

Sports

The Bearcats topped nationally-ranked Linfield on Saturday, marking their first defeat of the Wildcats since 2008.

P. 8



NAOMI STUKEY

Feature

Avoid having a meltdown this finals season by checking out creative ways to manage stress.

P. 6-7



KELLIE STANDISH

THE WILLAMETTE COLLEGIAN

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NEWS

'Late Night' losing patrons and profits

JOSEPH LINDBLOM-MASUWALE
CONTRIBUTOR

Though ASWU's Late Night Eats program is six weeks into its second semester of existence, low turnout numbers have forced a possible restructuring of the program.

This semester, attendance has been lower than needed to break even on the cost to organize the event each week.

The first night this semester had the highest recorded student attendance—with 194 people—with each succeeding week averaging a little over 100 people.

"In order for this program to [break] even, where we don't spend money to keep the program alive, we'd need at least 300 students to show up every week," program direc-

tor Yulya Yakubovsky said. Those 300 students would also have to buy about \$5 worth of food.

Late Night Eats is a food-based community event currently held weekly on Wednesdays from 8 to 11 p.m. in Cat Cavern. It was designed by ASWU last year to provide students with a chance to relax, take a break from their studies and eat some comfort food.

Many themes nights have been added by the program's leadership, including a pajama night, a video game night and trivia.

Chris McGough, one of the Bon Appétit supervisors in charge of managing the program, said that one of the reasons students do not attend the event is the cost of the food and that students cannot use their meal points.

See **NO**, Page 2

SPORTS



MICHAEL UNDERWOOD

Junior Jacob Shafi took second in the men's 8-kilometer race to lead Willamette, while junior Taylor Ostrander took first overall in the women's race.



MICHAEL UNDERWOOD

Cross country dominates NWC

EVAN GIDDINGS
STAFF WRITER

This year's Cross Country Northwest Conference Championships saw both the men's and the women's teams run through the competition, capturing team titles for the second consecutive year in a row.

However, this year was particularly memorable, as it took place at

Willamette's own Bush's Pastures Park.

"I think that this conference was extra special," senior Michaela Freeby said. "It was amazing to have my last conference finish so strongly, and I couldn't be prouder."

The women's team accomplished a 1-2-3-4-6 finish in the 6-kilometer race, with junior Taylor Ostrander winning the individual title with

a time of 22:52.2. She barely edged out sophomore Olivia Mancl, who ran an identical 22:52.2, and Freeby finished just 0.1 seconds later at 22:52.3.

"Winning Conference this year was especially exciting because we had so many Bearcats in the front of the pack," Ostrander said.

See **CROSS COUNTRY**, Page 8

NEWS

Squirrels facing extinction



PALOMA HENNESSY



PALOMA HENNESSY

If the Salem Hospital moves forward with its plans to cut down certain trees on their property, the western gray squirrel could be wiped out. Biology professor David Craig and sophomore Maya Kaup have written letters to officials asking them not to remove the trees that the vulnerable squirrel population uses to nest.

See **SQUIRRELS**, Page 3

LIFESTYLES

No more growing pains for Taylor Swift

TEDDY WU
CONTRIBUTOR

Since making waves at age 16 with her self-titled debut album, Taylor Swift has dominated the music scene for close to a decade. Throughout her incredible career, Swift has endured a plethora of critics and doubters at every turn.

Innumerable music bloggers, mainstream and indie alike, have long chided her for sappy lyricism and uninteresting melodies. Ask any Pitchfork-reading hipster who knows their "King of Limbs" from "King of

Carrot Flowers" about Swift—you won't receive so much as a disinterested scoff.

Last week, Swift released her fifth studio album, "1989," her fully actualized movement into pop music. While some of the songs seem sonically mismatched and lyrically vapid, in total it's her best album to date and shows she's grown immensely as a musician and

“Does Taylor Swift still warrant all the criticism?”

as a person.

Still, the larger question remains: does Taylor Swift still warrant all the criticism?

See **1989**, Page 5



Bishop opens Mind Spa

ALYSSA MILSTEAD
STAFF WRITER

Whether Willamette students just want to take a break from studying by visiting the Mind Spa—or if they want to help make the campus more welcoming for every student—Bishop Wellness Center is working to make that happen.

On Oct. 1, Bishop opened the Mind Spa, and since then it has had 43 visitors for a total of 57 appointments.

For 30 minutes a week, students can reserve the room in Bishop, which features a massage chair, full-spectrum light and biofeedback program.

Director of Counseling Services Don Thomson said that these relaxation rooms are becoming a trend at schools throughout the Pacific Northwest.

Thomson developed the Mind Spa after the Spring 2013 American College Health Association's National College Health Assessment revealed that, in the last 12 months, 51.9 percent of University students surveyed said they "felt hopeless," and 58.5 percent of students said they felt "overwhelming anxiety" at some point.

"To a degree, being an overcommitted student is

the Willamette way," Thomson said. "This pressure to do it all often comes at the cost of a healthy school-personal life balance, and can negatively impact many spheres of a student's life."

The Mind Spa is supposed to reduce stress and anxiety, the two most common things that impact academic performance.

Thomson said that he thinks visits to the Mind Spa will increase as more students become aware of the resource.

Bishop is also working to make its health services center more inclusive.

At 6 p.m. on Sunday, Nov. 9, Bishop is holding an information session in Montag Den for their new "Live Audit" system for evaluating the health services center.

Last fall, Director of Bishop Margaret Trout sat on the President's Working Group on Sexual Assault and Harassment.

The results of the Working Group's survey demonstrated to Trout that it was essential for the University to address the needs of students identifying as transgender or genderqueer.

"When our results came back to us, we learned that the students who had identified as trans in the survey had experienced more incidents of being harmed and

felt less safe on campus," Trout said. "Now, this was campuswide, but I only control Bishop, so I wanted to see how we could do our part here."

According to the Working Group survey results, 40 percent of trans students at Willamette said they had survived penetrative rape.

In the weeks after the Nov. 9 information session, Bishop will encourage students to conduct a "live audit" by evaluating their visits.

"It's sort of like a secret shopper concept," Trout said. "We want [students] to decide whether the person talking to them is welcoming, respectful—those sorts of things. Then they fill out the survey to give information about how well the visit went."

Senior Sandra Schaefer designed the live audit as a part of her senior psychology internship.

"The sense of community really helps marginalized sexualities, especially with mental health," Schaefer said. "The LGBTQ community suffers from increased levels of depression, increased levels of suicide—so this is something we're trying to address at the forefront."

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ASWU may tap endowment

EMILY HOARD
STAFF WRITER

On Thursday, Oct. 16, ASWU senate approved a new task force to better understand the endowment available to them.

Junior ASWU senator on the task force Teo Ekstrom said that ASWU realized the potential of using the endowment money this year.

ASWU currently has \$8,358.78 for the rest of the semester. Ekstrom said that the funds could "absolutely" help the student government this semester.

"Sort of the point of the endowment, at least in my mind, is to provide an opportunity for clubs that are making big requests that we might not otherwise be able to fund," Ekstrom said.

ASWU Treasurer Greg Ebert said that an endowment is a fund of money used to support the long-term success of an organization.

"The ASWU endowment allows for ASWU to spend large sums of money on capital investments that will have many years of benefit to students, without taking a huge portion of that year's ASWU funds," Ebert said.

The ASWU endowment started with donations, and has grown to \$162,183, with 2.5 percent of student fees annually added to the fund. It was established in 2004 after a student vote, and is part of the University's entire \$213 million endowment.

"The endowment couldn't be used for something that is a consumable product," ASWU adviser Lisa Holliday said. "It has to be a capital project, something that could be purchased that is going to see long-term impact or long-term benefit."

Holliday said that ASWU Sound equipment is an example of a capital project that could be funded through the endowment,—unlike hiring a Wulapalooza band—which would not create a long-term benefit for the student body.

The endowment task force has reviewed the ASWU constitution by-laws regulating how the endowment can be used, and has proposed amendments to several sections. Senators will vote on the proposed amendments at the ASWU senate meeting on Nov. 6.

One of the proposed amendments changes how often ASWU can withdraw money from the endowment. Previously, if the endowment balance was above \$50,000, 10 percent of it could be withdrawn every three years. Now, the task force is proposing that funds could be withdrawn every year.

The amendment would also allow the Club Approval and Finance Committee to recommend that amounts above 10 percent be withdrawn from the endowment.

Senators would still have to approve the recommendation.

Another proposed amendment would increase the amount of money that has to be deposited into the endowment by the ASWU treasurer if the budget has enough money left over at the end of the fiscal year.

Ekstrom said that the proposed changes will give senators more power over ASWU's finances.

"We're saying this is something we can use in the future, this is something that we're allowed to do," Ekstrom said. "But we can't be abusing this. It's not a piggy bank."

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No more 'Late Night'?



Low turnout this semester at Late Night Eats sparked discussion within ASWU.

CONTINUED from Page 1

"When we first started it up [last spring] it was met with great success. It was really busy, students were loving it. But then, as the semester wore on, attendance started dropping pretty drastically," McGough said. "In the little bit of talking with students that I had done during that time, a lot of it was cost."

