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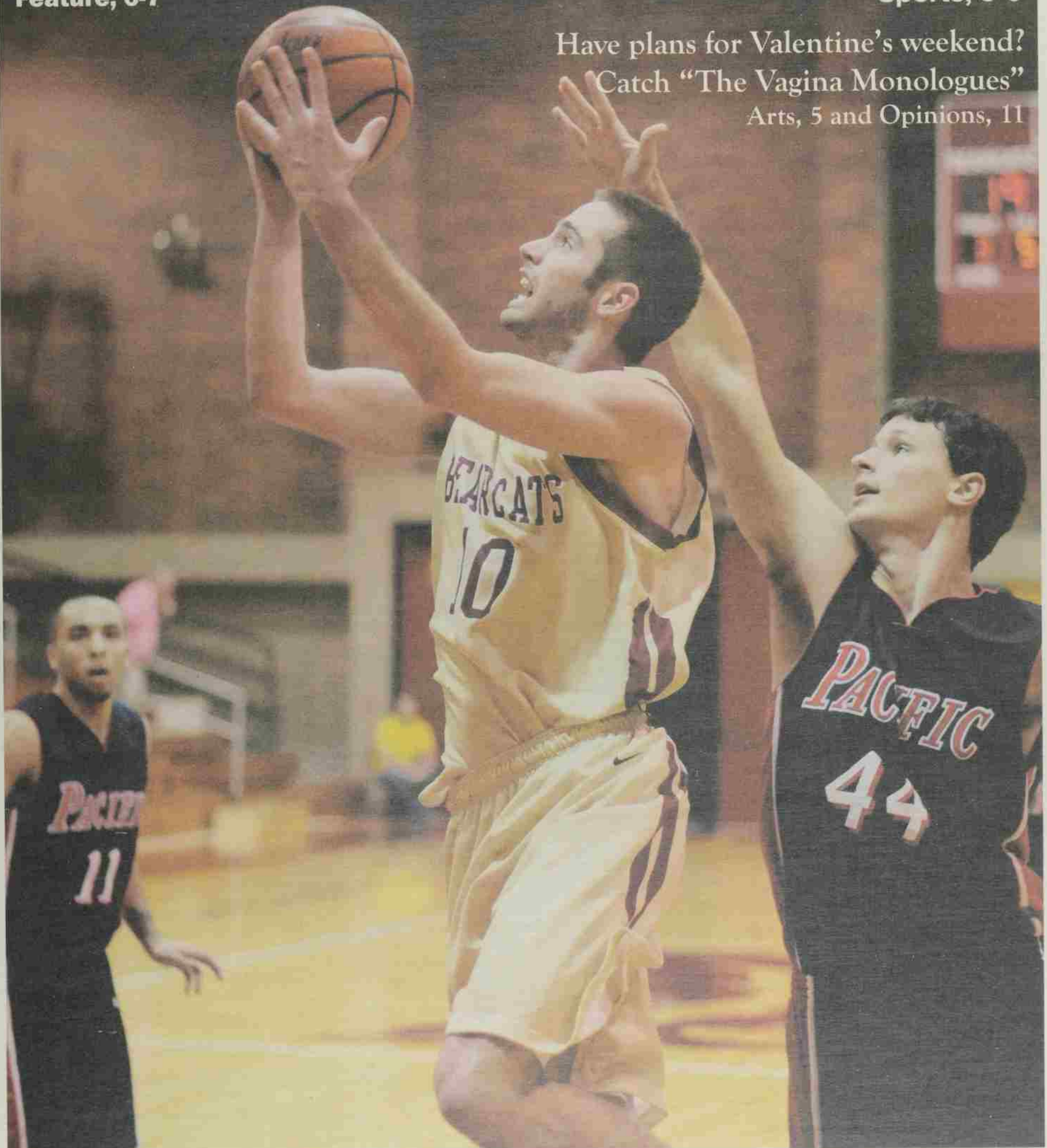
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Theological studies classes begin

KENDRA SCHMAL
CONTRIBUTOR

On Saturday, Feb. 5, dozens of Salem community members filled the UC for the University's 36th annual School of Theological Studies. The program, which began as a four week series of night classes and has since evolved into a two week series of afternoon classes, caters to many Salem community members who are interested in learning about and discussing a wide variety of religious topics. The classes are open to virtually anyone for a small fee, and students are allowed to attend for free.

This year, participants were able to choose one of four classes: Geographical Dimensions of Religion and Belief, a discussion on the religious and spiritual implications many cultures place on the lands they live on; Old Testament Reflections, led by Dean of the Northwest House of Theological Studies Frederick Tiffany; The Death Penalty and Human Trafficking, which takes a look at both the religious and moral implications behind modern debates on justice and capital punishment, as well on the issues of sex trafficking in Portland; and Food and Faith on Film, an extension of the Soul Foods class taught at the University, which examines the ways in which religion, spirituality and food are often connected.

University Chaplain Charlie Wallace, who teaches Food and Faith, said, "We like to have a variety of things. Usually we like to have something about the Old Testament, and then something about justice or a related topic."

The classes are small, housing less than a dozen members each, but because each class is focused on a specific topic, participants are often able to find something personally relevant. "I first became interested in the field of corrections when I was a volunteer teacher at Oregon State Penitentiary," community member Susan Forkner said. Forkner attended the class on the death penalty.

Many other participants in the class also had personal experiences with the topic of the death penalty. "In 1967, my cousin was abducted and killed, and that's how I was introduced to the system," community member Shirley Knepp said. "One of the other reasons I'm in this class is because of the human trafficking [class] next week, which is one of those things I was going to investigate last year."

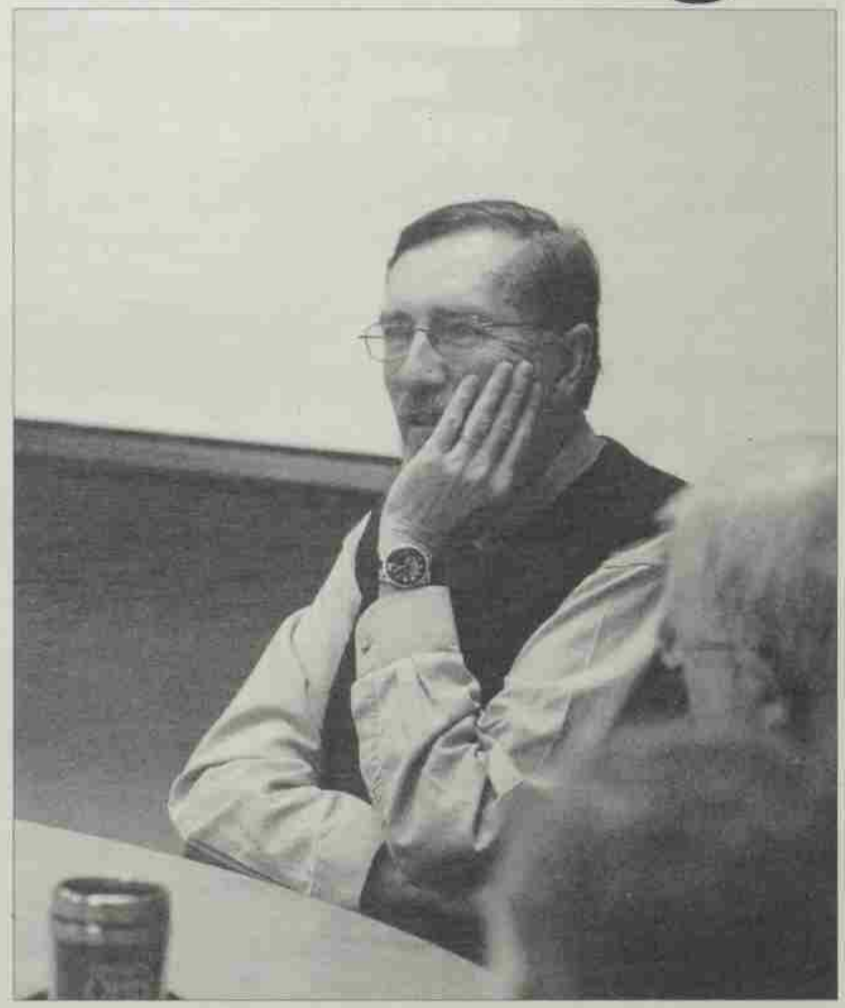
The lecture on the death penalty is taught by CEO of Transforming Corrections and board member of Oregonians for Alternatives to the Death Penalty Tom O'Connor. O'Connor led class participants in a discussion about the problems surrounding the death penalty, focusing on the mentality that often perpetuates problems when it comes to rehabilitating prisoners.

"Think about this," O'Connor said to the class. "You've got ten men coming out of the penitentiary here on State Street. In general, what is the public thinking when they see ten men coming out of the prison? Are they saying to themselves, 'Oh boy, here's 40 percent of the success?' No. They're afraid."

One notable aspect of the School of Theological Studies is that it takes a different approach to many of these topics. "Many of our clientele are folks in the community that are interested in just learning more about a religious and spiritual issue with more of an academic rather than a dogmatic focus that you would get at a church or a synagogue," Wallace said.

Another important aspect is the School's unique and somewhat narrower focus. "Oftentimes at church you don't have enough people who are interested in the same topic," Tiffany said. "But here, by advertising the topics, you're able to get the critical mass that you need to discuss these things." Tiffany, in addition to his job at the Northwest House of Theological Studies, taught religious studies at the University last year.

The participants will be returning Saturday, Feb. 12 from 9:30 a.m. to 12:30 p.m. for the second half of the School of



JORDAN WILDISH

Chaplain Charlie Wallace engages in theological conversation.

Theological Studies where they will wrap up their discussions of the four given topics.

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TIUA Arrival | WU welcomes 93 new students



COLBY TAKEDA

On Monday, Feb. 7, 93 new TIUA students were welcomed to the University. Students began arriving at 10 a.m. and continued until approximately noon. They gathered at the Chicken Fountain, where they were met by Willamette students and staff who assisted them with their luggage and helped them move into their various residences.

