

## Lifestyles

Where are your manners?! Check out some Bistro Do's & Don'ts and get familiar with the Code of Ethics.  
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## Opinions

Away from home, similar features like the William & Mary echo spot leave an uncomfortable sense of unfamiliarity.  
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# THE WILLAMETTE COLLEGIAN

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### OPINIONS

## Newsflash: No one really cares

JAKE SAIKI  
CONTRIBUTOR

When I was younger, my biggest fear was of being kidnapped.

When my mother was finally 100 percent done with my nonsense, she pulled me aside and said, "Jake, honey, who would want you?"

I'll admit that I cried a little bit in relief, and then went back to finger painting.

Now, I'm sure that you are all the sharpest knives in the drawer and possess resumé's a mile long—but here's the thing: No one cares.

As an Opening Days leader, I'm pretty sure that was illegal for me to say. But here at Willamette, it's pretty accurate.

Before you get your knickers in a knot, let me ex-

plain. In the same way that my mother's brutal honesty set me at ease, taking my advice as your mantra going forward could be the best thing you've ever done.

Going to a small school means you know everyone at least to the second degree after the first semester, and when you're meeting someone new, you'll soon realize you love three of their closest friends.

And once you get used to literally everyone saying either, "I've heard a lot of good things about you," or "Do you really have a mole there?" upon meeting, you'll begin to see what an honest and truly friendly environment Willamette creates, one that quickly turns strangers into... not strangers. (Disclaimer: this

makes socializing anywhere that is not WU a struggle.)

"Wow!" you're thinking, "How do I become a part of this bumpin' culture?" Remember the mantra, say the mantra, repeat the mantra: No one cares.

You know why no one follows the saying "be yourself?" It's because we all know the judgment, the looks and the snickers that will inevitably follow us.

We are conditioned from day one to understand that doing so won't get us into the cool crowd.

Here at WU, though, we're all kind of big nerds doing what we love and pursuing passions. We do care, and we get involved in each other's life and passions. And that's cool.

See **STRIDE**, Page 8

### SPORTS

## Fall into varsity training



KELLIE STANDISH



KELLIE STANDISH



KELLIE STANDISH

Varsity sport athletes arrive on campus early to prepare for the upcoming season.

### NEWS

## In Media Res: Continuing coverage of last semester's news

BRONTE DOD  
NEWS EDITOR

### Adjustments coming for adjuncts

A new category of adjunct faculty member called part-time continuing non-tenure track was approved by the faculty council in May 2014 to recognize professors who have been adjuncts for multiple years at the University.

Adjunct faculty members compose 30 percent of the University's teaching faculty and are paid \$4,100 for each class they teach in a semester.

Professor of English and Associate Dean of Curriculum Gretchen Moon said the reason to have adjunct faculty is primarily economic; the University cannot afford to have a full-time tenured faculty. In addition, adjunct professors are an important resource to have when tenured faculty go on leave, she said.

As of publication, four faculty members are eligible for the new position. The promotion would include a substantial increase in salary, as well as more opportunities in their academic departments, such as becoming advisors to students, an opportunity that was not available to them in the past.

"It's more security. It's more respect," Moon said. "More than anything else it's respect for their ongoing contribution instead of always being thought of as a temporary person."

Moon said it is likely that the faculty council will approve the four eligible professors for the position early this semester.

### In an emergency, dial 6911

In May 2013, an anonymous WordPress blog, "Willamette Truth," released screenshots of what appeared to be the private Facebook page of the Delta Zeta chapter of the Sigma Chi fraternity. The screenshots showed what some called misogynistic content and alleged threats against University administrators.

In response the President's Working Group on Sexual Assault and Harassment was formed. Throughout the 2013-2014 academic year, students, faculty, staff and administrators in the group investigated sexual safety at the University.

A report produced in April 2014 published the results of their survey and included recommendations for the University to improve its response to sexual assault as well as to improve general safety on campus.

The survey showed that 98 percent of Willamette students feel safe during the day and 83 percent of students feel safe at night.

In a statement released with the report, Willamette University President Steve Thorsett wrote that the working group would continue investigating student safety.

"We will embark on implementing the recommendations right away, although there are a few that may require additional study and discussion," Thorsett wrote.

The full report is available on the University's website.

A separate group dedicated to addressing student safety at Willamette was formed in response to a series of sexual harassments in the Salem area and on Willamette's campus. The group is co-chaired by Associated Students of Willamette University (ASWU) president Andrés Oswill and Director of Campus Safety and Card Services Ross Stout.

The focus group met throughout the summer to discuss the issues and gather student input. They created a survey that asked current students what they thought needed to change in Willamette's safety policy.

Their Facebook page describes the group as "a student-led group to gather WU student and community members' concerns. Concerns will be discussed by the group to create solutions and recommendations."

### Changes inbound for Greek Life

One new sorority and one new fraternity will be reorganizing on campus this fall.

Three sororities and four fraternities are recognized on campus. The three sororities also have housing on campus.

Beta Theta Pi will be reorganizing three years after their charter was revoked by their national organization. Representatives from the national organization as well as Beta Theta Pi alumni will be on campus this fall recruiting men for the fraternity. Freshmen men will be eligible to join during formal recruitment in Spring 2014.

In February 2015, Alpha Phi will be reorganizing and recruiting non-affiliated women at Willamette. Senior English major and Panhellenic Council Vice President for Public Relations Anna Fredendall said the sorority will be reorganizing on campus due to an increase in interest in Greek Life at Willamette.

Interested freshmen can participate in Greek Life by attending fraternity and sorority sponsored events in the fall. In the spring semester, freshmen can participate in formal recruitment to join one of the Greek organizations on campus.

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# Rather than study, going on a LARC

## Students and faculty pursue independent research during vacation

ALYSSA MILSTEAD  
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While many Willamette students might have spent their vacations traveling or working summer jobs, others were able to pursue their academic passions through opportunities provided by the College Colloquium Student Research Grant, the Liberal Arts Research Collaborative and the Mellon Learning by Creating Grant.

The College Colloquium Student Research Grant is given to up to six students each year who will further their knowledge of their colloquiums' subject matter by participating in a form of research or outreach that can

be creative or informational.

Sophomore Tyler Griswold participated in Associate Professor of English Allison Hobgood's colloquium, "Disability in Literature and Culture," as a freshman.

After receiving one of three grants awarded last year, Griswold decided to produce an album with several songs incorporating disability aesthetics.

"It's been really great, whether I'm bouncing ideas off Hobgood or off friends from poetry or multimedia classes," Griswold said. "There's so much to say, so the more collaboration, the better."

Throughout the summer, Griswold recorded his songs in Ford's recording studio.

"The album is rooted in electronic music. It's very influenced by mental illness and asylums," Griswold said. "It's catchy, but dark in some places, too."

This fall, Griswold will conduct community outreach at North Salem High School and McKay High School. In October, he expects to distribute 200 copies of the album and perform the songs on campus.

"It has made this summer the best of my whole life," Griswold said. "I'm making music, which is what I really want to do."

The Liberal Arts Research Collaborative (LARC) is another summer research opportunity open to all current Willamette students. The LARC grant funds independent student research and faculty research in their area of study, and fosters collaboration between the projects.

LARC recipient and senior English major Saran Walker researched literary legacy in the digital age.