Despite these concerns, however, McGough still sees value in the program.

"Something like [Late Night Eats] would be great for the students to have," McGough said. "I think having on-campus activities, especially for the underclassmen, is huge."

At the ASWU meeting on Thursday, Oct. 30, senators discussed ways to increase the programs' revenue stream, including changing it to a different day, giving out

coupons or making it a bi-weekly or monthly event.

Senators also discussed making menu items more affordable by having students prepare the food instead of the Bon Appétit staff, who are currently paid overtime for working at the event.

At Late Night Eats on Wednesday, Oct. 29, freshmen Benjamin Falk and Reuben White said that they attended the event because it is an alternative to Goudy dinners.

"I come for the food. At least for me it [isn't] so much about socialization," White said.

Falk agreed.

"For me, it's nice to mix it up instead of having to eat Goudy every night, even though you have to use compass cash here," Falk said. "It's good variation."

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Squirrels' home at risk

MAXIMILIAN NOHR
CONTRIBUTOR

The Salem Hospital has plans to cut down trees on their property that are home to the western gray squirrel and the slender-billed nuthatch songbird, two species with declining populations in Oregon.

Sophomore biology major Maya Kaup and biology professor David Craig first discovered the squirrels in the spring during Craig's ecology class.

According to the Oregon Department of Fish and Wildlife (ODFW), western gray squirrels are considered a sensitive species. This means the squirrels face one or more threats to their populations, but that appropriate measures might be able to prevent them from becoming an endangered species.

The Salem Hospital property contains Oregon white oaks and Douglas firs, the kind of trees that western gray squirrels need for nesting.

Kaup and Craig are taking action to save this habitat of the vulnerable western gray squirrels.

Craig sent letters to Alan Costic, chair of the board of trustees at Salem Hospital and to Laura Tesler, the city councilor responsible for the area in which the respective hospital property falls.



Western gray squirrels could be endangered if the Salem Hospital removes trees on their property that the squirrels use to nest.

"Currently the city has given the hospital permission to cut the trees," Craig said. "The South Central Neighborhood Association appealed the decision and said, 'We're not happy with it,' and it is under review at the state-level land use board."

Craig expects the review decision to come out in about a month. His hope is that the decision will call for a reconsideration of the permission to remove the trees.

Craig is also working on a second letter that is more specific about 11 of the 40 trees that could be removed that he is most concerned about. Kaup said that she also wants students to write letters to keep the trees from being removed.

Kaup is working on an independent research project for her biology class studying the interactions of

western and eastern gray squirrels, but said that she wants to continue studying the species after her class is over.

The eastern gray squirrel was first introduced to Oregon in 1918 on the State Capitol grounds, and has since spread across Oregon. When the eastern gray squirrel inhabits a new area, it can replace native squirrels, like the western gray, in five to 10 years.

"Another thing I'm hoping to do research on is trying to get actual numbers and figure out where actual populations of western gray squirrels are in Oregon to help ODFW understand that there is a declining population of western grey squirrels," Kaup said. "We need to take action on it or else they're going to become extinct."

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Food forum, not fight

KATIE DOBBS
STAFF WRITER

The Bon Appétit Student Advisory Committee has just been formed on campus with the purpose of bringing students into dialogue with food services.

So far, the committee has had one introductory meeting, where the group discussed what issues they feel need to be addressed and how the success of the group would be measured.

"A big thing was sustainability—where does the food go after it is put on the rotating conveyor system? We thought about adding more trayless days, but we were worried about backlash," freshman Anna Landgren said. "Any changes we want to make, we have to take into account every part of the student body."

As of now, the committee gives input to Bon Appétit on their food services.

Because the group is in its beginning stages, there is currently no concrete plan regarding communicating with the student body.

However, committee supervisor and Goudy general manager Chris Linn encourages students to contact Bon Appétit with concerns.

"One of the most underutilized resources on campus is the ability of a student to contact food resources directly, make recommendations or give input," Linn said. "We can't always guarantee that we can please everyone, but I strongly recommend [students] feel free to contact the management team."

The committee currently consists of a small group of 10 to 12 students, mostly freshmen and sophomores.

"I would love to see the number of this committee capped at 15 to 18 members overall, and I would love for more diversity in terms of class representation," Linn said.

While Linn created the committee, he said he wants it to be run by students, for students.

"I am happy to sit and discuss the food committee," Linn said. "It will be a fun, formative exercise with a big element of figuring this out as we go along."

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EDGAR JIMENEZ



EDGAR JIMENEZ

Bon Appétit formed a student advisory committee to gather more input into their food services.

CAMPUS SAFETY REPORT

Oct. 27 - Nov. 2, 2014 |

Information provided by Campus Safety

CRIMINAL MISCHIEF

October 27, 10:45 a.m. (Montag Center): An employee reported that there had been a party in one of the rooms in the Montag Loft. The officer observed multiple empty containers of alcohol in the trash can. The officer also noted that alcohol had been spilt on couches and tables throughout the room.

November 1, 2:21 a.m. (Goudy Commons): Campus Safety received a call regarding a possible break-in. The officer spoke with an employee who reported that some equipment had been tampered with. The employee reported that a couple of machines had been turned on and water had begun pooling around them. The employee stated that the devices had not been on a few hours prior, and that no one else should have been able to turn them on.

EMERGENCY MEDICAL AID

October 29, 8:41 p.m. (McCulloch Stadium): Campus Safety received a report that an injury had occurred on the field at McCulloch Stadium. An officer made contact with an injured person who stated that they had slipped and injured their knee, but did not want to go to the hospital. The officer helped them to their car.

October 29, 10:15 p.m. (McCulloch Stadium): A student called to report that an injury had occurred on the field at the stadium. The officer made contact with the student, who reported that they had twisted their knee during flag football. The student declined a ride to the ER and instead just wanted help to their car so they could contact a friend for a ride home.

October 31, (In a Campus Residence): Campus Safety received a call regarding an intoxicated student. WEMS and Campus Safety met on the scene. After a brief evaluation, WEMS determined that the student would require further medical attention; 911 was called and medics were dispatched. The student was transported to the ER by the Salem Fire Department.

November 1, (In a Campus Residence): Campus Safety received a call regarding an intoxicated student. WEMS and Campus Safety met on scene to evaluate the student and then called Salem Fire Department to evaluate the student further. After a brief evaluation, they determined that the student could be left in the care of himself.

November 2, (In a Campus Residence): Campus Safety received a call that a student had been injured. WEMS and Campus Safety arrived on scene to evaluate a student who had fallen down the stairs, injuring their shoulder and scraping their leg. The student was transported to the hospital by Campus Safety.

HARASSMENT

October 31, 11:27 p.m. (In a Campus Residence): A student came in to the office to report that a threatening note had been left on their door. The student told the officer who they believed wrote the note. The student reported that they didn't feel that they were in

danger, but that they wanted the incident documented.

November 1, 2:10 a.m. (In a Campus Residence): Campus Safety received a call that a fire extinguisher had been set off inside a residence. When the officer arrived on scene, they found that the extinguisher had been sprayed on the door of a student's room. The officer made contact with the victim to find out what had occurred. The student reported that they have had ongoing issues with someone who was antagonizing them. This situation had been escalating and they felt unsafe in their room. The student was given a guest room for the remainder of the weekend.

POSSESSION OF A CONTROLLED SUBSTANCE

November 2, 2:00 a.m. (Kaneko Commons): While on another call, the officer on duty was alerted to loud music coming from a residence. The officer made contact with the residents and observed multiple containers of alcohol inside the room. The student who opened the door stated that everyone inside was of legal drinking age. The officer took down everyone's information and asked them to keep the music and noise down. When the officer returned to the office, they found that the student who had spoken to them had lied about being of legal drinking age.

October 31, 10:29 p.m. (Northwood Hall): Campus Safety received a complaint regarding the smell of marijuana. The officer located the origin of the smell. After knocking multiple times, the officer keyed in and found the room empty. Inside, the officer found a glass container containing marijuana. The paraphernalia was seized.

THEFT

October 27, 11:00 a.m. (Matthews Hall): Campus Safety received a report of some items missing from the Academic Center. The reporting party listed both a toaster and microwave that had been stolen.

October 27, 2:30 p.m. (University Center): A student came in to report that their bike had been stolen. The student reported locking the bike up in front of the Bike Shop for repairs and, when they returned a week later, the bike was gone.

October 30, 3:00 p.m. (Smullin Hall): A student came in to the office to report that their bike had been stolen. The student had locked the bike up before class, but when they returned their lock was cut and the bike was gone. The student was directed to also report the incident to the Salem Police Department.

November 1, 11:40 a.m. (Lee House): Campus Safety received a report regarding the theft of a golf cart battery. Officers spoke with an employee who had witnessed the incident. The employee reported seeing a suspicious vehicle pull up to the golf cart and quickly remove the battery, then put it in the trunk of their car. The license plate of the vehicle was recorded and Salem Police was contacted about the theft.