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On white bread and the Cold War

KATE BARKER
CONTRIBUTOR

The University hosted Associate Professor and Chair of the Department of Politics at Whitman College Aaron Bobrow-Strain on Thursday, Feb. 3. He gave a lecture titled "Cold War, Hot Loaves: Anxiety, Abundance and Industrial Food Power in the Early Cold War." Bobrow-Strain spoke about the impact white bread has had on our country since the end of World War II.

"He was invited by Willamette as a way to forge stronger relationships between our college and Whitman," Professor of Politics Megan Ybarra, who was responsible for bringing him to the University, said.

Bobrow-Strain recently wrote the book "Intimate Enemies: Landowners, Power and Violence in Chiapas" on the dynamics of land rights in Chiapas, Mexico and is currently working on another book entitled, "White Bread: The History of a Dream," that will be coming out in March 2012.

Bobrow-Strain's lecture drew upon concepts within this book. He explained that the book is based on his personal experience within the local growing movement that has evolved over the past few years. His involvement began with an interest in cooking and baking, which led to starting a business selling grass-fed beef and participating in a co-op that grew its own organic food.

But Bobrow-Strain said that while he participated in this, he became "uncomfortable with the popular theories in literature about organic, locally grown food coming to people's attention. Ones with messages along the lines of 'you should know where your food is really coming from' and 'let me tell you why you should stop eating the food you eat now,' because they did not seem to understand why not everyone can get organic food so easily."

The book, he said, came about from his participation and discomfort with the food growing trend. His research led him to learn about how white bread, which has always been an important staple in the North American diet, brought about the consumption of the processed Wonder Bread type of bread commonly eaten today.

While bread has long been a huge part of the American diet, the creation of white bread after World War II made it internationally recognized as a real American food. Bobrow-Strain explained that when the government was trying to ration wheat, bread became substituted with other foods instead. But, later, the U.S. exported this product to other parts of the globe, like Europe, where millions of people were starving.

The government built up bread's importance by arguing that it was high in nutritional value and would help secure America's borders by feeding starving people and therefore making them less susceptible to communist forces. The sentiment that nothing could be superior to white bread caught on with Americans, making it one of the most consumed foods in the U.S. Bobrow-Strain pointed out afterwards that even today, with the growing organic movements, it is still a huge part of Americans' diets.

When asked after the lecture if there were any similarities between his two books, Bobrow-Strain said that in some ways his interest in the politics of food came about from studying in Latin America for his first book, and that this made him further consider food and politics in the U.S.

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'Willamette Bachelor' raises nearly \$4000 in support of cancer research

ANNA MENCARELLI
STAFF WRITER

In November 2010, fraternity members donated time, efforts and themselves to raise money at the annual "Willamette Bachelor Auction." "The auction was created because [Sigma Chi] wanted to find a fun and creative way to raise money for a philanthropic organization that involved the entire campus," Philanthropy Chair and Sigma Chi member Douglas Gilmore said.

The event earned \$3700 from the silent and live auctions and the \$1 admission fee, surpassing the \$3000

raised in the 2009 fundraiser. The fraternity, in turn, donated all proceeds to cancer research and to support the Huntsman Foundation.

The Huntsman Foundation was founded by former Sigma Chi member Jon Huntsman and his family in 1995. It has funded several projects to treat and support cancer survivors, such as the creation of the Huntsman Institute, a hospital that provides patients with the latest available treatment options.

"This charity is based in Salt Lake City, Utah, and is committed to funding cancer research, cancer treatment and education programs. Their vision is to improve cancer treatment, relieve suffering and improve the quality of life for cancer patients, survivors and their families," senior politics major and Sigma Chi member Jordan Helvie, who participated as one of the auctioned Willamette bachelors, said.

The auction began with the presentation of the bachelors in a series of videos describing the "date" package or themselves. "The event consists of a live auction and this year we added a silent auction and raffle as well. The auction is of date packages that are hosted by 'bachelors,'" sophomore sociology major and one of the auctioned bachelors Marshall Curry said. "These bachelors are members of all different chapters and also independent students as well, not just Sigma Chi's."

The 11 date packages included a visit to the vineyards, ski trips, courtside tickets to the Blazers and an excursion to the Wildlife Game Park Safari in Bandon. "The cool thing about 'Willamette Bachelor' is that all of the packages, the items for the silent auction and even the tuxes for the hosts were entirely donated by members of the Salem

community and the greater Northwest," Gilmore said.

Although the fundraiser was first created by the Sigma Chi fraternity, over the years the event has begun to encompass the help of many students from all the fraternities and sororities. For the last two years, at least one member from every fraternity has participated in the organization of the fundraiser.

"I really like the fact that even though this is a Sigma Chi philanthropy event, it involves all of the other fraternities on campus, as well as some independents - a display of a united Willamette campus driven by the cause to raise funds as well as awareness for cancer research," Gilmore said.

Already, Sigma Chi members have plans to exceed last November's profits and to continue expanding the event to be available for any student, regardless of membership in Greek society. "My role was to be a bachelor this year, which is a blast and nerve-racking. You never know who is going to win your auction. My only wish for next year is that it could be a little bit more viable to students of all financial backgrounds to allow them to win an auction item," Curry said.

Gilmore plans to recruit more businesses to not only increase donations, but also make them bigger and better. "I would just like to say that 'Willamette Bachelor' was possible due to the active efforts of the Huntsman Foundation, Willamette Administration, the alumni and current members of the Delta Zeta Chapter of Sigma Chi, the bachelors and Kristen Ctepezi," Gilmore said.

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COURTESY OF DOUG GILMORE

Hosts Kenny Miller and Brady Ryan introduce "Willamette Bachelor."

Africa Week celebrates African diversity through voices and visuals

EMILIE JENSEN
STAFF WRITER

What began as Africa Day is now the sixth annual Africa Week. It is an extended occasion to celebrate the contributions of Africa's people, cultures and countries to our lives in America. "In doing so we are able to recognize that we receive a very limited, and often negative, portrayal of Africa in the media," Co-President of Africa Club Hannah Harper said.

The week is given a different theme every year, and the purpose of that theme is to provide continuity to the events and to bring attention to specific aspects of the African continent that can be celebrated. This year's theme is "Voices and Visuals: Diversity in Africa."

"We are looking at the artistic and expressive contributions of Africa, specifically dance, sculpture, music, theater, film and literature," Co-President of Africa Club Carley Kwiatkowski said. "It will be a great opportunity to explore in-depth Africa's variety of expressive cultures. The week will be full of fun, engaging activities that spotlight expressive media from various African countries."

Throughout the week there will also be a display in the library of literature and films from various African authors and producers, as well as a list of further readings and films on Africa for interested students to take home.

There will be a variety of events held throughout the week. Listed below is a brief time-line and overview for each event.

Feb. 10: "Convocation: Sudan Referendum" will be held from 11:30 a.m. to 12:30 p.m. in the Cone Chapel. This will include a short media clip followed by student presenters who will discuss the history of Sudan and January's referendum that took place to determine whether southern Sudan should be independent. "The turbulent history of Sudan makes this referendum an incredibly significant moment for the Sudan's citizens and has garnered international attention," Kwiatkowski said.

Feb. 10: "My Neighbor, My Killer" will be shown at 7 p.m. in Ford Hall (room 122). This film is an award-winning documentary that explores the efforts of one small village in Rwanda as it seeks to rebuild its community post-genocide through a reconciliation and justice process in which neighbors

judge neighbors.

Feb. 14: "Timbuktones: Exploring Africa's Intonations" will be held from 11 a.m. to 3 p.m. at the Putnam University Center balcony. This will be a great opportunity to hear and purchase music from across the African continent. The event is mediated through the Portland-based music store Timbuktones.

Feb. 15: "Coffee and Conversation: Creative Explorations of West Africa" will be going on at 7 p.m. in the lounge of WISH residence hall. Professor of History Bianca Murillo will examine the Concert Party Theatre in Ghana. Professor of Art Andries Fourie will showcase the artwork of the Dogon ethnic group in Mali. Conversations will follow these joint presentations with the presenters and audience. The Bistro will provide free cookies and coffee.

Feb. 16: "Open Mic: Africa Speaks" will be held at 8 p.m. in the Bistro. Attendees will be able to enjoy an evening of spoken word, poetry and song. The community is invited to read poetry, sing or tell stories.

Feb. 18: "Philobliarity: A New Development Paradigm? Diaspora Donations and Dilemmas in West Africa" will be held from 12:40 p.m. to 1:40 p.m. in the Hatfield Room of the Mark O. Hatfield Library. Professor of Anthropology Joyce Millen and Professor of French Amadou Fofana will present and discuss their current research in Ghana and Senegal.

Feb. 18: "People Dance" will be in full swing at 7:30 p.m. in the Playhouse. This event involves a night of dance, showcasing a Ghanaian dance piece choreographed by Portland Choreographer Okaidja Afroso.

Feb. 19: "Africa Market" will be held from 10 a.m. to 3 p.m. in Car Cavern. Students and community members will

have the opportunity to support humanitarian projects in Africa and local entrepreneurs by visiting Africa Market. A short film, "The Single Story," will begin at 11 a.m., and Afroso will perform and hold a Ghanaian dance workshop from 12 p.m. to 1 p.m.

Children's activities and catered African food will be available throughout the day.

The week's events promise to be fun and educational.

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ALBUM REVIEW: The Decemberists' 'King is Dead'

Portland folk stars go alt-country

TYLER HOECKER
CONTRIBUTOR

On Jan. 18, the Decemberists, the Portland-based gaggle of gypsy-hipsters led by Colin Meloy, released their sixth studio album. Following what seems a nearly universal law, this album is slightly cleaner, more produced and even hookier than those before it.

The album is definitely the Decemberists we all know, but they've jumped on the country-is-cool bandwagon. This album finds them happily bouncing along with the likes of the Avert Brothers or Mumford and Sons, littering harmonicas, banjos and slide guitars on the trail behind them.

