

VOLUME CXVII ISSUE IV SEPTEMBER 13, 2006

COLLEGIAN

VOICE OF THE WILLAMETTE CAMPUS SINCE 1889



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PHOTOGRAPH BY JESSIE ROBERTSON

Annual Lou Gehrig Softball Tournament approaches

Charity and recreation align for the Phi Delta Theta Philanthropy event

JULIAN NOLEN
jnolen@willamette.edu

Before the clouds gather for another six-month assault, Phi Delta Theta's annual Lou Gehrig Softball Tournament gives students and faculty the opportunity to participate in some outdoor recreation while at the same time contributing to charity.

Kei Orawa, Phi Delta Theta's Philanthropy Chair, says the event is not only for fundraising but for informative purposes as well.

"The ALS foundation has always been the national philanthropy for Phi Delta Theta, in honor of former member Lou

Gehrig," Orawa said.

This is a tradition that has been going on at Willamette for a number of

years, beginning "in the early '90s," according to Orawa. Anyone is welcome to participate.

Registration begins this week and a free t-shirt is available to anyone who signs up by Sept. 15. The tournament begins on Sept. 30 at 9 a.m., with a number of elimi-

nation rounds to decide the winning team.

The location of the event is to be determined.

This tournament is regarded as an exciting event, regardless of whether one watches or participates. Sophomore Katy Laipply



"...it's a great time to get out and have fun with your friends while supporting a good cause."

GABE LONG
JUNIOR

said, "This should be a fun event to watch, even if you don't plan to participate."

Gabe Long, a junior member of Phi Delta Theta said he is "really excited about

What is ALS?

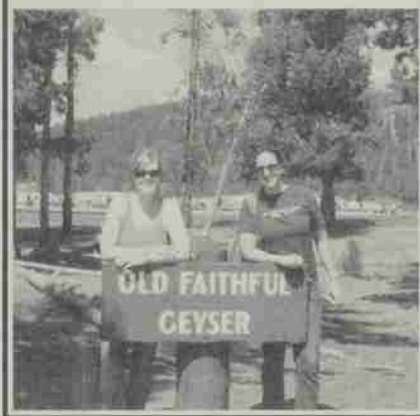
ALS (Amyotrophic Lateral Sclerosis) is a fatal neuromuscular disease that currently afflicts hundreds of thousands of Americans.

With the Lou Gehrig Softball Tournament, Phi Delta Theta will contribute 100 percent of the profits to the ALS association. ALS will use the money raised in order to serve people with this disease.

the tournament, because it's a great time to get out and have fun with your friends while supporting a good cause."

Needs More Cowbell

MAGGIE SHANEYFELT & CHRISTINE RIPPI



In response to the letter written by Mark Zuckerberg to the Facebookers of the world addressing the Mini-Feed and News Feed Features, we bring you this:

Dear Facebook God,

As you are well aware, you have posted a letter accepting responsibility for your heinous actions on our beloved website. We commend you for this act; however, the battle is far from over. The Facebook Revolution commences.

We have been Facebooking since before the Class of 2010 was in one collective diaper. This website has been a priority for us, above class, family, shelter and sometimes breathing. We enjoyed its frivolous poking feature (which emotionally bruised Maggie from time to time) and continuously uploaded inappropriate photos (despite the warnings that our future employers would find out we were not volunteering at the local bake sale). We were happy.

Then you went and dropped the bomb on us. For shame, Zuckerberg. For shame.

While anyone who uses facebook is a stalker at heart, they do not verbalize it. It is understood that you stalk quietly in the privacy of your own screen, and not on communal computers. Facebook users understand the basic etiquette for this new brand of stalking.

Then you went and made it too easy. There was no thrill left in the fight. There was no searching through your crush's profile hoping that their relationship status had changed in your favor. It was continuous and constant updates—some about friends you did not even realize you still had. Seriously? Christine does not need to know when her former roommate breaks up with that jerk she was dating. It is not necessary. If we needed this information, we could find it on our own.

You treated us like we were nothing—the little sheep to your shepherd. You care not of our feelings and outlook on life (Facebook life, that is). Well, Facebook God, we are choosing a new religion. Yup, we're out. Good luck finding two new accounts.

Cordially,
Needs More Cowbell (Willamette Chapter)

We encourage all of you—our fifteen readers—to follow us into the new age of Facebook where user and creator will live together as equals! FACEBOOKERS OF THE WORLD UNITE! Stalking will continue to be a favored past time of account holders, but it will not be discussed in the daylight. In addition, we will encourage pre-Facebook styles of stalking: creeping in bushes, lurking in the Fishbowl and camping out in the corner of Goudy. Or if you're Maggie, running through the Quad after squirrels.

You may be asking yourselves, Why? Why should we listen to you? You are just Collegian Writers. That is just it. We are not some elite computer nerd who goes by the alias of "Mark Zuckerberg," whose real name we hear is Ferguson Darling. We are one of you: a stalker, procrastinator and people who just want to inform the world of their favorite movies and quotes.

We take this last moment to claim our resignation from Facebook. We apologize to the many cyber friends we will be leaving and hope that we can once again stare awkwardly at each other in the CAT. Goodnight, good luck and we will see you on MySpace.

WORLD NEWS BRIEF



BETH ROBBINS
erobbins@willamette.edu

England

After months of a thorough undercover investigation, officers from London's Serious Organized Crime Unit and Scotland Yard arrested a convicted mobster on the run from Italy. Raffaele Caldarelli, Godfather of a mafia clan based in Naples, was captured this past week after evading arrest over the past decade.

Caldarelli was wanted for drug and arms trafficking, extortion, and Mafia association, and is suspected to be involved in numerous homicides within Italy.

He was captured at the age of 35 in London, running a shoe shop that specialized in designer Italian shoes. Despite his absence, Italian officials believe Caldarelli continued to run the "family business" in Naples through a complicated string of communications.

According to Scotland Yard, Caldarelli did resist arrest, yet only one officer suffered minor injuries.

Netherlands

Pop star Madonna received a rather unusual bomb threat during a performance in Amsterdam.

The threat, which turned out to be a hoax, was called in by a 63-year-old Dutch priest who hoped to stop the concert due to Madonna's mock portrayal of the crucifixion in her show.

Police were able to quickly locate

the priest, who used his home phone to make the call. Because the threat is likely to be a first offense, officials believe the priest will most likely receive a light sentence.

Uganda

A Ugandan tabloid newspaper's recent decision to release the first names and professions of 45 alleged homosexual men has prompted many human rights activists to fear future government action and harassment in a country where homosexuality is illegal.

The Red Pepper stated that the release of these names was for entertainment purposes, similar to the earlier release of a list of people unfaithful to their partners.

Editors of the paper don't believe the situation will escalate, and have dismissed fears that the list will trigger a government crackdown on homosexuality.

Syria

U.S. Secretary of State Condoleezza Rice yesterday thanked the Syrian government for its role in stopping an attack on the U.S. Embassy in the capital city of Damascus. Attackers drove two cars at the embassy yesterday; one car blew up short of its target but the second bomb failed.

Sources: BBC.com, CNN.com

COLLEGIAN

2006-2007 STAFF

EDITOR IN CHIEF

Chris Foss
cfoss@willamette.edu
MW 1:00-2:15 P.M.

MANAGING EDITOR

Jessica Smith
jhsmith@willamette.edu
M 10:30 A.M.-12:30 P.M.

PRODUCTION MANAGER

Tatiana Mac
tmac@willamette.edu
T 11:20 A.M.-12:30 P.M.

NEWS EDITOR

Noah Zaves
nzaves@willamette.edu

ASST NEWS EDITOR

Jeff Carlson
jcarlso@willamette.edu

SPORTS EDITOR

Christy Newell
cnewell@willamette.edu

ASST SPORTS EDITOR

Annette Hulbert
ahulbert@willamette.edu

ARTS EDITOR

Jen Aszklar
jaszklar@willamette.edu

OPINIONS EDITOR

Lauren Brooks
lbrooks@willamette.edu

PHOTO EDITOR

Liz Cauley
ecauley@willamette.edu

IMAGING TECHNICIAN

Connie Giedhill
cgiedhill@willamette.edu

DESIGNERS

Alex Fine
afine@willamette.edu

Kim Kogane
kkogane@willamette.edu

Sara Taylor
smtaylor@willamette.edu

COPY EDITOR

Sarah Orme
sorme@willamette.edu

ADVERTISING MANAGER

Eric Haddenham
ehaddenh@willamette.edu
M 3:00 - 6:00 P.M.

BUSINESS MANAGER

Shengxin Xiao
sxiao@willamette.edu
M 10:30 A.M.-12:30 P.M.