"I explore the ways that digital media ensures the continued relevance of a given work by presenting it to a user in a way that is most tailored to their interests," Walker said.

She worked closely with Assistant Professor of English Stephanie DeGooyer and Professor James Thompson of the art department.

"It was a neat experience as a student to experience being their co-worker over the summer," Walker said. "Since we were all working on our own projects we were able to bounce ideas

off one another without the yoke of any sort of student/teacher hierarchy."

Walker will present her research along with the other LARC participants in September.

The Mellon Learning by Creating Grant allowed students to work collaboratively and develop skills in their artistic field.

Junior theatre major Carly Christensen was part of the Mellon group Tandem Travel, which used their experiences cycling through rural and urban Oregon as inspiration to create a performance piece involving movement, sound, writing and projections.

"This grant is about expanding your mind and exploring new ideas, which will of course come with various challenges and needs for reevaluation," Christensen said.

Mellon Grant recipients senior English major Melissa White and junior politics major Jenna Jones wrote a script focused on literary pieces containing marginalized women and body images. Their final project will be an audio performance accompanied by a video.

White said that all students should take advantage of the various grants that the university offers.

"For upcoming freshmen, thinking about this is really important," White said. "It's not as scary as it seems."

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Associate Professor of English Allison Hobgood and Sophomore Tyler Griswold take a selfie in the recording studio.

# Theatre department announces auditions for fall season

KATIE DOBBS  
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The department of theatre has unveiled the 2014-2015 season. Auditions for the two fall productions will take place on Sunday, Aug. 24 at the M. Lee Pelton Theatre. All current Willamette students are eligible to audition. Students should arrive at 10:30 a.m. to fill out an audition card and receive an audition time.

"Students should audition to have the experience. It helps stretch them," Professor of Theatre Susan Coromel said.

Coromel described the time commitment to a production as "intense, but short." Monday through Saturday, students attend rehearsals for about four hours a day if they are called in.

The season opens with the play "Top Girls," written by Caryl Churchill and directed by John Dillon. The play examines the role of women in business and what it takes for them to be successful. It will feature a cast composed entirely of women.

The second production will be dance concert "Veracity," directed by Jessi Fouts. The concert will be

comprised of different styles of dance, in part based on what the performers bring to the auditions.

Senior Caroline McFarland studies English and theatre at Willamette. Throughout her time at the University, McFarland has participated in multiple aspects of the theatre department, from lighting to props to makeup.

"It definitely keeps you busy," she said. "I've loved being a part of the theatre community at Willamette because over the years I've gotten to do so many different things."

Students do not have to major in theatre to be a part of the theatre program at Willamette. McFarland described the department as both inclusive and welcoming.

"We love expanding our community because everyone brings something special," she said.

For the students who will audition this Sunday, Coromel offered this advice: "Bring yourself to the audition. You can only be who you are. We want to see a sense of truth in the performance."

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# Dear Blitz: Advice to the incoming class

EMILY HOARD  
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**Professor of English and Associate Dean of Curriculum Gretchen Moon:** "Get to know your advisor (who also happens to be your Colloquium professor) and your other professors. This means taking a little risk by showing up at an office hour or making a special appointment. But one of the big reasons you chose Willamette was that we have a small student-faculty ratio. So you want to take advantage of that. When your professors know who you are—besides a student sitting in the same desk day after day—they can help you make connections between what you're learning in class and your own life; they can recommend paper topics, further classes and other kinds of opportunities."

**Senior Zack Cairns:** "People say college is the best four years of your life. I'd disagree and say college is where you begin to learn what's

best for your life."

**Professor of Spanish John Uggen:** "Study hard, read books not assigned for classes."

**Associate Professor of English Scott Nadelson:** "Don't take on too much too soon. Think of your first year as a time to discover your passions and to find out how to pursue them."

**Associate Director of Student Activities Emily Morris:** "We have so many great resources on campus (academic support, health/wellness, ways to get involved). We're here to support you and give you the tools to be successful at Willamette."

**Senior Hannah Leslie:** "Take advantage of the free opportunities Willamette students receive, like a gym, printing and scanning access, heated buildings and health and counseling services."

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Interested in writing for the Collegian?

The News section is looking for writers.

Contact [bdod@willamette.edu](mailto:bdod@willamette.edu) for more information.



# A letter to the class of 2018

JARRETT OSERAN  
GUEST WRITER

Dear Class of 2018,  
Welcome to Willamette! You may think you've figured out what major you'll pursue based on how well it will prepare you for your life after college. You have set your goals toward achieving a 4.0 GPA because you know that will help you land a job or acceptance into a prestigious graduate school.

However, while working hard and getting good grades is important, it's necessary to ask yourself why you have these goals and what you'll miss by focusing too intently on a single path.

Too many people enter college and immediately decide they have their whole life planned out. (I, too, am guilty of this). By doing so, you leave yourself closed off to the possibility of finding a new passion—one that you truly care about.

Sure, you can go to class and participate more than anyone else, spend an unnecessary amount of time on trivial assignments and tailor all your papers toward what you think will make your professor give you a good grade, but beware!

This superficial, emotionless success limits your ability to actually be passionate about a discipline, because you haven't made the effort to engage with the materials.

Chances are, when you personally participate with the material and devote yourself to mastery of the subject, rather than striving to attain a higher grade, you



Over the summer Jarrett Oseran traveled to Ecuador with a post-semester abroad program. Without taking this risk he would have never realized his passion for Spanish.

will have a richer experience. And you'll probably receive a high grade as well.

This summer, I participated in a Willamette post-semester summer abroad program in Ecuador. Prior to participating, I never realized how tremendously passionate I was about learning Spanish. Throughout my years of studying the language, I've always known that I enjoyed it and I was aware of the benefits of being bilingual. However, until I dedicated myself to this immersion program, I had no idea how Spanish could completely alter my per-

spective on life.

It's being receptive to these kinds of new experiences during the next four years that will help you grow into the person you didn't realize you wanted to be.

Having an open mind and leaving yourself open to new experiences will ensure that you graduate having changed and matured in ways you never expected.

The cliques that dominated high school social life don't exist here. The expectations your parents hold for you don't matter here.

As Willamette freshmen, these next four years are for

you to learn about who you truly are, what makes you happy and how you can leave here a contributing member of society.

By keeping yourself open to these new experiences, you will start to realize passions and goals you never knew you had. I doubt this is the last time during this year that you will be reminded why you're here. I hope during these next few weeks you start to settle in, meet new people and think about what you want out of your college experience.

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# The truth about transferring

MAGGIE BOUCHER  
OPINIONS EDITOR

Exactly one year ago I made my first college friend. But I never thought he would end up transferring. And that I would be starting my sophomore year without him.

According to the National Association for College Admission Counseling, approximately 30 percent of college students enrolled in either two- or four-year institutions will likely transfer schools at some point.

This isn't meant to scare anyone. Students transfer—it's OK and it's normal. But we should address this fact so that we can help ourselves understand what we want.

Let's look at it another way: Whether we like it or not, first impressions matter. What we wear, how we talk, who we hang out with, how we spend our free time—all of these contribute to how others think of us.

There's the hippie girl that lives down the hall, the amazing piano player, the girl with beautiful blond hair and the guy who plays two varsity sports. I've always been the soccer player, and pretty soon, your peers here will view you in a certain way, too.

