

COLLEGIAN

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Healthy ways to talk about mental health

CAITLIN FORBES
MANAGING EDITOR

2017 has been a year about voices. The voices of those who are oppressed, angry, scared—those who feel like for so long that they have been hidden within the shadowy folds of cultural normality. Mental health awareness is no stranger to the trials that many of the other organizations and movements face. Movies, television shows, books, YouTube videos and social media all yell over each other in an attempt to grab our attention. Amidst all of the ploys to capture the modern viewer, there are some instances where something can become so popular and widely discussed that it has a direct vein into the mainstream public. While we can celebrate those who help highlight problems and misdoings, with the help comes some element of hurt.

Earlier this year the show “13 Reasons Why” appeared on Netflix. It was reactive to say the least. The teen show based off of a book written by Jay Asher, is about a group of teenagers coping with the loss of a fellow classmate Hannah Baker after she commits suicide. Baker leaves tapes that discuss how every main character within the show had to do with her ultimate decision to take her own life. This show was immediately popular as two opposing sides grew: one that romanticized the show, and the other that was horrified. I was on the later side.

So many people had decided that this show would help start the conversation about suicide, bullying and sexual assault, however the damage that also came with the release of this show was apparent. Reported cases of copycat suicides surfaced, because the show romanticized the idea that you could somehow see life after your suicide. I am not saying that it was intentional, but it conveyed the wrong idea. When you type in “suicides based” into Google, the first option is “suicide based on 13 reasons why,” which precedes “suicide based on cyberbullying,” “suicide based on bullying” and “suicide based on body image.” It is no secret that the show ignored the World Health Organization’s media guidelines when it came to the content of the show. Researchers, according to CNN among other sources, confessed their concerns about the explicit content within the show in regards to the way that suicide is framed. However, the show did not take these warnings into considerations.

13 REASONS, 10

The Green Fund: more than what you think

CLAIRE POCK-ELL-WILSON
EMMA SHARPE
GUEST WRITERS

Each semester, students pay a \$25 optional fee to the Green Fund. A committee composed of six students allocates the money collected by the fee to student, staff and faculty members of Willamette University to help fund projects and ideas that will affect the community in a positive way. In the past, as the name suggests, we have funded many projects related to environmental sustainability, however, this year we want to encourage and emphasize projects that are more than green. Environmental sustainability is extremely important, but we want to expand the positive impact that the Green Fund can help students achieve in other areas as well.

This year, we have made a commitment to supporting projects with particular interest in social justice and equity, as well as the environment.

The following testimonies are from students, staff and faculty of Willamette University who have submitted and completed a project with funding from the Green Fund Committee. We hope that these stories will inspire you to come up with your own impactful ideas for projects.

La Chispa or Salem Spark

After being hired last spring, new professor, Catalina de Onís, dove into sustainability on campus by submitting a Green Fund grant for her project, La Chispa/Salem Spark.

“We are very much looking to work with Willamette University’s commitment to sus-

tainability and ensuring that there are equitable conditions when the environment is concerned. One of our goals is to expand what we think about the environment and the impacts as a result of that expansion, and why that matters for different groups.”

The project is led by de Onís and nine students that form three action circles, each with a different focus. The action circles are divided

La Chispa has played a role in composting efforts

ing hard to keep the Book Drive operating and organized.

“For me, it was about doing the most I could to help ease cost for students. Especially first generation and first-year students, because it is such a crucial point in their lives,” Gutierrez said.

In the fall of 2016, Malorie Hill requested a \$3,000 grant from the Green Fund to use for student employees, advertising and supplies. The Green Fund decided the project perfectly captured their mission and would likely have a profoundly positive impact on the Willamette community. In the spring of 2017, they again requested money and they were again given a grant.

When the project was first started, they only had 200 books, but they now have nearly 2,000 books and are still growing. The continuation of this project has created an important resource for first generation students, while also allowing for students to give their used textbooks a new life. Rodriguez stressed the importance of the donated books, saying, “If you’re getting rid of your textbook, please consider donating it to us.”

When asked what Gutierrez would want to say to people thinking about doing their own Green Fund project he said, “...go for it. Whatever project they have, they should pitch it to the committee and gather the support. There are a lot of students at Willamette who take the mission of the Green Fund to heart, so there is a strong sense of support among students.”

AN OPEN BOOK, 8



MANUEL MARCOS GUTIERREZ



MANUEL MARCOS GUTIERREZ

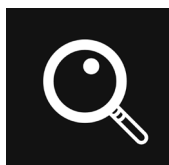
on campus, and recently hosted a muralist and documentary filmmaker.

Moving forward, de Onís would like to see, “some kind of material mark that this effort has tried to work on. So maybe someplace in Salem making spaces greener, more accessible, more inviting in terms of how you park, where you walk on the sidewalk. Things that are currently not in place, but making them available.”

You can learn more about La Chispa and what other things they are organizing on their Facebook page ‘La Chispa/Salem Spark’ as well as on Instagram and Twitter @salem.spark.

The Office of Multicultural Affairs First Generation Book Drive

In 2015, Manny Rodriguez proposed a textbook donation to benefit first generation college students at Willamette. Currently, Office of Multicultural Affairs (OMA) First Generation Book Drive co-coordinators, Manuel Marcos Gutierrez and Rebeca Lopez-Figueroa, have been work-



FEATURE

Fires devastate NorCal. See the impact at WU.

pg. 6-7



NEWS

Elections being held to remodel and update local infrastructure in downtown Salem.

pg. 2



SPORTS

Men’s Cross Country comes in 4th, Hannah Swanson comes in 2nd in Women’s race.

pg. 8



A life of support and service: Remembering Maribeth Collins

MATTHEW TAYLOR
STAFF WRITER

If there is only one thing Maribeth Collins will be remembered for, it will be her generosity.

Throughout her almost 99 years of life, Maribeth committed herself to the betterment of Willamette University and the Salem Community. In her five decades as a member of the board of trustees, she donated over 11 million dollars in personal gifts to the University, giving primarily to the College of Law and Hallie Ford Museum of Art.

“Maribeth was a visionary philanthropist. She always approached me with a simple question: ‘John, what is your biggest need?’” said Hallie Ford Museum of Art director John Olbrantz. “No director could ask for a better friend, colleague, confidant, advisor or champion.”

According to a statement released by the university, her extraordinary

stitution that reaches beyond Salem and the mid-Willamette Valley to the nation and the world,” said Olbrantz.

Alongside her contributions to the Hallie Ford Museum of Art, Maribeth also heavily supported several projects at the College of Law, named for her late husband, Truman Wesley Collins Sr.

“Most recently, she endowed the Truman W. Collins Sr. Law Internship Fund, which helps law students pursue real-life, practical legal experience, especially in nonprofits and other public interest organizations,” a university statement said.

Aside from her contributions to Willamette University, she served in several significant roles in philanthropic and corporate organizations. For 30 years, she served both as the chairman for the board of the Collins Company, a forest products company, and as president of the Collins Foundation, supporting Willamette and the surrounding communities.

“No director could ask for a better friend, colleague, confidant, advisor or champion.”

contributions to the Hallie Ford Museum of Art include the creation of several endowed positions, the funding of art acquisitions, the endowment of a fund that “helps organize a major regional art exhibition every two years,” and in 2007, the complete funding of a total “reconfiguration and renovation of the museum basement into a ‘state of the art’ support space where collections are stored, new acquisitions are processed and exhibition preparation can take place in a fully equipped workshop.”

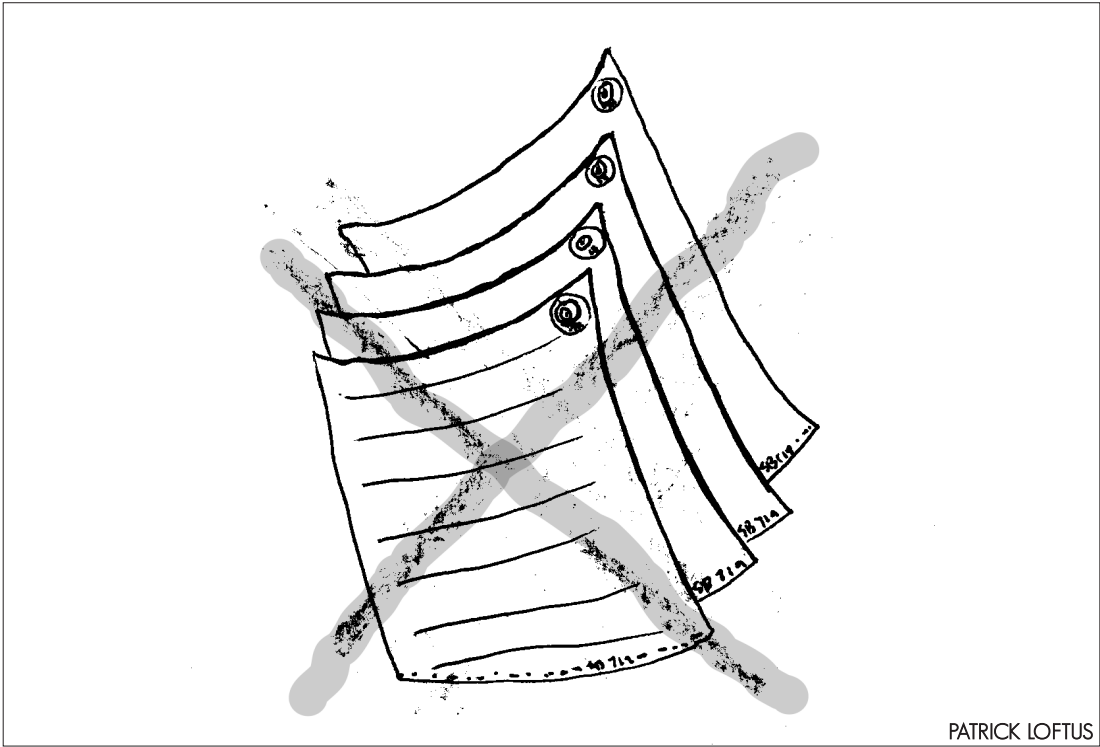
“Maribeth transformed the Hallie Ford Museum of Art from a small college museum of art into a major regional in-

Both Maribeth and the Collins family will always be remembered by the Willamette community for their dedication to the the betterment of the university and the lives of the people it surrounds. Services will be held at the First United Methodist Church of Portland. A time and date is yet to be determined. The family has asked that those interested in sending flowers should instead donate to the Hallie Ford Museum of Art.

Maribeth died on Oct. 9. She was just a month shy of her 99th birthday.

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Backlash on new Oregon anti-gun law



PATRICK LOFTUS

NATALIE ROADARMEL
CONTRIBUTOR

Oregon Legislature recently passed a law which allows judges to enable law enforcement officials to confiscate guns from people who are deemed a threat to themselves or others. After an individual has been identified as a threat, they have 24 hours to turn in all guns. This law will be enacted in January 2018 with hopes of preventing potential suicides and mass shootings.

