

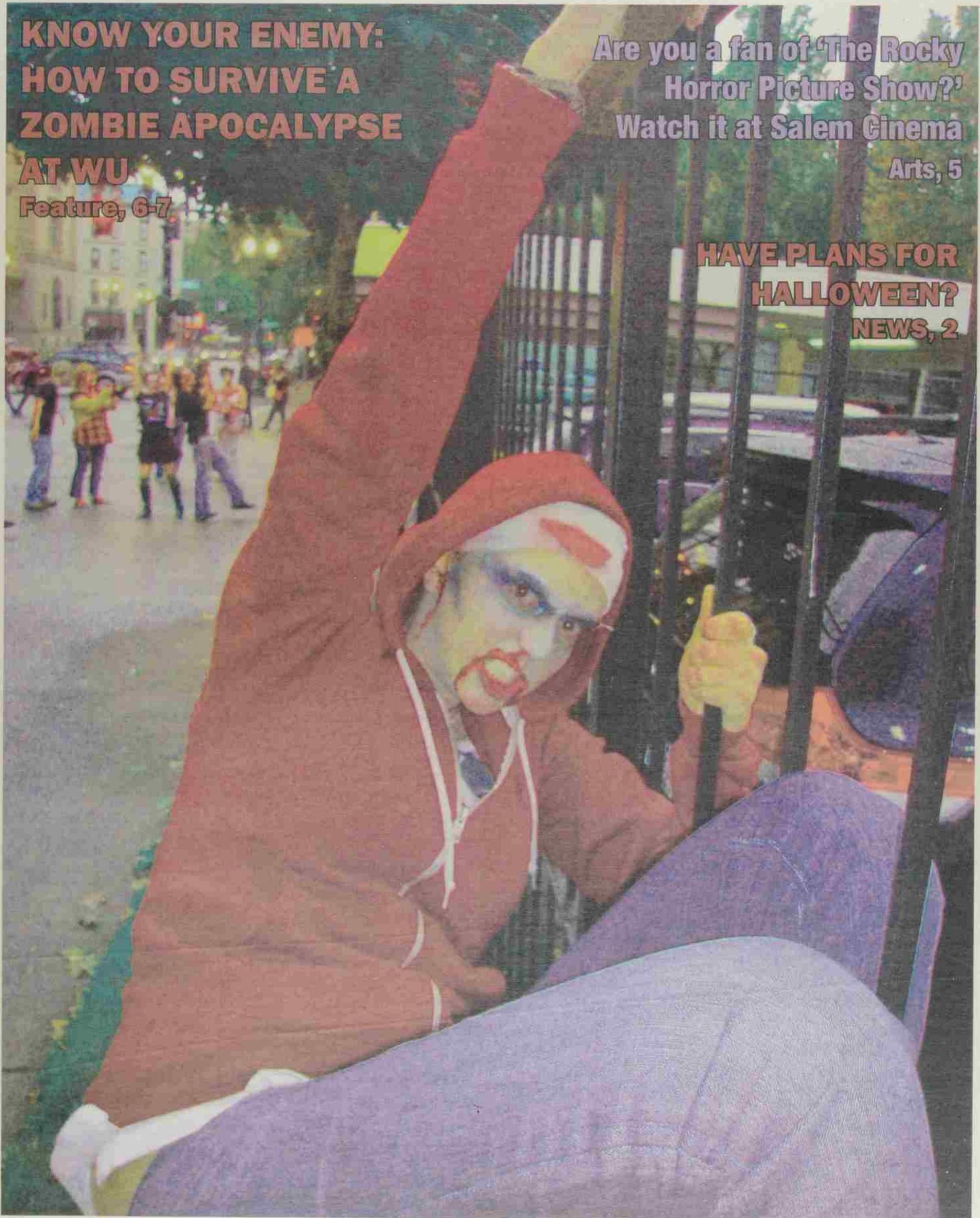
# COLLEGIAN

2008-2009 ONPA GENERAL EXCELLENCE WINNER • VOICE OF THE WILLAMETTE CAMPUS SINCE 1889 • VOL CXXII • ISSUE 9 • OCTOBER 27, 2010

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# Willamette Academy to hold Golden Leaf fundraiser event

EMILIE JENSEN  
STAFF WRITER

On Saturday, Oct. 30, Willamette Academy will be holding its Golden Leaf fundraiser event at the Mission Mill Museum, featuring the musical comedy of Joe Stoddard. This will be the Academy's first evening fundraiser and its goal is to raise an even greater level of awareness about Willamette Academy and the work it has accomplished than ever before.

Based at the University, the Willamette Academy is a college access program for students in grades 7-12 in the Salem-Keizer area who wish to receive a higher education, but may feel that they do not have the opportunity or the resources to do so. It especially focuses on individuals and groups that have been known to be under-represented at U.S. colleges and universities in the past.

Several factors are considered by the admissions committee including, but certainly not limited to, family history, income and outside recommendations. Applicants must also go through an interview process. The students that are chosen for the program must exhibit academic potential and a desire to attend a college or university after high school.

Because it is a supplemental education program, students are encouraged to sharpen their critical thinking skills and hone an appreciation for knowledge and learning. "I ran into a few of the students from the program on campus while doing summer research," sophomore Theresa Edwards said. "They all seemed very engaged and excited about what they were learning. They were definitely involved in activities that appeared to be keeping them focused on the future of their education."

In addition to providing access to academic programs, Willamette Academy also assists families in supporting their child's education and gives direction to those who are going through the college application and financial aid processes. The Academy's main objective is to host a platform where students with diverse backgrounds can develop a stronger foundation upon which to build their futures.

There are currently 140 students enrolled in the program, many of whom will be the first in their families to attend college. "We hope that this event will make the community aware of the bright and ambitious students that are in our program," Willamette Academy Program Director Michele Gray said. "These students will one day be our leaders, teachers, social workers and more."

The Golden Leaf event will feature dinner, dancing and a raffle. Tickets are selling for \$50 each, and cover live music from the Joe Stoddard, dinner accompanied with wine, micro-brew tasting and tickets for the raffle. Winners of the raffle may receive a Sun Valley vacation or a guided fishing tour, among other prizes.

All of the proceeds from the event will go directly to the Willamette Academy in support of its college access program. "Willamette University provides us with the space and infrastructure, but we receive the rest of our funding through community donations," Gray said. "Donations from individuals fund 75 percent of our budget, so it is important that we have a successful fundraising event." The doors of the Mission Mill Museum, located at 131 Mill St. SE, open at 5:30 p.m.

Contact: [ejensen@willamette.edu](mailto:ejensen@willamette.edu)

## Learn more

To order a ticket, RSVP or receive more information about the event or program, contact Michele Gray at (503) 370-6085 or [mgray@willamette.edu](mailto:mgray@willamette.edu). For more information about Willamette Academy, visit [www.willamette.edu/cla/academy](http://www.willamette.edu/cla/academy) or e-mail [academy@willamette.edu](mailto:academy@willamette.edu).

## Take a Break aims to make a difference in the lives of all involved

ALISON EZARD  
CONTRIBUTOR

For most students, spring break means a road trip with friends, a week at the beach or maybe some quality time with the family and friends from back home. However, there is another option one may want to consider: the Take a Break program. Through involvement with the student-led alternative break program, Take a Break, students, staff and faculty alike are given an opportunity give back through community service while engaging in experimental learning.

This year, the program will be taking small groups of students, staff and faculty to Chicago, Phoenix, Seattle, Portland and Salem. "The program aims to offer a wide variety of trip topics and locations that will appeal to a wide range of Willamette students," advisor to the Take a Break program Laura Clerc said.

This means that although there are opportunities to participate here in the Salem community, there are also opportunities to visit and engage with other parts of the country. During the trips, students not only serve in the community, but also learn about specific social issues such as homelessness, poverty, crime, hunger, violence, environmental destruction and the marginalization of various social groups. "Each trip is unique. Students might participate in anything from construction to teaching children," Public Relations Coordinator Kristen Norton said.

However, participation in the program is not simply limited to the time spent on the trip. Prior to the trip, students meet to bond as a group and learn more about the social issues they will be tackling and communities they will be engaging with during the trip. Students also participate in pre-trip service projects in the Salem community and hold fund raisers for their trips. After the trip, students meet to discuss their experiences with one another and also share their experiences with the Willamette community.

According to the Take a Break leadership, the program is a wonderful opportunity to make new friends, gain a greater understanding of social issues and give back to the community. It is also a great way to gain knowledge of the world that lies outside the day to day of college life. "Participating in Take a Break has widened my circle of friends and changed my perspective of Willamette. It has opened my eyes to more social issues than I ever knew existed and broadened my perspective of the world," Norton said.

For any student looking to broaden his or her horizons, the Take a Break program offers a great opportunity to do so. "It is our hope that through participation in Take a Break, students develop critical thinking, grow as individuals and develop a life-long commitment to social action and civic engagement that will stay with them beyond their time at Willamette," Clerc said.

If interested in applying to participate in this spring's Take a Break program, students must fill out an online application before the program's registration deadline on Thursday, Oct. 28. All students are welcome to apply regardless of prior experience with service projects. However, program coordinators do have hopes for anyone interested in participating in the program.

"We hope that students will be willing to challenge themselves with new experiences and perspectives, interested in learning about social issues and new communities and excited about engaging in service," Clerc said.

Contact: [aezard@willamette.edu](mailto:aezard@willamette.edu)

## Apply for Take a Break

To apply, visit <http://www.willamette.edu/dept/csl/tab> and fill out an application by Thursday, Oct. 28.

## Salem gets spooky for Halloween

ANNA MENCARELLI  
STAFF WRITER

Through the stress of midterm exams and mid-semester break relaxation, Halloween is beginning to creep up on the minds of unsuspecting students. It is the night of pure, childish delight that carries unique memories for each student, often involving fanciful costumes and racing about neighborhoods gathering hoards of treats, and it is fast approaching. However, what else could students possibly do this year to celebrate the ghoulish holiday?

### Salem spooktacles:

Sponsored by Corrosive Comics, The "Thirteen Nights of Halloween" began on Oct. 19 with a flash mob of zombies marching down the streets of Salem. For the next week and a half until Halloween, the Culture Shock Organization, in charge of coordinating these events with sponsoring community partners, has many ghastly events planned to celebrate Halloween and rekindle the community spirit.

