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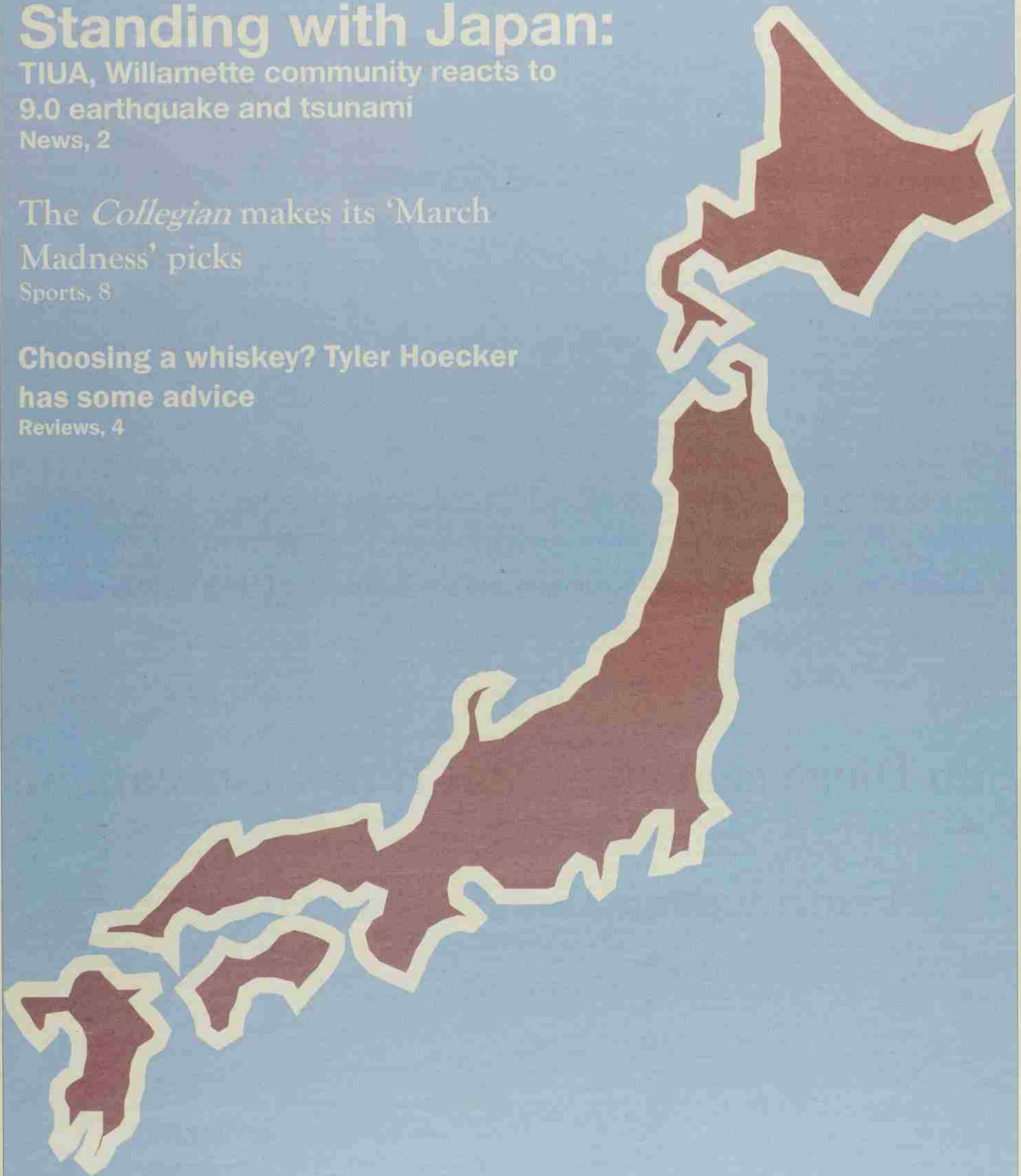
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Standing with Japan:

TIUA, Willamette community reacts to
9.0 earthquake and tsunami
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University reacts to 9.0 earthquake in Japan

TIU staff, students safe, six Willamette students to return home

LAUREN GOLD
EDITOR IN CHIEF

Students, staff and faculty in the Willamette and TIUA community are still working to process the aftermath of the 9.0 magnitude earthquake and resulting tsunami that occurred in the Sendai region of Japan on March 11. Representatives from academic, administrative and student groups are working to generate a university response to the tragedy.

According to Executive Vice President of TIUA Gunnar Gundersen, about ten students out of the 93 currently studying at TIUA are from the areas most affected by the earthquake. As of Monday, all students' immediate family members have been contacted and accounted for.

Many students, however, are still struggling to contact their extended family and friends. "The communication is still difficult," Director of Campus Life and Academic Services for TIUA Masaki Shimada said. "[Students] cannot talk to [their family and friends], they can't hear their real voice. That is so frustrating to them."

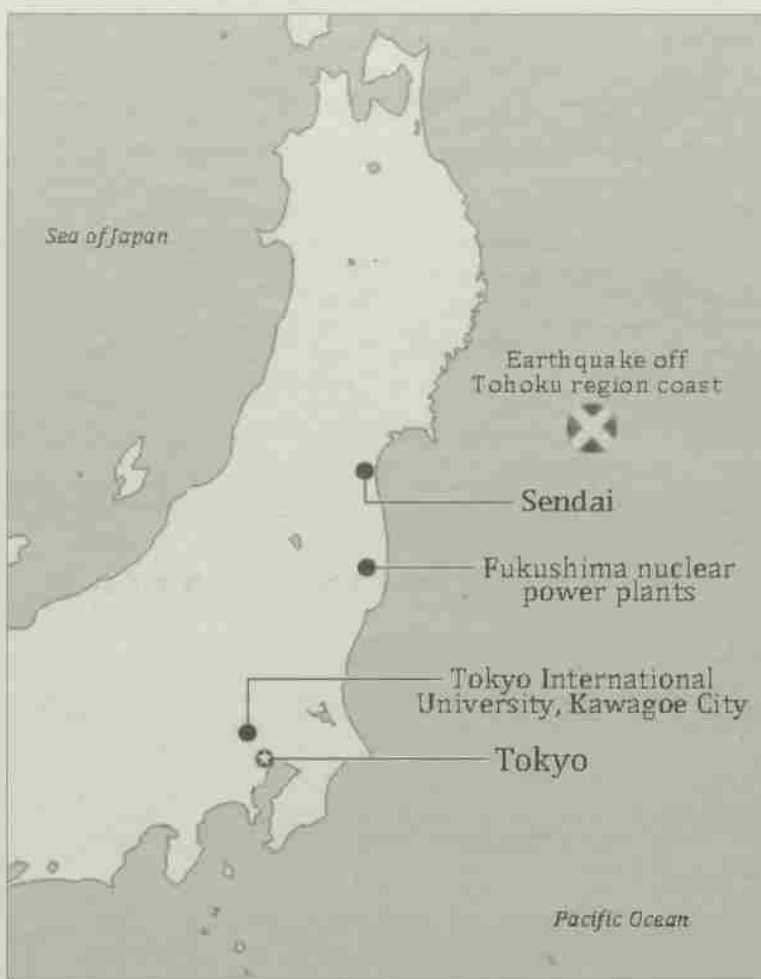
In the face of this lack of communication, many students have used the Internet to connect with loved ones back home. TIUA student Nanako Ogasawara said she called her family in Tokyo via Skype the morning after the earthquake to make sure they were all right. "I was worried about my family and my friends," she said.

Students still searching for people in Japan have been referred to the "Person Finder" Web site, a resource powered by Google that is being used to track and report those that are missing.

Overall, TIUA students are moving forward. "They want to continue to do their normal routine," Gundersen said. "They're trying to be positive."

In addition to the TIUA family, friends and staff, there are currently six Willamette students studying abroad at TIU. All have been accounted for and are staying with their host families. The TIU campus is located in the city of Kawagoe, in the Saitama prefecture. It is located about 40 minutes by train from Tokyo.

Classes at TIU were set to begin last Monday; however, according to Associate Director of the Office of International Education Chris Andresen, TIU announced today that the Japanese Studies Program (JSP) has been canceled for spring 2011.



A 9.0 magnitude earthquake and tsunami struck Japan on March 11, hitting the Sendai region severely and causing communication and transportation problems throughout the country. All TIUA students' immediate family members are confirmed safe.

"They are doing so out of concern for student safety given the developing situation in Fukushima and power rationing that is already taking place," Andresen said. "Staff at TIU and in the Office of International Education are now working to make sure the six students are able to get home safely."

On campus, measures are being put in place to help the university community deal with the events. For example, on Thursday, March 17 from 11:30 a.m. to 3:30 p.m. on the first floor of the UC, the Japan Studies Student Leaders will hold a bake sale to raise money for the relief effort.

Administrators are also planning to organize a formal outlet for donations. In addition, student organization leaders from both schools will meet today to discuss the options for a student response.

"The goal is to help raise funds for the Japanese relief

fund and also to show TIUA students that they have support here from not only their teachers and counselors, but also from the student body as well," ASWU President Walter Robinson II said.

One event already in progress is a commemorative painting on the art wall next to the Bistro. WEB Co-President Emma Larkins said that the effort will be creative and involve a variety of student input.

However, the general feeling among campus leaders is that the situation is still unfolding. The country is still experiencing aftershocks, searching for missing persons, dealing with a potential nuclear crisis and conducting rolling power outages.

"One general theme is this is a really challenging situation to respond to because it's not done," Assistant Dean of Campus Life David Rigsby said. "We have [93] students that are here and still watching this unfold for their family and their friends. I think trying to identify the perfect response will be difficult."

The final response, however, will be a united effort. "It's in moments like this that we come to understand how special the relationship is between [Willamette, TIUA and TIU]," University President M. Lee Pelton said.

Gundersen echoed these sentiments. "There isn't a TIUA approach and a Willamette approach," he said. "It is a unified approach, because our students are Willamette students."

Robinson said that events to support the community and its connections in Japan will be held the week after spring break. In addition to these more formal forms of support, Gundersen's advice to all students is to get informed.

"Do everything you can to inform yourself about what the actual situation is because that will help you when you are talking with your TIU friends," he said.

There are currently links on the University Web site to both Japanese and English news sources through which students can learn more about the developing story in Japan.

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► Learn more

- To find updates or post about missing people, use the "Person Finder" Web site at <http://japan.person-finder.appspot.com/>
- A bake sale will be held Thursday, March 17 from 11:30 a.m. to 3:30 p.m. on the first floor of the UC.
- For more information, click the "Earthquake and Tsunami Update" link on the University Web site.

► Quick Facts:

- Where: Sendai region (northern Japan)
- When: 2:46 p.m. (JST) on March 11
- Magnitude: 9.0, with resulting tsunami
- Aftershocks: More than 160 in the first 24 hours
- Death toll: official total about 2,722, estimated to reach 10,000
- Threat to Fukushima Daiichi nuclear plant: About 200,000 people living within a 12.4-mile radius have been evacuated

San Diego comedian Mal Hall visits campus

EMILIE JENSEN
STAFF WRITER

On Thursday, March 10, stand-up comedian Mal Hall performed a comedy act from 7:30 p.m. to 8:30 p.m. in Cat Cavern. The show was sponsored by WEB and was free for students.

