

EDITORIAL

## The President's Working Group: Patience leads to effective change

As the fall semester winds to a close, it's important to reflect on all of the changes, both hypervisible and less visible, that have been happening on our campus since last May's fraternity debacle.

Many student leaders, staff, administrators and outside consultants have been working extremely hard to create shifts in our campus climate.

This semester, the President's Working Group on Sexual Assault and Harassment has been critically reviewing the University's approach to education and prevention of sexual assault, as well as examining current policies and procedures regarding sexual assault and the quality of various services and resources available for survivors.

More than 1,000 students responded in the survey circulated by PWGSAH in October, but students should be more involved in helping the group paint a broader picture as well.

Only two students participated in the last public meeting on Nov. 19.

Although the Editorial Board wishes that a reminder email was distributed, this number is truly unacceptable.

Even if we aren't convinced of it ourselves, numerous staff members say that our voices as students are truly powerful, as critical thinkers, workers, volunteers and University customers. It's time to show up.

Other University efforts have included the gradual roll-out of the Green Dot bystander intervention program, as well as the initiation of a less-visible education program for the 44 active members of Sigma Chi who are still on campus. Open discussions on the subject of masculinity are bubbling, but not well-attended.

The work of making our campus safer for all community members will not be done in the foreseeable future. But whether or not we 100 percent agree with the methods, we shouldn't be apathetic, hostile or uninformed about these changes.

We as feisty students expect changes to happen overnight. Members of the editorial board are guilty of being impatient and frustrated by bureaucratic red tape ALL. THE. TIME

See **EDITORIAL**, Page 10

SPORTS

## Sparks renovation nearing completion

BRANDON CHINN  
SPORTS EDITOR

It has been a long, relentless process since breaking ground 199 days ago on May 21, 2013, but as the dust settles and the calendar continues to turn, the Sparks Center renovation is nearly complete.

"We're on track for an opening around the third or fourth week of January," Willamette University Director of Athletics Dave Rigsby said.

The renovation process was split into two phases, with the first involving the expansion of the fitness center and sports medicine center. The countdown to the completion of phase one continues, but only small tasks like painting and installing floors remain.

"I'm very excited," sophomore Gordie Clary, a member of the Willamette University baseball team said. "It's looking promising, and it will be a great way to stay in shape."

Phase two, involving the renovation of varsity team locker rooms, will begin after semester break.

Scheduled to meet the projected January deadline established last May, Rigsby voiced his satisfaction with the renovation process.

"It has gone very well. There [are] always unknowns when you start a remodel, but our team has dealt well with the little things we've found along the way," Rigsby said. "There's a multimillion dollar project essentially in our living room, and we've been able to continue on largely as planned."

During the renovation process, a temporary fitness center was created in Cone Field House, with 20 cardio machines and 21 weight lifting machines.

While students are "eager" to get into the expanded fitness center, some acknowledged their content with the current situation.

"It's been valuable," junior Drew Mittendorf said. "It has given students a place to work out on campus even though the normal weight room is unavailable."

See **FITNESS CENTER**, Page 8



BRANDON CHINN

In addition to adding a downstairs circuit training center, the main level of the fitness center has been widened.

## President's Book Club sheds light on immigration

KATIE DOBBS  
STAFF WRITER

justice-oriented.

The event will take place on Jan. 18. While not all of the details for the gathering have been sorted out just yet, it is likely to follow a pattern similar to past President's Book Clubs.

Next semester, students and community members will convene for the annual President's Book Club.

But this is no ordinary meeting of a book club. The event is part of the University's annual Martin Luther King, Jr. celebration.

This year, the club will read Francisco Jimenez's "The Circuit: Stories from the Life of a Migrant Child." The topic of discussion will be issues surrounding the treatment of immigrants.

The objective of the gathering is to bring a group of diverse individuals together by reading a particular novel. The club allows participants to reflect on the novel's contents and share in a discussion, which tends to be social

Organizers ordered 100 copies of the designated book. These are distributed to students, staff and faculty who have registered. After receiving the book for free, participants read it over winter break.

Readers will get together in the Alumni Lounge in the Putnam University Center. Assistant Professor of Politics Megan Ybarra and Associate Professor of Politics Melissa Buis Michaux will give an introductory presentation and facilitate informal discussion.

See **BOOK CLUB**, Page 3



LANCE ROSSI

This year, participants in the annual President's Book Club will read Francisco Jimenez's "The Circuit."



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# Music department presents annual Christmas in Hudson

EMILY HOARD  
STAFF WRITER

It's that time of year again.

As the holidays approach and the Star Trees come alive with colorful lights, the University's Music Department is preparing to present its traditional holiday concert, Christmas in Hudson Hall.

This year, Christmas in Hudson will take place on Dec. 5 and 6 at 7:30 p.m. in the Mary Stuart Rogers Music Center. The event is meant to be an exploration of the history behind the Christmas season.

The concert features the Male Ensemble Willamette, Voce Femminile, the Willamette Chamber Choir and the Willamette Chamber Orchestra. The audience also will participate in several carols, with Associate Professor of Rhetoric and Media Studies Jeanne Clark presenting readings throughout the night.

Professor of Music Wallace Long, the Director of Choral Activities, started and organized the concert event here at the University in the late 1980s. He was inspired by the British tradition of Lessons and Carols services, which incorporate nine scripture readings and Christmas songs.

Long considers his life's work to be "awakening students to the joys of choral music."

The University's Cone Chapel hosted this tradition until 1999, when the Rogers Mu-

sic Center with Hudson Hall was built. The concert has been known as Christmas in Hudson ever since.

At this point, Long and his colleagues decided to broaden the scope of the concert to allow for more variety instead of retaining the structure of Lessons and Carols.

Long recognizes that Christmas in Hudson carries different meanings for different people. He said that several audience members, including a priest, have told him that they feel as if this tradition signifies the beginning of the Christmas season.

But to Long, it's more than that.

"This is a sacred worship service for me, but it is also a service with a little 's,'" he said. "It is meant to serve you for whatever you have in your heart. It is a time to think about the way we treat each other and about the kindness we can bring to this earth. If we can serve people in this way, that's beautiful."

For Director of Voce Femminile Christine Welch Elder, this concert is unique because it combines many different musical groups and exhibits an assortment of traditional and new songs every year.

"Even though it is Christmas-themed, this concert appeals to a broad spectrum of people and the readings speak to common aspects of humanity," she said.

Teresa Hudkins, senior admissions officer, has enjoyed the show for years. She feels



FRANK MILLER

The annual Christmas in Hudson tradition features a variety of Willamette's musical groups.

the event is important for its beauty, as well as its informative nature and involvement of community members.

"If you enter Hudson Hall exhausted and stressed out, you will leave inspired, renewed and ready to face the rest of December," she said.

Tickets can be purchased at the Music Department office for \$8 Monday through Friday between 10 a.m. to 2 p.m. or over

the phone at 503-370-6255. Doors open at 6:45 p.m.

For more information about Christmas in Hudson, contact Professor Wallace Long at <wlongjr>.

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## CAMPUS SAFETY REPORT

Nov. 18-24, 2013 | Information provided by Campus Safety

### ASSAULT

**Nov. 21, 9:50 p.m. (Winter Street):** Campus Safety received a call stating that a student had been hit in the nose, just outside of Lee House. Campus Safety officers met with the victim to ask her more about the incident. The student reported that she had been returning from Safeway when they noticed a suspicious looking man. The student tried to ignore the man, but as she was passing by, he took a swing at her. Immediately afterwards, the man fled.

### CRIMINAL MISCHIEF

**Nov. 18, 2:37 p.m. (University Center):** Campus Safety was alerted to the fact that a vehicle was parked on the grass in front of the building. The officer was able to identify the owner and the student was called and told to move their vehicle immediately. The officer also noted the damage sustained to the lawn and notified Grounds of the situation.

**Nov. 19, 11:26 a.m. (Ford Hall):** Campus Safety received a call from an employee stating that there were beer cans and a damaged shelf in one of the bathrooms. The officer confiscated the alcoholic containers and surveyed the sustained damage. A work order was placed to have the shelving fixed.

### EMERGENCY MEDICAL AID

**Nov. 20, 8:45 a.m. (Winter Street):** Campus Safety received a call concerning an older gentleman who had fallen due to a minor sei-

zure. Campus Safety officers arrived on scene as EMTs were transporting the man into the ambulance.

### PARKING VIOLATION

**Nov. 22, 2:20 p.m. (Sparks Parking Lot):** A student received their 11th parking citation, their seventh this semester. A report was forwarded to the office of Rights and Responsibilities.

### POSSESSION OF A CONTROLLED SUBSTANCE

**Nov. 23, 9:55 p.m. (Kaneko Commons):** Campus Safety received a complaint about the smell of marijuana. Officers determined the origin of the smell. Once the officer entered the room they saw a zip lock bag containing marijuana. The students were also burning candles. The officer then confiscated all of the illegal items.

