

WU in final year of current accreditation cycle

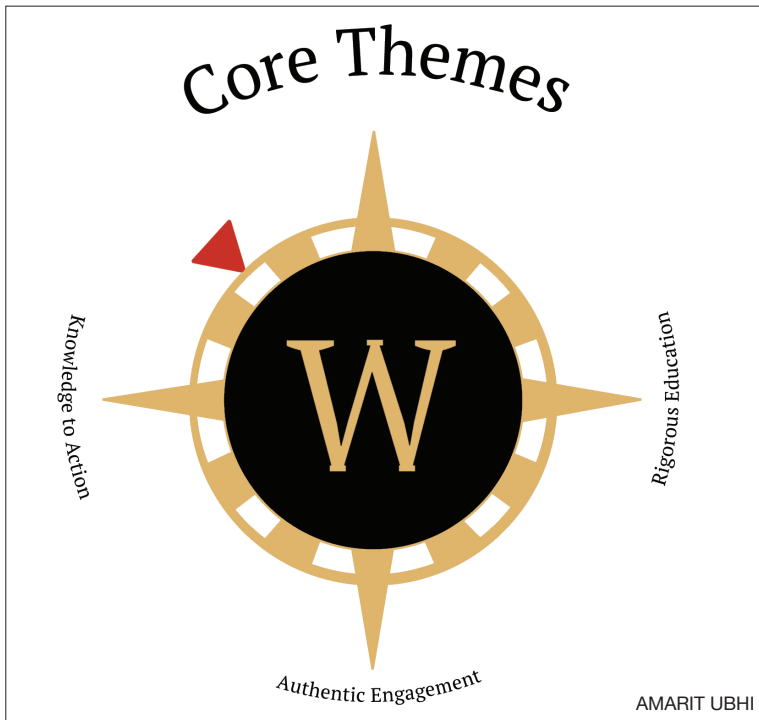
MADELYN JONES
NEWS EDITOR

Accreditation is the process of confirming that a college or university is legitimate and that it has the resources available to fulfill what it promises students will gain from their time at the institution. Only accredited schools are able to receive federal financial aid and only graduates of accredited schools are eligible to sit for licensing exams.

“It’s really supposed to be a process that is helpful to the institution. It is not supposed to be punitive... It’s like having a peer review session with your essays in class. It’s feedback so you can do better next time or improve your draft,” said Provost and Senior Vice President Carol Long.

This process happens over seven years, and Willamette University is currently nearing the end of its current accreditation cycle. This means that a committee of faculty, administrators and staff were required to write a self-evaluation study of school, exploring if and how the University fulfills the Northwest Commission on Colleges and Universities’ (NWCCU) five standards of accreditation. A team of accreditors will also be visiting campus from Nov. 6 to 8.

Long said that a committee comprised of representatives of the College of Liberal Arts, College of Law and Atkinson Graduate School of Management has been working on



For an institution to be accredited, it must identify its core themes.

the report for two years, with the bulk of the work happening within the last year.

“We chose a committee that tried to represent all three schools... and tried to choose people who have some expertise in student learning outcomes,” said Don Negri, professor of economics and faculty co-chair of the accreditation committee.

The result of the committee’s work is a 164-page report outlining how Willamette performs under the five standards of accreditation. The

full report is available to the public on the University website’s “2019 NWCCU Accreditation” page.

The committee found four conclusions from the self-evaluation. These conclusions include that Willamette has recently restructured the communications office to focus more on marketing, allowing the University to “articulate [its] brand more precisely.”

The last conclusion discusses actions to make Willamette’s undergraduate and graduate programs part

of an “integrated and larger university.” In order to achieve this, there will be further conversations about creating new programs and structures.

The self-evaluation also acknowledges in multiple places that enrollment has declined, and discusses how to handle this challenge and bolster numbers in the future.

There are five main sections of the self-evaluation, with a section for each of the five standards for accreditation. The first standard for accreditation ensures that institutions have a mission and core themes. Willamette’s mission is as follows: “Willamette University provides rigorous education in the liberal arts and selected professional fields. Teaching and learning, strengthened by scholarship and service, flourish in a vibrant campus community. A Willamette education prepares graduates to transform knowledge into action and lead lives of achievement, contribution and meaning.”

Willamette also has three core themes: “Of collaborative educators committed to rigorous education, “that cultivates an authentic engagement with place” and “that promotes transformation of knowledge into action in ways that lead to lives.”

The second standard for accreditation focuses on if the institution has the resources and capacity to fulfill its mission and core themes. The report focuses on the University’s staff and infrastructure, both physical and technological.

ACCREDITATION, 2

Bishop starts same day appointment schedule

NOAH DANTES
MANAGING EDITOR

Bishop Health Center, Willamette’s on-campus resource for counseling and healthcare services, will be returning to a same-day appointment model for its counseling services from Nov. 11 until the end of the semester. For the five weeks the model will be in effect, all appointments asked for will be scheduled for the same day and no appointments will be offered for any day but the same day. This model was implemented twice before by Bishop for the last three weeks of both the fall 2018 and spring 2019 semesters.

According to Don Thomson, the director of Bishop Wellness Center, the model was successful during both periods it was tested: “It meant that there was zero wait time for a student wanting a counseling appointment... We nearly doubled the amount of new students to the office with this model. These are students that previously would have been turned away in the old schedule model.”

The same-day model poses a challenge to those used to regularly scheduled appointments and to those who need more comprehensive support, Thomson recognized, but the change was made to accommodate the increased demand for Bishop’s counseling services this semester.

“Though it varies slightly depending on staffing, there are about 15 to 18 available counseling appointments in Bishop on a given day. Last week, however, we saw nearly 100 students in Counseling Services,” Thomson said.

The same-day model allows Bishop to see more students on any given day—not because the amount of appointment slots increases, but because the model reduces the amount of no-shows and last-minute reschedules: “Bishop saw a 75 percent reduction in no-shows and last-minute reschedules [under the same-day model]... we feel moving the same-day appointment model up from the last three weeks of the semester to the last five weeks of the semester is a [way to increase accessibility],” Thomson said.

BISHOP, 2

Women’s soccer succeeds under Coach Arthur’s leadership



Senior Shanna Keil watches as senior Gena Main jumps for the ball in a game against Puget Sound.

IVY YEOH
STAFF WRITER

Head Coach Hillary Arthur is in her 12th year as head coach of Willamette’s women’s soccer team. Under her direction, the team has placed third in the Northwest Conference (NWC) four times, and in 2011, Arthur was named NWC

Women’s Soccer Coach of the Year. Arthur has led the women’s soccer team to an outstanding season. Currently, the team’s record stands at 9-5-1 overall and 8-2-1 in the NWC.

Arthur commented on what she attributes this success to: “They are a very hardworking team and are very committed to each other. You can see their will to improve every day. They’re always wanting more

information, more drills, etc. That hunger and drive are so important, especially in the second half of the conference.”

The soccer team has had many mottos and team mantras in its long history of success. These team mottos are turned into hashtags, each meant to serve as a reminder of what excellence looks like. This year, the hashtag is #ICEU, which

stands for inclusion, community, excellence and united. This conveniently sounds like ‘I see you,’ which adds another level of recognition of inclusion on the team.

Arthur said, “Celebrating and embracing everyone is very important to our program.”

