the students within. A plain

view search of the room was conducted and marijuana and paraphernalia were confiscated.

► Oct. 21, 10:02 p.m. (Doney Hall): Campus Safety was notified of the smell of marijuana on a floor in Doney Hall. Campus Safety and Residence Life staff traced the smell to a room and conducted a plain view search. No paraphernalia was found, but a fire code violation was.

► Oct. 26, 10:09 p.m. (Lausanne Hall): Campus Safety was notified of the smell of marijuana coming from a room in Lausanne Hall. Officers interviewed the resident of the room, who admitted to smoking marijuana. They also conducted a plain view search, but no paraphernalia was found.

► Oct. 27, 10:19 p.m. (Lausanne Hall): Campus Safety was notified of the smell of marijuana coming from a room in Lausanne Hall. The officer interviewed the resident of the room, who admitted to smoking marijuana. A non-student was also in the room, and he was asked to leave the premises. The officer conducted a plain view search of the room, but no paraphernalia was found.

THEFT

► Oct. 27, 12:30 p.m. (Goudy Commons): Campus Safety was notified by a student that her bag was stolen in Goudy Commons. Video footage of the theft was reviewed and pictures were sent in a campus-wide e-mail in an attempt to identify the suspect.

HARRASSMENT

► Oct. 21, 1:50 a.m. (Kaneko Commons): Campus Safety was notified of a confrontation between two students. One student was interviewed later that day and the other was contacted via e-

mail, who later e-mailed a statement about the details of the confrontation. A report was sent to the Campus Judicial Office.

SUSPICIOUS ACTIVITY

► Oct. 22, 2:36 a.m. (Terra Hall): Campus Safety was notified of two non-students who were trying to retrieve a bike that had been stolen from them off campus. The officers arrived and were able to confirm the bicycle in the basement of Terra belonged to this person. It was returned to his possession.

POLICY VIOLATION

► Oct. 21, 7:40 a.m. (Doney Parking Lot): Campus Safety issued a parking citation to a vehicle illegally parked in an expired meter. Torn pieces of the citation were later found thrown on the ground in the parking lot.

VEHICLE ACCIDENT

► Oct. 27, 1:20 p.m. (Matthews Parking Lot): The Campus Safety vehicle was struck by a vehicle being driven by a student in the Matthews Parking Lot. Photographs were taken of the damage, and drivers exchanged insurance information. An officer was later taken to the hospital with what

was diagnosed as a mild concussion.

CRIMINAL MISCHIEF

► Oct. 21, 8:15 a.m. (Terra House): Several words were found spray painted or written in permanent marker. Maintenance was contacted to clean up the graffiti.

► Oct. 24, 10:47

a.m. (Northwood Hall): An employee reported finding the bathroom wall had been damaged within the last three days. Maintenance was contacted to repair the hole in the wall.

► Oct. 25, 9:00 a.m. (Terra House): An employee reported finding the door of a bathroom stall damaged, possibly by a knife or sharp screwdriver. Maintenance was contacted to repair the door.

► Oct. 25, 1:30 p.m. (Kaneko Commons): An employee reported finding the door of a bathroom stall with graffiti on it. Maintenance was contacted to remove the offensive writing.

► Oct. 27, 7:00 a.m. (Collins Science): An employee called to report that an office door had been damaged, as well as the cabinet housing the fire extinguisher. The fire extinguisher was also missing and appeared to have been used.

Please contact Campus Safety if you have any information regarding these incidents:
safety@willamette.edu

ADVERTISEMENT

Part-Time Student Work

Salem Vector Office Interviewing Now!

Immediate Openings

No Experience Necessary - Full Training Provided
Credit and Scholarship Opportunities Available
FLEXIBLE SCHEDULES - EXCELLENT STARTING PAY!

Call now or apply online

VECTOR
Marketing Corporation

503.362.2515
www.workforstudents.com

Tempting Tomes

COLUMN

"The Kings Speech" by Mark Logue and Peter Conrad
The King's Book or the King's Movie?



AUSTIN
SCHOCK

COLUMNIST

There is something about the phrase, "based on the recently discovered," that always makes me nervous. The phrase always seems to be saying, "I have an idea of what might have happened, and found some papers in a box that might, if looked in a certain light, agree with what I say."

As such, I was a little doubtful when I picked up, "The King's Speech" by Mark Logue and Peter Conrad. Would it be accurate? Would it be a deranged conspiracy theory? Thankfully, my fears were for naught.

"The King's Speech" is based on diaries found by Mark Logue, grandson of Lionel Logue. The basic story follows the relationship between Lionel Logue and King George VI, which is the same basic plot as the movie. The book has more backstory, and doesn't condense the timeline, but they both hit the same major points.

It's hard not to compare the book to the movie, particularly since (despite their common title, topic and historical background) they are not all that related.

The diaries were discovered shortly before the start of filming; considering that, it's incredible that there's much relation between the two at all. Every once in a while, the two will meet, with a line or moment, where both clearly drew from the same primary source. Everything else seems quite disparate.

The relation of the two men, at least from what I read, was not nearly as close until George took the throne. In fact, there was a long stretch of several years where the two never saw each other. If one can draw any conclusion from this fact, it's that the book, as previously mentioned, stayed a lot closer to reality than the movie.

Don't get me wrong, I loved the movie, but it took a few liberties. Where the movie shines and the book falters, is the writing.

The movie has some of the best writing that I have ever encountered; the book is a bit lackluster. Some of the phrasing is off, and it really doesn't always flow that well. Quite frankly, a few more edits would have done this thing wonders.

I really love "The King's Speech" - but then again, I'm a history nerd. I could read dry history books on-end and be in paradise; I tried doing that with this book and wanted to claw my face off.

The story is there, but it's told in a much better way in the movie. If you would like a more accurate rendition of the story, read the book; if you want a better-told version, stick with the movie.



Contact: aschock@willamette.edu

Warn your fellow classmates.

By writing a review. Write
today and get PAID.

Contact Tom Ehrmann at

tehrmann@willamette.edu

TELEVISION REVIEW: 'Revenge'

ABC's aptly-titled 'Revenge' takes center stage

KERRY LEE
GUEST WRITER

What goes around comes around; karma sucks. The natural instinct to seek "Revenge" follows the emotional combination of anger, separation and vengeance is seen in ABC's newest show, "Revenge." ABC's new show stars popular celebrities like Madeleine Stowe from "We Were Soldiers" and Emily VanCamp, best known from the WB series "Everwood," and many more.

Betrayed by his colleagues and loved ones, David Clarke is convicted of terrorism based on false accusations involving a plane crash. He leaves a secret box filled with photos, letters and memories to his misled daughter, Amanda, to prove to at least to her that he did not commit the crimes he was accused of.

Years later, Amanda Clarke has changed her identity and is now known as Emily Thorne. She plans on carrying out her scheme of "Revenge" to each person involved in ruining her father's life.