This direction, while novel enough, isn't entirely new for the group. It's just that this album's jangly folk is inspired a bit more by 'Merica and a little less by circa 1850 British maritime culture. They even brought in Gillian Welch and Dave Rawlings to add authenticity, whose cameos alone are reason enough to give this album a listen.

In "King is Dead," the Decemberists are really returning to what they do best. "Hazards of Love" in 2009 was the mediocre result of the group's ongoing affair with rock opera. The epic progressive ballads that first appeared on their 2004 EP "The Train," and evolved through their 2006 album, "The Crane Wife" reached their finale on "Hazards" and have been set aside, at least for now.

Like past albums, the tracks of "King is Dead" rise and fall between Meloy's literary ramblings and the group's inspiring wall of folksy sound. A whirling Hammond organ, ample backup cooing and a confident rhythm section help to fill in around the acoustic poetry that defines the group.

But, while there's nothing wrong with colorful imagery that makes you want to throw on your tweed and ride down Burnside, Meloy's formula may be wearing out. Nothing on "King is Dead" approaches the character and earnestness of their 2002 album, "Castaways and Cutouts" or 2003's "Her Majesty." Some of the tracks felt like grainy flashbacks of those past adventures, much less exciting than the first time and verging on redundancy.

For those that, nine years later, simply can't get enough Decemberists, the deluxe box-set edition of "King is Dead" is out now for only \$165 - and that might be the cheapest way to hear them. Their Feb. 19 show in Portland is already sold out. Such success is a testament to the band's increasing popularity, but as the Decemberists approach (rather, firmly anchor themselves in) the mainstream, their sound may continue to suffer.



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What's Hot @ Willamette?

Brent Hengeveld
Class of 2011



TOM EHRRMANN

What do you read?

"Well, there's the 'Lord of the Rings' trilogy, of course, and the 'Harry Potter' series. But I'm also a big fan of the 'Star Wars X-Wing' series."

What do you watch?

"I follow an online video series called the 'Day 9 Daily,' which is commentary on 'Starcraft 2.' I also watch a little 'NCIS.' My favorite movies are 'Our Town,' the first 'Iron Man' and the 'Star Wars' saga."

What do you play?

"I play games primarily on PC and Wii, and among my favorite games are 'Starcraft 2,' 'Battlefield 2 - Project Reality,' the 'Command and Conquer' series, 'Crysis' and 'Batman: Arkham Asylum.'"

What do you listen to?

"Apart from the music I write, I love to listen to Dream Theater, Trans-Siberian Orchestra, Apocalyptica, Video Games Live, Nobuo Uematsu and Rei Kondoh."

What do you eat?

"My preferred places to eat in town are Marco Polo, India Palace, The Ram and Subway."

If you want to be featured in next week's
What's Hot @ Willamette contact Tom:

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BOOK REVIEW: 'Battle Hymn of the Tiger Mother'

'Tiger Mother' offers another approach to parenting

KENDRA SCHMAL
CONTRIBUTOR

While reading other reviews for "Battle Hymn of the Tiger Mother" in search for ideas on how to approach my own, I was amazed by how many different reactions there were out there. I shouldn't be surprised, I know - this book has "controversy" written all over it - but I just couldn't understand it. I loved the book, even though I hated it. How could so many other people feel just one way or the other?

It seems to me that there are two things working against this book. The first comes in the way that it's being marketed - even though it's just an ordinary memoir, the back of the book reads "How to Be a Tiger Mother," as if it is some kind of manifesto touting the infallibility of author Amy Chua's parenting methods.

And since we learn pretty early on that Chua's parenting methods are not just fallible, but often downright scary, it's easy to be turned off by the whole "my kids are perfect because I raised them right" bit.

The second comes from Chua's stubborn black-and-white worldview. Chua complains constantly about "Westerners" and "Western" values, while simultaneously reveling in her own self-righteousness. She constantly feels the need to categorize everything as being either "Western" or "Chinese," and even though she clarifies early on that she's using these terms loosely - that is to say, that there are Western parents who take a Chinese approach and vice versa - this disclaimer is easy to forget, say, 120 pages in when both words have been exhausted beyond recognition.

Still, if you can get past all of that, I highly recommend this book. More than anything, I admire and adore Chua's straight-forward approach. She tells everything the way she sees it, and, most importantly, she does not make excuses for herself. She can be grating and narrow-minded and painfully narcissistic, but she never tries to justify any of these things. Even in her ugliest moments - when



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Amy Chua celebrates her honest method of parenting.

she threatens to burn her daughter's stuffed animals, or threatens to leave her three year-old out in the cold - Chua refuses to make excuses for herself. She believed that she was right, even when she was wrong.

Out of that honesty comes complexity and understanding, not just for us as readers, but also for Chua herself. In the end, "Tiger Mother" has nothing to do with the right way to raise children, because, as Chua understands it, "All decent parents want to do what's best for their children. The Chinese just have a totally different idea of how to do that."

This book is hard to read because it seems to push all of our buttons: it's about our children and their fu-

tures; it's about immigrants, so it's inherently about class and culture conflicts; and it tries to be about the right way and the wrong way to do things. In short, it's about a lot of things that most people will disagree with, and, in a way, that's the best part about it. But once you get past the conflicting worldviews you can see Chua, less as a crazy "Tiger Mother," but as a fallible, well - intentioned and above all, a truly honest human being.



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BOOK REVIEW: 'Squirrel Seeks Chipmunk: A Modest Bestiary' by David Sedaris

Sedaris experiments with dark satire

AUSTIN SCHOCK
CONTRIBUTOR

Warning: Just because a book contains talking woodland animals does not mean that said text is just for kiddies. In this particular case, in fact, you would be well advised to keep this away from children unless you want to answer lots of incredibly awkward questions or scar your kids for life.

That's right, David Sedaris's new book, "Squirrel Seeks Chipmunk: A Modest Bestiary" will at times leave you gagging at the horrible images the words have placed ("Inception" style) into your mind. Quite a bit of the rest, however, will leave the average reader in fits of laughter.

The book is a collection of 16 short stories, each of which contains a mixture of vulgarity and hilarity, giving them a lifelike quality lacking in a lot of modern literature. That's not to say that these are necessarily well written; some of the stories are very good, but others come off as just bland.

Quite a few can actually be quite depressing, the worst of which is probably, "The Sick Rat and the Healthy Rat," a story about two lab rats. One has been injected with so much crap that he knows he's going to die and is definitely looking forward to it. The other rat is an eternal optimist who believes that as long as she thinks good thoughts and doesn't commit bad acts, she'll never get sick (I bet you can see where this one is headed).

Other stories are actually quite touching, such as "Hello Kitty," a story about a series of AA meetings in a prison. These, however, tend to be the most gut-wrenching (a mink sold his pelt for liquor? Look away, fair innocents, look away).

And then there are those that really just hold a mirror up to nature. The standout in this series could have been, "The Toad, the Turtle and the Duck," a story that takes place in the animal version of the DMV. This

tale embodies one of the main problems with the book: that Sedaris has a good idea, but then abandons it. This DMV story ends up being about misinterpretation and the dangers of overly p.c. people.

Clearly, Sedaris was trying something new with this book, and while it works, it does not work well. This is by no means a bad book, however. His prose flows well, his characters are recognizable (if a tad one-dimensional) and his stories are coherent.

This kind of satire, though, is just not in his style. If you want a strange, funny read and are OK with some really dark stuff, feel free to pick up this book - but don't judge Sedaris by it. If you would like a true taste of his style, then try one of his other works.



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COLUMN

The fragility of art: Thoughts on the conflict in Egypt



**K A L I
BOEHLE-SILVA**
STAFF WRITER

The recent spate of articles on the theft and destruction of Egyptian art and artifacts this past week has added another dimension to the ongoing political protests in the country. Security breaches at the Egyptian Museum in Cairo and widespread looting of antiquities sites throughout the country have highlighted the ongoing struggle of archaeologists and art historians to protect and preserve these precious items.

As Professor of Politics and Environmental Science Joe Bowersox said, "The looting of ancient sites has been a problem for archaeologists working in the Middle East and Mediterranean for years. A situation like this really brings it to the fore because of the difficulty of securing these sites in times of unrest."

Those seeking to profit from the theft and sale of antiquities are often well-organized and well-funded, making the current political situation in Egypt an opportune time for looters and antiquity thieves to access digs.

With the Internet still shut down in the country, curators

and archaeologists are using whatever medium they can to communicate events to the international press. Egypt's Secretary General of the Supreme Council of Antiquities and one of the region's most experienced and well-known archaeologists Zawhi Hawass faxed an update on the Cairo Museum's status to colleagues who uploaded it to his blog on Feb. 1.

Hawass briefly described the security breach at the museum (several individuals broke into the antiquities hall using the museum's skylights), and applauded the Egyptian citizens who rushed to protect the museum and prevent the art's destruction before the military arrived.

Hawass said on his blog, "My heart is broken and my blood is boiling. I feel that everything I have done in the last nine years has been destroyed in one day, but all the inspectors, young archaeologists and administrators are calling me from sites and museums all over Egypt to tell me that they will give their life to protect our antiquities. Many young Egyptians are in the streets trying to stop the criminals ... I am very proud that Egyptians want ... to protect Egypt and its heritage."

Amidst all of the frantic updates surrounding both the protests and the tenuous state of the museums' antiquities, two images stand out to me, both from the MSNBC Web site's

Cosmic Log (page title: "Archaeologists assess Tut tragedy").

A photo from the museum's archive shows a statuette of King Tutankhamun poised atop a panther, the light along the lines of the statue are warm and brilliant in the ways only museum light can be. This is the way I expect art to look when I enter a gallery: pristine, eye-catching and (often) breathtaking. It pulls me in closer to catch all the details of something that seems both mysterious and deeply meaningful.

In a photo from last week directly below it, the same statue lies in shards on the floor, with only the wooden base still recognizable. In that moment - I think I actually gasped - I was reminded how when I study a piece of art, I implicitly assume that it will last forever.