A group recently petitioned for this law to be overturned, arguing that the state government may abuse their power of gun ownership rights. However, the group only collected 25,000 signatures by the deadline, short of the 58,142 signatures required to put their measure on the January 2018 ballot. The group was originally given 90 days from July 7 to collect the signatures they needed, but they could not start until the bill was signed into law by Governor Brown on Aug. 15.

“It wasn’t for lack of support. We just simply did not have enough

time,” commented Rep. Mike Nearman, one of the campaign’s sponsors.

Oregon currently has fairly loose regulations surrounding guns. Background checks are required, but there is no waiting period for the purchase of firearms. Open carry is allowed and permits are issued for concealed carry, although local authorities have little power in denying requests for concealed carry permits. Additionally, Oregon does not require guns to be stored safely, require gun owners to register their guns or limit the number of firearms that may be purchased at one time.

Gun regulation in Oregon last increased in 2015, when Governor Kate Brown required greater background checks after the Umpqua Community College shooting. Oregon has a history of shootings, and compared to states such as New York, it is incredibly easy and cheap to acquire a gun.

Furthermore, the discussion of gun control in Oregon goes past liberals and conservatives, but into rich and poor communities.

The rural-urban divide in Oregon is mostly to blame for the split on feelings surrounding gun control. Many Oregonians, particularly those living in rural areas, are comfortable with owning guns. They purchase them for protection, personal hobbies and investment among other reasons. Oregon can easily be classified as a “gun state,” which deepens the emotions on both sides of gun control issues.

In the wake of shootings in the past few years as well as the recent mass shooting in Las Vegas, gun control has become a hot topic throughout Oregon as well and the United States as a whole. Gun control in Oregon is an especially hard topic to discuss due to popularity of guns for hunting and other activities. Although this new law is aimed at saving lives and creating a safer Oregon, it narrowly passed and the debate on whether this gives the state government too much power over Oregonian’s second amendment rights is still prevalent.

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CAMPUS SAFETY

CRIMINAL MISCHIEF

October 10, 10:26 p.m. (Eaton Hall): Campus Safety received a call from an individual stating that they heard yelling and breaking glass. The caller had locked themselves in a classroom and waited for officers to arrive. Officers responded and found one of the entrance doors had been smashed.

EMERGENCY MEDICAL AID

October 11, 8:30 a.m. (Sparks Center): While on

patrol an officer noticed an individual who had injured their head. The officer took the individual to Bishop Wellness center to have them evaluated, it was determined that the individual needed further medical assistance and was transported to the Hospital.

October 14, 5:21, (In a Campus Residence): Campus Safety received a call regarding an individual who was passed out. Officers and WEMS responded. Paramedics were also called by bystanders. Paramedics

evaluated the individual and released them into their own care.

POSSESSION OF A CONTROLLED SUBSTANCE

October 11, 7:39 p.m. (Lausanne Hall): Campus Safety received a call asking them to confiscate some marijuana paraphernalia. An Officer responded and confiscated the items.

October 13, 9:51 p.m. (Westwood Hall): Campus safety received a call asking

for an officer to come and confiscate some alcohol from a room with under aged occupants. An officer responded and confiscated the items.

October 14, 9:16 p.m. (Baxter Hall): Campus Safety received a call asking for them to come and confiscate marijuana paraphernalia from a room. An Officer responded and confiscated the items.

WELFARE CHECK

October 8, 2:30 a.m. (Baxter Hall): Campus Safe-

ty received a call regarding a missing person. The individual calling stated that their roommate had left to use the restroom and had not returned. An Officer responded and attempted to locate the individual, a report was filed.

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

Julia Ioffe aids in understanding what Russia wants

MAGGIE CHAPIN
CONTRIBUTOR

With the investigation into Russia's interference in the election still ongoing, Vladimir Putin and his country are on many American's minds. Enter Julia Ioffe, self-proclaimed "Russian Lady" and journalist for the Atlantic, who spent a five-year stint in Russia covering politics. On Thursday the 5th, Ioffe gave a presentation to Willamette students in an effort to clarify Putin's intent for Russia in regard to the U.S. and its role on the world stage.

She began the presentation with a list of five major events that influenced the current political structure of Russia as well as the mindsets of many Russians, including the Bolshevik Revolution and the 25th anniversary of the collapse of the USSR. These two events caused not only the disintegration of the government, but also the collapse of the economy and a loss in Russian identity. Af-

ter the downfall of the USSR, with the country in shambles, Putin rose to power. He immediately began to advocate for a change in the architecture of global authority, demanding that his country be consulted on major issues, reflecting Russia's disdain at being ignored and unrecognized for the world power it believes it is. Through the years he has continued this approach, creating problems throughout the world, such as in Syria, making it necessary for his consultation in order to fix them.

Although Putin came into power as Russia began to lean towards a more democratic state, he held to his belief that democracy is equivalent to chaos and that corrupt regimes are more stable overall. Consequently, the constitution was changed to a six-year presidential term with little debate, and Putin announced his third run for president in 2011, which at the time was not allowed. During the election, obvious cases of ballot

stuffing and carousel voting were recorded, leading to large protests that unnerved Putin. Putin suspected U.S. involvement because, as Ioffe explained, he also believes that the U.S. is involved in the spread of democracy, and that the CIA is pushing American ideals onto other countries, creating governments that are sympathetic to the U.S. government.

These ideals, he believes, will push him out of office, or result in his death. The numerous protests in Ukraine and surrounding countries, as well as the deaths of Saddam Hussein and Muammar Gaddafi (men he identified with), have only increased his fear of a similar fate.

Due to this suspicion of U.S. involvement in multiple countries' uprising, Putin didn't see the problem in meddling in our elections as well. Why Putin decided to tamper in favor of Trump is another issue; Putin saw Hillary Clinton as a war-monger, whereas Trump was seen as a potential ally.

Although the damage from Russia's meddling has already been done and the election is long over, we must continue to search for the true depth of Russian involvement. We must also look at Russia's own future elections and how their outcomes will affect the U.S.'s relationship with it.

In 2018, Putin is up for re-election. With control of the government and the media outlets and without any real opposition, he will most certainly win. How will the Russian people react to his fourth presidential term? Will Putin attempt to interfere with U.S. elections a second time? What will happen in 2024 when Putin is up for re-election at the age of 72? These questions can only be answered with time, but in the meanwhile, an understanding of Russia's motives can help the U.S. prepare accordingly.

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City of Salem paying as much as \$61.8 million for new police facility

KELLEN BULGER
NEWS EDITOR

Back in Nov. 2016, voters in Salem voted down a proposed bond which would've allocated \$82 million for the building of a new 148,000 square foot police facility north of downtown at the old O'Brien Auto Group site.

However, last May a new bond was to be voted on that would allocate \$61.8 million for the new aforementioned police facility and this was approved. The city made headway on these plans when just over a week ago on Monday, Oct. 9 the O'Brien Auto Group lot was bought for \$5.6 million.

The proposed police facility did not pass without controversy, as Brian Hines, a member of the Salem Can Do Better PAC, spoke in opposition at each ballot measure proposal. Hines cited the what he saw as wasteful spending by the city back in November of last year,

"Just as someone can be a strong supporter of our nation's armed forces, yet oppose wasteful military spending, those of us who oppose the police facility bond measure admire Salem's Police Department and Chief Moore, while disliking the extravagant \$82 million plan being voted on this November," Hines said. "The \$82 million bond measure gives the Police Department much more than it requires for a perfectly adequate new police facility, which squeezes out money for other important unmet needs in this town."

In spite of the strong opposition to the proposed legislation the plans will move forward, with the facility expecting to be finished by the fall of 2020.

Proponents of the new facility highlight the fact that the city of Salem's 911 call-center currently works out of a leased building in another part of the city and that for a variety of reasons it would be ideal to have both our city's police and its 911 call-center under the same roof.

TJ Sullivan, who is the Vice President of a business advocacy group within Salem argued, "The police officers want to see and be with the people they work with all day long — for them it is a safety issue as much as it is a camaraderie issue,"

The current facility for the Salem Police Department is located at Salem City Hall in a two-floor, 28,000 square foot space, making the new facility more than five times larger than that of the existing one.

Housed next to the current police facility is the Salem Public Library, which has its own measure to be voted on in a month's time that would allocate \$18.6 million for upgrades to the existing building.

Before the vote in May on the new police facility took place, Salem mayor Chuck Bennett and a supporting PAC raised upwards of \$160,000 in contributions to back the measure. In the coming weeks, the city will almost certainly see if the support for upgrades to other similar pieces of local infrastructure by those in power will neighbor that of which we saw with the state of the art police facility.

Slam poet celebrates Coming Out Day



Katie Wirsing entertains while providing strong points on allyship, education and much more.

HEATHER PEARSON
STAFF WRITER

Queer spoken word poet Katie Wirsing performed last Wednesday night in celebration of National Coming Out Day (NCOD). Recognizing LGBTQ+ and gender non-conforming folks, this day falls on Oct. 11 every year and marks a time of celebration and visibility for queer individuals and communities.

A professional poet, Wirsing has performed at LGBTQ festivals, colleges and conferences nationwide. She's been recognized nationally for her poems, and co-runs Bay Area Rainbow Day Camp, a camp for transgender and gender non-conforming (GNC) kids ages four through twelve.

Event co-host Sophia Brownstein started the evening reminding the audience that NCOD is a day to celebrate, but that individuals also shouldn't feel pressured to come out if they don't want to or don't feel safe. Our recognition of this day, she suggested, must include conversations of how to support and provide resources to individuals who

may face negative consequences for coming out, question why these risks exist and recognize that coming out to oneself is also a milestone to be honored.

Following this introduction, Wirsing performed poems about queerness, family and grief, as well as all the pain of growing up. Bringing the crowd to laughter and then to tears, she used her individual stories to relate to the audience. In between performing vulnerable poems, she took time to interact with the room, talking queer media representation, cis allyship, biphobia and transphobia within LGBTQ+ spaces and, of course, her dog.

"I absolutely adored Katie's performance," commented sophomore Dawn-Hunter Strobel. "She was particularly good at incorporating the audience into what she was talking about, though she was on the stage, it felt like all of us were sitting down and talking to a good friend that just happened to have a lot of stories to tell."

Willamette Events Board members purposefully decided to bring Wirsing to campus to

recognize National Coming Out Day.

"WEB has money set aside to bring people to campus, and we have the responsibility to use that money thoughtfully," remarked Brownstein. She noted that Wirsing was able to create a sense of community between queer individuals on-campus who may sometimes feel isolated.

Additionally, Wirsing challenged allies to step up and have difficult conversations. She stressed that rather than trans and gender non-conforming individuals having to do the exhausting work of educating others about their identities, it is up to cis and straight allies to have those conversations with other cis and straight people. Real allyship, she implored, is having those conversations so that queer folks don't take on that burden.

Brownstein added that allies should try to elevate the voices of trans and queer folks who do speak up. Point people towards the writing or words of marginalized people who have chosen to use their voices, she said, rather than speaking over them.