### THEFT

**Nov. 18, 6:30 p.m. (Hatfield Library):** A student came in to the office to report that their wallet had been stolen. The student had left their wallet in one of the study room and when they returned an hour later, the wallet was gone. The officer suggested that the student cancel their debit cards and also file a report with Salem Police Department.

**Nov. 21, 3:45 p.m. (Cottage Street):** A student called to report that their car had been broken into and some items had been taken. The student stated that nothing extremely valuable had been taken, but a bag of personal items was missing.

CONTINUED on Page 12

### ADVERTISEMENT

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## Pageant participant Natasha Parekh breaks boundaries

RYAN YAMBRA  
NEWS EDITOR

When sophomore Natasha Parekh is on stage, she “sticks out like a sore thumb.” She looks a bit different than the women on stage around her with long legs, toned abs, fake tans and blue eyes. Parekh doesn’t fit the mold of a stereotypical Miss USA pageant contestant.

“I think that a 4.5 GPA coming out of high school, combined with being an Indian girl coming from a conservative background at 5’4” with no blue eyes and no previous pageant experience definitely made me stand out,” she said. “But I realize that it’s entirely possible for someone like me to be successful in this kind of realm and potentially take it over.”

Parekh’s story as a beauty pageant contestant is an unlikely one. During her senior year of high school, her journalism advisor entered her into Miss Tustin Teen USA. Winning that competition entered her into the Miss California Teen USA pageant.

And this year, she did it again. On Dec. 1, she was named third runner up at the Miss Oregon USA pageant.

“It felt awesome,” she said. “I didn’t expect to do so well on my first try, especially because the girl who won competed five times before.”

### Born to Dance

Even though her pageant career didn’t begin until last year, Parekh is used to being on



COURTESY OF NATASHA PAREKH

Parekh got her start in the pageant world in high school, winning the Miss Tustin Teen USA pageant.

stage. That’s because, ever since she could remember, she’s been a dancer.

“When I was about one and a half, my mom would actually kind of teach me how to walk by trying to teach me how to dance,” she said. “She’d always hold my hands and shake me around and put her arms around my little one-year-old waist and move me around.”

Dancing came naturally in the Parekh household. While her mother was studying to be a nurse, she was also a dancer.

As she grew up, Parekh remembers family gatherings every weekend with Bollywood movies playing in the background and speakers blasting music. Regular interactions among family members usually involved hip wiggling and head-bobbing.

**“I see myself as a feminist. I don’t think being in a pageant negates those ideas.”**

NATASHA PAREKH  
Sophomore

### Making Sacrifices

But Parekh’s parents didn’t just value dancing. They also emphasized academics, and that balance was sometimes difficult. For her, dance lessons were a privilege that she could only have if she maintained her grades.

She even had to have her college applications done six months in advance so that she could go on an eight-city dance tour in Japan.

“I had the same values as my parents, but I was head over heels in love with dancing,” she said. “Academics and dancing were my two biggest priorities.”

And balancing those priorities meant making sacrifices. Sometimes she would only get five hours of sleep. Dance practices often went late into Friday nights, and she even had to miss her senior prom.

But she had a lot of support from her family and friends. One of the regular visitors to her dance performances was her journalism advisor and mentor. She saw talent and composure in Parekh and even-



COURTESY OF NATASHA PAREKH

Parekh (right) after being named third runner up in the Miss Oregon USA pageant, standing with (from left) fellow runners up Natalie Tonnison and Mary Maldonado and the new Miss Oregon USA, Emma Pelett.

tually entered her in the Miss Tustin Teen competition.

### Getting Her Start

Parekh was a bit reserved at first. She didn’t really feel that she fit the “cookie cutter” stereotype. But she did feel that her dancing background could carry over.

“I think that a lot of the qualities that you learn as a dancer you can use in the pageant world,” she said. “Grace, poise, confidence, the ability to engage an audience, being able to have an expressive face, being physically fit—those all carry over.”

She won Tustin Teen USA, and then placed 22nd out of 220 at the state level. For her, that was a victory.

“Many of the women around me were involved in beauty pageants all their lives,” she said. “It felt really great to make it to 22 because I had no prior experience.”

But she was also disappointed to lose points for physique. She had just finished her first semester in college and gained a little weight. It was time for her to adjust.

“As soon as I got home after freshman year, I started working out,” she said. “But not in an unhealthy way. I became more knowledgeable about healthy muscle gain and eating habits.”

Several months later, she was preparing for last week’s competition.

### Embracing Diversity

Now that she’s an adult, she’s competing in a different age bracket. Some women are as

old as 28.

It’s a bit jarring, but she finds solace knowing that there’s a shift towards embracing diversity in the pageant world. She points to the most recent Miss America, Nina Davuluri – a fellow Indian-American.

“I wish I could say I was a trailblazer,” Parekh said. “An Indian-American just won Miss America. That makes me feel more confident, but I don’t really want to be the first of a demographic – I want to be valued for more than that.”

Parekh has come a long way since she took on her first pageant. She’s even learned to change her attitude toward pageants themselves. She encourages others to do the same.

“I think we need to shift our attitudes towards pageants,” she said. “If everyone looked at pageants as an opportunity to boost their résumé, improve their public speaking skills or participate in a leadership opportunity, then the stereotype would change.”

Parekh also wants to change perspectives at the University. At times, she’s been taken aback by the close-mindedness surrounding pageants.

“I’ve gotten a lot of comments like, ‘But you’re so talented and smart and involved, why would you degrade yourself like that?’ and ‘How anti-feminist of you.’ Those comments are funny to me because I see myself as an empowered person,” she said. “I see myself as a feminist. I don’t think being in a pageant negates those ideas – I think it’s entirely possible to have your cake and eat it, too.”

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## President’s book club honors Martin Luther King, Jr. Day

CONTINUED from Page 1

Students will then break into discussion groups that are led by a student facilitator who has worked with a faculty member to come up with discussion questions.

Director of Vocational Discernment & Leadership Development Jeani Bragg looks at the event as an inviting way for students to dive into deep topics.

“I think the book club is a great format for discussion,” she said. “The book allows for an easy entry into really complex issues and provides an entry for anybody.”

Jimenez’s novel is told from the perspective of a young boy named Panchito. The plot follows his family’s journey from Mexico to the United States, chronicling them as they move from one location to the next.

The novel is autobiographical, based on the author’s own experiences of moving from Mexico to the United States.

For Wendy Gleason, the manager of training, development and work culture programs at Willamette, the gathering is a chance for students to come together and engage in enlightening discussion.

“The book is discussed in an engag-

ing, collegiate way,” she said. “There is room for debate, questions, self-investigation and discovery. What you get is 80 people come into the room with one connection – the book – and leave with multiple connections.”

Gleason also looks at the book club as a provocative and eye-opening tradition.

“The point of the book club is to shine the light of discovery on these very relevant issues,” she said.

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## BRIEFS

Applications for WU-sponsored Study Abroad Programs for summer 2014, fall 2014, and spring 2015 are due in the Office of International Education by Wednesday, Dec. 4 at 4 p.m. For more information, see the OIE website.

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On Wednesday, Dec. 4 the WU Jazz Collective & the Kandinsky Effect concert will take place at 7:30 p.m. in Rogers Rehearsal Hall.

\*\*\*

The Thursday, Dec. 5 installment of University Convocation will be “De-Stress Before the Test.” The Convo class has gathered an assortment of stress-reducing activities, from massage and meditation, games and puzzles, to hugs from Blitz. Convocation starts at 11:30 a.m. in Cone Chapel. See the Convo web page or contact the Office of the Chaplains for more information.

\*\*\*

Club Footloose will host the third annual Yule Ball for all students in the Cat Cavern on Thursday, Dec. 5 from 8 to 11 p.m. Dress is semi-formal, but Harry Potter-themed or other costumes are also acceptable. There will be a basic American fox-trot social dance lesson from 8 to 9 p.m. and open dancing and activities from 9 to 11.

\*\*\*

On Friday, Dec. 6 the Cupcake Club will hold a bake sale from 10 a.m. to 5 p.m. in the UC lobby. There will be vanilla, chocolate, Oreo, cookie dough, red velvet and pumpkin cupcakes for \$1 each. Cupcakes can be delivered anywhere on campus for an additional 50 cents. Order forms are available for large quantities. Proceeds will benefit the National Runaway Switchboard.

\*\*\*

The annual ASP Flea Market will be held on Saturday, Dec. 7. The ASP students are preparing to return home and will be selling the items they cannot take with them. Stop by Henkle Gym in Sparks Center from noon to 3 p.m. to look for clothing, kitchen supplies (including mini-fridges) and other items. Cash only; small bills preferred.