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For classified rates, press schedule and subscription information, contact Eric Haddenham at ehaddenh@willamette.edu

CONTACT

Putnam University Center
Student Publications Office
Willamette University
900 State St.
Salem, OR 97301

PH: 503.370.6053
FAX: 503.370.6407

WU to increase technology budget

Arriving developments must be funded solely by contributions

LINDSAY OHM
loh@willamette.edu

Willamette's technology funding should increase by \$12 million, according to the Commission on Academic Excellence. However, according to a report issued last year, this funding is not being provided by the university.

An Interim Report for Reaffirmation of Accreditation submitted last spring by Willamette shows that all of the funding for Willamette's post-Commission technology budget must be raised or donated.

The report said that presently over \$4.8 million has already been raised. Two and a half million dollars have been received as cash and the other \$2.3 million has been pledged as upcoming donations.

This fiscal year has yet to see any of that new technology money come to pass. According to Executive Assistant to the President Wendy Gleason, meetings are currently underway with the Commission for

Academic Excellence and President Pelton that will hopefully serve to develop strategies to utilize the newly-acquired money to enhance and upgrade Willamette's available technology.

WITS Executive Director John Balling suggested several areas where additional money could be spent on technology. More regular annual funds are necessary to keep Willamette's technology up-to-date with today's ever-changing electronics. More support staff are

required to help professors integrate new technology into the classroom. Alternately, money could be used to create a more interesting and interactive Willamette website.

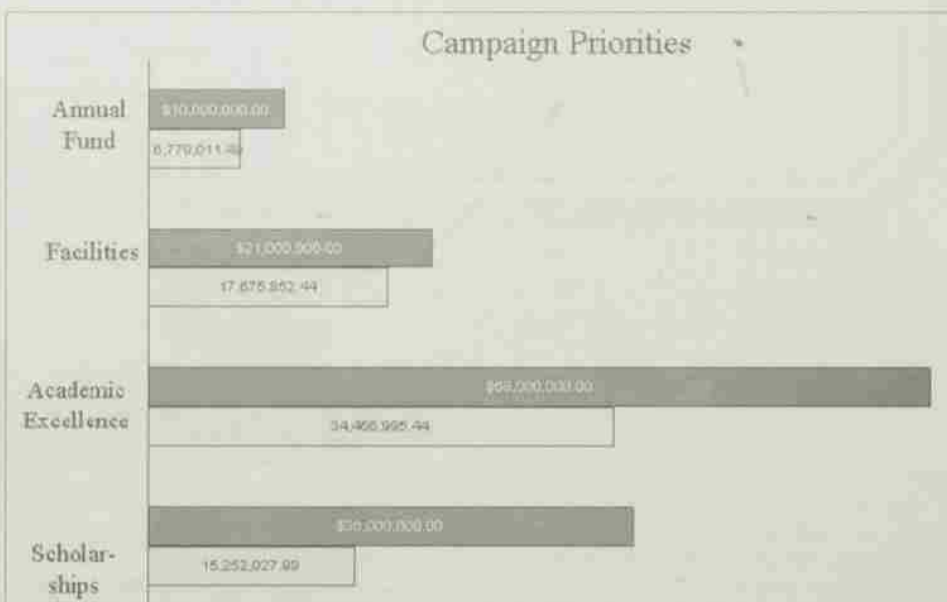
In addition, WITS Help Desk employee Sean Rawls adds that "it would be nice to have more technical assistants at the Help Desk."

Balling said that upgrades completed for this fall include wireless internet available in all residence halls and standard upgrades in computer software. Additional upgrades include more integrated or "smart" classrooms. WITS Help Desk employee Zane Moriki said that new whiteboards, computers and projectors are useful to professors and



"It would be nice to have more technical assistants at the Help Desk."

SEAN RAWLS
WITS HELP DESK EMPLOYEE



NOAH ZAVES

As of yesterday, the campaign for Willamette has achieved 59.3% of its goal

"are conducive to the academic atmosphere here at Willamette."

Willamette has also joined the National Institute for Technology and Liberal Education (NITLE), a non-profit organization that helps professors learn about new technology and utilize it in the classroom. This will help students and staff fully employ the

upgraded technology that is on the horizon, thanks to the Commission on Academic Excellence. "It provides training and support for our specific educational environment," Balling said.

Find out more:
www.willamette.edu/cla/dean/interim-report.pdf

The Bistro takes back Sunday, delights buyers



JESSIE ROBERTSON

Students from across campus can now enjoy their lattes as they prepare on Sunday nights for their upcoming classes

JASMINE HENRY
jeh@willamette.edu

The Bistro has reinstated Sunday hours from 12:30 p.m. to 10:00 p.m. On Sept. 10, the coffee shop celebrated a grand reopening with drink specials and an Open Mic Night.

According to manager Mimi Danh, the Bistro was open on Sundays until spring 2006, when it was forced to close due to insufficient business. The hours were reinstated in response to students, and are planned to continue indefinitely.

The Bistro is completely student run, and receives no funding from ASWU.

Students attending the Open Mic expressed enthusiasm over the new hours. "I just found out today," said sophomore Jessica Smith, who occasionally uses the Bistro for studying. "I'll probably get dinner here sometimes, because I don't like Goudy on Sundays."

"It is nice to have Sunday back," sophomore Tristan Knutson-Lombardo said. "I really like the new hours."

"The coffee here is pretty good," said freshman Arram Krueger, visiting the Bistro for his second time. "If I have nothing else to do on a Sunday, I'll definitely come and hang out on the couches."

KANEKO COMMONS FILM SERIES ON INSANITY

In conjunction with College Colloquium IDS 101-09:
"It's a mad, mad, mad, mad World:"
Explorations of Insanity

September 19th
A Beautiful Mind

October 3rd
Frances

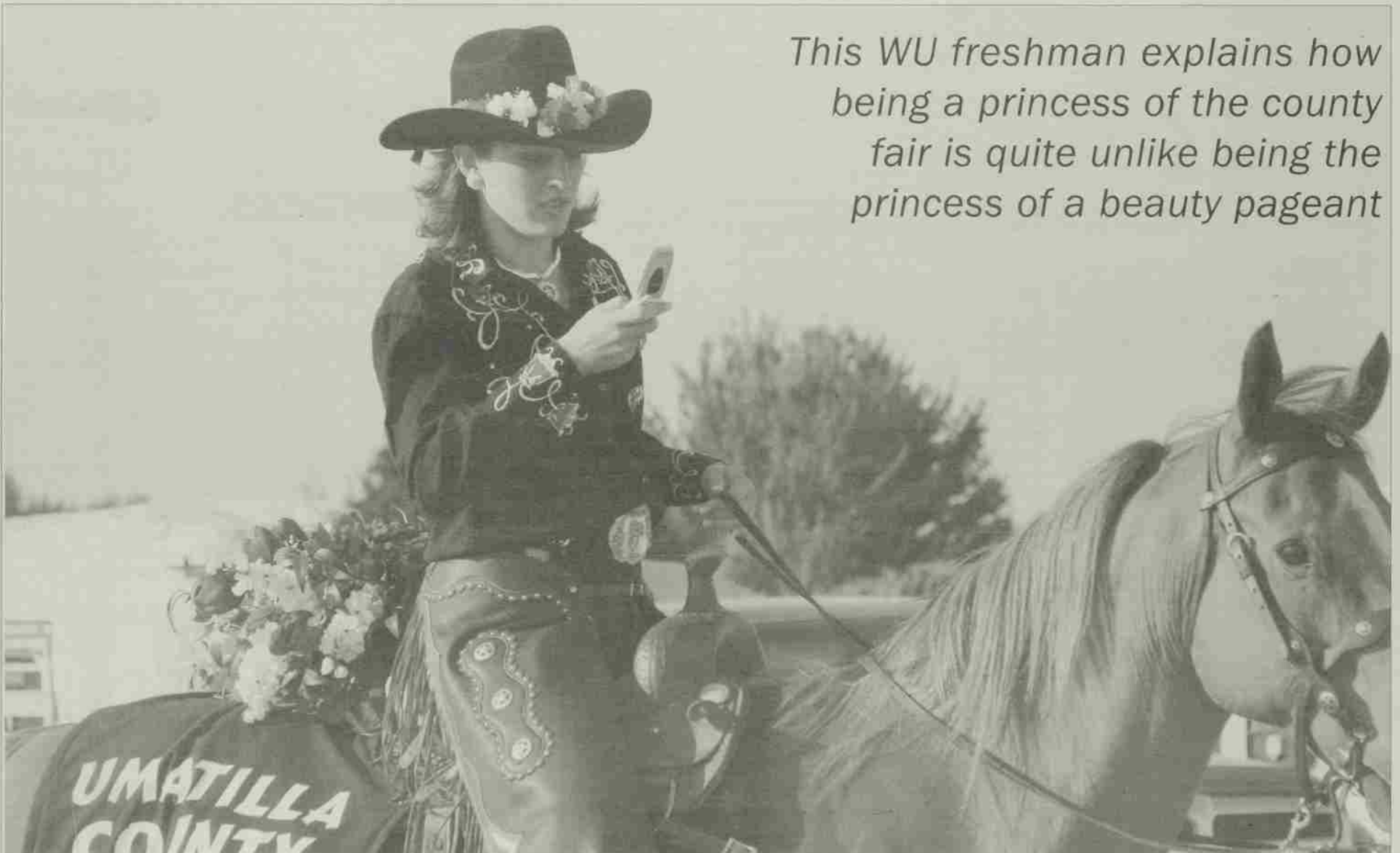
October 10th
One Flew Over
The Cuckoo's Nest

November 7th
King Of Hearts

Refreshments served.
Discussion following each film.