Beyond inspiring allies, Wirsing also challenged queer individuals to intentionally be inclusive of all members of the LGBTQ+ community. A strong trans and GNC advocate, she called for queer communities to better include and center trans individuals, and to not judge someone's 'queerness' by how straight or queer their relationships read to an outside individual.

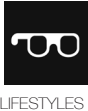
"Why are we judging people by the gender of the person they are with at all?" she asked. "Isn't that against the whole point?"

At the end of the night, students gathered at the front of the room, joking and talking with Wirsing.

"She stood there, queer and very human, open and honest about being queer without making it all she talked about," summed up Strobel. "This narrative is important because often queer and trans people are tokenized and expected to only speak to those issues. The way she presented herself as well as queer and trans issues was very humanizing and validating."

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Coping with shootings and news

MADelyn JONES
LIFESTYLES EDITOR

Last week, I talked about the tragedies in Las Vegas and Puerto Rico and how to cope through helping and inspiring change. This issue will focus more on individual self care and the importance of reaching out to resources and learning what works for you.

However, with advice in general, I urge you to never take it blindly, even if it comes from someone you greatly respect. People grieve, cope and think in different ways, and it is a journey that everyone has to go on. Advice can help you figure out what works or doesn't, just make sure what you take in helps more than hurts and you are continuously checking in with yourself.

I bring this up because I have found a very specific way that helps me cope with shootings. When a list of the victims is released with their eulogies, I take time to read through them all and grieve. This is my way of honoring their lives and giving myself an allocated time to process instead of repress.

This follows one of the avenues of rhetoric around shootings which is to focus on the victims' lives instead of the criminal's. This exists to honor the dead and avoid giving the murderer their five seconds of fame.

It is important to grieve. Having a set time and place to process can be helpful. Therapy is one way to get this space.

It might seem odd going to therapy for things are not just personal but have to do with the state of the world, however if they are affecting you, it is a valid reason to seek outside help.

Even if therapy is not your thing or not possible at this time, make sure you are taking care of yourself. Part of this is deciding when to look up news. If you see it too much on social media to the point that it is more damaging than not, consider deleting the apps in question and take a break.

I know many people want to stay informed—just pay attention to how your feeling to find the right balance of keeping informed and maintaining mental well-being. It will be different for everyone, and that's valid.

I have heard from multiple people that it seems like they are taking world news harder than others around them. It is important to know that with issues that are so difficult to deal with, people do not always show their emotions openly. Some people do not want to feel like burdens or cannot function without repressing their emotions.

What I am trying to say is that a lot of people are damaged by recent events, but not everyone will show it. If you're feeling alone in your grief, you're not. Reach out to resources or friends to remind yourself of this.

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An outline of changes to Career Services

EMMA GIRON
STAFF WRITER

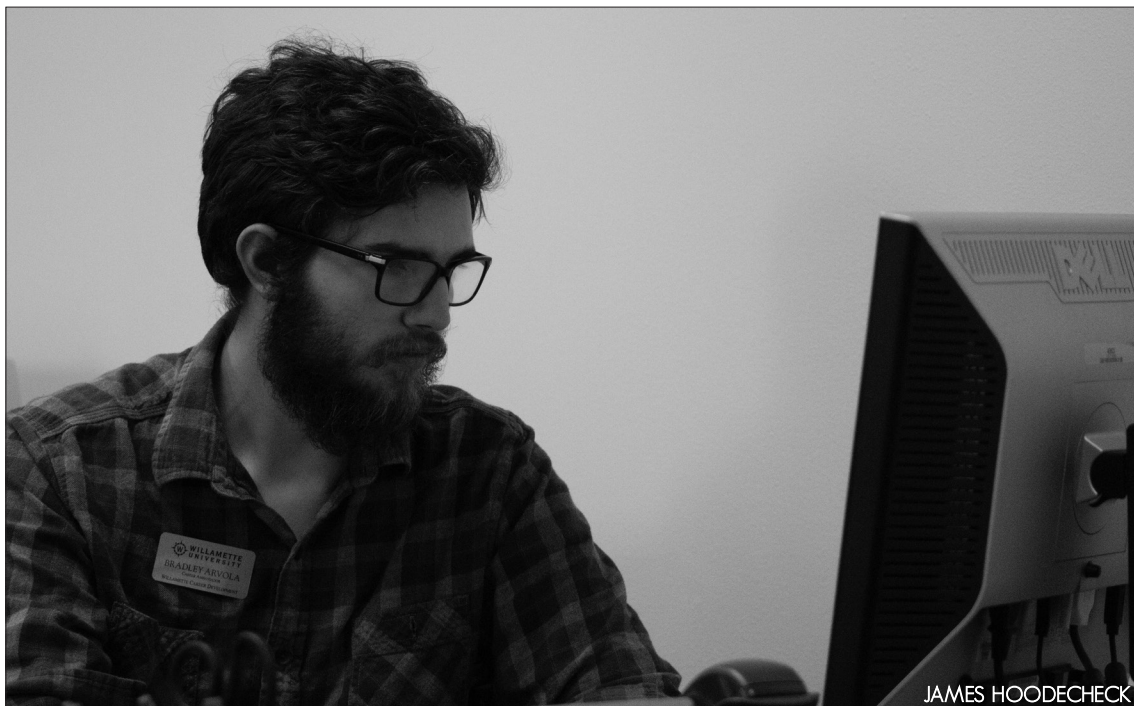
Many changes in Career services are being implemented this semester. The office's location has changed, new professional and student staff have been hired and innovative ideas are coming to light. The catalysts of this change include the new Director of Career Development, Mandy Devereux, and Career Advisor, Anne Lapour. Returning Career Programs Coordinator, Connie Ralph, has also helped maintain the solid structure of the department, along with eight student employees.

For those who have not utilized Career Services, their office is located on the third floor of the University Center (UC), where they offer resume and cover letter revising, alumni networking, graduate school preparation and other services.

The most obvious change to students is the switch of job management systems from Jobcat to Handshake. Both act as networking tools for students to explore career options, upload resumes and keep updated on new job postings.

According to Devereux, the change occurred because, "Handshake provides a better platform that is more interactive and more accessible... you can schedule appointments easily and tailor your profile for jobs to be sent to you."

She explained a benefit of Handshake, saying that "several Oregon schools joined at the same time so we could share job information and report outcomes as a state. 54% of students have logged into Handshake already." The University will also continue using Optimal Resume, a resume and cover letter building program that 736 current students use on campus.



Bradley Arvola working as a Career Ambassador for Career Services.

It seems to be common knowledge that Career Services reviews resumes, cover letters and personal statements, but there are so many more services that are provided.

Devereux commented that students can receive support "with career decision making, major selection, job/internship search, interview prep and practice interviews, LinkedIn profile tips and alumni/professional connections. The staff is also very active on social media and our website has many robust resources." In addition to these personal services, Career Services also prints business cards and provides professional resume paper.

The department is trying to re-establish itself on campus this year with new staff, a new location and the new job posting database, Handshake. Other changes Devereux commented on are "improvements for more student

one-on-one appointments, more drop-in times and re-engagement with career programming across campus." Career Services has made strides to engage with the community by putting on events such as Mentor Day on mid-semester day, Oct. 20th. The event pairs students with mentors in Portland, Oregon for a day of job shadowing.

No other major changes are scheduled to take place until the new staff is settled and campus issues can be isolated, analyzed and addressed. Devereux encourages all students to visit Career Services early and often. Here are some scenarios and topics students can bring to Career Services. The groupings below only represent a small number of examples and are not necessarily class specific.

First Years: Consider on-campus activities and club involvement, look for part time jobs and build a college-level resume.

Second Years: Declare a major, study abroad, think about internships, build skills and experiences.

Third Years: Seek internships and start to thinking about graduate school.

Fourth Years: Consider post-graduate options.

Lastly, Devereux would like to thank all the students who came to Coffee and Career Conversations. She explained the "informed several services [Career Services] is offering including the addition of more morning appointment times as well as more 30 minute appointments for students with busy schedules."

Follow Career Services on Facebook, SnapChat, Twitter, LinkedIn, Pinterest and Instagram to stay up to date on upcoming events and career news.

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Lisa Holliday: confident and hopeful

DEREK KENNEDY
CONTRIBUTOR

As Associate Dean of Students and Director of Student Activities, Lisa Holliday's engagement in student life at Willamette is unparalleled. She directly advises the Associated Students of Willamette University (ASWU), fraternity and sorority Life and Wulapalooza, among a host of other things. Her breadth of involvement in student affairs allows her to have a comprehensive understanding of campus, which is complemented by the institutional memory that comes with her 19 years at Willamette.

Holliday's background equips her to be a particularly cognizant mentor to Willamette students, as she is an alumna of the University of Washington and Bowling Green State University. Her experience with public schools affords her both perspective and awareness.

"For me, when I was looking at colleges a private university like Willamette was not even something that I considered, because I thought it would be too expensive," Holliday noted.

Holliday explained that this understanding gives her compassion and empathy with fam-

ilies and students who are worried about the financial aspect of Willamette. She said that this allows her to, "explain the benefits of a place like Willamette, through what I've observed with the students. At the same time, I think that there are benefits also to the education that I received at the University of Washington that you can't receive here."

The majority of Willamette students don't understand firsthand the experience of a larger institution, and Holliday's experience allows her to impart a certain perspective to her advisees that they might not otherwise grapple with. She serves as a reminder that Willamette is not the only kind of worthwhile institution of higher education, and is able to draw on a broad background to instill best practices among the students that she works with.

Indeed, this perspective has worked well for the Willamette community. Take, for instance, the Greek community. Looking back on her time at Willamette.

"Today, the fraternity and sorority program is stronger than when I arrived," Holliday asserted. "I don't think that we were following national best practices, and I definitely think that

there was more of an adversarial relationship between the chapters and the University." Observing this sort of improvement has shaped her perspective for the future of Greek life.

When asked about the current status of the Greek community, Holliday posited, "We're at a crossroads. When I first came to Willamette, I wasn't sure a university this size needed fraternities and sororities. What I've realized is the fraternities and sororities provide valuable leadership opportunities and also the community piece, the brotherhood and the sisterhood, is very valuable at a place like Willamette."

Overall, the impression Holliday gives about Greek Life is one of improvement and one with a promising future, but one that must be worked for and not taken for granted.

This guarded optimism translates into the way that Holliday views the student body and the institution as a whole. When asked about the student body, she responded, "In terms of academic accomplishments, I would say that the student body hasn't changed much. Ever since I started here, I've felt like they were an academically very strong

group of students, also passionate about their involvement outside of the classroom, whether that be in the community or with their student organizations or with research."

This view of a scholastically gifted and engaged student body is a widely held one, though Holliday juxtaposed it with some other observations.

"Students work more than they used to nowadays, it's very common for students who have a Resident [Advisor] position to have additional jobs, and it's very common here for students to be having two jobs, three jobs, and still be struggling financially, and I would say that's something that's changed in my time here."