\*\*\*

The annual Star Trees Lighting and Family Holiday Concert will take place on Saturday, Dec. 7. The tree lighting ceremony begins at 6:30 p.m. outside the north side of Waller Hall. The concert will start directly afterward, at approximately 7 p.m. in Smith Auditorium.

\*\*\*

On Sunday, Dec. 8, Willamette Events Board will host its annual Midnight Breakfast in Goudy Commons beginning at 10 p.m. The event is free to students with valid ID cards and features an array of breakfast food, as well as crayons and butcher paper for coloring. Music will be provided by ASWU Sound.

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Got tips? Email News Editor  
Ryan Yambra <ryambra>.

# Top five films of 2013:

DAVIN LACKSONEN  
CONTRIBUTOR

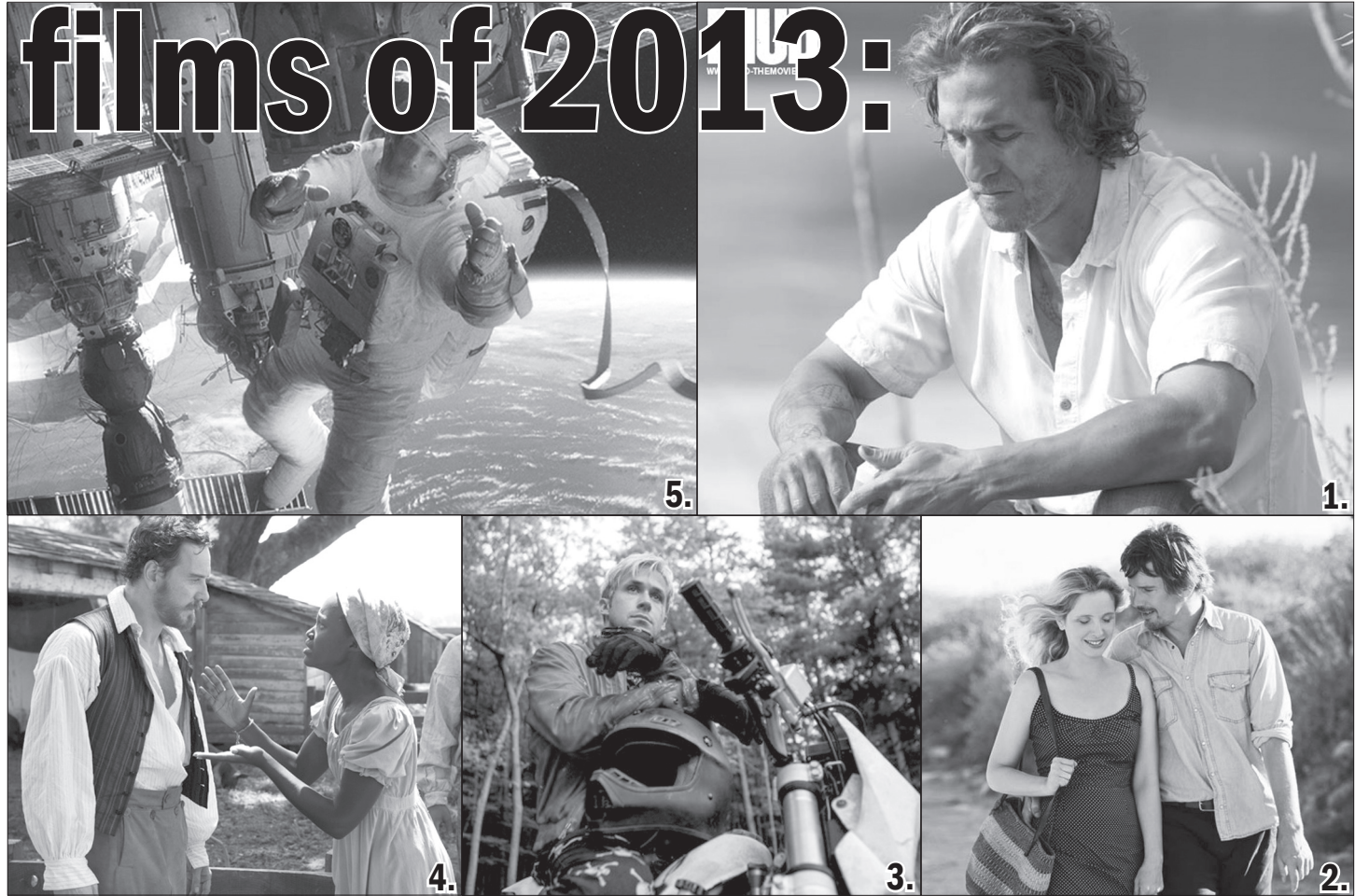
With the end of the year approaching, it's time to reflect on the films that have come out in the past 12 months.

I have a feeling that many will walk away considering 2013 to be a high point in cinematic history. While I won't disagree with this, 2012 gave me a few more personal favorites and instant classics than this year's offerings.

That said, it's important to point out that "Her," "Inside Llewyn Davis," "American Hustle" and "The Wolf of Wall Street," four of my most anticipated films of the year, have not been released or screened on a scale that has allowed me to see them as of yet.

I also feel obligated to mention "Frances Ha" and epic lesbian love story "Blue is the Warmest Color," which linger just on the outside of this list but deserve as much love as every film included.

And of course, it is important to mention that this list is based primarily on personal opinion; consider it my set of biased favorites.



FOXSEARCHLIGHT.COM, FACEBOOK.COM, GRAVITYMOVIE.WARNERBROS.COM, MUD-THEMOVIE.COM, FOCUSFEATURES.COM

## "Gravity" (Alfonso Cuarón):

This is, without comparison, the most significant cinematic accomplishment of the year. No other film has been as audacious, risky, daring and unprecedented. With several breathtaking shots that exceed 10 minutes in duration and are shot in well-utilized 3-D, few films have so effectively applied the visceral experience of its characters to the audience.

## "12 Years a Slave" (Steve McQueen):

This is the most compelling real-life narrative of slavery ever dramatized in film. While some remain put off by the violence, it is obviously justified and, honestly, is not excessive. In the most graphic scene, a five-minute shot of a whipping, it is not the violence but the social dynamics that make the scene so disturbing. That is brilliance in craft, not content.

## "The Place Beyond the Pines" (Derek Cianfrance):

This staggering, ambitious epic about legacy that sheds itself of typical Hollywood structure in favor of the unique setup of "Wuthering Heights" may or may not ever be adequately appreciated. But to me it will always represent a young and distinct artistic voice maturing and expanding his repertoire. Cianfrance is one to watch.

## "Before Midnight" (Richard Linklater):

This film had my eyes watery before the title card was even dropped. And in between that moment and the moment the credits rolled, I experienced a more dynamic array of extreme emotions than were elicited by any other film this year. The third in a trilogy that looks into the lives of a couple for one day every nine years, this work demonstrates that the filmmakers have kept up with the maturity of their characters, delivering an unexpectedly harsh but consistently beautiful film.

## "Mud" (Jeff Nichols):

Seen through the eyes of two young boys that discover a fugitive living on an island and decide to help him escape, "Mud" is a coming-of-age story about the loss of innocence and the shattered faith of learning for the first time that love does not always prevail. This film is equal parts magical and touching, funny and exciting. With his third slam dunk in a row, Nichols has established himself as a force to be reckoned with in American cinema.

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## The Polish Ambassador, Ayla Nereo collaborate in onesies

JULIA BROTMAN  
CONTRIBUTOR

"There's a reason I end every tour in Portland," the Polish Ambassador, David Sugalski, shouted to the screaming, onesie-clad crowd in the sold-out Wonder Ballroom.

He then thanked the audience for bringing so much positive energy to support his music before he brought his set to a close on Saturday, Nov. 16.

The Polish Ambassador, the world's funkiest diplomat, creates groovy, atmospheric electronic music. He incorporates elements of ambient funk, introspective down-tempo beats and layered reggae/dub. But Attempts to label his music only inhibits the listener from fully absorbing the inspired magic that flows from his speakers.

Sugalski's unrestricted approach to creating music produces unique tracks that contain truly unparalleled sounds and emotions.

Sugalski created Jumpsuit Records as a platform for

himself and other artists to share music that evokes pure joy and provides an escape from the pressures of everyday life.

Sugalski's philosophy supports an open-hearted and accepting space that nourishes the global music community. Everything he represents is real and down-to-earth, yet unbounded and out-of-this-world—all with the purpose of bringing people together to have the most fun they possibly can.

Sugalski and interactive visual improviser Liminus invited fans to join in on the fun by wearing onesies at this fall's "Funky in Your One-Piece" tour to match the signature jumpsuits that the two don for every Polish Ambassador performance.

