

# COLLEGIAN

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## #Metoo, rally call for a bigger change

**CLAIRE ALONGI**  
STAFF WRITER



On Oct. 5 Harvey Weinstein's life as he knew it came to an end. The former Miramax producer and (now also former) board member of the Weinstein Company was hit with a New York Times article detailing decades of sexual assault allegations settled and shoved under a metaphorical rug. From there: the snowball only grew. The accusers kept on coming, the articles kept getting published and Weinstein was systematically kicked out of everything from his own company to the Oscar's committee. Weinstein's swift and brutal takedown has sparked a broad conversation about how we as Americans—and people of the world—address sexual assault in a conversation that's spanning social media and crossing continents.

Sexual assault accusations and harassment have plagued Hollywood as long as the industry has been around (see within the last several decades, Woody Allen, Roman Polanski, Casey Affleck) but this time Weinstein's immensely

ap-  
palling  
behavior  
might not just  
act as a catalyst for  
a shift in Tinseltown.  
Finally, there is a possibil-  
ity for actual change in how  
our culture addresses sexual  
assault and harassment.house is  
destroyed.

What separates Weinstein's case from other celebrities that have been accused or settled is that his lewd conduct reaches so far and pervasively that exposing it has been like clearing a termite infestation only to find that the entire foundation of the house is destroyed. And now a critical precedent has been set for the treatment of people who sexually abuse or harass: they lose everything.

Weinstein lost his livelihood, his wife, his reputation. All it takes is one. Now people, famous or otherwise can point to Weinstein and say "Look at him! It's been done before, so let's do it again!"

#METOO,10

## Volleyball plays hard, loses twice

**CARRIE FOX**  
STAFF WRITER

The WU volleyball team started off their weekend with a game against Whitman College. Freshman Jaiden Mason of Willamette University finished the match with a triple-double, but Whitman College built a 2-0 lead on its way to a 3-1 win over the Bearcats.

Mason earned 14 kills, 18 assists and 14 digs for the Bearcats, as she registered her first triple-double at the collegiate level. Sophomore Kendall Fox added nine kills for the Bearcats, while sophomore Lauren Stiles contributed eight kills. Stiles achieved a .280 hitting percentage. Freshman Elena Vasquez topped all players with 23 digs. Fox finished with 11 digs and Stiles had nine.

VOLLEYBALL, 9



CONNOR WICKLAND

## This is Halloween

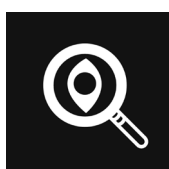
**EMMA GIRON**  
STAFF WRITER

HISTORY OF HALLOWEEN

Oct. 31, otherwise known as All Hallows' Eve, All Saints' Day or Halloween, is celebrated in the U.S. as a spooky themed holiday where children dress up in scary costumes and go door to door trick-or-treating. However, there is more to this holiday than what we see through our contemporary lens. The origins of Halloween are not commonly published in magazine advertisements, store decorations or TV programs when promoting the festivities. Comparing the origins of the holiday to today's interpretation is baffling. Below are some of the origins of the holiday and how it has changed in our society over time.

Recognized on the Christian calendar, the holiday usually revolves around prayers, a brief period of fasting and is followed by a grand feast. Halloween was not popularized in North America until Irish and Scottish immigrants introduced it in the 19th century. Modern Halloween is most closely related to Samhain, the Gaelic harvest festivity that marked the beginning of winter. Here is some of the history behind the famous symbols most people tend to identify with Halloween.

DIG, 5



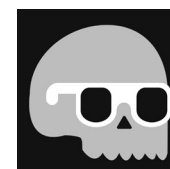
### FEATURE

See how disability is a much more complex topic than this country realizes.  
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### NEWS

Senior heather Pearson details the astrological phenomenon of a Neutron Star collision.  
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### LIFESTYLES

Hear advice from our Chaplains!

pg. 8



## ASWU meeting puts focus on Bishop, budget and Sparks

YUN KIM  
BUSINESS MANAGER

This week the senate meeting was dominated by talks regarding further budget cuts that would impose heavier costs on students. Treasurer Dana Morita shed light on the Sparks Fitness Center witnessing a cut in hours of operation which will require student organizations who use any of these facilities off-hours to pay a fee of \$15 per hour. Senators were heard to voice concerns regarding possibly seeing requests for these fees in future budget requests and a general trend of ASWU covering more costs handed down by the university.

Bishop Wellness Center has also been a topic of issue at each senate meeting this year with concerns about physical health services being cut and moved to Salem Urgent Care. An effort has been initiated by Senator Akerah Mackey ('20) to gain insight on student views on this matter through a petition to bring back physical health services to Bishop.

Other senators have also been working on various projects within their class caucuses. A few notable projects include gaining student discounts at certain downtown Salem venues, increasing the number of water bottle filling stations on campus and obtaining a green fund to obtain more cameras and lighting around campus.

*ASWU Senate meetings are weekly every Thursday at 7 p.m. in Ford 102.*

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## Scientists observe Neutron Star collision for first-time



PARKER DREW

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STAFF WRITER

Scientists announced on Monday that they have detected the collision of two dead stars for the first time in human history.

"It's so beautiful. It's so beautiful it makes me want to cry," said Peter Saulson from Syracuse University about the event. "It's the fulfillment of dozens, hundreds, thousands of people's efforts, but it's also the fulfillment of an idea suddenly becoming real."

The collision, known as a kilonova, allowed scientists to confirm how heavy elements such as gold, silver and platinum are created. It was also a landmark moment in detecting gravitational waves.

These waves are "ripples in the fabric of spacetime," hypothesized

about by Einstein over a hundred years ago but unconfirmed until 2016. At that time, the LIGO Laboratory directly detected such waves for the first time when two black holes collided and their sensors picked it up in a landmark moment leading to a Nobel Prize in Physics.

Yet, Dennis Overbye writes, "for the researchers, this [recent collision] is in some ways an even bigger bonanza than the original discovery," as the aftereffects of such a collision are more visible to astronomers and have already yielded greater discoveries. This is because the recent impact marked the first time scientists have been able to detect and study the collision of two neutron stars.

According to National Geographic, neutron stars are "the most compact objects [in the uni-

verse] outside of black holes — a sugar cube of the stuff would weigh a billion tons." In this way, though they are roughly the size of a large city like San Francisco, these stars weigh more than our sun. So, after spending roughly 11 billion years circling each other at a closer and closer distance and faster and faster rhythm, two of these dead massive stars crashed into each other 130 million years ago. The ripples from this explosive impact reached Earth last August, sending scientists across the globe into high excitement. Only this week have their findings been confirmed.

Scientists discovered that the collision of neutron stars formed heavy elements such as gold, silver and platinum. When two neutron stars collide, a huge cloud of debris is expelled out, made up of radio-

active waste as well as precious metals. This specific star collision emitted astronomical amounts of precious metals by human standards: the equivalent of roughly 200 Earth masses of pure gold, and 500 Earth masses of platinum.

"It's crazy to think that these things that seem very far out and kind of exotic actually impact the world and us in kind of intimate ways," remarked theoretical astrophysicist Daniel Kasen. His own wedding ring is made from platinum.

Dr. Holz, an astrophysicist from University of Chicago reflected, "I still can't believe how lucky we all are...It's all just too good to be true. But as far we can tell it's really true. We're living the dream."

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## CAMPUS SAFETY

### EMERGENCY MEDICAL AID

**October 20, 2:19 a.m. (In a Campus Residence):** Campus Safety received a call from Salem Police dispatch stating that they were sending paramedics to respond to a report of person experiencing an asthma issue. Officers responded and met with the paramedics who assessed the individual and determined no further medical attention was necessary.

**October 21, 8:59 p.m. (In a Campus Residence):** Campus Safety received a call from an individual who was concerned about their friend. The caller had received text messages from their friend stating that they wanted to harm themselves. Officers responded to the individual's room. Paramedics were dispatched to the location and transported the individual to Salem Hospital.

### FORGERY

**October 18, 4:00 p.m. (Sparks Parking Lot):** Campus Safety received a report of a forged parking permit. Officers determined the permit was forged and the owner of the vehicle was contacted. The fake permit was confiscated and a report forward to the Office of Rights and Responsibilities.

### FIRE ALARM

**October 18, 9:35 p.m. (Ford Hall):** Campus Safety received a call stating that the fire alarm at Ford Hall was activated. Officers responded along with Salem Fire Department. Officers entered the building discovered a sandwich grill machine to be plugged in and smoking.

### POSSESSION OF A CONTROLLED SUBSTANCE

**October 19, 9:46 p.m. (Southwood Hall):** Campus

Safety received a call asking for them to confiscate some paraphernalia. An Officer responded and confiscated the items.

**October 21, 11:39 p.m. (Baxter Hall):** Campus Safety received a call from staff members asking for officers to help with an uncooperative individual who was in possession of drug paraphernalia. Officers responded and assisted with the situation. A report was filed.

### PROPERTY DAMAGE

**October 21, 12:22 p.m. (Kaneko Commons):** Campus Safety received a call from an individual stating that something had just hit their window and caused it to shatter. An Officer responded to assess the damage and contacted maintenance to come and fix the window. Maintenance arrived and patched up the window.

### SUSPICIOUS PERSON

**October 22, 2:36 p.m. (Lausanne Hall):** Campus safety received a call about an individual with a metal detector digging in the grass. An Officer responded and contacted the individual. The officer informed the individual that he could use the medical detector on property but could not dig up the grass. The individual became argumentative and the officer asked them to leave the property. The individual complied.

### THEFT

**October 16, 12:11 p.m. (Skybridge):** While on patrol an officer noticed that some signs were missing from the sky bridge. A report was made.

### VEHICLE ACCIDENT

**October 16, 1:45 p.m. (Off Campus):** Campus Safe-

ty received a phone call from an individual stating that they had been in car accident over the weekend in an Enterprise van.