Holliday empathized with the fact that the demand on students' time is increasing with such financial obligations, which echoes her ability to commiserate with students worried about the economic factors of being a Willamette student. However, this acknowledgment of difficulty is met with an equal measure of optimism. As Holliday put it, "It is a challenging time, but I'm confident, and I'm hopeful."

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An open book explanation of the Green Fund



A section of books made available to first generation students with help from the Green Fund as mentioned on Page 1.

CONTINUED from Page 1

Evan Greer Event

In 2016, Sophia Brownstein decided that she wanted to bring Evan Greer, a trans/genderqueer, musician/writer/activist, to the school to do a workshop with students. At first she wasn't sure where she would get the funding, but she knew she wanted to make this event happen.

"Evan could have done a variety of topics for her workshops, but I ended up choosing a climate justice workshop that was about the connections between climate change and other social issues

and how marginalized groups often suffer most from the effects of climate change," Brownstein explained.

She was not sure if the Green Fund would be interested in her project, but after the committee reviewed her application they decided give her the requested \$1,700 to fund the workshop.

"I hoped that Green Fund would be interested in funding this and was elated to discover that they were!"

Approximately 40 students attended the event. During the workshop, Evan Greer asked students to split into groups and map out the connections between

words that they associated with climate justice. Students then engaged in a discussion about why they connected these ideas and what responses to these issues might look like on an individual and international scale. After the interactive workshop, Evan Greer held an inclusive and meaningful concert where she sang some of her own songs.

Brownstein said "this event actually got me on an event planning kick and now I am on Willamette Events Board and plan to bring other rad performers to campus! Thank you so much to Green Fund for allowing my vision of this event to manifest, for supporting

Evan's art and activism and enabling the Willamette community to experience the show and interactive workshop Evan provided."

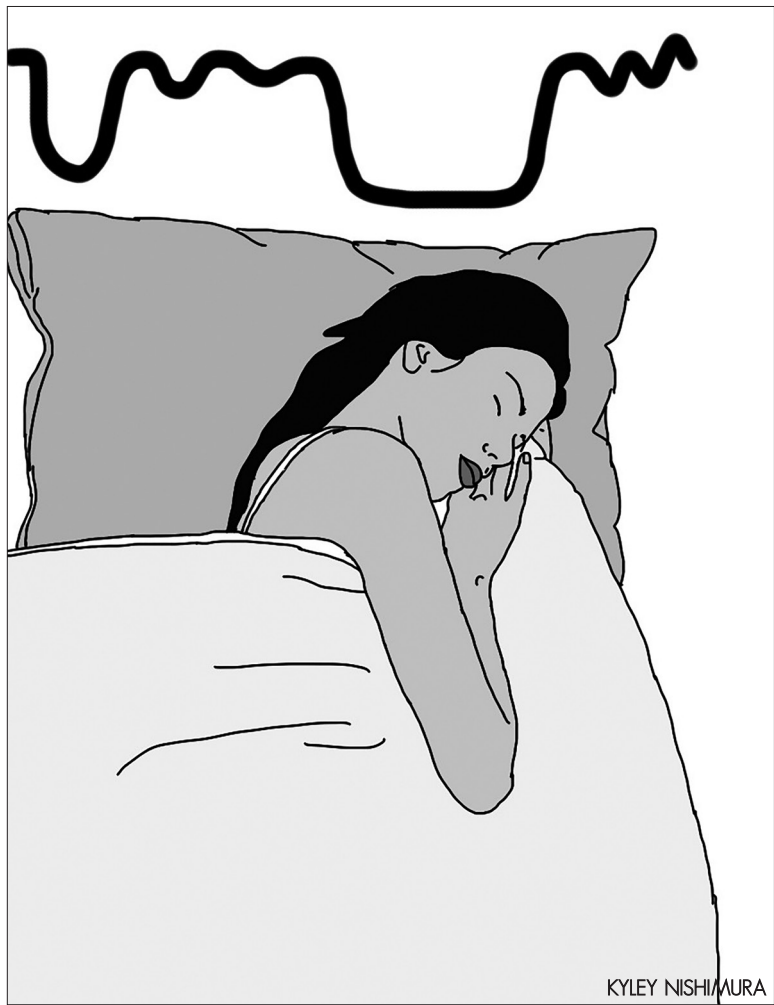
The hope of the committee is to help fund meaningful and well planned out projects that will empower Willamette students to change the on-campus community in beneficial ways. If you are interested in submitting your own project, the first deadline to submit a mini-grant is Oct. 2. If you have ideas for a project that is more than \$3,000, we will begin accepting applications for our annual grants by mid-October. You can meet past grant recipients, learn more about how to apply

and gain inspiration for your own project at our Green Fund Mixer Oct. 25, 4:30-6pm on UC 2nd.

For more information about how to apply for a Green Fund grant or past projects we have funded you can also visit our website at willamette.edu/go/green-fund or visit our Facebook page at Sustainable WU. You can also contact the committee itself with specific questions at wu-green-fund.

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Rest easy by surveying your sleep cycles



DORIAN GRAYSON
STAFF WRITER

You probably aren't sleeping enough, but you likely already knew that. According to The Sleep Foundation, young adults ages 18-25 years old should be getting 7-9 hours of sleep, with the possibility for a little more or less depending on need. Too many, however, believe they're the exception that only needs five hours to go about their day.

Unfortunately, consistent sleep deprivation is a risk factor for obesity, diabetes, cardiovascular disease and strokes. Even if you don't care about those health effects, sleep deprivation makes you less productive and attentive. This reduces your ability to pay attention in class and focus on homework, forcing you to spend more time working and studying, which cuts into your sleep time. It's a vicious cycle that's easy to slip into once the semester starts kicking into gear. However, sleep is in your control, and good sleep is an achievable goal.

One of the first steps to achieving a healthy sleep schedule is to go to sleep and wake-up at around

the same time each day. Yes, even on the weekends. Your body needs consistency to understand the pattern, and it will throw everything out of whack if you spend two nights of the week going to sleep three hours later than the rest.

You may think you're 'catching up on sleep,' but I assure you that isn't the case. Ideally, your bedtime and wakeup time should each be within two hour windows every day. This accounts for mistakes, but communicates consistently to your body when you should be waking up and going to sleep.

One of the reasons you always feel tired isn't just because of how much sleep you did or didn't get, but because of when you woke up. Your sleep goes through cycles. It is better to get less sleep, but wake-up at the end of a cycle, than it is to get more sleep and force yourself awake in the middle. An average sleep cycle lasts about one to two hours, but you don't have to do the calculations yourself. Go to sleepyti.me, enter your bedtime and get a sequence of times that should correspond to the completion of sleep cycles. Set your alarm to one of these times, and you should wake up feeling less exhausted than usual.

Things are rarely that simple, however. Sleepyti.me's algorithm is based upon averages from sleep experiments and cannot be personalized to how your body works. For example, maybe you take longer to get to sleep, or your sleep cycles work irregularly. You cannot know if the times are accurate unless you test them yourself.

In an ideal world, you'll set a regular time to go to sleep and figure out when you naturally wake up, then set an alarm as a backup, in case you don't wake up at that time and might miss class. I know many of us have 8 a.m. classes, though, and I'm not gonna put that much faith in my body's timers right off the bat. Use the weekends to experiment and find your natural wake-up time and work your way to the ideal. Going from a sleep-deprived zombie, wandering from class to assignment to class, to someone who wakes up naturally before their alarm each day is not only healthy, but fulfilling. Good luck!

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California fires im

EMMA BURGESS
GUEST WRITER

On Sunday Oct. 8, thousands in Sonoma, Napa and Mendocino counties were forced to evacuate or face the flames racing towards them, backed by high speed winds. Roads filled with vehicles and smoke carried locals to safety. While I slept in my dorm room, trying to get some sleep before my 8 a.m. class Monday morning, my family was among those who packed what they could and drove south to a safer area. It wasn't until Monday morning, when I woke to a phone call from my mother, that I, and the many other Willamette students from the area, became aware of the fast moving threat to our communities, homes, and families.

On Oct. 10, 34 students received emails from Domanic Thomas, Sr. Associate Dean of Students offering support to those whose zip codes matched those impacted by the fires. The Bishop

Wellness Center and Chaplains Office were listed, along with the Office of Student Affairs, as resources for affected students. Even with those resources I found myself leaning on those around me: my friends, professors and fellow North Bay Willamette students.

Like me, many of the students I talked to from the area had lived in the same towns their whole life, some even in the same house.

In shock and catastrophe there is almost nothing more important than the reactions of those around you. Bella Medina, a first year from Larkfield, California said, "All through high school, teachers and counselors would tell us how when we got to college our professors wouldn't care about our problems, but all of my professors have been so understanding and supportive."

This personal connection and caring, is why I chose Willamette, and even with the horror of a disaster this occupying to con-

my thoughts, knowing I have people in my corner who understand and care about me, sheds light in an otherwise distressing time. All of the students I talked with had lists as long as my arm of positive interactions with staff and students in the last week. Even still, below all of those lists were careless comments or insensitive remarks. Cameron Taggesel, a first year from Sonoma, after sharing the story of one such instance, commented on the "importance for them to know there are people on campus who are affected, to varying degrees, even though they may not know them personally. Awareness of those around you is important."

Empathy for one another is never more vital than during a time of adversity, and with hurricanes, mass shootings, wildfires and tornadoes, the last month has certainly been one of those times. As of Oct. 16, there have been 40 confirmed deaths, making the Northern California fires the most fatal wildfires in state history.

"It's hard to con-

centrate on homework, it is hard to focus on anything else while this is all happening back home" was one of several similar comments made by affected students. School work isn't the only difficulty expressed. Bella Medina shared a recurring fear. "When I was going to sleep I just kept thinking what if I wake up in the morning, and they don't?"

Even in a college environment as supportive as Willamette the conflict between academics and personal problems, is a very real one. Even with extensions, "the internal struggle of taking time for mental health and falling behind, or working through emotional turmoil and grief, and having a breakdown" is a fear I share with Bella Medina, and I'm sure many others.

Another obstacle facing WU students affected by the blazes is distance. There are 600.6 miles be-

tween me and my friends and family who have evacuated and lost homes. One student shared the thoughts that accompanied the distance, saying "I don't know what's happening, I can't see the devastation I'm experiencing it all through word of mouth and social media. That could also be a pro though, not having to see the devastation first hand, not in the way at least I can't constantly feel like I could be helping or volunteering if I were there."

While having social media is helpful for keeping up to date and contacting friends, it has negatives as well. In an era where anyone can witness every disaster in the world with a swipe or click, the trauma and misfortune of others can become somewhat of a normalized scene.

Experiencing personal disaster in the same way experienced by others



Structures Destroyed:

Total Acreage: **102,78**

Structures Threatened

Structures Damaged: **2**

Students Contacted: **3**

Civilian Fatalities: **22**

Impact WU students

s and other tragedies occurring in the world has been, for me at least, very disorienting and confusing. An echoing sentiment throughout all of the interview I conducted was, “What am I coming home too?”