But just because someone is a football player, a theatre major or a member of the math club doesn't mean that's the only aspect of their life that defines them.

However, especially as a freshman—when all you are worried about is making friends—it's easy to find where you belong and stay there.

That's exactly what I did my first semester of college, and by all means, it's what you should do at first. I found all of my best friends because of soccer. But notice how I said, "at first."

My first college friend was also an athlete and, besides going to class, his sport was the only activity he participated in. I, too, thought school and soccer would be enough to fill my plate, but once the season was over I realized that I was bored way too often.

It felt like something was missing. So when second semester arrived, I took every opportunity I could to be a part of other clubs and organizations. It was the best decision I made all year.

I know we all heard it in high school, and I guarantee that you'll hear it 100 more times during the next week from OD leaders, professors and administrators: get involved. I know it's old and cliché, but we've heard it so many times because it's true.

I chose to make participation the topic of my first column because it's the same piece of advice I gave my first college friend when he told me he was thinking about transferring.

I told him to become involved in just one more activity on campus, and I promised him he would be happier. Unfortunately, he didn't take my advice, and even though I know he'll be successful with the choice he made, I can't help but be sad that he's not here anymore.

So don't be afraid to branch out. Who cares if you've never auditioned for a play or thrown a Frisbee? Just because we are already "that person who does [blank]" doesn't mean we can't go outside our comfort zone and try something different.

That's why we're here; that's what college is for.

Promise yourself to join just one activity outside of your "identity." You never know who you will meet, how you will change and what you will learn.

And you will be a lot happier.

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# Weighed down with more than debt

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Folklore, myth or horror story—call it what you will—but the "College 15" is far from a fictional feat.

Researchers at Auburn University found that 70 percent of students involved in a four-year study gained an average of 15 pounds for men and 9.3 pounds for women. The myth of the "Freshman 15" may be dead, but cumulative weight gain over time is real.

While this statistical weight gain may seem unavoidable for Willamette students, we are far ahead of the curve when it comes to maintaining a healthy collegiate lifestyle.

Without the option of cooking every meal for yourself, most freshmen will search for nutritious food and healthy eats at Goudy Commons and Cat Cavern.

The University's campus cafeterias and catering department are run by Bon Appétit, a company that makes healthy food accessible to students. Whether you're gluten free, vegan or vegetarian, our cafeterias cater to a variety of dietary needs.

You also have the option to eat locally grown food that comes from University-run Zena Farm, which provides freshmen with quality nutrition that would prove costly elsewhere.

But with these plentiful options available, it's important to keep these four rules in mind when dining at WU cafeterias to ensure maximum success in healthy eating.

1 Color your plate. The rule of thumb is four: if you don't see four colors on your plate, you better get in touch with your artistic side. Fill your body with colorful nutrients and leave less room on your plate for those killer carbs.

2 Always keep the ratio in mind. Not only should color be represented on your plate, but also a mixture of protein, carbs and healthy fats. Fifty percent of your plate should be fruits and vegetables, 25 percent should be protein and 25 percent should be whole grains, as recommended by researchers at the Mayo Clinic.

3 Reach for the H2O. As much as you want that soda... DON'T. One glass of Coke contains 39 grams of sugar, which is the equivalent of eating a piece of chocolate cake. Water keeps you hydrated, flushes toxins from your body, maintains your metabolism and it's free. Choosing water over a sugary beverage will give you more leeway to eat at other times during the day. You never know if you're going to have a midlife crisis at 2 a.m. and wolf down half a box of pizza.

4 Moderation is key. Don't deprive yourself of that London Fog, Bistro cookie or Sunday morning stop at the waffle bar. Instead, pick two or three days a week where you allow yourself a treat. That way you have something to look

forward to, but you're also keeping yourself in check.

Maintaining a healthy lifestyle requires more than just following these key rules. You also have to know how to eat well on a budget and snack smart.

Most college students default to eating instant noodles, sugary bars and frozen foods because they're easy, and cheap. But those things are harmful to your body, and it's totally possible to find healthy, cost effective options in your local grocery store.

Believe it or not, according to eat-right.org, you can get frozen fruit, canned salmon, bananas, peanut butter, eggs, yogurt and almonds, all for under \$10.

It will help you tremendously to have these cheap and healthy items on hand so that when late night hunger strikes you only have good things around to fuel your body.

Planning ahead goes a long way toward healthy eating, especially in college. Always have a banana, granola bar or some trail mix in your backpack to snack on in between meals.

When you come prepared with healthy alternatives, you end up spending less money because you're not buying treats and you're keeping up your metabolism by refueling your body throughout the day.

A midday snack also ensures that you don't overeat during lunch or dinner. Healthy food and cheap food aren't mutually exclusive concepts and—at the end of the day—is there ever really a price for good health?

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# I like sports



JESSE  
THOMPSON

COLUMNIST

While most semesters here at Willamette are pretty stressful (as you'll soon learn, freshmen), last semester was particularly taxing for me.

It wasn't a final exam, a last minute push to get a paper done or an awkward date at Cinebarre. No, the most stressful time of my spring semester was the National Football Conference (NFC) championship game.

The game was the de facto Super Bowl of last football season, as it was highly competitive and came down to the final seconds—whereas the actual Super Bowl played out like the Broncos had been replaced by the Linfield golf team.

The NFC championship had everything you want in a football game: fierce rivals, dramatic swings in momentum, big plays and trash talking both before and after the game. As a football fan, it should have been paradise, but instead I felt as if I was under the influence of some horrible drug.

I experienced nervous twitching, sweating and violent mood swings; I think I might have peed myself a bit. I remember walking around campus that day in my 49ers sweater, nodding at other fans with a cool resolve as if we were the ones about to take the field in a few hours.

Conversely, I looked at Seahawks fans like they had just murdered my dog.

In reality, the outcome of the game wasn't going to make us any richer or poorer, nor was there going to be a tangible effect on our lives; but on that day, and for a few days afterward, it meant everything.

And for me, everything was lost.

Obviously, I take this pretty seriously.

In a world in which countless real problems and crises are happening constantly, my main concern is whether Johnny Manziel is going to beat out Brian Hoyer for the Browns' starting QB job.

I often come across people (especially at Willamette) who know absolutely nothing about sports and cannot understand why it consumes so much of my life.

At times, I also struggle to understand why sports affect me so much more than so many clearly more important and meaningful things in my own life and the world at large.

Maybe it's just because of the sheer excitement and unpredictability that comes from watching world class athletes fight with and against each other. It might be that even though it felt like I lost everything after the last NFC championship game, we (the 49ers) have a chance to gain it all back again next season.

That's the great thing about sports; every year it's the same format, the same equal playing field and everyone has a chance to exorcise the demons from past seasons.

Sports are simpler and easier to understand than the real world. Maybe I distract myself with them because it's less stressful that way.

On the other hand, didn't I start off this column by saying that a game was my most stressful moment of my semester?

Damn. I guess I have no idea why I care so much. All I know is that football season is coming up, and the Niners' offense is looking strong.

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# Rec department offers opportunities

BLAKE LEPIRE  
GUEST WRITER

The end of summer vacation doesn't have to mean the end of adventure—the university offers numerous opportunities to stay active throughout the academic year.