I believe and trust that pieces like Van Gogh's "The Bedroom" or the golden mask of Tutankhamun that mean so much to me will always be around, even if they're stored in a museum on another continent. I was reminded last week that this simply is not true; tragically, art is as vulnerable to destruction as anything else, perhaps more so.

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PHOTOS COURTESY OF MSNBC.COM

The above before and after photos of an ancient figurine that was originally found in the tomb of King Tutankhamun show that the figurine was destroyed in a raid of the Egyptian Museum. While museums and archaeological sites are ordinarily prone to looters, the Egyptian political conflicts currently underway are making these sites particularly vulnerable.

Russian pianist plays Hudson Hall

JOE DONOVAN
GUEST WRITER

Ilya Itin has preformed to sold-out concert halls in St. Petersburg, Mumbai, Mexico City, Tokyo and Miami. He has performed with the London Philharmonic and China National Symphony. His work is proof to us that piano virtuosos are not a thing of the past, and on Wednesday, Feb. 16 at 7:30 p.m., Itin will play at Hudson Hall.

The Daily Telegraph has described Itin's music as "Poised, pure and ravishing in its range in colour." Itin has won many prizes including the gold medal at the Leeds International Piano Competition and the BBC's

Audience Award.

Born in Russia, Itin moved to the United States in 1990. He was trained classically, starting at age four, and is recently known for playing both of Liszt's complex piano concertos. Currently Itin teaches at multiple schools in New York, including The Julliard School and The Peabody Conservatory.

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► Learn more

Tickets for the event are \$5 for students, and \$10-\$20 for community members and may be purchased at Travel Salem, located at 181 High St. NE.

'An Evening of A Cappella' comes to Salem

ELOISE BACHER
CONTRIBUTOR

For "An Evening of A Cappella," Salem will be hosting six A cappella groups from Salem and Eugene. Willamette's all-male A cappella group, HeadBand, said that this event is "one of the biggest shows of the season." Featured will be Salem high school groups from North Salem High School and McNary High School, as well as On the Rocks and Divisi from University of Oregon and Willamette's own HeadBand and Tandem.

The event will be held at Salem's Grand Ballroom and Theatre at 7:30 p.m. (doors open at 6:45 p.m.) on Friday, Feb. 11. This event is \$10 for students and \$15 for the general public. Tickets are available in advance from Travel Salem or www.absolutelytix.com. For will call tickets contact sharonmoore@comcast.net.

Contact: ebacher@willamette.edu

'The Vagina Monologues': A creative spin on a serious issue

HAYLEY HILL
CONTRIBUTOR

As the dreaded Feb. 14 rolls around and single people everywhere start grabbing boxes of chocolates to drown their sorrows, there is another aspect of Valentine's Day to focus on. This year, a group of Willamette students is bringing back "The Vagina Monologues," a series of stories and topics, both humorous and serious, that focus on is-

sues surrounding women's sexuality and the social stigmas associated with rape and abuse.

Written by Eve Ensler, "The Vagina Monologues" was initially just a collection of stories and topics gathered from various women Ensler interviewed about violence against women. The play is now performed in over 140 countries in 48 different languages, and next week you can experience the stories for yourself.

Willamette's production of the "Monologues" has three

performance dates: Feb. 12 and 14 at 7 p.m., and a Sunday matinee at 4 p.m. on Feb. 13. Performances will be held in Smith Auditorium.

Contact: hhill@willamette.edu

► Learn more

For more information about the production, contact kwilhelm@willamette.edu. For more information about "The Vagina Monologues," Eve Ensler or more detail on the wider issues, visit www.vday.org.

THE SECRET LIVES OF WU PROFESSORS

EMILY HANNENBERG Many students spend the majority of their college career coming into contact with their professors only on a professional level.
GUEST WRITER

Whether in class or on campus, the chance that students will get to know anything about their professors' interests outside of the educational bubble is slim. But what happens if students actually take the time to sit down with their professors and have a chat that isn't motivated by their own self-interest? The *Collegian* sat down with Professors Karen Holman, Rob Chenault and Emma Coddington to see how they spend their time away from campus.

Contact:
ehannenb@willamette.edu

Karen Holman
Associate Professor of Chemistry

Collegian: How long have you been playing in a band?

Karen Holman: I have been playing in bands since 1991, and that's around when I was learning guitar.

C: What do you do in the band?

KH: I am a guitarist and back-up singer, although over time I started doing lead singing more. A lot of times I've been in bands where we mix up who's singing the songs. I am by no means the main vocalist, but in each band I have a couple songs where I get up.

C: What genre is your music?

KH: I always loved punk rock, and you can play punk rock not knowing how to play guitar very well. So, that immediately allowed me to start playing music and being able to do it even though I wasn't that great, and so then over time I got better and better and songs got more sophisticated. Now I am definitely a punk rocker for sure because I love playing it, but I can play also more rock 'n' roll stuff and playing lead guitar. I only play rock.

C: What do you enjoy the most about being in a band?

KH: I think just losing yourself and rockin' out. Seriously, time stops and you're in it and it's just super fun. I love being in bands where I am friends with the people. If I had the choice of being in a band with technically savvy people or being in a band where maybe they weren't so good but they made me laugh and we had fun together, I would choose that band.

C: How many bands have you been in?

KH: One of them I'm not sure if it counted as a band because we more played for ourselves, and we never really played out. So, I would say eight bands like: The Shifters (where we actually got on record labels), The Puritans, Surrender Dorothy, The Trust Fund Babies, The Watsons and The Funhouse Strippers.

C: Who are your favorite musicians?

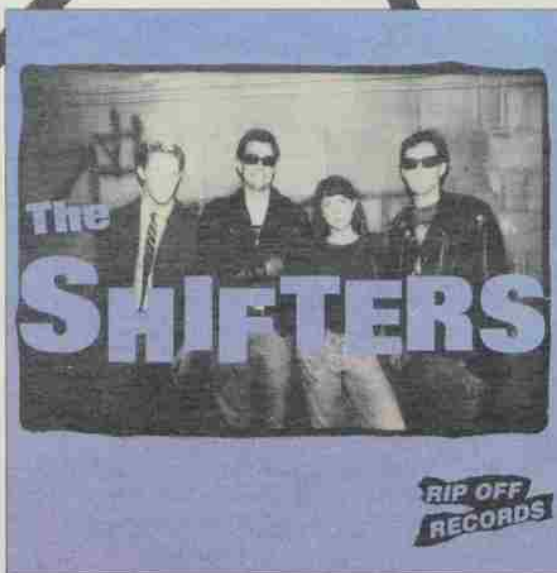
KH: Johnny Thunders - he's a guitarist and he plays really awesome and he's the first one that comes to mind. Johnny Ramone, and he's just bar chords. I've been compared to Johnny Ramone, just playing straight chords but powerful and not with any intricacy or finesse or anything, just a balls-to-the-wall kind of thing. Those two guys epitomize the two things that I love doing. Both of them, more than any other guitarists [influenced me].

C: When did you decide to be a chemistry professor?

KH: When I was an undergrad at Willamette and I saw my professors and what they were doing and I thought that it just looked like an awesome job.

C: What is your favorite type of Chemistry?

KH: Inorganic, which is the study of metals. I really enjoy that and I really enjoy the interaction of light with matter.



COURTESY OF KAREN HOLMAN

The Shifters is one of Professor Karen Holman's eight bands.



COURTESY OF COMMONS.WIKIMEDIA.ORG

Professor Rob Chenault is passionate about ancient Greek history.

C: Where did you study after Willamette?

KH: I went to [University of California] Santa Barbara for grad school and [University of California] Berkeley for postdoctoral research.

C: What were your favorite non-chemistry classes that you took?

KH: I remember really getting excited about biology and it made me think about being a biology major, but then I decided not to. Other than that, I took painting with James Thompson, and I would say that that was another one of my favorite classes.

C: What are your favorite classes to teach?

KH: I love teaching Chem 116, second semester intro Chemistry. Then I love teaching my specialty, inorganic chemistry, and advanced topics.

C: What did you want to be as a child?

KH: My first memory of what I wanted to be was an electrical engineer, and it's totally because it sounded really fancy and cool. I had no idea what an electrical engineer was. No idea. I have to say that when people would ask me, in high school, what I wanted to be when I grew up, I would say, "I don't know, but I do know one thing: I do not want to be a teacher."



Chemistry Professor Karen Holman spends her free time rockin' out.

MINH NGO

Rob Chenault
Assistant Professor of Classics and History

Collegian: When did you know you wanted to be a professor and why?

Rob Chenault: I was a student at the University of Chicago; it was probably between my junior and senior year that I figured [out I wanted to be a professor]. I knew I really liked classics, and that was a recent discovery at the time. I knew that I wanted to study it further and the idea of being a professor grew out of that.

C: What was your favorite class?

RC: In classics – that’s a tough question – it would certainly be the language classes. I really enjoyed both Latin and Greek, and I think in many ways I enjoyed the language classes more than the civilization classes and history and culture and things like that. I actually like the languages most of all.

C: What did you want to be when you were little?

RC: When I was growing up I used to think I wanted to be a lawyer. It seemed sort of strange for a child, but I really looked up to my brother-in-law a lot and he was a lawyer. So, I decided that I wanted to be a lawyer too, and it took me a long time to figure out that that was not a good idea. I went through all the application process for law school, [and] it was in the course of doing those applications that I figured out that I really didn’t want to go to law school.

C: What are your favorite books?

RC: I like history of all kinds, really. Not just ancient history and, strange as it may sound, a lot of the leisure reading that I do is also history, but often from different time periods, like American and European history. I’ve always been mainly interested in history, and that’s what a lot of the books are on my shelf.

C: What do you do in your free time?

RC: Because I have to do so much reading as part of my regular job, I tend not to do a lot of reading in my spare time. I’m sort of burned out on reading and instead I watch TV. ... My main activity for the moment is that I try to go out and run two to three times a week. I used to play a lot of tennis.

C: What do you watch?