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

ARTS

Break up your rainy day stupor with a classy combination of jazz and coffee: The Willamette Jazz Collective will join Seattle-based trumpeter Chad McCullough and his Spin Quartet on Thursday, Nov. 6 at 7:30 p.m. at downtown's IKE Box. Admission is free.

To coincide with the Nov. 8 opening of Roger Shimomura's "An American Knockoff" exhibit in the Hallie Ford Museum, Rotaract of Salem is sponsoring Minidoka: Stories from Survivors, a discussion of Japanese-American internment during WWII.

Come educate yourself for free at this noteworthy event on Thursday, Nov. 6 from 7 to 9 p.m. in Hudson Hall.

Spend a few hours this weekend at Ho'olaule'a, a free Hawaiian festival sponsored by Hawaii Club, Japan Studies Student Leaders and Ke Kukui Foundation. Experience authentic food, crafts and games on Saturday, Nov. 8 from 12:30 to 4:30 p.m. in Cat Cavern.

Got culture?
Contact Lifestyles Editor
Juliana Cohen <jacohen>.

Mind Spa serves as cramped oasis

CHRISTINE SMITH
STAFF WRITER

Students in search of a cost free masseuse, a prime napping spot or just a moment of relaxation will find solace in Bishop Wellness Center's newly created Mind Spa. While the room is a bit on the small side, the humble alcove still merits attention.

Midterm season causes dark gray clouds to develop over our heads, including mine. Seeking cover from this proverbial rain, I booked a 30-minute appointment at Bishop and started my Halloween with a trip to the spa.

The word "spa" had me picturing Lorelai Gilmore and her mother on a luxurious getaway equipped with lavish baths and oils—clearly, my expectations were a little high.

It helps to remember that this resource puts the mind, rather than the body, at ease: Mud masks and cucumbers belong in real spas with saunas.

This center for the psyche is currently in a space about a third of the size of a dorm room.

After being escorted to the room, the rest of the experience was self-guided. Once the lights were off, I had the options of figuring out the biofeedback program on the computer or testing out the

massage chair.

Bishop has a page of instructions for the program Wild Divine, but the process of understanding how to use it actually left me more stressed out than before I entered the Mind Spa. Plus, the finger sensors took quite a while to recognize me as a living being, so I shut it off and opted for the chair.

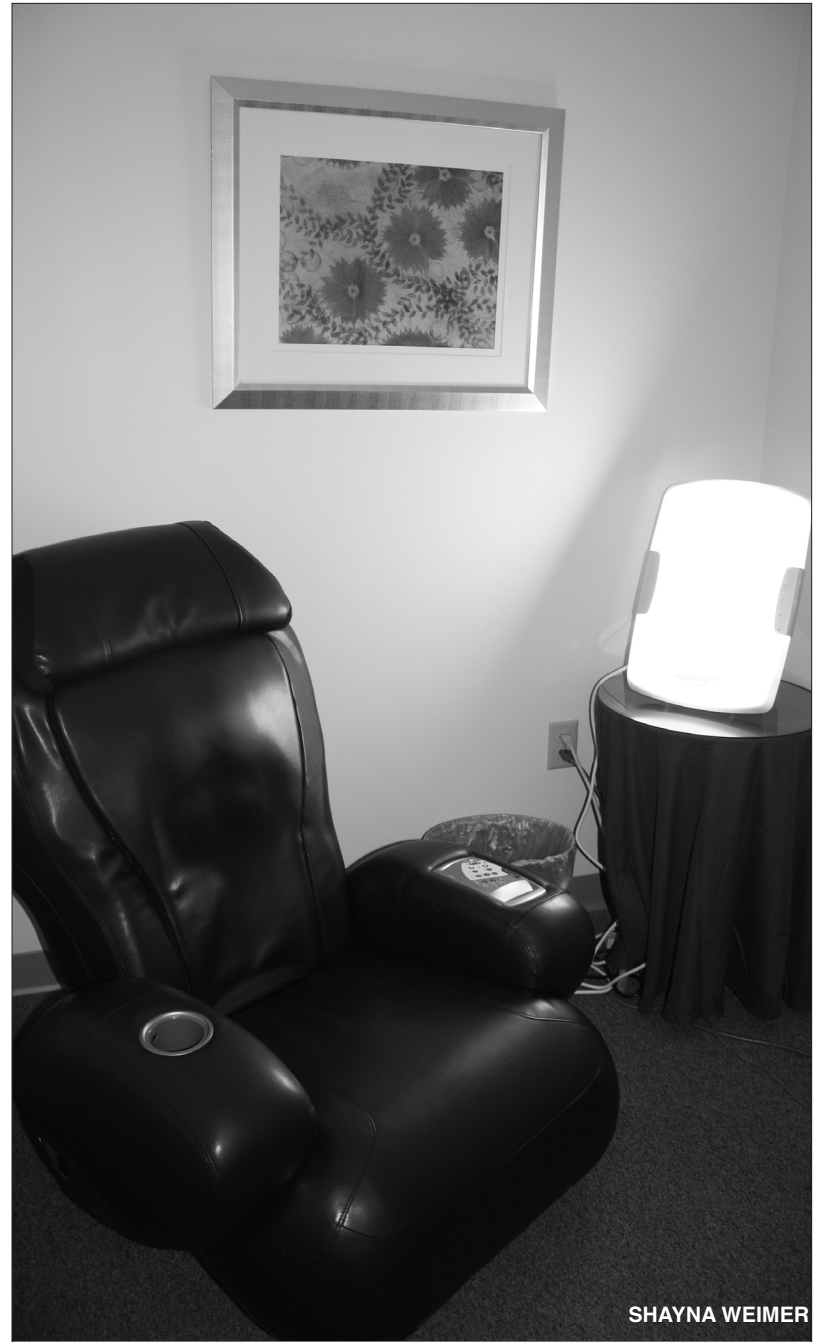
I turned on the Happy Light (a serotonin booster that mimics the sun) and proceeded to try out the different settings on the chair to relieve the stress in my back and shoulders. The massage felt eerily similar to a human hand, as if a person were trapped inside the chair.

I spent the remaining 20 minutes of my stay in the chair relaxing before class. I found this refreshing, but not as fulfilling as the overall sense of restoration that I feel after doing yoga or taking a stroll outside.

The Mind Spa definitely fills the need for a napping space, which many off campus yearn for as tight schedules keep them far away from a bed. Bring a book or last night's homework and catch your breath away from a sea of papers while being massaged.

It's not glamorous, but it's there.

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SHAYNA WEIMER

Instead of talking to a therapist, decompress with Bishop's new high-tech equipment.

MOVIE REVIEW

Fury: Same war, new tone

IAN SIEG
LAYOUT EDITOR

Aside from "Inglorious Basterds," I'm a stranger to WWII films, so forgive me for not picking up on possible tropes in David Ayer's "Fury." This director drives home the point that war makes monsters of everyone.

The American troops may have been fighting a righteous war, but they sinned just like the rest.

Don "Wardaddy" Collier (Brad Pitt) commands a five-man force that pushes its tank, Fury, into the heart of Nazi Germany during the end of the war.

The entire group has fought together since the North African campaign, with the exception of Norman (Logan Lerman), a recently enlisted military typist sent in to replace a redshirt who's dead from the beginning of the film.

Norman is completely removed from the horrors of war; he's never even seen the inside of a tank.

So, in the macabre spirit of the film, his first task is to clean his predecessor's brains off his spot in the tank.

"Fury" has many morbid scenes like this: soldiers run over by tanks, suicides committed while on fire and even child militants gunned down by the tank as it enters a German town.

At the start Norman, a Bible-loving pacifist, cannot bring himself to kill another human—a stark contrast to the rest of Fury's crew. Boyd "Bible" Swan (Shia LaBeouf), Trini "Gordo" Garcia (Michael Peña) and Grady "Coon-Ass" Travis (Jon Bernthal) all feel numb and indifferent toward their dark reality.

There's that camaraderie that Hollywood always assumes is the saving grace of brutality, but Ayer wastes his actors.

With the exception of Don and Norman, the tank's crew retains flat, disappointing personalities. Boyd loves the Bible, Trini doesn't have much personality at all and Grady is the extreme opposite of Norman, totally gone by the time we meet him.

These soldiers do serve as a foil to Norman, and raise questions of morality that characterize war narratives. They commit atrocious acts, but isn't it all in the service of the greater good? Weren't all Nazis terrible?

Most Americans feel this righteousness today.

But "Fury" makes sure to feature the hangings that befell Germans who wouldn't join the Nazis and illuminates the crushing pressure felt by many under the Third Reich. Not to say many Germans didn't support Hitler of their own volition, but history often forgets these other individuals.

Ayer tries to remedy this, yet also shows us that, in war, you cannot see the individual. The tank's crew judges every Nazi soldier by the most atrocious acts of the Third Reich. Even Norman ends up yelling "Die Nazis" as he guns down Germans later in the film.

As Don quite dramatically says, "Ideals are peaceful; war is violent."

"Fury" makes this point clear. Every soldier has to leave their humanity behind and hope that their greater good will outweigh that of the enemy.