"The campus recreation department at Willamette is extremely developed compared to peer institutions," said Director of Campus Recreation Bryan Schmidt.

"We have several programs for students to participate in: intramural sports, outdoor programs, wellness programs, sport clubs and special events," he said. "Each of these areas are designed to provide all students recreational opportunities."

Currently the department offers

intramural leagues in outdoor soccer, indoor volleyball, flag football, three on three basketball, five on five basketball, grass volleyball, indoor soccer and kickball.

Additionally, there are tournaments held in tennis, paper football, badminton, dodgeball, pingpong, mushball, racquetball and even an NCAA men's/women's March Madness bracket challenge and NCAA football college pick 'em.

Don't let skill level deter you either; the recreation department has opportunities for every type of athlete.

"The intramural and outdoor programs offer opportunities for the beginner or advanced skill sets," Schmidt said.

"The idea is for any student to be able to access the programs we of-

fer, whether sports or outdoors. The outdoor program also has sport and outdoor equipment students can rent or check out for free," he said. "Pretty much anything you need is available."

For those interested in focusing primarily on just one sport or activity, the department offers recreational and competitive sports clubs.

Competitive clubs practice multiple times a week and compete against other universities, functioning much like varsity sports, just with less commitment.

Recreational sport clubs are more instructional, focusing on skill development instead of competition. The club sports offered include cheerleading, backpacking, soccer, kayaking, lacrosse and martial arts.

The recreational department is also currently working on enhancing the fitness center experience in order to appeal to those who may not be interested in competitive sports, but still want to maintain a healthy lifestyle.

"We are hoping to make the fitness center more accessible and welcoming to all students by training fitness center staff on basic exercise principles, service and information to welcome students and assist them with basic needs of exercise," Schmidt said. "We also want to provide more information about nutrition and rest to help build toward fitness goals."

To find the full list of what the department offers, or to inquire further, you can access their webpage by going to [willamette.edu/dept/campusrec](http://willamette.edu/dept/campusrec).

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Bryan Schmidt oversees our recreational activities at Willamette.

# A sports year in review

MAX CRADDOCK  
CONTRIBUTOR

Hello Class of 2018, and welcome to Willamette! You may be curious as to what kind of success you can expect from our athletic teams this year. Well, if last year's results are any indication, it's safe to say that we can expect another year of excellence from the Bearcats. Let's recap.

## Baseball

The baseball team finished their season 22-17, with a 14-10 record in Northwest Conference (NWC) play. Six players will return who received all-conference honors last season, including sophomore Ty Wyatt, junior Jackson Watt and seniors Brad Breier, Hunter Gallant, Peter Hoffman and Tiras Koon.

## Men's Basketball

Willamette went 3-22 last year and 1-15 in NWC play. The Bearcats return 13 players from last year's team, including junior Brandon Luedtke, who received NWC honors last season.

## Women's Basketball

Last year the Bearcats went 4-21 overall. Senior Jojo DeLong returns this year after earning all-NWC honors last season.

## Cross Country

Both the men's and women's cross country teams took home NWC titles last year. It was the second year in a row that the men earned the title. The women's team returns four all-NWC runners this year, including sophomore Olivia Mancl, juniors Taylor Ostrander and Juliet Farnan and senior Michaela Freeby. The men's team returns three all-NWC selections, including juniors Jacob Shafi, Yonny Castillo and Nathan Conrad.

## Football

Willamette finished the year 7-2, including 4-2 in conference play, placing third in the NWC. The Bearcats return five all-NWC selections, including seniors Derek Traeger, Jack Nelson, Ryan Springer, Dylan Jones and Beau Smith.

## Golf

Willamette's men finished fourth at the NWC tournament last spring, while the women's team finished sixth. The men's team returns all-NWC honorees sophomores Peter Mitzel and Clark Wilson and senior Ryan Kukula, while the women's team returns all-NWC honoree junior Taneesh Sra.

## Rowing

Juniors Molly Pritchard and Emily Rolin as well as senior Katy Wallner were named to the Northwest Collegiate Rowing Conference All-Academic team last year. They will return to the team this year, along with other students.

## Men's Soccer

Willamette finished last season at 10-6-3 and 6-5-3 in the NWC, achieving the best winning percentage by the Bearcats since 1991. Willamette returns four players who received all-NWC honors last year, including juniors Tyler Yates, Braydon Calder, Sam Gonzalez and Yazan Hishmeh.

## Women's Soccer

The Bearcats finished last year 5-12-3 overall and return all-NWC honorees sophomore Emma Sanders, junior Rachel Fleener and senior Sarah Desautels.

## Softball

Willamette's softball team finished 18-22 last season, despite having no seniors. The team returns all-NWC honorees sophomore Jade Smith, junior Ashley Pender and seniors Heather Winslow, Kayla Rieger, Erin Norris, Jenna King, Amanda Absher

## Swimming

The men's team posted a 3-4 conference record and finished fifth at the NWC swimming championships, while the women placed seventh in conference and eighth at the championships.

The success of the men's team led to head coach Leslie Shevlin being named NWC Men's Swimming Coach of the Year.

## Tennis

Willamette's men finished eighth in the NWC with a 2-10 record, while Willamette's women finished seventh with a 3-9 record.

## Track and Field

Willamette's men and women each placed third in their respective NWC meets last year. The teams return 10 all-NWC athletes from last season, including juniors Matt Paparella, Hans Lehnendorff, Yonny Castillo, Julian Haley, Parris Joyce, Taylor Ostrander, Hannah Bressler and Meka Townsend and seniors Dylan Jones and Michaela Freeby.

## Volleyball

With an 8-8 record in conference play, the Bearcats finished fourth in the NWC last year and return NWC-honoree junior Sarah Fincher.

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# These sophomores won't slump

SIDNEY GALLARDO  
GUEST WRITER

**Emily Sewall:**

Rising sophomore goalkeeper Emily Sewall achieved four saves against the Pacific Lutheran Lutes and earned herself a shutout in her first start.

Only three days later, Sewall accomplished a second shutout, this time against the Lewis and Clark College Loggers in a 1-0 victory. The Bearcat's following game against the Linfield College Wildcats was another victory, for both the Bearcats and Sewall. She earned her third shutout, with nine saves to her name.

As a result of her performance in the games against Lewis and Clark and Linfield, Sewall was named the Northwest Conference (NWC) Women's Soccer Offensive Student-Athlete of the week for the 200 minutes of playing time in which she made 15 saves.

Sewall also saved seven shots on goal in 110 minutes of playing time against Whitworth and six saves in 90 minutes of playing time against Whitman to conclude her freshman season as a Bearcat.

"I'm really excited to have the opportunity to play the entire season this year," she said. "I feel like our team has grown tremendously."

**Jade Smith:**

In her first collegiate season, Bearcat softball pitcher Jade Smith earned her-

self an honorable mention to the 2014 NWC All-Conference team.

Smith started 18 of the 40 games played by the Bearcats last season, with a 12-7 record and a 2.23 earned run average. Of the 18 games that Smith started, she was the sole pitcher for 13, one of which was a seven inning shutout against the Pacific Lutheran Lutes. In the 132 innings that Smith pitched, she struck out 50 batters and surrendered 24 walks, all of which helped the team along to last seasons playoffs.

"It was really fun and rewarding to be able to pitch for such a great group of players last year and I look forward to coming out of this next season and having an even better year than last," Smith said.