"It's basically creating this really fun, whimsical thing of people dressing up, and being silly and not taking themselves too seriously in a healthy way," Ayla Nereo of Wildlight, who favored her jaguar onesie on the tour, said.

Wildlight, also on Jumpsuit Records, is a duo that emerged

as a side project when the Polish Ambassador experienced creative dynamite while collaborating with Nereo, an experimental folk singer/songwriter.

"Each song is kind of different, but part of the fun for us is just how it happens so organically," she said. "It's this hybrid of two or more creative energies coming together, and it makes something that wouldn't exist without both people."

Nereo said her favorite part of the writing-recording-touring process is the exciting moment when a song arrives. "I don't really push songs out," she said. "I'm not interested in trying to write a song. I'm just trying to be a good listener and see what song wants to be told."

Now that the tour is over, Sugalski and Nereo plan to shift their focus to the more restful processes of writing and recording.

They both have individual projects in the works but are sure to continue creating new Wildlight material as well.

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## Pamper yourself with at-home spa treatments

RACHEL FIFIELD  
STAFF WRITER

At this point in the semester, most people I know stay up all night, stress and drink heinous amounts of coffee. These choices may be good for your grades, but they're horrible for your skin.

That's where these soothing face washes and masks can save the day.

All of the products reviewed are vegetarian and, if marked, vegan. They are also free of parabens and acetyl alcohol and contain only minimal amounts of artificial ingredients.

Using a handful of friends and myself to test these face washes and masks, we determined which ones worked best.

My favorite, Lush's theatrically named Dark Angels vegan scrub, is both gentle enough for fairly regular use and effective at cleaning skin to prevent and reduce breakouts. The two main components of this scrub are charcoal and sugar, which remove dead skin cells and absorb excess oil.

Unfortunately, this is also the most annoying product to use.

The very ingredient that makes charcoal an effective oil absorber also makes it difficult to remove from your skin.

For minimal mess, scrub your face with this wash during your morning shower (I use it every other day) and rinse under high water pressure. Leaving

it on your skin won't harm you, but you will look like you've just emerged from a chimney.

If you're looking for something even gentler, you may want to try Angels on Bare Skin, also by Lush.

Mainly composed of exfoliating ground almonds, cleansing honey and calming lavender, it is gentle enough to be used every day. If you are prone to breakouts, this won't do much to stop them, but it also won't irritate or dry out your skin.

For more occasional use, the Embrace Tomatoes vegan mask by Embrace will remove excess oil and clear pores.

Although testers with sensitive skin found it irritating, others had better results and found it cleared up blackheads.

Another vegan but more expensive option is the Mask of Magnaminty by Lush, which was found by multiple testers to be effective at clearing pores. Aggressively minty smelling, it is best used after exposure to warm water, which opens up the pores.

We also tested the Embrace Cucumbers mask, which is supposed to soothe stressed or blotchy skin. Although the initial results looked good, this mask is not recommended; it dried out my skin and made my face sting.

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# Indulge your sweet tooth at Konditorei

ELIZE MANOUKIAN  
LAYOUT EDITOR

Finals, family and shitty weather are upon us. For some people, this means channeling their life anxieties into healthy outlets like exercise or calligraphy. If you are that person, congratulations. I sincerely hope you enjoy your raw food bowel movements, but stop reading this article right now. This is not for you.

For everyone else, there's Gerry Frank's Konditorei on Commercial Street.

Like me, Gerry Frank has had a passion for cake his whole life. His dream was actualized when Governor and Professional Library Mark O. Hatfield appointed him the sole judge of the Gerry Frank Chocolate Layer Cake Contest at the Oregon State Fair. In 1982, he took it a step further and opened the doors of this shop to cake-lovers everywhere.

The décor can be a little overwhelming to those accustomed to the drab Salem grays, with a black and white linoleum tiled floor contrasting nicely against the fire truck-red

ephemera on the walls. That is not to mention the waiters, who were overly dressed in bow-ties ties and perma-smiles, and gave off a great "Twin Peaks" vibe, with all of the coffee and none of the murder.

To stretch my stomach pre-cake, I opted for the house special of ham and asparagus quiche, which was rich and flavorful, with a delicious, flakey crust. The heaviness of the dish was complemented nicely by a bowl of "seasonal" fruit, which was still way more awesome and fresh than Goudy's "fresh" canned peaches.

However, the lasagna was truly the winner when it came to whetting our appetites.

"It was a good ratio of cheese to meat to noodle, which is all you can ask of lasagna, but also really hard to find," dining companion and sophomore Genevieve Gahagan said.

The only flaw was that the small serving size left me hungry for more, which felt suspiciously intentional when the walking-smile brought us the cake menus.

With eyes as big as plates, we pored over a seemingly endless list of frosted goodness. Finally, I settled on a slice of the Cham-

pagne Raspberry, or as my local Safeway calls it, princess cake.

I really did feel like a princess: I was the Queen of Cake. The raspberry was a hint of sweetness amidst the fine, fluffy layers of white cake frosted with a dash of sparkling champagne custard. However, the cake was overwhelmingly sweet, as the sugar made me too woozy to finish.

And then, in an obligatory nod to all chocolate desserts with dangerous names (Death By Chocolate, Chocolate Avalanche, Chocolate Massacre?), I had to order Barney's Blackout. While the Champagne Raspberry had me tipsy, after the Barney's Blackout my vision suddenly became cloudy. All I could see were five layers of fudgy darkness.

I woke up the next morning with a sugar hangover and chocolate smeared all over my memories. Everything was beautiful and nothing hurt—except for the bill, as the cake was a whopping \$5.75 a slice.

It's certainly worth it, though. Who knew feelings could taste so sweet?

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MATT TONOKAWA

"Konditorei" is a German word meaning "pâtisserie and confectionary shop."

# Latest release from Death Grips not for the faint of heart

JULIANA COHEN  
STAFF WRITER

Never having heard of Sacramento-based experimental rap duo Death Grips isn't something to be ashamed about, as their utterly unclassifiable sound is an amalgam of heavy metal, punk, trap and car alarms, which excludes them from rotation on just about every radio station or Bistro playlist.

Their somewhat terrifying frontman Stefan Burnett, known as MC Ride, and gifted drummer Zach Hill also avoid traditional marketing at all costs, choosing instead to disappear from the public eye unless absolutely necessary (i.e. touring, releasing material).

Thus, their unexpected decision to drop their fourth album "Government Plates," without any prior notice on Nov. 13 (a Wednesday) was not a surprise. After all, this is a band whose previous album cover featured a raunchy bathroom image of a penis with the title "NO LOVE DEEP WEB" scrawled on its shaft.

Not "understanding" Death Grips, or failing to tolerate their music at all, makes sense for a lot of people. Even their most party-friendly songs are steeped in frustration and loathing, making for a very abrasive listening experience.

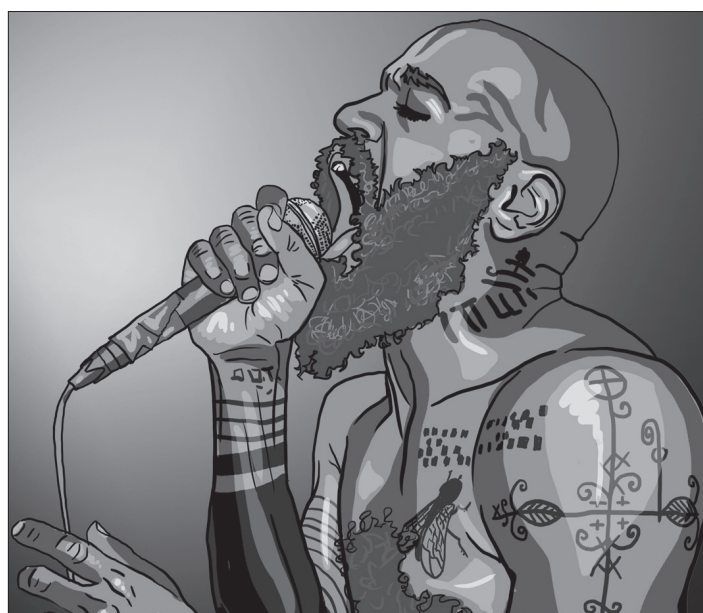
Burnett's howls thoroughly dominate one's eardrums; critics liken the shrieks on Kanye West's "Black Skinhead" off of this year's "Yeezus" to those of MC Ride, though most are in agreement that West's attempts pale in comparison to the passion of Burnett.

To the average music consumer, the sonic equivalent of an epileptic fit is grating at best and offensive at worst. If their constant refrain of "staying noided" wasn't confusing enough (hint: paranoia), very few interviews with Burnett exist, and figuring out what went wrong here thus proves even more impossible.

Anarchy and Death Grips go hand in hand: whether Burnett is pissing off the side of L.A.'s Chateau Marmot or ditching Lollapalooza, he and Hill are giving society and popular culture the finger. They don't want fans; they see approval as the enemy.