"Hall really enjoyed Willamette and performed the longest set he had ever done," sophomore and WEB Campus Event Co-Chair Sveta Krishna said.

According to Krishna, WEB decided that Hall would be a good performer to bring to campus when they saw him performing at a regional conference.

"The conference showcased different performers, and when we saw Hall, we thought his humor was appropriate and fitting for the Willamette community," Krishna said.

Hall started his career as a comedian in community college when he found that it was a career in which he could excel. He has been performing as a stand up comedian for two years and has consistently advanced in his career, winning the Orange County Comedy Competition in 2009.

Hall has performed at Planet Hollywood Hotel & Casino in Las Vegas and the World Famous Comedy Store in Los Angeles. He has had the opportunity to work with headliners such as Patrick DeGuire, Bobby Lee, Ian Edwards, Dat Phan and Mark Christopher Lawrence.

Hall was chosen as a finalist for NBC's sixth annual "Stand-up for Diversity" nationwide talent show and is currently touring the country. Beyond performing with well-known celebrities for large audiences, Hall said he really enjoys performing at

clubs, and especially at U.S. military bases and college campuses.

Although Hall was well received by those that attended his act, not as many students attended as was anticipated. "Due to the influenza that consumed the campus community last week, we had a smaller turnout than we would have liked," Krishna said. "But we still had around 50 students attend the show."

WEB Co-President Emma Larkins expressed the organization's perspective. "Our board was really happy with Hall's performance and the extra effort that he put into his sketches," she said. "He stayed well beyond the hour that he was booked for and continued to entertain students."

Hall included humorous aspects of his own concept of identity and experiences from childhood to present. The perfor-

mance included jokes concerning his name (Malachocran), his lack of game and getting stoned on marijuana brownies during a car ride with his entire family.

Senior Geneva Hooten said that she found his act to be very entertaining. "He's only 26 so it was easy for me to relate. I liked that he interacted with the audience by asking if anyone else has a weird name or is scared of dogs," she said.

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► Learn more

To learn more about Mal Hall and upcoming events, check out his Web site, www.malhall.com, or visit his Facebook profile page.

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Library offers workshops to aid in research

KENDRA SCHMAL
CONTRIBUTOR

Tonight at 7:30 p.m., the first of four workshops on the use of the Library's RefWorks citation tool will be hosted on the second floor of the library. RefWorks, which, according to the Web site, is "a citation management tool [that] collects, stores and organizes citations from books, articles, Web sites, databases and other sources," is available to students, faculty, staff and alumni.

What separates this tool from other citation software such as EndNote is that RefWorks is an online software.

"With EndNote, if something happens to your computer, you may lose everything including EndNote research," science librarian John Reppinger, who helps teach students how to use the software, said. "RefWorks stores everything on an off-site server which is backed up regularly, making it much more secure. Plus you can access it anywhere from the Internet, and it does not matter which computer platform you work from."

According to Systems Librarian Bill Kelm, the workshops

were set up to inform students about a valuable resource that many are not even aware exists. "The workshop will help you set up a RefWorks account and demonstrate how to use it on a number of library resources," Kelm said.

The first part of the workshop will discuss how to access RefWorks, import references from library databases and catalogs, retrieve and manage citations and create bibliographies using different citation styles.

The second half of the workshop will instruct students in use of in-depth applications such as Write-N-Cite, used for adding references to a Word document, and how to use Google Scholar in conjunction with RefWorks and the library's FindIt tool.

The library decided to hold the workshops in order to increase awareness of RefWorks and the services it can provide, and as a reflection of the program's popularity during the traditional freshman-athlete program GamePlan.

"You will also have access to RefWorks after you graduate so if you go onto graduate school, or do writing in your career, it can really be useful," Kelm said.

The workshops are held at varying times, including two in the evenings. "Students don't work on the same 9-5 schedule that most librarians do, so I wanted to make sure we offered some of these workshops in the evenings," Kelm said.

All students or staff are welcome at the workshops, which, according to Kelm, will provide "a very effective way to track citations for their papers and articles. Not to mention the assistance it gives you with creating the bibliography portion of your paper."

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Attend a workshop

The schedule for upcoming workshops is as follows:

Wednesday, March 16, 7:30-8:30 p.m.

Thursday, March 31, 10-11 a.m.

Monday, April 1, 1-2 p.m.

Wednesday, April 13, 7:30-8:30 p.m.

Students interested in registering can contact Bill Kelm at bkelm@willamette.edu or 503-375-5332.

President Pelton honored at Pow Wow

ANNA MENCARELLI
STAFF WRITER

On Saturday, March 12, the Native American Enlightenment Association and Office of Multicultural Affairs sponsored the Ninth Annual Social Pow Wow, inviting students to partake in the social gathering filled with music and dancing.

Every year, the Pow Wow showcases the culture and heritage of Native Americans through the various dances, traditional attire and songs in dedication to particular members of the tribe.

"I attend Pow Wow every year. I love to go and watch the dancers and learn and witness an event that is totally different from what someone can experience," junior music major Lisa Soto said. "The uniqueness of Pow Wow is one of the major reasons I go; it's absolutely stunning to watch and take part of."

Cone Field House was filled with an assortment of vendors displaying colorful beads, intricate blankets and artwork, some of which were prizes for the raffle winners. "It is such a great experience to have, seeing all the sights and sounds. There doesn't seem to be many specific events like this, and everyone should go at least once, even

if it's just for the fry bread and shaved ice," Soto said.

This year, the Pow Wow began by honoring the veterans with the "Victory Charging Song" and "Veteran's Song." Later that evening, President M. Lee Pelton was also honored for his years of service in creating the Indian Country Conversation Series and for establishing the Chemawa Indian School Partnership Program.

Pelton was presented the Willamette University medallion, the face of which displays a combination of the University's symbolic compass and the colors of the four directions, a very sacred symbol to many tribes.

In addition, Pelton received a Pendleton Blanket symbolizing previous accomplishments and the beginning of a new stage in life. Afterwards, a special round dance was held for the president, inviting students to form a line behind him as they processed across the floor.

Junior rhetoric and media studies major Jillian Toda also attended the event and was surprised to learn that not many students were aware it was taking place.

"During concessions we heard a lot of people coming out from doing workouts that were wondering what was happen-

ing. Pow Wow is fun and lively, though," Toda said. "The event drew so many community members, and I think that was what sets it apart from some of the other events at Willamette."

The Pow Wow was composed of both inter-tribal dances, which students and other members were invited to join, and a dance team competition. Some of the dancers competing travel to many different Pow Wows throughout the year to display traditional dances.

"My interest was pretty piqued by everyone's footwork. I actually tried to mimic it but, of course, to no avail. The fancy shawl dancers were my favorite, they just looked like they were liberated or were connecting to something meaningful," sophomore Pow Wow volunteer Andrea Saunders said.

Students also saw several other types of dances, including the men's grass dance and the men's fancy dance, and the women's jingle dance each of which varied according to the specific origins of the dance.

Master of Ceremonies Bob Tom described the significance of dance in Native American culture as not only a display of the heritage that still thrives in the modern times, but also a locus of creating community.

"I feel like the Pow Wow serves to bring together the native community within and outside Willamette. Any event that serves to connect the campus community with its historical and regional context should be considered nothing less than substantial," Saunders said.

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Malalai Joya to visit campus

KRISTEN KELLAR
FEATURE EDITOR

Afghan politician and activist Malalai Joya will speak at the University on Sunday, April 3 at 7 p.m. in Smith Auditorium.

BBC News has called Joya "the bravest woman in Afghanistan," and her outspoken nature led her to be suspended from Parliament. Also, in 2010, Joya was one of Time Magazine's 100 Most Influential People.

Born three days before the Soviet invasion of Afghanistan, Joya grew up under the Taliban regime and brings a personal story of the history of Afghanistan, according to Assistant Professor of Music Marva Duerksen.

Duerksen said that those who attend the talk will not only hear about issues of women in wartime and human rights, but will also gain "a perspective of U.S. foreign policy that they aren't getting from the media."

Visiting Professor of Anthropology Bahram Tavakolian said that Joya "is able to explain the complexities of being both an activist and a woman in post-Taliban Afghanistan. Although she is unequivocally opposed to the horrendous treatment of women during the Taliban regime, she is not sanguine about their current experiences since Karzai's rise to power nor about the NATO occupation and decade-long war against 'insurgency' in the country."

Tavakolian said that for those who wish to learn about gender, religion and state policy, "Malalai Joya is an exceptionally valuable voice."

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MARCO FALLO

Several students and community members attended the Ninth Annual Social Pow Wow last Saturday.

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'The War of the Worlds Plus Blood, Guts and Zombies' by Eric Brown

What? Aliens AND zombies?



AUSTIN SCHOCK
COLUMNIST

"Intellects vast and cool and unsympathetic, regarded this earth with envious eyes, and slowly and surely drew their plans against us."

I can remember the first time that I read that line. I was in middle school, on a bus, and my only thought was, "The War of the Worlds' is going to be good."

Imagine my surprise, then, when I discovered that said book had been, like "Pride and Prejudice" before it, zombified.

How would it play out? I descended into a terrifying world of aliens and zombies to find out.

First off, if you, fair reader, can't stand Victorian speech, then this book may not be for you. The author of the zombie parts, Eric Brown, has inserted these pieces almost seamlessly into the story.

It's actually quite incredible how he does it, but with a few minor exceptions, Brown matches Wells' style perfectly. The insinuated cause of the zombification, radiation from the Martian's ships, seems rather plausible, disbelief suspended.

Oh, before I forget, quick plot intro: The Martians come to Earth, build tripods, burn and kill everything (that's the H.G. Wells part); the dead reanimate and wreck additional havoc (that's Brown's addition).

Back to my point: the zombies fit in rather well. However, at times I felt as though the aliens became a secondary part of the story, with the zombies taking center stage.

I was also a tad miffed by how Brown changed the ending (read both if you want to know what I'm talking about), but for the most part Brown manages to strike a nice balance.

True, the zombies don't enter until the sixth chapter, but keep in mind the time period of the book; pacing was a tad slower back then.

Speaking of the book itself, the use of first person narrative works well, and has always fascinated me. It adds a visceral feeling to the story, and really lets the reader into the head of the protagonist.

If you're like me, you'll learn to abhor the curate (a supporting character in a large chunk of the book), even though in another book you might have pitied his mad ramblings. The fact that the protagonist is nameless helps the reader seamlessly enter the narrative.

"The War of the Worlds, Plus Blood, Guts and Zombies" is a great modern adaptation of a classic. Whether you have read the original, or if this is your first time, you will be sure to enjoy it.



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BEVERAGE REVIEW: Old Crow, Evan Williams Black Label, Jim Beam White Label

A drinker's guide to Kentucky bourbons

TYLER HOECKER
CONTRIBUTOR

I've noticed that not only is whiskey a popular drink around these parts, but everybody's an expert, too. So, I assembled a small panel of these average connoisseurs to conduct a test of a reasonably priced selection of straight Kentucky bourbons.