Besides coaching soccer, Arthur also serves on the Trans Advocacy Committee and has encouraged her team to be involved with many of the Willamette-affiliated culture-building events and activities. Hannah Deighton, a senior on the team, helped with the team’s involvement with the Center For Hope and Safety, an organization that provides resources for victims of domestic violence. The team also volunteered for a 5K run to help advocate and raise money for victims of domestic violence and began playing domestic violence awareness games. Additionally, the team participated in “Play With Pride,” a United Soccer Coaches initiative that gives players the chance to wear rainbow laces and cuffs during their games to support people of all sexual orientations and gender identities.

TEAM, 6



LIFESTYLES

See what spooky festivities are happening this week.

pg. 4



SPORTS

First-year female football kicker breaks record.

pg. 7



OPINIONS

Should Goudy go meatless?

pg. 8

Bishop changes schedule

CONTINUED from Page 1

Increased demand for student counseling services is an issue impacting universities across the country, not just Willamette. According to the Center for Collegiate Mental Health, growth in demand for student counseling services was five times greater than growth in student enrollment over the last 10 years. In addition, many schools do not have enough counselors to meet the demand. The American School Counselor Association recommends a 250:1 student/counselor ratio, but Willamette's ratio is 500:1, which Thomson said is better than that of many peer universities.

Another reason Bishop is struggling to meet demand is due to Oregon's inability to properly treat mental health. Oregon was ranked 50th in a 2020 ranking of American states by Mental Health America, which assessed on the prevalence of mental illness and accessibility to care.

"Salem is hit particularly hard when it comes to local counseling resources," Thomson said. "What this means for Bishop is that we cannot rely on our community to manage the overflow of our students wanting services. And, when we are able to make referrals off campus, there are of course additional barriers for some students: insurance, high deductibles and out of pocket expenses, transportation, much longer than Bishop wait times, etc. This is especially true for students from outside Oregon who often have less robust insurance coverage here."



Starting Nov. 11, Bishop is only offering same-day appointments.

Bishop created the same-day model last fall with advice from other universities in response to these challenges faced by university student counseling services. They brought the model back for a longer period this semester because the trend of increased demand for student counseling continued. Despite the same-day model's greater accessibility, Bishop will continue to use the scheduled model in the beginning of semesters in an attempt to strike a balance between students who need immediate appointments and students that need regularly-scheduled appointments throughout the semester.

Thomson also said that the same-day model will likely return again at the end of the spring semester. Historically, demand for appointments has been higher towards the end of the semester

during midterm and finals seasons, which is why the same-day model has been implemented at the end of semesters rather than the beginning.

Bishop provides a variety of other services to address the demand. Over the last several years, Bishop has tripled the amount of walk-in appointments during the scheduled model, shortened some appointments to 30 minutes, added the 24/7 WUTalk service and added another full-time counselor and case manager. Bishop has also continued to offer its Mind Spa and Lactation Room.

"Our goal in Bishop is to be as broadly accessible and serve as many students needing support as possible," Thomson said.

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Accreditation team to visit WU campus

CONTINUED from Page 1

Section three focuses on institutional planning, ensuring that it is ongoing and works to support the school's goals. One such measure explained in Willamette's report is a movement called "Big W." The Big W works in accordance with the last conclusion of the report, that there is action being taken to unite the different Willamette schools as a united, cohesive university community.

The report states: "Willamette can be much more than the sum of its constituent parts, and that our true distinctive advantage is in functioning together as a university. Leveraging our physical capacity and human capital to attract more students, the Big W can stabilize our existing programs, provide resources to hire faculty in new disciplines and generate funds for new investments."

The report cites that two major initiatives that work towards Big W are currently underway: the "ongoing discussion of an affiliation with the Claremont School of Theology" and new programming that connects undergraduate students with graduate school classes and resources. This section also acknowledges that there is still a large amount of work to be done in order to create Big W.

The fourth section investigates if the institution has ways

to collect, analyze and evaluate data. The recent changes to the general education (Gen Ed) program are used as an example in this section. The self-evaluation states that in order to "assess student learning" from the Gen Ed program, the University held three cycles of assessment. These studies "revealed variation in faculty commitment to the Gen Ed categories and goals, and in turn, spurred efforts to overhaul the entire Gen Ed curriculum."

The fifth and final section ensures that the institution's resources and offerings are sustainable and able to adapt.

The second important event in the seventh year of an accreditation cycle is the team visit to campus. Accreditors will be visiting from Nov. 6 to 8. There will be a meeting that all undergraduate and graduate students are welcome to attend.

"What they are trying to find there is these things that we say we are achieving, is that actually true. They will have some questions, and they will also take some open comments from people," explained Long.

At the end of the campus visit, the University will be given a report by the visiting team. In June, a final accreditation decision will be given.

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WEEKLY REPORT BY CAMPUS SAFETY

EMERGENCY MEDICAL AID
Oct. 19, 12:21 a.m. (in a campus residence): Campus Safety received a call to assist with an intoxicated student who was acting very erratically. An officer and WEMS responded and evaluated the student. Paramedics were called and Salem Police responded with the paramedics because of the erratic behavior of the student. The student was transported to the hospital by Salem Police after attempting to flee the scene when officers arrived.

Oct. 20, 12:58 a.m. (in a campus residence): Campus Safety was contacted after a student noticed another student having difficulty walking. An officer responded, evaluated the student and then called paramedics. The student was unable to walk and was transported to the hospital by paramedics.

Oct. 23, 9:09 a.m. (Law School): Campus Safety received a call reporting an individual had fallen and was having difficulty moving. Officers and paramedics responded and

the individual was transported to the hospital.

HARASSMENT
Oct. 20, 10:00 p.m. (in a campus residence): Campus Safety received a call from a student who had received some threatening text messages from a non-student. The officer advised the student to contact Campus Safety if they are contacted again, and that they should also report the text messages to Salem Police.

SUSPICIOUS ACTIVITY
Oct. 18, 2:21 p.m. (Cottage Street): Salem Police dispatch contacted Campus Safety to advise of a burglary suspect in the area last seen near campus. Officers were informed and they observed the individual near Court and Cottage streets. They contacted Salem Police and updated them with the location of the suspect.

Oct. 20, 10:46 a.m. (Sparks Center): Campus Safety received a call from Facilities reporting an individual digging through the garbage cans. An

officer responded and met with the individual who then left campus.

Oct. 21, 7:20 p.m. (University Center): Campus Safety received a call reporting kids on bikes jumping the stairs in front of the UC. Officers responded and told the bicyclists to leave campus.

Oct. 21, 7:13 p.m. (Hatfield Library): Campus Safety received a call reporting an intoxicated individual making students feel uncomfortable. An officer responded and escorted the individual off campus.

Oct. 22, 2:34 p.m. (Belknap Hall): Campus Safety received a call reporting a suspicious individual trying to enter the building. Officers responded, made contact with the individual and escorted them off campus.

Oct. 22, 4:26 p.m. (Art Building): While on patrol, an officer encountered a box with various suspicious items in-

side. The items were logged in to evidence.

Oct. 23, 4:18 p.m. (Blue parking lot): Campus Safety was contacted after an employee noticed a suspicious individual near the Mill Race. An officer responded and searched the area, but the individual had already left.

THEFT
Oct. 21, 12:30 p.m. (Sparks parking lot): A student came to the Campus Safety office to report that their car had been rummaged through and items were missing. A report was filed.

WELFARE CHECK
Oct. 20, 10:48 p.m. (in a campus residence): Campus Safety received a call requesting a welfare check for a student. Officers responded and checked on the student. The area coordinator was also informed and updated.

Oct. 22, 10:58 a.m. (in a campus residence): Campus Safety received a call from a parent

requesting a welfare check on a student. An officer responded, checked on the student and passed along a message to contact their family.