**Ty Wyatt:**

In just his first season, rising sophomore Bearcat infielder Ty Wyatt was named not only to the First Team All-Northwest Conference, but the All-West Region team by D3 baseball.com and the Third Team All West Region by the American Baseball Coaches Association.

"Being one of nine freshmen in the country to be selected First Team or Second Team All-Region is not only a testament to Ty's talent, but also his incredible work ethic," Head Coach Aaron Swick said.

Wyatt lead his team with a .359 batting average, a .531 slugging percentage, .413 on base percentage and 37

runs batted in. While these statistics alone are notable, Wyatt's conference stats were even more so, achieving a .398 batting average, and ranking first in conference play with 37 hits and 32 runs batted in.

With Wyatt's help, the Bearcats were able to achieve a record of 22-17, their highest winning percentage since the 2003 season.

**Alika Masei:**

Alika Masei earned his rightful place as one of the top Bearcat swimmers with an unprecedented time of 1:58.58 in the 200-yard individual medley, the third best time a Willamette swimmer has ever accomplished.

Masei provided for the Willamette swim team more than just individual efforts, as he helped push his team to fourth place in the 400-medley relay at the NWC Swimming Championships with a time of 3:36.08.

Not only did Masei rank highly in the Willamette swimming records; he achieved the second overall fastest 100-yard backstroke in the NWC last season, with a time of 54.72.

Alika Masei and teammate Alex Guffey represented the Bearcats in the 2014 NWC Swimming Championships last February, where Masei finished sixth in the men's 200-yard backstroke.

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# A rookie season



EVAN  
GIDDINGS  
COLUMNIST

Every season, sports teams introduce a new set of "rookies"—along with their sets of skills, attitudes and values—into the world of professional athletics. Every newcomer is forced to adapt, taking on more pressure and responsibility in his or her respective sport than they have ever experienced before.

It isn't just about the physical demands though; the greatest challenge of any fresh situation is the time it takes to adjust from old to new.

I remember stepping onto this campus wondering how I would adjust to college life, not only academically, but also socially and athletically. It can be tough to make that mental switch, primarily because it requires you to immediately sharpen your focus and commit more time than ever before.

This mental switch is why the "rookies" entering Willamette University as new students are actually not so different from the "rookies" that are entering the professional sports environment.

After his first week of training camp, 2014 first round draft pick of the New York Jets, Jace Amaro said, "I have big expectations for myself. I know what I can do. I'm making a lot of things more difficult than what they really should be because I'm not completely comfortable yet..."

Sound familiar?

These are all the same things that nearly everyone feels, thinks and says when coming to college. Adjusting is the hardest thing to do in a new environment and even those pros that students see on national television have a tough time with it.

Some athletes can be overly critical of themselves because they have high expectations of their performance on and off the field. This remains true for new college students, who come in carrying the intention of achieving success.

Now, while the definition of success varies from person to person, it always helps to know that someone values your work.

While Baltimore Ravens rookie safety Terrence Brooks thought that he struggled early on in training camp, head coach John Harbaugh offered a different perspective.

"He's doing great. He's learning fast. Safeties have a long way to go as rookies, but he's doing a good job. He's going to play a lot this year, no doubt," Harbaugh said in an interview found on the Baltimore Ravens website.

Although Brooks felt negatively about his own performance, he had in fact impressed those around him. Positive encouragement from a professor or coach can make a huge difference because it can instill confidence in an individual athlete or student.

Examining the situations of incoming athletes and students, it becomes apparent that the experiences of the one are not so far from the other. For both, it's important to come into a new environment with the ability to give and receive constructive criticism, an open mind and a willingness to learn.

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# Meet your Bearcat athletes



KELLIE STANDISH



KELLIE STANDISH



KELLIE STANDISH



KELLIE STANDISH

Volleyball and soccer athletes ready themselves for the upcoming fall season with the help of their coaches as well as their teammates.



# Chill at the Bistro without ruining everything



The Bistro is a great place to hang out, but please, don't be a jerk.

ALEX GEISZLER  
GUEST WRITER

The Bistro is an iconic entity on campus, founded and operated by students. Its capable staff provides pasta, pizza and buzz bars to compliment the high-octane coffee, which is itself needed to offset hallucinations brought on by all night campaigns against last-

minute papers. This University corner store is also used as a community space by students to procrastinate, mingle and nap at inappropriate times. But contrary to popular belief, this area is not a free-for-all wonderland of caffeine, munchies and social interaction. Instead there exists an unwritten code of Bistro ethics that remains widely unknown.

And now, for the first time, these norms will be presented to the public. The Bistro Code of Ethics is thus: We liveth in a society. Echoing the Willamette motto, we must remember that not onto ourselves alone can this code be practiced. It is to be adhered to as follows: At peak hours, the human centipede of people waiting in

line to order appears daunting. Each patron in need of service most likely has their own tight schedule, so please have some idea of what you intend to order and make sure you have the funds to pay for it. Try not to keep others waiting or ask the baristas to hold your food until you return with cash. For some, cigarettes mitigate stress. But not all students want to get lost in a cloud. Therefore, smokers should be aware of people that loathe their habit and should practice common courtesy when partaking. It's simple: avoid standing near doors or right in the middle of the UC walkway. As previously stated, the high traffic at the Bistro reminds us all of the interconnectedness of the Willamette community. Try to keep your area clean by using your own table and remembering to keep papers and books to a limited portion of the table surface. If you need to spread out, head to the library. While the volume of the music is best not challenged, you and your friends can control your personal noise level to some degree. Conversely, be assertive if a group of people

are discussing Snapchat at an earsplitting volume, or better yet, invest in a pair of noise-canceling headphones. Recognize the delicate ecosystem of people who frequent the Bistro. Be aware of two things: what you want to accomplish and what everyone else is trying to accomplish. If you see a fellow student slowly going insane from trying to parse Latin grammar or completing an assignment that was due ten minutes ago, this may not be the best time to strike up a conversation about what they are doing later. The Bistro is no person's club or anyone's individual stomping ground. From time to time, you may even spot your professor ordering a drink; if so, say hello—they are people, too. Until now, the Bistro Code of Ethics was merely a mixture of oral tradition and conventional manners. If at any point this tangible list of accepted Bistro behaviors is cause for confusion, remember: we liveth in a society.