**October 21, 10:22 p.m. (1300 Mill Street):** Campus Safety received a call from an individual stating that there had been a car accident outside of Kaneko Commons. Officers responded and Salem Police was contacted. It was determined that one vehicle had collided with two parked vehicles. The owners of the vehicles involved were contacted and informed of the situation.

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



# President Trump speaks at the anti-LGBTQ Family Research Council's Summit

KELLEN BULGER  
NEWS EDITOR

A little over a week and a half ago, President Trump spoke at an event called the "Values Voters Summit" in Washington D.C. Many outlets picked up a variety parts of the speech as the President touched on a myriad of topics including anthem protests, the Affordable Care Act repeal effort, religion, the appointment of Neil Gorsuch to the Supreme Court and much more.

However, putting aside his talking points, one noteworthy aspect was the fact he was actually speaking at this summit. President Trump became the first sitting President in history to address the group of Christian-conservatives.

Many past-political figures have strayed away from the event, likely due to the nature of the group who hosts it. When one visits the Family Research Council's website, just a couple clicks from their homepage will take you to a list of different topics and their respective stances on each given one. One worth noting is their stance on homo-

sexuality. Per their website, "Family Research Council believes that homosexual conduct is harmful to the persons who engage in it and to society at large."

The 45th President's decision to speak at an event known for its views opposing same-sex couples represents a stark shift in position from previous administrations. President Trump's speech earlier this month is still only a little over four years removed from the U.S. Supreme Court's ruling that made same-sex marriage federally legal, celebrated by then President Obama lighting up the White House in the symbolic rainbow colors and tweeting out support with "#LoveWins."

However, throughout President Trump's campaign there were a handful of messages that were in support of the LGBTQ community, including him holding up the rainbow flag prior to a rally at the University of Northern Colorado and a tweet in reaction to the Orlando nightclub shooting where he exclaimed that he would "...fight for you [LGBTQ individuals] while

Hillary brings in more people that will threaten your freedoms and beliefs."

While President Trump gave messages of support to the LGBTQ community in his campaign, many point to the decision to speak at this recent summit, his rescindment of an Obama-era guidance that allowed students to use bathrooms that match their gender identity on the infamous North Carolina "bathroom bill," and the people he surrounds himself with like Vice President Pence, as signals of his antiquated views on the subject.

It's worth noting that Vice President Mike Pence is often questioned for his support of LGBTQ causes, because of an archived congressional campaign site of his. On the VP's website for his 2000 congressional seat run, the then talk-radio show host who described himself as "Rush Limbaugh on decaf" published his views on the Ryan White Care Act, which at the time established federal funding for HIV/AIDS patients in his state of Indiana.

"Congress should support the reauthorization of the Ryan White Care Act only after completion of an audit to ensure that federal dollars were no longer being given to organizations that celebrate and encourage the types of behaviors that facilitate the spreading of the HIV virus. Resources should be directed toward those institutions which provide assistance to those seeking to change their sexual behavior."

At the time, institutions that provided sexual behavior "changes" meant electroshock therapy treatment, which is now widely disavowed by the general public.

Looking forward, many observers of the current President will be watching to see what his reaction is at the next policy measure that graces his desk in the Oval Office. Whether he will choose to take the position of support he championed during the campaign or instead one akin to his running mate's is yet to be seen.

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# University provides tuition benefits to employees

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In a variety of programs that have been in existence since Willamette University's founding, University employees, their spouses and their children have been provided free or reduced tuition to attend classes and attain degrees both at Willamette and at institutions nationwide.

The little known programs provide a critical form of support to the men and women who dedicate their time to supporting the Willamette community. Employees can apply to these programs through Willamette University Human Resources, provided that they or their dependent has been accepted into the university.

If accepted by both the university and by human resources, the student can then begin taking classes just as any other student would, the only difference being in tuition.

In addition to the benefits available to employees here at Willamette, the university belongs to two exchange programs which allow the children of employees to attend other universities across the nation tuition-free.

The two programs, known as the National Tuition Exchange and the Great Lakes Tuition Remission Exchange, extend the same tuition benefits available to the children of university employees at Willamette to the "hundreds, if not thousands, of schools involved" in the exchanges, said Director of Financial Aid Patty Hoban.

Both programs work essentially by "trading students," said Hoban. The National Tuition Exchange is the more selective of the two, as it requires that universities "stay in balance," said Hogan, only accepting as many students as they send out.

This can be especially challenging for more popular schools, such as Willamette. In an average year, approximately 40 students from around the nation will apply to receive tuition benefits at Willamette University. Of these, the University will usually only be able to provide benefits to between 2-6.

This stands in stark contrast to the Great Lakes Tuition Remission Exchange. While this program is considerably smaller, consisting of a small number of primarily Midwestern liberal arts colleges and universities, it is significantly more accessible. Unlike the National Tuition Exchange, this program guarantees tuition benefits to whichever students are accepted into the schools.

Although these programs only directly impact a small number of students, 23 total between the CLA, the college of law and the MBA program, the service they provide is invaluable.

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# Salem Progressive Film Series opens local discussion to students

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The Salem Progressive Film Series is a 501(c)3 nonprofit organization that has been previewing socially relevant movies to the Salem community for the past 11 years. These films, shown at the Grand Theatre in downtown Salem every third Tuesday of the month, highlight a variety of social issues and give a platform for community discussion only a five minute walk off of campus.

Last Thursday, this organization previewed a documentary aimed at giving a non-biased look at the food industry, entitled "At The Fork". This film focused on how farm animals are raised for consumption in America and the consequences of farming techniques that stem from a high demand for meat and profits in the industry. It follows John Pappola and his vegetarian wife on their journey to learning the truth behind the animal agriculture industry. The duo searches through almost every type of farm, and instead of finding stark capitalists behind every operation they find many individuals who are grappling with the same moral issues they are surrounding factory farming in the United States.

After the film, Kendra Kimbirauskas, the CEO of the Socially Responsible Agricultural Project, came to speak with the crowd. Kimbirauskas asked the audience to raise their hand if they were a meat eater, then if they were vegetarian, and then vegan. The vast majority of attendees were meat eaters. It was very clear that this event was not hosted solely for the vegan-activist, college student. The people who attended this event were not there to trash the government or to loudly express their personal beliefs. People simply wanted to know what was happening in the world and how it affects the Salem community.

Kimbirauskas discussed her own experience in animal agriculture and highlighted the effects of this practice on our community. Her project works to give communities across the US the tools they need to avoid factory farming. SRAP works specifically with concentrated animal feeding operations (CAFOs), and helps farmers implement ecologically safe and humane farming practices while still making a viable income.

She informed the crowd that Oregon is home to the largest dairy in the country, housing 70,000 dairy cows, 70,000 beef cows, and with recently approved plans to bring in 30,000 more cows. Surprising to many, the company that owns this factory farms is Tillamook cheese. This large scale CAFO undermines local agriculture, causes vast amounts of pollution, and depletes Oregon's natural resources. In return, Oregon now looks like big business to a multitude of other factory farms looking to grow and harvest animals for the meat industry. Oregon does not have the laws to regulate these facilities, and this could result in major consequences for our state and its residents.

But is it not true that accepting more sustainable farming methods will result in less food being produced? Kimbirauskas addressed this point as well. A 2014 EPA study found that Americans waste 133 billion pounds of food each year, equivalent to the weight of 104 Empire State Buildings. Furthermore, "At The Fork" demonstrated that farmers across the country are taking strides to find ways to make their farms more sustainable, as well as successful. This is mostly due to an increase in consumer demand for humanely raised meats.

In the lobby of the theatre, local farms were invited to set up a table and talk to the public about their



*The film series claims to inform a younger audience about Salem.*

business. These farms were majority family owned, having specialties ranging from produce to beef. Pictures of the animals they raised were on display and every farm had an opportunity after the film to come on stage and explain their work. Many of the farms highlighted their principles of animal welfare and sustainability.

The Salem Progressive Film Series is a wonderful way for students to get involved in the Salem community outside of campus. This series gave a wide view of the issue, allowed the audience to ask questions, and brought in community members to

explain the importance of the issue being discussed. Sidney Kimbell, a board member of SPFS stated that the mission of this film series is "to raise awareness about issues in our community...to provide a public forum for discussion and to motivate our community to become active participants civically". As students, our voice is one that is important in the Salem community. Take the time to educate yourself, have your voice heard, and talk with other Salem citizenry about local issues at the Salem Progressive Film Series.

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## Coping with sexual assault on social media

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LIFESTYLES EDITOR

Recently, there have been multiple big conversations surrounding sexual harassment and assault online. The hashtag “#metoo” and comments on the allegations against Harvey Weinstein have taken over timelines on all different social media platforms.

Both of these situations have potential positive and negative effects on the viewers. In the case of #metoo, many people are happy that others have an easily accessible way to see how pervasive of an issue sexual assault and harassment are. At the same time, it can be triggering for survivors or make people feel like they have to tell their story. For Weinstein, it is good that he is no longer getting away with it and is facing consequences, but, it can be hard for survivors to see it talked about everywhere. This is only one example of many other disturbing factors about that situation.

If you do not want to see tweets about these topics, you can mute key words to make sure they do not appear on your timeline. Go to your notifications, click the gear icon and then there will be a “mute” section where you can mute accounts and words.

As for Facebook, I could not find as straight forward of a way. Most places I looked just said to unfollow the person posting about topics you do not want to see, but that does not seem to be relevant to this subject, since the “me too” movement only calls for one post.

For any survivors of sexual abuse that need support, information or want to talk to talk about it to someone who is trained and prepared for the conversation, call (800)656-HOPE (4673) to connect to the National Sexual Assault Hotline. There are many other hotlines that can be found with a quick Google search that specialize in different topics too.