Judging by your behavior last Saturday, you're clearly a pro already, but let's clarify some semantics before we begin. Whisky is the spelling used to refer to batches made in Scotland, Japan and elsewhere. Whiskey is usually from the United States, Canada or Ireland. I tested only straight Kentucky bourbon whiskeys. Bourbons are, by definition, American made, whereas Scotch is only made in Scotland.

Bourbons must also be made from 51 percent corn, distilled at no more than 160 proof (80 percent alcohol by volume), barreled in a newly charred oak cask at no more than 125 proof and bottled at no less than 80 proof. Straight bourbons, like those that I tested, must also be free of extra colors or neutral spirits (watered-down with vodka) and aged for at least two years.

These were enjoyed neat (without water or ice) and at room temperature. You may want to mix yours with a dash of water to take some of the edge off. Ours were also tested blind.

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Old Crow
40 percent alcohol by volume
\$5.95

Old Crow Straight Kentucky Bourbon has a storied history. Although today it's owned by the same company as Jim Beam, the original maker, Dr. James Crow, was one of the earliest producers of whiskey in America and is said to be the founder of bourbon.

Despite the legendary past and all that's been associated with the name, we found Old Crow to be the least drinkable of the bunch. One tester smelled hints of butterscotch, but I could only get rubbing alcohol.

We found that this was the lightest of the three, almost watery. If you want to avoid blended whiskey, not a good call, but if you still plan to mix your alcohol, then Old Crow is a good choice.

★ ★ ★ ☆ ☆

Evan Williams Black Label
43 percent alcohol by volume
\$ 6.95

The Evan Williams Straight Kentucky Bourbon was a favorite of many on the testing panel. It is commonly rated by the real experts as tasting well beyond its price. While this whiskey definitely has bite and a strong alcoholic presence, there's more there to taste.

We found tart, sweet, almost fruity flavors. We all liked that the Williams featured a charred woodiness much more prominently than Old Crow, but it wasn't overpowering.

Some called it light and drinkable. I found it pungent, strong and warming. Hands down the best value of the group.

★ ★ ★ ★ ☆

Jim Beam White Label
40 percent alcohol by volume
\$6.45

The Jim Beam was the most expensive whiskey we tried (the price above refers to a bottle a few ounces smaller than the others). It was also distinctly different from the other two.

The alcohol was much less overwhelming, making it much smoother and more drinkable. The Beam was musty and woody in a similar way to the Williams, but was much less tart.

The sweetness here was more of caramel than the puckering tartness of the Williams and Old Crow. If you can spend a little more or you want something you can drink by itself, Jim Beam will be a good choice.

★ ★ ★ ★ ☆

FILM REVIEW: 'Unknown'

'Unknown' is nothing new, but it works

RACHEL FIFIELD
CONTRIBUTOR

At first glance, "Unknown" looks a whole lot like "The Bourne Identity," and from their basic premises, the two are nearly indistinguishable.

The main character loses enough of his memory to sustain an action-movie plot, there are dramatic chase scenes and shootings by nondescript but sinister bad guys and the protagonist encounters espionage-related complications, as well as a reluctant but beautiful girl with immigration problems.

But these are just action movie staples, and other than these shallow similarities, they don't have much in common.

"Unknown's" plot is a variation on an old one, and aside from some holes, it is carried out fairly well. Dr. Martin Harris (Liam Neeson) and his wife, Elizabeth (January Jones), get separated on their visit to Berlin.

He ends up in a taxi driven by Gina (Diane Kruger), and soon after is involved in a car accident. Dr. Harris wakes up with amnesia but without any identifying documents.

To his dismay, he discovers that another man (Aidan Quinn) has assumed his identity, and no one seems to know the difference. To compound his prob-

lems, he is ridiculed by unbelieving authorities and chased by assassins.

With Gina as his unexpected ally, Dr. Harris attempts to discover who he really is, and what he will sacrifice to answer that question. As window dressing to this plot, there are terrorists, GMOs, a surprising lack of airport security and a plot so twisty that it ties itself in knots.

"Unknown" has a bit of a surreal feel. It has a shiny, well-lit snowstorm on the streets of Berlin, glossy and intentionally dark chase scenes and a lighting style in which all characters, no matter how tired, beaten or amnesiac, look Hollywood beautiful.

There are no visual distractions, and nothing is ever grimy or dusty: even being defibrillated on a dock, Dr. Harris is well dressed and unbruised.

Such an imaginary, plastic world is fun escapism to watch, and the filming reflects this. This is a world captured by careful lighting and smooth camera work, even during the (many) chase scenes and tense conversations that sometimes seem to be the only form of interaction between these characters.

The filming creates sharply-defined

images that help the viewer track the spastic movement of the plot, and the sounds (like a whistling kettle and the beginning of an explosion) bleed together to keep these images from shattering apart, held, loosely as they are, by the storyline.

Suspension of disbelief is the key to enjoying this movie, as it is with so many action movies.

Don't ask any questions like "Where are the police?" or "How did they all suddenly learn how to drive like that?" or "What does she see in him?" and you will be able to settle nicely into the harmless, pretty and entertaining action movie.



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Art exhibits run at Bush Park galleries

KALI BOEHLE-SILVA
STAFF WRITER

The Bush Barn Art Center and Bush House Museum recently opened their spring exhibition, "Parks for People: Lord and Schryver's Legacy." The exhibition focuses on re-imaginings by several local artists of the portraits of two women who greatly influenced the park's history.

Co-curators Ross Sutherland and Catherine Alexan-

der took their inspiration for this exhibit from the works of other contemporary artists and preservationists.

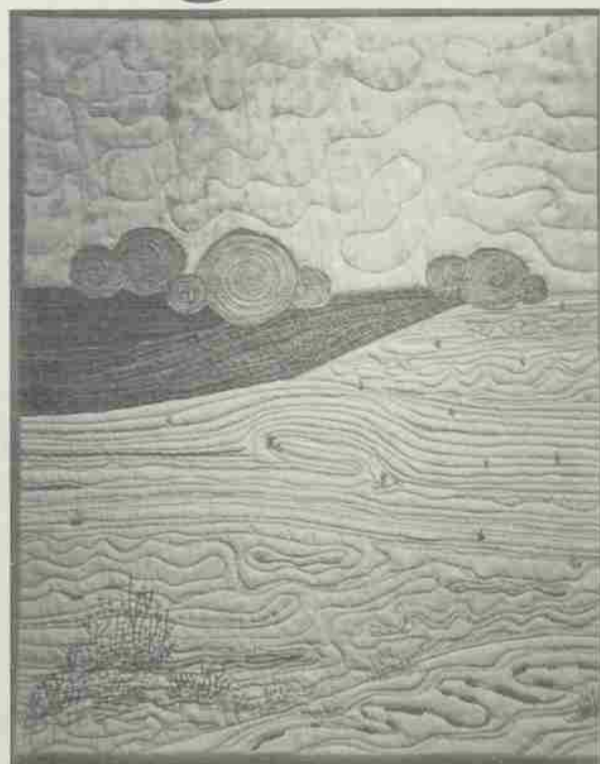
According to a recent article in the Statesman Journal, Sutherland and Alexander came up with the idea for the exhibit from historical precedents. By utilizing photographs from the Bush House Museum Archive, local artists have designed portraits of Lord and Schryver.

The gallery is also currently showing several intricately patterned quilts from the late 1800s, one of which commemorates the 1876 U.S. centennial.

The quilts provide an intersection between works traditionally denoted as fine art and works labeled as crafts. The Bush House Museum regularly runs varying quilt-themed exhibits and workshops.

Run by the Salem Art Association since 1953, the Bush House has played an important part in Salem's history since the town's founding in the 1800s. With the opening of the Bush Barn Art Center in 1965, the two spaces have continued to introduce many visitors to the city's rich civic and artistic history.

The Bush Barn Art Center gallery is open from 10 a.m. to 5 p.m. Tuesday-Friday, 12-5 p.m. on Saturday and Sunday and is closed on Mondays. It is located behind the Bush House Museum in the northwest corner of Bush's Pasture Park.



CAMERON HILL

The quilt exhibit currently on display at the Bush House Museum features many intricate quilts, like the one pictured above, from the late 1800s.



CAMERON HILL

The Historic Deepwood Estate, a part of the Salem Art Association, hosts many interesting tours and exhibits.

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Salem Cinema features top films of 2011

ELOISE BACHER
CONTRIBUTOR

From March 11-17, the Salem Cinema will be re-showing 2011 award winning or nominated movies. For ticket information and show times, visit the Salem Cinema online at www.salemcinema.com.

"Barney's Version," starring Paul Giamatti, who received a Golden Globe for his performance, is "irascible, impulsive and undeniably politically incorrect," according to the Salem Cinema Web site. It follows 30 years of Barney's life on his search for happiness.

"Inside Job," winner of the Academy Award for Best Documentary, was directed by Charles Ferguson and narrated by Matt Damon. Called "superbly crafted and highly engaging" by the Salem Cinema, it gives an uncompromising view of the causes and ramifications of the 2008 economic crisis.

"Beautiful," an Academy Award nominee for Best Foreign Film and starring Best Actor nominee Javier Bardem, was directed by Alejandro Gonzalez Inarritu. Set in Barcelona, the film follows the character Uxbal as he seeks to provide for his family and redeem himself after being diagnosed with cancer.

Nicole Kidman was nominated for a Best Actress Oscar for her performance in "Rabbit

Hole." This film adaptation is the story of a couple attempting to cope with the loss of their son. Directed by Cameron Mitchell, it has been called "a complicated and difficult film that is also extraordinarily sincere and honest" by Thomas Caldwell of Cinema Autopsy.

"Black Swan," starring Best Actress Academy Award winner Natalie Portman, explores the rivalry between two ballerinas intent on the lead role in "Swan Lake." According to the Salem Cinema, "grace and innocence collide with lurid delirium" in this film directed by Darren Aronofsky.

"The Social Network" won Academy Awards for Best Adapted Screenplay, Best Film Editing and Best Original Score. The film follows the rise of Mark Zuckerberg, highlighting the politics and "social skirmishes" that led to his creation of Facebook.

"Hood To Coast," a documentary directed by Christoph Baaden and Marcie Hume, follows four teams of runners from Mt. Hood to the Oregon coast in "the world's largest relay race," as the Cinema terms it.

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► **Learn more**
The Salem Cinema is located at 1127 Broadway NE. Tickets are \$8 for general admission and \$7 for students.



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"Barney's Version," featuring Paul Giamatti who won the Golden Globe for his performance in the title role, is now showing at the Salem Cinema.

The Mary Lou Zeek Gallery displays 'Rhythms of Color'

JOE DONOVAN
CONTRIBUTOR

Located downtown, The Mary Lou Zeek Gallery is a small space filled with works of art emanating from the Pacific Northwest. Most of the artwork expresses themes of humanity combined with nature.

Currently, the gallery is exhibiting the works of Diane Culhane. Her collection titled "Rhythm of Color" reflects what Culhane calls "story making and short vignettes." All of Culhane's paintings include a full palate of bright colors.

Culhane uses both large and small canvases to create cube-like images of domesticity. She incorporates many quilt-like formations, and frequently uses four-sided shapes.

One of Culhane's larger paintings, "Red Brick House," situated on a 48"x34"

canvas, exemplifies her style. This work echoes the layered registers commonly represented on Greek ceramic pieces.