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# Eschewing new ideas, a sequel cops out in hopes of cashing in

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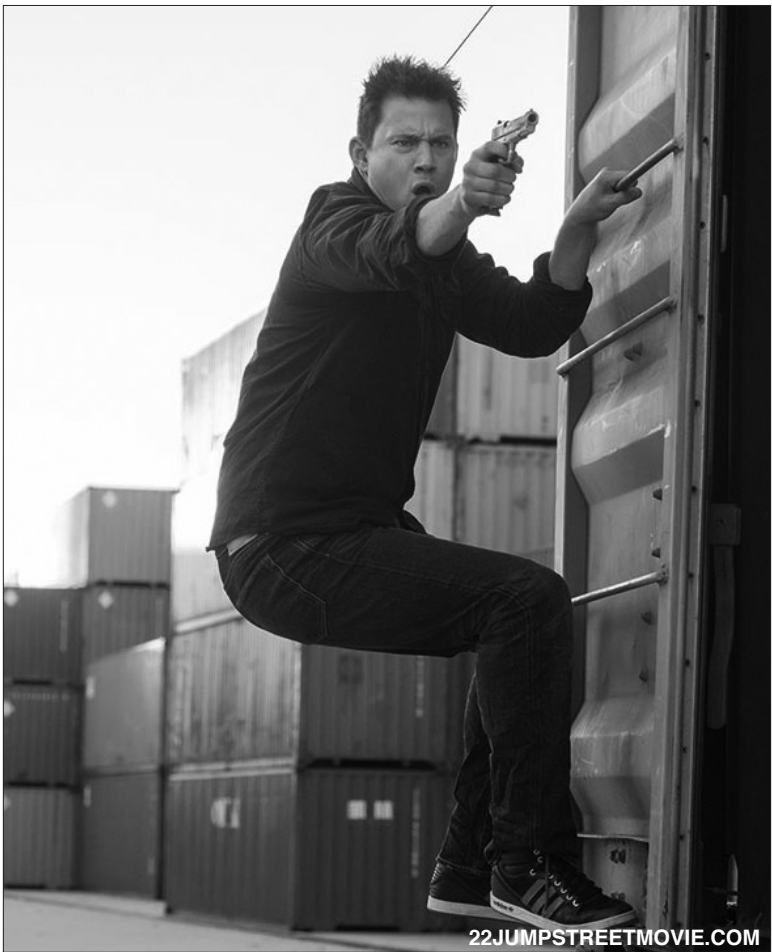
Once again, the perpetually shirtless Channing Tatum and a socially awkward Jonah Hill converge in a comedic buffet of genital humor called "22 Jump Street," a summer sequel that debuted in June. Similar to its 2012 predecessor, "21 Jump Street," an unlikely duo of nerd and jock use their cunning to thwart a drug ring in a rowdy college campus under the direction of police Capt. Dickson, played by Ice Cube (O'Shea Jackson). The colorful journey to catch young people engaged in illegal behavior is once again filled with crazy misadventures and heartwarming

shows of bromance. Unsurprisingly, this formula wowed audiences in the successful original. As with most sequels, "22 Jump Street" fails to live up to its promised hype. To be fair, directors Phil Lord and Christopher Miller fought an uphill battle of expectations, given the shock value and spot-on satire of cop dramas in the first movie. The not-so-cleverly titled follow-up is slower to start and less engaging than the protagonists' re-entry into high school, which played on classic 'narc' tropes and nostalgic frustration. Here, awkward pauses and forced chemistry between Greg Jenko (Tatum) and Mor-

ton Schmidt (Hill) reveal shoddy, try-hard writing, peppered with familiar physical gags. Thankfully, as the story begins to echo the original plot, the audience is given some hope. The movie's energy picks up and redeems itself from becoming a gigantic flop as the film progresses and Jenko removes his clothing. Tension ensues when Schmidt grows jealous of his partner's camaraderie with meatheaded frat boys and Jenko is offered a football scholarship. In step with the original film, the students recognize the officers' real age. The script takes many opportunities to acknowledge its own repetition. A more concrete success, however, would have included



Jonah Hill (left) and Channing Tatum (right) star as two undercover cops out to catch school-age crooks in this obligatory sequel, "22 Jump Street."



Channing Tatum is not shirtless in this publicity photo taken from "22 Jump Street," the sequel no one was asking for.

more of its predecessor's sneering ridicule of the cop genre and comedic innovation. Altogether, "22 Jump Street" is simply a rewrite of the first movie with slight differences, more red Solo cups and jokes poking fun at the Hollywood sequel. One does not need to be Roger Ebert to conclude that this attempt at a summer blockbuster is mediocre. On the bright side, it can't be the worst sequel ever—we've all seen "Mulan II"—so rest assured that this movie is entirely watchable and at select moments, enjoyable.

By all means, go ahead and see this film after reading this review; as cynics say worldwide, as long as you have low expectations, you won't be disappointed. But if you stumble into a showing of "Let's Be Cops," (starring Jake Johnson and Damon Wayans, Jr.), that'd probably be just as satisfying of a moviegoing experience. Simply be aware that the genius of the original overshadows its 2014 iteration.

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Have opinions? Love pop culture?  
The Lifestyles section wants YOU!  
Inquires can be sent to jacohen@willamette.edu



# ‘Nobody’s Smiling,’ but an artist won’t stay silent

JOE LINDBLOM-MASUWALE  
GUEST WRITER

Hip-hop artist Common’s tenth studio album attempts to address the current climate of violence in inner-city Chicago by weaving together typical stories of the average South Side Chicagoan with experiences from his own life.

The album’s title is a direct nod to the Eric B. & Rakim song, “In the Ghetto,” which states in its chorus, “nobody’s smiling in the ghetto.”

This very serious observation acts as a lens in almost every song on “Nobody’s Smiling.” By far the most prophetic of these is in the title track, where guest poet Malik Yusef spits some of the heaviest lines on the entire album: “Now I see how my daddy felt the dark day he discovered that black power didn’t keep the lights on.”

In addition to Yusef, fellow guests—including Lil Herb, Cocaine 80s, Big Sean and Vince Staples—consider Chicago’s current upheaval from their own perspectives and supplement Common’s dominant tone beautifully.

One of the more provocative artists on “Nobody’s Smiling” is Chicago-native Dreezy. I especially enjoyed her verse on “Hustle Harder,” a song that explores the idea of the female hustler in the vein of Lauryn Hill.

Her fiery lines create a dynamic portrait of this character: “I can be a lady in the streets but in the booth I pull triggers/ Shots fired I go harder than a n\*\*\*\*.” It is whom she dedicates this verse to, however, that reveals the intended purpose of the song: “This is for my ladies who single but got a baby/ who probably drive a Honda but saving for that Mercedes.”

In contrast, the braggart Big Sean’s lines on “Diamonds” consider a more typically male perspective on project living, plainly saying at the end of his verse that, “weed, money, p\*\*\*\*, liquor is my favorite compilation.”

However, the song actually aims to be a satirical take on these values, as earlier verses discuss the pointless violence these themes engender as well as the ironies of “ghetto financing.”



Hip-hop artist “Common” smiles, despite the name of his tenth studio album.

Arguably the most touching and memorable track, “Rewind That,” comes at the end of the album.

Common describes at length his relationship with the late J Dilla, famed for his work with De La Soul, Q-Tip and later Madlib. His passing from a blood disease in 2006 left the hip-hop community in mourning; Common laments the tragic descent into death that he witnessed in the apartment he shared with Dilla.

This tribute is one of a kind and comes off as sweet rather than the disingenuous.

Although it has been a fair amount of time since he’s lived in Chi-city,

Common’s loyalty to the scene remains steadfast: “Lay it down for the world/ for Chicago I stand.”

“Nobody’s Smiling” demonstrates his loyalties and understanding of the situation expertly. Moreover, it’s worth saying that Common may be the only artist who has the credentials, respect and lyrical flair that allow for an album like “Nobody’s Smiling.”

But beyond being a conscious rapper or representing “real” hip-hop issues, Common has created an outstanding album that hasn’t been matched since his 2005 album, “Be.”

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# BEARCAT BULLET

## Don’t judge a school by its memes

JULIANA COHEN  
LIFESTYLES EDITOR

Every semester or so, a new outlet for miscellaneous student observation becomes wildly popular online.