One response from these topics has been men asking how they can be better allies to women. I have been very happy to see this response, but it should not be the job of the oppressed group of people to explain these questions if they do not want to. If you are ready to respond to this question, go for it. It is a way to make women in the center of the conversation.

However, if a woman feels uncomfortable explaining or does not want to, it is okay to tell the asker to self-educate. There are many places online that they can find information, whether that be articles or feminist social media accounts.

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# Chaplains help get our priorities straight

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The Willamette community offers a variety of resources to help students navigate their time here, and the chaplains’ office is one that provides support in numerous forms. Many Willamette students identify themselves as spiritual but not religious, so the chaplains may not seem immediately accessible. However, upon talking with the two chaplains on campus, Karen Wood and Gary Ellison, it becomes clear that their work transcends the limits of affiliation.

Wood said that their work is about “helping students make meaning, in religious and in non-religious contexts.”

They are devoted to offering intentional community spaces for self-care and reflection. Their services range from one-on-one counseling appointments to daily mindfulness meditation groups. The weekly convocations held in the Cone Chapel are also facilitated by the chaplains, although their involvement has been re-imagined in recent years as the gatherings have become more student-led.

Wood has been inspired to pursue her work ever since the chaplains at her own undergraduate university “helped [her] make sense of the world.” Ellison and Wood know that college years are often about the mind-bending, exhilarating, staggering work of finding purpose and direction in life. They support and facilitate conversations about those major topics that are important and exciting, but often overwhelming when left to ponder alone.

“We work not just with students, but also faculty, staff, [and] alumni. Anyone can access us for . . . a listening ear, feedback, supports and connection” Wood said. She wants students to “access [their] own wisdom around their experiences.” She said it is never her job or intention to “label” or “name” something in a spiritual

or religious context unless she is invited to do so.

The chaplains of all people know what it means to have too much to get done in a day. After all, there are only two of them serving the entire Willamette community. They both strive to model mindfulness rather than just going through the motions. In this way, they consciously push back against the “I’m crazy busy” culture, as Wood said.

Ellison says for him, it’s about “claiming the time and space,” which means “maintaining an openness to opportunities as they arise. So it can be in the parking lot, in the Bistro, it can be walking across campus.” He recognized the potential in just “a few moments here and there” to have a real impact, and responds by approaching each moment with curiosity about what it might bring.

To bolster their own practices of mindfulness, Wood and Ellison shared a few of their favorite ways to be present. Wood

seeks out backpacking trips in areas such as the Grand Canyon, the High Sierra and the Rockies, where there is no cell service and there’s no choice but to “unplug.” She steepes in the ideas of writers and poets like Mary Oliver, Rebecca Solnit, Roxane Gay and Parker Palmer. Ellison finds inspiration in musicians like the Grateful Dead and Santana, whose sound is the product and integration of vast diversities of musical traditions.

To Wood and Ellison, pursuing meaning is both about being present in the small moments and engaging in larger community and social justice efforts. When I asked the chaplains about how their own perspectives have changed since they were in their twenties, Wood said that a major shift has been the revelation that “social change for the good . . . isn’t something that can happen overnight as a result of my own actions, but that it does happen.”

When she reflected on the social rights developments of recent years, from marriage equality to widespread public awareness and discourse around rape culture and sexual assault, she marveled that she never would have been able to conceive of such progress over the course of her own lifetime.

Wood said that while her guiding values have held constant throughout the years, she now has a deeper understanding of which priorities align with those values.

“I thought the most important thing to be was smart. In retrospect, I think it’s more important to be kind. I realize in an academic setting this might be counter-cultural. It certainly was at Harvard. But kindness and relationship has proved to be way more rewarding than intelligence, ambition and achievement.”

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A view of the front of Cone Chapel where Convocation and meditation is held.

## Reasonable recipes for the student chef

JAROD TODESCHI  
STAFF WRITER

Watching the Food Network over the years has taught me many things. Between the observation of home cooking nuances and absorbing the taste analysis of constrained recipes, the urge to raise the bar in the kitchen has become irresistible. Though the prospects seem limited while preparing food on a budget, making something appetizing and substantial can also be sensationally fun and fiscally responsible.

Expanding the assemblage of your supplies might be the first step to spicing up your cooking. Just a few touchstone items could be enough for any person, based solely on the desired signature flavors you’ll choose to be ingesting. Just because you are eating with your bank account in mind doesn’t mean you have to sacrifice quality and dimensional flavors. A few easy and accessible items that are asking to be doctored up might be:

### A BRICK OF RAMEN

Although the pot of hot water and saturated sodium packet are often delicious, adding some

frozen or fresh vegetable mixes during the heating process can easily make the meal more substantial. Spicing the broth up is easy with a squeeze of lemon juice, soy sauce, sriracha or any other sauce. This allows you to layer flavors beyond the included packet for a comforting homemade vibe. Curry powder is an excellent addition to the broth for a satisfying taste and aroma.

### OVEN VEGETABLES

Any frozen or fresh vegetables can be great after some time in the oven. With frozen vegetables (including french fries), lightly coating them in olive oil while still frozen and tossing them in salt, pepper and any other spice of your choosing will allow them to crisp up nicely as they cook. You can skip the oil and season them directly as well. Giving things a toss in the pan halfway through cooking time will make sure the crisp is evenly distributed across the vegetables. Personally, my favorite spices for french fries in particular are paprika and seasoned salt. If your teeth are feeling sweet, brown sugar is a scrumptious and satisfying way to make vegetables

unhealthier for the body, but more essential for the soul.

### BOXES OF MACARONI AND CHEESE

Adding just a bit more butter than suggested in the directions is the easiest way to make your basic macaroni variety more delicious. With the addition of hearty sprinkles of salt and pepper, the already indulgent meal acquires a simple gourmet edge. Because macaroni and cheese provides a trusted blank canvas for flavorful investigation, adding essentially anything could prove beneficial. While the pasta is still hot, stirring any amount of additional cheese of your choosing can concoct a multi-dimensional, cheesy experience. This could also mean including your preferred protein or a toss of other spices like cumin or an Italian herb combination.

### SCRAMBLED EGGS

Like macaroni and cheese, scrambled eggs are a very neutral, very dependable culinary foundation. That being said, anything in your cabinet—or your cravings—will be a hearty inclusion to your scramble. Heating the pan with

butter or olive oil will add a peripheral flare and ensure minimal egg sticks to the pan. A more flavorful, more indulgent alternative to those could be cooking bacon first, and using a portion of the remaining bacon fat to grease the pan. After the egg is scrambled and before dropping it into the heated pan, adding seasoned salt, herbs, pepper or even cream cheese are easy and traditional approaches to a wholesome breakfast, appropriate for every hour of the day.

Any or all spices listed throughout would be positive investments for your kitchen cabinet and eager belly. However, the most essential component of comfort eating on the cheap is experimentation! The only way to find out what kind of flavors you prefer is to try them and expand your palette. If you find something you particularly like, it might make many things that you eat just a little bit more enjoyable. No matter how easy the box or the freezer or the non-perishable variety is, eating should never be anything less than extraordinary.

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# Dig up the history of Halloween's stories past

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## JACK-O-LANTERN

Also referred to as “Jack of the Lantern,” this tradition originated from Irish folklore and was also practiced in Scotland. A troublesome local name Jack was supposedly rejected from both Heaven and Hell, leaving his spirit condemned to the earth forever. To light his way on earth, he lit a candle inside of a turnip. This frightened the townspeople and they responded by carving frightening faces in pumpkins to keep Jack away from their doorsteps.

## WITCHES

Accused of practicing black magic, the witch has been a part of European and American culture dating back to the Middle Ages, and coming up repeatedly in Shakespearean literature. People were so afraid of witches that those suspected of witchcraft were tried and executed by public hanging. One of the most infamous witch trials was the Salem Witch Trials of 1692 in Massachusetts.

## GHOSTS

A part of the Samhain festivities included celebrating those who had passed away. The events were also referred to as the “festival of the dead.” On this night specifically, the realm between the afterlife and the living blurred, giving the dead an opportunity to return to earth in the form of ghosts. This belief

also enhances the spookiness of graveyards and haunted houses, which are ideal locations for ghosts to appear.

## COSTUMES

Knowing even a tiny bit of history makes contemporary costumes almost amusing. However, a lot of people see this as the season to use imagination and creativity to form the perfect costume. Many children dress up as ghosts, witches and pumpkins, but with

tume parties and competitions the bar is sometimes set fairly high to have the most innovative outfit. Celebrities will often try and outdo each other to gain the most publicity. Here are some memorable celebrity Halloween costumes:

Most fans wait in anticipation for celebrities such as Beyoncé to make a statement with her costume coordination. In 2016, Beyoncé, JAY-Z and Blue Ivy went as Barbie and Ken. They also went as Janet and Michael Jackson in 2014.

Other celebrity costumes include Rihanna as a Teenage Mutant Ninja Turtle (2014) and Evan

Rachel Wood as Magenta from the Rocky Horror Picture Show (2010).

However, some celebrity costumes are remembered for their infamous appearances.

In 2016, Hillary Duff and her boyfriend-

this thoughtless action.” This was the same year that the Dakota Access Pipeline received permit approval.

Some celebrities play it safe and go as the classics, such as Kim Kardashian as a skeleton (2014).

## DIY COSTUMES

If you don't have the time to put together an elaborate costume, here are some last minute ideas:

### Mary Poppins

All you need is a dark skirt, a blazer, a white button-down, a red ribbon as a bow tie and an umbrella.

### Waldo from Where's Waldo?

Only requires a red-and-white striped long sleeve shirt, red beanie and some glasses.

### Power Rangers Character

Wear black on the bottom and your color of choice on top. Paint or tape construction paper onto your bike helmet and you are set to go.