When watching news and looking at photos of the ash I forget sometimes that the rubble on the screen is the same town I grew up in. I feel very grateful and fortunate to have a home to go back to, but like some of the other Willamette students from the area, there is an underlying survivor’s guilt accompanying the relief.

When watching news and looking at photos of the ash I forget sometimes that the rubble on the screen is the same town I grew up in. I feel very grateful and fortunate to have a home to go back to, but like some of the other Willamette there is an underlying survivor’s guilt accompanying the relief.

As there is with most struggles, a silver lining shined brighter with every person I had a chance to talk to. Adversity, “brings people together and unites us,” said Taggesell. The same student pointed out that the scale and publicity might raise, “awareness to climate change and realization of our global situation, create changes and advances in technology, and improvement in how fires are prevented and fought.”

There seems to be a general internal growth and realization going on in all of the students I talk-

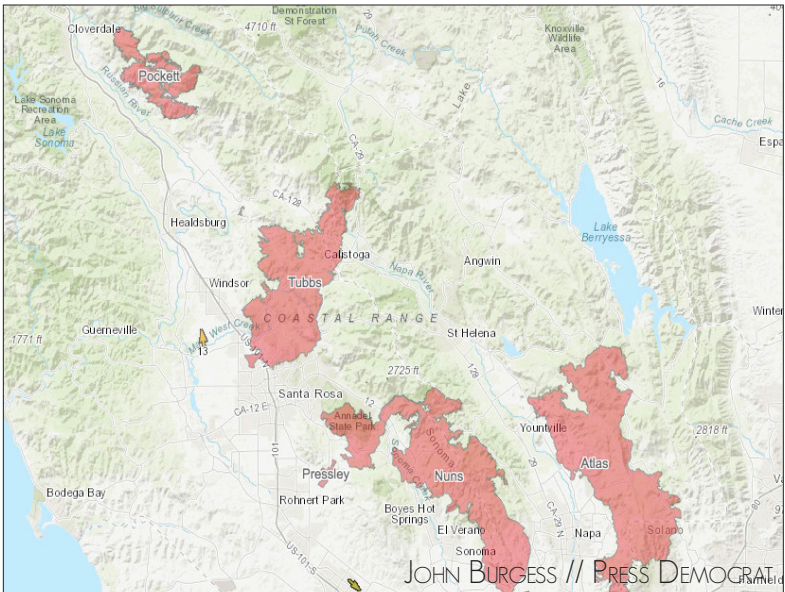
ed to. Medina describes part of these changes saying that “Before I would read the news and feel awful for those impacted. But now as it’s happening to me I can’t help but to personally empathise and understand every pain they are expressing” Medina brought up an instance in the last week where she viewed a video on the hurricanes in Puerto Rico, similar to others she had seen before, and felt as if she was hearing about it for the first time, the emotions she experienced were so much stronger than before. Though homes, sleep and lives have been lost, Northern California community

members have gained perspective, on misfortune and previous problems in their lives. In Mediana’s words, “if we can deal with this we can deal with anything.”

With that gained perspective and the urge to help our community in such a difficult time, senior Casey Dobbert and I reached out to physics professor David Altman and Stitch and Bitch, Willamette’s knitting club. Altman is my Culture of Knitting Colloquium professor and faculty advisor, and Dobbert, also from Santa Rosa, is my Opening Days leader and colloquium writing consultant. The 3 of us started planning a fundrais-

from Oct. 30 until Nov. 3 from 11:30-1:30, you can find volunteers managing our own little pop up shop in Goudy, selling hand knit coffee cup cozies, ear warming headbands and a number of other goods, created and donated by Willamette community members, with all proceeds and donations going towards the Redwood Credit Union Sonoma County relief fund. If you would like to contribute knitting or other crafts to the fundraiser, you can contact me for patterns, details, or more information.

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Bearcats battle

DANI SAUNERS
STAFF WRITER

The Bearcats played in Newberg, Oregon on Saturday against George Fox University and fell short by a score of 58-12. The first two touchdowns of the game were scored in the first quarter. James Nguyen and Grant Schroeder. Nguyen's first touchdown was on a nine-yard pass from Schroeder and the second was on a nine-yard pass from Evan Nelson to Schroeder. Both of the after-touchdown kicks were executed by Jason Santoni. The score was 14-0 for the remainder of the opening quarter with the Bearcats trailing.

With a little under ten minutes left in the second quarter, senior Joey Thurman scored Willamette's first touchdown on a 13-yard run, but the point after attempt was missed. This put the score at 14-6 with the Bearcats still trailing. With about two and half minutes left in the second quarter, George Fox kicker Santoni added a 24-yard field goal which forwarded the Bruins to a 17-6 lead. But, Willamette answered back to this field goal. First year Miles Bryant wasted no time earning back some yardage for the Bearcats as he threw two passes to senior Kevin Martz: one was 13 yards and the second was 15 yards. Bryant also had two 12-yard runs. After two passes that were incomplete, Willamette's second touchdown was scored by senior Alex Israel with 21 seconds remaining in the second quarter as he received a 21-yard pass from Bryant. This was Bryant's quarterback debut for the Bearcats. He also had nice passes to senior Jordan Fickas, one of them being for 43 yards. Another pass worth noting was a 15-yard pass to junior Matt Stone, which set up the Bearcats to have Thurman score his touchdown in the middle of the second quarter. The first half of the game ended and the score was 17-12.

George Fox ended up with the first possession in the second half and scored after driving for 64 yards and ending this drive with a 23-yard run from Schroeder. The attempt after attempt was missed by Santoni. The score was now 23-12. Another touchdown was scored after this when Bryant was sacked by George Fox Justin Kruse. Austin Taylor recovered the ball that Bryant fumbled. The first play of this new possession resulted in a touchdown scored by Wesley Riddell and Schroeder tacked on another one after that. The third quarter ended with a score of 44-12. The Bearcats remained scoreless for the rest of the game as George Fox stacked on two more touchdowns in the fourth quarter.

The Bruins had a total of 484 yards in the game: 355 rushing yards and 129 passing yards. Willamette had a total of 242 yards, 143 of those being passing yards. George Fox is ranked #21 in the nation for NCAA Division III football and now has a record of 3-0 in the Northwest Conference. Willamette falls to a record of 0-3 in the Northwest Conference.

The guys are at home this weekend as they take on the Pacific Lutheran Lutes on Saturday, Oct. 21 and kickoff is scheduled for 1 p.m. Try and make it out to cheer them on!

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Women's Soccer team wins twice over the weekend

JARIN KOBASHIGAWA
STAFF WRITER

Over the weekend the men's soccer team tied once and lost once. On Saturday, the Bearcats tied the Whitman Blues 1-1 in double overtime. In a scoreless first half, Willamette held a 5-1 shot advantage, with two of the five shots being on goal. The Bearcats took the lead at the 68th minute when a strong throw-in by junior Joe Plaster was deflected into the net by a Whitman player. The Blues tied the game with just under 24 minutes remaining in the game on a cross that was met by a Whitman player and put into the goal.

In the first overtime during the 95th minute, Bearcat sophomore Hijiri Iimima's shot was just wide of the goal. The game was forced into its second overtime, where seniors Quinn Mello-Bastida and Alan Hernandez both threatened to score. Mell-Bastida's shot was wide right and Hernandez's shot got blocked. Willamette's defense, which had two saves on shots that were on target, kept the overtime period scoreless.

On Sunday, the Bearcats suffered its first loss in ten games to Whitworth University. Whitworth's first goal came at the 25 minute on a cross from the right, which was redirected into the net from a few yards out. Just before the half ended, at the 42nd minute, sophomore Patrick Charlton hit an eight-yard header into the goal from a pass by Mello-Bastida.

With under nine minutes remaining in the game, a Whitworth player rebounded a shot to take the lead. Gonzalez-Yanez stopped the first shot on goal, but a nearby Whitworth player was able to finish the job. Sophomore Sodai Takayanagi and first year Max Berner-Hays both tried to tie the game but fell short. In the second half Whitworth held a 6-7 shot advantage, and 2-5 shot on goal advantage. Additionally, four yellow cards were issued, three of which were Whitworth's. The Pirates improved to 7-6-1 on the season, and 5-3-1 in the NWC.



KENDRICK ARAKAKI

Manset puts a shot on a goal during the 3-0 win on Sunday.

Willamette fell to 7-4-2 on the season and 6-1-2 in the NWC, but remained in first Place. The Bearcat's next game will be on Saturday, Oct 21 against George Fox University, in Newberg, Oregon, and will begin at 12 p.m. (PDT).

The women's team went 2-0 on the weekend, shutting out Whitworth University and Whitman College. On Saturday, the Bearcats challenged the Whitworth Pirates and took complete control of the game, outshooting the Pirates 23-6. Sophomore Fionn Fortune struck first for the Bearcats at the 16-minute mark. Sophomore Yume Matsuyama took the shot on the goal, which led to Fortune's finishing touch into the left side of the goal. Sophomore Rachael Moulton belted the next goal into the upper left section of the goal from 30-yards outside on a free-kick.

Emmy Manset, the senior, led Willamette with five shots on the day. Willamette's goalkeeper, sophomore Kristen Barclay, accumulated four saves on the day.

On Sunday, the Bearcats pulled off another shutout win of 3-0 against Whitman College. Manset was involved in every scoring play, scoring two goals of her own and assisting with the one other goal. Manset's first goal came during the ninth minute when she sent the ball into the lower right corner of the goal. Shanna Keil, a sophomore, played the through ball that set Manset up for the opportunity. Caroline Adams, a first year, was the other Bearcat to score, her shot was placed in the right side of the goal. Following a shot by Manset which was blocked by a defender, Adams, from 15 yards outside of the goal blasted a shot to make

the score 2-0. The final goal came at the 89th minute when Manset successfully took a penalty kick after being tripped up inside of the penalty area. Willamette took 37 shots against the Blues, including 21 shots on goal. Keil had five shots, first year Lacey Jones had four shots, senior Kelsey Walker and Fortune both had three shots. Barclay registered two saves and recorded the shutout. The Bearcats improved to 9-3-2, and 6-3-1 in the NWC. The Bearcats are fourth in the NWC standings with 19 points, trailing the third place University of Puget Sound by one point. Next week Saturday, the Bearcats will host archrival Linfield College, at Sparks Field beginning at 12 p.m. (PDT).

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Cross country runs well at invitationals

CARRIE FOX
STAFF WRITER

A group of Bearcats traveled this weekend to compete at the UW-Oshkosh Kollege Town Sports Invitational in Winneconne, Wisconsin. The tournament featuring primarily NCAA Division III athletes, included 26 teams and 351 runners in the men's 8-kilometer race, and a women's 6-kilometer race involving 24 teams and 353 runners. Willamette did not field a complete women's team.

The men's cross country team took fourth place, led by junior Keith Carlson in fifth place and sophomore Michael Montague in eighth place, and senior Hannah Swanson took second place in the women's race. Swanson, who finished the course in 22:10.29, trailed only the first place finisher in the women's race who completed the course in 22:10.29.