Oct. 22, 6:27 p.m. (in a campus residence): Campus Safety received a call requesting a welfare check for a student who had hit their head and had not heard from them for some time. An officer responded and checked on the student who needed no further assistance.

Oct. 22, 10:05 p.m. (in a campus residence): Campus Safety received a call requesting a welfare check for a student. An officer responded and checked on the student.

PLEASE CONTACT
CAMPUS SAFETY IF
YOU HAVE ANY
INFORMATION
REGARDING THESE
INCIDENTS.
(503) 370-6911

Students address disparity in emergency preparedness

SOPHIE SMITH
EDITOR-IN-CHIEF

Anyone who has spent time in the Pacific Northwest is likely aware of the threat of a megathrust earthquake from the Cascadia Subduction Zone (CSZ). Subduction zone quakes are the strongest in the world, according to Pacific Northwest Seismic Network, and the CSZ has the ability to produce quakes registering at a magnitude of 9.0. Widespread damage is expected to occur in Salem and on Willamette University’s campus, and the City of Salem Natural Hazards Mitigation Plan (NHMP) places a Cascadia event in its highest tier of hazards, ranked as having a “high” probability of occurring in the next 75 years.

Major natural disasters like a Cascadia event impact everyone, but some populations are more vulnerable than others. Some members of the Willamette community have taken measures to spread awareness of not only the threats this hazard poses to the public, but also the lack of equity in communities’ emergency preparedness efforts.

Salem’s Natural Hazards Mitigation Plan notes that a community’s vulnerability to a disaster depends on its demographic makeup, and that “a disproportionate burden” from a disaster rests on vulnerable populations such as the elderly, low-income individuals, minority groups and non-English speaking communities. As such, special measures should be taken to prepare these groups for potential emergency situations and inform them of protective measures they should take and resources that are available to them.

Some members of the Salem and

Willamette communities are taking the spreading of preparedness information into their own hands. According to Civic Communication and Media (CCM) Professor Catalina de Onís, several Willamette students have recently worked on interdisciplinary research projects to help prevent or prepare for environmental disasters, doing so by centering the experiences of populations that are most impacted by these hazards.

As part of de Onís’ Media and the Environment course last fall, Emilia Cubelos (‘20) and Maria Del Rocio Ortiz-Chavarria (‘21) studied the lack of emergency preparedness information available to non-English speaking communities, specifically for Spanish speaking residents. The research was at first focused on Salem’s water advisory in the summer of 2018, which resulted in widespread water contamination, but as their research progressed the project’s focus shifted to the CSZ.

“We were thinking about general emergency preparedness, and then what the biggest things are that we can anticipate people needing to be prepared for,” said Cubelos. “In this region, that would be Cascadia.”

Despite one-fifth of Salem’s population being comprised of Spanish speakers, Cubelos found that Salem has a lack of emergency preparedness resources available to non-English speakers. Additionally, Cubelos notes that non-English speaking communities communicate in different ways than English speaking ones do. For example, English speakers are more likely to look for information on official state or city websites, whereas Spanish speaking communities are more likely to rely on community networks to spread information. Cubelos said this cultural difference should be taken into account when

city offices spread disaster preparedness information to communities.

This research project culminated with the creation of a bilingual zine, published in Spanish and English, titled “Preparándote para una emergencia,” or “Preparing yourself for an emergency.” The zine offers readers suggestions for developing emergency preparedness kits and communication plans, and it will be available in the SOAR Center, located on the third floor of the University Center, sometime in upcoming weeks.

“Since it’s printed, that means we can also choose and better collaborate with the community about where that resource is available,” said Cubelos.

Right now, the plan is to distribute the zine to locations like churches and schools that Spanish speakers attend. The organization Salem for Refugees will also receive the zine, and plans to translate it into French, Swahili and Arabic. Cubelos noted that all non-English speaking communities, not exclusively Spanish speakers, have a lack of informational resources accessible to them, and communicating emergency preparedness information to these linguistic groups may not look the same as communicating it to Spanish or English speakers.

When asked what Salem can do to better prepare all of its communities for emergencies, Cubelos said the spread of information is crucial: “There needs to be more information out there. That information needs to take into account cultural differences, socioeconomic differences and accessibility differences, so it can reach as many people as possible.”

Professor de Onís wrote in an email that “everyday stressors (e.g., white supremacy, settler co-

☐ Water

- ☐ One gallon per person per day

☐ Non-perishable foods

- ☐ Canned foods (meat, vegetables, fruits, soup, juice, milk), dried meat, vitamins, and food with a lot of energy like peanut butter or trail mix
- ☐ Plates, cups, utensils, paper towels, and a can opener

☐ A wrench to shut off the gas in your house/apartment

☐ A radio and flashlight with batteries, or hand-crank alternatives

☐ A first-aid kit

- ☐ Bandages, gauze, alcohol disinfectant, antibiotic ointment, scissors, medical tape, sunscreen, masks, menstruation products, pain medicine, medicine you take regularly (for example, heart medication or antidepressants)

☐ Important documents

☐ A whistle

☐ If you have a baby or a pet, you will need other special items for these household members, such as food or toys.

COURTESY OF EMILIA CUBELOS

☐ Agua

- ☐ Un galón por persona para cada día

☐ Comida no perecedero (que no necesita estar refrigerada y no se echa a perder tan fácilmente)

- ☐ Alimentos enlatados (carne, verduras, frutas, sopa, jugo, leche), carne deshidratada, vitaminas, y comida con mucha energía, como mantequilla de cacahuete o las nueces mixtas
- ☐ Platos, tazas, cubiertos, toallas de papel y una abrelata

☐ Una llave inglesa para cortar el gas en tu casa o apartamento

☐ Un radio manivela de mano (“hand-crank”) y linternas con pilas

☐ Un botiquín de primeros auxilios

- ☐ Vendas, gases, alcohol desinfectante, pomada antibiótica, tijeras, cinta adhesiva médica, crema del sol, mascarillas, productos para la menstruación, medicinas para el dolor y medicinas que tomes regularmente (para el corazón o depresión, por ejemplo)

☐ Documentos importantes

☐ Un silbato

☐ Si tienes un/a bebé o una mascota, necesitas artículos especiales por estos miembros del hogar, como comida y juegos

COURTESY OF EMILIA CUBELOS

This list, written in English and Spanish, describes what supplies one should keep in an emergency preparedness kit.

lonialism, economic injustices) interact and make shock events (e.g., a water advisory or earthquake) that much more difficult for people of color, non-English speakers and those with fewer financial resources. Given the hazards and disproportionate im-

pacts involved, every community always can do more to address entwined socio-ecological catastrophes and that applies to WU and the surrounding Salem and Willamette Valley communities.”

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STEAM demand leads to third-party review of Greek life

SOPHIE SMITH
EDITOR-IN-CHIEF

A review of Willamette’s Greek life organizations will take place next Monday and Tuesday, Nov. 4 and 5. The review follows the creation of the student advocacy group STEAM, or Students for Transparency, Equity, Accountability through Mobilization, which released a list of grievances against and demands of the University in February. One of these grievances was against Willamette’s Greek life institutions, demanding this third-party review take place to address students’ concerns about campus’ fraternities and sororities.

STEAM’s list of demands writes that “Greek life on campus has committed a multitude of negative actions that have directly altered the welfare and safety of students within and external to its entity,” citing the instances of racism, sexual assault and substance abuse that STEAM attributes to Greek life. The group’s demand says, “A review of Greek life on campus must be conducted by an unbiased third party as soon as possible... This review shall work to create a campus-wide conversation about the effectiveness of Greek life at Willamette and present information that will speak to if it should remain on campus.”