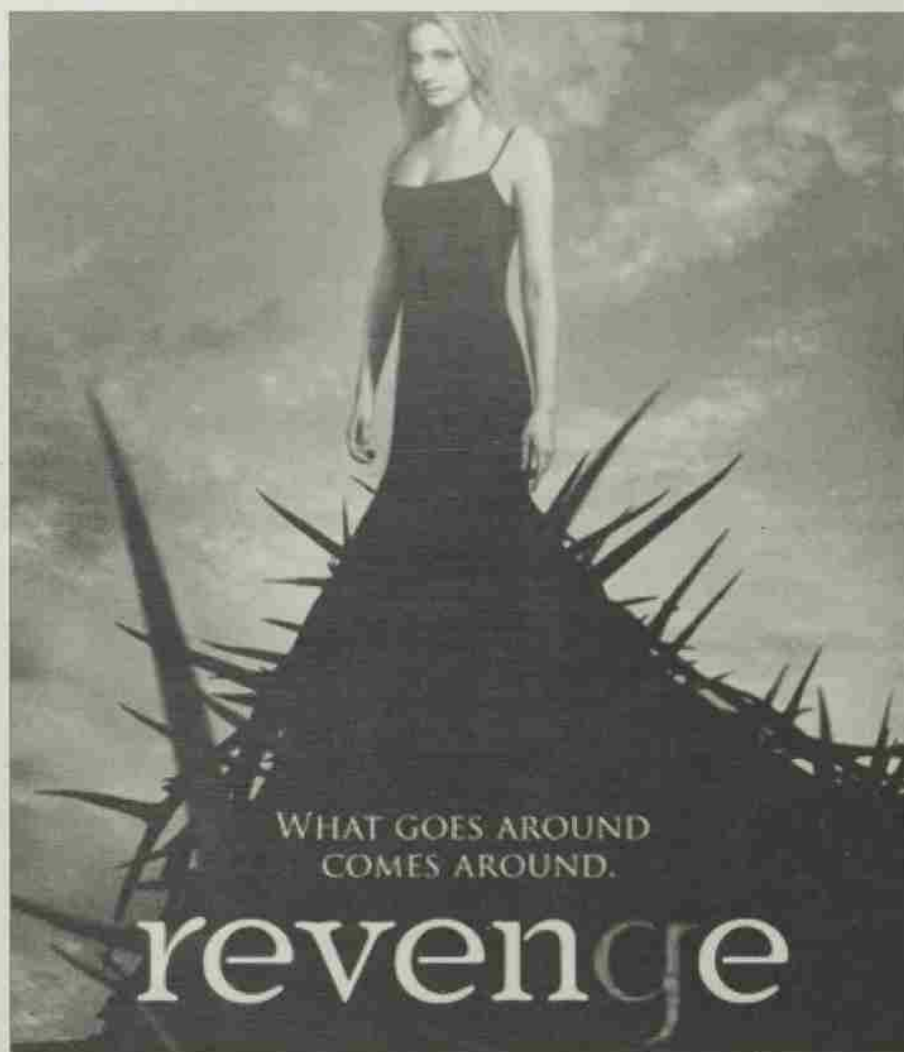
The series is set in the Hamptons, in the world of the privileged and the wealthy. Emily's primary target is her father's traitorous mistress, Victoria, who also happens to be the top queen of the Hampton social circles.

The unique trait that "Revenge" has unlike many other shows is the frequent flashbacks to her childhood, which is essential to her "Revenge."

Every target she sets her eyes on had either betrayed her father or had somehow managed to cross her; and everyone plays a specific role in her backstory.

As she continues to carry out her plans to make the lives of the people on her list just as miserable as hers once was, she realizes that keeping her real identity a secret is more difficult than she had imagine because her childhood pasts, memories and photos clash with her secret.

Emily Thorne's devious plans continue to amaze me every week. Although it is difficult to understand what she has in mind for her different targets, the mys-



ABC STUDIOS

Yes, the hot cheerleader from "Heroes" is back, and she's out for blood!

tery is what attracts me towards her as a character as well as the show as a whole.

She acts heartless, but it is also very clear that she can be very sensitive. Her motives to carry out her revenge seem justified, but her personal desires of living a normal life conflict with her need of vengeance. It's clear that Emily Thorne suffered too greatly to let this go.

If you like to watch shows like "Pretty Little Liars" that have a sinister plan behind the scenes, "Revenge" is for you. This dramatic and intriguing show hits the audience with a new type of play as

it premieres with the murder-mystery of a groom at a wedding; and a secrecy that allows the viewers to have a little idea of what is to follow.

ABC's new series promises dark and secret pasts that will be forced to surface by a plot for revenge. Remember to check it out every Wednesday night at 10 p.m.



Contact: khlee@willamette.edu

VIDEO GAME REVIEW: 'Catherine'

Relationships Can Eat You Alive

ELLIE POUJADE-SCOTT
GUEST WRITER

Statements found in summaries of the game "Catherine": "She might be pregnant," "The monster cubes will make Vincent explode in a shower of blood," and "Then the baby screamed 'Daddy' as it ate him." Got your attention?

"Catherine" comes to America from the Japanese computer and video game developer Atlus, known for the "Persona" and "Trauma Center" series and the Americanized version of "Disgaea: Hour of Darkness."

"Catherine" is the first high-definition game to be developed inside the company, and is available for Xbox 360 and PlayStation 3. "Catherine" came out last summer to critical acclaim, but due to its limited release in North America, it did not garner as much attention as other games released last June.

In "Catherine," you play as Vincent, a thirty-something male with a major dilemma: Life has been good for Vincent so far: sitting in his favorite bar, drunkenly mingling with his friends, talking about the good old days at school. Good that is, until his long-term girlfriend, Katherine,

finally asks him whether he is truly serious about their relationship.

Predictably, he has trouble with this question. After a night of solo drinking, he meets Catherine, a barely-dressed blonde bombshell, who proceeds to hit on him. Before he knows it, he is in the middle of a terrible nightmare in which he competes against talking sheep as he climbs through dangerous levels.

Vincent wakes up to find Catherine in his bed. And this is the first night out of many. Poor Vincent.

This is the puzzle aspect of the game, as opposed to the majority of the game, which is story-telling through anime video and CGI scenes. The control scheme for climbing can be very sensitive and the camera does not like to move with Vincent, meaning that being caught behind the blocks and falling to your death is a common annoyance. Your direction pad is reversed while behind the blocks, adding to the confusion.

Because "Catherine" revolves around relationships rather than how many men you can kill with your AK-47, it really

shines as a puzzle game for adults. And I emphasize "adult." "Catherine" definitely earns its "M" rating with heavy alcohol usage, horrific images and sexual content.

In between scaling walls filled with monsters and trick cubes, you must answer questions about your attitudes toward your own relationships. "Do you think cheating in any circumstance is justifiable?" "Does your lover make you happy?"

Your answers to these questions, as well as what you do that night in the bar, can change the ending of the game's story drastically, making "Catherine" one of those games filled with replay value. Via Xbox Live or the PlayStation Network, you can see what other players answered.

Overall, if you play "Catherine," be prepared for a dark challenge that will make you analyze your relationship. And if you don't have a partner, you could possibly be scared out of ever having one.



Contact: epoujade@willamette.edu

LiveJournaling

HANNAH MOSER
ARTS EDITOR

In a panicked search for a column topic, I went to the deep, dark archives of my LiveJournal to see on what types of artsy things I've mused. It turns out that since the genesis of my 12-year-old LJ, the majority of my significant rants have covered topics that could qualify as column material: how the art of speech-making is enhanced by musical know-how, how drafts of essays are ultimately much more important than the final product, how I rationalize killing things in video games when I would never do so in reality, and on and on in this same vein for my entire adolescence.

However, the most intriguing discovery of my search came at a meta-level: as I reviewed each year's journal (yes, I made a new one every January), I became more compelled to write about online journaling in and of itself.

Personally, I find the medium especially interesting and relevant to our insistence on modernity. I find the Internet's ability to withstand time is a definite advantage in respect to journal keeping.

Instead of digging through boxes in the garage in an attempt to find the Moleskine I carted around with me throughout middle school, I can succumb to, and fulfill the instant-gratification need of our generation. I simply search myself on the website and start clicking.

The publicity aspect of online journaling adds an interesting twist to the content. My journals were always limited to "friends only" viewing, but even so, I still (perhaps subconsciously at times) catered to an audience.

When somebody is watching, we're always more aware of what we say. In a way, this responsiveness heightens the quality of LJ writings — the words still convey the contextual emotion and meditations, but in a deliberate and graceful way.

In the same light, the amount of energy I put into the aesthetics of my journal are equally, if not more so, intricate than many of the entries therein. In fact, much of the power of my teenage rants is stemmed not from my incredible high school insights, but from the time I put into making them "look pretty."

My inner-Rhetoric major compels me to say that the format of a LiveJournal must speak to the tendencies of its author — some layouts are loud and colorful, others have fonts that resemble handwriting, as to simulate classic journaling. Mine are simple and easy to read, but still incorporate artistic flourishes — I suppose to demonstrate my desire for tranquility, but to still express my appreciation for subtle detail.

Another aspect of this visual expression are the "user pics," that appear in the corner of every entry. My senior year journal boasts a photo of only my hands hugging "The Complete Works of William Shakespeare," to my chest. Even if you don't know me, you can likely figure out what I was (pretentiously) trying to say about myself. Other users change the photo with each entry, perhaps as a testament to the relative mood of the particular occasion.

A journal isn't just a place to rant — it's a place to express, and online journaling heightens the experience. Reflecting on past journals is a powerful therapeutic exercise. It automatically encourages you to analyze who you were, how you thought and what you have subsequently become.

This type of insight has the capacity to alter the image you see in a mirror. Perhaps you'll just say, "Damn, I'm glad I grew up," or maybe the person you see will catalyze an internal revolution.