Swanson was one of four Willamette runners who competed in the women's race and placed in the top 40. Sophomore Kyla

Shade was 28th overall with a time of 24:02.39. Junior Hazel Carr placed 32nd with a time of 24:09.16, and junior Emily Evans reached the finish line in 37th place at 24:17.89.

In the men's 8-kilometer race, fourth place and fifth place were separated by less than one second. Carlson was fifth at 25:39.9 coming in just .7 seconds about the fourth place finisher. Montague finished in eighth place with a time of 25:54.2.

In addition to Carlson and Montague, other runners for the men's team included sophomore Ross Enlow, junior Ricardo Castillo-Flores, sophomore Kellen Bulger and freshman Max Frankel. Enlow placed 28th in 26:38.5, while Castillo-Flores was 48th at 26:58.2, and Bulger was 65th at 27:11.09. Frankel placed 109th in 28:24.1. Willamette achieved a score of 134 to come in fourth place overall.

"I thought there was some really good competition at the meet," Montague said.

"In practice we've been talking about running smart races and planning when we were going to make moves. Individually and as a team, we executed that well."

Four Willamette University cross country runners competed at the Lewis & Clark Invitational this weekend at McIver State Park in Estacada, Oregon. The Bearcats did not enter a complete men's or women's team.

Sophomore Maggie Chapin placed 60th out of 128 runners in the women's 6-kilometer race with a time of 24:23.1, and freshman Risa Shutz who also participated in the race earned a time of 25:34.9. In the men's race, junior Robbie Melhorn finished 52nd out of 116 runners. His time on the 8-kilometer course was 27:33.7. Senior Jack Kobylka took 64th place with a time of 27:43.7.

Carleton College (Minn.) won the women's team title with a score of 38 (3-4-6-10-15). Whitworth University placed second at 64 and Linfield College was third at 106. The men's team champi-

onship went to Southern Oregon University with a score of 30 (3-4-5-8-10). Carleton grabbed second place at 38, while Lewis & Clark College finished third at 115, edging out Pacific Lutheran University, which placed fourth at 117.

"We have a lot of talent on the team but we also work hard and I think it shows. We have a target on our back as we have won the conference meet a few years in a row. It's just motivation for us to work even harder. I'm looking forward to traveling with the team to the rest of our meets and competing against some really good teams," Montague said.

The Bearcats will compete at the Northwest Conference Championships on Saturday, Oct. 28 at Veterans Memorial Golf Course in Walla Walla, Washington. The meet is scheduled to get underway at 10 a.m. (PDT).

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Volleyball looks to build on momentum

JARED SPOHR
STAFF WRITER

Bearcat volleyball was back in action this weekend, facing off against archrival Linfield College on Friday night and Pacific University on Saturday.

After losing the first set to Linfield, the Bearcats were able to rally for three straight set victories to win the contest. First year Arianna Khan and sophomore Kendall Fox both had 12 kills, while first year Elena Vasquez recorded a game-high 21 digs. Vasquez's defense has been superb so far this season, as this is the 5th time in the past eight games she has recorded at least 20 digs. First year Jaiden Mason also turned in a solid performance with nine kills, 25 assists, 18 digs and four block assists.

Both teams started out strong in the first set, as there were six ties and five lead changes through the first 23 points. However, Linfield was able to pull ahead and run away with the first set, 25-18.

Willamette changed the momentum in the second set, as they pulled ahead to a commanding score of 22-13. Linfield mounted a comeback, narrowing the gap to 22-18, but Willamette was able to grind out a win by the score of 25-20.

The Bearcats dominated the last set, as they held the lead entirely after the first four points.

While the Lady Bearcats only recorded one more kill than the Wildcats, excellent defense propelled them to victory. Willamette had 71 total digs, while Linfield had only 58.

Fox said, "We played hard the whole time and even though Lin-

field took the first set, we maintained focus and worked even harder to beat them in the next three. We never took a play off even though we were down at some points in the game."

On Saturday, The Bearcats squared off against Pacific, in which they handled the Boxers in 3 consecutive set victories. Mason and Vasquez played excellent games. Mason had 11 kills and 13 assists, while Vasquez added a career-high 28 digs.

The Bearcats and Boxers were very close through the first 13 points of the match, but Willamette surged for a 7-1 run to make the score 14-7. After Pacific started to narrow the gap, the Bearcats pulled back ahead and won the set 25-19.

In the second set, the Bearcats played catch up after the Boxers came out strong. However, the ladies rallied for a comeback to tie the score at 19-19, and with a 5-0 run led by Fox and Mason, Willamette was ahead 24-20. Mason recorded the final kill of the set for a 25-21 victory.

In the last set, Khan and sophomore Madison Haley of the Bearcats had a sweet combo block that sparked a 5-0 run. Willamette held the lead for the rest of the way and went on to win the final set 25-22, resulting in a match victory for the ladies.

Mason talked about how to keep the momentum on their side moving forward this season.

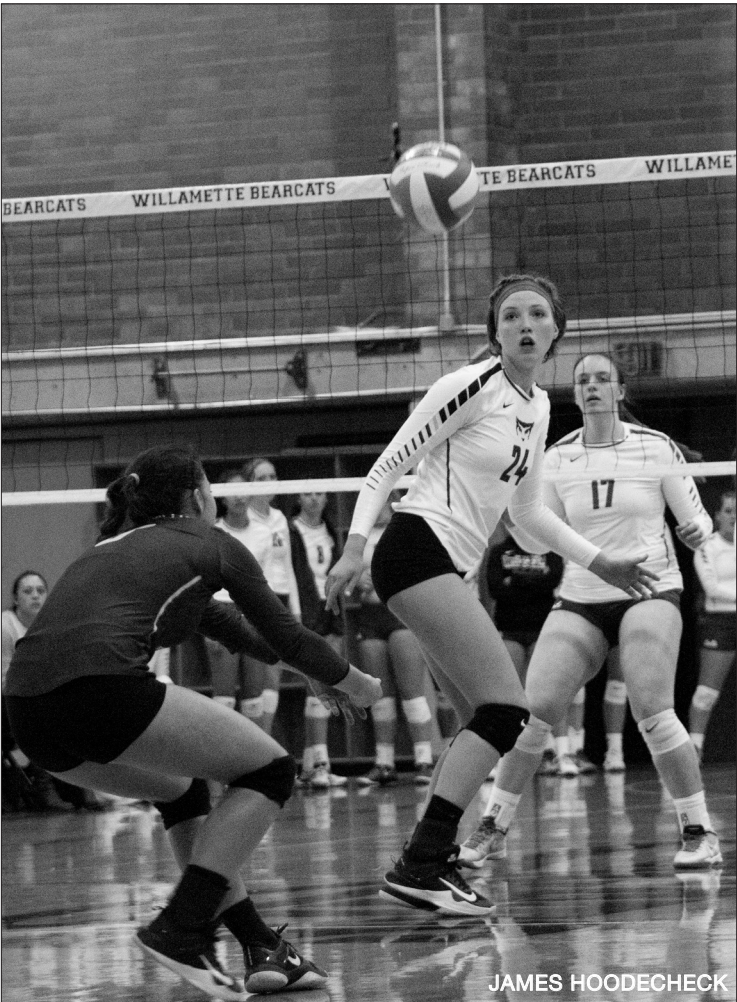
"I think our key to success next weekend will be staying focused, playing with high intensity and never giving up. Our motto for the past week was to 'Never give up, don't ever give up' (Jimmy Valvano), so I think that having this

concept in everyone's mind kept us all on the same page. To keep the momentum on our side we just need to keep playing as the best players we can be and never giving up. As the season continues, we all strive to get better everyday, together."

Willamette's two wins this weekend improved them to an

overall record of 7-11, and 4-6 in the Northwest Conference. Their next contest is against Whitman College at Cone Field House on Friday, where they will look to continue their success.

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JAMES HOODECHECK

Vasquez digs a Linfield spike.

Intramurals weekly

DRU DRAPER
RACHEL FISCHER
STAFF WRITERS








Congratulations to the volleyball and soccer league champs! We would like to applaud all participants that came week after week, rain or shine, and gave it their all. Your enthusiasm is what makes Intramurals fun so we thank participants for all the energy that you brought this season. We should have your shirts available very soon, and you and your team will get an email when they are ready to pick up!

Flag football and 3v3 basketball leagues are starting this week with preseason. Your future self is already thanking you for signing up because exercise is crucial to keeping a sharp mind and will help you be as productive as possible. So find a team, sign up with IMleagues.com and get active during this busy period of the semester. If you cannot make your own team, there are other teams that need players and the IM staff is happy to help place you on a team. On IMleagues, you may request to join a team and the captain of that team will get that request.

Football and basketball are some of our most popular sports, so don't miss out! Plus, who doesn't want a chance to play more football than Aaron Rodgers will for the rest of the season? Or win more championships than the Dodgers have in the last 40 years? This is your chance to join the Hall of Fame of Intramurals and win that T-Shirt!

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this week in sports

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 	3 	4 	5 	6 	7 

AARON ODA
STAFF WRITER

One of the best parts of sports is the uncertainty. This week in sports had some spooky happenings because of Friday the 13th and October baseball. We recap it all in this edition of this week in sports.

NBA

The NBA opens its season on Wednesday. It has been a long off-season as many high profile players have changed cities and teams looking to defeat the Golden State Warriors. The Warriors are still the overwhelming favorites to win the NBA Championship for the third time in four years. The Portland Trailblazers added some key pieces through the draft in a guard from

North Carolina named Justin Jackson. It will be an interesting season to watch because of the moves players made this off season, so you should all start tuning in to what should be an entertaining season.

MLB

The playoffs are well underway and it has not been short of excitement. In the American League series the Houston Astros lead the series two games to none over the New York Yankees. The Astros won both games by a score of 2-1 showing the strength of their starting pitching as both starters lasted at least 7 innings and gave up only one run in the two starts. The best game of the series happened on Saturday with the Astros winning on a Carlos Correa double to right

center giving starting pitcher Justin Verlander the complete game win.

In the National League series between the Los Angeles Dodgers and the Chicago Cubs, the Dodgers also find themselves ahead two games to none. This series has been dominated by the Dodgers' stellar starting lineup. In the game on Sunday the Dodgers won by a score of 4-1. The game winning homerun in the bottom of the ninth inning came off of the bat Justin Turner, who sent the ball into deep left center field.

NCAAF

College football owns Saturdays, but the greatest upsets of the week came under the spooky lights of Friday the 13. In one of the up-

sets, the second ranked Clemson Tigers lost to unranked Syracuse Orange. Syracuse only allowed 204 yards to a team that is known for their high flying offense. In the other upset of the week, the unranked California Bears were able to defeat the 8th ranked Washington State Cougars. In this game the Bears' defense was able to force seven turnovers against another explosive offense. These turnovers lead the Bears to control the tempo and the lead for the entire game as they won huge by a score of 37-3.