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MUSIC REVIEW

1989: A step in the right direction

CONTINUED from Page 1

Before turning 25 this December, Swift will have released five albums, the last four of which debuted at No. 1 on the Billboard charts and won her seven Grammys. For as long as she's been in the public eye, Swift has been a media darling with admirers of all stripes. Fans adore her for her humble, genial appearance, despite her tremendous celebrity status.

Beyond her sociable disposition, Swift keeps her music raw and personal. This honesty exemplifies why she deserves more attention now that she's entered the pop music sphere.

As an artist who considers her albums "[personal] statements... with their own fingerprint," she ties her music and her life together powerfully in a pop genre that so often reeks of inauthenticity.

Take the opener "Welcome to New York," for example. It's a song pitifully optimistic enough to make natives gag. But those opinions don't matter; this is her interpretation of her life.

Other songs on "1989" show Swift entirely content with her outward appearance and the opinions of others. The chorus of "Blank Space" or the single "Shake It Off," for instance, prove Swift has never really attempted to pander to anyone but herself in her songwriting. In 2014, the singer's self-awareness regarding the impact she has on her listeners shines all the way through.

Her lyricism has a lot in common with artists like Kanye West or Drake, though the rappers' music probably has better production. Taylor's songs have the brutally honest qualities of



Taylor Swift's fifth album demonstrates her shift from her country roots to pop music.

Drizzy—it's hard not to be engrossed. But while the latter two artists receive resounding praise, Swift always lacks something or another.

The album closer, "Clean," sums up her current worldview quite well: for so long people's comments "poured down when [she] was drowning," but

you / I think I am finally clean."

Taylor Swift has moved past the critics.

It's time for everyone to give her a second chance.

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Delete your email signature

ZANE SPARLING
EDITOR-IN-CHIEF

The college experience teaches many things, but primarily how to write an email.

I write a lot of emails.

Does this make me cool or popular? Hilariously, the answer is no.

But, in the job market, the ability to write a cogent or at least semi-legible email constitutes a valuable "skill."

The average "knowledge worker" spends either 28 hours or 28 percent of their time at the office writing emails, depending on which trustworthy Internet business news site you believe.

I write a lot of emails and I have a lot of opinions about them. Here is one:

Automated email signatures are stupid.

If you're not familiar with the concept, auto signatures are brief sign-off messages reflexively appended to the end of electronic communiqués, (or "emails," as the kids refer to them).

Email sign-offs are robotic and perfunctory in the business world; they quickly and completely inform the recipient that the sender would prefer if their entire conversation were automated.

But at Willamette, they make little

sense.

You and I are both students, not workers. This means you don't have to wear pants for as many hours per day as the average adult. That's something worth treasuring.

For try-hardish young Bearcats, there are plenty of opportunities to make school feel more like work. Any student with strong eye contact can worm their way into a position of on-campus responsibility (Res Life student staff, Admissions tour guide, overworked and undersexed *Collegian* editor, etc.).

With this position, you'll receive more tasks. You might even receive financial compensation equivalent to 0.006744 of your annual tuition costs. That's great, but it's still not really work.

So, when a student sends me an email with an automated sign-off, I feel like I'm being handed a business card during math class.

I get it. You don't want to be in math class. You want to be a Striving Young Professional in the big city. But you're not there yet—you're still in math class.

To me, five-line email signatures represent a pernicious larger trend: faux professionalism.

Elaborate email signatures remind

me of those people who wear business suits in the Bistro—you'd make such a convincing adult if you weren't living on a college campus.

And as someone's mom probably said, "Act your age."

At their most archetypal, people who have automated email sign-offs seem like they want to be 36.

Science suggests humans stay 36 for the same amount of time they are 21 or 20 or 19. After examining the evidence, I believe most people begin being the age of 36 at 27, and that this stage of adult-onset boringness lasts until the age of 45, or possibly forever.

But, even when you're 42, you still won't need an automated email signature.

Like the trope of the kid in high school who slips into every club picture in the yearbook, college lets you literally do this: You can hold myriad positions of meager power and people will believe you.

Save these demonstrations of authority for your résumé, or at least think of your professors, peers and underlings who have to read the same cheesy quote every other day.

Also, why do you have a quote in your email signature?

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BEARCAT
BULLETWhat's my
age again?JULIANA
COHEN

LIFESTYLES EDITOR

Stuck between the rambunctiousness of Halloween night—and the blistering hangover that inevitably follows—stands a depressing series of realizations.

Aside from losing all desire to partake in the never-ending bonanza that occurs whenever a holiday falls on a weekend, and dismissing the costume I had settled on for Saturday, the pressure to prove my mettle as a witty and interesting person felt ridiculous and unsustainable.

Nothing really adds up to pure fun these days, considering most people I know have invisible floating figures of student debt hovering over their heads at all times. Halloween this year felt like a pissing contest to somehow look hotter and smarter than one's peers, all while taking pains to lambast the costumes of others.

I ended up uttering annoying things like, "Did you see what he was wearing? Someone should tell him that's not cool!" Even at Safeway, I silently judged a cashier in a geisha costume. This confirms why people use the word "killjoy;" moments like these sucked the life out of the party mood.

Even under the influence, conversations seemed to take a cumbersome structure, like the mundane questions about summer that happen on the first day of classes. I didn't want to explain my witty costume anymore.

The joke stopped making people laugh.

Furthermore, looking at people's painted faces made my skin itch, and the five dollar fishnets from Value Village hung loose on my legs. None of this felt scary, just uncomfortable, like not recognizing someone you have beef with because of a too-convincing costume.

As I leaned against my friends' fridge, I caught myself wishing that I had stayed home and watched the swimming pool episode of "Are You Afraid Of The Dark?" instead of mingling.

Yet, the silver lining on my pessimism came while passing out candy to actual trick-or-treaters: I noticed that even young-looking parents looked bored to death as their children bounced all over the neighborhood.

Back home, not too many people I knew in high school now have children. Just thinking of the one or two young mothers I can name makes me sad.

Us Bearcats, for the most part, don't have a care in the world. We can pass out under a park bench and have everything be OK in the morning.

We have oodles of privilege in the area of time, and this Halloweekend served as an exercise of mindless, unaccountable freedom. I don't doubt that the parents whose children asked us for candy might have thought us reckless and irresponsible, but surely a few must have felt some pangs of jealousy.

One day, most of us will fill their lame-seeming shoes. Even for those of us disillusioned with the gender binary, we're bound to join conventional society.

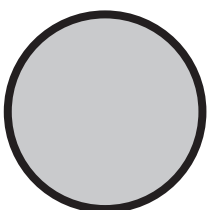
In the words of my father, "that's just what people do."

The next morning, I found three pieces of candy in my purse, all very different varieties of sweetness.

As the Starburst and chocolate pieces left an odd combined taste in my mouth (and unfortunately foul breath), I felt relieved to be neither a child nor a parent, although I plan on taking advantage of those post-Halloween deals on bulk chocolate.

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With every kindest wish,
Zane Sparling

EDITOR,
LIAR

"Why not just read
BuzzFeed?" ~ Goethe

The Willamette Collegian Libel Machine
Address: 900 State Street, (currently hiding
in Ford Basement).
Phone: Can't we just talk in person, bb?
Email: You already have it... idiot.
Website: Tumblr.com

JESSE SANCHEZ
GUEST WRITER

R E L

College can be ultra-stressful for everyone. With finals in
There are a number of fun ways to manage your stress.
Here is a handy-dandy list of things you can do.

1. Eat an entire stick of butter as fast as you can.
2. Participate in bi-weekly meditation sessions, Tuesdays and Thursdays from 4:15 to 5 p.m. in Cone Chapel.
3. Find an animal and touch it.
4. Have a cup of coffee at the Bistro or support a local shop.
5. Need a pick-me-up? Have a nice cup of tea.
6. Take a trip to Sparks and work off some steam.
7. Have a dance party. Other people not required.
8. Have an existential crisis.
9. Go to a pet store or, alternatively, look at the free pets on Craigslist.
10. Make your own ice cream. (Instructions on the next page).
11. Buy a cozy sweater to wear while studying.
12. Jump rope.
13. Anything with cats!!!
14. Find your happy place and visualize yourself in it.
15. Pretend to be a fetus.
16. Go to Badminton Club. Anyone is welcome to enjoy a casual or competitive game of badminton from 8:30 to 10:30 p.m. on Mondays.
17. Eat Nutella, shamelessly. (Finish the entire tub).
18. Learn about new hobbies online, like the ukulele or taxidermy.
19. Read a comic, e.g., "Calvin and Hobbes."
20. Try some breathing exercises. (Steps on the next page).
21. Over 21? Pour it up, pour it up.
22. Crack your knuckles, neck, back, wrists and any other part of your body as loudly as possible.
23. Spend some time on the floor.
24. Listen to nature sounds on your phone. There's a cool app called Muji to Sleep that includes the sound of rain, a river, a forest, a meadow and a fireplace.
25. Take some selfies.
26. Scream, "I am fabulous!" at the top of your lungs.
27. Sniff some nice smelling stuff.
28. Write, write, write!
29. Try some muscle relaxation techniques. (Instructions on the next page).
30. Listen to 90s grunge and get angsty with your "friends."
31. We're supposed to get at least eight hours of sleep every night, but since we know that's impossible, take as many naps as you can.
32. Physical contact is a great way to reduce stress. Hug your friends.
33. Keep your space (and, consequently, your mind) organized.
34. Transform the information you need to memorize for class into fun camp songs. (I rewrote a chicken song to be about Plato.)
35. Orgasms.
36. Positive affirmations. Always.