Contact: hmoser@willamette.edu

"Sharing Nacho's vision"

MADELINE MOREHOUSE
STAFF WRITER

In honor of Professor Nathaniel "Nacho" Cordova, a collection of his photographs are now on display in the first floor gallery of Ford Hall.

The showcase, entitled "From The Screen to The Wall," is a survey of Professor Cordova's photographs, coordinated and facilitated by Nacho's wife Michelle, photography professor, Alexandra Opie and students Reva Main and Elizabeth Harney.

An inspiring professor of rhetoric and mentor to many, Cordova extended his passionate demeanor into the realm of photography.

The themes of Cordova's works include everything from social subjects to nature landscapes, all of which emulate a sense beauty, serenity and liveliness. Whether a photograph of rushing rapids in Maryland or of a bike rested against a wall in China, all of his photographs manage to capture a calmness and romantic presentation of the scene no matter how lively the subject.

Many of the photographs were taken in places such as Puerto Rico, Maryland, China or locally in Oregon — a theme that demonstrates Cordova's love of traveling and broadening horizons.

"The breadth of what he was interested in is truly fascinating," says Opie.

Opie attributes the creative process and interpretation of the photographic works to Michelle Cordova. According to both sheher and Opie, Nacho was a perfectionist when it came to his photographs — he was constantly editing and had never actually printed any of



MADELINE MOREHOUSE

Cordova's photography illustrates the wide spectrum of interests and insights

them. His standard of perfection is apparent in each of the final prints.

Opie says that the entire process was incredibly personal, as the team had to consider the community's reaction — something he says was of chief importance to the organizers.

"Because he was loved by so many, the exhibit is important for the community to have and to understand that part of him," says Opie.

As a husband, a father, a mentor and a professor, Cordova touched the lives of many. Messages displayed in the gallery have been left by both close acquaintances

of Cordova, and also by a number of people lamenting not having the loss of the opportunity to know him better.

The exhibit allows viewers not only to see inside Cordova's vision for photography, but also to better understand through these photographs his immutable fervor for life.

Contacts: mmorehou@willamette.edu

Reading promises to inspire many

RACHEL HEISTERKAMP
STAFF WRITER

The first line of writer Lidia Yuknavitch's online bio reads: "In 1986, my daughter die the day she was born. From her, I became a writer."

Yuknavitch, will be visiting campus to present her most recent work, "The Chronology of Water." The work, her first memoir and first creative nonfiction piece, is a deep look at Yuknavitch's life that tells her story through a connection to swimming and water.

Prior to "Water," Yuknavitch published three collections of short stories, as well as a book of criticism, "Allegories of Violence." However, this newest addition is likely the most personal to her life and therefore will provide a unique experience for those at the presentation.

Though "Water" is nothing like her past works, Yuknavitch says that, "On the other hand, it probably took every book I've ever written to be able to write this one."

Yuknavitch says that she wanted to create this work for a number of reasons. While it is a very personal and self-inspired piece, none of her motives were in any way selfish.

"In the end I decided to write it not for myself," Yuknavitch explains, "but for an imagined 'we' — misfits and troubled people and damaged people that I have met and loved and worked with in my life."

Over the course of her career, Yuknavitch has branched out beyond the threshold of composition to help create an independent publishing group with her husband called "Chiasmus."

According to Yuknavitch, the publishing company was created in "pretty much exactly the way people decide to create garage bands — sitting around drinking, lamenting the fact that most Northwest writing was about salmon ... knowing that my friends were more radical than that. So we said, eff it."

In addition to these, her responsibilities at Chiasmus, Yuknavitch teaches writing, literature, film and women's studies at Mt. Hood Community College. She strives to work outside of her comfort zone in order to embrace topics that encompass a huge spectrum of thought.

"There is no literature that I don't like to inhabit and experience. I'll read and

teach anything," she says.

Yuknavitch's colorful insights and inability to convey true emotion through art will surely come out at this presentation. Prior to the reading she will host a session for students interested in pursuing a career in writing. She is also holding a discussion and workshop at 4 p.m. in Eaton 206 to participate in a group conversation about the vocation of writing.

Coming away from this reading, students will surely feel that they have experienced something bearing great emotional weight. More than that, they will hopefully feel inspired to write, as well as to practice introspective thought. Yuknavitch says that she wants listeners to walk away from her reading with the understanding that "all writing and reading is discovery, exploration ... failures in writing are how you get anywhere cool."

The reading will take place at 7:30 p.m. in the Hatfield Room on Tuesday, Nov. 8.

Contact: rheister@willamette.edu



Bearcat

BALDERDASH

A. A small quantity or load of hay

B. A spacecraft belonging or originating from Earth

Jobble n.

C. A warm welcome, good hospitality

D. Hesitation

'Not all who w

LINDSAY BRAUNWALDER
FEATURE EDITOR

Could you imagine a life traveling the country while living on a rainbow-painted school bus? It seems crazy, crazy cool. The three housemates of the L.O.S.T. bus are chasing their dreams, literally, on the freeways of America.

They recently came to Salem to visit Willamette. I met Ben, Chad and Derek this summer while volunteering at a children's summer camp in Sun Valley, Idaho. These three guys, Chad reminisces, were born and raised together in Holland, Michigan, and have since created the L.O.S.T. bus.

To them, the L.O.S.T. bus is more than just a place to live; it represents a lifestyle.

Derek said the whole idea started with their longing and love for travel, but also with the desire to make it meaningful. "So why not try to do both at the same time?" Derek said. Thus, the L.O.S.T. bus (an acronym for Lending Our Services Traveling) was born.

So that is exactly what they do. The L.O.S.T. bus boys live simply, on a renovated school bus they bought through an auction on eBay.

Their financial situation is supported almost completely by the donations of the hundreds of people they meet along their journey. This seems like a risky way of living, but Ben says, "We really have had no problem. It's amazing to see how generous people can be." Donors can give \$100 and receive a mini-replica of the dream bus.

Over the past year, Ben, Chad and Derek have volunteered for over 30 organizations across the country. Ben mentions that some of their favorites include T.E.A.M. Ascend, a mountain climbing summer camp for youth in Texas, Camp Rainbow Gold, a children's cancer camp in Idaho and disaster relief along the Gulf Coast. All of the

organizations the L.O.S.T. bus boys have served with are listed on their website at lostbus.com.

The number of organizations they serve will continue to grow. The three amigos plan to park the bus in L.A. sometime in early December, and head home to Michigan for Christmas. Then it's back to the open road, where the journey will continue.

The story of the L.O.S.T. bus is one of great inspiration, especially at Willamette, where community service is a way of life.

Even our motto projects the heart and soul that is Willamette: "Not unto ourselves alone are we born."

Whether you can volunteer during your undergraduate education or after you graduate, it seems you can never go wrong with your decision to do so.

Amy Green, the director of Community Service Learning at WU, points out that "studies link academic success to service learning. Retention rate among students is higher, and finding a job is easier."

Green continues, "Community service allows for students to develop work ethic and an understanding of a professional atmosphere."

There are countless opportunities offered at WU, many



LINDSAY BRAUNWALDER

The red line represents the L.O.S.T. Bus's route across the country.

in conjunction with the Office of Community Service Learning. Perhaps one of the most well-known programs and one of the most competitive is the Take a Break, or T.a.B. program.

The T.a.B. program, which takes place during spring break, offers students the opportunity of an alternative to the usual vacationing that is common over Spring break. This year, the competition to participate in one of the five programs was as great as ever.

Trips to Chicago, New Orleans, San Francisco, Portland and the Immigration Northwest (Portland, Woodburn and Tri-Cities) include opportunities to help the underrepresented class of hurricane Katrina victims, homeless teens and youth in Portland and immigrants who continuously face some very difficult issues.

T.a.B. was established in the 2001-2002 school year, and since then has visited and served 23 different cities across America. The Take a Break motto is CJS²: Community, Justice, Service, Simplicity.

The T.a.B. objective is as stated on the website: "To involve Willamette University students, staff and faculty in community-based service projects and to give students opportunities to learn about the problems faced by members of communities with whom they otherwise may have had little or no direct contact."

Being completely immersed into diverse environments enables participants to experience, discuss, and understand social issues in a significant way. Participants have the opportunity to work and have fun with other Willamette students, to increase self-knowledge and to broaden their perspective of the world around them."