On and off camera, MC Ride personifies rage and looks to destroy every standard and manifestation of the status quo in his way, all while releasing tracks for free.

Theoretically, record companies should love this self-cultivated "un-brand" brand and insatiable cult following, yet most media executives despise the duo's unreliability and daunt-



EMILY SAFFORD

Back in August, Death Grips made headlines on Pitchfork just because they actually managed to show up for their set at FYF.

ing independence. If more artists behaved like these punks, traditional media would cease to exist.

With the gusto of a homeless war veteran, the body of work Burnett and Hill have crafted is an assault on authority in all forms. If you honestly believe the police exist to protect you instead of property, Death Grips and its message probably do not align with your worldview.

"Government Plates," with song titles like "This is Violence Now (Don't Get Me Wrong),"

is by no means a celebration of "the man."

One should only listen to this vendetta of perpetual anger and destruction if they can handle it. That is, they should listen if they can not only accept, but embrace the misanthropy expressed in a Charles Manson sample.

Some people just don't think serial killers are cool, and that's fine; keep listening to boring music.

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# BEARCAT BULLET

## Slaying the thesis beast



ALISON  
EZARD

LIFESTYLES EDITOR

If you are one of my treasured loyal readers, you may recall that in one of the first columns I wrote this semester, I discussed how I embraced a sloth-like existence over the summer.

But of course, that wasn't what I was supposed to be doing. Theoretically, I was going to spend the summer diligently doing research for my thesis so as to avoid a stress overload in the fall.

Sadly, without strict deadlines to force me to work, I melted into a useless puddle instead. Don't get me wrong; I loved every minute of it, but there have definitely been repercussions.

Going into the semester, I knew that reading countless monographs, journal articles and primary sources, in addition to writing a 50-page paper, was going to be no small feat.

I had seen the horror reflected in the eyes of those brave seniors who had slain their thesis beasts before me, but after taking on a senior seminar in my major when I was just a wee freshman, I must admit I began the process feeling more than a little cocky.

But of course, that didn't last long.

I got my first major wake-up call a few weeks back when we had to turn in our first rough drafts. On the day the draft was due, my paper was just shy of 30 pages, and I still had a decent amount of monographs and journal articles to wade through.

After turning in what I considered to be an utter abomination, a blight upon this earth, I felt whatever confidence I had left slipping away. And I began to panic.

What if my thesis has not improved at all by the end of the term; and I still have to turn it in anyway?

What if I can't even finish writing it in time?

What happens if I fail my thesis class?

How will I ever get accepted into a graduate program if all I have to show for myself is a terrible, incomplete undergraduate thesis?

How will I manage to live with myself in the wake of this disaster?

During my time at the University, I have slowly built up much of my self-esteem around my success in academics.

So, when it seemed that failure in this arena was looming large, my fragile ego all but crumbled.

Luckily, I eventually managed to get a grip, partially due to the help of my advisor, who reassured me that contrary to my belief, the draft I had turned in was not, in fact, a pile of poop.

With only about a week to go until the due date, I'm finally starting to realize that there is a light at the end of the tunnel. I still have a significant amount of work to get done before then, but I am able to believe in myself again.

If you don't want to ride this emotional rollercoaster, you better start working on your theses now, Bearkittens.

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# The finals countdown

Albert Einstein once asked, “If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?”

Well, the answer is obvious. If the desk is empty, it’s a sign that all the students are at the library preparing for the hell that is finals week.

It has a way of sneaking up on us out of nowhere, more so this year than most due to an unusually late Thanksgiving. And although the thought of curling up in our beds with an endless supply of popcorn and Netflix is more tempting than usual at this time of year, we know better.

And so, as you leave your empty desks at home and head to various study spaces around campus and Salem, put these tips from faculty and students in your backpack alongside your textbooks in the hopes that maybe, just maybe, a light bulb will ignite. Then, you can finally figure out what the hell went on in your Applied Statistics class all semester.



Visit the Academic Support Director’s office in Ford 107B for helpful guides to managing your study time.



Make a list with due dates and exam dates, identifying per project or exam what needs to be done between then and now in order to be ready for the deadlines.



“Focus on your good work and learning. Find the bigger lessons in your experiences.”



Set goals for yourself (either time-wise or content-wise) to avoid procrastination and then take a break, or reward yourself afterward.



Work to identify, challenge and replace self-defeating thought patterns.



Try out the full-spectrum light available in the Chaplain’s Office if you’re feeling impacted by the cold, dark Northwest winter days.



Be mindful of your stress response, and learn the skills to moderate it.

text by Edna Htet and Hannah Scott-Persson  
mhtet@willamette.edu, hscottpe@willamette.edu  
graphics by Lance Rossi

The Writing Center is a place where students can discuss and work on their writing in a comfortable, supportive atmosphere.



Experienced writing consultants are available to help you with your papers.



What if you fail a class? What if you don't feel like you belong at Willamette?) Email <academicsupport> if you'd like an appointment.



Remember that your value is not measured by your GPA.



Focus on the bigger picture.

The Language Learning Center assists and encourages learning both languages and cultures.



Don't panic.  
Do what you can, then detach."  
-words of advice from Academic Support Director Mat Barreiro

Writing concepts out by hand is one of the best ways to remember them.



Take 15-20 minute "mini-vacation" breaks between longer study periods.



# SPORTS FEUD

## Incentivize athletics



ZACH OSERAN

STAFF WRITER

Should college athletes be paid? That debate has heavily increased lately, as the value of the college sports industry continues to increase.

The fact is, big-time athletes provide monetary value to schools and are overly committed to their respective sports.

As a financial institution, if someone is making you money, should they be getting paid as well? Perhaps yes. But in the realm of Division III athletics, this question becomes more ambiguous.

Division III athletics prohibit any sort of athletic scholarship for student-athletes. As a result, especially at a place like Willamette, athletes receive limited perks that regular students do not. As someone who does not currently compete in a varsity sport, I feel that athletes at Willamette should receive perks and incentives for their commitment to athletics.

Willamette athletes currently receive a quarter credit for each season in which they compete. It's a start, but not good enough.

It's the standard that every credit you take requires three times the amount of work be done outside of the classroom. During season, our athletes are spending two hours in practice, additional time in the weight room and are busy throughout the weekend competing in games and events. This allotment of time is equal if not much higher than the time demands of a full 1.0 credit class.

If that's the case, why not give athletes a full credit per season? You might not think that Willamette athletics provide the University with any money. Guess again.

A solid number of Willamette student-athletes at Willamette chose Salem as their temporary home widely in part to their athletic outlook.

In fact, outside of academics itself, athletics is one of the only things a campus offers that can solely serve to draw students in. Just think, did you come to Willamette to join a specific fraternity or sorority? How about to become a Community Mentor? Probably not, but the opportunities have come up along the way.

Community Mentors receive substantial perks, saving at least \$9,000 a year with free room and board in exchange for their work.

Why then should athletes, some of who came to this school solely based on athletics, receive approximately \$0 dollars in benefits?

More credits, room and board; why not? In college, several people have jobs to help cover the expenses of their schooling.

Yet, as busy as athletes are, there is essentially no time to get a legitimate job.

Sure, people could say "athletes make the choice to play sports and choose that over things like jobs, and more free time."

But if athletes here chose not to compete, instead focusing on a demanding course load, making money and other campus involvement, what would the effect be?

The fewer students in a program, the less glamorous it is. The less glamorous the athletic program is, the fewer likely more athletic prospects will come to the University. And the fewer incoming freshmen (or transfers) that come to Willamette, the less money it makes.

To me it's simple. You don't have to pay our athletes, but make it worth their time.

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# Fitness center set to open mid-January

CONTINUED from Page 1

Other students seem less focused on the expansion itself, and more concerned with having "viable weightlifting resources."

"It's outdated," senior Mackenzie Lamson said. "It's gotten better, but it hasn't been very accommodating for everybody in the past."

Rest assured, new equipment is on the way. With what Rigsby referred to as a "priority" to supply students with "top of the line" workout equipment, the athletic department is in the process of finalizing purchase agreements to acquire between \$350,000 and \$375,000 of resources.

"I'm excited for it," sophomore Kyle McSwain said. "I hope there will be more machines available. For that price, I hope the machines are top of the line."

The lower level of the fitness center will be filled with plate loaded equipment, in-

cluding squat racks, plates and free-weight dumbbells.

The upper level will consist of various aerobic cardiovascular machines. A circuit training center, which will consist of 20 machines for a full body workout, is also being implemented.

In expressing his enthusiasm of the completion date nearing, Rigsby discussed the magnitude of such a renovation. "There are a few projects that I can recall in my entire time at Willamette that will have this [much] impact on student life," Rigsby said.