The mission of the organization is to "spark and foster a mindful connection between diverse individuals committed to building a better community. The Thirteen Nights of Halloween is more than just an opportunity to celebrate a holiday. It aims to get people active and enjoying diverse experiences, developing creativity, meeting new people and truly engaging in one's community," Project Director and Associate Director of the Culture Shock Community Project Carlee Wright said.

Though most of the events are free, the funds from the select events that have an admittance charge will go to community charities such as Marion Polk Food Share, Home Youth & Resource Center, SMART and Friends of Felines.

For example, on Thursday, Oct. 28 students will be able to join Miss Fabulanza at the Southside Speakeasy for a Hallo-Queen Bingo. Students can come clad in costume and win various prizes. The only charge is the cost of the bingo cards, the proceeds of which will be used to benefit the charity Friends of Felines.

Other such events include the Costume Open Mic on Wednesday, Oct. 27, hosted

by Elvicious Cash at the Clockworks Café. Also, for those missing masquerading for candy, on Saturday, Oct. 30, the streets of Downtown Salem will be open for mass trick-or-treating at 1 p.m.

Students may access their "inner child" at the Hocus Pocus Scarousel Bash. For six years, the Riverfront Carousal has organized the festivity to give children a Halloween party that focuses on the magic rather than the terror. "Our motto is simple. Like Disneyland, we want people to leave with only good memories and good times," Operations Manager of the carousel Melvin Johnson said.

For \$4, students can ride the carousel, play games to win prizes, participate in raffles and take part in various Halloween pastimes such as bobbing for apples. Even the carousel horses will be dressing up for the costume contest with different colored masks. Students will find many childhood activities to enjoy with the younger students of the community. "This is a good event for college students, particularly those with children, but also students can come and meet children from the community and help be mentors for them," Johnson said.

### Campus-wide conjuring:

This year, WISH invites students to travel to some of the most frightening places in the world as they journey through the annual WISH Haunted House. Students will be able to visit places such as Japan, New Orleans, England, Egypt and Australia for free.

The Haunted House is open to community members from 6-8 p.m. on Sunday, Oct. 31. Afterwards, from 9-11 p.m., the Haunted House is open exclusively to students.

"It is scary, but fun and will be a great experience as there are a number of students putting a lot of time and energy into the Haunted House and are having fun with it so that those who go through the Haunted House will also have a good time," sophomore and WISH Hall Council Vice President Kelsey Kinavey said.

Contact: [amencare@willamette.edu](mailto:amencare@willamette.edu)

COVER PHOTO BY ERIKA FOLDYNA

EDITOR IN CHIEF Lauren Gold | [lgold@willamette.edu](mailto:lgold@willamette.edu)  
MANAGING EDITOR Michelle Bellucci | [mbelluc@willamette.edu](mailto:mbelluc@willamette.edu)  
PRODUCTION MANAGER Erika Foldyna | [efoldyna@willamette.edu](mailto:efoldyna@willamette.edu)  
NEWS EDITOR Hannah Waller | [hwaller@willamette.edu](mailto:hwaller@willamette.edu)  
ARTS EDITOR Hannah Schill | [hschill@willamette.edu](mailto:hschill@willamette.edu)  
REVIEWS EDITOR Tom Ehrman | [tehrman@willamette.edu](mailto:tehrman@willamette.edu)  
SPORTS EDITOR John Lind | [jlind@willamette.edu](mailto:jlind@willamette.edu)

OPINIONS EDITOR Matt Pitchford | [mpitchfo@willamette.edu](mailto:mpitchfo@willamette.edu)  
FEATURE EDITOR Tara Foster | [tfoster@willamette.edu](mailto:tfoster@willamette.edu)  
DESIGNERS Jenna Shellan • Matt Soma • Sean Fogarty  
COPY EDITORS Kristen Keller • Victoria Osborne  
AD MANAGER Jazmyn Li | [jl@willamette.edu](mailto:jl@willamette.edu)  
BUSINESS MANAGER Serena Culling | [sculling@willamette.edu](mailto:sculling@willamette.edu)  
SUBSCRIPTION MANAGER Heidi Andersen | [handerse@willamette.edu](mailto:handerse@willamette.edu)

WEBMASTER Amber Smith | [asmith@willamette.edu](mailto:asmith@willamette.edu)  
PHOTO EDITOR / IMAGING TECHNICIAN Colby Takeda | [ctakeda@willamette.edu](mailto:ctakeda@willamette.edu)

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## 'Deconstructing the Youth Vote: A Student's Guide to the Midterm Election'

THEO KATARAS  
GUEST WRITER

On Thursday, Oct. 21, two political titans clashed in a battle for the hearts, minds and votes of students. Sophomore Samantha Briggs and senior Edward McGlone, both politics majors, presented their respective viewpoints regarding the upcoming midterm ballot. Briggs represented the Republican Party and McGlone the Democratic Party. Both are heads of their respective political party groups on campus.

A call to action for young voters opened the debate. For Briggs, this election is about "creating a future and changing a cycle so we won't keep going through the [economic] ebbs and flows," she said.

McGlone took a more age-specific call to students. "Generally old people vote in America. That is why there is so much debate on Medicare and Medicaid and things that aren't the most pertinent right now [for college students] compared to getting a job or health insurance," McGlone said.

Next, Briggs and McGlone put forward their candidates for governor, senator and representative. Briggs said that she backed the republican candidate for governor Chris Dudley largely on the platform of educational reform and for solutions to the lack of funding in the public school system. "Some students are almost not graduating because schools are not opening," Briggs said.

For Senate, Briggs argued in favor of Jim Huffman, a constitutional expert using his knowledge to fight for a more transparent healthcare bill. Briggs said she lauded republican candidate for Representative Scott Bruin for his bipartisan support of "a better healthcare system for people with preexisting conditions." Briggs also cited the 12 percent unemployment rate under a democratic Senate as a reason for the need to "stop throwing money at problems and start creating jobs."

McGlone supported the democrat incumbent John Kitzhaber for governor, citing the 120,000 jobs created during his tenure and his inaction of the Oregon Health Plan. Ron Wyden, a candidate with 12 years of experience, was McGlone's choice for Senate. Each year, McGlone said, he has held town hall meetings in each county to hear from the people he represents.

McGlone said that he urged support for Kurt Schrader for representative, who visited the campus in 2008. He countered the accusation of waste by saying that \$44,000 of stimulus went directly to small businesses. He also argued that Schrader has created jobs by bringing The National Oceanic and Atmospheric Administration to Portland, citing Forbes Magazine's claim that Oregon is "the fourth best state to do business."

Unlike their opinions on political appointments, the two tended to go arm-in-arm rather than head-to-head on ballot measures. Both said they agreed on Measure 71, which would change the meeting cycle of legislature from once every two years to once a year in order to allow decisions to better reflect the changing economic climate.

Both said that they were also in favor of Measure 75, which would renew the 15 percent contribution of the state lottery to parks and natural resources. Both students said they dis-

liked Measure 73, which would increase the minimum sentence for some alcohol and sex related crimes. They said that the judges should be given the freedom to decide a sentence and not be forced to overfill the penitentiary system. Another surprising point of assent was on Measure 74 in regards to creating medical marijuana dispensaries in the hope of easing the suffering of patients.

However, they disagreed on Measure 75, which would allow construction of a new casino near Portland that would contribute 25 percent of its income to the state. Briggs said she was in favor for economic reasons, but McGlone said that the gamble made him uncomfortable, citing it as risky and an injustice to the Native Americans.

The take home message of the meeting was that it is of the utmost importance for students to vote. As emcee of the event Jenny Jay said in her closing remarks, "The line 'my vote doesn't count' just doesn't count."

Contact: tkataras@willamette.edu



EMILIE SCHUEMAN

Senior Edward McGlone and sophomore Samantha Briggs discussed their respective political views on Thursday at Convocation.

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MOVIE REVIEW: 'The Social Network'

# Why not log into 'The Social Network?'

PAIGE LANCOURT  
GUEST WRITER

Directed by David Fincher, "The Social Network" is a film that recalls the story behind the creation of the modern phenomenon known as Facebook. The film casts well-known actors Justin Timberlake and Brenda Song, as well as emerging stars Jesse Eisenberg and Andrew Garfield.

Eisenberg plays Mark Zuckerberg, the founder of Facebook. Mark's cold, sarcastic and brilliant demeanor is perfectly played by Eisenberg, and completely wins over the film. "The Social Network" has a plot that reveals the darkly humorous struggles behind Mark Zuckerberg's creation of Facebook.

He encounters lawsuits, jealousy, fraud and the difficult task of trying to distinguish between a social network and reality. "The Social Network" has been received with universal acclaim by critics. *The Harvard Crimson* review gave the film five stars and called it "flawless."

The film is highly entertaining and able to capture audiences through its relevance to viewers and humorously ironic plot. Striking as almost an indie film at first, "The Social Network" entails more drama, an excellently written script and quality actors. This film is a natural draw for people. Aren't we all dying to see the story behind the obsession with social networks?

The new film is modern, fascinating and riveting. So, do yourself a favor - take a few hours off from Facebook, go out and see "The Social Network" - then update your status accordingly afterwards. You surely won't be disappointed.

Contact: [plancourt@willamette.edu](mailto:plancourt@willamette.edu)

GAME REVIEW: 'Civilization V'

# The next generation in strategy

STEPHEN WEIN  
GUEST WRITER



COURTESY OF GAMESTOP.COM

Sid Meier's newest entry in the ever-popular "Civilization" series of video games, "Civilization V" takes the successful formula from its previous incarnations and adds a number of elements from other real-time strategy games to make the tactical choices of the player even more significant, specifically compared to the strictly strategic ones which dominated the previous games.

In addition, the graphics have received an extreme power-up, requiring the latest and greatest computers to squeeze out even medium settings.