All shows start at 6:30 pm and are free
Kaneko Auditorium

Umatilla County Princess: More than a beauty queen



This WU freshman explains how being a princess of the county fair is quite unlike being the princess of a beauty pageant

BRIANNA BARRETT
bbarrett@willamette.edu

Leafing through a scrapbook full of coronation dinners, contract signings and weekly riding practices, Emily Holden explains that being a county queen is really her way of giving something back to a fair that has played an important role in her life.

A reflection of her enthusiasm shimmers in, on and all around the glossy photographs of her and her horse, her first parade of the season and the various outfits that she and the Umatilla County court has worn to various events.

"We always have photographers following us around," she says, then turns the page to a picture someone has taken of the photographers. "There they are!"

When I ignorantly ask if she is in pageants, Emily laughs and says gently, "No." Being a princess of the county fair is quite unlike being the princess of a beauty pageant.

Emily decided she wanted to serve on

the county court because the fair has played an important role in her life since the eighth grade.

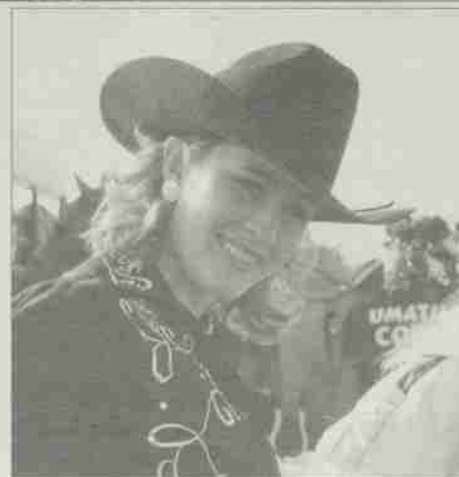
"I've shown goats and lambs and hogs, and I do 4H cooking and sewing and speaking and all that kind of stuff," she said. "The county fair was just an accumulation of all your hard work through the year...it's a lot of fun."

She recounts these experiences with a smile and gazes up into the distance, as if she's reviewing a slideshow of these moments in her mind. "The fair has been a huge part of my life...and it's kind of a

way to give back." With a snicker she adds, "Plus, we get lots of cool clothes."

The tryout process that Emily participated in included eight girls who were all vying for four spots on the county court. The eight of them rode their horses in a set pattern for the judges, sat through an interview and presented a speech to a selection panel. Based on success at all these tasks, the panel made their picks.

Now Emily and her court ride horses in parades every weekend from May until



PHOTOS COURTESY OF EMILY HOLDEN

County queen Emily Holden travels around the Northwest promoting the Umatilla County Fair.

mid-September. The group travels within Oregon and Washington for parades, as well as "run-ins" at rodeos, where several traveling courts run by and wave before the rodeo begins. They also do radio shows and luncheons for groups like the Rotary and Kiwanis clubs across the county. They keep people informed about their fair.

"Our goal is that we represent our fair, across the county and across the area," Emily explains. "We're basically an advertising group for the fair. On our horses

there are serapes that say 'Umatilla County Fair,' and then the dates of the fair."

"There is naturally even more work to do when it comes to running the fair itself. The court introduces all the performers every night of the fair and presents ribbons and awards to the winners of each contest that takes place.

Needless to say, they spend a lot of their time at the fair, or preparing for the events. "It is definitely a lot of work," Holden said, "and you put in a lot of hours."

The Umatilla County Fair ended on Aug. 12, after what Holden said was a "lovely week." Events included a rodeo put on by the Hermiston's Farm-City Pro Rodeo, performances by Tanya Tucker, Little Big Town, Emerson Drive and an assortment of other musical acts. As always Holden said she thoroughly enjoyed the time she spent at the fair.

With a princess tiara shining over her black cowgirl hat, Emily Holden has one last parade to attend before she can spend her first weekend here at Willamette.

She plans to attend Willamette for at least another year, but is considering that she may have to transfer to Oregon State University after her sophomore year in order to pursue her passion for agriculture. She hopes to become an agriculture teacher so that she will be able to continue to be just as involved with the county fair.

THEATRE PREVIEW: THE HISTORIC ELSINORE

Direct from Salem: Rat Pack hits Elsinore



COURTESY OF HARMONY ARTISTS INC.

The "Direct from Vegas" show features Steve Apple, Gary Corsells and Lonnie Parlor as the famous Rat Pack trio.

TYLER THOMPSON

tthomps@willamette.edu

Built in 1926 and once considered the "finest theatre between San Francisco and Portland," it has been years since the Elsinore Theatre in downtown Salem has experienced such a show. The Elsinore, a Salem staple for decades, was transported 60 years back into America's past on Saturday. It brought life to the terrible trio of Frank Sinatra, Dean Martin and Sammy Davis, Jr. singing and carousing, just as they once did over 50 years ago.

Imagine walking into the theatre on a Saturday night. Cool sophistication seeps through the walls and smooth, confident swing hits floating through the air. The Rat Pack, in all its majestic glory was so much more than a group of talented performers; it was a cultural phenomenon.

And on Saturday night at the historic Elsinore Theatre, complete with orchestra, The Rat Pack will be back in full swing. Sporting their signature swagger, that vocal energy and those three enormous personalities that have withstood the test of time. Today they carry the same kind of force today that they brought to Las Vegas casinos so many years ago. Featuring Steve Apple, Gary Corsello and Lonnie Parlor - performing as Martin, Sinatra, and Davis respectively. The show quickly escalated into a full-scale

bombardment of the senses. The music and comedy of the show are equally appealing. It paired the voices of the three vocal performers with a talented orchestra starring such heralded musicians as Harry James, Nelson Riddle, and Brian Setzer while led by director John Peace. "It is just a great '60s era recreation," Elsinore director Steve Martin said. "With Sammy, Frank and Dean just playing the hits, it will be a great night and a great mood."

Instead of spurring the audience onto optimistic ideas of American glitz and glamour as the original Rat Pack made routine on Saturday the audience was left in a happy nostalgia. Their group is known for soothing tunes and its cool jokes as well as a well performed stage show. But like the Rat Pack of old, this group is hard to bring down, so undeniably energetic, so suave and hip. It's hard not to enjoy every minute. Even if, at the end of the day, the audience realizes it's just another stage show.

► **elsinore events**

For more information on upcoming events at the Elsinore Theatre and special Willamette student discounts, call the Elsinore Theatre ticket office at 503.375.3575 or go to www.elsinoretheatre.com.

It's so much more than soap at The Slab

ALETA BURCHYSKI

aburchys@willamette.edu

Although functional and necessary for everyone's sanity, Willamette's showers are less than luxurious. No one wants to be the smelly kid, and so we use them with little complaint. Everyone can benefit from the skin-beneficial and amazingly scented soaps available at The Slab.

Tim Ledford, Willamette alumni, set out to run his business with a firm knowledge of marketing and the desire to be self-employed. He chose soap because everyone uses it, and scent is a major factor in consumer buying habits. The result could not be lovelier.

Most of the soaps available are made with essential oils, and are perfect for in-shower aromatherapy. The litsea oatmeal bar is especially great for those whose stress is tempered with anxiety. The oatmeal adds bonus moisture and exfoliation. Several varieties of lavender are available including eucalyptus lavender which is especially nice during cold and flu season.

Sometimes it's nice to have great smelling skin, and The Slab has options for that too. The jasmine bar is especially nice for girls. As is the coconut. Guys might enjoy lime and bay rum for its old-school Caribbean appeal, or cedar juniper for that sexy woody thing. Bohemians of both genders will benefit from the patchouli bar, which is tempered with orange for a more modern fresher scent that isn't heavy or dirty.