Following the release of this demand a committee was created, comprised of STEAM members,

Fraternity and Sorority Life (FSL) leaders and University staff members, including Lisa Holliday, director of student activities and advisor for the Panhellenic and Interfraternity Councils. This committee planned the review of Greek life.

The reviewers will center their research around a list of standards developed by the Council for the Advancement of Standards in Higher Education (CAS). Colleges and universities may use CAS standards in

“Program and Services,” includes the standard “FSAP [Fraternity and Sorority Advising Program] must promote sponsorship of and participation in community service, service-learning and philanthropic projects,” among others. Part five, “Access, equity, diversity and inclusion,” includes the standard, “FSAP must address aspects of the fraternity and sorority community that are currently or historically problematic,” citing hazing, substance abuse,

several “functional areas,” as they are called, such as athletics or Greek Life.

According to Holliday, CAS standards are considered “gold standards of higher ed.” They serve to assess functional areas “to see where there are strengths and where there are areas for improvement.”

There are 12 parts to the CAS standards for Greek life, each of which includes several more specific standards. For example, part two,

sexual harassment and sexual assault and intolerance and racism, among other aspects.

The Greek life review committee selected two reviewers to come to campus, Monica Miranda and Jason Bergeron. Both reviewers have been involved with the Association of Fraternity/Sorority Advisors (AFA), participated in the writing and review of the Greek life CAS standards and currently work in student affairs at other institutions. Miranda and

Bergeron have conducted similar reviews together in the past and neither have experience or affiliation with Willamette. Miranda is the director of the Center for Student Involvement at University of South Florida, and Bergeron is the director of the Center for Fraternity and Sorority Life at the University of Houston.

Miranda and Bergeron declined to comment for this story, citing a desire for the review to remain un-

influenced by outside information or perspectives.

In preparation for next week’s review, the University conducted an internal assessment last spring. First, Holliday, FSL interns and Faculty Associate Dean Sarah Kirk collected evidence and information that demonstrated Willamette’s adherence to the CAS standards. Next, an internal review group, comprised of one staff member, one faculty member, one affiliated

student and one unaffiliated student, reviewed that initial review, writing their own comments on the findings of the initial group. This internal review will be passed onto Miranda and Bergeron, who will use that information to inform their research.

On Nov. 4 and 5, selected University members will meet the reviewers in person to provide them with information and testimonies. Miranda and Bergeron requested to meet with staff, faculty, FSL leaders, students affiliated with FSL and unaffiliated students. Three STEAM representatives will participate in the review and ASWU President Amarit Ubhi (‘20) recommended other unaffiliated students to participate. Faculty Associate Deans Sarah Kirk and Kelley Strawn helped choose faculty participants.

Following the review, the reviewers will provide the University with feedback about how well campus’ FSL program adheres to the CAS standards. Holliday hopes to receive this report before winter break. According to Vice President for Student Affairs Ed Whipple, the University will release a summary of the report to campus. University staff and FSL leaders will work together to develop an action plan to address the reviewers’ recommendations.

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A night of A Cappella and awareness

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Willamette University's annual A Cappella Night, hosted by the Alpha Chi Omega fraternity, strives to raise money for the Center For Hope and Safety. This center, located in New Jersey and founded in 1976, is a non-profit agency that strives to "rebuild lives beyond domestic violence."

A Cappella is music that has no instrumental accompaniment and is created purely by voices. At Willamette, there are three student-run groups: Tandem, Headband and Up Top. Because Willamette's A Cappella groups are no longer gendered, they are categorized by voice type. Tandem is an all voice group, Headband is a tenor-bass group and Up Top is an all-treble voice group.

A Capella Night is an opportunity for these groups to perform for larger audiences as well as to support the Center For Hope and Safety. The night will begin with the group members having dinner with Alpha Chi Omega members, after which they will head to the stage for a sound check. After that, the night will get started with a few speakers to introduce the purpose of the night and explain what will follow.

All three groups will be performing at this year's A Cappella Night, accompanied by guest performances from all over Oregon: Oregon State University's Powerchord and Divine, Portland State University's Green Note, as well as University of Oregon's Mind the Gap. Each group has prepared three pieces. According to Tandem president Evan Kohne ('21), A Cappella Night involves "groups going on stage and singing their hearts out and audience members who are there to support the Center For Hope and Safety, and are looking to have a really fun night."

Kohne believes that A Cappella Night is a great way to meet more people through the A Cappella community. Often, A Cappella group members are able to meet and collaborate with Alpha Chi Omega members, as well as members from other agrees, saying it "serves its purpose to draw people in while also supporting something that has great importance." While it is enjoyable, Linville says that her favorite part of this event is "the cause that it's for. It directly helps women and anyone that is in a difficult situation that needs help."

A Cappella Night will occur on Saturday, Nov. 2, in Smith Auditorium from 6-8 p.m. Pre order tickets for five dollars apiece, or pay \$10 at the door.

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Fall festivities to celebrate the season



DANI GARCIA-KING

SANJA ZELEN
STAFF WRITER

As leaves continue to fall around Willamette's campus, students are partaking in a variety of traditions to celebrate both Halloween and the fall season. This season students have branched out across Salem, volunteering at Riverfront Park with Community Service Learning (CSL), trick-or-treating in downtown shops, seeing the *Rocky Horror Picture Show* at Elsinore Theatre and carving pumpkins on Brown Field.

Willamette's Hauntcert took place this week on Tuesday, Oct. 29, in Hudson Hall. Band members dressed in costume and performed songs picked out for the season. Salem residents were welcome to attend in costume as well.

For students who did not attend an event, there is a wide variety of opportunities for Willamette residents to participate in during the week of Oct. 27.

HATFIELD HALLOWEEN HUNT Ends Oct. 31.

Hatfield Library organized a scavenger hunt that will be concluding on Oct. 31 at midnight. Five hints were distributed on Oct. 29, three in the library and two on its webpage, that lead participants to a certain location and reveal one piece of the puzzle. Selicity Icefire, archive assistant at Hatfield, explained how it works:

"Once [participants] have all five words, they will fill out the form and then turn it into the Circulation desk and get a small prize. On Friday we will pick two names from the completed entries to get a \$15 bistro card. It's not terribly difficult. It'll only take five or ten minutes at the most. It's just a fun way of getting to know the library."

HAUNTED HALLS & CARNIVAL (EASTSIDE)

4 p.m. to 7 p.m. on Oct. 31

Willamette's CSL and Residence Halls Association (RHA) is collaborating on a Halloween event for Salem residents to attend. Willamette's annual Haunted Halls Event, run by RHA, allows students living in an Eastside dorm to pass out candy from their rooms to young trick-or-treaters from the surrounding Salem area. They can get the candy from an RHA coordinator. Sophie Bunch ('21), CSL's lead coordinator, reflected on the benefits of the event:

"Haunted Halls is an opportunity for Willamette students to facilitate stronger bonds between them and the Salem community, especially with families in the area. I really love this event because it brings families with young kids to campus to interact with college students and see what our school is like. Plus, we tend to get



DANI GARCIA-KING

families with really little kids (ages three to four) who aren't quite ready for trick-or-treating, so it's a great place for parents of little-ones to bring them for a safe and contained introduction to Halloween traditions."

CSL will be in charge of a carnival on Oct. 31 that will be happening simultaneously with Haunted Halls. Students can run Halloween-related booths and games in Montag Den for kids to enjoy before or after Haunted Halls.

"Students can sign-up to volunteer by contacting CSL or RHA respectively," Bunch said. "Email <service> for information about the carnival opportunities and <ajlawrence> to volunteer as a tour guide."