He called it a "game changer" for 30 percent of the students, referring to Willamette's 20 varsity programs.

He also pointed to the impact it could have from a recruiting standpoint, calling it a "huge place for us to recruit potential student-athletes."

But while this renovation will undoubt-

edly impact Willamette athletics in a major way, Rigsby believes others within the campus community will also reap the benefits.

He cited Sparks as a resource for intramural athletes, anybody wanting to build or maintain a healthy lifestyle, or even just a student wanting to decompress after an exam.

"I'm really excited to think we can improve the experience for all those people when we open up in January," Rigsby said.

With the \$6.5 million renovation nearing completion, Rigsby was quick to credit the donors for making this happen. "Sometimes those stories get lost in a story like this, but we couldn't have done this without all of those folds," he said.

"This is a big win for just about everybody on campus," Rigsby said.

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# DeLong's double-double lifts WU team

EVAN GIDDINGS  
STAFF WRITER

With a convincing win over Concordia University, the women's basketball team has shown promise.

But after falling to Warner Pacific College on a last second shot and losing a pair of games in the Capital City Classic, the Bearcats are left trying to get to the next level. "We have been in a lot of close games so far this season, and now are starting to figure out who we are," junior point guard Jojo DeLong said. "We've proven that we can compete with any team we play, but now have to finish in tight game situations."

The Bearcats put on a show during their 2013 homeopener against Concordia. After DeLong nailed the first shot of the game from beyond the arc just 14 seconds in, the rout was on.

Tied at three, the 'Cats quickly separated from Concordia with a 20-4 run over the next eight and a half minutes of action. They entered the half sporting a 16-point lead.

Despite the heavy advantage, the 'Cats didn't let up in the second half, shooting nearly 60 percent from the field en route to an 84-70 victory.

DeLong anchored the 'Cats offensive efforts, notching a double-double with 25 points and 10 assists. Shooting eight of 10 from the field, DeLong barely missed a triple-double, falling two rebounds shy.

Junior Katie Kalugin also registered 20

points for the Bearcats.

"We played relaxed out there, and as a result the offense came naturally," Kalu-



DEVIN LEONARDI

Senior guard Rebecca Josephson attempts a left-handed layup in the team's 84-70 win.

gin said. "Tonight we took our first step towards finishing our opponents, but we

still have a ways to go."

Willamette confronted Warner Pacific College on Nov. 22, just two days after its win over Concordia.

The Bearcats trailed by 10 at 62-52 with just under nine minutes remaining. But as the minutes dwindled down, so did the Knights' lead. The 'Cats rallied all the way back, drawing to within two points with 59 seconds remaining.

DeLong connected 30 seconds later on a three pointer, giving the Bearcats their first lead in nearly 12 minutes.

Despite DeLong's heroics, the lead wouldn't last. Warner Pacific buried a runner in the lane with two seconds remaining to upend the 'Cats 70-69.

"We came together in order to fight back, and we almost had it," freshman guard Kylie Towry said, who contributed 19 points. "I thought our teamwork and defense down the stretch was great, we just came out on the wrong end of the game."

The Bearcats lost a pair of contests in the Capital City Classic over Thanksgiving break. Even so, DeLong is focused not on in-game adjustments, but rather on the team's late game mentality.

"Finishing games is the biggest thing right now because in our last couple games it has been the make-or-break factor," DeLong said. "If we can effectively execute, I'm excited to see where that takes us in upcoming games."

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## CONGRATULATIONS!

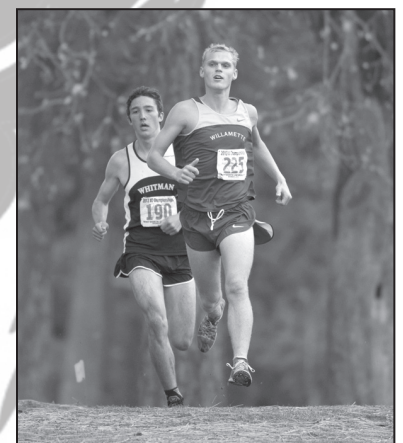
The *Collegian* would like to congratulate senior Parker Bennett and junior Michaela Freeby, Willamette's most recent All-American Athletes.



CHRISTOPHER SABATO

MICHAELA FREEBY

PARKER BENNETT



CHRISTOPHER SABATO

# Men's basketball captures first win of year

DEVIN ABNEY  
STAFF WRITER

After losing its first three contests by a combined 11 points, the Bearcat men's basketball team was hungry for a win.

Taking a modest four-point lead into the locker room against Corban University last Friday, Nov. 29, Willamette came out of intermission with guns blazing. The 'Cats connected on 70 percent of their shots in the second half en route to a 78-54 victory.

"Suddenly it's contagious," head coach Kip Ioane said via

the Bearcat Sports Network. "One shot goes in for [sophomore Bridger Harlington], one shot goes in for [junior Alex Brown] and everybody's hot. It's fun to have games like that."

The Bearcats jumped out to an early lead, thanks in part to a stingy defensive effort. Corban managed only 15 points in the first 15 minutes; they shot just 28.1 percent from the field throughout the first half.

"It's more important that we go back and play defense," Harlington said. "That's really what coach has been preach-



ALLISON SZETO

Junior forward Alex Brown delivers a jump shot in the team's home opener against CMS.



ALLISON SZETO

Senior wing Avery Manu drives the lane in the first half of Willamette's loss to Claremont-Mudd-Scripps.

ing this year - that we get stops. Offense is going to happen, but it's important that we play defense."

The strong defensive play transitioned into offensive production for Willamette, as the 'Cats scored 23 points off of 19 Corban turnovers.

"The guys are doing a great job, and they believe in it," Ioane said. "They know that we want to be a team identified as, 'Hey, when you get off the bus, we're guarding you.' This year's group is committed to it."

Offensively, four players scored in double digits for Willamette, led by junior forward Brown who notched a team-high of 14 points.

Harlington and sophomore forward Brandon Luedtke each scored 13 while senior guard

Avery Manu added 10 points for the 'Cats.

The win over Corban marked Willamette's second game of the Capital City Classic. The 'Cats fell to Western Oregon University, an NCAA Division II affiliated opponent, 88-77 on Wednesday, Nov. 27.

For their efforts in the two-game tournament, Luedtke and Manu were both named to the All-Tournament Team for the Capital City Classic.

Luedtke registered 24 points Wednesday and 13 on Friday, while Manu led the WU with 17 points and five assists against Western Oregon University.

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# SPORTS FEUD

## No pay for play



HOLLY  
PETERSEN

STAFF WRITER

Earlier this year, Texas A&M quarterback Johnny Manziel, the 2013 Heisman Trophy winner, was suspended for half a game after allegedly selling his own autograph.

Soon after, he appeared on the cover of TIME magazine, striking the Heisman pose next to one simple phrase that resurfaced a heavily debated topic: "It's time to pay college athletes."

At first, I was on board. I envisioned young students being taken advantage of by these billion dollar institutions, cheated out of money that they deserved. But then my pragmatic nature kicked in.

How can we hold pity parties for these athletes when they are the ones who agree to the scholarship?

Even without monetary profit, you can hardly say they aren't benefiting. Division I athletes, especially those like Manziel, are often already attending college for next to nothing.

In exchange for their athletic skillset, athletes are given free (or majorly discounted) education, tutoring, textbooks, athletic gear and housing.

Let us not forget that college is a privilege, and playing college sports is an opportunity. According to the Census Bureau, those who graduate from college earn approximately \$1 million more during their lifetimes than people who have only attained a high school diploma.

Most people have to invest upwards of \$100,000 to earn a degree. A scholarship athlete doesn't.

Furthermore, paying college athletes creates more problems and disparities than it resolves. There is no system of payment that would be fair to all students, sports and schools.

Programs are not universally profitable. If we allowed colleges to pay students what they pleased, we'd have every five-star recruit following the big money and ending up at schools like Alabama or Notre Dame, creating only a few viable programs in the country.

Also, how do you decide who gets paid? If we're paying the football and basketball players, are we also going to pay the golfers and the swimmers and the Division II athletes?

If every athlete had to be paid, programs would go bankrupt and be forced to eliminate sports not turning a profit. However, if compensation was based upon performance or position, determining who to pay and how much to pay them could get very complex.

The bottom line is that college athletes should not be paid a salary, and probably won't ever be. A university has no incentive to pay a salary if recruits are already jumping at the opportunity of free tuition and other perks.

That is not to say, however, that "Johnny Football" and others shouldn't be able to profit off their own celebrity by selling autographs or starring in commercials. If a college athlete can get it organized and find a way to make more money for what they do, then good for them.

But if, like most college athletes, they're just an amateur not destined for the pros, then they can study. After all, they are a student.

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## Sports Feud

Last week Willamette sided with Holly thinking that college is necessary for young athletes.