For those of you new to the franchise, "Civilization" is a turn-based strategy game played out on a map-board with the player building cities and units in a bid for world domination. In the arsenal of any would-be civilizer is cultural victory (death by better movies!), diplomatic victory (where the player convinces the horde of vicious computer players to be his friends), conquest (where the player kills them all instead) and the ever popular spaceship victory (where you leave them to rot and go live in space). This deviates little from the previous games in the series, but the means by which the player gets there are greatly modified in this latest installment.

The first major change is the brand new city-state system. Single, neutral cities occupy rich and strategically important locations around the map and can be befriended or nuked into the Stone Age by major powers, granting various advantages and resources depending on the city-state and its location.

Second is the new policy system. As a reward for developing

Civilization V is now available at local retailers.

your cultural assets (temples, monuments, museums, etc.), "culture points" accumulate every turn. At certain threshold values, the player can spend them on countless policies from free speech to communism to a merchant navy, each with wildly varying benefits such as stronger defenses or cheaper buildings. When enough policies have been implemented, cultural victory is unlocked.

The catch to this policy system is that empires become unwieldy if they grow too large. Policies cost more points the more cities you hold, and your income and overall happiness level also drop as the empire grows. Sure, you may be a military colossus, but having hundreds of cities makes cultural victory practically impossible, and the penalties of an unhappy empire are stiff, especially if you reach VERY UNHAPPY.

The number of leaders that the player may choose as his or her civilization's head has shrunk to only a handful, but each one has unique, powerful special abilities such as Augustus Caesar's "Glory

of Rome" which makes all Roman cities build faster, or Oda Nobunaga's "Bushido," which ensures that all Japanese units fight at full strength despite heavy wounds.

For those of you looking for a serious investment of time (a single game can take anywhere from five hours to 100) and possessing a powerful enough computer, "Civilization V" is an engaging game that you will surely enjoy. But be wary, those countless hours spent before your computer screen can definitely hurt your GPA.

The precious time that could have been dedicated to studying instead of being spent carefully positioning your armies can feel like seconds, and the grand sweep of strategy and construction is very satisfying. However, for those of you with shorter attention spans or a desire to get straight into the action and blow something up, "Civilization V" is probably not for you.

Contact: [halberdman@gmail.com](mailto:halberdman@gmail.com)

MUSIC REVIEW: 'Light You Up,' Shawn Mullins

# Mullins mixes gems with bombs

JEFF COLLINS  
GUEST WRITER

Since his move from Columbia Records to the smaller Vanguard Records, Shawn Mullins has been able to produce records emphasizing artistry and story-telling, as opposed to those purely geared towards commercial success.

This freedom is apparent in his newest album, "Light You Up," in which he blends folk, blues, country and jazz to produce a number of remarkable songs. Unfortunately, this freedom, though admirable, resulted in a less cohesive and less overall excellent album.

The opening track, "California," seems to be Mullins's single concession to commercialism. The upbeat ballad makes excellent use of both acoustic and electric guitars, and Mullins exploits his multi-octave vocal range to make what would otherwise be a boring song with a nearly cliché chord progression into a solid radio

song. However, it will certainly disappoint fans of Mullins's melancholy style from earlier work.

The two highest points of the album are Mullins's cover of Chuck Cannon and Phil Madeira's "The Ghost of Johnny Cash" and the beautifully pensive "No Blue Sky." In the former, Mullins uses his smoky voice and sparse acoustic accompaniment to evoke the dolorous songs from Cash's later career.

A hymn to blues, it perfectly captures the way mournful songs can raise one's spirits far more efficiently than the most upbeat bubblegum pop song. "No Blue Sky" combines the song-craft of 1960s folk singers like Gordon Lightfoot with an electric guitar part reminiscent of Eric Clapton's "Wonderful Tonight."

Unfortunately, a few of the songs on "Light You Up" are far

from the standard Mullins set in "9th Ward Picking Parlor." In particular, the title track from "Light You Up" unsuccessfully mixes electronic and acoustic instrumentation with a rap-jazz vocal fusion, while "Murphy's Song" is nearly a parody of bad country music.

Ultimately, this is not an album to buy in its entirety. The gems are worth purchasing individually and, thankfully, Mullins has posted low-fidelity recordings to his Facebook page so everyone can sift through the album on their own. All considered, I give this album three stars out of five.

Contact: [jeff.andrew.collins@gmail.com](mailto:jeff.andrew.collins@gmail.com)



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2:00 p.m.  
**Emily Dick (11)**  
Understanding the Role of Ayurvedic Health Care in the United States

This research examines the special niche of Ayurvedic medicine within the U.S. health care system. It focuses on the diversity of Ayurvedic healing practiced in the United States and the relationship between biomedicine and Ayurveda.



3:00 p.m.  
**Jennifer Seward (11)**  
Woman's Worth: Microcredit Lending in the Developing World

Microcredit lending has become a means to help those living in poverty access credit in their home countries and work towards financial independence and entrepreneurship. However, is microfinance the best answer for poverty alleviation and gender empowerment or are there still questions that remain to be asked? From several case studies and personal experience in Mexico, the truth is much more complicated.



4:00 p.m.  
**Isabella Guida (12)**  
Identity Construction in the Modern Memoir

The memoir is a modern sensation, but readers have come to distrust their factuality. This project investigates how and why three authors - Joan Didion, James Frey and Sarah Palin - construct their literary self-representations through publishing their life stories.



5:00 p.m.  
**Rachel Tsolinas (11)**  
The Complex Relationship Between Students and the Institution: Student Engagement

This research study compares the expected engagement of college freshmen to their actual engagement by the end of their senior year.



Reservations will be served

For more information, please contact the Lilly Project at Willamette (503-370-6218)

## Get ready for the Time Warp: 'Rocky Horror' live show hits Salem Cinema

ISABELLA GUIDA  
STAFF WRITER

Last year, the Salem Cinema and the Culture Shock Community Project put on an interactive version of "The Rocky Horror Picture Show" in Salem for the first time in 26 years. Back by popular demand, "The Rocky Horror Picture Show" will be showing on Oct. 30 in full interactive, cult-classic glory.

To make the event infinitely more appealing, a note on the event's Facebook page cautions those under 18 not to

attend, as "Rocky Horror" live events are very feisty and adult oriented."

"The Rocky Horror Picture Show" (1975) gained notoriety as a cult classic in 1977 when audiences began participating with the film when it was replayed in theaters as a midnight movie. In 2005, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically or aesthetically significant."

According to junior Susa Lynne, "There's a whole ethos that goes along with it. If you go at a serious 'Rocky'

theater (the one I used to go to had a show every Saturday) the subculture is overwhelming."

According to "The Rocky Horror Picture Show" Official Fan Site, the interactive elements of the show include people yelling back lines at the screen during the extended pauses between dialogue, dressing up in costume, acting out scenes and throwing props at various times during the film.

"Rocky Horror" events are unpredictable and never the same twice. Accordingly, the 2009 Salem showing of "The Rocky Horror Picture Show" involved "live actors, props, goodie bags, audience interaction, singing, dancing, debauchery and of course ... lots of corsets," according to the event's Facebook page.

"I don't really know how to explain it. Nor do I know what to expect from the showing here in Salem. Every 'Rocky' theater has its own quirks. But it's an experience of mad and utter abandon that everyone should probably have at least once in their life," Lynne said.

"The Rocky Horror Picture Show" event on Oct. 30 is just one segment of the larger celebration of the "13 Days of Halloween" festival presented by Salem's Culture Shock Community Project. The Culture Shock Community Project also orchestrates quarterly showings of other cult films with interactive elements and live casts.

Salem Cinema is "Salem's only independently owned and operated movie theater, specializing in art, foreign, independent and exceptional film," according to the Cinema's Web site. The Salem Cinema has two locations on Broadway and High Street.

"The Rocky Horror Picture Show" will have two showings at 9 p.m. and midnight at the High Street Cinema. Tickets are currently available for purchase at Cherry Redd, Clockworks Café, High Street Cinema and Salem Cinema. There will be limited tickets at the door. Tickets cost \$10 and include a goodie-bag of props. Outside props will not be allowed.



COURTESY OF SIDEREEL.COM

"The Rocky Horror Picture Show" is an interactive production with a unique subculture and cult following.

Contact: [iguida@willamette.edu](mailto:iguida@willamette.edu)

## 'Dance Improvisation Jams' give students the chance to cut a rug

ASTRA LINCOLN  
CONTRIBUTOR

Whether you are a seasoned dancer or an uncoordinated novice, the University-hosted series of "Dance Improvisation Jams" might be just the thing for you. A four-part series with three remaining events, the Jams provide students with all ranges of dance experience the opportunity to explore movement in a comfortable environment.

It is challenging to say what the best element of these improvisational dances is. One great feature is that there is absolutely no experience necessary. For those of you who are bashful about getting your groove on, this would be the perfect place to try it out. Additionally wonderful is the great duo of professors hosting the events.

The main facilitator is Professor Matt Nelson, the Visiting Assistant Professor of Dance Theater. Nelson is also working on the dance event "PeopleDance," which will debut in the spring semester.

Also in charge of the jam sessions is Professor Mike Nord, who provides the live music. Nord teaches and coordinates the music technology curriculum and is an active musician. His most recent Leo Records recording is "The Flow: Music for Improvised Dance," which he will be performing at this series.

Contact: [alincoln@willamette.edu](mailto:alincoln@willamette.edu)

### ► Learn more

The first of the three remaining "Dance Improvisation Jams" is Thursday, Oct. 28. The others will be held on Nov. 18 and Dec. 2. All three "Jams" are from 6:30-8:00 p.m. on Thursdays in the Movement Studio of the theater.

## Acclaimed reggae scholar brings Bob Marley lecture to campus

KELLEY VILLA  
CONTRIBUTOR

On Friday, Oct. 29, prominent reggae authority Roger Steffens will give his ever-evolving multimedia presentation entitled "The Life of Bob Marley." Steffens has been given his presentaion globally since 1984.

The lecture is regularly presented at venues in Australia, Israel, Jamaica, Amsterdam and the United States, including the Smithsonian and the Rock and Roll Hall of Fame. Audio tracks, previously unreleased video footage, interviews and pictures are included in a show that's "never the same ... twice," Steffens said.

Roger Steffens is an actor, author, archivist, lecturer, photographer, broadcaster, editor, director and producer. Renowned for his extensive collection of reggae paraphernalia, he was recently chosen by The Jamaica Observer as one of "The Top Ten Most Influential People in Reggae."