In the "Red Brick House" painting, Culhane depicts floral arrangements to complement abstract formation of a neighborhood. The registers illustrate the story of a developing community.

"Rhythms of Color" will be at the Mary Lou Zeek Gallery until the end of March. The gallery features a new exhibit every month. In April, it will display works by Salem artist Doug Dacar.

Contact: jdonovan@willamette.edu

► **Learn more**
The Mary Lou Zeek Gallery is located at 335 State St., and is open Tuesday-Friday from 12 p.m. to 5:30 p.m. and Saturday from 12 p.m. to 5 p.m.



ASTRA LINCOLN

The "Rhythms of Color" exhibit currently on display at the Mary Lou Zeek Gallery features explosions of bright colors.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

Farm workers at the Manzanar War Relocation Center in California tend to the land.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

Farmer Tom Kobayashi sits with Manzanar's farm land in the background.

Uprooted from Willamette: Remembering WU's Nisei

KRISTEN KELLAR In Feb. 1942, there were ten Nisei, or second generation Japanese American students, studying at Willamette when President Franklin D. Roosevelt signed Executive Order 9066. All ten were sent to internment camps.

On Friday April 1, those students will be honored by the University with a dedication ceremony.

After Pearl Harbor was attacked on Dec. 7, 1941, Roosevelt declared it to be "a date which will live in infamy."

Following the attack the United States declared war against Japan, and on Feb. 19, 1942, Roosevelt signed Executive Order 9066, which resulted in the mass internment of Japanese Americans living in the western United States.

According to the Smithsonian Center for Education and Museum Studies' Web site, more than 110,000 Japanese Americans were affected even though two-thirds were American citizens. And, none was ever charged with a crime.

Author of "Years of Infamy," Michi Weglyn has said that "most of the 110,000 persons removed for reasons of 'national security' were school-age children, infants and young adults not yet of voting age."

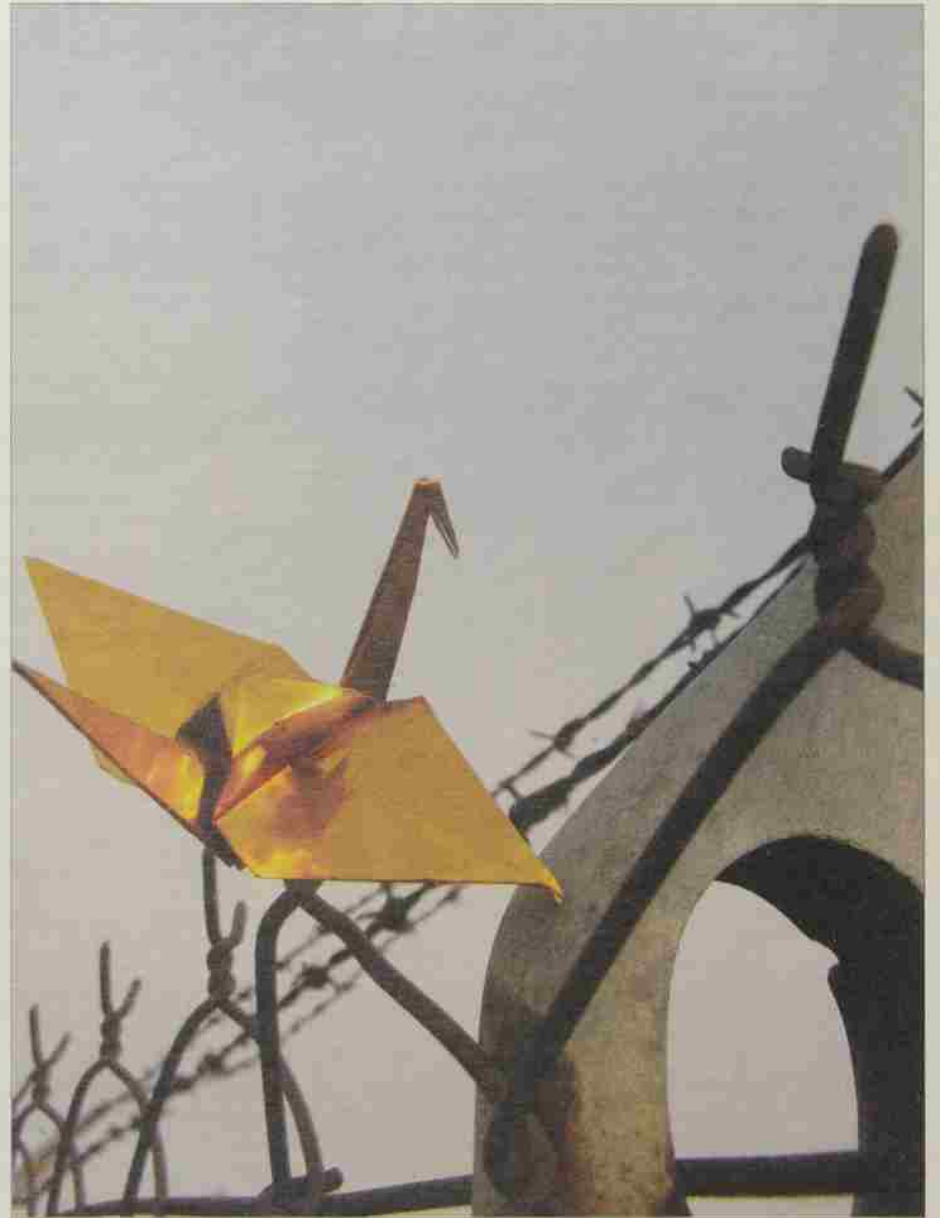
The ten Willamette students affected

were sent across the country and none of them returned to "because they were incarcerated from two and a half to three years, and some of them went on to the military or other schools on the East Coast and some went on to other parts of their family life," Professor of Education Linda Tamura said.

For those ten Nisei, Willamette was a safe haven, according to Tamura. "The President of Willamette made an announcement that people should walk with the Japanese American students and support them and that they were not the enemy just because their heritage was that with which we were at war," she said.

Alumnus Dean Nakanishi received a Carson Grant in 1997 to interview some of the Willamette students who were interned. Nakanishi said that some of the Nisei's classmates were unaware of their plight, but those who were close to them and knew their situation were very supportive.

In 1988, Congress passed and President Ronald Reagan signed the Civil Liberties Act of 1988, which issued an apology to the Japanese Americans who were interned and their families. The bill also mandated "\$20,000 in reparation to those who had been in camp and, most importantly, to set aside funds to education for people to un-



KRISTEN KELLAR

Every February, Japanese Americans gather at the concentration camps to remember the day President Roosevelt signed Executive Order 9066. An origami crane remains fixed to the fence after the 2010 remembrance at the Tule Lake Segregation Center in Tulelake, Calif.

derstand," Tamura said.

Nakanishi's research prompted a recognition ceremony for the Nisei in 2008. Professor of History Ellen Eisenberg said, "It's pretty cool that an undergraduate research paper has become the germ that has created this whole thing and that's going to be a lasting memorial on our campus."

While the school did honor the Nisei and their families, students and professors wanted to create a permanent site to commemorate them, Tamura said.

A group of students who became interested in the issue "took this on as a project and found ways to become activists, so they presented a proposal to ASWU. They had some visuals out in the quad, a petition and a resolution was passed [by ASWU] two years ago. So I think the important thing is that there was student involvement and the students really did take this on as a cause that they wanted to support, and they had studied the issues," Tamura said.

The involvement of Willamette students was also important to Eisenberg. "I think it was really important to us symbolically because the Nisei were Willamette students and we wanted the current Willamette students to relate to that and understand that this was something that was done to people like them," she said.

The ceremony on April 1, which will be held in Jackson Plaza, will consist of the dedication of a tree, a bench and a plaque engraved with the names of all ten students who were interned.

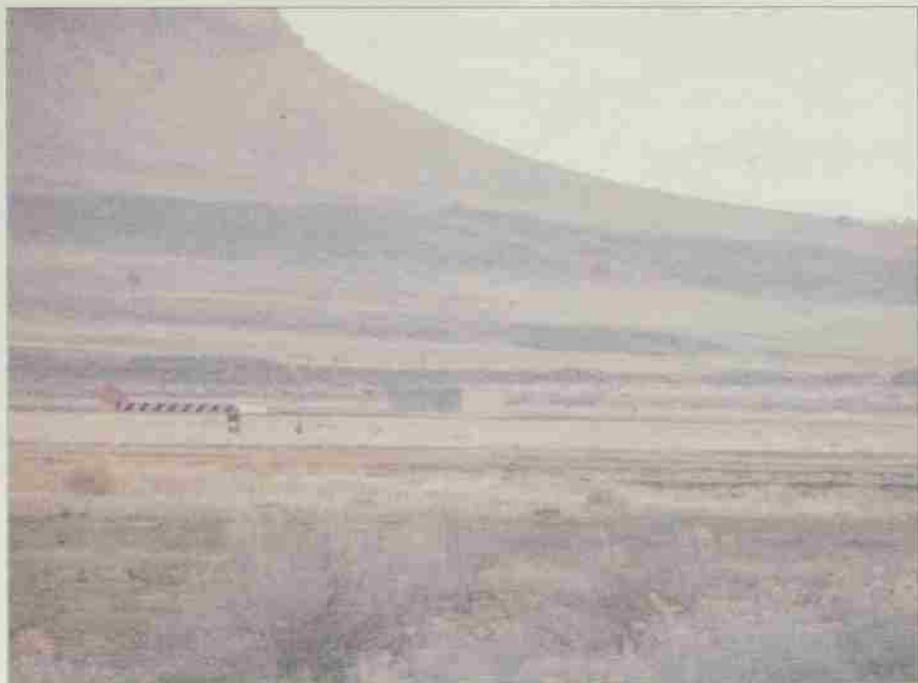
Eisenberg said that during the planning stages of the dedication, some suggested doing something at Kaneko Commons or at the Japanese garden, but she and Tamura were opposed to the idea.

Eisenberg said, "These students were American students, none of them were immigrants; they were American citizens by birth and we thought it was really important that they were recognized on the core of campus as Willamette students."

Nakanishi, who will be present at the event, said that it's important to remember that this is "the story of ten students whose Willamette experience was interrupted and not completed."

College campuses have only recently starting holding such events, and Tamura said, "As we go through, the tough thing is that we're losing those who had direct experience, and so the stories that we could gain from them are important."

Even though the Nisei had many stories to share, "many of them had difficulty talking about it because in some ways they internalized 'was it my fault,'" Tamura said.



KRISTEN KELLAR

Tule Lake Segregation Center in Tulelake, Calif. in 2010. All but a few buildings have deteriorated.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

Japanese American internees gather at a Catholic church at the Manzanar War Relocation Center.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

Frances Yokoyama is shown her newborn by nurse Aiko Hamaguchi at the Manzanar camp.