NFL

The NFL season has been wild so far because it has seemed that any team can win on any given weekend. This week we saw the undefeated Kansas City Chiefs

team lose to a rather mediocre Pittsburgh Steelers team. The Steelers were able to limit the explosive Chiefs 'offense to only 13 points with 10 of them coming in the last quarter. The defense also only gave up a total of 251 yards and only 28 yards that came from rushing. The Steelers won by a score of 19-13. In the highest scoring game on Sunday with a score of 52-38, the New Orleans Saints were able to outlast the Detroit Lions. The Saints were able to score early and often as they scored 31 points by halftime and the Lions did not have enough offensive fire power to keep up. Until next week, K DEN!

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13 Reasons Why turtles are better

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It is important to talk about depression, bullying, sexual assault and suicide, but the main issue that I and many others have with this portrayal is the idea that you will be able to see how those are affected, after your death or from beyond the grave. It has gotten to the point where counselors have circulated a document made to explain to others that the ideas in the show are not concrete, and should not be used as a basis by any means.

Let's compare this to another recent boom in popularity about mental health. On Oct 10, John Green released a new book, "Tur-

tles All the Way Down," which is a distinct change from his other works like "The Fault in Our Stars" and "Looking For Alaska." This book is what destigmatizing mental health should look like. The main character Aza Holmes, struggles with a type of anxiety disorder, which is never explicitly named, however could possibly be obsessive compulsive disorder (OCD). This story does everything that "13 Reasons Why" did not. The story surrounds a junior in high school who is "stuck in her head." Without giving away too many spoilers, this novel is way more realistic and relatable than "13 Reasons Why."

It is important to note that I am not saying that suicide, bullying

or sexual assault does not happen. I am focusing more in the ways of conveying the storylines of two people who are both struggling with mental disorders at a very sensitive time within their lives. Both of the characters go through intense emotional and physical trials, both feel alone and trapped inside of a cycle of mental abuse, both shut themselves out. But one romanticizes what the other rationalizes.

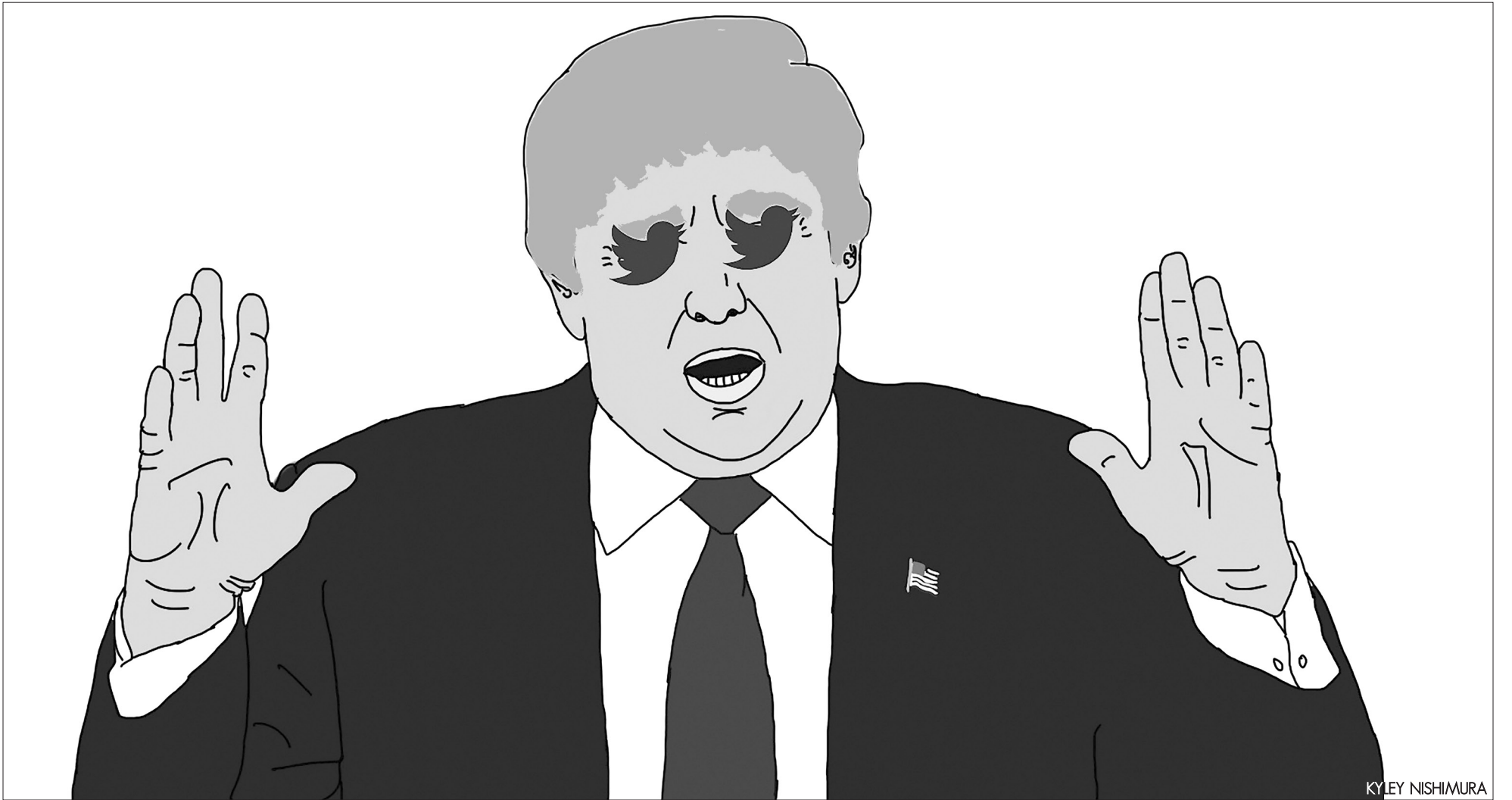
I believe that the dividing factor remains within the endings. "13 Reasons Why" leaves the viewer with a sense of despair, hopelessness and overall frustration. When speaking about suicide it should be sad and powerful. But

it should not leave a shred of doubt in anyone's minds that you can get help. What this show did was eliminate all aspects of help that one struggling with suicidal thoughts would go to: parents, friends and school counselors all ended up turning their backs on Baker. Although "Turtles All the Way Down" does not speak on suicide, it does talk about the benefits (and frustrations) on getting help. It isn't just a yellow brick road down to happiness just because Holmes has frequent visits with a therapist. This book leaves the reader with very mixed emotions: sadness, hopefulness and an eye towards the bigger picture that one must have when in the darkest of times.

Mental health is such an important issue to bring up and when done wrong it can push people past the edge or encourage the wrong types of reactions. Deep down I really wish that 13 Reasons Why was good, and I wish that I could just set aside the critiques that popped into my mind when I watched it, but after reading a book like "Turtles All the Way Down" I cannot refute the fact that there is a right and a wrong way to promote awareness about mental health.

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Getting the president off of Twitter



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In the age of the modern president of the United States, social media is the new revolutionary platform for politicians to connect with constituents and promote agendas. Much like Theodore Roosevelt's relationship with published press, Franklin D. Roosevelt's mastery of the radio and John F. Kennedy's skill with television, Donald Trump is using Twitter to change the role of the president forever. Rather than having to plan specific speeches to display on television, radio or in newspapers, President Trump can advocate policy and promote agendas instantaneously.

The presidential Twitter revolution actually began under Barack Obama, who founded the presidential twitter account @POTUS in 2015. He had used Twitter all throughout his campaigns, beginning in 2007 under personal accounts, but @POTUS became the exclusive account for the president that would be passed on after he left office.

But for President Trump, the issue is not with the @POTUS account, it is with his personal account, @realDonaldTrump. This is the account where we see all of the ridiculous personal attacks and wild accusations that he has become known for. This is the account that has featured attacks against the Khan family, insults toward Hillary Clinton and other political enemies, wild claims about Inauguration crowd sizes, propaganda for his policies and threats to foreign nations such as North Korea.

With these tweets being sources of national embarrassment and the propagation of false or misleading claims, many Americans have considered the question: how do we get the president to stop tweeting?

The simplest avenue is to outright ban him from Twitter, a move that brings up interesting legal questions and comes with certain consequences. Twitter can indeed ban any person from the platform if they violate the terms and conditions. According to an executive from the social media platform, "The Twitter Rules pro-

hibit violent threats, harassment, hateful conduct, and multiple account abuse..."

Trump's account walks into murky margins on these policies, with the most likely violation being harassment. Twitter has said in the past that they would ban him if he were to violate these policies, but there is no indication they will follow through with that. The platform is already facing financial issues, and such a controversial move is not likely to be financially beneficial (see further the national anthem protests causing NFL revenues to plummet). Controversy is not a financially secure move.

The next avenue is to simply stop giving the account power. The power @realDonaldTrump has comes from the number of followers it has, as well as the vast media presence it accumulates due to the overreporting of it in mainstream news. A simple search of CNN's app as I am writing this displayed four individual articles reporting on comments Trump made via tweet. Just like during the presidential campaign, the media's

overreporting of Trump's reality-tv style behavior over Twitter becomes an endless source of free press. Despite most of the coverage being negative, it isn't likely to hurt him much; if the election taught media anything last year it was that for him there's no such thing as bad press.

The revolution of Twitter in the hands of the president is less like the scientific revolution and more like the French revolution; it started out as something promising and then quickly devolved into a bloody and counterproductive conflict that left things in worse shape than before.

I see no path in the future where the role of instantaneous responses from the president via platforms such as social media do not cause problems for the nation, large or small. In the time before this advent, the president's primary responses and messages needed to be well-constructed and careful, with at least a few hours of planning in advance. This is no longer the case, and I have significant doubts that the changing future will not have a place for instantaneous response.

My concern for the lasting effect of Twitter on the role of the president is two-fold. First, instant responses are less thought out and can easily lead to missteps and conflicts when in the hands of someone incogitant of the seriousness the presidency requires. And second, when our presidents respond instantly, they become less of the reserved leader and more of a celebrity.

The president of the United States ought to be someone who is slow to speak, thoughtful and careful, because national crises are easy to cause when you speak without thought. Twitter, and platforms like it, work counter to this character and I dread what the lasting effect of this revolution on the office will be after Trump has left office.

In the meantime, we can only beg that the current president will put his phone down and start acting like a president.

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Harvey Weinstein: horrifying, but nothing new

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To most, the name “Harvey Weinstein” meant movies. It meant A-list films, Academy Awards and cinematic magic, along with various showstoppers on Broadway. It invoked years of Hollywood success, accompanied with some advocacy and political support that only a powerful figure can give. Yet to those who worked alongside him, the name meant something else: a threat, a danger and an overwhelming need to stay quiet.

It wasn’t until early October, through an article published by The New York Times, that this side of Weinstein truly came to light. When it became public that Weinstein had spent decades harassing the women he had worked with, he was fired from his own production company and removed from The Academy of Motion Picture Arts and Sciences. In just a few short weeks, his name has gone from inspirational to disgraced, and has joined the ranks of powerful sexual

predators such as Bill Cosby and Bill O’Reilly. People are quick to show their anger and disgust, but only after years of harm and predation. Why did it take the world so long to realize what was happening?