“Willamette Confessions,” the “Hey You!” Facebook page, “Willamette Compliments,” “Overheard at Willamette” and the brand new “WU Truths Twitter” account all aim to reveal a side of campus not shown in official University material.

The tone of this content varies from feed to feed; “Compliments” was meant to counteract the perceived negativity of “Confessions” and early “Hey You’s.”

“Overheard” and “Truths” generally revolve around the darker realities of life at Willamette, including the ridiculous, disturbing, self-loathing, lost or desperate feelings of 18- to 22-year-olds trying to find themselves. These statements can spark online discussions between students that often turn into heated debates, like the hot-button issue of smoking in public.

Although our population is quite small, students splinter off into tiny groups rather quickly; many have compared Willamette to middle or high school.

These online testimonials both unite and divide us further by offering views ranging from joy to anger at the actions and behavior of others. In the end, feedback on Facebook and Twitter is anything but anonymous, yet the creators and curators of this content remain in the shadows.

Incoming Bearcats sometimes stumble across these arenas out of curiosity. I can remember finding the “Willamette Memes” page before my arrival and anticipating a future understanding of its humor.

For example, there was a joke describing a girl bragging about being drunk in Montag Center, leading me to believe that it was a foci of frequent debauchery and social interaction. With the exception of battle of the bands, I have learned over the past few years that Montag is a fairly tame campus hub.

Opening Days contains an awkward intersection of expectations and reality regarding the nebulous concept of “college.”

On one hand, a freshman arrives with a bundle of information from parents, friends and the media. On the other, OD leaders provide their own skewed view of Willamette. During this camp-like experience, the cocky students leading your group will give you advice that pertains more to their personality than to the campus at large.

This outlook applies to the anonymous pages; judging by the number of likes on a “Hey You!” suggesting the creation of a weightlifting class, one could assume that an overwhelming portion of people at Willamette want their muscles to be very large. Remember that these users liked that statement for a reason; perhaps they wanted others to see their approval and agree, or inversely, felt left out of the emerging bodybuilding culture.

It’s also possible that the person on “Truths” complaining about female armpit hair is trying to piss off one individual and might not be mocking your particular choices.

During these next few weeks, an important lesson to internalize is that you cannot make everyone happy. Not everyone will make you happy, either.

Many students have trouble settling into their new lives in the first semester, and a surefire way to exacerbate feelings of loneliness is to compare yourself to the people that made 15 new “best friends” during Steppin’ Out or trying to one-up your classmates in colloquium.

It does get better. Probably.

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# Need a ride? New app will get you there, for a price

JULIANA COHEN  
LIFESTYLES EDITOR

On July 23, Uber, a smart-phone-based service that allows private drivers to pick up customers using GPS navigation technology—and which allegedly “disrupts” traditional taxi transportation services—launched in Salem and Eugene.

The launch occurred after a promotion in which the company delivered free ice cream to those who downloaded its app.

Through Aug. 14, the service offered free rides worth up to \$50, a generous gesture that was originally planned to conclude a week earlier.

Students from large cities and metropolitan areas may be familiar with the concept of ridesharing apps on their smartphones. Uber is much like many of these.

The app works like this: After opening it on your phone, a map of the immediate area appears with Uber cars marked and

shown driving around.

If you chose to request a ride, the car is shown traveling closer to your location, and a clock indicates how long the wait will take.

Both the driver and the passenger are excused from the arduous process of manual payment, as the app contains the passenger’s credit card information and charges the patron automatically.

There is also a five star rating system in place to ensure consistent quality and accountability; for this reason, drivers will often make an effort to engage in conversation, carry bottled water and even offer candy.

Unlike Seattle or San Francisco’s massive Uber fleets, Salem only has a handful of people currently operating vehicles.

This makes the experience a bit different with repeated use; one can expect to become familiar with his or her drivers, as opposed to never seeing that

person again.

These faces of Uber will also tell passengers that the service is a convenient secondary job to have because drivers choose their hours and often use their own cars.

However, Salem’s city government will soon require that drivers get hold of a taxicab license. This will amount to an \$80 application fee, a yearly \$50 license and a background check.

Unfortunately Portland does not yet have Uber, but residents of Vancouver, WA. are able to use the service across the state line.

Oregonlive.com notes that roughly 85 percent of Oregonians think the city’s ban should be lifted.

Taxi unions are forcefully opposed to the tech competitor, which is based in San Francisco and is a darling of venture capitalists. According to the taxi-funded lobbyists keeping Uber out of the Rose City, the service unfairly

dodges regulations and disrupts traditional public transit.

Recently, online testimonials and disturbing headlines another case for shunning unlicensed cabs.

This past New Year’s Eve, an Uber driver struck and killed a 6-year-old girl in San Francisco’s Tenderloin district. Additionally, a Los Angeles driver allegedly demanded \$500 from a passenger whose phone had been left in a car.

So far, the company has reacted in various ways to these accounts, ranging from denying the veracity of the claims to increasing background checks to include county records. Any record of sketchy behavior in Oregon, however, will surely strengthen the push to expel the service from the area.

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# Lessons of a concussion

KARYA SCHANILEC  
GUEST WRITER

Two years ago, I was the reason an ambulance was summoned to the Belknap parking lot.

I sustained a serious concussion two weeks after the semester started, and, though this became a great icebreaker later on, my first semester of freshman year started out pretty rocky.

I had to miss a full week of classes and was not allowed to do any homework, reading, watch Netflix or put myself in any situation that could over-stimulate my brain.

I missed out on so much during my recovery time. I couldn't attend the activities fair—an event where all of the clubs and organizations at Willamette set up booths in Jackson Plaza and let students sign up to join.

So, while all my friends knew when yoga club was meeting or how to start their own WU Wire show, (courtesy of Willamette's student run radio station), I felt out of the loop.

As a result, I ended up not being very involved on campus my first semester. It was not until much later that I realized how much Willamette has to offer students.

I started tagging along with my friends to their various club meetings, events, trips and auditions, whether or not I thought I would actually be interested.

All of the people I met there were welcoming and passionate about their club or organization, no matter the size or focus. Eventually I found my niche within many student organizations here, and I believe that my participation and the experiences I gained have helped shape me as a person and a student.

The list of clubs and organizations on campus is long and ever growing, with subjects ranging from intramural sports and pre-vet to volunteering and student government. (The *Collegian* is a club, too!)

And if you feel like Willamette is missing a certain club you would want to participate in, you have the ability to create it yourself.

So unless you have a concussion, go to the activities fair!

If you don't, you might be missing out on some fun and meaningful ways to get involved during your time at Willamette.

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# The stride of pride: A jaded junior's guide to owning it

CONTINUED from Page 1

Are you a tweeting Belieber who thought the "Avatar: The Last Airbender" movie was better than the TV show? Are you the guy who puts the milk in before the cereal?

I—along with the rest of civilized society—might hate everything you stand for, but we will easily find other common ground. And, if all else fails, we're likely to have six other mutual friends around to keep everything amicable.

So before you feel self-conscious about wearing your favorite shirt on the first day of classes, taking a tray full of pesto pizza from Goudy or joining a "Vegan Gamers" club, remember that no one cares, and, if they do, chances are no one cares enough to listen to them.