Everyone benefits from using these soaps, which are made from coconut, palm, and olive oil as well as other vegetable products-not animal fats. Also because the soaps contain fewer additives and natural fragrances, they're ideal for



ALETA BURCHYSKI

The Slab offers a variety of soaps made with essential oils and natural fragrances.

those with sensitive skin. Sensitive scalps find relief too with The Slab's lovely shampoo bar, which smells clean and minty.

► **additional info**

The Slab is located on the lower floor of the Reed Opera House, at 189 Liberty St NE (suite B-2). Visit them at www.slabssoap.com, and don't forget to pick up a punch card when you visit.



DANI STEVENS

Downtown, family-owned restaurant Macedonia features Greek food with a twist

RESTAURANT REVIEW: MACEDONIA

Macedonia offers a mediocre meal

DANI STEVENS

dstevens@willamette.edu

Gastronomy in Salem—not exactly crème de la crème but there are a few places 'round these parts that aren't half-bad. Unfortunately, Macedonia, Salem area's moderately priced all-Greek option, doesn't even deserve an honorable mention. One fine Wednesday evening, a friend and I strolled in, looking for a relaxing place with something a little more exotic to offer than Lefty's.

What we found was wall-to-wall pink and purple accented with large floral prints. After consulting the menu, we settled on a Greek salad, tzatziki dip and the Mediterranean equivalent of meatballs. Things there were artfully described, and the prognosis seemed good. They were a bit expensive perhaps, but at the very least, tasty.

Once the food arrived, things got worse. The Greek salad had iceberg lettuce in it, the tzatziki was over seasoned and the pitas cold. The meatballs were okay, but certainly not meriting the gourmet price. Later, we ordered baklava, hoping to end on a high note, but were deeply disappointed. The pinnacle of phyllo dough creation had been mangled into a burnt, cold, sticky mess.

As you can read, the experience was hardly relaxing. The food left much to be desired. There were, however, a few good things that should be brought to light. Aside from the tacky color palette, there are lovely posters showcasing Greek countryside everywhere. The waitress did a wonderful job. Being Wednesday evening, not many people were out and about, so the restaurant was quiet and tranquil.

To close, if you're looking for a cool spot downtown to make your favorite haunt, don't choose Macedonia. Nevertheless, if you're looking for a parent-friendly place where you're not spending your hard-earned work-study dollars, then perhaps keep this place on the list.

CALENDAR OF ART EVENTS

sept 13 - 17

13 "So You Think You Can Dance" Live Tour 2006
Arlene Schnitzer Concert Hall, 1037 SW Broadway Dr. Portland, 503.248.4335
8:00 p.m. Tickets: \$39.50-52.50

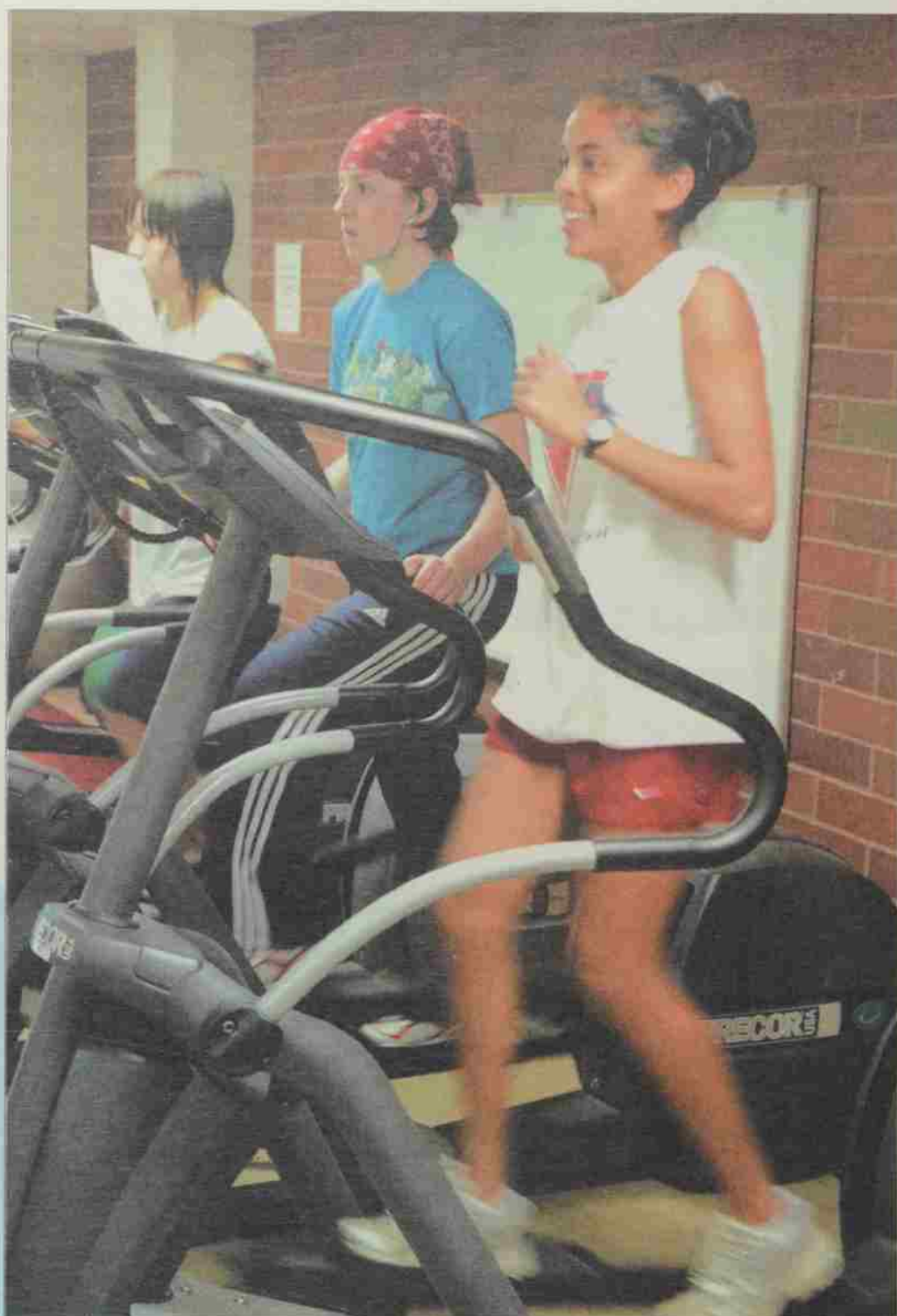
15 '80s Video Dance Attack! At McMenamins'
Crystal Ballroom, 1332 W. Burnside Portland, 10:00 p.m. 503.225.0047
Tickets \$4 at the door, 21 and over

16 Comic Operetta "H.M.S. Pinafore" at Smith Auditorium, 3:00 p.m. Tickets: \$10 for faculty/staff and \$3 for students.

17 Reggae artist Pato Banton performs at the Wonder Ballroom, 28 NE Russell Portland, 503.284.8686
8:30 p.m. Tickets: \$15, All ages.



JESSIE ROBERTSON



PATRICK WILLGOHS

FIGHTING the FRESHMAN FIFTEEN

College students are known for their sloth-like habits. But how do Willamette students measure up?

COLLEEN IRWIN
cirwin@willamette.edu

While having dinner with Alumni during Opening Days this year, there was one pressing question our alumni was dying to ask me. "So tell me, do college students still love peanut butter?" I guess the college students' reputation for being unhealthy snackers has been around for longer than I thought. But just how healthy is the average Willamette Student? Do Willamette students really feed into all those scary overfed, under-exercised college stereotypes?

Because students are always on the go, it is true that they don't always get the proper nutrition that they need. The website www.faqs.org lists some of the typical nutritional mistakes that college students make. They include eating too many carbohydrates and fats, while skimping on fiber, skipping breakfast and not eating enough fruits and vegetables.

Being students at Willamette, a large part of what we eat is prepared by Goudy employees. Marc Marelich, director of food service at Willamette University, sees Bon Appetit as leading the way for socially responsible, healthy dining. While Bon Appetit doesn't force students to eat healthy, what is

important is that they provide options, so students can make those choices for themselves. Marelich said that there are "never enough healthy options." Bon Appetit tries to balance healthy foods like fresh soups and grains with typical college favorites like fried foods. This ratio is about 70 percent healthy to 60 percent less healthy foods.

While Bon Appetit does try to cater toward healthy choices, one complaint among students is the lack of vegetarian and vegan options. "Maybe they are trying their best but it just doesn't seem enough," said sophomore Sheila Kelly. Kelly, who frequents the salad bar and Vegan Wagon, thought Bon Appetit could improve on its fresh fruits and vegetables. "Sometimes you just want more than melon," she said.