He lives in Los Angeles with almost 300,000 reggae and Rasta-related items in his home of only seven rooms, nicknamed the "Ark-Hives in Hell-A." He owns more than 10,000 hours of live footage from the concerts of Bob Marley and The Wailers.

The event is being sponsored by the area's newest non-profit radio station, KMUZ 88.5, which claims to be "People Powered Community Radio." Wulapalooza and WU Wire are co-sponsoring and promoting this event.

Contact: [kvilla@willamette.edu](mailto:kvilla@willamette.edu)

### ► Learn more

The presentation will be held in Smith Auditorium on Oct. 29 from 7-9 p.m. Although admission is free for students, all proceeds of the event will go toward the continued creation of KMUZ 88.5. Tickets can be purchased for \$13 in Goudy from Oct. 27-29, or at the door for \$15.

SALEM'S COMMUNITY RADIO STATION

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**ROGER STEFFENS' MULTI-MEDIA SHOW THE LIFE OF BOB MARLEY**

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A thrilling multimedia presentation, "The Life of Bob Marley" promises to be a great experience.

# ZOMBIES

## A survival guide

**CARRIE DEAL**  
GUEST WRITER/  
ZOMBIE EXPERT

Morning. Sunlight. That terrible sleep taste in your mouth. A stiff shoulder. You glance at your clock and realize something terrible: your alarm failed to go off. You are going to be late for class. You leap out of bed and throw your clothes on, unsure if your shirt is backwards or not and equally unsure of how much you care. You brush your teeth, hope all the stuff you need is in your bag and dash out the door.

Campus is deserted. You are not too surprised by this. After all, it is morning and you are late. Everyone is already in class or still asleep. Though as you walk you start to feel a little uneasy. Sure, there aren't usually very many folks on campus at this time of day, but it is never this desolate.

Then, as you cross the quad, movement: someone in a red shirt is approaching you slowly. She is shuffling a little and seems to be in pajamas. You realize that she is in your biology class.

"What is her name?" you wonder absently.

As she comes closer, though, you begin to see that her shirt is not red. It is covered in blood. It is at this moment that you see other figures coming up behind her at the same shuffling pace. Some of them have visible gaping wounds on their arms or torsos. All at once, they seem to notice you and if they hit you in a flash, these are zombies.

There are zombies at Willamette University. What are you going to do?

First of all, know thy enemy. What is a zombie? What does it want? How do you get rid of it?

Junior Jay Fabian described zombies as "undead ... often rotting corpses that may run or walk/shamble. They want to eat living things, usually humans." Additionally, zombies tend to be more or less mindless and come in swarms. Occasionally, they use rudimentary tools, such as rocks, to break windows. Generally, however, zombies are not sufficiently sapient to support that kind of problem-solving behavior.

As Fabian noted, zombies may either run or shamble. The type that you are dealing with may very well determine if you are able to survive. Running zombies tend to be stronger and more vicious and are simply

able to get to you faster. They may also scream or snarl during attacks, which can make them very intimidating.

On the other hand, shambling zombies are weaker and have difficulty grasping hold of moving targets. During attacks, they mostly mean or mangle.

In a one-on-one fight, an unarmed human will probably be able to fend off a shambling zombie long enough to escape.

Against a running zombie, however, an unarmed human is unlikely to make it out unscathed, or even alive.

This leads us to another important point: infection. Almost all zombies are able to turn their victims into zombies. Primarily, zombie-ism is transmitted via bite. It may take minutes or several days for the transformation to occur, but a person bitten by a zombie will become one. Most zombies are not otherwise contagious. Allowing a zombie's fluids to get into your system by any means, however, is highly inadvisable. If you or a friend is contaminated, it's game over.

Remember: A zombie is a thing. It is not a person. It is not your boyfriend, best friend or professor anymore. It is a thing and all it wants is to eat you. If it is getting in the way of your survival, you have to kill it, or it will kill you. Therefore, it is imperative that in a zombie crisis situation you keep zombies as far away from yourself and your friends as possible.

So, now that you know your foe is a mindless, hungry force of nature, you know that you can't just stay here on the quad in the open. They are going to eat you if you do. You are going to have to get out of here, but you don't know where zombies may be lurking.

If you run into one, you don't want to be unprepared; you are going to need a weapon. Unfortunately, Willamette is a college campus and ideal weapons, such as flame throwers, sawed-off shotguns, sniper rifles and grenades are not readily available to you.

It is probably the case that you are armed with nothing more impressive than a pocket knife, if that. What should you use to fight off the zombies, and where can you get it?

Sophomore Danu Gehm noted that pool cues would do a pretty good job of staying off the undead board. Pool tables are located in several places around campus, including



A crowd of zombies look for brains during the Portland Zombie Walk 2010.

ERIKA FOLDYNA



Pool cue: A potential weapon.

ALY SZETO



Aluminum chair: Another potential weapon.

ALY SZETO

the first floor of Kaneku, the Montag Center and some fraternities. Fabian recommended using a light-weight chair because it would keep distance between your flesh and zombie teeth, cause blunt trauma, which would prevent your weapon from getting stuck in zombie anatomy and would be a great place to rest your weary body when tired. Chairs can be found all over campus, but the aluminum ones downstairs in Ford seem a particularly excellent option.

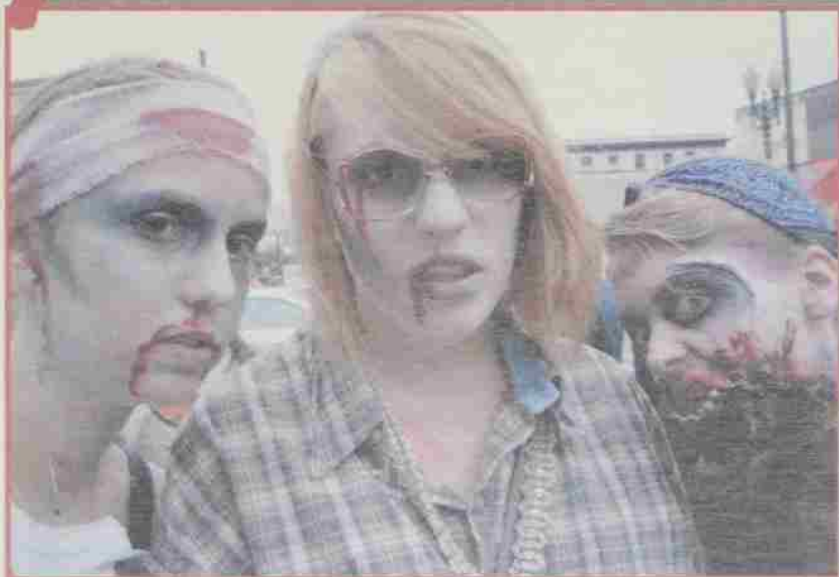
Junior Jaimee Fricklas suggested going to the theater's scene shop and grabbing a roof. Try a hammer, a saw or a sledgehammer, if you can find one. Likewise, you might try the groundskeepers' shed behind the Mary Stuart Rogers Music Hall. It is bound to have all kinds of tools that you can repurpose for your survival needs. Such sturdy weapons will serve you well.

Other impromptu weapons for the Willamette zombie slayer on the go include fire extinguishers, the leg of a desk or chair, laptops, fallen branches and English-Spanish dictionaries. The severed limb of a fallen zombie is a gruesome and impractical solution, but it may help you out in a pinch.

Remember: in almost all cases, the destruction of the brain will kill a zombie. Usually beheading is also an acceptable method. Zombie body parts, separated from the whole, die. Get yourself a weapon that can destroy a brain or brainstem and you will do all right, but being unarmed is very dangerous. Fricklas suggested collecting as many weapons as you can.

In the long term, you'll probably want to get better weaponry, though that pool cue's not going to last forever, and a bloodsoaked dictionary makes a poor bludgeon; in addition to an unpleasantly soggy one. If you can make it out to Wal-Mart or the Home Depot, plan to pick up a machete or a piece of light-weight piping.

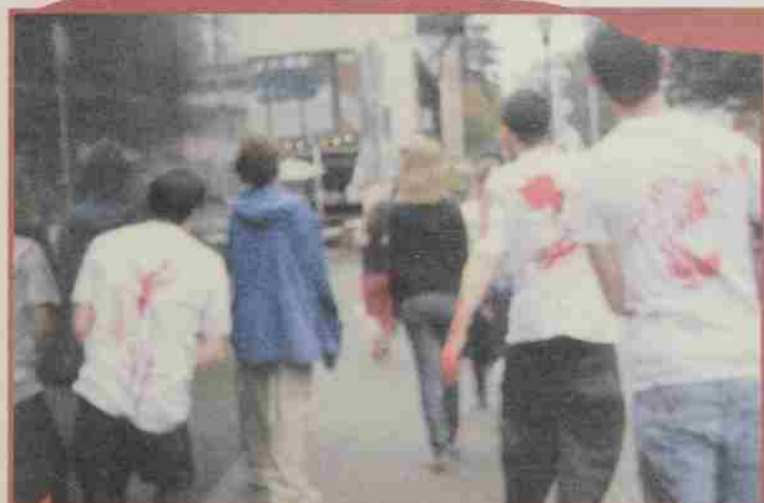
Bludgeoning and slashing weapons have their pros and cons, of course. A zombie can't grab you if you have cut off its hand, but you might get your weapon stuck in a skull or femur. Pulling it out could cost you valuable time. A bludgeoning weapon is not going to prevent zombies from grabbing you, because zombies feel no pain, and do not care about broken



Juniors Danielle Leveridge and Amanda Applebaum, joined by an unidentified zombie woman, pose for a picture at Portland Zombie Walk 2010.

ERIKA FOLDYNA

# ON OUR CAMPUS



Disoriented zombies wander the streets at the Portland Zombie Walk 2010.

ERIKA FOLDYNA

fingers or arms. However it will smash in skulls with frightening ease. In the end, it all comes down to personal preference, but if you are feeling indecisive, a shovel can be a lovely fusion of both styles and a good choice.

For now, though, let's say you've got your preliminary weapon. What next?