Willamette students are even introduced to community service upon their arrival at the University. Every Opening Days group participates in a service project.



(From top to bottom) Ben, Chad and Derek in Salem, Oregon.

LINDSAY BRAUNWALDER

Wanderers are lost

These projects exist to help the surrounding Salem community but also as a bonding experience. As I'm sure the L.O.S.T. bus boys would agree, when a group works together towards a common goal, there are relationships formed that cannot be duplicated anywhere else.

Also, many classes at WU work together with the Office of Community Service Learning, and service hours are required in order to complete the course. This demonstrates the importance many professors see in community service. These community service requirements can be tied back to what Amy Green initially noted about using the skills you learn while volunteering in a future professional career.

If not involved in a joint community service class, there are other annual events that take place that make it easy for students to contribute a small amount or for a shorter period of time.

For example, the "giving wreaths" that are put up around Christmas time (one in the UC and one in Goudy) offer an easy way for students to make a difference in the lives of families living in the Salem area.

Sponsored by the Family Building Blocks Organization, each tag on a wreath represents an item a family is in need of during the holiday season. So if you don't have much time, these "giving wreaths" are a great way to contribute to the community in need.

Another annual event that takes place in January, and continues to grow, is the Martin Luther King "Into the Streets" event. Green mentioned this year they are hoping to accept over 300 participants that include Willamette students and faculty. This prospective number of participants is bigger than ever before.

The events that take place during the MLK "Into the Streets" show the dedication Willamette has towards com-

munity service, classes are cut short in allowance for students to participate in the events.

It is easy to become involved in the MLK "Into the Streets" events, and all students are encouraged to participate. More details will be sent out later in the year, but if you are interested now, contact the Office of Multicultural Affairs or the Office of Community Service Learning.

The Office of Community Service Learning is a great resource for students because it allows them to develop events centered on the causes they want to support. If you are interested in becoming a CSL co-

ordinator, applications will be accepted this spring.

Planning on volunteering after graduation can be very beneficial as well. According to the Willamette Web

“ This journey is a life changing experience and has allowed me to revolutionize my perspective as a whole.”

DEREK

site, "Willamette is No. 12 on the Peace Corps' annual rankings of volunteer-producing schools." This ranking is based on the percentage out of the total of recently graduated students.

Green points out that programs like the Peace Corps and AmeriCorps not only provide you with the experience of a lifetime, they assist you in attaining jobs skill and allow you to learn about a new culture, country or state.

Another great benefit of these programs is that in exchange for your service, they may help reimburse your student loans.

For those interested in the Peace Corps there is an informational meeting being held at the Putnam University Center, Autzen Conference Room, this Thursday, Nov. 3, at 4:30 p.m. You can also find this event on Facebook.

Willamette is known for its dedication to service, and Green comments that "students volunteer out of the good-

Peace Corps Informational meeting

Thursday Nov. 3
at 4:30 pm

Autzen Conference Room,
in the UC

ness of their heart. After coming to Willamette, many realize how privileged they are to be students here."

Green also said many students realize they have grown up in privilege and want to help those who are not as fortunate. On the other side of the spectrum, students have possibly grown up in a similar situation as those whom they are helping; now they have opportunity to help someone else and they are accepting that opportunity with full force.

There is a lingering question if young people can make a difference in the world, but we are here to prove we can. Derek even mentioned that his close family and friends were skeptical of his, Ben's and Chad's plan to live on a bus while serving others. But they defied the odds and, for the past year, have done exactly what they said they would.

Ben claims it is "the best thing I ever did." They have experienced some crazy things along the way, like "eating chicken feet in Chinatown," Chad said or like "having a shaman, 'Blackfoot,' heal my broken toe."

So the moral of the story is: don't buy a school bus on eBay if you can't pay for it.

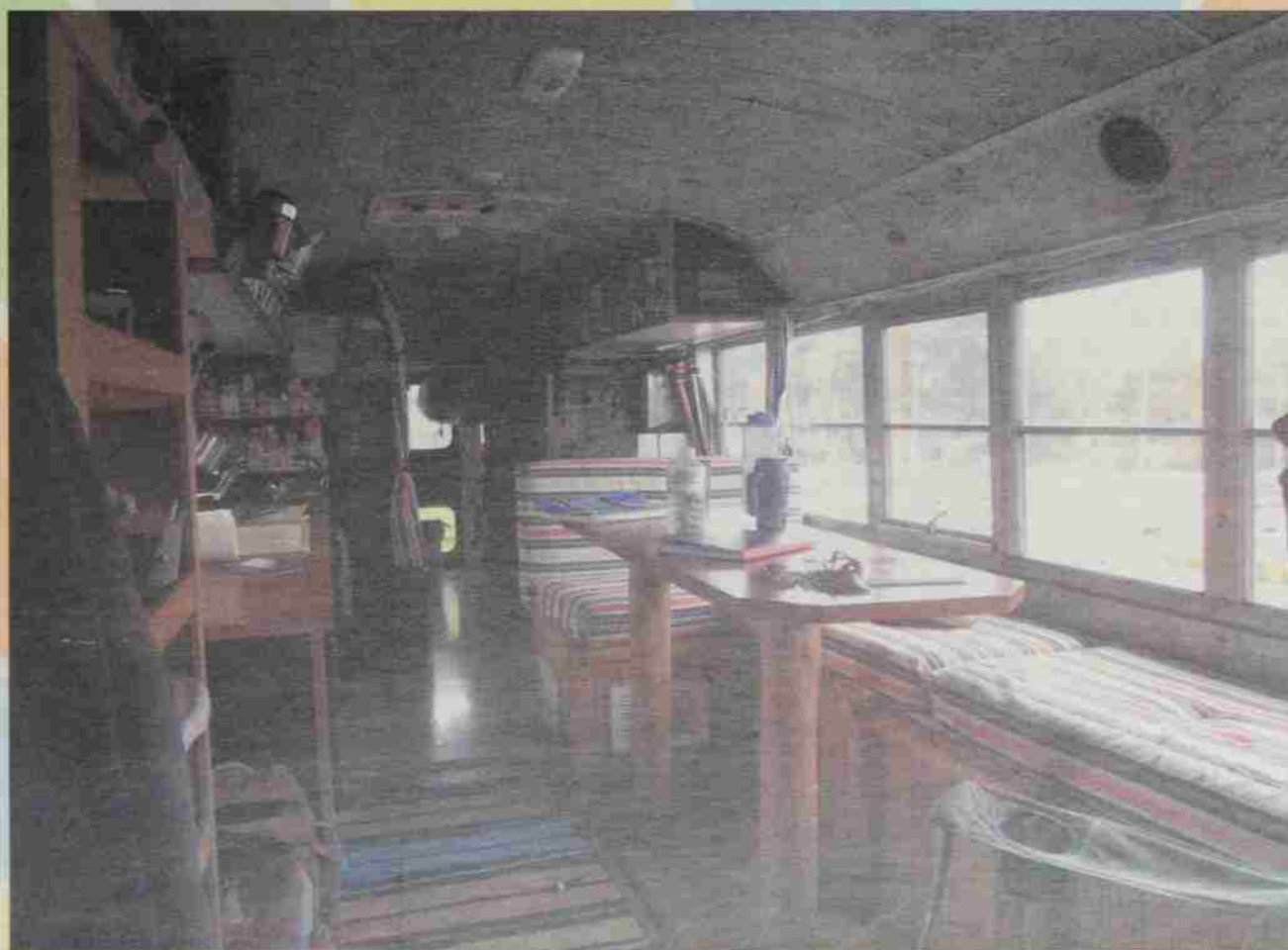
And, if you have a dream and a passion for helping others, embrace it, and go for it, you won't regret it.

Some last words from the L.O.S.T. bus boys, Chad said, "The great thing about the Lost Bus for me is that I get to tie all of my hobbies and work ethics together and demonstrate them while helping others and having fun."

Ben said, "Living the Lost Bus lifestyle is the perfect way for me to combine the things that I love. I am excited to simplify life, travel, explore, serve, learn, and help keep America beautiful!"

Lastly, Derek stated, "This journey is a life changing experience and has allowed me to revolutionize my perspective on life as a whole. I am always excited to meet new people and find it to be my greatest privilege on the bus; together we are one human family."