DÍA DE LOS MUERTOS

Nov. 1

WU's Alianza Club will be hosting their annual Día de los Muertos event on Nov. 1 from 6 p.m. to 11 p.m. in Cat Cavern. There will be sugar skull painting, coloring pages, face painting, a photo booth and various song and dance performances by local artists. Cynthia Ramirez ('20), an active member of the club, is looking forward to welcoming a new musician to the event this year.

"One of our performers, named Enlace, is a local youth group that teaches youth traditional Mexican dances and songs. They came last year and they're extremely talented! We will also have a one-man band which is new this year so we are excited to see him perform as well."

Ramirez said there will be traditional Mexican food for guests to enjoy as well.



GRACE SHIFFRIN

WU COMMUNITY SERVICE
LEARNING

HALLOWEEN VOLUNTEER OPPORTUNITIES

- SATURDAY, OCTOBER 26TH SALEM CAROUSEL 'SCAROUSEL BASH' 3:45PM-7:30PM
SIGN UP HERE:
[HTTPS://SIGNUP.COM/GO/OZWAMYM](https://signup.com/go/ozwamym)
- THURSDAY, OCTOBER 31ST HAUNTED HALLS 4:00-7:00PM
SIGN UP HERE:
[HTTPS://SIGNUP.COM/GO/MDVHTSH](https://signup.com/go/mdvhtsh)

Contact <service> for more info

COURTESY OF CSL

Kappa Sigma sold pumpkins to support DACA and Undocumented students (top left). Students perform in costumes during Hauntcert (top right). Hatfield Library Circulation Desk hosts Hatfield Halloween Hunt (middle). CSL offers volunteering opportunities (bottom).

"Los Dos Amigos, which is a local restaurant here in Salem, will be catering our event. Before and after the main meal, we will have fruit and pastel. We will also provide vegetarian and vegan options."

The event is important for Alianza members because it allows Willamette students to connect to Latin American culture and remember their family members.

"This holiday is about family and creating community and we hope to emulate this at our own celebration. It is a great opportunity for students to learn about this holiday and to be able to participate with us," Ramirez ex-

plained. "We want folks to learn about Latina/o/x culture and to know that we have a presence on this campus. We welcome all folks to join and celebrate with us!"

As the month comes to a close, students should be sure to stay on the lookout for other events hosted by RHA, Alianza, CSL, Willamette's music department and various other organizations around campus and Salem. The WU website, posters around campus and Facebook are helpful resources for students who are looking to celebrate any holiday, event and season.

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Microwave recipes you can make in your dorm

SANJA ZELEN
STAFF WRITER

Willamette University's residence hall kitchens are an essential resource for students of all cooking abilities. The microwave oven, an often overlooked outlet for testing out new recipes, is a great option for students who want a meal that is both quick and efficient. Most meals that are commonly cooked on a stove top can easily be transferred to the microwave, from pasta and soups to cakes and cookies, with the right measurements and cooking techniques. There are countless microwave recipes available online for any meal of the day. All of these recipes, found on [kimsgravings.com](#) and [Buzzfeed Tasty](#), can be made vegan.

Cinnamon Roll Mug Cake

For breakfast or dessert. About a three-minute prep time. From [kimsgravings.com](#).
Ingredients: 1/4 cup of flour, 1/4 teaspoon of baking powder, 2 teaspoons of milk of any kind, 1 tablespoon of maple syrup, 1/4 teaspoon of vanilla extract, 1 teaspoon coconut oil or melted butter, 1 tablespoon of brown sugar and 1/4 teaspoon of ground cinnamon.

Mix together the brown sugar and cinnamon in a bowl and set aside. In a mug, mix the rest of the ingredients to a smooth consistency. Microwave for one minute. Check the texture; if it is gooey, try another 30 seconds. Top with sugar and cinnamon mixture.

Quick and Easy Pastably Cheesey

For lunch or dinner. Five to ten minute prep time. From [Buzzfeed Tasty](#).
Ingredients: 1/2 cup of pasta, water, salt and pasta sauce. Mac and Cheese: 1/4 cup of shredded cheese and milk. Optional: green onions and Panko bread crumbs.
Pour pasta (any except spaghetti) and a pinch of salt into a mug or bowl. Add water so that it just covers the pasta. Microwave uncovered. The time will vary depending on the pasta type and microwave. Try three minutes for pastas like elbow macaroni and up to six minutes for pastas like rotini. Drain when done. Add red sauce and enjoy, or, for Mac and Cheese, add a splash of milk, shredded cheese and an optional pinch of pepper to the mug of pasta. Stir and heat for 30 seconds. Stir once more. For extra flavor, add panko bread crumbs or finely sliced green onion.

Baked Potato

For lunch or dinner. About a 10-minute prep time. From [Buzzfeed Tasty](#).
Ingredients: one potato.
Coat a potato in oil and salt. Poke holes in the potato with a fork to allow it to cook. Put on a microwave-safe plate or bowl and microwave for seven to nine minutes uncovered. Let sit for two minutes. Cut open and add desired toppings: pico de gallo, sour cream, cheese, bacon or crumbled tofu.

For potentially quicker meal options, there are many pre-made meals at Safeway that can be enjoyed in a couple of minutes. These include Minute Rice (pack of two for \$3.39), three-minute Kraft or Velveeta Mac and Cheese (four for \$5.69) and mug cakes in flavors such as confetti cake and brownie (four for \$4.59).
When cooking the meals above, there are a couple of guidelines to keep in mind. Make sure all dishes are microwave-safe. If it is unclear whether the dish is, double-check the bottom of the dish for a "microwave-safe" label. During cooking, most foods can be microwaved uncovered, but it



A student enjoys a delicious, warm dessert in their coffee mug.

is always crucial to check recipes or the back of packages to see if the food should be covered with a plate or paper towel.
If a dorm does not contain a microwave, students can bring their pre-prepared meal to a microwave in the commons area of

Goudy, the Bistro or the Fishbowl in the library. For more recipes, students should look at [Buzzfeed Tasty's website](#), and make sure their meal is being cooked in a safe way with the right utensils.

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Horoscopes: week of Oct. 30-Nov. 6

BILLY ULLMANN
LIFESTYLES EDITOR

WHAT IS MERCURY IN RETROGRADE?

Mercury goes into retrograde on Oct. 31 and exits on Nov. 20. When Mercury is in retrograde, the planet appears to be moving backwards in the sky. As Mercury traditionally rules travel and communication, its retrograde can be linked to difficulties or confusion in these areas. During Mercury's retrograde, it is a good idea to double-check every message you send and give yourself extra time to get where you are going.



Aries: On Oct. 30, the moon moves into Sagittarius, so try new things and move through the world certain of yourself. The moon then enters Capricorn on Nov. 1, urging you to put emotions to the side and work hard. Venus moves out of Scorpio and into Sagittarius on the same day; love and partnerships will likely feel less intense and more carefree. The moon enters Aquarius on Nov. 3, calling you to spend some time alone before it enters dreamy and soft Pisces on Nov. 5.

Taurus: The moon moves into Sagittarius on Oct. 30, hopefully bringing some change in thoughts. On Nov. 1, the moon enters focused Capricorn and ruling planet Venus enters Sagittarius, making romance more



playful and less focused. The moon moves into Aquarius on Nov. 3 which may make you feel misunderstood, but remember sometimes things aren't that deep. Take time to heal and create with the moon in Pisces on Nov. 5.