Ten Willamette students were affected by President Roosevelt's Executive Order 9066:

Reiko Azumano
Kenji Kurita
Kate Kyono
Tom Oye
Henry Tanaka

Hideto Tomita
Maye Oye Uemura
Edward Uyesugi
Taul Watanabe
Yoshi Yoshizawa

The Nisei Dedication Ceremony, hosted by President M. Lee Pelton, will be held Friday, April 1 at 1:30 p.m. in Jackson Plaza. Following the ceremony, a concert hosted by Oregon's fifth poet laureate, Lawson Inada, and featuring the Minidoka Swing Band will be held at 2:30 p.m. in Hudson Hall.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

A group of children at Manzanar do calisthenics.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

Women gather to play volleyball at the Manzanar War Relocation Center.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

Mrs. Ryie Yoshizawa teaches a dressmaking class at the Manzanar War Relocation Center.

Eisenberg said she had a similar experience talking with Nisei. "You'll hear from many [third generation Japanese Americans] that their parents really didn't talk about it, and it was something that they really wanted to put behind them and move on with their lives," Eisenberg said. "And it's just been in the last five or ten years that you've seen these sorts of ceremonies on college campuses. Maybe it's just an awareness that that generation is passing and a desire to do something."

The ten Nisei students at Willamette, all of whom have passed away, were sent to camps across the country. Ten camps in the continental United States and another 13 sites in Hawai'i were used to detain people.

But, prior to relocation to the camps, internees were sent to one of 20 assembly centers because the camps were not yet completed. The assembly centers were often old mill sites, fairgrounds or land previously used to house livestock, Tamura said.

"The Portland International Livestock Exhibition is where many of the Oregonians went, and they literally moved the animals out and moved the humans in. They put boards over the manure ... and they didn't have full ceilings. They moved in during May or June so it became extremely hot, and they lived in the animal stalls," Tamura said.

While the move from the assembly centers to the internment camps was a slight improvement, it was still tough because the internees were surrounded by barbed wire, search lights and armed guards, according to Tamura.

Tamura said that while some saw it as a vacation and a time away from work, those who she has spoken to have said that the bottom line was that they did not have rights. They were American citizens who lost their rights and returned home to find that their "homes were often in poor shape and our businesses were gone and our orchards were in dismal shape," Tamura said.

The plight of Japanese Americans during World War II serves as a reminder of the importance of freedom and civil liberties, according to Nakanishi. Nakanishi, who is a middle school teacher in Edmonds, Wash., teaches his students about what the Japanese Americans went through and said that knowledge of the mass internment has improved over time.

Nakanishi said that there are extended sections in textbooks about civil rights and that people are realizing that we need "greater knowledge of teaching not just names and dates, but movements."

Eisenberg said that curricula relating to the internment differ regionally. "I think people are starting to learn more, but I think some of that is regional, and those who grew up in the West tend to know a little more about it. High school curricula sometimes has a little bit depending on where you are. I grew up on the East Coast and even now ... people are really not that familiar with it. I think that's a little less true on the West Coast, but there's room for a lot more education," she said.

As the country continues to become more diverse ethnically, racially and reli-

giously, Tamura said that she hopes "that we will continually talk about this and other incidents in our history, especially when we made mistakes and didn't treat people fairly, so that not just adults but the children can learn from those mistakes and also learn how important it is that we guarantee our civil rights."

Tamura said that because of the United States' diversity, we need to be more tolerant of what others bring.

Many forget that the majority of those interned were American citizens. Eisenberg said, "It's critical to remember that they were American ... and unfortunately at the time people had a hard time keeping that straight in public discourse and policy. ... That's a really dangerous precedent, and we can raise awareness of that and kind of bring it home to our own students that these were students like them and look what happened."

ASWU President Walter Robinson II said that he remembers learning about the concentration camps in high school and from his father. "It's very important to honor the people who were forced to leave and had their rights forcibly removed. These people were important students to the campus and they were displaced because of war. ... Time was taken away from them that they can't get back," he said.

Robinson will be one of the speakers at the event. Pelton and United Methodist Church Bishop Robert Hoshibata will also speak at the dedication ceremony.

Immediately following the ceremony will

be a concert by the Minidoka Swing Band, which will be hosted by Oregon's fifth poet laureate, Lawson Inada.

The leader of the band, Larry Nobori, and Inada were both incarcerated as children. Tamura said the concert will also integrate stories about the Nisei.

The events are open to the public and free for all attendees. "I think the event is important and I'm thrilled that Willamette is recognizing how important this is by dedicating a site on campus and that the president is hosting a commemoration and ... that students and the community will have a chance to participate to recognize this important event," Tamura said. "It's both sad and positive because it forces us to remember, but I hope it challenges us to think about what we're doing and focus on teaching."

Contact: kkellar@willamette.edu



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

The Manzanar War Relocation Center was one of ten internment camps in the continental United States.



ANSEL ADAMS, COURTESY OF THE LIBRARY OF CONGRESS

Internees gather to watch a baseball game at Manzanar.

BASEBALL

Bearcats come up short against Linfield

SEAN DART
CONTRIBUTOR

The baseball team lost all three games versus ninth-ranked Linfield this weekend, 2-1, 8-2 and 5-4, in the first meetings between the teams this year. The Bearcats moved to 8-6 for the year.

Game One

Sophomore Brandon Simon pitched a solid game for the Bearcats, going seven innings, allowing one run and striking out five.

Simon was relieved by junior Ryan Smith, who pitched the final two innings, striking out two and allowing zero runs. Despite the stellar pitching, Willamette was unable to capitalize offensively and lost the game 2-1.

"It was a tough game," Simon said. "In a pitcher's duel, you can't really do much about offense; it's either there or it's not. It's still a team loss."

Game Two

Willamette gave up five runs in the first inning and was never able to recover.

"It's always tough falling behind and having to start from a deficit," senior outfielder T.C. Lee said. Lee went 1-3 with one RBI.

Lee went on to discuss the significance of responding to early runs from nationally-ranked opponents and proposed that keeping positive momentum is the key to responding to adversity as a team.

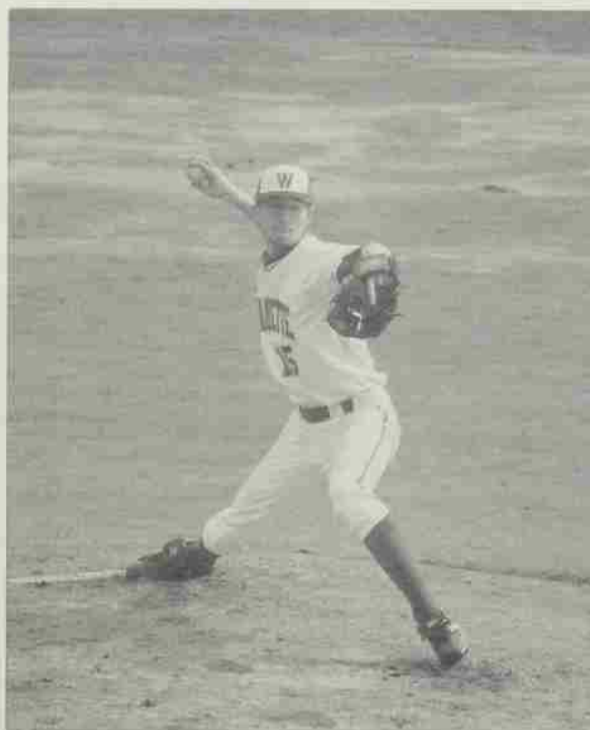
"We could all feel a little air taken out of our sails," Lee said. "As the season goes on we need to make sure that we treat every inning like the last and execute on every out."

Junior Blake Paisley fell to 2-1 with the loss. Paisley pitched four innings, allowing no walks, striking out one and allowing six runs, though only two were earned.

"We beat ourselves in game two," Paisley said. "There were a couple of tough hops that didn't go our way; we put

ourselves in a big hole spotting them five runs before we even got to the plate."

Paisley echoed the sentiments that little mistakes can turn into huge problems versus such a strong opponent. "Errors happen," Paisley said. "Good teams take advantage of miscues. Linfield made us pay. Simple as that."



Sophomore pitcher Brandon Simon throws during last Saturday's game against Linfield.

Game Three

The Bearcats led 4-3 with one out in the sixth inning before a torrential downpour delayed the game until Monday afternoon. After the delay, the Bearcats went on to lose 5-4 in ten innings.

Senior Max Stepan was 3-4 and hit for three-quarters of the cycle. Stepan registered a single, a double, a homerun and three RBIs for the Bearcats.

"Having to stop (Sunday) with the momentum we had going was tough to deal with. We had to come out (Monday) with that same mentality," Stepan said. "We had some opportunities to put the game away and just didn't do it."

Senior Chris Torgerson pitched six and one-third innings, striking out three and giving up six hits and three runs. Torgerson remained optimistic after the game, despite losing momentum after the weather delay.

"I felt great Sunday," Torgerson said. "Working quick and having success early in the game gave our team confidence that we could compete with them and beat them. Top to bottom, we believe we are very talented."

Despite their inability to close out the game after the weather delay, senior leaders Torgerson and Stepan still see a bright future for the 'Cats.

"We're capable of doing great things this year," Stepan said. "With that in mind, we have to look at this weekend as a learning experience - next weekend will tell a lot."

Contact: sdart@willamette.edu

next up

Bearcats vs. George Fox @
Newberg, Ore.
Saturday, March 19 at 12 p.m.

PLAYER'S PERSPECTIVE

WRFC loses in season finale

EVAN TURNER
CONTRIBUTOR

The Willamette Rugby Club's (WRFC) last home game of the spring season ended in a grudge match against Oregon Institute of Technology (OIT) at McCulloch stadium. No WRFC team has ever defeated OIT in league play and this year's seniors were ready for the challenge.

"This game against OIT gave us valuable experience for our upcoming game in Canada," junior scrum-half Nathan Kessler said.

The presence of many WRFC old boys and high winds created the necessary pressure and adversity for a fitting senior night. Absences on the WRFC side of senior Captain Stephen Branch, sophomore scrum-half Alex Rowley and sophomore wing Jay Howard created an obvious need for many players to step up in support or on the wing.

Junior fly-half Matthew Scott spoke before the game of "the importance on ending league play well against the tough OIT rugger."

Senior hooker Sean Irving won the decisive opening toss, allowing us to receive with the wind at our backs. Halfway in to the first half, a score by freshman inside-center David Hernandez and a converted kick by Irving put us ahead. OIT rallied to score just before the half with a try on their sideline and a failed conversion.

The action picked up in the second half with a quick score by Scott, but junior prop Jonnie Couwenhoven, sophomore flanker Riley Glenn and sophomore wing Casey Fields were injured. OIT scored with a breakaway to the outside and missed the conversion to close the gap.

Penalties in the closing seconds of the game drove OIT into WRFC territory for the score after an inadvertent whistle froze our players. After the try the final whistle ended the chance at victory for the WRFC seniors with a 14-15 WRFC loss.

Sophomore lock Tyler Holmer summed up the game: "We played one of our best overall games of the year, and I'm happy we were able to give the seniors a good game to end on."

Coach Mike Scott walked off the field for the last time with the WRFC seniors and said, "It has been an honor to coach you and to leave the field of battle arm in arm with you."

Contact: eturner@willamette.edu

Collegian Sports Section is mad for March

COMPILED BY JOHN LIND, SPORTS EDITOR

Every March, the sporting world goes into frenzies pending the start of the NCAA Division I men's basketball tournament. Colloquially known as "March Madness," the 68-team tournament offers a unique opportunity for fans to predict the outcomes of each game, all the way up to choosing a national champion. For this issue, the writers and special guests of the *Collegian* sports section take guesses as to who will make some noise this year.