One aspect of nutrition that students tend to overlook is the calorie count in alcohol. The same girls who eat nothing but salads three times a day will be sipping away on mixed drinks, unaware of just how many calories are running down their throats. Each type of spirit has a different calorie count. Some of the steeper ones are Margarita Cocktails with 168 calories for every four ounces and Martini's have 140 calories for every 3.5 ounces. For a full list of drinks and their calorie content visit: www.collegedrinkingprevention.gov/CollegeStudents/calculator/alcoholcalc.aspx.

An important facet of student health is exercise. While sometimes it may seem that the only exercise you get is the trekking up the four floors of Eaton, Willamette students are on average fairly active.

“Sparks is incredibly crowded and not big enough to support the student population. Plus, varsity athletes take up too much room. They need their own space to work out.”

RAEWYN KELLY
JUNIOR

continued on next page

FAR OPPOSITE • Junior Amanda Rose falls asleep in the Delta Gamma basement on Sunday night, a common-night to study, reading her Statistics book.

OPPOSITE • Health conscious students pedal-out a cardio workout on the elliptical machines in the Sparks fitness center on Sunday.

RIGHT • Students craving veggies grab food from the Goudy salad bar at dinner on Monday evening.



SAGE NUSBAUM

FIFTEEN: Sleep habits affect health, success

As part of the Nation College Health Assessment last spring, students were asked to rank how many times a week they participated in "vigorous exercise for at least 20 minutes or moderate exercise for at least 30 min." Of the students polled, 37 percent responded that they met these requirements three to five days a week.

Junior Raewyn Kelley said that she stays fit by scootering, walking to classes and playing intramural volleyball. Although Kelley said that she stays active, she wished she was able to use the Sparks gym more. "Sparks is incredibly crowded and not big enough to support the student population. Plus, varsity athletes take up too much room. They need their own space to work out." Despite the fact that a gym is not always accessible to students, they do still manage to stay in shape.

Margaret Trout, director of health services at Willamette, thinks one of the reasons that students are active is partly because of the age group. Also, a "college campus is protective," Trout said. Here on campus students are flooded with information about their health, and encouraged to stay active through different activities such as intramural sports. The Surgeon General's recommendation calls for about 60 minutes of moderate exercise a day. Exercise affects other aspects of your life as well. For instance, a lack of physical activity in your day can wreak havoc on your sleep pattern. This in turn can have a domino effect on your grades. If you've ever challenged yourself to an all-nighter the night before a final, or tried to watch all 50 hours of the BBC version of "Pride and Prejudice," then you've probably realized just how fragile your sleep pattern is.

Most college students average about six hours of sleep per night, which is two hours less than the much recommended eight a night, according to the University of Michigan's Health Service website. While there is nothing wrong with cutting a few hours of sleep here and

there, consistent sleep loss can be detrimental to your health.

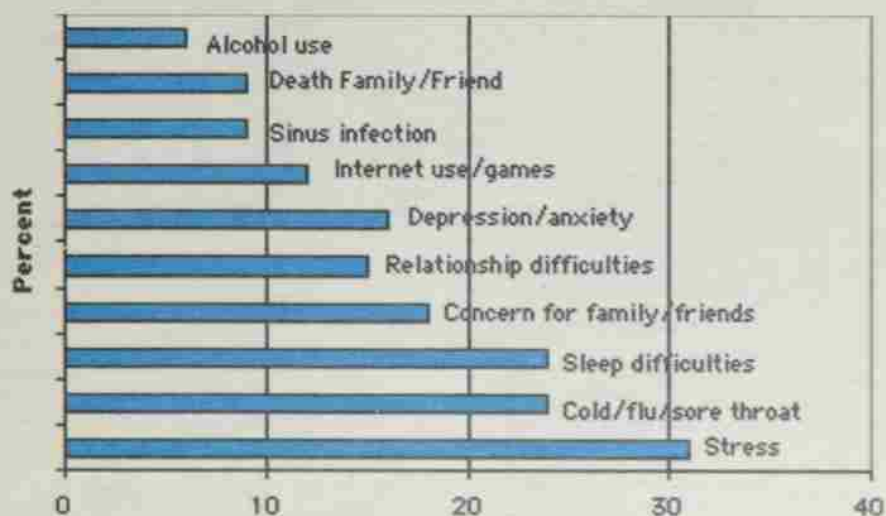
A good night's sleep helps your mind retain information, such as the information you just stayed up 15 hours studying. Studies published in the National Library of Medicine confirm what your mom has been telling you all along: By limiting the hours you sleep, your grades take a dive.

Not only is a lack of sleep a bad study aide, but it can also lead to depression. On college campuses students are already two times more likely to battle depression than the general population. If you are not sleeping well, you are putting yourself at an even greater risk. Eighty percent of those who struggle with depression report that they have sleep abnormalities, according to the University of Michigan's health services.

The best way to ensure a good night's sleep—and of course, straight A's—is to follow a couple of simple guidelines, according to the University of Michigan. For one thing, it is probably a good idea to forgo those night caps, because like caffeine, alcohol interferes with sleep patterns. When you are hanging out in your dorm room or apartment at night, try creating some mood lighting by dimming your lights. Softer lighting has a calming effect and will help get your brain in the mood for sleep. And lastly, it helps to establish a regular bed time ritual. This can include things such as reading, showering and listening to music.

While it is easy to blame any extra weight gain at college on the "freshmen 15," given Willamette's healthy eating options and active campus, the only real thing to blame is yourself. And as long as you're not reading this at two in the morning with your hand in a jar of peanut butter, you're on your way to a healthier you.

Top 10 Impediments to Academic Performance
(16,832 college students surveyed in the last 12 months)



16,832 students surveyed. Source: American College Health Association, www.acha.org/projects_programs/ncha_sampledata.cfm, 2006.

quick bites

A brief list of caloric content of common snacks

Starbuck's
Tall Nonfat Latte: 120 calories
Tall Whole Latte: 260 calories
The Bistro
Scone: 700 - 1,000 calories
Baja Fresh:
Chicken Burrito 481 g: 880 calories
Complimentary Chips 43 g: 210 calories
Subway:
Deli Turkey Breast, 6": 220 calories
Light Mayo, 1 tbsp: 45 calories
Cheddar Cheese (2 triangles): 60 calories
Olive Oil Blend: 45 calories
Subway Cookie, Sugar: 230 calories
Dairy Queen:
Blizzard®, Chocolate Chip Cookie Dough, small order 312 g: 675 calories
Chicken Breast Filet 205 g: 500 calories

Jamba Juice:
Jamba Juice Smoothie, Razzmatazz®
730 g: 493 calories
Krispy Kreme:
Cake doughnut: Old Fashioned Sour Cream: 280 calories
Alcohol:
1 fl oz Sky Vodka: 70 calories
5.1 fl oz Sutter Home Merlot: 117 calories
12.2 fl oz Corona Extra: 147 calories
12.2 fl oz Guinness Beer Draught: 119 calories

Sources: www.fags.org/nutrition/College-Students-Diets-of.html
www.mayoclinic.com/healthy/food-and-nutrition/NU0019

Women gain confidence at last weekend's tournament



LIZ CAULEY

The women now have a 3-6 record overall after a 2-2 showing in the Pacific Coast Classic.

EMILY BAUSKA
ebaуска@willamette.edu

With preseason matches over, the Bearcat women's volleyball team has more total wins than they did all of last year and is looking to continue that streak in conference play.

"Our biggest challenge is knowing that we are a winning team, and getting in the habit of expecting ourselves to win," senior Megan Scheelar said.

The Bearcats may have picked up some of that confidence at the Pacific Coast Classic in Pomona, California last weekend where their record was 2-2. They picked up two wins on Friday against Whittier College and Claremont-Mudd-Scripps, and were defeated on Saturday by host Pomona-Pitzer and the University of La Verne. The tournament bumped their overall record up to 3-6.

"Off the court, we're definitely cohesive; we all get along really well," Scheelar said. "On the court, we're a young team, and we're still learning to play together."

VOLLEYBALL

We're definitely making huge improvements."

Young is right. Scheelar is the only senior on the team, and she has come back from taking two years off. But, according to Scheelar, there is a huge amount of volleyball experience in the young team.

"In terms of knowledge about the game, the team is full of girls that have clearly played for most of their lives and know what they are doing."

The Bearcats start conference play at home on Friday against Whitman College. The game will be at 7 p.m. in Cone Field House.

"I think a lot of people aren't expecting a lot out of us. We're definitely going to surprise a lot of people this year. They have no idea how good our team is," Scheelar said.

▶ next up

The Bearcats start their at-home conference play on Fri., Sept. 15 at 7 p.m. in Cone Field House.

Bearcats get on the board, but fall to Gustavus Adolphus

JIMMY MEUEL
jmeuel@willamette.edu

Anxious to avenge its season opening 42-0 loss at the hands of Western Oregon, the Bearcats took on Gustavus Adolphus, a relative unknown from the Minnesota Intercollegiate Athletic Conference. Unfortunately for the Bearcats, they will have to wait another week for their first win of the season. They fell 35-7 last Saturday in Salem.