Who will you vote for this week?

Scan the QR code with your phone, enter your response on our quick survey, and you'll be entered to win a Bistro Buck!



## Masei helps Willamette tie with Pacific

KIT KINGSTAD  
GUEST WRITER

The Bearcats hit the water on Saturday, Nov. 23 in a dual meet against Pacific University and the College of Idaho. Although the final score showed a tie between Willamette and Pacific, the individual performances told a lot more.

Assisted by senior Chris Whitehead, sophomores Andrew Lum and Alex Guffey and freshman Alike Masei, the Bearcats won the 200-medley relay. The team of four finished the race in 1:41.55, edging out the College of Idaho by .04 seconds.

"It was an amazing experience being able to compete and contribute to my team in such a positive way," Masei said. "Having my teammates' support during my races made it that much more memorable for me."

For Masei, the 200-medley relay wasn't his only win. He won three more individual events, the 100 and 200-yard backstrokes and the 200-yard individual medley.

In the 100-yard backstroke, Masei bested the field by two seconds with a time of 0:54.16.

"I really enjoy swimming the 100 backstroke," Masei said. "It has been my favorite stroke since I was young, and

I constantly strive to improve my technique for it."

Guffey, another member of the 200-medley relay team, placed high in two individual events as well. He took second in both the 100 and the 200-yard freestyle, with times of 0:49.45 and 1:49.50 respectively.

The women's team was also victorious in the 200-yard medley relay. Senior Erin Parkinson, junior Hope Nelson and sophomores Lindsay Clark and Malia Santos teamed up to produce a time of 1:43.51.

Both Parkinson and Nelson enjoyed individual success in multiple events as well.

Nelson placed second in the 100 and 200-yard freestyles, while Parkinson finished second in the 1000-yard freestyle and 200-yard breaststroke.

Pleased with the team's overall performance in the event, Masei is set on much larger things, speaking of his desire to break the 400 medley relay.

He also had one other major goal: "[To] show all the other teams in the conference that the Bearcats are ready to swim fast and compete," Masei said.

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## EDITORIAL

**Working Group: With policy shift, slow and steady wins the race**

CONTINUED from Page 1

But we know that quick reactionary changes are not often sustainable. Sometimes when instantaneous changes occur, the lasting impacts are weak; decisions are made without a critical examination of the issues at hand, and the consequences can be detrimental.

Thus, it's crucial that we offer our individual involvement and investment in transforming our campus climate, as well as remember that effective change requires patience and engagement.

Keep talking to one another, but we must also speak up to power with meaningful participation in these processes. This looks different for everyone.

Conversations regarding the University's response to sexual assault and harassment have revolved around the increasing number of sexual assaults reported to the University, what resources the Salem Police Department could offer our campus in terms of response to cases of sexual assault and how our community can amend its judicial process for perpetrators and survivors so that it is as productive and transparent as possible.

This semester PWGSAH has focused on policy work that makes our community safer, and we have to remember that these conversations will never end.

We need to continue reassessing and critiquing the work towards creating a violence-free community, and we also have to be cognizant of the fact these changes can't happen overnight.

It might seem like not much has been done in the aftermath of last May's scandal, but how can we expect effective change without critically examining the underlying issues that are perpetuating a culture of violence on our campus and the weaknesses in our responses?

There is still a lot of work ahead of us, and it may be disheartening to students whose time at Willamette is coming to a close to know that they won't see huge changes before they leave. But we have to accept this reality, and we are obligated to do what we can with what we have from where we are.

**COLLEGIAN EDITORIAL POLICY**

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

Miles Sari • EDITOR-IN-CHIEF  
Becca Brownlee • OPINIONS EDITOR  
Kelley Villa • MANAGING EDITOR

Happy holidays  
from the  
*Collegian* staff!

We hope you have  
a great break!

We will be back  
on Jan. 22.

# Crushing on cross country

MARIKA McCARTHY  
COLUMNIST

This may be the worst thing I've ever written, but when I told studly junior cross-country runner Ben Mow about my article, he said, "At least it's about us."

In high school, the cheerleaders would decorate the different cork boards in the school hallways for each of the Washington Interscholastic Activities Association sanctioned sports during their season. Usually the varsity team had their names incorporated into the decorations in some way but for the larger, no-cut teams, just the captains' names were used in decoration.

I love being included in things – even if they are things to which I don't necessarily belong. A lot of my friends did Steppin' Out and I like to reminisce about all the memories that we shared ... that is, I use all the stories that I've heard second-hand to pretend like I'm a primary source of information.

The majority of my friends ran cross country in high school and I had running jokes with them. I pretended to not only be a runner, but a captain for the cross-country team as well.

My senior year of high school, my friend Sophia wrote my name alongside the other captains on the cross-country board. The board for girls swim and dive – for which I actually was a captain – was right next to it. My name was side-by-side on two different sports boards, and it made me so happy.

So I was a cross-country fixture for a long time. But then I made the transition from two-sport athlete to no-sport non-athlete, and also underwent a transformation from imitation cross-country runner to bona fide number one XC groupie.

Why the XC team? No clue. I don't even



MICHAEL UNDERWOOD

Sophomores Shelby Decker and Michael Underwood will melt the most glacial of hearts.

like running!

What is it about all of these cute boys that make me want to be their friend? It's a question posed to the universe, and I'm still waiting on an answer.

Am I dating any of them? No!

Do I want to be? Maybe!

Whom? Doesn't matter, that's beside the point! Besides, the answer is all of them.

What matters is that even though I am the worst biggest fan ever and have never been to a race, I have the knitted beanie that sophomore Shelby Decker's mom made for the boys team and I have one even before the girls team has theirs.

But the difference between being their biggest fan and being a groupie is that it isn't about the sport, the course or the finish times.

It's about the people, being supportive of your friends and making new ones, too. The times run on the course matter, but it is the time spent together that is truly important.

So maybe it doesn't matter that I forgot a couple weeks ago that they were away for regionals. All that matters is I was dancing in a basement with them one weekend or eating tacos with them on a Tuesday.

I took advice from a friend on 'shrooms: "Be real." You can't feasibly marry all 12 men on the team in succession, as was my plan. So be real: Narrow it down and only pick one or two.

This may be the worst thing I've ever written, but at least a clipping is going up on the walls at the Blue House. Everyone knows about the Blue House.

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## Understand anxiety, combat misunderstanding

MAX CRADDOCK  
GUEST WRITER

"Wait, anxiety is a real disease? Are you sure that's not just one of those diseases made up by Big Pharma?"

If I had a dollar for every time someone has asked me this question I would be popping bottles on a weekly basis.

Much like how I will never be able to empathize with someone who suffers from a stutter, someone with perfect mental health will never understand what it's like to have anxiety.

Hopefully, what I am able to convey in this article helps to bring a better understanding of the disease.

In the past, anxiety and other mental health problems were better known as "being a pussy" and the common cure for these problems was to "stop being a pussy."

Thankfully, scientific advances over the past several decades have helped bring a

better understanding of mental health, and in turn have given doctors, pharmaceutical companies and counselors more tools to fight these problems.

Unfortunately, public understanding of these problems has not progressed with science.

According to a study released by Brown University, around 5 percent of the general population suffers from generalized anxiety disorder.

I feel that the best way for the general public to understand this illness is to expand on the symptoms given by Brown with personal experiences.

The Brown study states that patients are often "startled and jumpy, and loud noises or sudden movements may be particularly alarming. Unable to relax, the patient may spend restless hours at night waiting for sleep."

I don't think I've sat still in the past seven years (which my high caffeine intake hasn't

helped) and I am unable to fall asleep at night without sleeping pills.

The study continues by stating that, "The completion of minor tasks requires an inordinate degree of effort, and patients often complain of being unable to concentrate." This is something that I am struggling with right now.

When exams and paper deadlines approach, I'll go home and take four-hour naps instead of studying (sleep is so much better than fourth century gnosticism and isoquant graphs anyways).

Another characteristic of anxiety is sufferers "volunteering reasons why they are anxious; however, on close inspection, either their concerns are unjustified or, in fact they have an actual occasion for worry, their anxiety and other symptoms are all out of proportion to the facts."

This is probably the most terrifying symptom of anxiety; I never truly know what is go-

ing on.

For example, several weeks ago when a friend and I went to a concert, I had a particularly awkward encounter with someone outside the arena and felt like I had just been insulted to my face.

I turned to my friend and asked him if what I saw was true. He said no and I went on to describe in vivid detail this encounter that apparently didn't happen. He claimed that I was starting to make him think that he was misremembering what had just happened several minutes prior.

What is really going on here? I certainly don't know.

These are just some of the unfortunate symptoms of anxiety. As more research is conducted on the disease, hopefully we will be given more tools to combat these symptoms.

Those of us who are afflicted by the disease don't need society's pity, just its understanding.