KELLIE ST



KELLIE STANDISH



KELLIE ST

A X

right around the corner, the pressure rapidly intensifies. stress effectively in the midst of hitting the books. can do to de-stress and relax before finals:



HOMEMADE ICE CREAM RECIPE

Ingredients:

- Two tablespoons (30 grams) white sugar
- One cup (200 grams) half & half
- One-half tablespoons (2.5 grams) vanilla extract

What you will need:

- One pint-sized sealable plastic bag
- One gallon-sized sealable plastic bag
- Ice
- Gloves or a towel

1. **Combine the sugar, half and half and vanilla extract in the pint-sized bag.** Stir it up into an even consistency. If vanilla ice cream is not your thing, add fruit or chocolate sauce.

2. **Seal the bag tightly.** Squeeze out any extra air. Too much air in the bag may force it open upon shaking.

3. **Place the salt and ice into the gallon-sized bag.** It should be about half full. Place the sealed pint-sized bag into the salt and ice mixture.

4. **Put on gloves and start shaking.** If gloves are not handy, use a towel. Your hands will appreciate the barrier between them and the extreme cold. Shake for five to 10 minutes. After this period, check the consistency of your ice cream to see if it is ready.

5. **Eat (or serve).** After adequate shaking, take out the ice cream mixture before unsealing. Grab a spoon and dig in! Or cut the tip of the bag and squeeze out the ice cream into a dish.

MUSCLE RELAXATION

This technique can help you relax the major muscle groups in your body. And, it's easy to do.

1. Wear loose, comfortable clothing. Sit in a favorite chair or lie down.
2. Begin with your facial muscles. Frown hard for five to 10 seconds and then relax all your muscles.
3. Work other facial muscles by scrunching your face up or knitting your eyebrows for five to 10 seconds. Release. You should feel a noticeable difference between the tense and relaxed muscles.
4. Move on to your jaw. Then, move on to other muscle groups—shoulders, arms, chest, legs, etc.—until you've tensed and relaxed individual muscle groups throughout your whole body.

BREATHING EXERCISES

1. Lie on your back with a pillow under your head. Bend your knees (or put a pillow under them) to relax your stomach.
2. Put one hand on your stomach, just below your rib cage.
3. Slowly breathe in through your nose, count to seven and hold. Your stomach should feel like it is rising.
4. Exhale slowly through your mouth, emptying your lungs completely and letting your stomach fall.
5. Repeat several times until you feel calm and relaxed. Practice daily.

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Brace yourselves, friends. Finals are coming! Find a de-stresser that works for you.

Turf war



MARGARET
WOODCOCK
COLUMNIST

On Oct. 1, a group of women's international soccer players filed a gender equity lawsuit in Canadian court.

The lawsuit is against the International Federation of Association Football (FIFA) and the Canadian Soccer Association (CSA), regarding the use of artificial turf at the 2015 Women's World Cup.

The men's team has never played a World Cup on anything other than perfectly groomed grass.

The women suing FIFA and the CSA have three main reasons behind their lawsuit.

Playing on turf forces them to "compete on a surface that fundamentally alters the way the game is played," leaving them vulnerable "to unique and serious risks of injury" and devaluing "their dignity, state of mind and self-respect as a result of requiring [the women] to play on a second-class surface before tens of thousands of stadium spectators and a global broadcast audience."

Last week, a retaliation claim was added to the sex discrimination action against FIFA and CSA.

The allegations state that several players—including Teresa Noyola of Mexico and French players Camille Abily and Élise Bussaglia—were forced to remove themselves from the original suit for fear of retaliation from FIFA.

FIFA Secretary General Jérôme Valcke maintains that the Canadian climate, not gender, was behind the playing surface decision.

In an interview on FIFA's website, Valcke said that "it would be very difficult to ensure solid natural-grass pitches at all venues."

He also claims, "This is not a question of money, or of difference between men's and women's events, but it is a matter of the natural conditions in Canada."

Valcke attempts to refute the claims of sexual discrimination by not only justifying the decision, but by attempting to assure the women that "sooner, rather than later, the Men's World Cup will also be played on artificial pitches."

Hampton Dellinger, the attorney for the female players, countered Valcke's attempt at justification by pointing out that the next two Men's World Cups—Russia in 2018 and Qatar in 2022—will be played on natural grass.

Dellinger also pointed out that Valcke's climate argument "is astounding, given that Russia and Qatar boast [of] their own equally, or even more difficult weather conditions."

Peter Montopoli, CEO of FIFA's National Organizing Committee for the 2015 Women's World Cup, told reporters that turf is the only option, and not discriminatory, as they've done this before.

But, as the lawsuit states, FIFA has a history of discriminating only against women.

In 1994, FIFA spent \$2 million to install natural grass over artificial turf in Detroit and New Jersey for the men's World Cup.

Ultimately, FIFA and the CSA continue to miss the mark.

Just because you have gotten away with sexism in the past does not excuse your actions, nor should it encourage you to continue to practice discrimination.

The women who will play in the upcoming Canadian World Cup are not hoping that men will eventually have to play on subpar, dangerous surfaces.

Rather, they are rightfully arguing that women should not have to either.

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Bearcats upset Linfield, No. 5 ranked DIII team

EVAN GIDDINGS
STAFF WRITER

As the Linfield College offense took over on their own 28-yard line at Maxwell Field—down three points—Willamette stood just 54 seconds away from upsetting the No. 5 nationally-ranked team in NCAA Division III.

Fifty-four seconds later, the Bearcats accomplished exactly that.

"I couldn't believe we did it," senior running back Dylan Jones, said after leading the Bearcats' offense with 166 yards and three touchdowns. "That was the happiest I've been since I've played football. This is the biggest win."

The monumental win appeared to be the result of Willamette adjusting their game plan on both sides of the ball, in order to take away from the strengths of Linfield.

Their focus primarily included sustaining long drives on offense and placing pressure on the Wildcats' quarterback to force turnovers on defense.

They executed both to near perfection, amassing 38:34 in time of possession—while limiting the Wildcats to 21:26—and recording four sacks, along with four Linfield turnovers.

From the very first drive of the game, the 'Cats offense used the clock to their advantage, taking 11 plays to go 65 yards and eventually into the end zone.

It was Jones who found the pylons, capping the nearly six-minute drive.

After allowing a Linfield score to knot

the game at seven, Willamette continued playing keep away with the Wildcats, this time taking seven minutes to drive down the field.

The University drove 77 yards, featuring five first downs. None were more important than a three-yard rush by sophomore quarterback Trent Spallas on a third-and-one to keep the drive alive.

"As a team, we were able to make big plays when we needed them," Spallas said.

To cap off the Bearcats second successful possession, Jones scored his second touchdown of the day, a five-yard run with 3:22 to go in the second quarter.

Then, it was the defense's turn to make a play, as sophomore defensive back Damian Jackson intercepted a pass and returned it to midfield.

This led to a Willamette field goal, giving them a 17-7 lead going into the half.

Coming out of halftime it was more of the same, as the 'Cats began the third quarter stalling the Wildcats on their first two drives and extending their own.

Beginning at the 7:14 mark, the Bearcats steadily marched down the field on 12 plays, the final one coming at the start of the fourth quarter, as Spallas found senior wide receiver Derek Traeger in the back corner of the end zone from 12 yards away.

Just a little over two minutes later, the 'Cats again forced a turnover, this time from an interception by freshman defensive back Nick Brickous, his first of

two on that day.

"As a defense, I think we learned we played more as a unit than we did in the past," Brickous said after the game.

The offense returned the favor on the very next play, as Jones took off down the field from the two-yard line for a 98-yard touchdown run, the longest in school history.

However, down 31-14 on their home field, the Wildcats attempted a comeback. They completed four straight passes on their next possession, the final one going for a touchdown, giving some life to a so-far stifled team.

Then, on the ensuing kickoff, the Bearcats fumbled, setting up a 21-yard touchdown run on the first play of the drive, cutting a once cushioned lead to a 31-28 game.

From there, the Willamette defense hunkered down, halting Linfield on a pivotal third-and-five and forcing a 41-yard field goal that the Wildcats missed.

On the next Willamette possession they continued to stall, until being forced to punt and giving their NWC rival one last chance, with just under a minute left that they could not convert on.

"After we tipped the final Hail Mary to win the game, everyone rushed the field and I was overcome with all sorts of elation," senior cornerback Wendell Galvan said. "I think this game well represents the heart our squad has and is the true definition of the team's potential."