RC: I watch “The Daily Show” and “The Colbert Report” pretty much everyday. I like [Jon Stewart] more than [Stephen] Colbert because I find the interviews more substantive and Colbert can be a little hard to take sometimes. So, I watch those shows every night and I tend to watch the news every night, PBS news. And I watch a lot of sports. ... I am currently in the middle of “The Wire.” It’s fantastic. That’s one of the best shows that I’ve ever seen on TV.

C: What sports do you watch?

RC: Football is my first love, college and professional. Once second semester rolls around and I’m deprived of those things, I watch a lot of the Blazers games and I’ve gotten into cheering for them since I moved out here.

C: What are your favorite classes to teach?

RC: I really like the languages (Latin and Greek) because that’s how I got into the field, but I also like to teach the history classes and that’s why I like this position because I can teach both. The history classes are always larger so you feel like you’re reaching a larger audience than with the language classes. But, they’re also more work and need more time to prepare so I’m grateful to have a mix of the two.



COURTESY OF WHORANGE.NET
As a child, Biology Professor Emma Coddington wanted to be one of the “Solid Gold” dancers.

Emma Coddington
Assistant Professor of Biology

Collegian: What did you want to do when you were a kid?

Emma Coddington: I wanted to be a “Solid Gold” dancer. [“Solid Gold”] is a show, and they’d play a few of the songs from the Top 40 hits and they had these amazing dancers.

C: When did you know that you wanted to be a professor?

EC: I figured out pretty young, probably around the same time I wanted to be a “Solid Gold” dancer, that I loved teaching and I admired the teachers that I encountered. [In college] I took a job in my favorite department, zoology, as a research assistant, and I loved doing research – I loved working with people and discovering new things. I loved the process of research and how it’s very iterative and you make mistakes, but you learn from them. It was while I was doing my Ph.D. that I realized you could actually teach at the college level and do research, and that’s when I decided I wanted to be a professor so I could combine both of those.

C: What were your favorite classes taken?

EC: I fell in love with the upper division research methods courses: environmental physiology, wildlife biology, upper division biochemistry and biophysics. My favorite experience I had as a graduate student was going to the marine biological laboratory to take a course called “Neurosystems and Behavior,” and it’s a two-month-long super intensive course. ... I loved that course and that’s what shaped what I do now. Geek camp for neuroscientists, basically.

C: How did you get interested in mountain climbing?

EC: I love being outside and, you know, growing up in New Zealand you’re surrounded by mountains and water, and so I used to only do team sports. It wasn’t until I was in college when I did the more solitary sports, and then now that’s all I do with my husband and our friends: ski and climb and surf.

C: How did you get interested in newts?

EC: I was looking for an animal model system that was asking cutting edge questions about how hormones affect behaviors, and I wanted a wild animal system that was tractable. And the newts are an ideal system, and I fell in love with them during my Ph.D.

C: What is your favorite type of newt?

EC: Well, the rough skin newt. It’s found in abundance in the Northwest. ... I just love the rough skin newt, they’re so cute and really cool animals.

C: Where do you find the newts?

EC: They are in cascade ponds, but they are in a lot of ponds in the coast range.

C: Where is your favorite place to go mountain climbing?

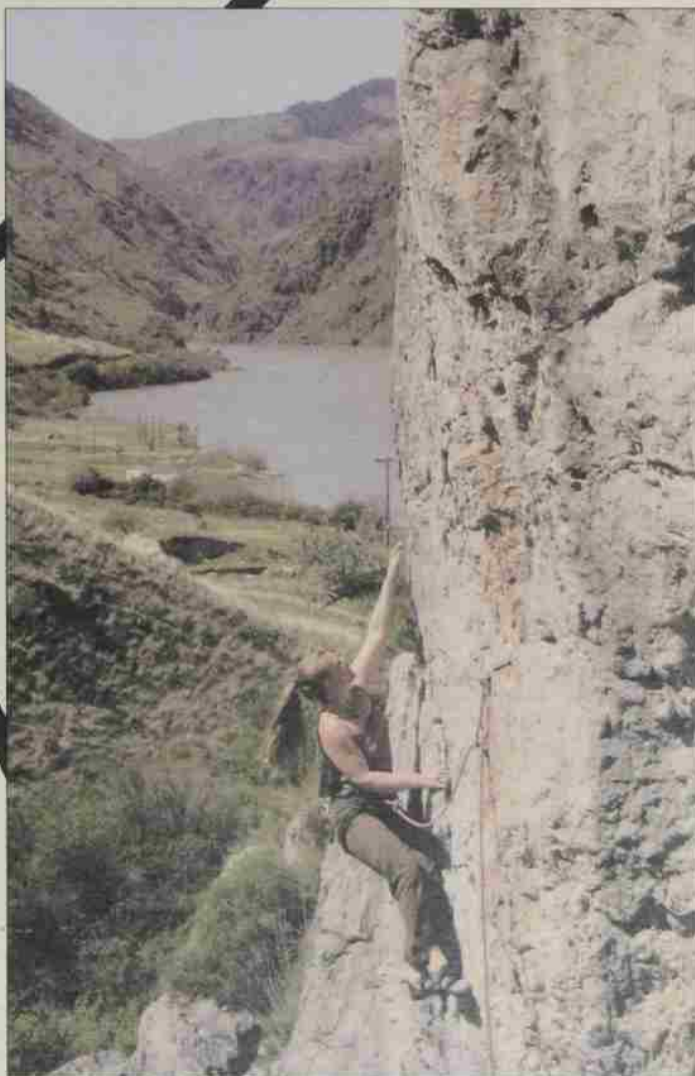
EC: I love climbing at Maple Canyon in Utah because it’s a summer crag so you can go in the summer and there’s so much daylight and you can get up in the morning, ... go climb ten or 12 routes, and it’s still daylight so you can hang out. ... I love it. Equally favorite places are City of Rocks in Idaho and the Mount Arapiles in Australia, and they’re both tread climbing places, wild, not very many people, phenomenal routes, gorgeous rocks – it’s all granite and they’re both beautiful. So, climbing for me is as much about places as it is the climb.

C: What are your favorite books?

EC: Top two favorite non-fiction books are “Why Zebras Don’t Get Ulcers?” and “Proust was a Neuroscientist.” My favorite fiction books – the whole Tolkien series, love those. I also love “The Good Earth.”

C: What are your favorite TV Shows?

EC: One of my favorite writers for television is Joss Whedon, so “Firefly.” Also, “Buffy the Vampire Slayer”; I think that’s a phenomenal story. I think my top ever TV series would be “Deadwood,” ... that and “The Wire,” excellent.



COURTESY OF EMMA CODDINGTON
Biology Professor Emma Coddington enjoys mountain climbing and collecting newts.

MEN'S BASKETBALL

Bearcats turn around skid, sweep weekend series

BRANDON CHINN
STAFF WRITER

In the midst of a frustrating slump, the Willamette men's basketball team was long overdue for a win. The past weekend gave them not just one win, but two, as they swept the season series with Linfield on Friday and avenged a loss to Pacific University earlier this season.

The Bearcats traveled to McMinnville Friday night to take on their NWC rival Wildcats. Willamette's last win dates back to Jan. 8 at home, when the team defeated Linfield 92-66.

Willamette was on track early. Junior post Taylor Mounds, sophomore guard Terrell Malley and senior wing Robbie Kunke all had quick buckets for the 'Cats, who jumped ahead to a 9-2 lead.

However, Linfield battled back, scoring nine of the game's next 11 points.

The rest of the first half was all Linfield, and the Wildcats took a seven-point lead into the locker room. Mounds had ten points in the first half and sophomore wing Oliver Hughes aided the Bearcats with seven points off the bench.

With 15:51 remaining in the second half, the Bearcats game of catch-up began. A layup and a free throw from junior wing Ryan Meehan and a three-pointer from Malley cut the lead to five. Also contributing to the comeback was freshman guard Trevor Bos, who drove the lane for two points, getting the lead down to just three.

With less than five minutes to go, Mounds drilled a jumper from beyond the arc, giving Willamette its first lead of the second half, 81-78. On the next possession, Meehan drove the lane and found Bos, who drilled a deep three, pushing the lead to four with four minutes remaining. With the Bearcats up three in the final minute, Linfield's Daniel Teater connected from long range, knotting the game at 85. The three-pointer did not faze the 'Cats, however, as Kunke weaved his way down the court for an easy deuce.

The Wildcats weren't done yet. Linfield



GOLBY TAKEEDA

Freshman wing Avery Manu and sophomore guard Oliver Hughes fight for the ball during last Saturday's game against Pacific University.

freshman guard Cory Hendrix sent the crowd into a frenzy by knocking down a clutch three, giving Linfield a one-point lead with under ten seconds left. With the game on the line for the 'Cats, Kunke took the inbound pass coast to coast, finding Mounds on the perimeter for one last attempt. Mounds' shot hit off the back rim and went straight up before coming down and going through with only a second left, propelling Willamette to its first win in nearly a month, 90-88.

When asked about the closing seconds of the game in a post-game interview with Full Access Sports, Mounds talked about their game plan coming out of the last timeout. "We talked in the huddle about not wanting to give up a three. We were prepared, though, and we knew if we did give one up we were going to get [the ball] and go," Mounds said.

Including the game-winning three-pointer, Mounds tallied 27 points for the night. Meehan contributed with 16 points, and Kunke finished with 11 points. Mounds felt that the win was big for the team in an effort to move forward and finish the season strong.

"We've busted our butts all season in practice," Mounds said. "We don't look at our record; we just look to improve. We've worked on playing a complete game. It will be big if we can take this momentum and ride it into another big win tomorrow."

Going undefeated for the weekend would not be an easy task against a scrappy Pacific team. Both teams went back and forth in the early minutes with the Boxers holding a slight advantage due to the hot hand of sophomore guard Colin Wester, who scored 16 of the Boxers' first 20 points.

The Bearcats had a weapon of their

own, however. Meehan had the hot hand for the 'Cats in the first half and made Pacific pay, torching them for 16 points with 12 of those points coming from his four three-pointers. Behind Meehan's prolific shooting, the Bearcats took the lead midway through the first half. Meehan gave the credit to great ball movement and penetration from his teammates. "It was just one of those halves where if I could get a shot off, it would go in," Meehan said.