The L.O.S.T. bus boys may not know exactly where they are heading next. But, they are anything but lost, they have a passion and are doing nothing but acting on that impulse. As J.R.R. Tolkien said, "Not all who wander are lost." So, drink up this giant cup of inspiration.



LINDSAY BRAUNWALDER

Contact: lbma@willamette.edu

If you ever go inside the bus, don't forget to sign the ceiling.

CROSS COUNTRY

Leo Castillo wins second NWC cross country title

DEVIN ABNEY
CONTRIBUTOR

For the second year in a row Willamette senior Leo Castillo found himself alone at the end of the Northwest Conference Cross Country Championships at Willamette Mission State Park in Wheatland, Oregon. Castillo separated himself from the field of 83 by running the race in 25:02:52; over 19 seconds better than the second place finisher.

Junior Theresa Edwards registered the best time for the Willamette women's team with her impressive time of 22:01.61, good enough for third place in the women's race.

As a team, both of Willamette's men and women squads finished second in their conferences. The men's team finished four points behind winner Whitworth, while the wom-

en's team were edged out by Lewis and Clark, who won by a mere two points.

"Everyone ran great and a bunch of us even PRed," Edwards said. "It is unfortunate that the race came down to two points, but now we are all incredibly eager to try again at the Regional meet."

The men's team had four All-Conference runners. Castillo and senior Ben Donovan finished in the top seven to earn First Team All-Conference honors, while junior Kevin Aubol and sophomore Parker Bennett finished among the top fourteen to earn Second Team All-Conference.

On the women's side, three runners finished First Team All-Conference, as Edwards, freshman Michaela Freeby, and senior Kaitlin Greene placed among the top seven.

With the conference championships finished, the 'Cats move on to the NCAA Division III West Regional on Saturday, Nov. 12 in Claremont, California. The entire team will compete in the meet, which is set for 9 a.m.

From regionals, the 'Cats hope to move on to the NCAA Division III Championships in Wisconsin on Nov. 19. "I'm really confident in our ability; I know we're talented enough to win in LA in a couple of weeks," senior Ben Donovan said. "It's time for us to start running to the best of our ability. I think we're all pretty excited to get out and race again."

"We are ready to give it our all in two weeks for a shot at making it to Nationals this year," Edwards added.

Contact: dabney@willamette.edu

WU WEEKLY WRAP-UP

GABBY KLEIN
CONTRIBUTOR

Swimming

The swim team kicked off their season in Walla Walla, Wash. on Saturday, Oct. 29 at Whitman College. Although the team did not win the meet, their presence was still felt among the athletes.

"It was a great opportunity for the team to come together to swim some fast races and have a lot of fun. We showed the Northwest Conference that we've got a lot of potential this year," senior Laura Coddington said.

The WU women achieved their point in the 3 x 300-yard freestyle relay with a sixth place finish. Swimming for the Bearcats were freshman Ann Hues, sophomore Hope Nelson and sophomore Erin Parkinson. They

recorded a time of 10:27:70. The WU men picked up their point in the 3 x 100-yard individual medley relay. Sophomore Chris Whitehead, freshman Zander Le Bel and freshman Sean Piper swam the race for the Bearcats with a completed time of 3:04:10.

"Our triceps and abs led us to a hard-fought metaphorical victory," men's team captain junior Ian McGahan said.

Volleyball

The Bearcat volleyball team split this weekend's matches losing on Friday Oct. 28 against George Fox University, and then winning the following night against Lewis and Clark College. With the win gained on Saturday the Bearcat women move up in the NWC standings to 8-15.

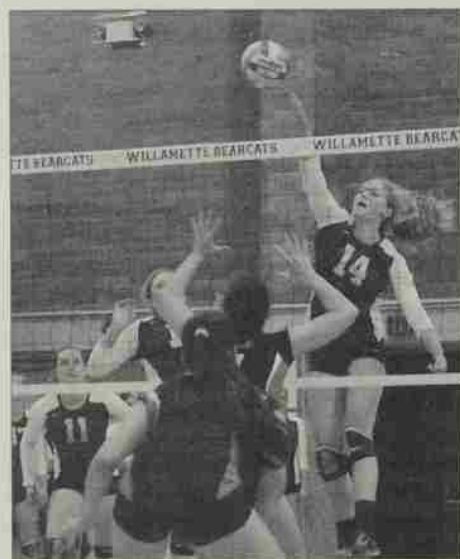
"Our goal this season is to not question

ourselves when we step out onto the court and then play with confidence. That is the only different between when we play George Fox and Lewis & Clark. Simple as that," junior Madisyn Leenstra said.

Against the Pioneers, Willamette earned a three player record of double-digit kills and a team hitting percentage of .200. This resulted in a final score of 3-1.

"For me, the best moment of the season was beating Lewis & Clark this past Saturday," junior Danica Reed said. "We finally held each other accountable and proved to ourselves how good we can be when we just play and it was definitely reflected on the scoreboard."

Contact: gklein@willamette.edu



Sophomore Shannon Waitz earns a kill during a game last weekend.

WOMEN'S SOCCER

Women set back by Pacific loss, still in contention

BRANDON CHINN
STAFF WRITER

For the first time since reaching the playoffs in 2006, the Willamette University women's soccer team is in contention for a Northwest Conference title. Entering the weekend with a NWC record of 8-3-1 the Bearcats were in third place, standing only four points behind the University of Puget Sound. Willamette has won eight of their last ten decisions.

With only four games remaining in the regular season, Puget Sound, Linfield and Willamette are the three teams still vying for the conference title. Despite all the hype surrounding the team, Coach Hillary Arthur wants to keep the team focused on what they do best. "We're going to take it one game at a time, concentrating on what we need to do to be successful on the field," Arthur said.

Traveling to George Fox on Saturday, the Bearcats jumped out to an early lead and never looked back. Receiving a header from Skelly on the right side of the field, junior Midfielder Ariel Wilson angled her shot back towards the far side of the net and scored the game's first goal just ten minutes in.

The Bearcats would double their lead just before the end of the half. While closing in on goal, Lancourt crossed the ball to Skelly who fired into the net for the 2-0 halftime lead. Skelly would later score again for her 15th goal of the season in the 3-0 victory.

"Right now we're working very well together as a team," Wilson said.

Despite dominating George Fox in

their first matchup this season, junior defender Shannon Scott felt it was important not to take the win for granted. "Every team in our conference is a contender and no one can be underestimated. There have been some big upsets this season and it is crucial that we stayed focused," Scott said.

In hopes of achieving their second consecutive weekend sweep, Willamette hit the road once again, taking on the Pacific Boxers. The Bearcats ran into an early deficit as Pacific recorded the game's first goal less than four minutes in.

Still trailing 1-0 in the 52', freshman forward Ashland Bernard helped get the 'Cats on the board. Driving up the field, Bernard fought her way past the goalkeeper and scored the equalizer, her second of the season.

Pacific answered right back less than a minute after Bernard's goal, using a header to take the lead and solidify the 2-1 victory.

Despite snapping their four game win streak, junior Midfielder Andi Rowan is already moving ahead in preparation for the final week of the season.

"In order to finish strong we need to learn from what happened today and continue to work hard in practice this week. Everyone knows we can do it, and I know we will," Rowan said.

Contact: bchinn@willamette.edu

next up

Bearcats vs. Whitworth
@ Sparks Fieldhouse, Salem, Ore.
Saturday, Nov. 4 at 12:00 p.m.

ADVERTISEMENT

COLLEGE NIGHT

THURSDAYS

TWO-FOR-ONE TICKETS

WITH VALID COLLEGE IDS

EAT.DRINK.WATCH MOVIES.
cinebarre

101 Marion St NE Salem, OR 97301 www.cinebarre.com

FOOTBALL

Bearcats fall in OT heartbreaker

JOHN LIND
SPORTS EDITOR

The Willamette football team battled to wit's end in last Saturday's matchup against Whitworth University, expending four arduous quarters and two overtimes. Despite an inspired overtime performance from the Bearcats, the Pirates delivered the final blow, completing a gutsy two-point conversion at the end of the second overtime to barely edge Willamette, 25-24.

The game itself was a defensive struggle, marked by only two touchdowns and two late field goals. Whitworth scored on their opening drive, but were stymied by the Bearcat defense for the rest of the game. Pirate quarterback Bryan Peterson was sacked three times and intercepted three times.