Gemini: The moon enters sister sign Sagittarius on Oct. 30, energizing you and your mind. You'll probably be productive when moon moves into Capricorn on Nov. 1, the same day Venus enters Sagittarius. With Venus in your sister sign, committing to a relationship or love will feel like less of a pressure. The moon enters Aquarius on Nov. 3, bringing a sense of curiosity and solitude. On Nov. 5, the moon goes into Pisces; take some time to check in with yourself.



Cancer: On Oct. 30, the moon enters Sagittarius, so take care of yourself and others and don't take anything too personally. The moon moves into sister sign Capricorn on Nov. 1, providing stability. The same day, Venus enters Sagittarius, making it a good time to consider what you really want when it comes to partnerships. The moon is in brainy Aquarius from Nov. 3 until Nov. 5, then moves into Pisces. The moon in Pisces is a good time to restore your emotions.

Leo: The moon moves into fellow fire sign Sagittarius on Oct. 30, bring-

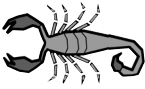


ing you energy to move and get things done. The moon enters Capricorn on Nov. 1, grounding you. Venus enters Sagittarius the same day; romance and love will probably feel less focused. On Nov. 3, the moon goes into sister sign Aquarius, which will probably give you ease with your emotions. The moon moves into Pisces on Nov. 5 so you may feel like your head is in the clouds, at least for a bit.

Virgo: On Oct. 30, the moon enters Sagittarius, which may make your emotional state unfocused but on Nov. 1, the moon moves into fellow earth sign Capricorn, providing motivation. Venus enters Sagittarius on the same day, so your love life will probably require less attention. The moon moves into Aquarius on Nov. 3, so try and see what connections you can make between different ideas. The moon enters sister sign Pisces on Nov. 5; relax your mind for a bit and daydream.



Libra: The moon is in Sagittarius starting on Oct. 30, bringing you to think a little less about what you do. On Nov. 1, the moon moves into responsible and focused Capricorn and ruling planet Venus moves into Sagittarius, giving romance a feeling of ease and freedom. The moon then moves into fellow air sign Aquarius on Nov. 3, so spend some time alone and learn something new. On Nov. 5, the moon enters Pisces, making you think about how you want the world to be.



Scorpio: On Oct. 30, the moon moves into Sagittarius, cooling down intense emotional states. Venus exits your sign to enter Sagittarius on Nov. 1; this change might make love and partnerships more carefree. On the same day, the moon enters Capricorn, so it will be a good time to work hard. The moon goes into Aquarius on Nov. 3 which may disconnect you from your feelings but on Nov. 5, the moon enters emotional Pisces, so it's a good time to let go of anything hurting you.

Sagittarius: The moon enters your sign on Oct. 30; have some fun and go with the flow. Venus also enters your sign on Nov. 1, making romance more free and lighthearted. The moon enters Capricorn the same day which will put emotions to the side in favor of attending to tasks or chores. As the moon goes into Aquarius on Nov. 3, take a break from work to spend some time by yourself. On Nov. 5, the moon enters wishful Pisces; be creative.



Capricorn: The moon goes into Sagittarius on Oct. 30 which may make life feel unplanned, but the moon enters your sign on Nov. 1 so you may feel motivated and responsible. Venus enters Sagittarius on the same day; love and partnerships may be less intense. On Nov. 3, the moon enters Aquarius, putting you in a mood to the-

orize and think. You may feel an urge to heal your emotions as the moon goes into Pisces on Nov. 5.



Aquarius: With the moon in Sagittarius starting on Oct. 30, you may feel driven by impulse. On Nov. 1 the moon moves into Capricorn, providing a feeling of stability, and Venus enters Sagittarius, which should bring ease into your relationships and love. The moon enters your sign on Nov. 3, calling you to be alone and do some digging. On Nov. 5, the moon goes into Pisces; tend to your daydreams, whatever they may be.

Pisces: On Oct. 30, the moon enters Sagittarius, bringing you to enjoy yourself and think less. Venus enters Sagittarius on Nov. 1; partnerships and romance may require less energy. The same day, the moon goes into responsible and stable Capricorn. On Nov. 3, the moon enters spacey Aquarius, encouraging you to seek out information. The moon moves into your sign on Nov. 5, putting you at ease and bringing you to heal.



DISCLAIMER: I am not a professional or trained astrologist. Any guesses made are simply that: guesses.

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Graphics: Blake Carlile



Team of the week: women's soccer

CONTINUED FROM PAGE 1

Arthur said that the team's success comes from player's cohesion and respect for one another. At the beginning of every season, Arthur runs team-building activities and implements a mentor-mentee program to create bonds over the summer. The week before classes start, the team goes on a camping trip to bond in a comfortable and relaxed environment. These initiatives are just some of the ways Arthur helps to encourage teamwork on and off the field. Last weekend brought new challenges for WU's women's soccer team. The team had a game on Oct. 26 in which they competed against Pacific University on Pacific's home field, and a game on Oct. 27 against Puget Sound on Puget's home field, who they previously tied. The team beat Pacific 1-0 and, similar to Sep. 29's 0-0 tie, tied Puget Sound 1-1 on Sunday, Oct. 27.

Arthur was confident in her team's preparation for these matchups. A brief look into the team's training agenda shows both the team's and Arthur's commitment to improving every day. On Tuesdays,



COURTESY OF WU ATHLETICS
Hillary Arthur

the team watches film and learns from the team's past games. Then the team lifts and stretches. The rest of the week is devoted to training on the field, focusing on technical skills and plays the team needs to improve on in preparation for the next game.

Arthur does her research for upcoming games: "[Pacific] is either going to play on their football field or their east field. The east field is a little more narrow and the grass is a little bit longer. That field has a slight home-field advantage, but our team has prepared to play on any surface."



COURTESY OF ROBERT WHITE

Senior forward Shana Keil attempts to dribble around an approaching Puget Sound University player.

The women's soccer team has some traditions, like tapping the same side of the lockers on their way out to the field and the big team talk they have before the game to get pumped up and energized. "I try to not be superstitious or get caught in all of that... We prepare well and

that's what we need to do," Arthur said.

Arthur said it's easy for the WU community to help the women's soccer team—cheer the team on at their next game. According to Arthur, you will not be disappointed. "This team continues to improve, continues to

work hard and continues to excel and their commitment to excellence, I see it every day. It inspires and motivates me to do better. As a coach, what more could you ask for?"

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Letter from the Editor

In last week's story "Lacrosse volunteers, builds team chemistry," the *Collegian* published multiple mistakes. The word "Indigenous" was misspelled twice and the words "Indigenous" and "Native" were not correctly capitalized. Emmett Blaney's pronouns were published as "they/them," instead of "he/him," as they should have been. Finally, the article incorrectly implied that only the women's lacrosse team gives Land Acknowledgements before games, when in fact all Willamette sports teams now give Land Acknowledgements before their home events. I am sorry that these mistakes made their way into the publication, and I apologize to Emmett, the lacrosse team and anyone in the community whom these mistakes have misrepresented or harmed. Moving forward, the *Collegian* will aim to do the following: better educate our staff on the best interview practices and proper notation, copy edit more diligently and minimize last-minute reporting, which heightens the risk of making mistakes. I would also like to thank anyone who has taken the time to inform us of the mistakes we have made. Your attentiveness and labor are appreciated.

Best,
Sophie Smith

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Football's home & history built over the last century



COURTESY OF WU ATHLETICS



COURTESY OF WU ATHLETICS

Sweetland Field in 1910 (top). McCulloch Stadium in 1950 before construction was completed (bottom).