Willamette used a 16-5 run to end the half, capped off by a three-pointer by Malley with just seconds remaining to make the score 46-30. In the second half, however, Pacific surged back, closing the gap to two points, 53-51.

Going into the final minute of the game, the Bearcats held a 77-72 lead, but Pacific would cut it to three with a layup with 52 seconds left. After the teams exchanged baskets several times, Bos made a pair of foul shots to put the game out of reach. When it was all said and done, Willamette earned its second straight victory in as many nights, 80-76.

Kunke had a double-double for the Bearcats, scoring 17 points to go along with ten boards. Kunke also had five assists, making him only five short of the Willamette career record. Mounds and Meehan each finished the game with 19 points.

When asked what was different these past two ballgames, Mounds said, "All of our hard work is finally coming together and guys are stepping up. We believe in our coaches and we trust each other." He concluded by saying, "We are really coming together as a team."

Contact: bchinn@willamette.edu

▼ next up

Bearcats vs. Whitworth @
Spokane, Washington
Friday, Feb. 11 at 8 p.m.

RUGBY

Player's perspective: Ruggers give all against rival WOU

EVAN TURNER
CONTRIBUTOR

Our Willamette Rugby Club (WRFC) spring season is in full swing, as we took on Western Oregon University (WOU) at McCulloch stadium Saturday night. Bright lights and makeshift goal posts paved the way for a great grudge match against WOU. For our seniors, it was the last opportunity to take on WOU and prove how far the program has progressed in four years.

Injuries on the WRFC side to senior captain Stephen Branch and sophomore inside-center Devin Leonardi created an obvious need for many players to step up. Junior 8-man Matthew Scott gave WRFC an opportunity to prove its strength by receiving the ball and starting the momen-

tum. The opening kickoff was received by sophomore fly-half Tyler Holmer. Upon receiving the ball, Holmer was swallowed up by a multitude of WOU players. WOU used its tremendous field position to pound two scores right through our forward pack to open the game.

We responded by driving down to the WOU five-yard line before two costly penalties took away our momentum. Luckily, we recovered through strength and experience with two impressive penalty kicks by one of our seniors, hooker Sean Irving. WOU ended the half strong by scoring on a massive overload to the outside, leaving the backline vastly outnumbered. This resulted in a demoralizing try just before the half.

A lively speech by coaches Mike Scott and Anthony

Lally galvanized us to push on through the strength of our forward pack. We came out and scored our first try of the night with sophomore scrum-half Alex "Lovefest" Rowley diving over the ruck.

WOU began using its overloads in the backline to consistently work the ball down into our territory. However, we remedied their drives downfield through well-placed kicks by sophomore outside-center Dan Boorman, pinning WOU deep into its own territory.

As is typical with rugby, the physicality has a big effect on the outcome of the game. Injuries to Irving and freshman lock Jake Cherry drastically changed the focus of WRFC's offense through ball control. The emphasis on ball control was exemplified by junior prop Jonnie Couwenhoven, who scored a try straight through the WOU forward pack. Couwenhoven's try gave us the lead a few minutes before the final whistle, causing a sense of anxiety and excitement among our team.

However, this seemed to work against us, as our tense nature allowed WOU's skills and experience to push the ball into WRFC territory, leading to the game-ending try by WOU. The final whistle ended our chance at redemption with a 22-29 WRFC loss. Nevertheless, our obvious progress despite a young squad signified the ever-growing abilities of the WRFC.

Contact: eturner@willamette.edu

▼ next up

WRFC vs. SOU @
Medford, Oregon
Saturday, Feb. 19, time TBD



ZACH OSERAY

BEARCAT STAT

SOPHIE WILSON
BASKETBALL

Wilson, a sophomore guard from Port Townsend, Washington, delivered when the Bearcats needed her most during Saturday night's home game against Pacific. With the Bearcats down two and the clock running out, Wilson threw up a 33-foot crowd-electrifying buzzer beater to propel the 'Cats to a win, 58-57.

Contact: jlind@willamette.edu

WOMEN'S BASKETBALL

Wilson buzzer-beater propels 'Cats to victory

MICHELLE LASHLEY
STAFF WRITER

In a heavily contested match against Pacific University, sophomore guard Sophie Wilson would only score one basket during her nine minutes of play. Luckily for Willamette, her basket, a 33-foot prayer as time expired, was the game's most important, giving the Lady 'Cats a much needed 58-57 victory over the Boxers on Saturday night.

Both teams started slow during the first half, experiencing troubles on their respective offensive ends. It was particularly rough for the Bearcats, shooting only 12 percent on 33 field goal attempts. The Boxers led at the break, 23-12.

Willamette's scoring picked up in the second half, shooting an improved 45.5 percent. Still, the 'Cats trailed 50-42 with just over two minutes left in regulation. Suddenly, Willamette caught fire. A three-pointer from Alex Zennan jump-started the 'Cats. Pacific then missed a three-pointer, and Kaileigh Westermann scored for the Bearcats on a layup with 1:25 to go. The Bearcats then fouled, and Boxer Kristen Corrales sunk two free throws with 34 seconds remaining. Senior guard Erin Barclay drained yet another three-pointer, cutting Pacific's lead to one possession, 52-50.

Corrales was fouled again, making both shots from the charity stripe. However, the Bearcats struck right back, with junior Maya McFaddin converting a layup with 15

seconds remaining. Willamette fouled again with 11 seconds to go, this time on Shultz who connected both times. But Zennan came back with a crucial three with only seven seconds remaining. Shultz was fouled again, but this time missed the second free throw, leaving the score 57-55.

Westermann grabbed the rebound and passed it to Wilson. Wilson got the ball past mid-court, but was contested by a Pacific defender. She launched the ball just past half court, the buzzer sounding as the ball was in flight. With eyes fixed and hearts pounding, Wilson's shot went down, giving Willamette the one-point victory.

Key to this last minute comeback was the stymieing of Schultz. Schultz had provided PU with eight points and 11 rebounds, including six points in the second half. She got her fourth personal foul with 7:58 remaining and was pulled out of the game, opening up the lane for improved rebounding and post play from the Bearcats. When she returned, Schultz was forced to play less aggressively, giving Willamette an edge.

Junior forward Westermann earned another double-double during this game, her sixth this season. "I know that I am looked up to on the team, being a starter for three years, so I have to work hard every sprint, every practice and every game," Westermann said. "I pride myself on being an extremely hard worker and one that will never give up on my team."

Westermann scored 12 points for the 'Cats, but it was her rebounding that was the real factor in the win. Willamette was able to edge out Pacific in the boards war 49-48, but even more impressive were the 15 offensive rebounds that created more scoring opportunities. Westermann provided three offensive rebounds, leading the Bearcats in rebounding with 12 total.

Team captain and senior guard Zennan was her usual proficient self on the offensive end, tallying 17 points, including 4-7 from downtown. This long-range success was key to the Bearcats' victory. Of the 19 points scored in the last three minutes to secure victory, 15 of them came from behind the arc.

The match was dedicated to former Willamette Head Coach Cheryl Brown, who coached the team for 11 years in the '80s and early '90s and led the team to five conference championships. Brown was in attendance to see her former team's exciting victory.

After this amazing victory, Willamette moves up to eight in the NWC, with a record of 2-10, 3-17 overall.

Contact: mlashley@willamette.edu

▼ next up

Bearcats vs. Whitworth @
Spokane, Washington
Friday, Feb. 11 at 6 p.m.



ALLISON SZETO

Junior forward Maya McFaddin drives to the basket during a game earlier this season.

SWIMMING

Individuals pick up impressive wins against Linfield

JOE DONOVAN
CONTRIBUTOR

On Friday, the Bearcat swim team competed against the Linfield Wildcats. This dual meet marked the end of the regular season. Although the Bearcats were defeated, both men and women competed well against their conference rivals. The team has made vast improvements over the past two weeks and is priming for an outbreak while the days leading up to the NWC Conference Championships wane.

In Friday's meet against the Wildcats, the women snapped three individual victories. Two of these victories were from Lauren Ballinger, last week's Northwest Conference female swimmer of the week. She claimed titles in the 50-yard freestyle with a time of 26.66 seconds and the 100-yard freestyle with a time of 57.22 seconds.

Ultimately, Ballinger said she is excited for conference. "I'm looking for-

ward to all the energy that will be at the conference meet," Ballinger said.

Ballinger's teammate, freshman Erin Parkinson, also took home a victory. She finished the 1000-yard freestyle in 11:35. Coach Leslie Shevlin is happy with her team's continuous development. "The improvements this season have been great," Shevlin said.

On Friday, the women were victorious in the 200-yard freestyle relay, an indication of this widespread "improvement." The Bearcat women completed the race in 1:50.

The men's side had one victory, recorded by freshman Chris Whitehead. He finished first in the 100-yard backstroke with a time of 54.19 seconds. Whitehead has experienced success in these past few weeks by recording multiple victories.

Last week, Shevlin spoke highly of this youthful men's team. Their team consists of three members, so success

is marked by individual accomplishments. Whitehead's victory allows this team to ride into the conference championships with positive aspirations.

Although these Bearcats are winless in conference meetings, they are peaking at the right time. This combination of youthful energy and developing talent provides the right elements for bombshell races at conference.

Shevlin has high expectations for her team. "I expect some breakout swims to happen," Shevlin said.

Contact: jdonovan@willamette.edu

▼ next up

NWC Championships @
Mt. Hood Community College
Gresham, Oregon
Feb. 25-27

Reeder's
ReaderCardio and
resistanceJO
REEDER

COLUMNIST

Both cardiovascular and resistance exercises are important to maintaining health. Each type of workout provides health benefits that the other cannot.

Cardio can significantly decrease your risk for diabetes and heart disease, one of the leading causes of death in the United States. It decreases your blood sugar and increases your insulin sensitivity. This is significant, as decreased insulin sensitivity can lead to high blood sugar, which is a factor of type II diabetes.