JOHN LIND
SPORTS EDITOR

Final Four: Ohio State, Connecticut, Kansas, Pittsburgh
Champion: Ohio State. The Buckeyes are just too complete. Big man Jared Sullinger outmatches Kansas's frontcourt in the championship, giving the No. 1 overall seed the title.
Cinderella: Utah State. As a 30-win, senior-laden team, the small-conference Aggies are efficient in all aspects of the game. I see them upsetting an inconsistent Kansas State and overmatched Belmont and pushing Pittsburgh.

MADDY GRAINGER
CONTRIBUTOR

Final Four: Kansas, San Diego State, Syracuse, Pittsburgh
Champion: Kansas
Cinderella: Utah State

BRANDON CHINN
STAFF WRITER

Final Four: North Carolina, Duke, Ohio State, Florida
Champion: Duke. Veteran team with strong leadership. Hometown Oregonian Kyle Singler will help Duke repeat as champion.
Cinderella: St. John's. With a somewhat easy road to the sweet 16 and momentum on their side, don't be surprised to see St. John's dancing late into March.

EVAN TURNER
CONTRIBUTOR

Final Four: Pittsburgh, Louisville, Duke, Xavier
Champion: Louisville. Coach Rick Pitino is undefeated with Louisville in the sweet 16, and the Cardinals won their last matchup against Pitt. They are favored in the title game against a much less battle-tested Duke.
Cinderella: Belmont. Belmont has crushed its opponents by 20+ points while also showing that they can hang with

their big-conference foes.

KIP IOANE
MEN'S BASKETBALL HEAD COACH

Final Four: Kansas, Duke, Kentucky, Pittsburgh
Champion: Kansas. The Jayhawks are very athletic. Disappointment from getting bounced early last year will fuel their run.
Cinderella: Georgetown. The Hoyas had a very disappointing end to the season, but they were missing their All Conference guard Christ Wright. He will be back, and so will Georgetown.

MICHELLE LASHLEY
STAFF WRITER

Final Four: Duke, Ohio State, Florida, Kansas
Champion: Duke. Even with Kyrie Irving out, I think that Duke's perimeter defense and tournament-experienced seniors Kyle Singler and Nolan Smith give them an edge.
Cinderella: Belmont. The Belmont Bruins' defense has been underrated all season and they are coming off a 12-game winning streak, giving them healthy upset potential.

TIM WALSH
SPORTS EDITOR 09-10
COLUMNIST, D3FOOTBALL.COM

Final Four: Ohio State, San Diego State, Notre Dame, Pittsburgh
Champion: Ohio State. Out of the teams in my final four, the Buckeyes are the only ones who have been there before. They also happen to be the best team.
Cinderella: Belmont. I came this close to picking Gonzaga here, but instead, I'll pencil in the perennially underrated Bruins, who are well positioned for a deep tourney run in a part of the bracket that could get turned upside down by Saturday.

SEAN DART
CONTRIBUTOR

Final 4: Duke, BYU, Notre Dame, Ohio State
Champion: Duke. They are the most disciplined team in the tournament, Nolan Smith is the first player to lead the ACC in scoring and assists and Kyle Singler is the white J.J. Reddick. He also has husky eyes.
Cinderella: Belmont. They lead the nation in turnovers forced per game and they've never missed a three-pointer. Ever.

Contact: jlind@willamette.edu

Quick Shots:

Crew rolls Loggers, Track and Tennis triumph

MICHELLE LASHLEY
STAFF WRITER

CREW

Last Saturday, the Willamette rowing team took home the team points trophy from the Governor's Cup Regatta against the University of Puget Sound, winning the women's varsity 4+, the women's second varsity 8+ and the men's varsity 8+. It was a close matchup of six events against a key division rival, but Bearcats bested the Loggers by one point.

This scrimmage is the first time the Bearcats have gotten to race this spring, showing the exciting and competitive season that is in store for the team.

"UPS has a strong program," sophomore varsity coxswain Blair Davis said. "It was nice to have such a competitive race so early in the season to inspire us to work hard and continually improve."

The small men's squad has battled challenges this year resulting from injuries, sickness and a switch in coaching.

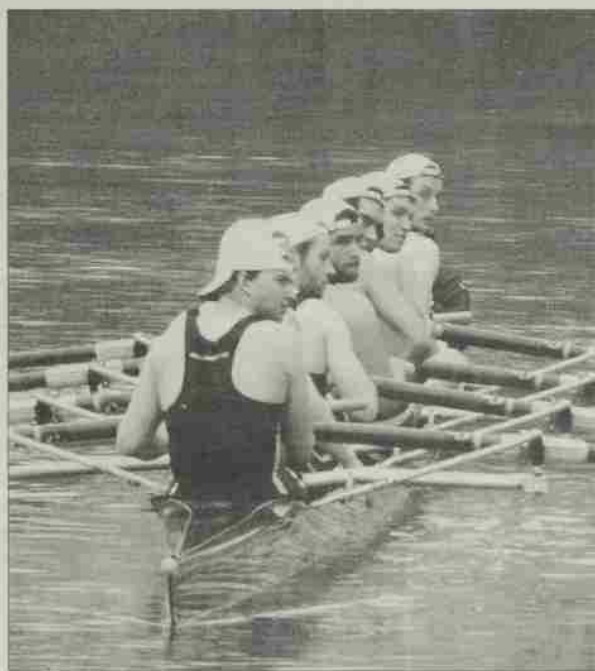
Rowing in Willamette's winning MV8+ were stroke sophomore Maxx Kaplan, 7-seat sophomore Till Gwinn, 6-seat senior David Solomon, 5-seat freshman Jackson Lowe, 4-seat freshman Wesley Dawn, 3-seat senior Alex Mott, 2-seat sophomore Maxwell Mensinger and bow senior Joel Ribbens.

They were led by first-time coxswain sophomore Jenna Shellan. "It was glorious winning my first race and our first race of the season," Shellan said. "I would never have doubted it with such an awesome group of guys."

The victory for the women's V4+ was bolstered by some of the team's top competitors. Competing for the Bearcats were Davis, stroke Marguex Hunter, 3-seat Jessica Lovell, 2-seat Marjolein aan den Boom and Gwen Hryciw at bow.

Even though the team was comprised of sophomores, Hunter, Lovell, Boom and Hryciw all came to Willamette from competitive high school teams. In a sport known for its learning curve, the Bearcats utilized these seasoned veterans.

"This is one of the boats I've felt most comfortable in since coming to Willamette," Hryciw said.



MICHAEL HOOGSTEDE

The men's varsity 8+ boat rows during last Saturday's Governor's Cup Regatta.

Tennis

In a remarkable victory, the men's tennis team defeated Pacific University 8-1 and Puget Sound 6-3, all in the same day. These wins improve Willamette's record to 5-1 for the season, 5-1 in the Northwest Conference.

The Bearcats continued success stems from their play in singles. The 'Cats won five out of six in the match against Puget Sound, and all six in the victory over Pacific.

Some highlights of the day included senior Matthew Houser, who took the No. 4 singles match, 6-0, 6-0, and freshman Will Cooper, who won the closest match of the day in an extended tie-breaker at No. 6 singles against Miller, 6-7, 6-3, 15-13.

The women's tennis team defeated Pacific University, 7-2, on Friday. Willamette improved to 5-4 for the season, including 5-3 in the NWC.

Willamette took control of the day early on by winning in all three doubles match-ups. This included a shut out of 8-0 from the No. 1 doubles pair of senior Natalia Agarycheva and junior Shannon Palmer.

Some highlights from the singles matches, where Willamette went 4-2, were Agarycheva, who claimed a 6-3, 7-5 victory and still remains undefeated in the NWC, and junior Emily Bee, who won No. 5 singles with a 6-0, 6-0 score against Kelsey Lack.



COLBY TAKEDA

Freshman Manta Dircks leaps in the triple jump during last Saturday's Lane Preview. Dircks won the event.

Track and Field

Track and field made a strong showing at the Lane Preview this past Saturday. Seniors Kimber Mattox and David Oppat both brought home Willamette victories.

The women's 800-meter had a 1-2-3 Bearcat finish, led by Mattox with a time of 2:18.65. She was followed in by sophomores Stevie Gildehaus and Theresa Edwards. Mattox also won the 1,500-meter run, completing the race in 4:43.90 for a margin of victory of four seconds over Rachel Jensen of Lane CC.

Oppat placed first in the shot put and the hammer throw, while taking second place in the discus. His winning toss in the shot put was 49'3.75". In the hammer, Oppat helped the Bearcats take the top four places by winning with a throw of 150'1". Fellow senior Josh Clothier's top throw resulted in a close second place finish at 149'4". Senior Jeff Short placed third and sophomore Wyatt Briggs fourth.

Other event winners for the Willamette women's squad were junior Jaela Dinsmore in the 100-meter dash, junior Samantha Nhim in the 400-meter dash and junior Brandi Miller in the 400-meter hurdles.

Additional champions from Willamette in the men's events were freshman Kit Kingstad in the 800-meter run, senior Nicholas Rebol in the 1,500-meter run and freshman Manta Dircks in the triple jump.

Golf

Corban University defeated Willamette in a dual meet in men's golf at the Creekside Golf Club on Friday, March 11. The Warriors achieved a team score of 308 and claimed the top five individual finishers. Willamette ended the meet with a team score of 390.

Joey Duwe of Corban achieved medalist honors with a 1-over-par 73 over the 6,497-yard course. He won by four strokes over teammate Chris Dudley, who placed second with a 77.

Freshman Kyle Derby was Willamette's top finisher. He placed sixth with a score of 90. Freshman Cole Clearman finished seventh after carding a 94.

Contact: mlashley@willamette.edu

next up

Thursday

Softball (2) @ George Fox, 2 p.m.
Track & Field; Charles Bowles Spring Break Classic, Salem, Ore., TBA

Friday

Charles Bowles Spring Break Classic, Salem, Ore., TBA

Saturday

Track & Field, Oregon Preview, Eugene, Ore., TBA
Baseball (2) @ George Fox, 12 p.m.
Softball (2) @ Redlands, 12 p.m.

Sunday

Baseball @ George Fox, 1 p.m.

Reeder's Reader

Losing weight the healthy way



JO REEDER

COLUMNIST

In my last article, I discussed the effects of carrying extra body fat and how to find a healthy body composition. Just as a reminder, a BMI over 25 is considered unhealthy but becomes particularly problematic with a waist circumference over 40 inches for men and over 35 for women. This week I'll discuss achieving a healthy body composition, particularly decreasing waist circumference.

First, if you don't already, exercise. The American College of Sports Medicine and the American Heart Association recommend 30 minutes of moderate exercise five times per week, or just 150 minutes per week. Moderate exercise is anything that gets your heart rate up, your body moving and your muscles twitching.

You don't have to do 30 minutes all at once; you can break it into ten or 15 minute segments, and you don't have to hit the gym, either.

Make small changes, such as taking the stairs instead of the elevator. Go on a walk with your friends, jump on your bed or do cartwheels in the grass. Anything will help you on your way to changing your body composition.