JACK KUYPER
SPORTS EDITOR

Willamette University's McCulloch Stadium, located in Bush Park, has a long and rich history. The Willamette football team

formed in 1894 and before they played in the McCulloch Stadium, they played in what we now refer to as the Quad, previously called Sweetland Field, according to the Willamette website. This field was named after physician and Head

Coach George Sweetland in 1913 for coaching the Willamette football team between 1909 and 1913. This period of time is considered to be WU football's "Golden Era," both because the Bearcats defeated the University of Oregon in

1913, and because during Sweetland's time as a coach, the Bearcats accrued 20 wins and only four losses.

In 1944, Salem's city government unsuccessfully tried to purchase a majority of what is now called Bush Park in order to put a road through it for ease of transportation, but failed because the owner of Bush Park didn't want a road right in the middle of the park. A few years later in 1947, Willamette successfully purchased 10 acres thanks to a \$50,000 donation from Charles E. McCulloch, an attorney and president of Willamette's Board of Trustees at the time.

The McCulloch football stadium was completed in 1950. The stadium went through major renovations in 1993. After the renovations, the field was named Ogdahl Field after Coach Ted Ogdahl. Ted Ogdahl attended WU between 1939 and 1942 and became an All-American halfback as a junior. For his last year in college, Ogdahl transferred to the University of Pacific. After his time at the University of Pacific, Ogdahl served in the United States Marine Corps during World War II in 1942 and earned the Purple Heart and Silver Star in 1945. After World War II, Ogdahl became a professional football player for two seasons with the San Diego Bombers. Between 1948 and 1952 he worked at Grant High School in Portland to teach football and helped their team achieve a 27-game win streak. Ogdahl then came to become the head football and track and field coach at WU and went 98-64-10 overall in football. His Willamette 1960 and 1968 teams were both undefeated. He also managed to coach WU's first two national championships in track and field. Today, the football team and the rugby teams primarily use the Ted Ogdahl Field in the McCulloch Stadium for the games.

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Bearcat Spotlight: interview with Kyla Gordon



LAUREN MONTANA

Kyla Gordon

JACOB BLOOM
STAFF WRITER

First-year placekicker Kyla Gordon became Willamette University's all-time leading female scorer in football this past Saturday, Oct. 26. She surpassed placekicker KayLyn Stirton's ('19) previous scoring record of 11 points during Willamette's 34-49 loss to Lewis & Clark. She now has 14 points this season. Gordon is the third female kicker to play at Willamette, the first being Liz Heaston in 1997, who was the first female to ever play and score in a National Collegiate Athletic Association (NCAA) football game. Gordon said that

she joined the football team because of her love for the game. "I just want to compete at a higher level... This is what I love."

Gordon, who grew up playing soccer, said her dad was the first person to suggest she play football: "The idea started at the end of my seventh-grade year, and kinda started with my dad. He was like, 'Hey, you can kick a soccer ball really far, go kick a football.'" Gordon said that her response was nonchalant: "I was like, OK, why not?"

Although kicking was initially intimidating for Gordon, she quickly grew to love it.

"When I started playing I was completely terrified. I would

dread going to practice the first couple weeks. Eventually, when we got into the games though, I fell in love with the sport."

Gordon went on to explain that while her first year playing football was especially difficult, the beginning of every year is challenging for her: "Every year brings a new bout of anxiety and I ask, 'Do I really want to do this?', but as soon as I step on the field or kick a ball, I'm like, 'This is what I'm gonna do, this is what I love.'"

One of Gordon's biggest influences is her mentor Alexis Serna, who was the starting kicker for the Oregon Beavers between 2004 and 2007. Gordon said that without Serna, she wouldn't be playing in college. "Heading into my senior year, I did not think I would be playing college football next year. I had the mentality like, 'This is my last year, after this my cleats are going to be thrown into the back of my closet and I'm never going to kick again.' Then I talked to Alexis [Serna], and he said, 'You have the ability to play at the next level. Whether that's Division II or Division III, you have the ability.'"

Serna was right about Gordon's abilities. So far, she's made 14 of 17 Point After Touchdown attempts (PATs) in five games. While thus far Gordon has had only one field goal opportunity, she said she aspires to kick field goals too: "If we kick field goals, I'm hoping to be the one to do it... It's about the coaches having the confidence in me to make it. I need to be ready."

Gordon, who grew up in Salem, said she was originally hoping to attend college out-

side of Oregon. However, this changed when she visited Willamette and got to meet Head Coach Isaac Parker and the other football players. "I got to hang out with more of the guys and decided that's where I want to go because of the environment [of] the team," she said. "All the guys are super respectful."

She also talked about a touching moment with Parker during her first visit with him. Gordon said that Parker told her that he knew that she would be a hero to his two-year-old daughter. According to Gordon, he told her, "You're doing something you love, and you're good at it, and I think a lot of girls will find inspiration in you."

One idea that Gordon spoke extensively about was 'paying it forward,' a concept about receiving kindness and then passing it on to another. She was inspired by this idea because of Serna, who coached her completely for free. According to Gordon, when her family offered to pay him he replied, "I don't want money." Serna inspired Gordon so much that she has decided to pay it forward herself. After attending her younger brother's eighth-grade football game at the same school she played at six years ago, she noticed that the school also had a female kicker. Gordon approached both the player and her mom and offered to coach her for free. Gordon explained, "I don't want to be paid. That's what Serna did for me, so I want to pay that forward too."

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One Love talks domestic violence with swim team

BRITT SHUNN-MITCHELL
CONTRIBUTOR

On the morning of Saturday, Oct. 26, Willamette University's men's and women's swim teams cut their practice short to attend the One Love Training, led by Lacrosse Assistant Coach Annie Longtain. The One Love Training covered topics ranging from unhealthy relationships to domestic violence. A handout was given out with resources, both local and national, for anyone to use when navigating a friend, a loved one or themselves out of an unsafe situation. It was announced before the training started that if anyone needed to leave or put their head down to disengage with the training, they could. Both swim Head Coach Brent Summers and swim Assistant Coach Erin McVeigh were at the training and made sure that if any athlete was unable to stay in the training, they were not alone when leaving.

The training started with a short film made by the One Love Foundation that follows the escalation of an unhealthy relationship. One Love is a non-profit advocacy organization that was founded after the death of Yeardley Love. Love was a lacrosse player for the University of Virginia just three weeks away from graduation when her boyfriend took her life. After this, her parents

and sister created the One Love Foundation to help teach prevention techniques for domestic violence and to educate both students and athletes on what healthy relationships look like. They have a large focus on student-athletes

"It's one thing to sit in a room and watch a video and a whole other thing to find yourself or someone you care about in that situation. We were all pretty emotionally drained afterward, but I really think it was worth it because domestic violence isn't as uncommon as some people might think."

but their foundation has reached almost 200 thousand young adults with their workshops, according to an American Psychological Association Children, Youth and Families (CYF) press release. More information on this foundation and its resources can be found at www.joinonelove.org.

After the short film was over, Longtain led the swimmers through 15 questions trying to pinpoint unhealthy behaviors displayed in the film and encouraged discussion on what an intervention could have looked like.

the characters involved showcased how insidious and creeping domestic violence can be. A lot of people brought up what they would do in that situation, either as a bystander or as someone being abused, but noted that what they hoped they would do and what they would actually do might be very different things. It's one thing to sit in a room and watch a video and a whole other thing to find yourself or someone you care about in that situation. We were all pretty emotionally drained afterward, but I really think it was worth it because domestic violence isn't as uncommon as some people might think. It's so important to know the warning signs for yourself and the people around you."