Gehm and Fabian both recommended heading to Kaneko, which Gehm described as "the fortress of Willamette." Kaneko definitely seems like a good option for waiting out the swarm: it is mostly walled-off, the sky bridge could be barricaded fairly easily, it has good visibility and a lot of stairs (zombies do not always do very well with stairs) and most of its doors lock automatically. It might also be worthwhile to note that the Kaneko Cafe could probably sustain a ragtag group of students for quite some time. Kaneko also has a pool.

Once in a safe place, Fabian said that it is wise to sit down and consider your options. Gehm suggested calling or texting friends to determine if they have turned into zombies and attempt to rendezvous with those that are still living.

Fricklis's plan is significantly more daring. She said that an armed survivor should not run to a safe place and hide, but should look for other survivors instead. She also suggests getting more information about what's happening around you. If Salem, or even Willamette itself (what are the biology students doing in that cadaver lab, anyway?), turns out to be

the epicenter of the zombie event, she said that she would try to lead her band of survivors as far away as possible. In a zombie crisis situation, it is likely that the emergency alert system would begin broadcasting helpful information quickly, so tuning into a TV or radio is a good first resource for the information seeker.

At this point, though, what you do next is really up to you. You are armed, so you can probably survive minor encounters with the mindless undead. Staying out in the open and exposing yourself to swarms is still unwise, but, aside from that, you have got a lot of options.

Going to a safe place with supplies, like Kaneko, seems like a good idea. So does gathering up your friends and holding up together. If the zombies are coming in overwhelming numbers, though, you might end up camping out in a death trap.

If you have a car, you might want to grab all of the supplies you can (perhaps from the Mill Stream Market or Montag Store) and try to get away from civilization, where zombies are unlikely to congregate in significant numbers.

However, if the event is either small scale or an apocalyptic-sized disaster, running to the middle of nowhere might not be the best choice. You might end up just having to drag yourself back to campus once the military moves in and exterminates all of the zombies, or you might end up all alone on the road indefinitely or run out of supplies.

Long-term planning in the case of a zombie crisis event is difficult, especially if the event is large-scale and pervasive. There may not be one right answer, or any right answers. And, from here, it is up to you to decide what seems like the best choice.

It falls to you to be the hero. You have to make decisions for yourself. If you find yourself in a group with other survivors, you have to work with them to ensure that everybody gets out alive. You have to take responsibility. It is a pre-civilization model of existence, but it is one that can be appealing. Fabian said that a widespread zombie event could be reassuring because "you'd know what your role was in a group." He also said that it would return people's attention to "simple, basic things."

In a zombie event, the stresses of modern life evaporate. There is no homework, no saving up to buy an iPhone. You don't need to update your Facebook page and conflict with roommates become less important, unless they are trying to eat you.

Likewise, Gehm said that she finds the idea of a zombie event to be exciting. She explained why zombies might seem



ERIKA FOLDYNA

Zombie blood spilled on the streets of Portland.

cooler than a natural disaster. In a zombie crisis event, Gehm said, she could "take action" and essentially be a protagonist.

For Gehm, a regular natural disaster wouldn't have those same elements of excitement because, "you can't beat up a flood." Zombies themselves have intrinsic appeal. "A zombie is a person you can shamelessly walk over," Gehm said. The presence of zombies, she said, would allow her to "get her badass on."

Good luck, zombie hunters, and happy Halloween.

Contact: [edca@willamette.edu](mailto:edca@willamette.edu)

At the moment, zombies are a hot topic. New books, movies and video games starring the undead come out frequently. Perhaps this popularity is due to the fact that zombie events would free us from the constraints of modern society and allow us to vent aggression and to take real responsibility for our survival. Or, perhaps the media simply knows something that we don't. Perhaps it's trying to warn us. Either way, you're hopefully a little better prepared now.

Want to know more? Want to be really prepared when the time comes? Get informed with these helpful titles:

- "28 Days Later"
- "Dawn of the Dead" (1978)
- "I Am Legend"
- "Night of the Living Dead" (1968 or 1990)
- "Quarantine"
- "Pride and Prejudice and Zombies"
- "World War Z"
- "Zombie 2"
- "The Zombie Survival Guide"
- "Zombieland"



ERIKA FOLDYNA

Juniors Erika Foldyna and Danielle Leveridge thirst for blood at the Portland Zombie Walk.

## CREW

# WU crew excels in prestigious Boston meet

MICHELLE LASHLEY  
CONTRIBUTOR

At 5:30 p.m. last Thursday, 12 of the University's best rowers drove to Portland to take a cross-country red eye flight to Boston. They would be rowing in Massachusetts over the weekend, competing in the Head of the Charles Regatta.

The Head of the Charles Regatta is held on the second to last weekend of October each year on the Charles River between Boston and Cambridge. Founded in 1965, it is the largest and one of the most prestigious two day regatta in the world. More than 7500 athletes are invited to compete, rowing around 1750 boats in 52 events. The Regatta attracts about 300,000 spectators annually. "It is the Disneyworld of rowing," sophomore Gwen Hryciw said. "If you can row well in Boston, you can row well anywhere."

This year, there were two boats to represent the Bearcat Rowing Team in the women's Collegiate Four and Eight races. The four-boat, made up of sophomores coxswain

Blair Davis, stroke seat Caroline Cahill, 3-seat Lauren Henken and juniors 2-seat Larissa Stiglich and bow-seat Sarah Ferrier, competed on Saturday. The women rowed very well, placing 13th in a field of 30 competitors. They finished the course in a time of 21:57.54. Winning team Emory College finished the race with a time of 20:34.55.

"I had so much fun getting to know my teammates better in Boston," Davis said. "I'm very proud of the girls in my four. We had a great race and qualified for next year."

It was a very strong race with the team placing one slot better than they did last year in the same event. Davis said, "I was yelling so hard at the end of the race, I lost my voice."

At 11:20 a.m. on Sunday, the women's Collegiate Eight took to the river. They were directed by senior coxswain Linnea Schuster, with sophomore Kate Pfeiffer in stroke seat, sophomore 7-seat Jessie Lovell, sophomore 6-seat Marguex Hunter, senior 5-seat Christina Thorburn, senior 4-seat Geneva Hooten, sophomore 3-seat Jenna Chiono,

junior 2-seat Sarah Schroeder and bow-seat Hryciw.

The women's 8+ team finished the course in a time of 17:55.26, placing them 19th in a field of 31 competitors. First place went to the Williams College Boat Club with a time of 16:24.22 and second was Ithaca College, which timed 16:59.52.

Both boats, as well as another varsity women's boat, the men's varsity team and both the men and women's novice boats will be in Portland next weekend for the Portland Fall Classic. The Classic is the last race of the short fall season and will be both the first and last time to see many of these boats race competitively until the spring season.

Contact: [mlashley@willamette.edu](mailto:mlashley@willamette.edu)

## next up:

Portland Fall Classic @ Portland, Oregon  
Sunday, Oct. 31 at 8 a.m.

## TENNIS

# Agarycheva: Mastering the mental mindset of tennis

MADDY GRAINGER  
CONTRIBUTOR

The theme of the Willamette University tennis season is "condition the body and the mind." While accomplishing this task takes substantial work, senior Natalia Agarycheva is never one to stave away from the pursuit of perfection. The tennis player's tireless work ethic paid off last spring when Agarycheva became the first Bearcat women's tennis player to participate in the NCAA National Tournament.

Agarycheva was one of 32 student athletes who competed in the singles bracket of the 2010 NCAA Division III Women's Tennis Championships this past May. For the tournament, Agarycheva traveled to the Battleground Tennis Complex in Fredericksburg, Virginia. Although she lost in the first round, the fact that she was the first Willamette tennis player to go to nationals cannot be overlooked.

Agarycheva continued her streak of dominance this fall. Named the number one seed in the singles bracket of the USTA/ITA West Regional Championships, Agarycheva proved she deserved the distinction, advancing through the tournament to be named the West Region Champion and earn a spot at nationals on Oct. 14-17. Although she suffered a first round defeat once again, her excellent play established her as one of the dominant players in the West Region.

Looking at her impressive background, these feats seemed to have been a long time coming. In her hometown of Vancouver, Washington, Agarycheva began playing tennis at the age of nine at the Vancouver Tennis and Racquetball Center. Armed with passion for the game and definite natural talent, she quickly vaulted into the

upper echelon of the junior tennis world. Graduating in 2007 from Prairie High School, she was ranked third on Washington recruiting lists and 196th nationwide. Agarycheva eventually committed to University of Northern Colorado with the intention of playing Division I tennis.

However, Agarycheva transferred to Willamette, after just one season in Colorado. Her motives were varied, coupling the need for more time for school and the desire to be closer to family. "I chose Willamette because Division I tennis just wasn't for me," Agarycheva said. Agarycheva found she was committing herself 110 percent to tennis and was not able to focus on school the way she wanted to.

Instead, Willamette allowed her to devote herself to "focus on school and find a healthy balance with tennis." It was also closer to home, allowing her parents to come to her matches.

Agarycheva's success on the court is a direct result of the standards she holds herself to. When asked what drives her when she plays tennis, her immediate answer was, "I have always been a perfectionist with everything I do."

Being a perfectionist, Agarycheva makes sure to perfect her game and improve on every mistake every time she steps out on the court. Fixing the little mistakes leads to improving the bigger picture. "Being a perfectionist, I like winning. I am kind of a poor sport, so when I lose, I learn from my mistakes," Agarycheva said.

For Agarycheva, perfection is much more than just executing physically and technically. On a regular basis she strives specifically to perfect the mental aspect of tennis. There is only so much of the technicality that you can train and perfect each practice, but "mentally you can learn some-



COURTESY OF FRANK MILLER

Natalia Agarycheva recently won the USTA/ITA West Regional Tournament, advancing to the National Tournament on October 14-17.

thing new everyday." She explains that mentally, tennis is challenging, but that "you can work with it and work with it" to perfect it and test yourself, allowing for the ultimate mental discipline from the first serve to the last point.

Despite her seemingly endless list of tennis accomplishments and busy schedule, Agarycheva looks forward to graduating in the spring. She wants to continue working in tennis, perhaps working it into her professional career and/or becoming a coach or instructor. She has also considered the possibilities of coupling her rhetoric major with her extracurricular by becoming a speaker and incorporating her tennis experience.