Cardio also helps regulate body weight and fat, as well as blood lipid, or fat in the bloodstream. It has been shown to increase high-density lipoprotein (HDL, or good cholesterol) and decrease low-density lipoprotein (LDL, or bad cholesterol) and triglycerides. Cardio training has also been shown to redistribute adipose tissue, or fat, in a favorable way that is likely to decrease risk of cardiovascular disease.

Over time, cardiovascular exercise can lower blood pressure, which can decrease the risk of stroke and heart attack. It also decreases resting heart rate. Resting heart rate is the frequency at which the heart pumps while a person is inactive. Generally, a lower resting heart rate is beneficial, as it indicates a heart that is more efficient at pumping blood.

Finally, short-term effects of cardio exercise include expenditure of calories, increased cognitive capacity, reduced response to stress, increased ability to focus and improved self-esteem.

Resistance training, like cardio, has its own unique set of health benefits. These include increased muscle mass and strength and, subsequently, increased balance. This is especially important for athletes and an aging population.

Resistance training also increases bone density, which is particularly important for women and aging populations. While we as college students are not yet aging, it is important to improve and maintain muscle mass, balance and bone density as much as possible before and during the aging process.

Resistance training also speeds up metabolism and increases the number of calories burned in a day. This is because for a given mass, muscle will burn more calories than fat.

While cardio can produce some similar benefits such as a modest increase in muscle mass, it does not produce these benefits to the extent of resistance training. Next time you're at the gym, try to do some cardio and some resistance training, or combine the two by turning up the incline on your cardio machine or lifting weights in a quick-paced circuit style.

Have a question about health, nutrition, exercise or general well being? E-mail your questions to Josephine Reeder and have them featured in the *Collegian* wellness column *Reeder's Reader!*

Contact: jreeder@willamette.eduFOOD OF THE WEEK
Pecans

Pecans are full of monounsaturated fat, a good fat that is found in foods such as olive oil. They also contain a decent dosage of fiber, vitamin E and potassium. Studies have shown that pecans may contribute to lowering cholesterol, decreasing risk of type II diabetes and heart disease.

One portion is about ten nuts, which has approximately 200 calories, so be careful with the number you eat. Eating too many may cause a high intake of calories and subsequent weight gain.

COLUMN



Matt's Musings

Something scary



**MATT
PITCHFORD**
OPINIONS EDITOR

I read a story not that long ago about a guy who was dedicated to making sure time didn't pass him by. He noticed, like I'm sure we all have, that when he becomes comfortably situated in his lifestyle time just seems to fly. The unbroken, even monotonous nature of time means that we can settle into a pattern. One minute it's all new and exciting, and the next, you've been in the same place for four years.

So every day, this guy did something that scared him. I remember the story mentioned he would sometimes just lie down in some (relatively) untraveled street. Two minutes of complete vulnerability in a road can really impact how long a day really feels. He used intense discomfort and fear in order to gain a better perspective on time itself.

Now, I'm not suggesting that you go out and put yourself in physical danger in order to appreciate time more fully. But his basic proposition is much less extreme: "Do something every day that scares you."

It's like all those analogies about pearls and coal. Sometimes the most beautiful and precious things grow from the constant irritation or pressure that surrounds us. In fact, it seems that discomfort is a necessary part of life. Without a challenge to where or who we are, there is much less of a reason for personal progress.

This concept, especially at college, carries particular connotations for our development in terms of intellect and character. Sometimes it is better to engage with that difficult idea or circumstance, rather than maintaining a comfortable and unchallenged experience.

Here at the University – perhaps for the first time – we are presented with the tremendous problems of society as well as the true depths and limitations of our understanding. It can be very easy to fall into a complacency of cynicism. We are a thoroughly smug generation.

It is always going to be harder to stand for something than to smirk at everything. It is always going to be more dangerous to believe in something than to maintain a healthy skepticism. But to deconstruct every answer without the willingness or guts to reconstruct in its place is to bulldoze through a junkyard in order to erect an empty parking lot.

This could be what you do – every day – that is utterly terrifying. Rather than merely becoming a repository of information, you can choose to act upon it, even if that action is only in your head. Weigh an issue dispassionately, but still passionately make a decision. It's just as important to be decisive as it is to be informed in the decision-making processes.

In the end, rather than asking you to lie down on a physical road, I'm asking you to walk down an intellectual one. Develop the habit of challenging your habits. After all, we are what we repeatedly do. Push past cynicism to the challenge of conviction. Even if you end up changing your mind later ... that change is worth more than every comfort that skepticism can offer.

Contact: mpitchfo@willamette.edu

LETTERS TO THE EDITOR

We invite you to submit letters to the editor. Letters can be sent by postal mail, e-mail (lgold@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

The government next door

Salem is a great town. We've extolled the virtues of our campus and community before, but sometimes our very proximity to opportunity can cause us to be forgetful of it. That's right. There is a wealth of opportunities to be had right across State Street – at Oregon's Capitol.

The Oregon Legislature's 76th Session convened February 1. Almost every student's major, and certainly every student's interest or cause, can find a direct counterpart in the legislative session. Do you care about jobs and unemployment? Immigration? Taxation? Education? Farming? Crime? Sex trafficking?

Heck, this session has a bill pertaining to just about everything, up to and including the proposal of banning plastic bags at the store in deference to the paper and cloth variety. If you care about an issue on campus, it may be worth looking into the state legislature as an extension of that interest.

For example, an examination of the legislature's Web site can give you information about which representatives are on which committees, when they will be convening and even what bills exist currently,

as broken down by subject area. It's never been easier to be informed or politically active than right now.

Now, as a political block, we college students have a lot more power than the usual middle-school civics sort of actions. In other words, there is a lot more you can do to influence and impact public policy than writing a letter or e-mail to your state representatives.

We have the opportunity to meet, organize, campaign, petition, inform and challenge. Involvement in the political system can extend further and resonate deeper than simply sending out the occasional correspondence.

State politics are never quite as glamorous as the national issues that are constantly in the media limelight. Don't get us wrong, the national legislature and its concerns are important and interesting, but we ought not to forgo the state issues just because they are less fashionable. Often, the state legislature will have a more direct impact on how we live our day-to-day lives than the federal government will.

Politics in general, and state politics in particular, can certainly benefit from a fresh sampling of

youth and the energy that naturally comes with us. If we can but recognize and leverage our potential to impact the political scene, Oregon will never know what hit it. Taking such opportunities can help your personal development and experience while simultaneously helping to move your cause or personal issue forward.

The collegiate campus is a great place to challenge other people's hearts and minds, but we have the opportunity to influence a much wider and grander stage by merely taking our attitudes, convictions and energy across the street. With a new session just started, there has never been a better time to engage in the political activism that is legendary among college students.

COLLEGIAN EDITORIAL POLICY

The Editorial represents the composite opinion of the Collegian Editorial Board

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Matt Pitchford • OPINIONS EDITOR
Michelle Bellusci • MANAGING EDITOR

OPINION

What's to fear about belief?

ANA SAYAVENDRA
GUEST WRITER

In the world today, there have been examples too numerous to count of belief gone wrong or gone too far. As a response to this, our culture has become afraid of offending anyone based on what we believe. It seems as though we have become afraid of belief itself. It's as though to talk about our beliefs is equivalent to imposing our ideas on others.

In spite of this, as we began our internship with the Lilly Project and the Chaplain's office this year, we began to ask ourselves: what's to be afraid of? In naming, voicing and sharing our beliefs with others, we not only gain the sincere privilege of understanding ourselves better, but also a better understanding of the rich and diverse perspectives that surround us.

As we pride ourselves on our campus' progress towards greater diversity, we must understand the dangers of

keeping our beliefs to ourselves. Diversity is not fundamentally about having difference; it is about understanding each other's differences and, through that process, allowing ourselves to be impacted by the perspectives that surround us.

We can't just do this exercise in perspective on an academic level – beliefs are at the core of who we are, and to know them is the first step in living them. Although the two of us are only a small piece of this community, as we began to discuss our beliefs together, we found surprising, humorous and unexpectedly diverse perspectives between just the two of us, which begged the question: What diversity exists within this campus as a whole?

We believe that it's important to have beliefs, to define them, to share them and to make them a reality. As

the year progresses, we have realized the importance of living out this belief we share. We have decided to create a forum for Willamette students to write and talk about what is most important to us.

Starting Feb. 15, we are holding a small, five-week discussion group with students who are interested in talking about where we come from, how that shapes our beliefs and how our beliefs affect our lives.

The discussion group will be held on Tuesday evenings, from 6:30 to 8:00 p.m., starting Feb. 15. If you're interested in joining the conversation, sign up by e-mailing asayaved by Feb. 11. For more information, check out www.willamette.edu/dept/lilly/events/this_i_believe.html

Contact: asayaved@willamette.edu

Here's a snippet of some of the beliefs we found in ourselves:

Amanda

I believe that figuring out who you are is a journey.
I believe in the magic of spontaneity.
I believe that sacrifice is a component of true love.
I believe in dancing, especially alone, in front of the mirror, in your underwear, while lip-synching.
I believe that it's okay to cry sometimes.
I believe in finding my own dream and not necessarily the American dream.

Ana

I believe in the beauty of human imperfection.
I believe in the power and joy of community.
I believe in reducing, reusing and recycling.
I believe in walking barefoot in the grass.
I believe in saying, "I love you" and "I'm grateful for..."
I believe in taking time to breathe.



POLITICAL PARTY ANIMALS

Extension of the PATRIOT Act



Liberal Voice



MAXWELL
MENSINGER

COLUMNIST

A bill proposing an extension of police rights from the PATRIOT Act of 2001 just recently entered Congress. Over the course of the past ten years, Congress has become increasingly familiar with such bills, and the controversy surrounding them. Of course, at its inception, the PATRIOT Act was heralded by many as an American legislative triumph. Those who opposed it, however, cited its use of FISA courts (previously used solely for emergency purposes to permit wiretaps overseas) for domestic wiretaps.

Because such courts required significantly less evidence, this new legislation decreased the standards of due process in the Fourth Amendment, and the court precedence behind it. This and other elements made the bill unpopular in many political circles. Despite public outcry, though, little has altered the bill. President Obama renewed the PATRIOT Act himself early in his presidency.