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NAOMI STUKEY



NAOMI STUKEY

The Bearcats were ranked No. 25 in the nation by D3football.com after upsetting rival Linfield on Saturday. Senior linebacker Jack Nelson was named NWC Defensive Student-Athlete of the Week, while senior Dylan Jones was named Offensive Student-Athlete of the Week.

Cross country sweeps conference

CONTINUED from Page 1

"As we were approaching the finish line the three of us just fanned out and crossed the line together," Ostrander said.

Hannah Bressler finished sixth at 22:41.3. She said she thought that running on their home course gave the 'Cats a distinct advantage.

"While we have been practicing on the course for weeks now, actually competing on it was amazing," Bressler said. "This is a really fun course to run on, and I think it gives us more of an edge to have practiced and competed on it."

Junior Juliet Farnan placed fourth with a time of 22:32.1 and other contributors included freshmen Alyssa Reese and Hannah Swanson, who finished in 16th and 17th place, respectively.

The men also had an impressive showing in their 8-kilometer race, led by juniors Jacob Shafi and Yonny Castillo. Shafi came in second, finishing in 25:48.7, and Castillo followed closely in third, with a time of 25:51.1.

After the race, Shafi said he was proud that the team maintained a winning attitude at the NWC championships.

"Everyone on the team stepped up and did exactly what they were expected to do," Castillo said. "This gives our team a tremendous amount of momentum, especially an increase of confidence with regards to our individual abilities and our ability to work as a team."

Along with the second and third place finish, Willamette also had three other Bearcats finish in the top fifteen. Senior Daniel Swanson achieved ninth place (26:20.6), freshman Patrick Loftus placed 12th (26:24.3) and Forrest Smith rounded out the 'Cat pack coming in 15th (26:30.6).

Next on the Bearcats' radar will be the NCAA Western Regionals on Saturday, Nov. 15. However, this year's race will be hosted by Willamette, and the team hopes to see a large turnout from the student body.

In preparation for their next meet, both teams feel confident that—with the momentum from this NWC sweep—they are ready to win at regionals.

"We know we are capable of competing with anyone in our region," Castillo said. "As Coach put it for us at practice, 'The hay is in the barn, now we just got to go sell it!'"

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MICHAEL UNDERWOOD



MICHAEL UNDERWOOD

Willamette earned both team titles at the Conference Championships for the second year in a row and will host Regionals on Nov. 15.

Men's soccer drops to second over weekend

BETHANY HLADICK
STAFF WRITER

The men's soccer team took on both Whitworth and Whitman at home this weekend, ending the first game in a scoreless tie with Whitworth after two overtimes on Saturday, and falling to Whitman 2-1 on Sunday.

Against Whitworth, the Pirates outshot Willamette 20-9 overall, with 9-1 in shots on goal. The Bearcats' only shot on goal came from senior middle forward Adam Lewis at 61:09.

"I picked up the ball at midfield and attacked the space in front of me. No one closed me down, so I took full advantage," Lewis said. "I didn't get ahold of the ball the way I would have liked, but it was important to test Whitworth's keeper."

In their first overtime, neither team was able to take a shot. In the second, junior goalkeeper Braydon Calder rejected both of Whitworth's attacks, including one with five seconds left in the game. Calder achieved nine saves total, leading him to earn his fifth solo shutout game of the season.

Because both teams were competing for first, the game was particularly physical, with 47 fouls (28 to Willamette) and seven yellow cards, including four for the Bearcats.

"Whitworth is a good playing team [that] always keeps the ball, so we knew when we had it, we were going to have to work hard to put one in the back of the net, which unfortunately just didn't happen," junior defender Sam Adelman said.

Though the team was able to execute their defensive game plan, the Bearcats' offense was not successful.

"We hadn't practiced attacking out of that formation very much, so it was hard to get into rhythm offensively," junior forward Jesse Thompson said. "But our main goal was to keep a clean sheet, and everyone did their job well... Braydon was spectacular as always."

Against Whitman on Sunday, Thompson scored the team's only goal, deflected off a defender after a scramble at 40:29. It was his fifth goal of the season.

Only a minute later, Whitman's Daniel Kim scored after sending the ball hard off the left goal post and into the net from 16 yards out. Their second goal came in the second half at 58:17 by Riley Paul from 28 yards away.

Whitman held the lead for the remaining 32 minutes, securing the Bearcats' defeat. However, the Bearcats did earn four shots in the final seven minutes, with Thompson's three headers and junior Yazan Hishmeh's shot on goal.

"Against Whitman, we just didn't have the intensity going into our tackles that we needed until about the last 20 minutes, which was too late by then," Adelman said.

After these games, the Bearcats are now second in the conference standings, with a 9-2-2 record, closely behind Whitworth's 9-1-3. Willamette faces rival Linfield next weekend, and hopes to increase their intensity coming into an important game.

"We have to realize that we still have a shot at winning the league title," Thompson said. "The main thing is to bring the same focus and intensity that we have had all year to practice this week."

This Saturday, Nov. 8, the Bearcats will face rival Wildcats at 1:30 p.m. on their home field, and will also honor their senior players.

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MIKE RHINE



MIKE RHINE



MIKE RHINE

The Bearcats still look to achieve the program's first ever NWC Championship win, despite a scoreless tie and a loss over the weekend. Currently, they stand at 9-2-2.

Not above the law



MAX
CRADDOCK
COLUMNIST

If you were to base the Heisman Trophy race off of what has happened on the field this year, there would be no question that Jameis Winston is making a strong show to repeat as this year's winner.

However, due to the off-field issues that have plagued him this year, there is next to no chance that the Florida State quarterback will defend his crown as college football's best player.

Winston's freshman campaign at Florida State culminated in the Seminoles winning the national title and their quarterback bringing home the Heisman Trophy. Winston was well-deserving of the award, throwing 40 touchdowns with only 10 interceptions.

Jameis topped off his incredible season by leading the Seminoles to a come-from-behind win in the National Championship game against Auburn, setting himself up for an even more stellar sophomore season.

While Winston remains undefeated as Florida State's starter, this season does not have the same feel that last year's successful campaign did.

For starters, he is not posting nearly the same numbers that he did a year ago.

Though he is completing a higher percentage of his passes, Winston is throwing for fewer yards per attempt and is close to throwing more interceptions than he did all of last year.

But the important reason that Winston is not receiving Heisman attention is because of the rape allegations that still surround him.

A Florida State student accused Winston of raping her at a Tallahassee-area nightclub in 2012. Though Tallahassee prosecutors claimed that they lack the evidence to press charges against Winston, a New York Times investigative report found that Tallahassee police refused to question Winston for two weeks after the alleged crime was first reported—and that they never attempted to obtain a DNA sample from him.

All of this is considered standard protocol in such situations.

Further damaging his already tarnished reputation, Winston was also caught stealing crab legs from a Tallahassee-area deli in May. Winston took full responsibility for the incident and claimed that it was due to his "youthful ignorance."

Winston can blame his actions on whatever he likes, but he is developing a pattern of reckless decision-making that, at the very least, will keep him from receiving major consideration for this year's Heisman award and quite possibly could hurt his NFL draft stock.

Jameis Winston is just one part of a much larger problem in society: Athletes are considered to be some of the best entertainers the world has to offer, and are treated as such.

This sort of deification of superstar athletes can result in cases such as Winston's, where student athletes begin to act as if they are above the law and those in charge of enforcing the law follow suit—allowing them to do as they please.

We as a society must make a collective effort to treat professional athletes as humans.

This means holding them to the same standards and rules that everyone else must follow, while also not showcasing them as pillars of morality.

Volleyball hopes to finish strong

BLAKE LEPIRE
STAFF WRITER

This past week, the Bearcats traveled on the road for a four-match set against Puget Sound, George Fox, Whitworth and Whitman before their last home game this Monday, Nov. 7 against Pacific Lutheran.

The road trip started off strong with a 3-1 win against Puget Sound on Oct. 24. The Bearcats took the first two sets, dropped the third and then closed out the game in the fourth round thanks to junior Sarah Fincher's 19 kills.

However, the next three games didn't go as the Bearcats would have liked. Despite defeating George Fox and Whitman in the first half of conference, Willamette fell to George Fox, Whitworth and Whitman on the road.

They lost to George Fox in three sets and Whitworth and Whitman in four sets. This dropped their conference record to 6-8 and 11-12 overall, making them fifth in the conference.

"The past two weeks have been tough. We feel as though we haven't quite reached our potential. The good news is that we have reflected on this week and have come to some important team realizations," senior Taylor Gee said. "We are optimistic for our upcoming weekend. We're fired up for our senior night against PLU and our last match against Pacific, and both should be great games."

The Bearcats have two games remaining on their schedule—senior night at home against Pacific Lutheran on Nov. 7, and then one final trip to Forest Grove to play Pacific University on Nov. 8.

"After two tough losses this weekend we want to go out of our last week this season on a positive note," senior Bailey Kray said. "We will focus on having a good week of practice so we can bring it this weekend while we play our last two games of collegiate volleyball against two tough opponents."

Three seniors will be playing their

final home game on Nov. 7—Gee from San Diego, California; Kray from Corona Del Mar, California; and Elisa Ahern from Lake Forest Park, Washington.