Agarycheva has also considered working with college tennis and is thinking about major tennis foundations, including the Intercollegiate Tennis Association and

the United States Tennis Association. No matter what the organization or form, her goal is to stick with tennis.

In preparation for her upcoming season, Agarycheva has a specific goal: to conquer tennis mentally. In returning from the fall tournament, she said, "the mental aspect failed [me]." So for the next NCAA Championship in spring 2011, Agarycheva plans to work on fitness both physically and mentally.

Knowing her own strengths and weaknesses, Agarycheva hopes to "go outside of the box," face different opponents and learn her mental states for each kind so that she is ready for anyone. "The nerves are an overwhelming feeling," she said, "[but] practicing against different strategies and styles will make me a better tennis player overall."

Contact: [mgrainger@willamette.edu](mailto:mgrainger@willamette.edu)

## CROSS COUNTRY

# Highly-ranked 'Cat squads saddle up for NWC Championships

JOE DONOVAN  
CONTRIBUTOR

Both the Willamette men's and women's cross country teams have earned places in the national polls over the past seasons. However, these Bearcats know that the rankings are deceptive. Instead of following the so-called "leader board," the 'Cats are looking to live up to their own expectations for this post-season.

Currently, the Bearcat men are ranked first in the West Region and 14th nationally. However, the team is ready to out-perform the national standings. Senior Stefan Redfield thinks the rankings don't fully recognize the potential of his team. "Our current ranking is very respectable, but actually on the conservative side of what our team is capable of," Redfield said.

Although team members like to acknowledge this season's success, they emphasize the importance of not getting too caught-up in national recognition. "We don't run for the rankings, but it is nice to see that our efforts out on the course are recognized," senior Ryan McLaughlin said. "However, our team needs to continue the hard work and keep up the excitement."

The women, ranked fourth in the West Region, are excited to race with all their top runners for the first time since early September. The women's team has dealt with injuries among its top runners. All season-long, the Bearcat women will bring the best they have to the starting line of the championship meets.

Despite this grounded approach, the Bearcats cannot help but look forward to the national meet. To them, a

successful season is defined by these championship meets. McLaughlin thinks this approach will bode well for the Bearcats. "We have a certain confidence and hunger this year that has the potential to get us a regional championship and a great placing at Nationals," McLaughlin said.

The women and men cross country teams will compete this weekend in Tacoma in the NWC Championships.

Contact: [jdonovan@willamette.edu](mailto:jdonovan@willamette.edu)

## next up:

NWC Championships @ Tacoma, Washington  
Saturday, Oct. 30 at 10 a.m.

## SOCCER

## Seniors honored, women score tie with powerful Loggers

BRANDON CHINN  
CONTRIBUTOR

## MENS SOCCER

On a cold, rainy day at Sparks field, the Bearcats had trouble finding any bright moments, losing to the University of Puget Sound 2-0 and dropping to 1-7-2 in Northwest Conference play.

The Loggers took an early lead in the 13th minute when freshman forward Ryan Rash put UPS up 1-0. The Bearcat defense, led by senior defender Pete Kline, did a nice job keeping the game close, stopping several Logger opportunities, including a one-man breakaway, to keep the half time score at 1-0. The score remained 1-0 until UPS tacked on another goal in the 55th minute of play.

Despite the loss, Head Coach Nelson Larson was proud of the hard work and effort, especially on the defensive side. "[Kline] is always working and hustling, and all the other guys have been solid as well," Larson said. "It's unfortunate that we don't have the results to show how well we've played."

Despite a relatively unsuccessful record so far this season, the 'Cats have shown improvement. Led by the resilience of Kline and senior keeper Eben Hellekson, Willamette has given up 12 goals less than last season.

Sunday was much of the same story for the Bearcats, who dropped a nail biter to Pacific Lutheran 1-0. The Lutes have been the cream of the NWC this season, compiling an 8-3 conference record. The action happened early in the game, when in the fifth minute Lute forward Spencer Augustin connected to give PLU a lead it would not relinquish.

Despite being shut out for the fourth consecutive game, the Cats had several opportunities to score from the offensive end due to a new approach set forth by Larson. "We're just trying to be a little more attack minded. Now we're pushing players higher up, giving them more individual responsibility and they've done well with it. We just need to finish," Larson said.

Sunday was the final home game of the season for the Bearcats. Willamette's three seniors Kline, Hellekson and midfielder Ross Vartain were honored prior to the game for their contributions to Bearcat soccer over the past four seasons.

When asked about the emotions surrounding that one final game at Sparks field, Kline said, "I have some very fond memories of playing at home during my four years here. I have grown tremendously as a player and a person because of the challenges that we have overcome as a team."



Senior defender Pete Kline and freshman midfielder Trevor Jensen battle for possession with a UPS player.

## WOMENS SOCCER

The UPS Loggers entered Sunday's game ranked in the top 25 in the latest Division III polls, but that did not stop the lady 'Cats from making a game out of it, competing with UPS through both halves and two overtimes before settling for a 1-1 draw.

It was Willamette that took the early lead, scoring in the fourth minute when senior forward Alex Batzer assisted junior midfielder Stephanie Skelly for the game's first goal. Skelly, who was named Northwest Conference Student-Athlete of the Week for last weekend's performance, scored her fourth goal in the past three games and her team-leading tenth goal of the season.

The Loggers answered right back just five minutes later when junior Christine Isabella snuck a ball past Bearcat senior keeper Kelli Gano to tie the game in the tenth minute of play. The remainder of the game was a defensive showcase for the 'Cats. Led by senior captain Megan Moore and Gano, the defense stopped several Loggers opportunities, including a combination of corner kicks and breakaways, to keep the tie intact.

Looking back on the game, Moore was extremely happy with the defensive play. "I think that this was possibly the best played game by the defense," Moore said. "Everyone was on the same page as we stepped up together and stayed organized with all that UPS threw at us. This tie was the first outcome other than a loss for us against the Loggers for the first time in years."

Prior to the game, Gano, Batzer and Moore were honored as seniors for their contributions to Bearcat soccer. Moore said that her final game allowed her to look back at her injury-plagued career. "After battling back from my injury I feel extremely grateful for two last rewarding years of soccer. Nothing can replace all of the memories I have with my fellow Bearcats out there on the soccer field," Moore said.

Contact: [bchinn@willamette.edu](mailto:bchinn@willamette.edu)

### ▼ next up:

Bearcats v. Whitworth @ Spokane, Washington  
Saturday, Oct. 30 at 12 p.m. (W) and 2:30 p.m. (M)

## FOOTBALL

## Schoettgen, Bearcats wash out Menlo

JOHN LIND  
SPORTS EDITOR

Torrential wind and rain thoroughly soaked McCulloch and all spectators last Saturday night, making the contest between the Bearcats and visiting Menlo College more of a battle against the elements. Head Coach Mark Speckman and the 'Cats would not let their play on the field be bogged down, even though they were soaked on the sideline. They defeated the Oaks 32-15.

"It was miserable," Speckman said. "Nobody likes playing in that."

Despite the wet weather, there was football to be played. Sophomore quarterback Brian Widing and the Willamette offense took the field first, methodically moving the ball against an overmatched Oak defense. "[Widing] is from Oregon, so that really helps," Speckman said. "He's comfortable throwing in the rain."

The Bearcats' first drive culminated in record-breaking fashion. Widing connected with senior receiver Scott Schoettgen from 13 yards out to put the 'Cats ahead 6-0, giving Schoettgen his seventh touchdown of the season and 30th of his career, a Willamette school

record. "When I found out I was going to get to play with [Schoettgen], it felt like Christmas," Widing said. "It's an honor to be part of his record."

Widing and Schoettgen were not done yet, however, connecting on Willamette's next two scores from 50 and 48 yards. Schoettgen finished the game with seven catches for a total of 157 yards.

The Oaks struck back, converting to tie the game at six. Willamette had its share of woes, as Menlo recorded four sacks and limited the usually powerful Bearcat offense to only 121 yards on the ground.

The 'Cats would regain form after the Menlo touchdown, relying on the Widing-Schoettgen connection that has been nothing short of dynamic this season. Schoettgen's 758 yards receiving (good for 108.3 yards/game) on the season are tops in the Northwest Conference.

Menlo quarterback Taylor Congdon struggled, throwing three interceptions. Midway through the second quarter, sophomore linebacker Reed Warner recovered a Congdon fumble after jarring the ball loose. This turnover led to a Schoettgen touchdown

on the very next play.

Once again, Willamette's defense performed valiantly, holding Menlo to only 162 yards of total offense. Senior linebacker Ralph Pineda led the 'Cats with 11 tackles and an interception. Warner recovered the fumble while also intercepting Congdon and totaling three tackles and .5 sacks.

Willamette (5-2, 2-1 NWC) now travels north to Spokane, Washington to take on Whitworth. The Pirates are led by dynamic senior running back Adam Anderson, who was a 2008 Second Team All-American and two-time NWC Player of the Year. Speckman said the Bearcats will be ready for anything the Pirates throw at them.

"[Anderson is] a force," Speckman said, "but we've done pretty well against them in the past. You just strap it up and tape your ankles and ... it should be pretty good."

Contact: [jlind@willamette.edu](mailto:jlind@willamette.edu)

### ▼ next up:

Bearcats v. Whitworth @ Spokane, Washington  
Saturday, Oct. 30 at 1 p.m.

# Reeder's Reader

## The protein myth



JO  
REEDER

COLUMNIST

For decades, commercials, magazines and fitness celebrities have told us that protein is the key to gaining muscle. Protein shakes and supplements line the shelves of health sections everywhere. However, protein intake beyond an adequate diet may not be necessary and could potentially be harmful.

The average person needs approximately .8 grams of protein per kilogram of body weight. In more tangible terms, the average 150-pound person needs 54.4 grams of protein per day, which is 2.5 fish fillets or 7 ounces of lean beef. Having more than this amount can put unnecessary stress on the kidneys. The kidneys aid in protein catabolism, and when more protein is available than the body needs, the kidneys have to work harder to break it down.