The game got off to a rough start when senior wide receiver Mike Plank fumbled the opening kickoff. Gustavus Adolphus then made a quick score and was up 7-0. Things would not get better for Willamette, as two deep passes to Gustavus receiver Chad Arlt, culminated in two more scoring drives for the Golden Gusties. The score was 21-0 going into the second quarter.

The second quarter began much differently than the first. Both teams showed their ability to defend the run.

FOOTBALL

Yet, on the final drive of the half, the Gusties made another deep pass to Arlt, that led to another score.

In the second half, both teams played an anticipated evenly-matched game, trading punts and turn-overs. Gustavus scored once more to go up 35-0. The Bearcat run defense seemed much improved, holding the Gusties to 124 yards on the ground, less than half the total they surrendered to Western.

The Bearcats broke up the shut-out in the fourth quarter, although rather unconventionally. Willamette managed to move the ball fairly deep into Gustavus territory. The drive abruptly ended when sophomore quarterback Grant Leslie was picked-off at the 14. The Gustie defensive back was promptly hit and coughed up the ball, which was recovered by junior runningback CJ Washington and taken in for the Bearcat's first score of the game.

The Bearcats look ahead next week to Cal Lutheran—a team that is looking to make a statement to the nation after they were snubbed from the playoffs despite their 8-1 record.

After that, Willamette will take on the rest of the Northwest Conference, where they will open with six-time defending conference champion, Linfield. With the loss to Gustavus, the chances of the Bearcats making the playoffs as an at-large team are greatly reduced. Thus, the Linfield game is much more important. Willamette needs to win Conference in order to go to the postseason, and, as recent history has shown, the rode to the championship must go through Linfield.

▶ next up

The Bearcats take on the Cal Lutheran Kingsmen at McClellan Stadium on Saturday Sept. 16.

UPCOMING GAMES

Sept. 13 7:00 p.m.

Women's Soccer vs. UC Santa Cruz
Sparks Field

Sept. 16

12:00 p.m.

Women's Soccer @ Whitman

2:00 p.m.

Men's Soccer @ Whitman

Sept. 15 7:00 p.m.

Women's Volleyball vs. Whitman
Cone Field House

1:00 p.m.

Football @ Cal Lutheran

6:00 p.m.

Women's Volleyball vs. Whitworth
Cone Field House

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Men's soccer takes first win of the season

Bearcats defeat Walla Walla College 1-0 at home after two tough losses

Junior midfielder Mikey Rodrigues, fends off Cal Lutheran opponents, as Willamette suffers a heart-breaking loss in overtime. The Bearcats went on to defeat Walla Walla College last Saturday as freshman midfielder Andy Monbouquette scores the lone goal. Freshman goalkeeper Mark Bennett displayed outstanding goalkeeping through the entire series.



JESSIE ROBERTSON

DAN MASLANIK

dmaslani@willamette.edu

MEN'S SOCCER

The Bearcat men's soccer team finally managed to put a point in the win column with a 1-0 defeat over Walla Walla College this past Saturday.

Freshman midfielder Andy Monbouquette scored the lone goal of the match 16:55 into play. Junior midfielder Trevor Jones was awarded the assist on the play. The Bearcats outplayed Walla Walla for almost the

entire game. Willamette managed to take 29 shots compared to 14 for Walla Walla. Freshman goalkeeper Mark Bennett made a crucial save with 7:44 left in the game when he stopped a breakaway by Walla Walla.

Junior defender Adam Dew said he was "very excited about the win, and thought this game was a great stepping stone to keep moving forward." He also said that although "we were moving the

ball forward well, and got the win, we definitely need to work on finishing our chances."

The Bearcats will hope to use this win as a springboard that will propel them to wins over Whitman and Whitworth this weekend.

This win comes as a big relief for the team, which recently suffered three straight home losses. This past week, the Bearcats played Warner Pacific College and California Lutheran University. They lost the first game 4-1, and lost the second in heartbreaking

fashion 1-0 in overtime.

A few highlights in these games were sophomore forward Nick Forbes' first goal of the season, and the outstanding goalkeeping by Bennett. Although he allowed the goal in overtime against Cal Lutheran, it was Bennett's play that gave Willamette a chance to win in the first place.

▶ next up

This weekend, the Bearcat men travel up to Washington to face Northwest Conference foes Whitman and Whitworth.

▶ WOMEN'S SOCCER UPDATE:

The women's soccer team beat Cal Lutheran Fri. Sept. 8 on Sparks Field. The only goal of the game was scored by senior midfielder Susan Butler. Senior goalkeeper Kari Woody recorded three saves. The women recorded 19 total shots, while Cal Lutheran earned 8 shots overall. Willamette improved to 3-0 on the season, while Cal Lutheran fell to 0-2. The shutout was the second one for the women this season. Woody played the first 45 minutes in Willamette's season-opening 8-0 win over Buena Vista University (Iowa).

▶ next up

The Bearcats remain at home to play against UC Santa Cruz on Weds. Sept. 13 at 7 p.m. on Sparks Field.

Which energy bar is right for you?

CHRISTY NEWELL

cnewell@willamette.edu



Luna, PowerBar, Clif Bar, Protein Bar, Zone or Balance Bar? Whether you are looking to bulk up with protein, lose weight, or use it as a quick and convenient meal replacement there is the right energy bar for you.

I personally love the lemon zest Luna Bar based on its taste, but after looking at the nutritional facts I found that it contains soy protein, calcium, iron, B-vitamins, and antioxidants, all of which are crucial to a women's diet.

For anyone looking for high protein, I would recommend is the Cliff Protein Bar which contains 20g protein, 23 vitamins and minerals and comes in three delicious flavors: chocolate (a woman's best friend), peanut butter, and cookies and cream.

If you are trying to lower your carb intake then I would recommend the Balance CarbWell Bar it has only two grams net carbs, 14 grams protein, and 23 vitamins and minerals. There are numerous types of energy bars

out on the market and each has its own unique appeal. For people who are constantly on the run and have a hard time craving those healthy snacks, energy bars provide that healthy and tasty appeal.

Many nutritionists, however, would argue that energy bars are not all they seem cracked up to be. Much of the same nutrients can be found in our everyday non-processed foods which are probably cheaper. This can be of important note to those college students buying their own food.

I had the pleasure of paying for and preparing my own food this summer and let me tell you, I am now thankful for our sorority cook who plans and prepares well balanced meals and those lovely houseboys who then wash our dishes. Those spoiled sorority girls, I know! But there is something quite enjoyable, at least for me in walking down the grocery aisles and choosing my own foods. However when I get to the check-out and watch the prices add up it feels kind of like the anxiety at the gas pump. Know what I mean?

So if you are into those energy bars, remember to keep them in moderation and make sure you are getting the right nutrients, carbs, protein and vitamins and minerals that is right for you.

Drinking packs on pounds

JORDYN SMITH

jsmith@willamette.edu



We've all witnessed the rambling Friday night dispute: "Liquor before beer, all in the clear ... No wait, definitely beer before liquor, all in the clear ..." In the midst of this tedious deliberation, some townie has just run off with all the booze for the night. Another common debate is which is the "healthier choice," liquor or beer? Let's set the record straight for the sake of not having to hear the same arguments ever again!

No evidence supports that drinking beer before liquor has negative physical effects. It's another alcohol drinking myth.

Mentally however, if you begin drinking with a few beers and then finish with alcohol, a less filling drink, you're unlikely to realize how much liquor you're consuming because you're already drunk off the beer. If you drink a moderate amount of liquor first, then finish with a beer or two, you are more aware of the amount of alcohol you consume.

As far as which alcoholic beverage is the

lesser of two evils, you should know the calorie differences in each and choose accordingly.

When you consume alcohol, the liver converts those calories into the substance acetate. Remember, our bodies draw energy from carbohydrates, fat and protein. When acetate is released into the bloodstream, it replaces fat as an energy source. Therefore, the fat from consumed food isn't burned and is simply stored in the body.

▶ pick your poison wisely

Research in the *American Journal of Clinical Nutrition* revealed that fat metabolism dropped by 73 percent after consuming two standard-sized alcoholic drinks (for 24 hrs. after consumption.)

- 12oz. beer: 148 calories.
- 6-Pack of beer: > 800 calories (that's before the run to Muchas Gracias.)
- 5oz. sweet wine: 226 calories
- 1.5oz. (shot) hard liquor: 100-125 calories (without the chaser)

Sources Used: <http://diet.village.com> and <http://alcoholism.about.com>

• BEYOND THE •
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LAUREN BROOKS

Question: Willamette is to The Brady Bunch as Kaneko is to _____. If you found yourself answering with a whiny, "Marcia, Marcia, Marcia!" then you are correct. If you were a little slow, I'll give you one more chance.