### Halloween Masks

Get together with your friends and make your own Halloween masks. If you live in the dorms, ask your RA for art supplies!



friend were heavily criticized on social media for dressing up as a Pilgrim (Duff) and a Native American chief (Walsh). The couple later apologized saying “we were stupidly unaware of the offense this may have caused and the sensitivity around this issue. We sincerely and unreservedly apologize to all First Nations people for

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# Don't project your problems into the future

## PROJECT PLAN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Relax ☺	Compile evidence for use in paper, brainstorm thesis	Analyze pieces of selected evidence	Create first draft and piece together paper	Revise first draft	Relax, take a break from paper ☺	Read over draft again

SAMANTHA ZEMANEK

## DORIAN GRAYSON STAFF WRITER

Have you ever gotten a project and stuffed the paper away, safe in the knowledge that you have plenty of time to complete it? Were you then surprised when you remembered the project a few days before it's due and had to rush to complete it, devoting all of your time to it?

We've all been there. Smaller homework assignments are easy to quantify, since your task is clear and you just have to do it. Projects, on the other hand, are amorphous things that will confound your abilities to estimate

your time. Luckily, there's a way out.

To-do lists should be lists of tasks. Don't just put your project on your to-do list. Not only does it go against the spirit of your to-do list, but it deludes you about how much work you have to do. Things like your Spanish assignment should take up one task, whereas projects should take up several lines to emphasize how much work it actually represents.

More important than that, is your preparation for the project. Generally, you'll spend a class going over the project's requirements, and when you leave that class you are both the most pre-

pared to tackle the project and the least likely to do any work on it. What you need to do before anything else is make sure you start the project. If you take nothing else from this article, take this: start working on a project the day you get the assignment. Not only are you locking in your knowledge of the assignment, but you're beginning a pattern of slow work on the project that will get it done over time with no cramming or stress.

Here is a good rule of thumb: as soon as possible after the class when you go over the project, sit down and outline each task that is necessary to bring the proj-

ect from nothing to completion. These tasks should be individual actions that take less than one hour but more than two minutes. This list of actions forms the flow-chart that takes you to a finished project. Work backwards from the due date and space out the tasks you need to do so that you will be done, comfortably, within time. From there, if you have time that day, you can do the first action. It is very important to address projects slowly over time, because consistent work will always let you be less stressed.

Your to-do list is a sacred place that inevitably tends towards entropy. You will underestimate the

amount of work a project requires if you don't break it down into tasks. You will forget the project if you don't reinforce it into your mind. You will procrastinate if you don't work on the project consistently. You might fail if you try to do the whole project the night before.

It is crucial that, with all you have going on, you use your time efficiently and keep organized. By breaking down projects like this, you will ensure you never feel swamped from the work and instead better incorporate it into your daily schedule. Good luck!

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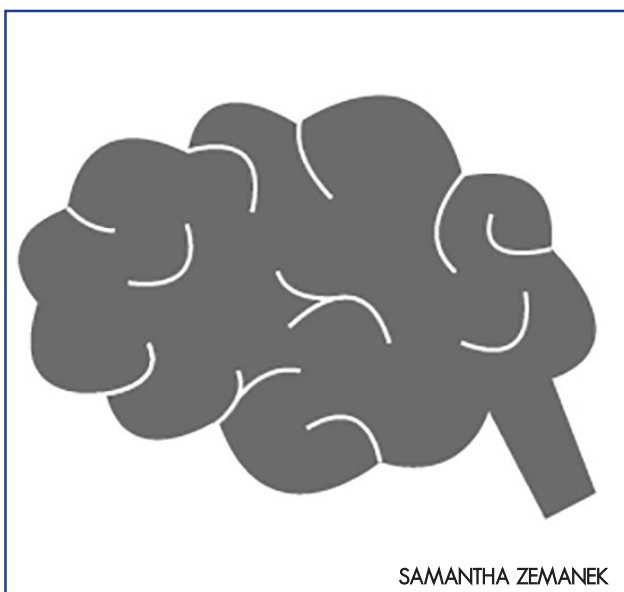
# Disability history and advocacy

**GIANNI MARABELLA**  
EDITOR-IN-CHIEF

Earlier this month, Education Secretary Betsy DeVos rescinded 72 policy documents outlining the rights of students with disabilities. As part of President Donald Trump's executive order in February to "alleviate unnecessary regulatory burdens," these documents were seen by the administration as unnecessary and unimportant. Terrible as news like this is, it falls in line with this country's general sense of ignorance toward the needs those with disabilities.

According to the United States Census bureau, around one out of every five individuals in this country has a disability. As important as this statistic is, it is critical that we don't understate the complexity of disability as a concept — the very definition of which can be hard to pin down.

## WHAT IS DISABILITY?



As somewhat of a blanket term, disability covers the physical, mental, developmental and emotional aspects of disability. A person's status with regards to ability is often more fluid than we realize, especially as college students. Past the age of 80, nearly a third of people are recorded as having a disability. From chronic pain to memory loss to developmental disorders, disability is a very broad idea.

Under the American's with Disabilities Act (ADA), disability is defined as, "a person who has a physical or mental impairment that substantially limits one or more major life activity. This includes people who have a record of such an impairment, even if they do not currently have a disability. It also includes individuals who do not have a disability but are regarded as having a disability."

It's been 27 years since the ADA was put into law, and while strides have been made, the fight for the human rights of the disabled is stronger than it's ever been. However, progress stalls in the face of apathy.

"On campus people generally don't perceive disability," said Johanna Lyon, President of Advocates for Dis/Ability Awareness and Accessibility (ADAA).

"People here are young and they don't realize their body is going to give out and that everyone experiences a major injury or illness at some point. This isn't unique to our campus, there is an ignorance nationwide when it comes to disability."

While the ADA directly combats discrimination against disabled bodies in the workplace, the law cannot change stereotyped and outdated viewpoints held by many of the people who live in this country.

"Disability isn't frightening, it's not something to be scared of and it's not a burden," Lyon said. "The nation says it's a burden on health care, or a burden on family, and people believe it. Instead, it should be looked at as a rich resource for different ways to perceive the world."

A major point made by advocates is the necessity to fight against the all-too-common thread that is

only able to view disability through its deviation from "normalcy."

"The common narrative is that disability is a problem that needs to be fixed," said junior ADAA member Ashley Alunan. "It makes it seem like you're not normal. People can excel with their disability in academic settings, there just need to be more resources."

## RESOURCES



A primary resource for students with disabilities on campus is the Accessible Education Services Office. According to the University webpage, the office is in charge of assisting students in obtaining appropriate documentation of a disability, developing accommodation plans for students, facilitating non-classroom accommodations, supporting self-advocacy and independence and assisting with problem-solving and facilitating connections with appropriate resources.

"My office promotes universal design access to reduce barriers to education for all, as well as ensuring that the legal rights of students with disabilities are also addressed," Accessible Education Services Director Lorie Fontaine said.

The Universal Design Approach involves placing accessibility at the forefront of creating the structure of our initiatives. The term was coined by an architect named Ronald Mace with the intent of forming methods of creating environments that were accessible regardless of age, ability or status.

"Oftentimes there are services put in place for students with disabilities that would also benefit students with other concerns. So maybe a note-taker. Posted notes would benefit people who are dealing with a significant amount of stress that day and aren't able to pay attention, it would help someone with slower processing speed even if they don't have a disability, it could help students who are very interested in the topic and want to make sure they can review information about the topic, just many reasons why universal design is beneficial to a wide variety of people," Fontaine said.

One of the most complex issues that the office deals with is the fact that the term 'disabled' applies to so many levels of ability. Disability can be mental or physical, emotional or developmental and visible or invisible. As such, the office relies on an individualized assessment of need for each and every student that comes in to see them. Some cases are addressed informally, with faculty and staff working on a very individual basis with students to ensure their needs are met. Other cases require a formal letter of accommodation from the Accessible Education Office, which is a document that requires the University to commit resources to helping provide the student with the tools they need for an equitable experience here at Willamette.

"We also look at what else can we do. A student with anxiety might be having great difficulty getting their writing assignments done," Fontaine said. "So then we look at what tools can help them? Are they comfortable communicating with the faculty? Are they comfortable using the writing center? How can

we address the barriers that they're experiencing and lower those barriers so they can build skills and have better access to their education?"

Providing resources for individuals with disabilities is not isolated to accessible Education. Housing and Development have started utilizing concepts of Universal Design when making architectural changes, such as the elevator in Baxter Hall and the first floor laundry services in Lee.

"Patty Schomaker is a great resource for getting accommodations, especially with housing — before I was in housing with an elevator, I worked with her to pick the best place for me to live," said senior ADAA Secretary Alex Wallace. "Especially for rising first-years and sophomores, she's great if you need specific housing needs, and she's sort of the go-to for getting academic accommodations."

There are also several resources dedicated to academic support.

"A really cool part of Matthews is the academic test center, where you can have a quiet environment to take tests," Alunan said. "There's also the E&E, which is a place where disabled students can feel comfortable and supported. Bishop is also especially important for those who have issues with mental health that they need help with."

The past few years have seen positive change with regards to accessibility for disabled students.

"I don't know if it's just because I've been more involved, but in my freshman year I felt like there was very little support," Lyon said. Since then they've made new hires, and there've been remodels. Some key players on campus are starting to think about it more."

In spite of this, the University still has a long way to go when it comes to making the campus accessible for all.

"It is 'accessible' by ADA standards — e.g. those little blue stickers that grant you a closer parking spot, but only if you're disabled 'enough' — but there are plenty of invisible disabilities/chronic illnesses that require accommodations," Wallace said.

## ADVOCACY



While increasing resources is important, so is advocacy for the rights of those with disabilities and for awareness of what being disabled actually means. Dr. Allison Hobgood is a professor who works in the English and Women and Gender Studies Departments, and her work has been deeply rooted in the realm of disability studies.