Second, start trying to tweak your diet in small ways. At dinner, opt for a serving of vegetables or an apple. If you're hungry during the day, try eating whole-wheat toast with peanut butter or a yogurt. You can also try excluding one or two unhealthy items from your diet each week.

For example, during week one you can stop eating French fries, week two you can stop eating French fries and ice cream, etc. Make small changes in your habits, and you'll soon be on your way to big changes in your health.

Finally, don't let your changes get the best of you. Exercising all the time to decrease body fat can actually damage your body. More than a couple hours a day won't give your body enough time to recover and repair muscle, and you may get burned out.

Don't change all parts of your diet right away, either. This can lead to quitting and returning to old habits. Making small changes over a few weeks can work much better.

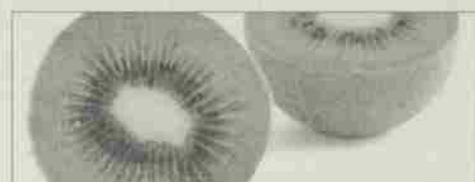
Finally, don't obsess over sticking to your changes. We are all human and we all stray from what's best for us.

It is most important to simply notice when you stray from improving diet and exercise habits and try to return back to healthier habits as soon as possible.

Contact: jreeder@willamette.edu

FOOD OF THE WEEK

Kiwi



COURTESY OF THE DAILY GREEN.COM

One medium-sized kiwi has approximately 46 calories, one gram of protein, 2.6 grams of fiber, 252 milligrams of potassium and only four milligrams of sodium. Needless to say, it's bursting with nutrients and has relatively few calories.

According to studies published in the Journal of Medicinal Foods, kiwis are also potent antioxidants. Antioxidants have been shown to have the potential to decrease the risk of atherosclerosis, cancer and rheumatoid arthritis as well as slow aging.

Kiwis are great with the skin on or off, and the seeds are completely edible. Try them alone, on salads, with yogurt or in juices and smoothies.

COLUMN



Matt's Musings

Choice requires commitment



**M A T T
PITCHFORD**

OPINIONS EDITOR

One of the most surprising consequences of our modern age is the paralysis of choice. If you want to buy toothpaste, there are more types of plaque-busting, bright-bleaching formulas than you can shake a stick at. Coupled with the choices of toothbrushes, the possibilities for clean pearly whites are nearly endless.

It seems that we are only able to make a decision at all because this choice in the realm of dental hygiene is incredibly trivial. It doesn't actually matter in the grand scheme of things.

But how do we go about choosing something that is overwhelming in terms of choice and actually significant in terms of importance?

More often than not, it seems we don't. We try to ignore these difficult life questions until the decision is ultimately made for us, made hastily or made idly - just like buying toothpaste.

We feel it here in college very directly and personally. We fear the power of our choice because it locks us into the commitment of following through. This isn't just in a relational sense, but in every part of our life.

It's easier to be free from the cost, effort and certainty of picking. If we never choose, we never deal with the possibility that we missed something more perfect or more appropriate.

In part, I think this explains the pervasive popularity of texting and Facebook. Not only are they more convenient, but they also involve less of a commitment in terms of energy, time and effort.

I can text five friends at once, but I have much more difficulty calling one friend, let alone five. I can maintain the auspices of friendship with hundreds of people online, but it's much harder to keep up with people in person.

These modern mechanisms make it more convenient, but they also take away part of the commitment. There is increased ease and decreased effort. "Friending" is more like buying toothpaste than keeping up a relationship.

But we ought never to allow the fear of commitment, especially as manifested by the paralysis of choice, debilitate us from acting.

I would rather be someone who took action and made a mistake than someone who sat comfortably without ever failing.

It's nerve-racking to actually attempt to choose, especially in terms of our life and career. But it is far better to have a fuller understanding of our selves, our abilities and the world for having tried than having complacently never committed to anything.

How can we know that we have chosen correctly, in terms of our major, our career, our significant other, our pursuits and life in general? There will never be proof that provides such perfect certainty.

But I can think of few things that are more saddening than the person, who, being confronted with the incredible crossroads of life, chose to sit down and play with the rocks at the side of the street.

Adventures lie in every direction, but the going must necessarily involve the commitment to make a choice and follow it.

Contact: mpitchfo@willamette.edu

LETTERS TO THE EDITOR

We invite you to submit letters to the editor. Letters can be sent by postal mail, e-mail (gold@willamette.edu), campus mail or fax. Letters are limited to 150 words, must include your name and phone number and must be submitted by noon Monday on the week of intended publication. The Collegian reserves the right to edit for length and clarity.

EDITORIAL

The necessity of break

Like the rest of campus, we here at the Editorial Board are very excited for spring break. More than the places to go, people to see, food to consume and sleep to be had, there is a veritable fount of excitement that springs from the simple fact that we won't be nearly as stressed as usual.

There is something decidedly stressful about this time of year. Midterms menacingly loom above our heads as plans for spring break, summer and the rest of our lives are frantically hashed out.

Half of this stress cloud seems to be part of the system that we signed up for by entering the collegiate arena.

The other half, however, can be partially explained by the particular mix of societal and personal expectations and fears that fuel our desperate drive to excel and take on ever-increasing quantities of activities.

Director of Residential Education at Southern Oregon University Jason Ebbeling was quoted in the Jan. 26 New York Times saying, "Students know their generation is likely to be less successful than their parents', so they feel more pressure to succeed than in the past."

According to that same article, col-

legiate freshmen are polling record levels of stress upon entering college.

That being said, the Times' analysis seems to apply just as easily to all collegiate students - "The economy has only added to the stress, not just because of financial pressures on their parents, but also because the students are worried about their own college debt and job prospects when they graduate."

At Willamette in particular there is a strong student culture of intense participation across a variety of activities. This precedent, coupled with the rigorous academics, makes the prospect of a break particularly welcome.

Outside of college, it becomes easier to divide stress on the job from the rest of your life.

Our university, however, often requires spending time on homework and activities late at night, pushing any prospects of relaxation even later into the evening.

Life and work are so intertwined that it can become difficult to separate the two.

We advocate, first and foremost, the time-honored playground taunt: "take a chill pill." We have a large amount of control over our degree of stress outside of the explicit academ-

ic requirements of our school. We should do everything we can in order to not needlessly overload ourselves.

Don't be afraid to take the measures required to relax. Do yoga, go for a walk, take a nap or just generally slow your breathing and/or pulse.

That being said, there is legitimacy to many of the stresses we feel, especially on the academic and economic levels. For such stresses, there isn't an easy prescription.

We are the most stressed collegiate classes there have ever been. Do what you can to keep your sanity.

But most of all, keep calm, carry on and make it to this break. No matter where you go, don't forget to relax.

COLLEGIAN EDITORIAL POLICY

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

MEMBERS

Lauren Gold • EDITOR IN CHIEF
Matt Pitchford • OPINIONS EDITOR
Michelle Bellusci • MANAGING EDITOR

COLUMN



Seeing Red: Lent



**CAITLIN
PREMINGER**

COLUMNIST

I'm not sure if you're aware, but there are 39 days left until Easter. Having not been raised as part of any faith, let alone Christianity, I'm not normally aware of this myself. However this year, upon reflection, I've decided to take part in what I'm calling Secular Lent.

I'm giving up people.

Naturally this isn't a blanket statement. I'm not going to sequester myself away from mankind's evils for a month and then emerge, squinting in the bright light of day, on Easter Sunday.

Nor am I giving up on people; on the contrary, I harbor significant hope for those individuals around the world who work toward the greater good - Muhammad Yunus, anyone?

Rather, I'm strategically minimizing contact with those people in my life who are continual sources of negativity.

With a thesis, graduation and my future looming in the near distance, I have my own stuff to worry about; I don't have the time or the energy to entertain Negative Nancys too.

Considering the limited amount of time I have on this Earth, I wager it's my right to be particular about the people I spend it with.

Usually the purpose of Lent is to bring you closer to God, but as a Judeo-Christian agnostic, that's not quite as relevant to me.

So, instead, I'm taking the opportunity to reflect on what I want out of life and whether what I'm doing and who I'm with will contribute to my personal fulfillment.

It's not like I have a clear idea about what that fulfillment looks like, nor do I have anything more than a hazy vision of what I'll do before I depart this mortal coil. However, it's easy enough to recognize and pick out the pieces that don't fit and then discard them like so many exhausted rolls of toilet paper.

The same way I think it's valuable to reduce material clutter, I also find it constructive to reduce people clutter.

Some people are like knick-knacks: I liked them at first, enjoyed them for a while, but now they're lackluster, don't contribute to my overall happiness and take up prime real estate.

I'll be interested to see if by the end of Lent I feel more positive and less dragged down for having weeded out the Debbie Downers.

Of course, reflection is hardly limited to Lent. Any time is the right time. But if religion isn't an issue, why not jump on the bandwagon?

It's already printed on your calendar, and at 46 days, it's an almost obscenely lengthy time reserved for contemplation. You could even tack on a juice cleanse for good measure.

I say give it a go. Think of something you're better off without and chuck it. The worst that could happen is that you slip up, and it's not like Secular Lent is a sudden death elimination round of the imaginary faithful.

You might find that a healthier, more mindful existence is just one renunciation away. If it's not, you can always return to your heathen ways. Sure worked for the Greeks.

Contact: cpreming@willamette.edu

Do you have an opinion?

Do you like to write your opinions down?

If you answered yes, then you are a perfect candidate for a guest writer!

If you are interested in joining, please e-mail mpitchfo@willamette.edu

COLUMN
K-Light's Insights

Regret



KRISTIN LIGHT
COLUMNIST

I was having a conversation with my mom the other day when she asked me, "Do you regret anything so far in your life?" My first thought was of my boyfriend that I had the beginning of freshman year.

He was selfish, emotionally abusive and just an overall a**hole. I regret dating him for as long as I did, and to this day I still feel I missed out on some of those crucial freshman moments because I was wasting my time with him.

Yet, there would have been no way to find that out had I not dated him. If we had not gone out, I would have regretted not having that experience.

The funny thing about regret is

that it only goes two ways. You can either regret what you have done, or regret what you have not done. The sum of life comes down to action and inaction.

Personally, I would rather regret the things I've done. So much of life is experience.

As corny as it sounds, Tim Rice was not lying when he wrote the lyrics to the "Circle of Life." There is "more to see than could ever be seen, more to do than could ever be done."

As a single person, you cannot possibly do everything, but that does not mean you should give up on life. Instead, you should find the things you want to do and do them. Find your passion, find what makes you come alive, and then do it.

As humans, we make excuses for ourselves. "I don't have time," or "I'll get to it later." Let me give you some advice: STOP IT.

Stop making excuses for yourself. They are not benefitting you, and all they are doing is keeping you from what you really want.

The more excuses you make, the farther away from your dreams you get. Eventually, you will end up regretting never doing what you really wanted to.

Life is not a passive activity, it is a fully engaging sport. You cannot expect your dreams to be handed to you. You need to be the one to go and get them.

The quality of your life is entirely dependent on you. You are your own worst enemy. You can distract yourself, lie to yourself, make yourself comfortable with not accomplishing anything.