Question: Kaneko is to Marcia as Haseldorf is to _____. Not up on your Brady knowledge? Well, we're Jan of course. If Kaneko is the sister who has to brush her golden locks one hundred strokes a night, Haseldorf is the sister who doesn't give a damn about her hair. And although she may not be as popular, we all know she's more interesting.

I dedicate this week's column to that rugged old building that a few of us call home. I'm told that it's in its final years, but I would beg to differ. With all the hubbub going on about finishing Kaneko, I think it would be wise to keep Haseldorf around for a while longer. The upkeep's expensive, but hey, so is demolition.

For those of you haven't visited this housing gem, it's time you take a stroll past the School of Education to our branch of campus. And no, Haseldorf is not "forever" away from the university. It's only a three-minute walk from Lausanne, which is convenient since rumor has it that Lausanne used to house servicemen and Haseldorf used to be a brothel. So if you're from L-town and have a significant other over in H-town, you just might be reenacting historical moments (minus the payment part of course).

In addition to its scandalous history, there are many other reasons why living in the 'Dorf is a constant trip. For one, everyone's apartments are different colors. If you don't like the standard puke white, then you can feel free to paint it whatever color floats your boat. I mean, think about all the other dorm rooms on campus: how much cooler would they be if they were bright red?

Another unique thing about our apartments are the collection of furniture they acquire. Unlike the standardized furniture that other dorms are required to retain, we have somebody else's leftovers. If you're lucky, this may mean a couch and a bookshelf. On a good day, you may even score hangers, ice cube trays, and cinder blocks. If you're not lucky, you may get an ugly desk that Baxter didn't want anymore and a moldy orange chair.

But wait, there's more: fire escapes. Nothing beats taking a breather outside your window until Campus Safety drives by and you have to dive back in. We also have antique phones, doors that go nowhere, and sinks that have separate faucets for hot and cold. It may seem primitive, but it's much more exciting than living in the sterile and uniform apartments that make up some of the other university housing.

In short, it's time we paid tribute to Haseldorf. In fact, two apartments on my floor are empty. So if you think you've got what it takes, you too can become a part of our little community. It may take a fight to stay afloat, but I hope that students will be hauling their stuff upstairs for years to come (the elevator's broken). Give us your history, your character, and your peeling ceilings; Haseldorf, we will come.

Lauren Brooks is the Opinions Editor and a senior at the CLA. She can be reached at <lbrosks>.

EDITORIAL:

Triumphs and tragedies of Kaneko Commons

Willamette must overcome several challenges to unify new buildings with the rest of campus

The view that many of us saw as we drove along 12th Street for the first time this year was radically changed. The white concrete of Kaneko was obscured by the new red brick of Kaneko Commons, which has represented many things to the Willamette community. For some, the commons meant new directions in education and housing; for others, it was a headache resulting from seemingly endless problems with funding and a lagging schedule, a bet the University had made whose odds were looking worse with time. For a few adventurous students, it was the place they would be living. Now that the commons is functioning, there are several things that everyone on campus can do to ensure that the project is a success.

While the jury is still out on the Residential Commons system, it is important that the building itself runs smoothly. People can finally live in the new structure, but patches of unfinished construction make the complex hard to navigate. This poses a problem for getting around Kaneko Commons, but it also contributes to the fears of many students that this project was undertaken without proper planning. The University should do the best it can to allay those worries

before they start to seem justified.

While the project is nearing completion and our respect is due to those involved, livable does not mean finished. The project will not be truly complete until construction finishes, any unforeseen problems are worked out, and the University community has something it can be proud of.

The second problem which warrants attention is a

“ This separation shrinks an already near-uncomfortably small student population.

social rather than a physical one. Since Kaneko's inception, it has historically formed a relatively autonomous social environment. This separation shrinks an already near-uncomfortably small student population, and anyone who called Kaneko home in their first year here can tell you that those grey walls get depressing after a while, no matter how much you like them.

The solution is simple: make an effort to interact with other parts of the campus. Even if you have to walk a ways to get to your destination, remember that you have less distance to cover than most other universities, even other small schools like Lewis & Clark. The extra walk will allow you a short workout, even in an otherwise hectic schedule, and it will allow those in both Kaneko buildings the opportunity to meet new friends or maintain old acquaintances.

One final issue raised by the commons is that the flow of social interaction goes both ways. Those of us on the main campus can go check out the new building, introduce ourselves, and help correct a social rift that is already problematic. Very few people (with the exception of those that live there) have been over to the commons as of this article, and many completely forgot the commons' existence prior to being reminded. Whatever one may think about the commons project, it is important to keep in mind that there are a variety of things that Willamette's administration, staff, and students in both ends of campus can do to make not only a successful commons project, but a more unified school.

EDITORIAL CARTOON:



JADE OLSON

LETTER TO THE EDITOR

Dear Editor,

In last week's publication of the Collegian Steve Malick advocated for a change in the Opening Days (OD) program. He asked for "a dialogue about our values" to begin. Well, Steve, I do agree with you that the Opening Days program must be revised, however, in a much different way than you suggest.

I was an OD leader this year and felt the training was excessive. We spent more time learning about freshman at Willamette than actually orienting our groups. I would argue that we need to spend less time training and more time with the freshmen. Your call to "make all OD leaders go through the same training as RAs" is absurd. We are supposed to be friends with the freshman, not brainwashed reslife robots. If the illustration reflected your experience with your OD group, that is pathetic. One of my OD leaders still looks out for me and I do the same for the freshmen in my group. Sound successful?

-Max Roth
SOPHOMORE

COLLEGIAN
EDITORIAL POLICY

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

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LETTERS TO THE EDITOR

We invite you to submit letters to the editor. Letters can be sent by postal mail, email (cfoss@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, the week of intended publication. The Collegian reserves the right to edit letters for length and clarity.

Kaneko Commons causes controversy

One commons? One big mistake



ANDREW TYLER

Willamette really messed up the implementation of the commons system. Don't get me wrong, I think the Commons is a great place to live. I am happy that the university is trying to get students to identify with the community they are living in, but creating only one commons area was a horrible idea. All I have heard from people living in the Commons are their feelings of disconnection and how Kaneko has become very cliquish towards the rest of campus.

What this university should have done is implement the commons system across campus at the same time. Who cares that "Baxter Commons" doesn't have a new building. Why can't they be a commons just like Kaneko? Does it matter that "Cornerstone Commons" is in three separate buildings? I say no; they can still have Community Mentors, student run programming, and judicial systems. Why do we need to wait for

new buildings before we start implementing the true goals of this new commons system?

Having Kaneko Commons as the only

“ Having Kaneko Commons as the only commons on campus has isolated the students living there, especially the freshmen.

commons on campus has isolated the students living there, especially the freshmen. They didn't make it to OD group activities because the Commons was having dinners/barbeques during group meeting times. I've talked to several of them and they all said it was weird to be isolated from the group like that.

Also, what's with all the shirts? "So cool even we are jealous." Kind of stuck up, don't you think? If Willamette

wants to be accepting of everyone and create more campus unity (one of the commons systems goals) they need to not favor one group of students over another. Now we all know that different buildings/rooms will always have ups and downs, but why be so lopsided in programming?

Basically, Willamette needs to go full bore into this commons system idea. Having only one Commons is creating a divide between Kaneko and the rest of campus. Willamette shouldn't wait for the buildings; all the other goals of the Commons can already be attained with the resources we have.

One final thing: If we wait for new buildings to implement other commons, what happens 15 years from now, when there is only one dorm on campus and all the rest are commons? Who would feel good about living in that dorm?

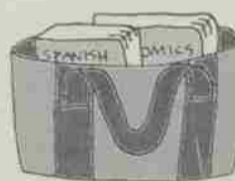
Andrew Tyler is a senior at the CLA. He can be reached at <atyler>.



10-MINUTE BIKE RIDE: 75 CALORIES



HALF-MILE JOG: 85 CALORIES



WALKING TO CAMPUS FROM KANEKO COMMONS: 90 CALORIES

JADE OLSON

"Smooth success" an exaggeration



BRENTON CLARK

It was nice to hear the bright-eyed optimism about the Kaneko Commons experiment expressed in the very first Collegian article this year, being a Commons resident myself. Dave Rigsby and Ryan Hamacheck have reason to be proud; Kaneko does appear to have the potential to be a really great experience. But to call the move-in a "smooth success" contains just a little bit of wishful thinking. Just ask the people who had feces bubbling up from their shower drain during the move-in weekend.