Good luck, Bearkittens. Your time at Willamette is too short to be wasted being something you're not.

No one cares, now go find your niche.

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# On break, it's freshman year all over

MARIKA MCCARTHY  
CONTRIBUTOR

If there is something that I've loved above all else, it might be my major. But I am a scientist, and I believe in logic and probably not love at first sight.

Arriving at Willamette a not so bright-eyed 18-year-old, I saw the three/two engineering program as a ticket to something that I thought I wanted. So I became a physics major.

But a lot of things, Willamette and physics included, are easy to fall in love with.

It was a slow burn, a pain in my chest easily mistaken as heartburn, until "physics major" became something fundamentally definitive about my intrinsic self; what I talk about with some semi-stranger in a dark basement on a weekend night.

And the rules of the universe apply everywhere, even across the country in Williamsburg, Virginia at the College of William & Mary, where I spent the summer acquiring an access badge to a government-funded lab and fighting with a particle physics data analysis program.

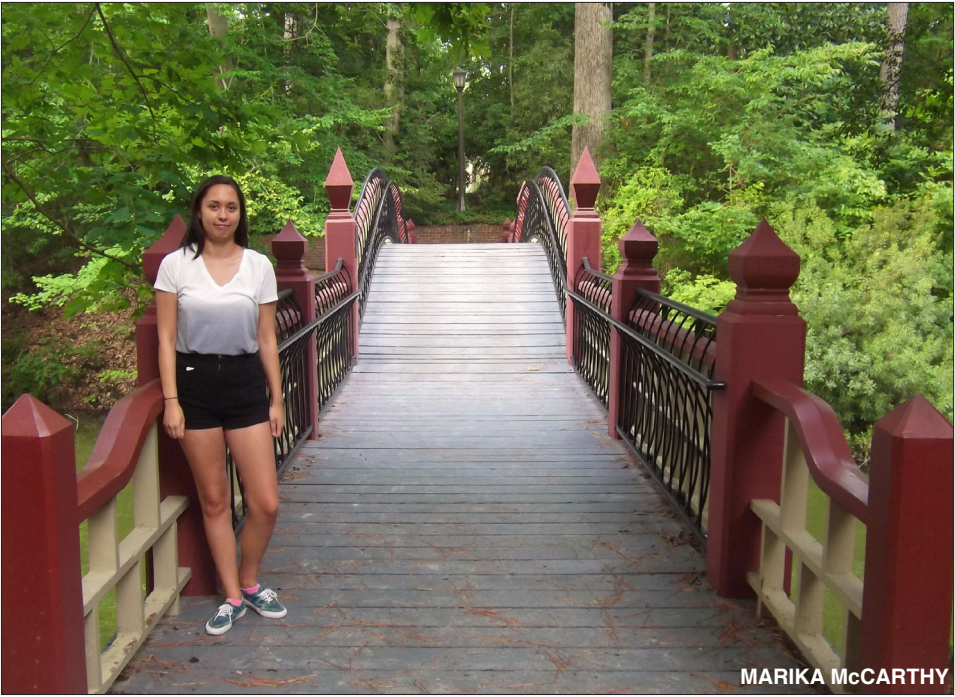
Being dropped off at SeaTac airport felt pretty normal until it became freshman year all over again: Simultaneously on the curb and in the doorway of Matthews Hall, room 321, saying goodbye to my parents and feeling that heaviness in my chest that comes with months of separation.

You might not expect to keep experiencing that tugging sensation each time your parents visit for parents' weekend or when you get dropped off at the Seattle Amtrak station.

The pain is still there, though. It just becomes more familiar.

New challenges take leaps of faith and silent prayers to the universe that the cliff over which you have jumped won't have sharp rocks at its base.

Many miles away, arriving on a campus that is not your own mimics



The Crim Dell Bridge may have similar traditions to the Willamette Star Trees, but McCarthy thinks that it is not even a fair comparison.

that feeling; some things are almost familiar, like a word on the tip of your tongue that you can't remember at the moment. A feeling like living in residence halls across Willamette's campus that are both yours and not yours at all.

How are you supposed to feel when you lose your Mill Stream, only to gain the green Crim Dell pond where you can't dip your toes in at your leisure?

When the gift—or curse—bestowed by the universe after first kisses under the Star Trees transforms into a different tradition: Walking over the Crim Dell bridge, whose magical powers can be broken as easily as throwing a guy into the water below, with snapping turtles lying in wait.

I thought I would find solace in an echo spot across the country from the one I staked claim to my freshman year, but William & Mary's spot is officially named the "Tyler Garden," and how

can one sit there comfortably while busts of President John Tyler and two members of his family stare at you?

With half my undergraduate career under my belt and the future rushing at me like I'm running downstream and can already see where the Willamette River reaches the ocean, I can say that it took a summer on the opposite coast to realize that leaving Willamette gives me that heavy feeling of leaving home.

During my Opening Days, I saw two raptors fight each other in the Matthews' parking lot, and it was the coolest thing ever. Maybe I don't believe in love at first sight, but Willamette is easy to fall in love with.

While you're here, join some clubs, do some things, wrap yourself in a comforter on a Kaneko balcony. It's nesting behavior.

Make Willamette your home, too.

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# ASWU and you: A guide

ANDRÉS OSWILL  
GUEST WRITER

Four years.

Four years to be involved, change practices we dislike and improve Willamette. We have four years to make a difference.

As the president of the Associated Students of Willamette University (ASWU), not only am I aware of how much I have done, but I'm also aware of how much I have failed to do.

While it's a great feeling to think back on all of the ways I've made an impact around campus, what sticks out to me the most are the times I didn't act.

We have a plethora of opportunities to get involved, and ASWU is here to help you find those chances and allow your

voices to be heard.

First, a little background on how ASWU works.

The student government serves the student body through three branches—executive, senate and judicial. There are three executive officers: president, vice president and treasurer. Five senators represent each class in the senate and allocate club budgets, pass bills to create new programs and seek to solve problems affecting the student body.

The final branch—the judiciary—is made up of five justices who examine senate bills to assure that they're coherent with the constitution and hold hearings on problems brought to their attention.

As president, I am responsible for being the primary link between the students and the

administration. If at any point you find yourself having questions about the way things work or need help figuring out who you should talk to about something, shoot me an email or swing by the Bistro during my office hours.

I'm available from 2 to 3 p.m. every weekday except Tuesdays, when I'll be in the Bistro for one hour starting at 6 p.m.

There are over a hundred clubs and groups representing nearly every student interest on campus. The quintessential Willamette student is overcommitted and spread too thin, but it isn't about every student taking on more; it's about every student finding a balance.

If issues on campus are important to you, prioritize them. If you think that

your student leaders aren't representing you fairly, challenge us and come talk to us at our senate meetings every Thursday at 7 p.m. in Montag Den.

It is very easy to fall into the familiar rut of criticizing problems and complaining about the way things are done. I know how easy it is—I do it all the time. Fight that urge and step up to play a greater role on our campus.

We can make a difference. If four years is enough time for a president to lead the nation, then four years is enough time for us to make an impact at Willamette. We have the power to make this University an amazing place, but only if we make it a big enough priority.

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# Goody or Goudy?

**Goudy food**

Week one:

**Meanwhile...**

Week four:

**All facts considering,**

Goudy food isn't so bad

MELE ANA KASTNER