"It's a big field and a big topic," Hobgood said, defining disability studies in a radio interview with KMUZ. "The place to start is to think about the world as a place of compulsory able-bodiedness, which basically means that the demand for ability is kind of this unspoken requirement, and we typically exclude and stigmatize and devalue human variation. Disability studies wants to work against that."

Putting it in other words, she said, "the world is purposefully set up to exclude disability and to kind of prohibit people with impairments from full

# Equity at WU and in Salem

participation. Activists know this of course, and are working constantly on establishing disability human rights, and I think of disability studies as the intellectual counterpoint to that, sort of the other half to on the ground equity work.”

One example of this on-the-ground equity work here at the University is the newly formed ADAA. The organization was created last year by Lyon and then-senior Tyler Griswold.

“Both of us had experienced disability and felt there wasn’t a presence for that on campus, and that made us a really underrepresented group,” Lyon said. “Our number one goal was to create that presence because we didn’t know who else was disabled who had experiences like us who needed accommodations and we wanted to seek out those students.”

The club’s goal is to make disability awareness more prominent on campus and to fight against the stigma that disabled students are lesser. They are currently working on a project meant to raise awareness of famous people throughout history who have had disabilities, coinciding with the fact that October is National Disability Employment Awareness Month.

They recently partnered with the English and Women and Gender Studies Departments to put on a showing of “Deej,” a film about autistic civil rights. The movie was shown in the Ford theater and was followed by a group discussion between attendees, Hobgood and Lyon.

Much of the organization’s energy is dedicated to educating the Willamette community on disability and the potentially harmful ways that we perceive it (or fail to perceive it).

“A lot of people see mental and learning disabilities as being less impactful than physical disabilities. It’s more obvious when you have something to show. It goes to show that disability isn’t always visible, and that can make it really hard to get the help that some people might automatically be given,” first year ADAA Vice President Landry Ferguson said.

Ferguson has Ehlers-Danlos Syndrome, a genetic disorder which causes the joints to dislocate very easily.

“It can be very hard to get diagnosed and seen as valid. It can be very difficult to explain to people why I can’t always go up the stairs, and sometimes it’s great to explain but sometimes I really don’t want to.”

With regards to students without disabilities, one of the major things the club wants to change is the language surrounding disability.

“I can’t tell you how many times I’ve heard people refer to their friends as ‘crazy’ or calling someone doing something weird a ‘psycho’ or ‘schizo,’ or complaining that they’re ‘depressed,’” Wallace said. “Honestly, it’s sometimes really discouraging. It’s frustrating to explain to such well-meaning people that they say and do seemingly casual, unconscious things that reinforce disabled people as lesser humans.”

These issues are allowed to exist due to a lack of discourse. In discussions of social justice, the topic of disability isn’t the most likely to come up or be acknowledged.

“When there’s a ‘Take Back The Night’ event, there’s a building with several stories that doesn’t have a working elevator. We’ve talked on this campus around queer rights, multiculturalism, political conflicts and our lack of racial diversity, but we only talk about disability when it’s about “common” mental disabilities like depression or anxiety — there’s a much bigger range of disability than that,” Wallace said. “Looking for disability representation and accommodation, and asking where it is when it isn’t there, is something that nondisabled people need to start doing too.”

Individuals who are interested in getting involved with the ADAA can attend one of their meetings, which are held on the first and third Wednesdays of every month at 5 p.m. in Eaton 105.



## A BRIEF HISTORY OF DISABILITY IN SALEM

**Disclaimer: In this section, I discuss the treatment of patients at the Oregon State Hospital and Fairview Training Center. Many of their treatment methods were found horrific and archaic, and readers may find it disturbing.**

Since the 1800’s institutionalism has been used to “treat” disabled individuals. With regards to physical disability, two of the best known examples are the Oregon School for the Blind and the Oregon School for the Deaf. The school for the deaf has been open since 1873, and serves deaf and hard of hearing children from kindergarten up through high school. It has comprehensive transition planning programs for its students as they prepare for their futures. The school for the blind was created in 1872 and had a similar setup, but Oregon State Legislature made the controversial decision to close it down in 2009, dispersing its students and leading to a battle for ownership over the land that Salem Health eventually won.

Salem has a dark history of institutionalization in its treatment of mental and developmental disability spanning over a century. One of Salem’s best known landmarks is the Oregon State Hospital, famous for its inclusion as the setting of both the novel *One Flew over the Cuckoo’s Nest* and its academy award winning film adaptation. The novel focuses on the frightening conditions of mid-twentieth century psychiatric hospitals, and its depictions of the mistreatment of patients was hardly fiction. The hospital was known to resort to heavily detrimental chemical and surgical methods of treatment for its patients. By the turn of the millennium the fa-

cilities were dated and overcrowded, and there was minimal attention paid to the wellbeing of those staying there. Criticism of these facilities came to a head when the *Oregonian* published a Pulitzer prize winning piece exposing the Hospital for keeping the unclaimed cremated remains of thousands of patients hidden away in the basement. The Hospital has since been reconstructed, and you can learn more about its violent history by visiting the Museum of Mental Health, which is located in the main building of the Hospital.

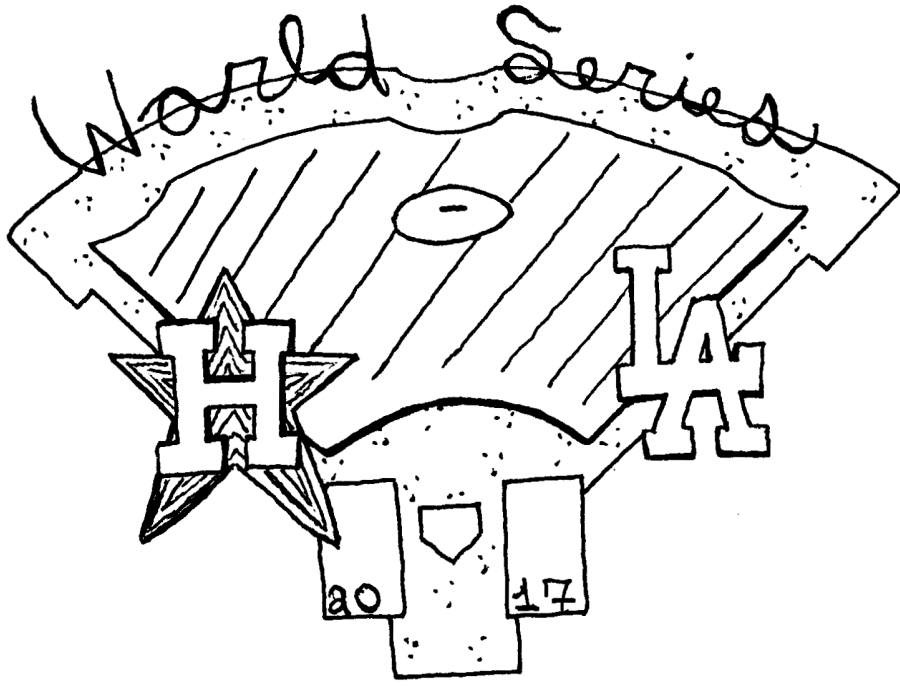
Equally horrifying is the history of the Fairview Training Center, which was a state-run institution for individuals with developmental disabilities that was running up until the year 2000. It has been widely reported that through the 1980’s, patients of the center were subjected to archaic and cruel methods of subjugation.

In 2010, Oregon State Senator Sara Gesler wrote a column in the *Oregonian* discussing this treatment. “Oregon maintained a Board of Social Control that oversaw more than 2,600 forced sterilizations through 1983. Forced hysterectomies, tubal ligations, vasectomies and even castrations were requirements for discharge from Fairview up through the late 1970s. In 2002, then-Gov. John Kitzhaber issued a formal apology for these human rights violations,” Gesler said in her column.

It is only in the past few decades that those in Salem with mental disabilities were not at risk of being stripped of their human rights and institutionalized. This is the history that looms behind us as we discuss the rights of the disabled.



# Dodgers and Astros kick off the World Series



PATRICK LOFTUS

JARED SPOHR  
STAFF WRITER

After a long, hard fought battle in the ALCS, the Houston Astros will square off against the Los Angeles Dodgers in the World Series. While the Dodgers made pretty short work of the defending champion Chicago Cubs in the NLCS this year, defeating the Astros should prove a more difficult task. This is the Dodgers' first World Series since 1988, when they defeated the

Oakland A's, and this is Houston's first trip to the Fall Classic since '05, when they got swept by the White Sox.

Throughout the regular season, the Astros held the best slugging percentage in the league since the 2003 powerhouse Boston Red Sox, slugging .478. In addition, they led the league in runs scored per game with an average of 5.53. However, this red hot offense cooled down significantly against New York in the ALCS. Houston managed only

.181/.271/.294 as a team while averaging under three runs per game.

Even with this drastic difference in offense from the regular season, the Astros still have plenty of talent. Their superstar second baseman Jose Altuve absolutely destroyed major league pitchers in the month of October. He has hit .400/.500/.775, tacking on five home runs, and more walks (eight) than strikeouts (seven). In the regular season he killed it with a .346/.410/.547 line, achieved his third batting title and it was his

fourth straight season with 200+ hits. Across the diamond at the other middle infield position we see Carlos Correa, who has also had an amazing year at the plate. He turned in a line of .315/.391/.550 with 24 home runs on the regular season. Both players have been tremendous assets to the Astros and nothing should change that in the World Series.

Both Houston and Los Angeles' pitching rotations are stacked with talent, with guys like Dallas Keuchel, Justin Verlander and Lance McCullers for the Astros, and guys like Clayton Kershaw, Rich Hill and Yu Darvish for the Dodgers. However, with offenses as fierce as both of these teams have, the strength of the bullpen should prove to be one of the biggest factors in who wins this series.