A large part of the discussion focused on prevention so that situations would not have to get to the point where intervention seems like an impossible task. Focusing on how the team could help each other and their peers is important to McVeigh: "You have to have conversations around [domestic violence] because most people don't. It is important because to teach how you can help save people, to recognize signs and symptoms [helps] to better themselves and their friends. Talking about and recognizing the signs is the first step to helping others."

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This week at Willamette

JACK KUYPER
SPORTS EDITOR

WOMEN'S SOCCER

Sat. 10/26

Willamette @ Pacific

1-0

First-year Jackie Gilroy scored the only goal in the first half.

Sun. 10/27

Willamette @ Puget Sound

1-1

Senior Kristen Barclay only allowed one goal on 17 Puget Sound shots.

Next week's match:

11/3: Willamette at Pacific Lutheran

MEN'S SOCCER

Sat. 10/26

Willamette @ George Fox

1-0

Willamette had 18 shots on goal compared to George Fox's eight

Sun. 10/27

Pacific @ Willamette

1-2

Next week's matches:

11/2: Willamette at Whitworth

11/3: Willamette at Whitman

FOOTBALL

Sat. 10/26

Willamette @ Lewis & Clark

34-49

Junior Max Anderson broke WU's single-game receiving record with 247 yards.

Next week's match:

11/2: George Fox at Willamette

VOLLEYBALL

Fri. 10/25

Willamette @ Puget Sound

1-3

Senior Jenifer Lane led WU with 14 kills.

Sat. 10/26

Willamette @ GFCU

0-3

Next week's matches:

11/1: Willamette at Whitworth

11/2: Willamette at Whitman

MEN'S BASKETBALL

Sat. 10/26

Lewis & Clark State @ Willamette

83-57

Junior Ben Sutton led WU with 12 points and eight rebounds.

Next week's matches:

11/5: Willamette at Portland

CROSS COUNTRY

Next week's meet:

11/2: Northwest Conference Championships at Puget Sound

SWIMMING

Next week's meet:

11/1: Pacific Lutheran at Willamette

WOMEN'S BASKETBALL

Next week's match:

11/1: Corban at Willamette

All images in the score boxes are used courtesy of the respective institutions and do not belong to the Collegian.

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Goudy shouldn't go meatless

CARTER PENNY
CONTRIBUTOR

With the current global push by youth worldwide for sustainability, many students at Willamette are wondering what they can do to help improve sustainability on campus. One area of focus is food. While Goudy Commons is certainly more sustainable than many other college food courts, many students are wondering if they can do more to reduce the school's carbon footprint. One idea that's been suggested is the complete removal of all meat and meat-based products from Goudy's menu. Is removing all meat products the right choice for Goudy, or are there better ways to reduce Willamette's environmental impact?

According to Willamette Environmental Science Professor Joe Bowersox, meat is simply a smaller piece of a larger puzzle. Bowersox said that "[eating less] meat is a part of the solution, [not] the whole solution." According to a study published by the US National Library of Medicine, reducing or removing meat from our diets would solve some environmental problems but it should not be considered the only solution. There are other things that could be done on campus beyond getting rid of meat to reduce Willamette's collective carbon footprint. Students could unplug unused devices because many devices take nearly the same amount of power from the wall

whether they're on or off, according to the *New York Times*. Students could stop buying fast fashion products—a study by the University of Queensland found that the fast fashion industry is the second leading polluter behind oil. Students could also line-dry clothes—according to Project Laundry List, line-drying clothes can save the average person's carbon footprint by up to 2,400 lbs per year.

Proposing the removal of meat from Goudy is somewhat short-sighted and doesn't take into account Goudy's existing sustainability initiatives. Director of Dining Services Lindsey Leisinger said that they currently compost, source much of their food from local farmers, cook in small batches, control portions, have near meatless Mondays, hold trayless Tuesdays and work with the Food Recovery Network to make sure that any unused food will still be eaten. On the subject of meat itself, Leisinger said, "We've tried minimizing meat options, but the demand is there and... people enjoy it, but I think that there's a way to introduce other alternatives that are tasty and [healthy]." Goudy and its staff are mindful of the carbon footprint that's associated with meat and are trying to curtail it. Beyond that, it's not as though students are powerless to change Goudy and its practices—any Willamette student can promote change by writing a comment card or contacting Bon Appetit staff directly. And that's still

not accounting for the impact that removing meat might have on Willamette students. Meat is an important part of many people's diets, especially athletes. According to a study done by the University of New Mexico, meat is the leading source of protein for most Americans, and thus the driving force behind most American's muscle growth. If meat was removed from Goudy, it may unintentionally harm our students' athletic performances.

So, if removing meat isn't the answer, what can we do to promote more sustainable practices on campus? First-year Sonia Zand said, "Collective action is the best way that we can promote change." Professor Bowersox said, "When we think about change, we seem to place a lot of responsibility upon the individual," when in actuality, we're just small players in a global crisis.

We need to focus our efforts more on larger things and bigger change. Even though symbolic take-downs of smaller unsustainable practices feel good, we need to keep our eyes on the larger problems and promote a truly sustainable world. So, while doing something like removing meat from Goudy might feel like a win in the short term, we have to remember that it only tackles one item on a list of ever-growing environmental problems that impact many more people than those on our campus.

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Do Halloween costumes your way

CLAIRE ALONGI
STAFF WRITER

Besides consuming massive quantities of candy, costumes have become one of Halloween's defining features. Halloween is a night where people are allowed to break the rules, at least when it comes to dress. But honestly, dressing up is the best part. While it's more budget savvy to reuse a costume, make it from stuff you own, or thrift it, the ultimate point of the holiday is to have fun the way you want it.

According to *National Geographic*, during Halloween celebrations, Celts often wore animal skins to disguise themselves. Today, costumes and the celebration of the holiday in general have come a long way. However, there are some barriers when it comes to choosing a Halloween costume for young women.

Halloween shop Yandy is known for making ridiculous "sexy" costumes like Sexy Corn on the Cob and Sexy Donald Trump. Halloween Express and Spirit Halloween also carry costumes like Sexy Raccoon and Sexy Lumberjack. Dress sexy if you want to, but consider steering away from the more ridiculous end of the spectrum, such as the Sexy Lobster.

Sexy costumes aside, pre-made costumes generally tend to have a higher price tag. The "Superhero" costumes sold at Party City typically have a minimum price of \$30, going up until nearly \$60. That being said, there's still nothing inherently wrong with purchasing a pre-made Halloween costume. But people shouldn't be compelled to do it or be expected

to dress provocatively. That's why it can be easier, especially for female identifying people, to put together their own look if they want to avoid sexy stereotypes.

Junior Cameron Taggesell wanted something cheap and easy and found thrifting was the way to go for her SWAT agent costume. "There was a \$1.99 SWAT hat at Value Village and I figured it would be a cheap easy costume. [I'll] add leggings and black top ... I prefer putting together my own costume because it is usually less expensive and comes out looking more natural," she said.

Sophomore Surya Lee echoed a similar statement. This year she's going as Hermoine Granger with her friend. "I bought a Gryffindor tie online and I borrowed or already had everything else. I prefer making my own costume because it's cheaper and usually more comfortable," she said.

There's something to be said for the ease of a premade costume or the intense dedication of making an elaborate homemade one, just as much as there's an argument for keeping it simple. Another pro of DIY or thrifting is that you can pick things that you'll wear again. Maybe you would only wear a perfectly accurate pre-made Spiderman costume once, but you can wear a thrifted red t-shirt that you can pattern with blue tape on a more regular basis. Just remember, whether you want to go big or go home and create your own costume, Halloween should happen on your terms and no one else's.

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