Similarly, Willamette's 17 play, 87-yard drive that was capped by a three-yard touchdown run by senior tailback Jamiere Abney remained the only major offensive production until late in the game.

The Bearcats and Pirates would remain deadlocked at seven until late in the fourth quarter. A Willamette fumble on a punt return gave Whitworth the field position it needed to take the lead on a 25-yard field goal.

The 'Cats would respond on their very next drive. Starting at their own 45-yard line with only 4:16 remaining, Willamette's offense woke up, and put on a late-game drive. The 'Cats would get as close as the three-yard line, but were pushed back by penalties and forced to settle for a field goal. With the Bearcats down three and time running out, sophomore kicker Kyle Derby slotted a 29-yard attempt through the uprights and sent the game into overtime.

"It was a pretty tense situation, but the hold was good and everything went well," Derby said.

In the first overtime, Whitworth drove down and scored, only to be answered by the Bearcats. Junior-quarterback Brian Widing found junior receiver Jake Knecht on fourth-and-goal to send the game to a second overtime.

The Bearcats took the ball first and scored on the second play of their drive on a 23-yard sweep by junior flanker



Senior linebacker Harmon Bruno brings down the quarterback during last weekend's game against Whitworth.

Jake Turner. Turner led the Willamette rushing attack with 68 yards on 10 carries.

However, Whitworth would respond. Peterson lofted a 25-yard touchdown pass on the first play of the drive to Austin Ehlo. The two would hook up again on the two-point conversion to seal the win for Whitworth. Willamette now moves to 3-5 (2-2 NWC).

Contact: jlind@willamette.edu

▼ next up

Bearcats vs. Lewis and Clark
@ Portland, Ore.
Saturday, Nov. 5 at 1:30 p.m.

BEARCAT STAT

LEO CASTILLO
MEN'S CROSS COUNTRY

Castillo won the Northwest Conference title in definitive fashion, winning the men's race by more than 19 seconds. This victory marked Castillo's second straight NWC championship, and the third straight year he has finished in the top two.



COURTESY OF ATHLETIC DEPARTMENT

MEN'S SOCCER

Men's soccer falls short versus Whitman and whitworth

SEAN DART
STAFF WRITER

The Bearcat Men's soccer team embarked on their toughest test of the year this weekend, falling to Whitman on Saturday by a score of 2-1 in overtime, and suffering a 6-1 defeat against Whitworth, who is #5 in the Western region. Willamette moved to fifth place in the NWC, tied with Pacific.

Saturday, the Bearcats patented early attack struck again at the 13 minute mark when sophomore forward Adan Vazquez received an assist from junior midfielder Mike McGrew, and volleyed the shot into the back of the net.

Whitman wasted no time, however, and scored the equalizer just two minutes later. Twenty minutes into the match, a Whitman player received a red card, and the Bearcats played the rest of the match one man up.

Despite the advantage, the teams played a stalemate until the third minute of overtime, when a Willamette defensive lapse allowed a game-winning Whitman goal off of a corner kick.

"It was a lack of concentration," sophomore Kevin Martin said. "It was especially frustrating because we pride ourselves on being flawless on set pieces. It's a really tough loss for us because that's the second time this season we have let one get away from us against Whitman."

Willamette came out strong against Whitworth, holding a tie for the first thirty minutes of the match. Whitworth couldn't be contained for long, as the Pirates scored two goals in the final 15 minutes of the first half.

Vazquez made it 2-1 when he scored at the 50 minute mark. He intercepted a pass, and fired a strike to the back of the net from just outside 18-yard-box for the 'Cats.

Whitworth responded in a big way, closing out the match with four more goals in 40 minutes.

"We didn't hold onto the ball and play like we can" junior forward Erik Kaufman said.

"They were just better in all aspects of the game. We didn't come ready to

play," junior defender Etienne Galbreath added.

The Bearcats were 5-5-1 in league play before their 4-game skid, and look to finish their turnaround season on a high note, as they prepare to take on Linfield next Saturday.

"These losses hurt, because we know we're a better team than we've shown. But the only thing we can do is look forward to next weekend against Linfield," Kaufman said.

"We are going to come out strong because we want to make a statement that we are better than we have played these last few weekends," Kaufman added.

Contact: sdart@willamette.edu

▼ next up

Bearcats vs. Linfield
@ McMinnville, Ore.
Saturday, Nov. 5 at 2:30 p.m.

Reader's
ReaderDon't let bad fat
get in your 'weigh'JO
REEDER

COLUMNIST

On average, Americans consume far more than the recommended daily calories from fat. Because of this, health organizations expend a great deal of resources to promote low-fat diets. For most, it's not difficult to heed these warnings and limit fat intake in a healthy way. However, if one becomes overzealous in reducing fat, deficiency can occur. To lead healthy lives we must find a balance in the amount of fat we consume.

Consuming too much fat can be incredibly detrimental to human health. Each gram of fat has nine calories, versus four calories in a gram of protein or carbohydrate. Therefore, it is easy to consume many calories from a relatively small portion of food if it is high in fat. The extra calories can contribute to obesity, which increases risk of type II diabetes, heart disease, stroke and certain cancers.

As harmful as fat may sound, our bodies do need some. Fat molecules are incredibly important to maintaining the structure and function of cells, particularly cells of the nervous system.

Fat is also an integral part of many hormones, including estrogen, progesterone and testosterone, the human sex hormones. Additionally, vitamins A, D, E, & K are only soluble in fat, meaning they need fat to be absorbed. A lack of fat can mean a lack of cell integrity, decreased neural function, hormonal problems and vitamin deficiencies.

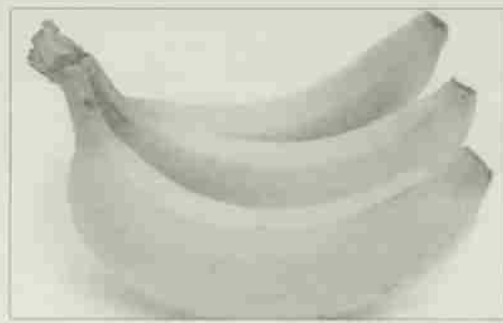
According to the U.S. Department of Health & Human Services approximately 20%-30% of our daily caloric intake should come from fat. Based on a 2000-calorie diet, this is 400-600 calories.

To give you some practical references, a glass of 2% milk has approximately 43 calories from fat, a McDonald's regular cheeseburger has 110, and a slice of wheat bread has about nine. As long as you keep your fat caloric intake between twenty and thirty percent of your total daily caloric intake, you should consume enough fat to prevent deficiency, while keeping your risk of obesity and heart disease relatively low.

Arguably more important than the amount of fat you consume is the type. I will devote an article to types of fat later in the semester but for now I will leave you with a few general tips.

Fats from plant sources are generally healthier than fats from animal sources. (For example, olive oil is healthier than butter.) Trans fats are one of the worst types of fats and should be quite limited. These are mostly found in processed, packaged foods. When reading nutrition labels, try to find foods free of trans fats and low in saturated fats, which is also a relatively unhealthy fat.

Contact: jreeder@willamette.edu

FOOD OF THE WEEK
Bananas

COURTESY OF THREEBANANAS.COM

At approximately 100 calories per fruit, bananas provide quite a bit of potassium, 422 mg, and fiber, 3.1 g, for a relatively low caloric load. They are also very low in fat and cholesterol. Some doctors and researchers also believe bananas may have cancer-preventative properties. Try them dipped in peanut butter or yogurt, on toast or in cereal.

OPINION

Myth of the bedpost

Because bad sex happens

EMERSON WILLIAMS
STAFF WRITER

The night I ended up sprinting buckassnaked through my house, vomiting and having awkward and unenthusiastic sex with a classmate whose name I couldn't recall (in that order) is not one of my most fondly remembered.

Willamette really is a small world after all, and I pass my partner in crime every Monday, Wednesday and Friday on my way to class. We exchange knowing and sheepish looks, and although I try not to, I cringe as I imagine his interpretation of our not-so-sultry soiree.

Modern as we are, rolling around in the buff with another person can still make us feel quite vulnerable. Although I recognize that the story is comedic gold, at times it's still difficult to shake off the hot feeling of embarrassment.

I worry that he sees me no longer as a classmate, but as that person with the weird knees. No longer as a (rather friendly) acquaintance, but as a complete loon that should probably wear more clothes. I'm no longer a multi-dimensional person, but someone who is just...bad in bed!