In this department, The Dodgers have the edge. Kenley Jansen is one of the best closers in baseball, who boasts the sweetest cut fastball in the league, which he has thrown at an average speed of 93.3 mph this season. According to regular season pitch stats, Jansen threw his cutter 957 times, throwing his slider 95 times and his sinker 73 times. He is essentially a less perfect version of Mariano Rivera. However, even with his immense strength, the Dodgers have had somewhat of a difficult time setting up for him. This all changed when manager Dave Roberts decided to switch former starter Kenta Maeda to a relief role. He has absolutely thrived in the bullpen, recording a 1.38 ERA with 17 strike-

outs in 13 innings, including retiring all 15 batters faced this postseason. He is on fire. The entire Dodgers bullpen is on fire this postseason. They hold a combined 0.94 ERA this postseason. If the Dodgers can successfully have their starters go deep into games and keep their bullpen arms fresh, they will have a major leg up on Houston.

Las Vegas odds are stacked up in the Dodgers favor, as one might expect. Los Angeles' Vegas odds are -165, While Houston's are +145. Given that the Dodgers cleaned up on the Cubs in the NLCS, that they bested the Astros by 3 games this regular season, and the fact that they are going in on four days of rest, it isn't difficult to see why the odds are skewed in their favor. If the past is any indication, the home teams of this series are going to hold a major advantage. This postseason, home teams have a combined record of 23-8, which is the best home record in the Wild-Card era of Major League Baseball. The Astros are undefeated at home in this postseason, with a record of 6-0. While I think that beating the Dodgers will prove to be a difficult task, I think that the Astros deserve a little more respect going into this postseason. This World Series could go either way. Buckle up and get ready for some spectacular World Series Baseball, starting on Tuesday night at Dodger Stadium.

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# Men's soccer remain atop in NWC, Women defeat Linfield

JARIN KOBASHIGAWA  
STAFF WRITER

Over the weekend the men's soccer team were victorious against George Fox University on Saturday, winning 2-0. This win is the Bearcat's sixth shutout of the season. First year Max Berner-Hays scored a goal in the first and second half to lead the way for Willamette. Berner-Hays scored his first goal at the 33rd minute, following a pass from sophomore Mason Kellier; the shot was taken from the left side of the field. Berner-Hays' second goal came at the 72nd minute, which helped to seal the win. Junior Joe Plaster sent a free kick in the vicinity of the goal which led to Berner-Hays' header, this was his fourth goal of the season. Goalkeepers, junior Marco Gonzalez-Yanez, who had one save, and senior Quinn Nottage, who played for the final nine minutes of the game, shared the shutout. The Bearcats also outshot George Fox, 12-7 which included 5-1 shots on target.

On Sunday, the Bearcats came out victorious, 1-0 on their Senior Day against Pacific University. Berner-Hays scored the only goal of the game with 31 seconds remaining in the first overtime period. In the final seconds of the overtime, the Boxer's goalkeeper registered a foul a few yards outside of the penalty area and ended up receiving a red card. Senior Alan Hernandez took the free kick which was saved by the back-up goalkeeper, but Berner-Hays who was ten yards away shot the ball between the legs of the keeper. Nottage, from Portland, Oregon earned the shutout, while making

four saves for the Bearcats. Nottage played in nine games in his career at Willamette. Hernandez, from Tigard, Oregon led the team in shot attempts and was a serious threat on offense. Hernandez has played in 69 games throughout his career. Liam Main, the senior from San Francisco, California has played in 46 games in his Bearcat career. Willamette improved to 9-4-2 on the season, remaining in 1st place in the NWC at 8-1-2. Pacific fell to 8-6-1, and 5-5-1 in the NWC. On Saturday, October 28th Willamette will play the 2nd placed team, Pacific Lutheran at 2:30 p.m. (PDT) in Tacoma, Washington.

On Saturday, sophomore Shanna Keil and senior Emmy Manset score one goal each to lead the Bearcats to a 2-0 win over archrival, Linfield. The Bearcats applied pressure early; during the second minute, Yume Matsuyama took a shot that was wide left. Keil's goal, which was the second shot of the game, came at the tenth minute when the ball was placed in the upper right corner of the goal from 20 yards out. The Bearcats outshot the Wildcats 6-2, which consisted of 3-1 shots on goal.

In the second half, Linfield outshot Willamette 6-2, but were unsuccessful in their attempts to score. Sophomore goalkeeper, Kristen Barclay accumulated six saves on the day, five came from the second half. With six minutes left in the game Manset scored after a long run and a shot 20 yards out. The ball deflected off of the left post into the net, obtaining her eighth goal of the season, surpassing her 2016 season goal record of seven.

On Sunday, the Bearcats traveled to Tacoma, Washington to take on Pacific Lutheran University but unfortunately fell short, and lost 0-2. The Lutes took an early lead by scoring their first goal at the 16th minute. During the first half, the Lutes outshot the Bearcats 1-6. Yume Matsuyama recorded Willamette's only scoring attempt during the 30th minute when her shot forced a save by Pacific Lutheran's goalie. The game

ended with the Lutes holding the advantage 10-4, which included 5-3 shots on goal. Manset recorded three shot attempts, one that was wide right and two that were saved by the goalkeeper. The second and final goal of the game came during the 75th minute. Barclay played a complete game and had three saves on the day. Willamette's record changed to 10-4-2 on the season, and 7-4-1 in the Northwest Conference. The

Bearcats are now ranked fourth in the NWC with 22 points, trailing Puget Sound University who has 26 points. The Bearcat's next game will be on Wednesday, October 25th against Lewis & Clark College which will begin at 7 p.m. (PDT).

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KENDRICK ARAKAKI

Manset leads the Northwest Conference in goals and looks to add to lead

# Volleyball battles against Whitman and Whitworth

CARRIE FOX  
STAFF WRITER

Sophomore Kunani Tuttle entered the match at the third set adding a spark for the Bearcats

and helped them build a 10-0 lead. She registered 11 assists during the set and 14 assists for the match.

In the second set there were 10 ties and four lead changes. Willa-

mette tied the score three times before moving in front, 11-10, on an ace by Stiles. WU went on to hold a 17-14 advantage after back-to-back kills by junior Larsen Fellows. Later on the Bearcats had a

22-19 lead. Kills from Khan and Stiles gave them two more points, but the Blues ended up pulling out a 26-24 win for Whitman.

In the third set, Tuttle assisted a kill by senior Emma Liband to start the set and a kill by Mason gave Willamette a 2-0 lead. Tuttle provided assists on each of the next four rallies as the Bearcats added four more kills for a 6-0 lead. Mason tacked on another kill, assisted by Stiles. Fox added two kills, assisted by Stiles and Tuttle, as Willamette's lead increased to 10-0. The Bearcats ended up taking the set 25-15.

Willamette opened the fourth set with a 4-1 lead, but the next nine points went to Whitman. The Bearcats reduced the margin to 18-15 on a combo block by Liband and junior Dreux Bertolucci, but Whitman ended up recording the final seven points of the match.

"I think in each game we've played this season everybody has improved and it's showing in the way we've been playing lately," Elena Vasquez said. "I'm really excited to see how the rest of the season goes and to be able to take everything we've learned and use it next year."

The Bearcats then took on the Whitworth University Pirates on Saturday. Willamette won the first set 25-21, but the Pirates ended up taking the next three sets to earn the win. Mason led the Bearcats in kills with a total of 11. Dreux Bertolucci added nine kills with Liband and Stiles each providing seven kills. Vasquez led all players with 25 digs. Mason's 12 digs were

matched by Stiles, and Tuttle and Mason also recorded 17 assists.

The Bearcats scored the first four points and never trailed in the first set. Willamette owned a slim lead at 9-8, but the Bearcats answered back with a combo block by Liband and Fox, as well as an ace by freshman Nina Hernandez. Later on, the Bearcats were in front by just a 14-13 margin before scoring four consecutive points, starting with two kills by Stiles. The Bearcats tallied the next two points on a kill by sophomore Jennifer Lane and an ace from Mason to start a 4-2 run for a 25-21 win.

Despite Whitworth taking the next three sets, Willamette finished with 43 kills and hit .168 as a team. The Bearcats also gained an edge with 13.0 team total blocks compared to 10.0 blocks for Whitworth.

"We played against tough competition, had long rallies and good plays this weekend," Stiles said. "We've grown a lot as a team this season and we're still a very young team. I'm excited to see how we will continue to progress and compete throughout the rest of the season."








The Bearcats will play at University of Puget Sound on Friday, Oct. 27 in Tacoma, Washington. The match is set to begin at 7 p.m. (PDT).



Bearcat duo stuffs a spike from from a Whitman Blue

cfox@willamette.edu

## this week in sports

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

AARON ODA  
STAFF WRITER

This week in sports saw some intense things happened. intense drama, intense streaks and intense story lines to follow in the last series of the year.

### NBA

The NBA season has started and there has already been some drama. On opening night the Chicago Bulls' had a fight amongst teammates that resulted in one of them suffering a concussion and multiple bones broken. This injury is going to hold him out for an estimated four to six weeks and the punching player suspended for eight games. Also the defending, cheat code playing Golden State War-

riors currently have a record of 1-2 and find themselves in 9th place in the Western Conference. This horrible start to the season will only be a blimp on the radar when the Warriors should be hoisting the NBA championship trophy.

Also, if you haven't heard of Lonzo Ball yet, just google his name and his loud-mouthed dad Lavar Ball for a sports version of the Kardashian Family. Just a couple of games in to the NBA season and it has already been filled with middle school level drama.

### MLB

This weekend we got the winners of our two leagues. The American League was won by the Houston Astros by beating the

New York Yankees in a seven game series. An interesting story line with the Astros' four games away from winning the World Series is that this prediction was made on the front cover of a Sports Illustrated back in 2014. In that 2014 season, the Astros finished with a record of 70-92, so the prediction seemed like a stretch at the time but the Astros finished with 101-62 and a chance to win the World Series.