### Letters to the Editor

We invite you to submit letters to the editor. Letters are limited to 150 words, must include your name and must be submitted by Monday at noon on the week of intended publication.

The *Collegian* reserves the right to edit for length and clarity. Please email letters to <msari>.

# Science, masculinity and how to be

ELIZE MANOUKIAN  
LAYOUT EDITOR

It all begins with a cell: life, the universe and everything.

It's as simple as how babies are made. The female reproductive system naturally sheds a single gamete each month, and when the time is right, that egg is hunted down by hundreds of millions of sperms, to be produced actively by testosterone. Textbook descriptions stress through language and imagery the streamlined force of a sperm, and a velocity that activates penetration of the egg. Who is just kind of ... sitting there.

What you probably weren't taught in health class is that understanding the relationship between male and female systems in this light is biologically incorrect.

Recent research, in one instance conducted within the Department of Biophysics at Johns Hopkins University, discovered that the mechanical thrust of sperm is extremely weak. Instead of a forward movement, the head of the sperm moves back and forth, with the brunt of force propelling it sideways.

The same researchers concluded that the sperm would barely even make contact with the egg if the female gamete did not aggressively trap the sperm and adhere it to the surface of the zona.

This research revolutionized cultural constructions of how we understand the formation of embryos, or how life begins. However, the idea that the sperm penetrates and fertilizes a demure and gentle egg still dominates rhetoric of discourse surrounding fertilization.

Not only is that description misleading, as anthropologist Emily Martin of Johns Hopkins University argues in her essay "The Egg and the Sperm," it genders ideology at the level of the cell, reinforcing rigid gender stereotypes in a "powerful move to

make them seem so natural as to be beyond alteration."

This hierarchical narrative of the passive female and the aggressive male is reproduced time and time again through Western literature and culture, highlighting the analogous relations between the two systems rather than placing them into conversation as homologous equals.

How can we, as coexisting students, peers and humans, begin to challenge gender dichotomization in our own space when this dogma is implanted into our own ontology?

Last week Assistant Dean of Campus Life Luis Rosa sponsored the first in a series of ongoing discussions and reflections about masculinity. While students who did participate said that their experience with the venue was meaningful, the few number of men who turned up cast a note of striking irony over the event.

Why are men excluded or excluding themselves from this discussion? Perhaps the cultures of shame and fear that veil vulnerability cannot be penetrated.

Perhaps collective amnesia is the best way to cope with the horror of our school's sexual assault statistics, the campus-wide cover up of the Sigma Chi scandal last spring or the microaggressions that occur daily in dynamics between individuals of all gender identities inside and outside the classroom.

Maybe anyone who has a problem with our campus climate will just have to wait it out until they graduate and escape this mess. Then again, even discussions of something that should be as straightforward as the question of how babies are made can change and resist with time. There are always better answers out there.

When you identify something wrong with the process, even something on the platform of academia, think about your methodology and approach.



LANCE ROSSI

Certain frameworks of thought will guide you to find answers in some places, and rob you of the power to find them in others. Take another look at the cultures we've constructed, and how they've constructed us. Wake up your consciousness and challenge your conscience.

Most importantly, seize every opportunity to renegotiate the implications of our space. It is only in awareness of those limits, found in even a single word on the page of a science textbook, can we overcome ourselves.

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# Return on investment ranking is no surprise

EMILY DOUGAN  
COLUMNIST

You know that song, the annoying one, by Icona Pop? That talks about not caring and loving it? I was listening to that song on my way to class the other day and it dawned on me ... I don't care ... and I love it. I love it. I love it.

And then I started thinking about the greater Willamette educational climate, and how much the professors and administrators here DO care, but yet we were still named the school with the lowest return of investment (go read the Bloomberg Businessweek piece) and how I'm kind of a mega jerk for not caring.

Okay, so it didn't actually happen like that, but for the sake of this article, suspend your disbelief for a quick second and pretend that it did.

There is always a time in the semester where the collective student body just chooses not to give any f--cks. That final physics exam that means the difference between passing and failing? Yeah, I can take it next semester. That paper for the class you were really passionate about at the beginning of the semester but have now sworn to not use the term "moral considerability" for the rest of your life because oh my god, what does that even mean? It won't be good, but it will write itself eventually.

The point is, even if we still have a lot of important things to get done, we can't seem to motivate ourselves to do so.

But then we get REALLY angry when we get our final grades. We might think it's unfair we received the grade we did when we tried so hard ... until those last two weeks. But what I think we fail to realize is how hard our professors and administrators try - preparing courses, grading, creating opportunities for us that we don't take.

It's no wonder this school has one of the lowest return of investment ratings when we cannot even motivate ourselves to push past these last two weeks, if not for ourselves but for the people who've worked hard to create the academic climate that we are in.

We have this sense of entitlement that it is OK for us to slack off at the end without consequence. But it's not OK.

You aren't going to get the grade you want unless you push and work hard until the very end. You have to actually care.

If there is one thing that I hope you DEAREST READERS can take away from weekly bumbblings this past semester is that it is so much better to care and try and fail, but sometimes succeed, than it is to be apathetic and boring. It's finals. It's easy to not care, or not have the energy to care. But that doesn't mean we shouldn't love it.

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## Letter to the Editor

Dear Editor,

The article published in the *Collegian* about the production of "The Vagina Memoirs" at Willamette grossly dismissed the many intersections of oppression on which sexual assault operates.

In writing, "As a white, straight woman, I don't associate sexual assault with race, sexuality or even gender," the author failed to recognize the way her privilege allows her to not to associate sexual assault with race, sexuality or even gender. Sexual assault is about exerting power on the perpetrator's part.

As such, it is a manifestation of social construc-

tions that privilege certain groups over others.

Disassociating sexual assault from things like race, gender, sexuality and class make invisible people's experiences, people's stories and thus, people's identities.

In the future, please take some of the many classes at Willamette focusing on these issues or read some of the work published on this subject before making such statements.

Sincerely,

Surabhi Mahajan and Chanel Sulc  
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csulc@willamette.edu

# Struggling on State Street: Only you can prevent forest fires



EMILY SAFFORD

ADVERTISEMENT

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**ONE DAY ONLY!**  
**DEC. 5TH**  
**8:30 am—5:30 pm**

## CAMPUS SAFETY REPORT

CONTINUED from Page 2

### THEFT

**Nov. 21, 1:25 p.m. (Kaneko Commons):** A student came in to the office to report that her bike had been stolen. The student said that she had locked it to the bike rack between the Kaneko B and C wings, and when they returned a few days later, the bike was gone. The officer on duty suggested that she also file a report with Salem Police Department.

**Nov. 23, 7 p.m. (Pelton Theatre):** A student called to report that their wallet and keys were missing. The student left their wallet, computer, keys, and jacket alone for a short time. When they returned, the wallet and keys were gone. The student was advised to also file a report with Salem Police Department.

**Nov. 24, 4:20 p.m. (Law School):** Campus Safety received a call concerning a suspicious person loitering in and around the Law School. The caller stated that the man had already left the area, and that he had possibly stolen a bottle of prescription medication from their bag. The caller stated that they had already contacted Salem Police.

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

## "She ask me what I wish for on my wishlist..."

a holiday MadLib by *Collegian* staff

"This \_\_\_\_\_," Kim Kardashian said to the father of her \_\_\_\_\_ and living legend  
holiday noun

Kanye \_\_\_\_\_, "I want a gift that has never before been given."  
direction

"\_\_\_\_\_!" Kanye \_\_\_\_\_ed. "What the \_\_\_\_\_ is that supposed to mean?"  
expletive verb noun

"C'mon, Kanye," Kim said, rolling her \_\_\_\_\_. "What do you get the \_\_\_\_\_ who has  
body parts gender identity

everything?" Kanye reclined in his \_\_\_\_\_ and thought for a \_\_\_\_\_. All of a sudden, a  
furniture measure of time

slow \_\_\_\_\_ came over his face. "I'll be right back," he \_\_\_\_\_ed, dashing out the door and into  
expression verb

his \_\_\_\_\_.

Five \_\_\_\_\_s later, Kanye returned. "I \_\_\_\_\_ you just the thing," he said, \_\_\_\_\_.  
measure of time verb gerund

Excited, Kim opened the \_\_\_\_\_ to find that it was empty. "What is it?" she \_\_\_\_\_ed.  
noun verb

"This year, \_\_\_\_\_, I got you world peace."  
term of endearment

"Oh 'Ye," Kim said, "You shouldn't have."

**Congratulations**  
to **Andrea Risolo** and **Samuel Terris**  
for helping **select** the winner for last issue's Sports Feud!  
Make sure to check your campus mailbox for your **free Bi\$tro buck**.  
**Want to play along? Read Sports Feud on pages 8 and 9 and vote for your favorite.**