The truth is, accomplishing our dreams is hard work. It is a lot easier to do nothing than to do something we love.

Yet, if we devote our life to something that makes us feel alive, our life has purpose. We are no longer walking blindly in the dark. We have a meaning, a reason to exist.

There will be things you will regret along the way. Part of life is making mistakes. Do not, though, make your life about the things you could have done.

Regret the mistakes you made while experiencing life, knowing that at least you were actively engaged in your decisions

Contact: klight@willamette.edu

OPINION

Suck it up, it's not so bad

ALEX LOPEZ
GUEST WRITER

Willamette, enough is ENOUGH. I am sick and tired of seeing people use the *Collegian* as a soapbox for negativity. Even the most positively framed stories often seem to have a negative zing at some point.

I am sure those of you who have interacted with me for more than five minutes know that I often have a very cynical and judgmental view of the world. You may be thinking who the hell is Alex Lopez to tell me to stop being a jerk?

I know, but please stick with me for at the least the rest of this piece. I am here to confess my sins. I am here to confess that I, too, am guilty of taking my education for granted. I am here to confess how I let the insignificant and idiotic eclipse the amazing impact this university has had on my life.

Now I am well aware that there are many things that our campus could improve, but I think we need to realize THAT IS LIFE. Nothing is perfect.

For a campus so concerned about sustainability, we sure manage to produce a large amount of wasteful rhet-

oric about Goudy, the dorms, our classroom experiences and so on.

We all know there are differences between constructive conversations where we find solutions and take action (because most often that is what we WU students are known to do) and whining sessions that only serve as boo boo kisses to the childish ways in which we behave at times.

Now I sincerely believe the people that have had negative incidences occur during their time at Willamette, and that is completely normal for ANY college experience, but are you really going to let that be the defining moment of your time here?

I sure as hell know that when I receive my diploma I'm not going to say, "Great ... but you know all those times that Goudy served curry or Campus Safety gave me a parking ticket make this thing so f*****g worthless! Thanks for nothing, Willamette!" NO.

I am going to remember how a beautiful campus took my breath away the first time I saw it, my close-knit community of Kaneko three

east from freshman year, an advisor who was invested in me both inside as well as outside the classroom and all the other peers and staff who have helped me get to where I am.

I'm going to reflect on how lucky I am to have a place where I don't have to worry about my favorite activities getting cut due to student life not even being a thought to the administration or my entire department being removed due to bad budgeting like some of our fellow students at other universities and colleges across the nation.

Willamette, I'm not saying to stop fighting for a better experience. I'm just asking you, pretty please, to not completely throw it all away for the negative occurrences that - in the grand scheme of things - really are nothing more than memories you can easily forgive and get over quickly.

PS: Apologies to any curry or parking ticket enthusiasts.

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COLUMN

Bearcat Bullet

Spring break



KEVIN BELL
COLUMNIST

While this will not be the first article I've written remotely, it will be the first one that I will also be absent for at the time of its publication.

Generally one of the first things I do upon the *Collegian's* publishing on Wednesdays is check the paper to see how many of my comments have been removed by the *Collegian's* Official Censorship Board.

So, in order to ensure that my words remain untarnished, please someone inform me in the event that the following is removed [content removed by editor due to: Nazi, pedophilia, and Wal-Mart based content]. Haha! Easily my best work all year, so I hope you all got to enjoy it as much as I did.

Yes, as I've decided to martyr my academic and social life in favor of going to the national debate tournament, I'm missing this wonderful and exciting time when we all make up phantom illnesses and relatives to excuse ourselves from the last classes before spring break.

In fact, I'm not even sure myself if the event I'm at in Colorado is really of academic merit, or even school sanctioned, or if we're all just part of a massive ponzi scheme to avoid a week and a half of school so we can skip straight to spring break. In fact, this may be true of the entire debate community.

Spring break is one of the oldest and most honored parts of the college experience. A chance to go to strange places, meet strange people and throw up on them after sampling their strange wares, spring break provides a welcome reprieve between midterms immediately before and more midterms immediately after.

In fact, I'm not even sure what a midterm is, as I've definitely had an Econ class with a midterm every other week for the entire semester.

“

So to all of you who I won't see before you depart, enjoy, have fun and if you get arrested, I probably don't have the bail money so call someone else.”

KEVIN BELL
COLUMNIST

Regardless, it's a good deal of fun. It's not as if we could go all year having to go to 12 hours of class and partying all weekend, does the University think we're some kind of super-productive academic robots or something?

We have to take an entire week off to party too, or else I'm positive we would never survive spring semester. We are certainly blessed that whatever ancient wise men created the tradition ensured that we should be free to have our voices heard at wet t-shirt contests in seedy beach bars the world over. Probably Thomas Jefferson or Plato or someone.

So to all of you who I won't see before you depart, enjoy, have fun and if you get arrested, I probably don't have the bail money so call someone else.

The odds are even right now that I'll either be in So-Cal, Salem or will miss my flight back to Oregon and end up homeless in Denver next week. So if you're in any of those places, hit me up and we can Sheen out.

Contact: kbell@willamette.edu

Qinder Bloch The Best Laid Plans of Mice and Men...



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CAMPUS SAFETY REPORT

March 4 - 10, 2011
Information provided by Campus Safety

EMERGENCY MEDICAL AID

- ▶ March 5, 12:15 a.m. (Off Campus): Campus Safety was notified of a student who needed medical attention near the Stadium. WEMS and the officer assessed the student and determined she did not need to go to the hospital. She was given a ride back to campus and was left in the care of a friend.
- ▶ March 5, 7:29 p.m. (Kaneko Commons): Campus Safety was notified that a student had severely cut her finger. WEMS wrapped her finger in gauze and the student was transported to Salem Hospital by friends.
- ▶ March 6, 2:13 a.m. (Kaneko Commons): Campus Safety and WEMS tried to evaluate a student who was intoxicated and had sustained injuries to his head. Due to the student's belligerent behavior, Salem Police and Salem Fire were called to transport him to the hospital.

- ▶ March 8, 11:21 a.m. (Sparks Center): An employee called to report that a visitor had fallen from the bleachers in Cone Field House. She was transported to Salem Hospital by Salem Fire Department.

POLICY VIOLATION

- ▶ March 7, 10:00 a.m. (Kaneko Commons): The balcony of a room in Kaneko was littered with trash and debris. Photos were taken.
- ▶ March 7, 11:59 p.m. (Smullin Hall): An employee reported finding ashes on the window sill, an empty champagne bottle and a burn mark on the floor in a Smullin classroom.
- ▶ March 8, 12:15 p.m. (Campus): A student received her eleventh parking citation. Campus Judicial was forwarded a report.

VEHICLE ACCIDENT

- ▶ March 7, 5:38 p.m. (Off Campus): Campus Safety was notified of a vehicle accident involving a University vehicle. The van was hit by another vehicle on the rear bumper. There were no injuries.

Please contact Campus Safety if you have any information regarding these incidents:
safety@willamette.edu

EVENTS CALENDAR

Wednesday, March 16:
7:00 p.m.: "Nelly's Echo" in the Bistro

Thursday, March 17:
11:30 a.m. to 3:30 p.m.: Disaster Relief Bake Sale on the first floor of the UC
11:30 a.m.: University Convocation: "Céilí of the Valley: Celebrating Irish Culture" in Cone Chapel
4:30 p.m.: "Help Start a WU Campus Magazine" in the Fireside Room
9:00 p.m.: "GreekSide" in the Fireside Room

March 21-25: Spring break

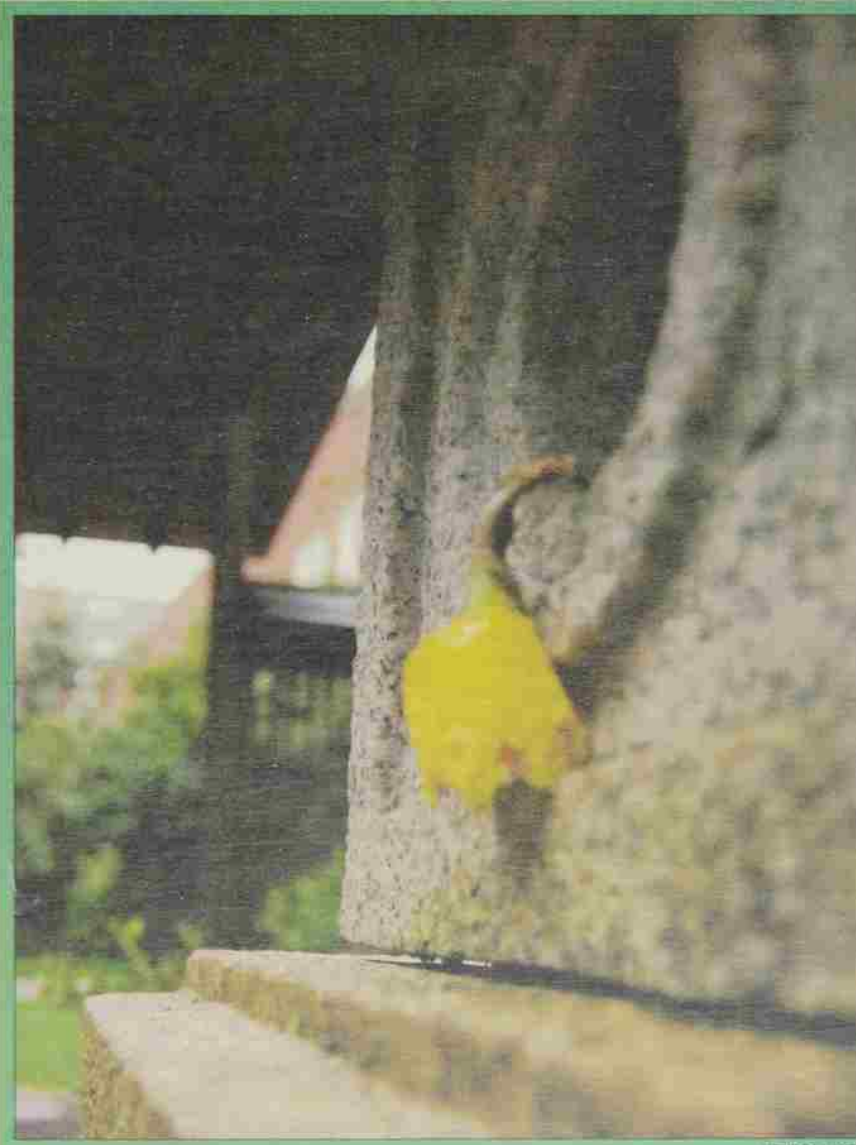
Tuesday, March 22:
12:30 p.m.: Gallery Talk: "Henk Pander: Memory and Modernism" at the Halle Ford Museum of Art

Tuesday, March 29:
7:00 p.m.: "Crowned in Song: A Recital of Settings of the Poetry of Emily Dickinson, Poet Royal" in Hudson Hall

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HENDRA WANEK

**SEEN THIS BEFORE?
KNOW WHERE IT IS?**

**Be the first person to
e-mail the correct location
to Editor in Chief
Lauren Gold:
lgold@willamette.edu
And win your
picture plus
ETERNAL GLORY
in next week's
Collegian.**