In the National League, the Los Angeles Dodgers were able to defeat the defending champion Chicago Cubs in only five games. They have not won a championship since 1988 which is a long streak for a team located in a city with a high standard of winning. The Dodgers were able to put together one of the best regular seasons in history, having mul-

multiple 20 game winning streaks. But can they finish strong? The World Series starts Tuesday and it is a must watch TV.

### NFL

Defense was the name of the game this week in the NFL. Two teams got shut out on Sunday and it effectively ended their ridiculously long consecutive games getting on the score board. The Los Angeles Chargers ended the Denver Broncos streak of 394 straight games on the scoreboard on Sunday winning, 21-0. This last happened to the Denver Broncos in the 1992 season. This was the more surprising of the two shut outs because the Chargers were 2-4 going into the matchup and the defense just plainly showed up to play. The

offense was also playing well enough to keep the offense off the field and give them much needed rests in between drives. The Jacksonville Jaguars shut out the Indianapolis Colts, ending their 375 game scoring streak, winning 27-0. This streak dates back to the 1993 season.

The Jaguars' defense is playing like its mascot this season: ferocious, fast and mean. New quarterback Jacoby Brissett had really no time to pass all day and took a multitude of hits. The offense of the Jaguars has looked better this season with quarterback Blake Bortles looking to show his talent. Until next week, K DEN!

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## #metoo is a necessary national dialouge

CONTINUED from Page 1

A rally cry has been sparked by actress Alyssa Milano who began the Twitter hashtag #metoo, a slogan which was started by black activist Tarana Burke ten years ago, as a way for people to share their stories of sexual assault and harassment in the wake of Weinstein's eviction.

Social media has become the fire that will not go out as tweet after tweet, post after post, reveals another heartbreaking #metoo. According to Facebook data more than 45 percent of users were friends with someone who posted #metoo, and that was only a few days after Milano's original tweet. The number is likely larger now. While older generations may harp on social media, it is a powerful voice of today and has the power to jumpstart real world actions.

In response to France's own version of #metoo, #BalanceTonPorc (expose your pig), a new anti-street harassment law has been proposed by the French minister of gender equality which would fine people for acts such as catcalling. This new law builds off the steam of #metoo, off of Weinstein. Whether or not it comes to fruition this represents how quickly people have sprung into action in the wake of Weinstein's exposure, not just on social media but in the real world as a way to enact lasting change.

Cynics have said that the outrage created by Weinstein won't last, or have simply dismissed the #metoo movement as a way to garner attention. But this isn't the whining of a few people. What started with women in Hollywood speaking up has turned into a bonafide movement that is sweeping not only the United States but other parts of the world as well. Likely change won't come as swiftly as Weinstein's takedown, but change will come. The conversation has been started, and it's not likely to end anytime soon.

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## Are the rates of faculty and student retention related?

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Student retention is an issue at universities nationwide. In recent years, retention at Willamette specifically has proved to be a hot spot for potential improvement. But within the ever-complicated subject of retention, there might be larger administrative issues going unaddressed. Recent years have shown dramatic faculty turn over, sweeping across multiple departments causing one to wonder if retention of faculty is directly impacting the retention of students.

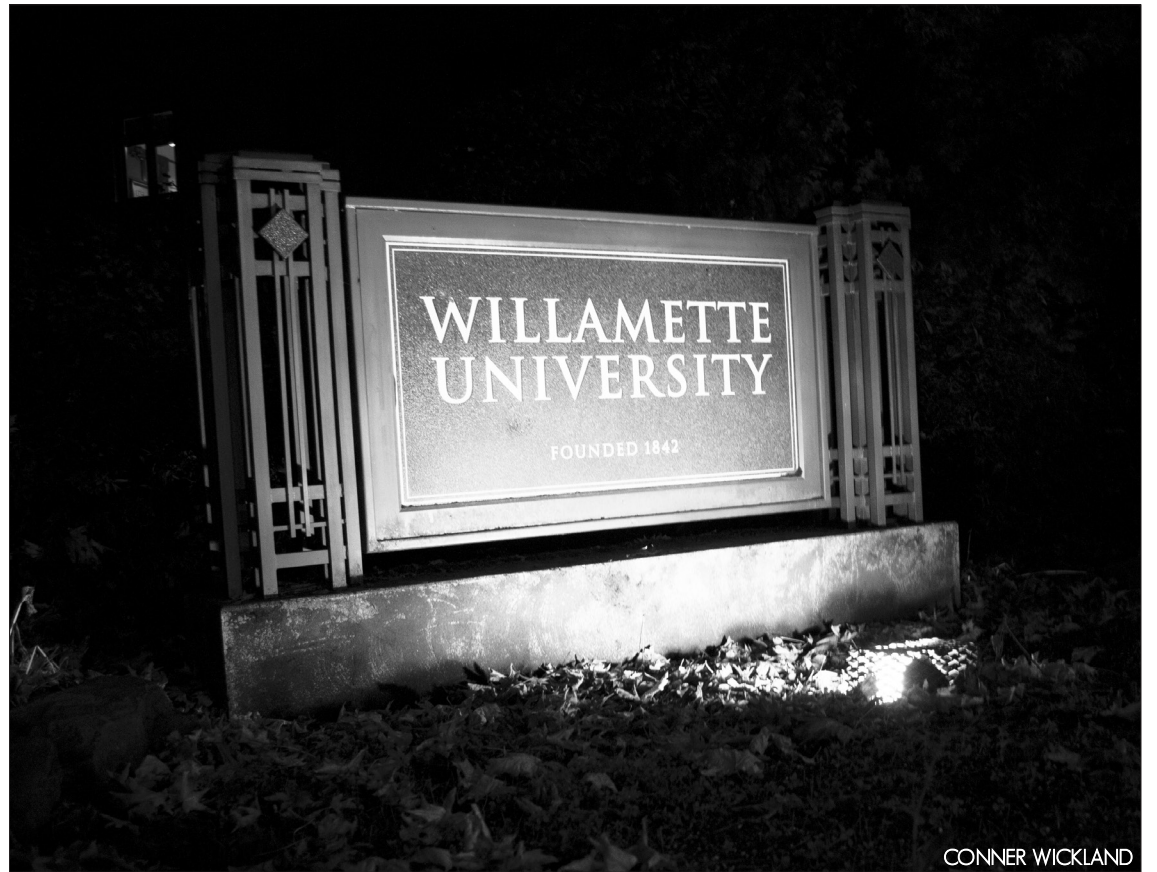
On the topic, Vice President of Student Affairs and Dean of Students Edward G. Whipple issued the following statement: "Student retention is based on a variety of factors, not just faculty and staff retention. Higher education research clearly shows that factors influencing student retention revolve include student academic performance (college GPA, high school GPA, course load and credits earned, and academic self-discipline) in addition a student's attitudes and satisfaction with the university are vitally important."

"The university has an obligation to provide opportunities for students to engage outside the classroom such as participating in undergraduate research, joining clubs and organizations, engaging in athletics and having a positive living experience. Finally, student retention is significantly influenced by faculty and staff support, family support, a sense of belonging and community and being part of an authentic cultural environment. There is no one factor that affects retention - it varies from student to student and most often is compilation of factors in varying degrees."

When speaking of prior experiences working through administrative problems, an unnamed tenured Willamette professor said "the response you get from the people putting the patches on the leaky boat will be very calculated and measured." On academic faculty turnover in the most authentic form - retirement - they stated, "retired faculty are not as readily replaced, and academic programs can either wither or feel the absence of specific faculty credentials."

The university's insistence that student retention can largely be blamed on the students themselves is perhaps denial of a much larger issue. The professor believes the current administration has misguided priorities. "It wasn't always like this, it's lost its direction in the last 7-8 years." They added that "the administration has lost track of their vision for the future," though they often reason decisions with a future minded approach. They suggested that admin has become more business and fiscally minded. The more recently terminated education program from the grad triangle with law and business becomes additionally interesting when considering the current out-of-left-field partnership with the Claremont School of Theology.

A club president on campus said the inconsistent faculty over the years among departments advising their organization made their job more



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difficult. "I have to relearn a whole new chain of who is where before I can get access to resources I need." With frustration, they questioned "why are these departments seeing such turnover?"

Adding a personal confusion on the matter, they stated "as a student, I would not be at Willamette anymore if it were not for meeting with Jackie Balzer and Judith Poutasse," both positions essential for student support and retention encouragement. "These positions are now vacant. Without them, I would have either flunked out or left on my own accord. I wonder if Willamette's administration has any intention of filling these spots?"

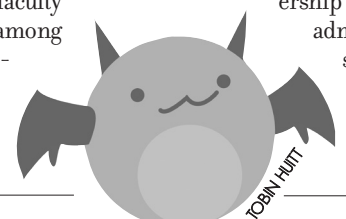
This anonymous student leader and tenured professor were not the only members of the willamette community questioning Willamette's financial motivations and decisions. Another student who has worked closely with administration, and held various campus leadership positions stated, "the administration's goals seem to be fabricating this ideal image of the university in order to get students

to deposit rather than focusing on maintaining a good experience once we're here."

The student brought up the termination of Bishop Wellness center's health services, saying "taking away our on-campus health access doesn't help students' quality of life, potentially leading to students wanting to leave." They added that the Universities ever important fiscal priorities are questionable as well. "Apparently spending \$300 per student on flight vouchers for on-campus Bearcat Day visits is worth the University's money. As a student host, I know most of my prospective students had zero intention of coming to Willamette but wanted a free trip to the Pacific Northwest."

The student added, "We brag about this amazing faculty but a lot of the professors that us students actually love don't get hired as tenured professors or ever move past the assistant professor title. Willamette doesn't seem to care what its students want. The administration has created a school that is all smoke and mirrors. Willamette is all talk and no action."