The current elements up for extension include roving wiretaps, along with some other elements. I'll focus on roving wiretaps.

Roving wiretaps have come into question before; they allow police to track phones even if a suspect leaves a warrant's jurisdiction, changes phone providers or changes phone numbers. The roving wiretaps generally have no expiration date either. These qualities circumvent a suspect's due process rights.

To obtain a wiretap, the police don't even need to meet probable cause standards. While the Fourth Amendment requires the warrant to describe "the place to be searched, and the persons or things to be seized," roving wiretaps are explicit about neither. The place to be searched is "this shifty guy's phone, wherever he is" and the persons or thing to be seized is "potential criminal business." Even constitutional wiretaps are preemptive in nature, so to make warrants permanent and amorphous in their goal is to overstep constitutional bounds.

There's definitely more to this argument (i.e. what threats we actually face, alternate interpretations of the Fourth Amendment) and the president is a constitutional scholar after all, but former President George W. Bush certainly wasn't, and legislation is known to get out of hand during traumatic national crises.

The point: we are in a difficult position. The PATRIOT Act was created to curb terrorism, but this "state of war" could conceivably never end. Our Congress cannot keep perpetuating these violations of civil liberties with the same national security excuses used ten years ago.

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Conservative Voice



NICK
TAYLOR

COLUMNIST

Certain provisions of the PATRIOT Act are scheduled to expire at the end of this month, and House Republicans have set out to do something about it. The three provisions in question are related to evidence collection and wiretapping of suspected terrorists, and the current legislation would extend them until Dec. 8 of this year – the final day that congress will convene until January of 2012.

Now, the problem is that many Americans cringe when they hear anything about the PATRIOT Act, let alone extending any part of it – but I assure you that this extension is not an attack on our civil liberties.

First of all, there is bipartisan support for this extension. In the Senate, there are at least two bills sponsored by Democrats that would extend these provisions until the end of 2013, a year longer than the Republican sponsored legislation in the House. Second, the three provisions that are being extended are for wiretaps and evidence collection with a court order, not the "warrantless wiretaps" that opponents of the PATRIOT Act often speak of.

According to Charlie Savage of the New York Times: "The expiring provisions allow investigators to get 'roving wiretap' court orders for targets who switch phone numbers or providers; to seize 'any tangible things' deemed relevant to an investigation, like a business's customer records, and to get wiretap orders against terrorism suspects who are not connected to any foreign terrorist group or government." The key words here are "court orders."

By extending these parts of the PATRIOT Act, Congress is simply doing its job – to protect Americans at home and abroad (doing your job – a novel idea. Take note of this, ASWU Senate).

These provisions only target terror suspects and in no way target ordinary Americans, as there is considerable judicial oversight of the program. I am certain that this extension will only bring good things and that we at Willamette have nothing to fear.

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COLUMN



Time to prioritize



KEVIN
BELL

COLUMNIST

As some of you may be aware, my overtly fascist and tyrannical employers demand that I submit my columns on Sunday, so that they can have time to insert grammatical errors in my column and remove all the profane (good) content. While this may seem on-face logical, it becomes problematic when it confronts my weekend schedule, which this weekend included irresponsibility, avoiding law enforcement, drawing inappropriate chalk art all over the roof of Campus Safety as well as watching the Super Bowl.

While I may not be the most ardent fan of the NFL, I still revel in the opportunity to drink beer, eat pizza and yell obscenities at people I neither know nor care about on the other side of the magic picture box in my living room. So when I start getting increasingly angry texts and messages from people demanding that I do work for them, I often find myself not caring at all. I am being held at gunpoint while I write this, as a side-note.

Probably the best example of this was Saturday night when I got a text message at 12:30 in the morning from a person I was in a group project with, asking when I wanted to meet to do work. My response, naturally, was "AER YU F**KING SRRIOUS? IT'S SATURDAY NOCH, GO HAS FUN" [note: I am quoting directly, so copy editors: please take a day off, hit up the spa, whatever].

This brings to light a serious problem, however. People are incapable of keeping their priorities in order, especially when it comes to how to spend their weekends.

While I would normally never try to claim that my choices are appropriate for everyone, I feel the natural arrogance and blind confidence which comes with being a high-powered paragon of publication gives me the moral authority necessary to tell you how to live your life. And if you don't like it, feel free to flip over to the sports section to read about how to pick up heavy things better.

The point is, I think that especially in the stress-heavy Willamette environment, where study drugs are more common than real ones, it's vital for students to let their hair down once in a while and have a regret-filled evening. Anyone who gets all the way through WU without at least one pregnancy scare or drug rehabilitation clearly would have had just as good a time taking classes online in between WoW raids. So, really: Go. Have fun. Leave me alone.

I'm Irrationally Irritated this week at scumbags who think they have the moral authority to step outside the bounds of history and dictate to me how to spend my time and live my life. This self-appointed vanguard of the phantom proletariat seeks to repress my freedoms to enjoy college as I wish and impose their rights-denying ethical slavery upon my humanity, devastating my ability to self-actualize. For a perfect example, see the filth-sucking dog who wrote the above paragraphs.

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OPINION

Ignoring truth makes it worse

KATE WILHELM
GUEST WRITER

I have been a part of producing "The Vagina Monologues" for the past four years at Willamette, and every year when I ask friends and acquaintances if they are planning on attending, I hear a variety of reasons for not going. The one that really gets me is when people say they don't want to go because some of the monologues included in the production are "too sad."

Yeah, some of them are pretty darn sad. But that's only because they are truthful and real. All of the stories told in the monologues were written to represent the stories of real women interviewed by Eve Ensler. She interviewed over 200 women about their views on sex, relationships, violence against women and their own experiences living as women.

"The Vagina Monologues" were writ-

ten to tell their stories. Sexual assault and rape are unfortunately all too often a part of the reality of being female. One in three women around the world will be raped, beaten, coerced into sex or otherwise abused in her lifetime. It only seems right that some of the stories relayed in "The Vagina Monologues" would be sad. There are countless stories out there of the ways in which women and girls have been abused, and those stories need to be told too.

Ignoring these stories would mean ignoring the fact that sexual assault and rape happen, and ignoring these problems or pretending they don't exist only makes them worse. The only way we will ever be able to put an end to this horrific and widespread violence is if we start by acknowledging that it is happening. We have to talk about it, to understand the breadth of the problem before we can even begin to solve it.

If we don't talk about it, if we don't tell these women's stories, and (most importantly) if we don't listen to these women's stories, we are essentially burying the problem. Ignoring the statistical fact that one in every three women you know will experience sexual violence in

her lifetime certainly won't stop it from happening. Making it a taboo to talk about these experiences will only make their profoundly negative effects that much worse for the survivors.

So, in response to all the people who have ever avoided "The Vagina Monologues" because some of the monologues are "too sad": you are right, these stories are too sad. They are too sad not to be told. They are too sad not to be listened to. They are too sad to keep happening over and over again to millions of women around the world.

That is why "The Vagina Monologues" are so important. Not only is the money raised by the productions of the show donated to organizations that are working to end violence against women and girls, but it also serves a greater purpose. It tells women's stories that might not otherwise be told. It empowers women to talk about their experiences – good, bad, or otherwise. It raises awareness about violence against women. Only through awareness will we ever make progress.

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CAMPUS SAFETY REPORT

Jan. 14 - Feb. 3, 2011.
Information provided by Campus Safety

ASSIST OTHER AGENCY

▶ Jan. 30, 11:55 p.m. (Off Campus): Salem Police called Campus Safety regarding a noise complaint they had received concerning a house with Willamette University students.

EMERGENCY MEDICAL AID

▶ Jan. 28, 8:20 p.m. (Beta Theta Pi): Campus Safety received a report that a student had fallen and dislocated his knee outside of Beta. WEMS made an evaluation and determined that it would be best if Salem Fire made an evaluation. Salem Fire came and transported the student to the hospital.

POLICY VIOLATION

▶ Jan. 29, 8:13 p.m. (Phi Delta Theta/Sigma Alpha Epsilon): An intoxicated student made derogatory remarks and threats directed towards members of two fraternities. The student was removed from the scene.

▶ Feb. 3, 6:55 p.m. (Goudy Commons): A student snuck into Goudy without paying for her meal. After being approached by an officer, she provided a false identity. When approached by the officer a second time that evening, she provided a second false identity. The officer checked various records and discovered her true identity.

POSSESSION OF A CONTROLLED SUBSTANCE

▶ Jan. 28, 11:05 a.m. (Japanese Gardens): During a patrol, an officer encountered two students in the Japanese Gardens smoking marijuana. The student's marijuana was confiscated.

▶ Jan. 28, 2:30 a.m. (Kaneko Commons): Campus Safety received a report that marijuana was being smoked in a particular room of Kaneko. During an inspection of the room, marijuana and other paraphernalia were found. There was also fire code violation on the balcony.

▶ Feb. 3, 6:20 p.m. (York House): Campus Safety received a report that marijuana was being smoked in a particular room in York. Two students were found smoking marijuana in the room. They were very cooperative. The marijuana and paraphernalia were confiscated.

THEFT

▶ Jan. 29, 2:52 p.m. (Sparks Parking Lot): A student reported the theft of a stereo and GPS from his vehicle. The student was given the number to report the theft to Salem Police.

▶ Feb. 2, 12:03 p.m. (Walton Hall): An employee reported the theft of a Willamette computer, monitor, keyboard, mouse and cables.

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

safety@willamette.edu

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THURSDAY, FEB. 17, 2011

7:30 p.m. Smith Auditorium
Doors open at 6:30 p.m.

TICKETS Available at the Information Center,
Putnam University Center
First ticket FREE with WU ID, additional tickets \$10
General admission \$25 per ticket
Tickets non-refundable
willamette.edu/events/atkinson_lecture

Book signing following lecture. Pre-sale of his March release, previous books also available for purchase.

Willamette 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.

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Applications
are due
Friday,
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