Training athletes may need more protein than the average person. A long-distance runner can need up to 1.3 grams of protein per kilogram of body weight, a varsity collegiate rower needs closer to 1.1 grams per kilogram and an athlete on a primarily weight training program will need between .8 and 1 gram of protein per kilogram of body weight.

More important than the quantity of protein is the quality of protein, and timing of protein intake. In order to build muscle, all amino acids must be present in the body. There are 20 amino acids. Nine are essential, meaning we must get them from our diet. The best way to do this is by consuming animal products such as meat, eggs and dairy.

It is however, possible to get all essential amino acids from plant-type foods. To ensure all amino acids are obtained through plant products, one should eat a mixture of different legumes (peanuts, beans, lentils), seeds and vegetables throughout the day.

It is also important to time protein intake. Eating protein close to a workout, particularly within the hour after a workout, will ensure that all amino acids are available for protein synthesis, therefore building muscle.

## FOOD OF THE WEEK Cinnamon



Courtesy of [ankigeorge.com](http://ankigeorge.com)

Cinnamon's great nutritional benefit is its ability to help moderate blood sugar. A study of 60 type II diabetics showed that increased intake of cinnamon helped lower fasting blood sugar, triglycerides, LDL (bad) cholesterol and total cholesterol, all by at least seven percent.

In a study of healthy individuals, cinnamon was shown to moderate blood sugar following a meal. This is important because high blood sugar over time can lead to type II diabetes, and blood sugar usually spikes following a meal. Cinnamon was also shown to slow gastric emptying, which may help one feel full longer.

In addition to moderating blood sugar, cinnamon has been shown to help combat bacteria and fungi growth, including *Candida*, a common yeast overgrowth, due to antimicrobial compounds it contains. Try adding cinnamon to your diet by sprinkling it on coffee or tea, mixing it into pasta or vegetable sauces, putting it in soups and adding it to desserts.

## OPINION



## Matt's Musings

# Special dispensation



M A T T  
PITCHFORD

OPINIONS EDITOR

Perhaps studying at "The Fishbowl" gives us more insight into life than we may realize. Everything looks clear, limitless and unadulterated. Food practically rains from the sky and even if we run into some sort of incomprehensible barrier, it's easy to forget about it. We live in a giant bowl where we can see forever but are protected from most discomforts and difficulties.

But even though college is absolutely unique in terms of conditions and opportunities, it should not be treated uniquely in terms of our development and responsibility. College is special, but not a special dispensation. This collegiate environment is a time of incredible freedom. Here is a place of experimentation and possibilities. But this freedom is not without responsibility.

It is the freedom to gain insights into life - your life. It is a responsibility to yourself to continue to develop, learn and define more of who you are and what you care about. It is not a four-year vacation.

Should you knowingly act in a way that won't translate to the rest of your life? Put another way, college is meant to be relevant. It isn't just some temporal bubble where you get to do whatever you want and life begins afterward. It's not somehow separate, even if it is singular. It's not set apart, even if it is special.

A tourist gets to see a lot and experience a lot, much of it worthwhile. But a tourist doesn't get to know a place, the way a resident truly can, the true depths, idiosyncrasies and secrets of a place.

Reside in your life. College, at least, is a place where you start to move into that residence.

Don't get me wrong, this is a time to explore and uncover. But even as you move on to newer and more exciting ideas, that doesn't mean that you shouldn't settle on something and dig deeply into it. That is the paradox, to grow larger and explore other things even as you dig deeper and pursue the things that are important to you.

I remember reading an article written by an alumnus a while ago in the *Collegian*. He bitterly pleaded the case of college being the time of your life to do stuff just because - f\*\*\* it - you could. It made me angry and a bit sad.

College is a place to try things, to be sure. But in the end, you should do things not merely because you can, but because they matter. Because they matter to you and the way you want to live your life.

That alumnus was bitter because he treated college merely as a playground and, afterward, found that he had nothing that mattered to him. College may be a "return to childhood," but it is much more of an enormous sandbox than a swing set.

It is a place for play and for building, not repetitive and meaningless motion. Such sand structures may be flimsy and transient, but given enough time and practice, one can learn to live there. Reside in the entirety of your life ... college and beyond.

Contact: [mpitchfo@willamette.edu](mailto: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 ([lgold@willamette.edu](mailto:lgold@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

# Presidential pursuits

It seems that we only notice the value of something when it is absent. This old adage also seems to ring true in the context of President Pelton's announced departure from Willamette. There is a wide range of opinions about this fact, ranging from apathy to excitement. While there is a set of people who were not sad to hear that Pelton was leaving, the general consensus about his contribution to Willamette seems to be that he is just a nice guy - nothing more.

That's honestly too bad. In a position as important as the president of University, it is important to understand how exactly it all works. Willamette puts in a lot of effort to demystify the hierarchy and structure of college. Administrators are open about processes and policies. Pelton seemed to do everything he could to help students not only understand his position, but to make himself available for conversation.

But how many students actually took advantage of that access? How many students saw or understood what Pelton was actually doing for them, or not doing for them? To that end, it is important for students to take a considered and active interest in the selection process for the next president.

As has been said in football and other sports, "If you're not moving forward, you're falling behind." At an institution of higher learning, it's easy to feel like the goal is to simply exist as an institution for as long a possible. The more years a university has been around, the more prestigious it is. But, part of continuing as an institution includes an active sort of plan.

The president, along with the Board of Trustees, is in charge of the big picture. How do all the academics, buildings, policies, budgets, facilities and opportunities fit together? What is the direction of the University?

Beyond helping with the big picture, the president is also responsible for fundraising some of the cold hard cash that goes into making the institution work. He also serves as the public figurehead of the University to other organizations, nationally and internationally. His job is to be the nexus of university plans and the face of Willamette.

Many of these activities aren't in the range of our day-to-day lives at Willamette. When things like midterms roll around, we're understandably more interested in studying, testing, eating and sleeping. But just because we can't see

what the president is up to does not mean that it is not important for us.

It's the stuff going on behind the scenes that helps Willamette to keep moving forward and to keep its doors open.

So, as with the involvement in any organization or body politic, you will often get out of it what you put in. The current ongoing search for a president is not something that is removed from our consideration of life at Willamette. It can have direct and lasting impacts on our experience in college.

Rather than walking away from your four years with a vague sense of displeasure or "niceness," try actively learning about and learning from the president. It might just be worth it.

## COLLEGIAN EDITORIAL POLICY

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

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## OPINION

# Do not drink the Kool-Aid

PAUL MCKEAN  
GUEST WRITER

Willamette's campus has a serious drinking problem. No, not that drinking problem. This one involves Kool-Aid.

You've no doubt seen students and faculty drinking Kool-Aid in your classes, while walking down the quad or chatting in the Bistro. We drink the Kool-Aid whenever we blindly follow an idea or organization without questioning it. We drink it whenever we think that any one political party has the monopoly on the truth. And we drink it whenever we fail to consider that there are alternative viewpoints to our own.

What's so wrong with drinking Kool-Aid? After all, it makes us feel good and it is undeniably comforting to feel superior in our own views and opinions. But drinking Kool-Aid can sometimes have disastrous, even deadly, effects.

The most infamous case of Kool-Aid drinking was the so-called "Jonestown Massacre." When cult leader Jim Jones instructed his followers to drink from a vat of Kool-Aid, they listened without question. Turns out

that Kool-Aid was laced with cyanide. All 909 drinkers - men, women and children - died almost instantly.

Luckily, Willamette's Kool-Aid drinking problem is not likely to kill any of us. But that doesn't make it any less serious. College is a time to learn to question ideas that seem to be true on the surface in order to expose the deeper nuances below. It is about rejecting conventional wisdom and thinking critically about the world around us. But how can we possibly learn anything if we are too tied to our own ideological affiliations to hear any other points of view?

Drinking Kool-Aid is not a problem for only one political party. Democrats and Republicans alike are unwilling to look past their own party when thinking about political issues. We see this reflected every day in our over-zealous cable TV hosts and our increasingly loud and divided political discourse. And, in an election season dominated by a difficult economy and combined with a media ravenous for drama and controversy, partisanship is likely to get worse before it gets better.

On a campus that is relatively politically homogenous (and generally liberal-leaning), it is easy for us to see our peers as cheerleaders for our own political point of view. It is easy to make fun of Sarah Palin during class, and then tell all your friends about just how much you love President Obama as you walk to your dorm afterward.

I love doing that just as much as the next guy. But when we use our campus and our classroom as an echo-chamber for our own point of view, then we are no longer learning - we are only reinforcing our previously-held views.

I am not arguing against taking pride in your political party. Democracy thrives on partisan debate and competition. But I challenge you to not see your party as holding the absolute truth. Be willing to see that there are different, equally valid sides to every issue. In short, don't drink the Kool-Aid - you never know what might be lurking at the bottom of your cup.

Contact: [pmckean@willamette.edu](mailto:pmckean@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](mailto:mpitchfo@willamette.edu)

OPINION

# To tray or not to tray

ALEX MARESH  
GUEST WRITER

I'm sure that you've noticed the disappearing act that all trays seem to pull come Tuesday. In fact, I'm even sure that you have an opinion about it.

But I've noticed something about students on campus. While we're all content to complain or rave about what we are experiencing, we often aren't willing to take the steps to speak up effectively. I know that you are busy, tired and overworked, but you should still voice your opinions.

That is what we are trying to facilitate in ASWU. We are going to be having a discussion on Thursday, Oct. 28 at 7:30 p.m. If you feel strongly about Trayless Dinners, you need to be there.

I support Trayless Dinners. A common complaint about Trayless Tuesdays is that it can necessitate multiple trips. Really? Since we don't have to make the food or clean our dishes, I feel that we are all capable of standing up and going back for seconds. I have also heard statements bemoaning the perceived stigma towards those who carry several plates at once and I understand that some people feel self-conscious with all that food. But can I tell you something? We are adults. Big kids!

No one is going to judge you for carrying two plates of food at once. In fact, go for it. Hold your head high and walk with the confidence a jungle cat exhibits after a successful kill. Or something like that. But maybe it makes you realize that you don't need that much food. Yes, two huge M&M brownies next to a piece of pizza, pasta and a bowl of cereal looks damn sexy on a tray, all ready for you to enjoy. But do you end up eating all of it? If you do, way to go, because that takes skill. But if you don't, that's just wasted food.