In all seriousness, I am excited about the Commons. However, there seem to be several logistical problems that either went unnoticed by those in charge of the project or were seen as minor enough not to warrant major consideration.

The most serious of these is the lack of connection between the three wings of the Commons. How exactly are we supposed to behave like a community if we never see anybody outside our own wing? This problem is compounded by the new state fire marshal edict that fire suppression doors, used all over Kaneko, may not be propped open.

In addition, the only "common" space in the Commons won't be open until next semester, or so they tell us. I don't know about other people, but I rarely leave my apartment because there isn't any other place to hang out in the Commons, and as such I have not met any of my neighbors that I didn't previously know. What a great way to build community spirit!

“ How exactly are we supposed to behave like a community if we never see anybody outside our own wing?



JADE OLSON

Another problem is laundry. I expressed my concern last year when it became apparent that the additions would not have their own laundry facilities. I was assured, however, that the remodeling of the existing laundry rooms would ensure enough facilities for everyone. By my count, though, there has been a net gain of two washers and four dryers over last year (which wasn't always enough for the amount of people then), now serving 150 more students. Does that seem problematic to anyone else? My advice: be on the lookout for students with access to golf carts to start a clandestine laundry transportation service.

When all the aspects of the Commons are done - atrium, food service, and so on - I think that those living there will have a wonderful experience. Until that time, however, it will be a real challenge for the leadership of the Commons experiment to foment a community spirit among the residents and create fun programming that will reinforce it.

Optimism is great, but those already claiming that the Commons is the best thing since binary fission - as well as those who think it's the devil incarnate - should wait until all the hiccups in this experiment are done before coming to such sweeping conclusions. Only time will tell if residential commons will take off here at Willamette.

Brenton Clark is a sophomore at the CLA. He can be reached at <bwclark>.

POLITICS:

FOR THE RECORD



NICK ROBINSON

A lot of people are very angry with Mark Zuckerberg. Facebook's introduction of "news feeds" left hundreds of thousands of users balking about their loss of privacy. Many students seemed almost militantly opposed to the new Facebook, calling founder Mark Zuckerberg things even The Collegian won't let me publish. One protest group, "Students Against Facebook News Feed," boasts a membership of well over 700,000.

Meanwhile, a much more flagrant and disturbing violation of privacy hasn't stirred up nearly as much controversy. President Bush's illegal wire-tapping program allows federal agents to eavesdrop on the personal communications of American citizens without a warrant. The program has generated a lot of controversy in the mainstream media, but certainly no groundswell of grassroots opposition. Americans are as serenely apathetic to this debate as they are to the federal deficit.

Supporters of the program will argue, as Mr. Bush does, that if Al-Qaeda is calling an American citizen the federal government needs to know why. That's absolutely true, and fortunately American law allows for just such surveillance as long as law enforcement officials take the time to get a warrant. Unless the U.S. Federal Judiciary has been infiltrated by terrorist sleeper judges, there is no excuse for this flagrant violation of the Constitutional protection from unreasonable search and seizure.

President Bush has defended the program by assuring Americans that it is miniscule in scope and only used when absolutely necessary. Unfortunately, he also assured Americans that Iraq was teeming with weapons of mass destruction, and his staff continues to assert (despite unquestionable evidence to the contrary) a connection between Saddam Hussein and Sept 11.

Facebook has ended its public relations crisis with a compromise: it now allows users to opt out of participation in the controversial program. The White House could easily negotiate a similar compromise by simply requiring that Federal agents obtain warrants before eavesdropping, but it has little impetus to do so. American voters just don't feel strongly enough about the issue to force change. Maybe they'd feel differently if Alberto Gonzales started posting MP3s of their phone conversations on his Facebook account.

Nick Robinson is a sophomore at the CLA. He can be reached at <nrobinso>.

CAMPUS SAFETY REPORTS

August 29 - September 7, 2006

CRIMINAL MISCHIEF

- August 29, 9:35 a.m. (Matthews Hall): An unknown individual applied graffiti to the outer door of a room.
- August 30, 9:35 a.m. (Matthews Hall): An unknown individual wrote graffiti on the wall in the third floor men's bathroom.

EMERGENCY MEDICAL AID

- August 30, 1:33 p.m. (Collins Science): A student became light headed and shaky while in class and passed out. Emergency services responded and the student was referred to Bishop Wellness center.
- September 5, 5:06 p.m. (Delta Gamma): A student complained of general weakness and feeling sick. The student was transported to Urgent Care for treatment.
- September 5, 8:43 p.m. (University Apartments): A student received a one inch cut on the thumb while chopping rosemary. A butterfly bandage was applied by Campus Safety.
- September 6, 12:08 a.m. (Matthews Hall): Emergency services responded to a student with a seizure. The student was subsequently transported to Salem Hospital for treatment.

POLICY VIOLATION

- August 31, 10:30 p.m. (Rogers Music Center): An unknown individual placed a table in front of the north doors effectively blocking the exits in the case of an emergency.
- September 1, 11:48 p.m. (Collins Science): Two male juveniles were observed to be on Campus in violation of the applicable curfew laws. The minors were untruthful about their identity and purpose. Salem Police responded and handled the matter.

POSSESSION OF A CONTROLLED SUBSTANCE

- September 1, 8:45 p.m. (Lausanne Hall): Two students admitted to smoking marijuana in their room after being confronted because of the smell.
- September 2, 1:33 a.m. (York House): A student, under the age of 21, was observed to be under the influence of alcohol after being locked out of his room.
- September 2, 1:25 a.m. (Phi Delta Theta): A student, under the age of 21, was observed to have alcoholic beverages in his backpack.
- September 2, 10:43 p.m. (Matthews Hall): Approximately 10 students, under the age of 21, were observed to be involved in a party where alcohol was being consumed.
- September 5, 5:08 p.m. (Matthews Hall): A student was observed to be in possession of an unknown substance that he pulverized and snorted causing him to have nosebleeds and headaches.
- September 6, 11:20 p.m. (Lausanne Hall): Students were observed to be under the influence of marijuana after smoking same in their dorm room. They gave false and misleading information when being questioned.
- September 7, 7:26 p.m. (Gatke Hall): Students, under the age of 21, were observed to be in possession of alcohol in the stair well in the east side of Gatke.

SUSPICIOUS ACTIVITY

- September 2, 8:45 a.m. (Physical Plant West): A male adult, approx 35-40 years old, driving a silver, older van that was pulling a flat bed trailer, was observed to driving around campus looking for scrap metal.
- September 2, 1:09 a.m. (12th & Mill Street): Three male white individuals were observed to be running southbound on the railroad tracks as a train was approaching. The individuals jumped back and forth on the tracks only leaving as the train became very close.
- September 3, 12:22 a.m. (Delta Gamma): An unknown male white, with "very round, brown glasses" was observed to be looking into the window of a female's room.
- September 3, 2:52 a.m. (Kaneko Commons): Four suspects in a tan Ford were observed to be leaving Kaneko carrying a bong. The suspects were also observed to reach into an open parked vehicle and remove a CD. The suspects dropped the CD and left upon noticing that they were being observed.

TRESPASSING

- September 2, 1:29 a.m. (Beta Theta Pi): Campus Safety Officers recovered empty and full bottles of alcoholic beverages on the ground next to the steps of the north side door. The items were confiscated.
- September 1, 3:10 p.m. (University Apartments): A very intoxicated male subject was observed sleeping on the grass in front of UAP near Winter Street. A trespass warning was given.

THEFT

- September 7, 10:36 p.m. (Physical Plant West): A criminal trespass warning was issued to a male subject after he was discovered sleeping on a discarded sofa near the wood recycling dumpster.
- August 29, 3:30 p.m. (Sparks Center): A student had a backpack, containing a cell phone, Ipod, and WU identification stolen while he was playing handball.
- August 30, 11:17 a.m. (Walton Hall): A student had a text book taken from the Student Learning Center computer lab.
- August 31, 12:25 p.m. (Olin Science): An unknown suspect entered two offices and removed a laptop computer and case, digital camera, wallet and keys. Salem Police notified and are involved in the investigation.
- September 1, 4:39 p.m. (Smullin Hall): A student had his bicycle stolen from the east side of the building. The bicycle is a red mountain bike, Diamondback APEX model.
- September 2, 3:29 p.m. (300 block Winter Street): An employee had her 1990 Honda stolen from her parking spot on Winter Street. Salem Police investigated.
- September 2, 9:38 p.m. (Goudy Commons): A dust pan and broom were taken from Goudy by an unknown suspect.
- September 3, 8:12 a.m. (Matthews Parking Lot): A student had her Honda Accord had been stolen from the parking lot. Salem Police involved in the investigation.

*If you have any information regarding these incidents, please contact Campus Safety, 503.370.6911



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