“It makes sense that the American obsession with the individual has infiltrated our most intimate acts.”

EMERSON WILLIAMS
COLUMNIST

In theory, I can see through this insecurity and realize that this is a stupid, silly fear. His opinion doesn't matter, and even if he does think our intercourse was as pleasurable as a trip to the dentist, I know I'm quite capable of having fantastic sex.

But knowing that my anxiety is pointless doesn't stop me being completely neurotic. Luckily, that's exactly what friends are for.

On the morning after that fateful night (after I had finally decided to put on some underwear), my friends gleefully listened to the entire tale. When the laughter subsided, they were there to pour me coffee, share their own favorite stories of shame and give me some sound advice.

Weeks later, when I guiltily confessed that I worried about this near stranger's opinion of my sexual prowess, they were there again to set me straight.

Alongside the expressions of understanding, one friend explained that Jean-Charles Tacchella's film "Cousin, Cousine" helped her to realize not only that sex is a wonderful, insane and peculiar thing, but also that the way we connect sexual performance with personal identity is completely corrupt.

In the film, the characters comment on how odd it is that Americans believe individuals are good/bad at sex, whereas in France people are good/bad together in bed. It's not that one person or the other is exceptional or untalented, but that the combination of the two determines their quality.

It makes sense that the American obsession with the individual has infiltrated our most intimate acts. I didn't top off that nauseous and naked night on my own, and while it probably wasn't my best performance, I don't need to take all of the blame.

Make that two slices of humble pie, please. It's more than a little egotistical to take all of the credit for the way a sexual experience pans out, good or bad. Instead of cringing, I need only remind myself that it does, indeed, take two to tango.

Contact: ewilliams@willamette.edu

LETTERS TO THE EDITOR

We invite you to submit letters to the editor. Letters can be sent by postal mail, e-mail (mpitchford@willamette.edu), campus mail or fax. Letters are limited to 150 words, must include your name and phone number and must be submitted by noon Monday on the week of intended publication. The Collegian reserves the right to edit for length and clarity.

EDITORIAL

Don't let to-do lists get you down

There are plenty of times when, as a quick form of checking in and greeting friends in that brief transition between classes, we hear the question, "How are you doing?"

The answer that is most problematic and revelatory is the simple response, "busy."

Busy, however, is not an evaluative statement as much as it is a state of being. It is not inherently good or bad, nor is it a particularly unique position on a campus like Willamette.

What's more, being busy should not be a determinant of our worth. The more things you do, the more social currency you supposedly earn and the more you are "impacting the campus."

Like sports jackets adorned with a multitude of letters in high school, all our clubs and commitments at WU are worn as medals of honor.

Despite this mindset, our involvements should never be a part of evaluating our value. Joining a club may be an expression of values or interests, but doing more things does not make a person better than someone who does less.

In fact, the dangers of such a mindset extend far beyond a misplaced evaluation of worth and social wealth. If the number of in-

volvements and tasks matter more than the quality and intention of such acts, it becomes easy to stray into doing things merely for the sake of doing them. The reason for our actions should be greater than a strange sense of obligation and myopic necessity.

Put simply, we should treat our involvements with intention and purpose. The to-do lists that grow out of such intentionality are more meaningful than the ones that are written only to justify our desire for social currency.

As the consistently true quotes go: "Less is more." "Quality not quantity." "Just take yourself off the listserv already."

If one doesn't get a handle on over-involvement, it seems to lead inexorably to cynicism and burnout. Some of this tendency is particular to Willamette.

It's hard not to be disappointed when people can't or won't give as much effort to your cause because they are involved with their own. It's equally disappointing to put on an event and only have two people show up because everyone else is doing homework.

But even beyond the twist that Willamette puts on programming, there will eventually be a difference

between our set goal for an event and the low turnout of what actually occurs. In school and in life, we can respond to disappointments by either cynically giving up, or by remembering how success should be measured.

The number of people that show up doesn't matter as much as how those people were impacted and influenced. The number of things we do doesn't matter as much as how those things are an outgrowth of what we care about or are committed to.

Being involved is important, but being over-involved is problematic. Rather than counting what we do, we should make what we do count.

So, next time someone asks you how you are doing, don't just answer with "busy." Tell them something more insightful, like, "I'm busy, and I'm learning how to keep that from defining my social status."

COLLEGIAN EDITORIAL POLICY

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

MEMBERS

Matt Pitchford • EDITOR IN CHIEF
Kimberly Hursh • OPINIONS EDITOR
Hannah Schiff • MANAGING EDITOR

OPINION

Baby animals and car bombs

WHITNEY STANNARD
CONTRIBUTOR

As the daughter of a veterinarian, I love animals and think they are all adorable, especially the baby ones. I cringe every time I hear about owners who have neglected or beaten their animals.

I don't believe in testing cosmetics on animals because I think it is the most frivolous reason to use them. In all honesty, in terms of cosmetic testing, there are plenty of people who would gladly be used as guinea pigs for money.

However, as a biology major, I do believe in using animals for the progress of medicine. Therefore, People for Ethical Treatment of Animals (PETA) is an organization that scares and frustrates me.

In the past PETA has supported and given money to groups like the Animal Liberation Front. This leaderless group is known to be a domestic and international terrorist group. It has been responsible for fire bombings at the University of Michigan, Oxford University, a McDonalds in Sweden and a researcher's car near UC Santa Cruz.

These tactics do not do anything for the cause of animal rights. If anything, these actions discredit the message by making PETA seem like nothing more

than a group of radicals.

Also, I would like to point out that in biological research, there are agencies such as the Institutional Animal Care and Use Committee in place to ensure that the treatment of laboratory animals is ethical.

One of the most interesting things that PETA is planning is the launch of its own porn site. Why, you might ask?

I am not sure what this venture will actually do, but PETA knows that sex sells. Its hope is to shock people and get their attention, but I don't think it will get the reaction that the organization is looking for.

The question is, will it be enough to sell PETA's ideas to us omnivores who still choose to consume meat?

PETA has criticized Obama for swatting a fly during one of his interviews. A spokesman for PETA stated after this incident that the organization "believes that all people, where they can be compassionate, should be, for all animals."

However, PETA has not always done what is right by the furry creatures it claims to protect. In 2005, two employees were accused of picking up animals,

euthanizing them and dumping them in the garbage.

When they picked up the animals from the shelters, their original promise was to find homes for these perfectly adoptable animals, but instead they were euthanized.

My main problem with PETA is not with the message (although I still disagree with its stance on animal testing), but more with the way in which it has gone about spreading that message.

At every turn, PETA seems to contradict itself. This is my suggestion: Stop using tactics that discredit the organization. Don't launch the porn site, and don't give money to violent groups. Also, the organization can preach at people all it wants about going vegetarian, but not everyone is going to change their minds.

PETA should work to create better living conditions for these farm animals and join the organic movement. If PETA wants to become more credible, it has a lot of work to do.

Contact: ustannar@willamette.edu



ARE YOU CREATIVE? TECH SAVVY?

IN NEED OF SOME EXTRA CASH AND EXPERIENCE FOR YOUR RESUME?

APPLY TO BE A DESIGNER FOR THE COLLEGIAN!

* InDesign experience preferred * FOR SPRING 2012

For more information and an application contact: Erika Foldyna: efoldyna@willamette.edu

OPINION

REDUCTIO AD AWE SOME

Silvio's strategy



ANTHONY
MACUK

STAFF WRITER

Italian Prime Minister Silvio Berlusconi has been facing a lot of criticism in recent months.

To the untrained observer, he may appear to be an egomaniac who runs his country like a dictatorship and is guilty of countless abuses of power. But the truth is that he has simply realized that this is the most effective way to get things done.

Throughout history, people have realized that government works best when the people are in charge. Berlusconi has simply come to the same conclusion: His government works best for him when he is in complete control of it.

He's been operating from this mindset for a while. Berlusconi has a large amount of control over the national media, allowing him to retain power effortlessly. This could be seen as somewhat anti-democratic, but it's all a matter of priorities.

If Berlusconi allows for a fair political system, he may lose his position. And if he loses his position, he won't be able to use massive amounts of government funding to throw huge parties and give gifts to attractive female actresses.

He simply places a higher priority on his own entertainment than on the democratic

process. Most other politicians don't display that kind of honesty.