"We are feeling bittersweet about senior night," Kray said. "We are excited to see where the team will go after this year, but sad to be leaving a team we have put so much hard work into."

Fincher, a junior, said she hopes for high attendance during senior night.

"I am excited to see what we can do against PLU for senior night in front of our home crowd," Fincher said. "We want to have our seniors go out on a high note, and ending this season fighting hard is the best way to do that."

These seniors have been a part of a program that has improved its win total each season during their career.

Come celebrate their careers at 7 p.m. this Friday night and watch them take on the first-place team in the conference.

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Out of many, one



ZACK BOYDEN
COLUMNIST

Our nation's first motto was the Latin proclamation "E pluribus unum," or "Out of many, one."

It was chosen to reflect what the founders envisioned for our fledgling country's ideals. It's a symbol of the cohesion between states, which creates a union out of many identities.

The motto demonstrates the relationship between states' rights and federalism; it has always been an undercurrent in political debates in the United States since the first Congress.

Throughout our progression as a nation, a greater emphasis on federalism has become more apparent, most noticeably after the Civil War.

Since then, our concept of national identity has shifted: The states are now the stones of our national archway, each piece a smaller component of a singular foundation.

The primary political issues we focus on as a nation are on the federal level.

We must ask ourselves if this foundation is the ideal "one" the founders spoke of when they established our motto.

In the wording of "E pluribus unum," the words "many" and "one" refer to the same subject—a state.

A state is both a government and a representation of the populace. It's a identity that people with common values and commitment to their regional culture share.

As the United States, we are a union of people who are bound by both our national identity (Americans) and our local, state identity.

The idea of an archway does not fit these ideals. If one of the many stones that create the arch is removed, the foundation once formed is noticeably weaker.

The concept of "E pluribus unum" is better described using the imagery of a forest.

The forest itself looks intimidating, but is merely formed by individual trees. Each tree has its own trunk and branches—its own strength.

It does not rely on others to maintain this strength.

Yet, together, as a mighty forest, the trees are even more powerful than they are alone. Unlike the archway, if one tree falls, the integrity of the forest is not damaged.

The advantage of this method is that each state is responsible for itself.

The smaller state governments are made up of members of local communities, who are more in touch with local sensibilities. By building up smaller communities, each one makes the larger union of states stronger.

Unfortunately, the emphasis on federalism has caused us to forget the strength of our local cultures.

The states we have now are not mere bureaucratic divisions; they were forged by persons with visions and purpose.

States were founded on culture. A Ne-vadan was not the same as a Mississippian or a Nebraskan or a Rhode Islander.

However, this distinction has lessened due to an increased focus on federal politics, which cheapens the local cultures and histories we once maintained.

No piece of legislation will right the unfortunate negative externalities of increasing federalist policy.

The responsibility is on us to become more in touch with, as Edmund Burke once said, our "little platoons"—our niches in society.

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Let's do the Timehop again



MELE ANA KASTNER



KATE PILUSO
COLUMNIST

At the beginning of this year, I was peer pressured into obtaining the app Timehop by my so-called friends.

If you're unfamiliar with this wonderful little disaster, Timehop goes on a journey "back in time" to unearth social media posts you've made in the past.

You would think that it'd be a delightful trip down memory lane; seeing fun pictures you Instagrammed over the past few years or rereading statuses you deemed necessary to share on Facebook when you were in high school.

Let me be the first to assure you it is not.

Each morning, I'm alerted via push notification on my phone that I can "go back in time and see what this day has

done for me in the past!"

Each morning, I think, "Fuck you, Timehop! I'll just ignore you and live my dreams in the now."

Each morning, after being some semblance of awake for approximately 15 minutes, I grow increasingly annoyed by the little red 'one' in the corner of the app's icon.

Before I am fully coherent, I've opened it and come face to face with a Kate from the past, and the crushing realization that I was a dumb little shit who had no idea who she was or what she was talking about.

Anyway, 'tis the study abroad season here at Willamette, and Timehop's recently been making me feel super nostalgic by showing me stuff from the semester I spent in London last fall.

With each day's greeting from the app's stupid dinosaur mascot, I am filled with melancholy as I look at how

I chose to document some of the best times of my life so far.

I was thrown lovingly and with the utmost care into the real world beyond Willamette, far away from my family and home for the first time.

So, I charted my own course and chose my destiny!

I became a regular at a bar, played basketball with some fantastic ladies and went to as much theater as I could.

Studying abroad changed my life.

When I went to London, I left a very specific Kate-shaped space here at Willamette, and I expected to be able to fit right back into it when I returned. Sometimes I worried that my space would warp while I was gone, but I never really considered what was going to happen to me.

When I first got back to Willamette, I realized I no longer fit in the space I had left for myself, and I panicked.

It took about a month before I realized that London had pulled and stretched me into someone new.

Going abroad made me into a bigger and better version of myself.

I had to work my ass off to create a new and improved Kate-shaped space. I wanted to fit myself back into the Willamette bubble that is nowhere near London, but holds its own strange charm.

Each time I think I've come to terms with being fully present here in Salem, something—Timehop, a poke on Facebook, some random lingering artifact from this huge city that stole my heart and made me into the me I am now—makes me remember that where I am and where I have been are vastly different places, and who I am and who I was are intrinsically different people.

The spaces you thought you'd left for yourself no longer fit you as you are now, because you've changed for the better. You grow as you take risks and live your life.

But don't worry about losing anything, because the Internet and fucking Timehop will remember it for you.

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In Salem, the rain ain't a pain

MERIDITH GREER
GUEST WRITER

Despite the fact that (up until a few weeks ago) it had been a relatively dry year, the rain has finally started and will most likely be here every day until summer.

While many Willamette students aren't from Oregon, luckily for you, some of us are privileged enough to call this beautiful state home.

What Oregonians know: You can let the rain drag you down until you match the color of the cloudy sky, or you can let me teach you how to dance in the rain.

Many people seem to only see the bad things that come with the rain, and they forget all the benefits of living in a beautiful place like Oregon.

First off, take a look around you. Do you see the color of everything?

It's green.

You can thank the rain for that. And don't even try to pretend that's not special or exciting, because I went down to Southern California for soccer earlier this year, and that is one sad place.

So enjoy the rain, because it makes everything so much more beautiful.

Not only does the rain make our landscape greener, it also creates some of the most beautiful places in the world.

The Columbia River Gorge is a world-renowned place known for its beautiful hikes and jaw-dropping waterfalls.

Another positive is that the rain can actually save you money. You can return all of the expensive moisturizers you bought because your skin will be nice and soft all the time here.

Plus, if you live off campus, now, when you need a shower, you can simply step outside with your shampoo and soap up right there!

I know many of us are hopeless romantics, and what makes any amorous gesture more steamy?

Why, kissing in the pouring rain, of course!

Rain is like the gift that keeps on giving—because not only can you wash your car in it, but you can also wash your clothes.

Maybe you're not the type of person who wants to do their laundry outside?

That's fine, too, because everyone smells like wet dog all of the time—so feel free not to wash your clothes at all, because no one can tell!

[Editor's Note: We do not all smell like wet dog here.]

I hope these tips help you gain a better appreciation for the rain and everything that it provides.

While some days it may seem very hard to love the rain, just try to remember that the rain does more good than bad, not only for you, but also for the whole Pacific Northwest.

Everyone knows the ducks and the beavers can deal with the rain—it's time to show people that a bearcat can, too.

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Rainy rugby

NōBIS



OH MY THEY ARE DEDICATED.

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Don't turn a colorblind eye

MARJORIE MEEKS
COLUMNIST

My mother is Filipino.

I grew up in a household where rice was a culinary staple and bad karaoke was a favorite pastime.

Parties were never thrown with anything less than 25 people and three different kinds of pancit (a Filipino noodle dish, for anyone who's curious). The game shows were loud, the soap operas dramatic—and everyday conversations a mixture of the two.

When I was young, none of this struck me as particularly unusual.

It wasn't until I was older that I realized just how much of a cultural impact my mother's immigrant history had on me, and how that impact affected my thoughts and opinions.

Though I don't know nearly enough about her country or traditions as I should, it's an important part of my persona, my very history.

It's a distinctive blend of culture that I pride, and that I feel makes me a little different than most people I meet. I like to think that most people feel this way about their cultural upbringings. We're all unique, in no small part thanks to our histories.

This, however, is why I struggle to understand the concept of racial colorblindness. Don't get me wrong, I understand the well-meaning intentions surrounding it. In a world operating under a perpetually racist system, perhaps the best way to negate such institutionalized prejudice is to just ignore it entirely.

It might be better to just close your eyes and pretend that each individual is just a voice, completely disembod-

ied from the race associated with their physical features.

In a world where everyone is exactly the same, no one can be oppressed or exploited, right?

My response to that has always been, "Well, sure. But why would you want a world where everyone is exactly the same?"

Here's the thing: Race isn't the problem.

Prejudice and oppression did not come into being because race exists.

Race is natural.

Racism is institutional—manufactured, taught and normalized by society. So why is it that we're trying to ignore race?