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JOHN HUIT

# When do we stop loving democracy?

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On Oct 1, the government of Catalan held a binding referendum on independence from Spain, which the Spanish government deemed illegal. Catalonia, a region with its own dialect, flag and regional government, is home to one of Spain's largest cities: Barcelona. Through a vote that sparked fear and condemnation across Spain, long-standing tensions that differentiated Catalonians bubbled over with this election, resulting in massive crackdowns at the voting polls by police and national guard leading to around 900 injured.

Ultimately, independence won with around 90 percent of the vote, although turnout was heavily slanted to those who would most likely vote for independence anyway given the illegal nature of the vote. Thus, voter turnout stood at around 42 percent according to estimates. The resulting

fallout however is not to be downplayed. Spain has vehemently spoke out on the issue, and the European Union has virtually turned its back on Catalan, acknowledging Spain's sovereignty.

These conflicts reveal a long-standing philosophical inconsistency regarding self-determination in the "free world," a problem that seems to be affecting more established western liberal democracies in modern times. In the United Nations Universal Declaration of Human Rights, the right to self-determine is explicitly stated in article 21(3): "The will of the people shall be the basis of the authority of government; this shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures."

You would expect that in a document so ingrained in principles touted by countries like the United

States and United Kingdom, countries that recognize these rights would not object to self-determination, or at least would be better equipped to provide better representation in cases where groups feel like they are not represented.

But no, across the so-called free world we are seeing independence movements flourish, coincidentally (or not so much so) in line with rising nationalism. Why are countries so bad at addressing the needs of organized minorities, and why do independence movements pose such a threat?

Love for democracy seemingly ends at the point where a nation state is threatened, even though the embodiment of that nation state is often rooted in a history of revolutionary change to address the needs of those being unheard. Perhaps this new wave of independence movements, from Scot-

land to Catalonia, needs to be recognized as that.

Sure, there are all the arguments about economic success, political stability and geopolitical security, but in a world that is becoming increasingly liberal and interconnected through supranational organizations and regional frameworks, it seems that the only thing holding new smaller regions back is the very resistance from the states they are breaking from.

The Brexit vote won, but the United Kingdom has no clue what it is doing in regards to leaving the European Union, and the party behind it took a big hit. Liberalism's narrative continues to fight nationalistic narratives at the nation state level, so what is holding back the breaking up of nation states into smaller bodies that are more representative of the people in them?

Why must countries be large to be successful in a world where states are working together to decrease the influence of realist, realpolitik, state versus state narratives? It all seems inconsistent with the goals and shifting values of 21st century nation states, and the problems all seem to lead back to fear of losing sovereignty as a large state.

Not only is it a bad look for a western liberal democracy to be violently suppressing people doing what you told them to do and exercising what you defined as their fundamental rights as humans, but it also seems pointless. Let people vote, let our conception of the nation state change. Historic progress requires this, so the question now relies on how violent and resistant will that change be.

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# Two sides of the same coin:

## The influence of politics on Late Night comedy



KYLEY NISHIMURA

### Politics and comedy, a helpful mixture

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In October of 2008, a surprising guest appeared on Saturday Night Live. The weekly sketch comedy show, known for projecting fairly liberal views, supported a guest appearance of Sarah Palin, the then-vice presidential candidate. At that point, SNL former cast member Tina Fey had already been playing Palin for weeks on the show, delighting audiences with her uncanny resemblance to the candidate and creating catchphrases such as “I can see Russia from my house!”

Palin wasn't the first political figure to break this fourth wall in SNL history — George H.W. Bush had made a cameo in 1994, and Bob Dole in 1996. Yet this appearance sparked a new set of questions. As Fey wrote in her memoir “Bossypants,” she had reservations about appearing next to Palin on the show, partly based on some of the rhetoric that had been coming from the McCain-Palin campaign around the time. As a comedian, she didn't want to appear to be endorsing Palin, yet also wanted to protect her from being booed by the liberal New York studio audience. Yet the appearance went off without a hitch, and the show progressed.

Years later in 2015, presidential candidate Donald Trump appeared as a host on the show. Unlike other appearances, this event drew sharp criticism from the public, as many people saw the episode not necessarily as an endorsement of Trump, but as an acceptance of the hateful and fear-based messages coming from the candidate. For years, SNL had been a source of both comedy and news for many Americans, giving a satirical yet accurate portrayal of politics and current events. But can comedy take away from the seriousness of issues? Does it necessarily mean acceptance of the existence of its target?

I remember, as a child, seeing bumper stickers that said things like, “Fox News is my comedy channel and Comedy Central is my news channel.” In my own life,

this was pretty accurate. While NPR and magazine news articles went over my head, I would watch skits with my parents and glean my understanding of politics that way. SNL packaged current events in a way that was entertaining and easy to understand, and when I got older, I realized that it also made light of situations that were otherwise sobering.

Yet it's one thing to poke fun at a figure and their actions, and another to invite them into the fun. When Sean Spicer appeared at the Emmy awards earlier this fall, it caused a huge public outcry. To see a man who had spent months propagating a hateful presidential agenda joking about his former boss's exploits and points of notoriety was appalling to many people, and the comedians involved in the cameo were condemned.

So what is it exactly that comedy does for politics? It's certainly a healthy thing to keep in our lives. As times get darker and issues more serious, it provides a break for laughter and lightheartedness. The SNL episode directly following the 9/11 attacks, for example, featured the executive producer turning to mayor Rudy Giuliani and asking, “Can we be funny again?” to which Giuliani responded, “Why start now?” It can be clever and witty and bring up aspects of issues that we've never even thought of before. It can be a source of education, in a way that's accessible and easy to understand. At the same time, though, it can be almost dangerous. It's unhealthy to live in a world where everything serious is simply reduced to mockery and satire, and where upsetting issues are simply mended by a comedic twist and explanation. In short, we need comedy, but not all the time.

In a way, Saturday Night Live stands at a crossroads. Tina Fey's recollections show her worry about Sarah Palin's cameo back in 2008, and now, two elections later, the worries reappeared with Donald Trump amplified a thousand times. Is it the show's duty to be funny or to spread information? To be open to all perspectives or filter out the hatred? For a show that never intended to be political in nature, it's become a vehicle for such things, with a great responsibility to do it correctly. We need to laugh. But we also need to stay awake.

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### The political division of late night comedy

JOE LINEBARGER  
SKELETON CONTRIBUTOR

It's no big secret that today's late night comedy shows have a left-wing bias. The liberal domination of show business has existed for some time, but it's more evident than ever since comedy shows have drifted from being entertainment for general audiences to being hyper-political and clearly one-sided. Some of the increased focus on politics in comedy can be attributed to the influence of Jon Stewart's The Daily Show. Prominent hosts Stephen Colbert, Samantha Bee and John Oliver have all worked for Jon Stewart. His influence has rubbed off on them as well as the late night comedy business overall, for better or worse.

However, some of the political focus in comedy may be a symptom of politics becoming more sensational and divisive. With scrutinizing media coverage, people are more aware of political matters while their relationships to friends, family and co-workers are impacted by the growing political divide and the inability to see the other side as reasonable. Politics plays a larger role in people's lives than it has in previous years so it's not unthinkable that it should play a bigger role in comedy as well. The pressures of this phenomenon are even reaching late night comedians who are not typically political.

Jimmy Kimmel was compelled to take a stand against the repeal of the Obamacare after his son was born with a heart condition, and more recently he advocated for stricter gun regulation after the Las Vegas shooting. This of course, alienated many conservatives from Kimmel's show once he used his platform a political agenda. Kimmel has claimed to be no one's moral arbiter, asserting that if people didn't like what he had to say, they don't have to watch. In addition to Kimmel, other shows are leaving behind general audiences for more opportunity to speak their mind politically. Given the left-wing nature of most show hosts, this naturally creates a predominantly left-wing audience.

Late night hosts seem comfortable with having politically homogenized audiences, and they are discovering a niche in political discord. Hosts like Stephen Colbert and Seth Meyers thrive by being very critical of the Trump administration while being supportive of Democratic policies. By

making strong left-wing political stands, they may alienate conservatives from their shows, but they effectively rally liberals and progressives who are hungry for ideological affirmation in a time of deep political division. As mainstream comedy shows go further left, right-wingers are finding solace in their own outlets of political insight. The power of Youtube has mediated the one-sidedness of political entertainment on TV by giving rise to a diverse range of online political content creators, popular on the right and left.

The freedom to consume whatever show or podcast that best aligns with your views is satisfying and affirms your ideological position. However, with politically decentralized media it is difficult to make a common appeal. The influence of a late night show's message or a Youtube creator's commentary is often limited to its audience. Therefore, they may carry weight on the left or the right, but it's unlikely a message intended for a specific audience will span across the current political divide.

Despite being mainstream programming, late night comedy shows are increasingly being seen as a left-wing platform, not intended for all audiences. Right-wingers have little reason to watch shows like Saturday Night Live, Full Frontal with Samantha Bee, Last Week Tonight with John Oliver, The Daily Show with Trevor Noah, Late Night with Seth Meyers or The Late Show with Stephen Colbert because the jokes weren't written for them. Late night shows losing right-wing audiences is a symptom of the political divide between left and right, between show hosts and general audiences, between big coastal cities and middle America.

As individuals, we are lucky to choose shows that align with our ideals. However, as a society we are losing something that once had value. The common ground on which we all could stand is rapidly decaying. The divergence of opinions, values and sources of information amongst the population has made it difficult to locate the center of commonality. The surge of political material in comedy shows is merely a symptom of an overarching phenomenon. I'm not saying that people can't enjoy these shows, but don't expect a host's opinion to matter to anyone who thinks differently than they.

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# SPOT THE DIFFERENCE



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## Spooky Search

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REQUIREDREADINGS

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SKELETON

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WITCH

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STUDENTDEBT

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