As chairwoman of the Food Committee, I will be making a recommenda-

tion to Senate regarding going entirely trayless this and next semester. Love the idea of Trayless Dinners? I encourage you to come. If the idea completely frustrates you, you should be there. I want you to come to Senate and share why you love or hate this concept.

While it is one thing to discuss something within the comfort of your friend group, it is quite another to bring an issue to a forum filled with facts and people with dissenting opinions. And although the second option takes more dedication, it is the only choice that will bring about noticeable change.

Now that we have reached the magical age of legality, we are responsible for our actions. If we can save energy, resources and food by limiting our use of trays, we should do it. Am I going to perform a citizen's arrest on you if I see you reaching for a tray? Nope. But you should make an informed decision. Hopefully you decide to skip the tray, but not the meeting. We'll see you in Smullin 129 this Thursday.

Contact: amaresh@willamette.edu

OPINION



# The Halloween party edition



KEVIN BELL

COLUMNIST

This weekend is Halloween, and I hope you've all made your preparations in time for the event. I don't know if you've ever been unfortunate enough to be trapped in a costume store in the days leading up to Halloween, but it's like if New Orleans after Katrina met the DMZ, complete with land mines and looters aplenty.

I've decided this year to go the DIY route and, having collected several dozen PBR cans, I think I'm finally ready to start construction on my costume. By combining Pabst, duct tape and some old clothing, I shall become a Knight of the Cheap Beer Table!

A Halloween costume says a lot about the person wearing it. For men, this is a way to demonstrate your ability to appreciate puns, imbibe alcohol or dress up as your favorite whatever. For girls, this is a way to add "slutty" as a prefix to every personal noun in the English language and make a costume out of it.

While Willamette students are not often in need of a spare excuse to party - common contenders including boredom, late morning classes and days that end in "y" - Halloween is the annual Less-Than-Entirely-Holy Grail of the social calendar. This year will also be the first time in two years I've been present on campus for Halloween, so I'm getting increasingly pumped about it. Next week's Campus Safety Report should be entertaining.

The only downside is that I, like many of us, have friends studying abroad this semester, and from reports I've heard, apparently Halloween is a uniquely American tradition in its current state. Youth culture in other nations often idealizes the excesses gone to by American college students though, so it is up to us to be a shining beacon of inebriation, nonsense and costumed sluttiness for all the world to behold.

Supposedly at a WU program partner in Denmark there are parties with a theme of "American," which consist entirely of popped collars and beer bong of the cheapest swill they can find, so we must remember to keep in mind those cultural ambassadors who we have off promoting American party-gemony abroad.

My only caveat for this weekend is that while it's all good fun to be edgy and hip and offensive or whatever, please, just please, don't do anything stupid enough to convince anyone else to start a crusade for social justice again.

I'm Irrationally Irritated at a protestor at last week's Obama rally in Portland, who had a list of people going to hell which included: hippie capitalists, P.K.'s, Democrats, college students and people without megaphones. It's not that your 200 dB chanting wasn't perfectly charming, but that you refused to explain to me exactly what a hippie capitalist was. Your abuse of the concept of denotation has not gone unnoticed.

There are a special place for people who has bad grammars.

Contact: kbelle@willamette.edu



# POLITICAL PARTY ANIMALS



## Offshore drilling

### Liberal Voice



MAXWELL MENSINGER

COLUMNIST

The offshore drilling debate, contentious since the 1970s, has been in the news of late. In California, voters gear up to either accept or reject Proposition 23. This proposition, in short, would suspend sections of the Global Warming Act of 2006, allowing offshore drilling on the California coastline and decreasing drilling companies' health and safety standards. It would also supposedly bring in loads of oil, which, as everyone knows, is in shorter supply every day. Gas prices are rising, and some are panicking.

Just to be clear, to allow offshore drilling at a time like this is to show that a populace has learned nothing about the problems associated with off-shore drilling. Proposition 23 is flat out the worst option for California. In the first place, no one should trust large companies like Valero or Tesoro when they say that standards are "too high" and they simply must lower them if they want to make any profit.

In fact, Valero's business is so bad that it could only manage to donate \$4,065,636.60 in favor of Proposition 23! But don't worry, California, they'll provide a few new jobs, while slowing the rapidly growing green jobs market, endangering the 400 plus other jobs dependent on the coast and slowly polluting the oceanic ecosystem.

Apparently everyone should forget about the BP fiasco, and the possibly permanent decimation it caused in the Gulf. In fact, if you should trust anyone, it should obviously be the money-grubbing oil companies resistant to alternative energy and impartial to the imminent ravages global warming threatens. However, the fact that even some federal judges are warming to the notion of offshore drilling signifies something much more dangerous than irresponsible companies.

When U.S. District Court Judge Martin Feldman issued an injunction that halted the Obama administration's temporary moratorium on offshore drilling below 500 feet on June 21, he failed to recognize a dangerous trend festering in American markets and myth. The world is running out of oil and, frankly, there's not that much off American shores.

If America keeps feeding its oil addiction, it will get left behind when it starts to run dry. This doesn't just mean less driving, it means no more electricity, heating, transportation, refrigeration, non-local food, chain stores, computers, etc. It means that the oil companies we trusted can no longer help in any way, and that America must clean up its mess.

If we keep ignoring our problem, feeding our addiction, allowing car companies to produce inefficient cars, allowing oil companies to lower health and safety standards, ignoring public transportation systems and most of all not informing people of the stakes at risk, everyone will suffer, not just the dwindling oil business.

Contact: mmensing@willamette.edu

### Conservative Voice



NICK TAYLOR

COLUMNIST

Earlier this month a judge dumped new rules governing offshore drilling, not long after the White House officially ended the moratorium on drilling in the Gulf of Mexico. The new rules and the moratorium were part of the Obama administration's response to the explosion of the Deepwater Horizon oil rig last spring.

These types of catastrophic events cause long-lasting environmental and economic damage, and we should do what we can to prevent them, but this does not mean that offshore drilling should be banned entirely.

An outright moratorium on drilling would be devastating to this country, especially at a time when the U.S. is so economically vulnerable. The loss of jobs and revenue would be astounding, as we would lose not only workers who work on oil rigs, but refinery employees as well. It is estimated that around 27,000 oil workers in the Gulf states were out of work while the drilling ban was in place. If a ban were to be made nationwide and permanent, we could see the loss of hundreds of thousands of jobs.

The solution for the offshore drilling "problem" is not nearly as simple as opponents of drilling suggest. As great as it would be to start investing in green energy and wean ourselves off of oil, it just is not feasible to retrain all the oil workers that would lose jobs and place them in a new "green" job without significant time and economic resources from the federal government.

Along with the job loss there would be an increased demand for foreign oil. Every barrel of oil we do not produce ourselves we would have to obtain from elsewhere, which is very bad news from both economic and security standpoints.

As opposed to big government as I am, I still believe that if the United States has a regulatory body for oil drilling, we should at least be sure that the agency is working properly (it is using our tax money after all). The Minerals Management Service, which was a part of the Department of the Interior, was responsible for the regulation and oversight of offshore drilling rigs.

After the Deepwater incident, it was discovered that instead of monitoring the safety of oil rigs, the employees of the MMS were more interested in participating in cocaine fueled orgies. The Deepwater Horizon incident was isolated and caused by multiple failures at multiple levels - it would be irresponsible to base this nation's domestic policy on an individual event.

Contact: ntaylor@willamette.edu

# CAMPUS SAFETY REPORT

OCT. 15-21, 2010  
Information provided by Campus Safety

## CRIMINAL MISCHIEF

▶ Oct. 21, 12:20 p.m. (Winter and Bellevue streets): Someone sprayed graffiti on the large green Willamette University sign. The graffiti was photographed and maintenance was notified.

## EMERGENCY MEDICAL AID

▶ Oct. 15, 9:38 p.m. (Baxter Hall): A student who was not feeling well called Campus Safety requesting a ride to the hospital. WEMS assessed the student and she was subsequently transported to the ER by Campus Safety.

## HARASSMENT

▶ Oct. 21, 8:15 p.m. (Montag Center): A student came to the office to report that another student had made him feel uncomfortable. The student was told that if there was more unwanted contact that he should call Campus

Safety. Residence Life was notified of the incident.

## POSSESSION OF A CONTROLLED SUBSTANCE

▶ Oct. 17, 10:53 p.m. (Kaneko Commons): During a building check, an officer had reason to believe marijuana was being smoked on the balcony of a Kaneko room. The officer interviewed the students, who exhibited signs of smoking marijuana. Residence Life was notified.

## SAFETY VIOLATION

▶ Oct. 18, 1:10 a.m. (Olin Science Center): An employee found a biohazard bag in a trash can at Olin. The bag was placed in the proper receptacle for hazardous waste.

## THEFT

▶ Oct. 15, 9:00 a.m. (Matthews Parking Lot): A student reported the theft of some items, which included a stereo, Bluetooth and paperwork.

▶ Oct. 15, 7:30 p.m. (Lee House): A student came in to report that her plant had been stolen sometime in the previous week from the courtyard between Lee and York Houses.

▶ Oct. 16, 8:07 p.m. (Mill Street): A student reported that the theft of a GPS device had happened within a

two week span of not having used his car. There was no damage to the vehicle.

▶ Oct. 18, 12:55 a.m. (University Apartments Lot): During a patrol, Campus Safety officers stopped a man in the process of stealing a bike from the bike rack by the University Apartments. Officers arrested the subject and Salem Police was contacted to take the subject to jail.


▶ Oct. 21, 7:27 p.m. (Pi Beta Phi): A student reported that her bike had been taken from the south side of Pi Beta Phi. She had last seen her bike a month before.


## TRESPASS

▶ Oct. 15, 10:45 p.m. (Sparks Field): Campus Safety was notified by Salem Hospital of a man they had trespassed from their grounds was going to Sparks Field. An officer intercepted the man near the field and he was asked to leave. The man complied and left campus.

Please contact Campus Safety if you have any information regarding these incidents:  
[safety@willamette.edu](mailto:safety@willamette.edu)

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