In addition to the media problem, a series of wiretapped phone conversations revealed that among (numerous) other things, Berlusconi has claimed that Italy is "a shitty country" and that German chancellor Angela Merkel is "an unf-kable lard-arse."

By themselves, these statements would seem to imply that Berlusconi is a corrupt misogynist who is completely unfit to represent Italy either at home or abroad. But the truth is that he simply has slightly different views on domestic and foreign policy (and also morality).

In Berlusconi's world, leadership is a popularity contest. Those with the greatest personal assets will be able to control the state media in order to win. This still allows for fair elections because any candidate is free to forge expensive business ties with the mafia if they choose to do so.

When it comes to domestic policy, Berlusconi has realized that the best way to maintain objectivity is to cultivate an intense dislike for one's own constituents.

If a leader supports a certain group in their country, they might make biased deci-

sions. But if a leader thinks that their entire country and everyone in it is shitty, then their policies will be completely fair.

When Berlusconi steals taxpayer money to buy prostitutes, he steals from everyone equally.

In terms of foreign policy, Berlusconi has decided that other nations ought to be evaluated in terms of the sexiness of their leaders. This may seem unorthodox, but the alternative is a series of endless meetings in which various representatives slowly try to hash out a plan.

Berlusconi prefers to save time by making impulsive and shallow decisions based on instinct. Other examples of this policy include his decision to bail out Greece because it's a great place to go for a vacation, not to mention his 2001 declaration of war on Finland because they eat reindeer.

Ultimately, Vladimir Putin may have put it best when he claimed that Berlusconi's critics are simply jealous. It took years of effort for him to achieve his current status of dictatorial scumbag, and he's not about to let a bad reputation stop him from taking advantage of his position.

Contact: amacuk@willamette.edu

OPINION

Has courtesy become a casualty?

HANNAH SCHIFF
MANAGING EDITOR

I spend a great deal of time living in the past, and it is becoming increasingly apparent to me that courtesy is something that has stayed there. Watching old films from the 40s, reading books written over 60 years ago, the past that has been captured in the arts paints a very different picture of manners in America.

That is not to say that things were better way back when. Courtesy was, to an extent, extremely gendered. Women and men were perceived to have different roles, and the glass ceiling certainly split courtesy into something more akin to chivalry.

In this day and age, I don't expect anyone to help me or be courteous simply because I am a woman. I expect it because I am human. More people need to put their evolved brains and opposable thumbs to better use and bring back the little decencies that were commonplace in the past.

I don't know if it's ignorance, self-centeredness or laziness, but the inability people seem to increasingly have to hold a door open for the person behind them, or push a chair in when they leave the library is concerning. Your lack of courtesy is a poor reflection on you and the way you perceive the people around you.

By not paying attention to the details, you boldly state, "I don't care." Caring is essential. We need to know that the people around us are paying attention. Small acts of courtesy mean you are acknowledging the existence of others, something crucial in the 21st century.

You might be asking, "What happened in the past 50-odd years that changed things?" I discussed this matter with a friend, and her answer was technology. We spend so much of our time interacting with others over social media platforms that we forget how to operate away from the computer.

I'm not crusading against social media and networking. Websites such as Facebook can do wonderful things, like disseminate important information to large groups of otherwise disconnected people. Without this sort of technology, the Occupy movement, for example, would not have the sustained momentum that it does.

However, we need to remember that there is a world away from the soothing light of the computer screen — and that the people on the other side of those inbox messages are real. If we spent less time creeping around the Internet and more time socializing face to face, we might subconsciously bring courtesy back.

Perhaps we need more in-person interaction with our peers to realize that they exist. And that's all courtesy and manners really are: acknowledgements that other people are there and deserve your respect.

When you say "please" and "thank you," when you hold that door open for a stranger or, to use the clichéd Boy Scout model, when you help that little old lady cross the street, you're really saying, "I see you, and I respect you."

Be conscious. Be courteous. But most importantly, remember that there is a world outside the computer.

Contact: hschiff@willamette.edu

OPINION

Daily dealings with that damn train

SEAN DART
GUEST WRITER

Did you know that Willamette has a train? It is that big vehicle of moving metal that goes on tracks and does things like make the noise "BR-RRRT" and be really loud at mostly inappropriate and inconvenient times. It's sweet. Here's a list of some life events that the train ruins.

The bubble

If it weren't for that damn train, nobody would know that an outside world even exists. What is the train carrying anyway? My essay on Modern American Politics? Lunch from Goudy? No! Okay, then please remind me why this train exists.

What's that? For Salem? Like, where they did the witch trials? Whatever.

Dreams

No, waking up every hour from 2 to 8 a.m. is totally cool, Train. Keep doing your thing, Train. Nah, I wasn't about to hit a grand slam for the Yankees, then come up with the new name for Lamar Odom and Khloe Kardashian's latest unisex fragrance. Nah, no big deal, Train. Keep being metal and stuff.

Social encounters

You're approaching them — that friend that is sort of, kinda, an acquaintance — closing in on 30 yards now, the appropriate distance to offer a greeting, so you say hello. Unfortunately, all they hear is, "Loud noises. I'm a train, what's up? Nothing much here, just being a train and stuff, moving some things and being loud and kinda scary!"

They don't wave back. Duh.

Unintelligent bets

Remember that time you had a bet with your friend that you could lay down on the train tracks for 30 minutes without dying?

Looking back on it, that was not a very smart bet. 30 minutes is a long time to lie down if you are not napping, you idiot.

East-Side hanky-panky

I know, I know. You were totally going to get some. You used your favorite line, "Your eyes remind me of a deep ocean that I am terrified to swim in, but holy moly, I want to jump right in," but all they heard was, "Your eyes remind me of BRRRT!"

Then they were like, "Who the hell is Bert?"

Then you were like, "Wait, no, I meant I

want to swim in your eyeballs!"

Then they're like, "I think we should see other people, you eyeball collector."

"The Polar Express"

Oh, wait. It was the creepy animated version of Tom Hanks that ruined that movie. And when your older brother told you Santa isn't real. That sucked.

Your moment of profundity

"Actually, professor, I think the Renaissance period was more about trains and loud noises and hooooonnnnnk and metal clanking together, careful don't stand too close to the tracks, though, then more noises, and some more noise, but mostly metal clink-clink-clink-clink."

Silence.

"That's more idiotic than anything you've said in class before. Transfer," your professor says.

That damn train.

Contact: sdart@willamette.edu



"Fine manners need the support of fine manners in other."

—Ralph Waldo Emerson

ADVERTISEMENT

FALL SUPER SALE

Come check out our great bargains!*

November 2, 3, & 4 from 9:00 am to 5:00 pm.

SELECT NIKE CLOTHING - 50% off!

SELECT CLOTHING & GIFT MERCHANDISE FROM 50-75% off!

BACKPACKS FROM 40-70% off!

SLIGHTLY UNSIGHTLY BARGAIN BOOKS - 75% off!

SELECTED ART & SCHOOL SUPPLIES 40-70% off!

ALL HEADPHONES (including Skype compatible) - 25% off!

BUCKY BALLS - 25% off!

HP DESKJET 3050 ALL-IN-ONE PRINTERS ONLY \$62.95!

...And Much More!!



THE WILLAMETTE STORE
WWW.THEWILLAMETTESTORE.COM

SORRY! NO ADDITIONAL DISCOUNTS

ADVERTISEMENT



WILLAMETTE
UNIVERSITY

Atkinson Lecture Series presents

TUESDAY
NOV. 15, 2011
(Doors open at 6 p.m.) **7 P.M.**
Smith Auditorium, Willamette University

SUZAN-LORI PARKS

Suzan-Lori Parks' talks are part performance, part storytelling — always high energy, with an inspired sense of humor. The MacArthur "Genius" Award recipient who is also the first African American woman to receive the Pulitzer Prize for Drama, is currently the Playwright in Residence at the Public Theater in New York City. Named one of Time magazine's "100 Innovators for the Next New Wave."

Tickets go on sale **NOV. 7** at the Information Center, Putnam University Center
First ticket free with a University ID; additional tickets \$10;
WU alumni \$15; General admission \$20
Tickets non-refundable

willamette.edu/events/atkinson_lecture

Willamette University will provide a sign language interpreter and/or attempt to make accommodations for any other disabilities. To request these services, call 503-375-5442 a minimum of one week prior to the event.