Why shouldn't I be acknowledged by my race? I enjoy being Asian-American.

I like the idea that I have some sort of tie to a nation across the world. I like to think that maybe one day I could go there and still be able to relate some of my experiences.

Many people I know feel similarly about their heritages, varied as they may be.

Many don't.

That is an individual's personal decision.

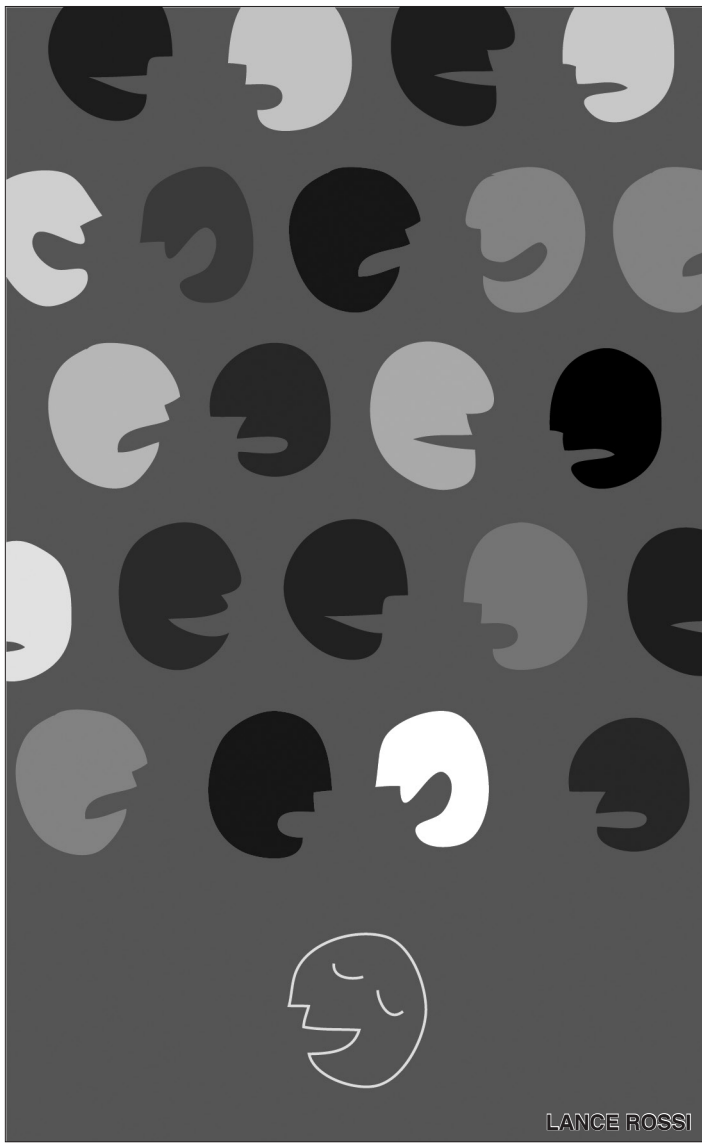
Regardless, we should at least be granted that choice.

I would like to know that, whether or not I choose to recognize myself by my mother's national identity, I am still granted the same respect and authority I would have otherwise earned.

I have no desire to be just like everyone else.

I don't want to have to choose between keeping my cultural identity or having it stripped away in order to gain equality. I don't want to look to my left or to my right and only see blankness.

I don't want a world where each person rings the



LANCE ROSSI

same dull, monotonous tone.

We live in a world of individuals.

We are each different and unique, qualities that are heavily impacted by our racial and cultural upbringing, whether we like it or not.

But this variety makes humanity bold and bright and interesting. And to turn a colorblind eye to this is to make an unnecessary sacrifice.

Race is not a problem. Racism is the real issue.

It exists deep in the roots of our very society. And perhaps the best way to combat

it is, in fact, to acknowledge it.

So look around: See the depth—the uniqueness each individual holds—and how that differentiates with each stranger who passes you by.

And instead of trying to wash it all away, consider instead the thing they already have in common with everyone else — they are human beings, and they deserve the opportunity to earn your respect.

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Not that kind of vegetarian

ROSS KOVAC
CONTRIBUTOR

Here's a running joke that I've heard: If you meet a vegan who does CrossFit, which will they tell you about first?

Of course, not every vegan will tell you about their dietary preferences immediately, but, of course, the joke wouldn't be funny if there weren't a certain aspect of truth to it.

As a lifelong vegetarian, however, I've always been a little confused by the type of vegetarianism that inspires these kind of jokes.

Disclaimer: I don't want to dismiss an entire group of people (vegetarians and vegans alike) within this article.

As a member of that group, but certainly not a spokesperson for it, I'm expressing a concern regarding certain unfortunate trends I've witnessed among vegans and vegetarians—the trend of forcing one's beliefs upon others so intensely that one becomes a joke for doing so.

Some people, it seems, take it too far.

The parody of the "militant vegan"—the person for whom Meatless Monday is six days of the week too few—is so well-known that it has made the culinary lifestyles of millions of people seem like a humorous decision.

There's something about being able to ridicule an entire group of people for a lifestyle choice that seems a bit off to me.

But, weirdly enough for a society that so prides itself on acceptance, it's so often the lifestyle that is criticized, rather than representative individuals.

Weird.

I completely understand the arguments made by vocal proponents of the vegetarian life. Everyone should be concerned about the environment, and there are health benefits to meatless living that are nearly impossible to deny.

I've heard the most meat-loving of meatlovers espouse vegetarianism's benefits before.

It's completely justified to advance causes that you believe in—and maybe I am just another ignorant person, living the wrong way of life—but I think that images of paint-throwing PETA protestors and the "bothersome hippies" who seem intent on removing the turkey from your Thanksgiving dinner are giving the four percent of Americans who don't eat meat a bad name.

There are simply too many reasons that people choose not to include meat in their diets. Vegetarians and vegans occupy too great a section of humanity, from all classes and walks of life, to find themselves trivialized and demeaned at the hands of a few particularly vocal groups.

Being a part of my life for longer than I can remember, vegetarianism holds a special meaning to me—it represents a certain facet of who I am.

Yet, like any other aspect of my personality, I wouldn't want anybody to judge me wholly because of it.

So, to turn a phrase, let's not give a shit about what people eat, but maybe judge them on the content of their character instead.

Because, when it comes down to it, we're all allowed to make decisions about our own lives.

Why care at all, let alone judge someone on their differences?

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Governance, God and Greek Life

Students' participation in ASWU elections is abysmal.

As the *Collegian* reported last week, ("20% vote in election," page 3), a total of 436 CLA and ASP students voted in the non-binding referendum for treasurer, which ended in a victory for senior Brad Russell.

The timing of the vote was especially relevant. In news articles published by the *Collegian* over the last few weeks, we've detailed how errors made by former Treasurer Derek Hanson tipped ASWU into a precarious financial situation.

These mistakes continue to ramify as the fall semester draws to a close, and have negatively affected at least some club funding.

The winners and losers of ASWU elections aren't foregone conclusions, either. According to an email released by student government Vice President Colleen Smyth, Natalie Pate, who won a separate election for Class of 2015 senator, received just 55.4 percent of the senior vote this year.

That isn't to say that students elected the wrong nominees. The *Collegian* has full confidence in Pate and Russell, and wishes them a successful and productive semester as they assume their leadership duties.

However, the mistakes of Hanson underscore the real importance

ASWU elections have on the day-to-day lives of undergrads, especially when things don't go as planned.

Yet, the truth about ASWU elections is plain and simple: Most students just don't care.

The vast majority of Willamette students can't find five minutes to complete an easy (and entirely online) voting procedure.

Interestingly, because the Class of 2015 also had a vacant senate seat, we know that seniors participated in the election at a slightly higher rate than the overall University population; 36 percent of seniors voted, electing Pate their new senator.

In a way, that makes sense. Seniors—almost halfway through their final year of education at the University—have been here the longest, and as the voter rolls suggest, they probably feel a greater level of buy-in regarding the school and its future.

So, the question remains: Is voter apathy a problem?

In a way, no.

There's no reason to privilege participation in mock civic government over, say, high turnout at athletic events or greater attendance at a scholarly lecture series. Religious life and spirituality continues to decline in importance for young Americans, but this editorial isn't decry-

ing the rows of empty pews in Cone Chapel.

And while empty bleachers and low attendance remain endemic issues around campus, it's hard to argue that students aren't participating more in some group institutions, just different ones.

In fact, the continuing success of fraternity Beta Theta Pi and sorority Alpha Phi's recolonization projects demonstrates that demand for community feeling is rising, not falling.

Proponents of Greek Life say their organizations promote leadership, charity work (another form of community integration) and strong fraternal or sororal bonds between members.

Detractors might argue that these Greek institutions focus on a certain form of striving careerism and groupthink.

Well, let independent students think what they want.

God, government or Greek, you've got to believe in something.

Otherwise, as the saying goes, you'll fall for anything.

COLLEGIAN EDITORIAL POLICY

This editorial represents the composite opinion of the *Collegian* Editorial Board.

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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 <zsparin>.

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