“If Harvey were to discover my identity, I’m worried he could ruin my life,” an anonymous victim told a journalist from The New Yorker a few weeks ago. Looking at the accounts given by women since the initial allegations were made, one thing is clear: as a powerful man in a powerful business, Weinstein had the power to destroy women and their careers, and he used that threat as effectively as he could. In an industry that brings in billions of dollars and houses some of the world’s most influential people, this abuse of power goes almost unnoticed, often paid off or simply ignored. It makes one wonder just how bad things have to get before real action is taken.

Apparently, much worse. If you’re experiencing *deja vu*, it’s because a year ago, a tape was leaked with Donald Trump’s

recorded voice saying, “when you’re a star, they let you do it.” The tape was enough to spark outrage, but not enough to stop Trump from taking office only a few months later, and becoming one of the most powerful people in the world.

The list doesn’t stop with Trump: former president Bill Clinton has had multiple allegations made against him, and former Fox News CEO Roger Ailes resigned from his position in 2016 amidst lawsuits. Yet these allegations weren’t the first against any of the men. Weinstein has been the subject of much speculation regarding harassment for years, though often passed off as a joke at awards shows and among executives. Clinton’s past has been widely ignored and forgotten by the American public. Suggestions that Ailes had harassed women throughout his career were dismissed as false rumors before the lawsuit was filed. Abuse of power in industries such as Hollywood, or places like the White House, aren’t specific to any one political party or belief system. It’s almost

as if money and power earn figures a free pass, and the ability to do what they want because they know they’ll be protected.

Hopefully, though, Harvey Weinstein will be different. The worst thing that can happen in the aftermath of a sexual assault exposure is for the public to cease caring. Once it fades into the background, and once the list becomes so long that harassment seems to be “normal,” it opens the doors for it to happen again. Rather than blaming women for not coming forward sooner, we should focus on making sure that they no longer have a reason to, and that their job security can be based on something more than just willingness to comply with power trips. As long as the name “Harvey Weinstein” continues to remind people of more than just the movies, we can focus on eradicating the abuse of power and the rape culture that surrounds it.

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Eminem’s anger

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When I woke up last Wednesday morning and saw that CNN notification “Eminem may be an imperfect role model...” I nearly lost my mind.

Not only is Eminem not a perfect role model, he is quite possibly the worst role model — especially in the era of Trump.

Eminem’s freestyle diss of Donald Trump at the BET awards this past week was circulated by basically everyone I knew within just a couple hours. Hundreds of articles and tweets came out in support of Eminem saying that this is exactly what the US needed. People are so glad that we can find an imperfect role model in him.

My issue with Eminem has nothing to do with his opinion on Donald Trump, but on his long history of rapping about assaulting women, utilizing anti-woman and anti-people of color (POC) language in his music, building a fanbase of anti-woman, anti-poc men.

Eminem’s anger is anti-woman, anti-black and anti-LGBTQ+ anger. It is anger that brags about killing women, it’s anger that gloats about assault against women, his anger allowed him to appropriate a culture of speaking out against police brutality to promoting violence against women.

His appropriate anger is not towards systems of oppression, but towards the oppressed. It is the anger felt by those who elected Donald Trump — it is Trump’s anger.

People of Color, and more specifically women of color (WOC) have produced thousands of songs about police brutality, systems of oppression, empowerment to those that the State does not care to empower, and so much more.

If you want anger and empowerment, watch Princess Nokia throw soup in some racist old man’s face, listen to M.I.A., Missy Elliott, Public Enemy, Cupcakke, Kendrick, Nicki, Lauryn Hill or Beyonce. The list goes on quite a ways.

If you want to be all “pro-anger” in the Trump era, you have to be pro-riot, you have to be pro-violence, you have to be anti-compromise that throws women’s rights under the bus (cough, cough Bernie), you have to be pro-torching of systems of entitlement that constantly profit off the labor of black bodies and never give them rights that are owed to them.

I remember seeing the response of many supporting Eminem saying that his plight of poverty has left him having to overcome a lot of pain — I completely understand the awful effect of poverty and mental illness, and the feelings of hopelessness these can cause. I also completely understand that poverty does not mean that pain must be taken out against women in your life, and it does not excuse any action made by Eminem.

Poverty did not make him write a song detailing how he would kill his wife and let his daughter watch - inspiring the murder of multiple women by the hands of their husbands. Poverty did not make Eminem sing about lighting women on fire, about beating women.

Ultimately, Eminem has benefitted off of many systems of oppression in this world as a white man. His rap career was more easily palatable by white folk who were angry — but he made that anger be towards women and the exact groups that Trump supporters feel angry towards.

Eminem’s response after the BET Awards has proven again that women of color can do something for ages, but a white man does it in a mediocre way one time and gets a million times more credit.

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Toxic skepticism today

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STAFF WRITER

Skepticism is not only thinking critically, but also having an open mind. A truly open mind judges the merits of information itself first, and considers the reputation of the source second. There is a trend today that I call toxic skepticism. Today’s skeptic is a figure that listens to different voices not with the intention to understand, but to make a joke.

Mocking opposition is ignorance under the mask of intellectualism. The pinnacle of this narrow-mindedness is the many late night hosts who dominate political satire. They condition their audiences to see political opponents as caricatures. Caricatures may be amusing and have some truth behind them, however they do not reflect reality.

All news agencies can be wrong, and sources generally considered fake news can also sometimes be right in some respects. Alex Jones has one of the most popular fake news sites in the world, Infowars. Most of his subject matter is full of outrageous conspiracy theories. Nevertheless, even Infowars is occasionally right, though it may be rare, sometimes raising real and important issues. Toxic skeptics ignores this nuance to their own detriment.

Ironically, late night hosts frequently use one of Infowars’ few authentic messages to discredit it. For example, John Oliver, a fairly popular late night host on HBO, opens his show with a clip of Jones raging over government turning “frogs gay.” Rather trying to understand why Jones might think such an outlandish thing, Oliver uses the clip as springboard for satire. When the opponent’s image

is reduced to a nonsensical idiot, the toxic skeptic’s thirst for truth is satisfied.

But what is Jones actually saying? Earlier in the clip Oliver conveniently edited, Jones covers how artificial hormones in water are devastating frog populations. According to Berkeley

Times, the common pesticide, atrazine, skews the gender balance by turning males frogs female. Such contamination is common in bodies of freshwa-

ter across the US, including in the water we drink. While Jones’ conclusion of government conspiracy isn’t founded, he raises an important issue.

the Trump administration began the process of rolling back the Clean Water Act. Though conservative fears of tap water being a “gay bomb” is not a good point of agreement, but if we meet them at this point and give them a better understanding, progress can occur. Bipartisan understanding of the issue could have prevented the deregulation. Lost perspective ultimately leads to lost opportunities, and dismissive laughter can prove to be just as destructive as fake news itself. Critically examining claims made by sources rather than just outright mocking and ignoring them prevents these losses. This isn’t to excuse Jones’ many fake claims, but rather to say that he is an extreme example of a larger problem.

Many of the same late night hosts who mocked Jones also laughed at Trump during the presidential campaign. Laughing away Trump’s words makes it difficult to understand why someone could possibly support him and the left underestimated him.

The lack of seriousness continued all the way until the election, and then Trump wasn’t funny anymore. But before long, the late night hosts were back at it again with Sean Spicer. The bubble reformed, and will probably burst again in the 2018 mid-terms.

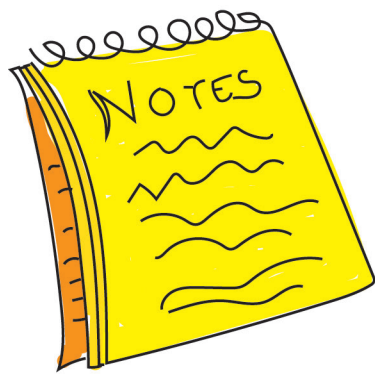
Toxic skepticism creates toxic echo chambers. Like all bubbles, they eventually pop. It is up to those inside to decide whether they pop on the basis of enmity or understanding.

As Oliver and his audience mocked a conservative showing concern about the environment,

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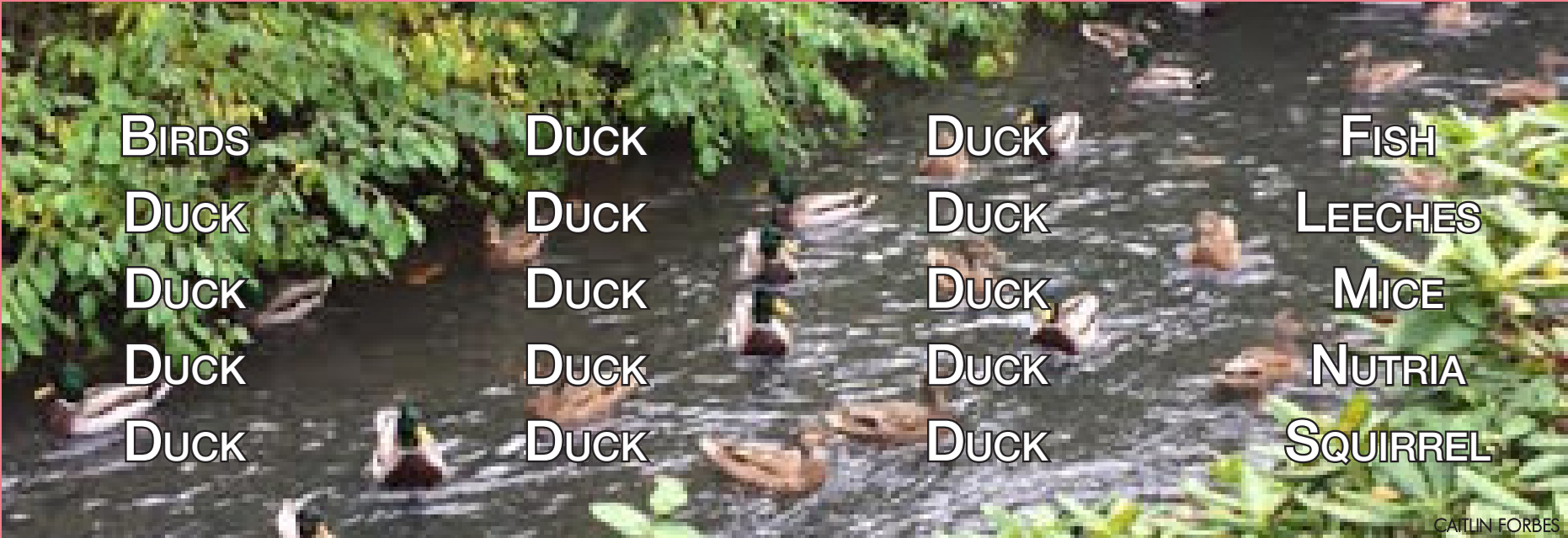


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Animals of Willamette Crossword

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