

# COLLEGIAN

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## Closing of Salem shopping staple surprises employees and customers

 NOAH DANTES  
MANAGING EDITOR

After more than 30 years of business, Salem's Value Village closed last Saturday, Nov. 16 after its property lease expired. Salem Health is now leasing the property. The store offered a 20 percent discount to Willamette students, a wide and unique variety of clothes, supported local charities and accepted donations of used clothes, making it a popular shopping spot for both the campus and broader Salem community.

While the store was a community staple, it was part of a chain of over 300 Value Villages all owned by Savers, the largest for-profit thrift retailer in the world.

The Salem location closed "due to an expiring lease agreement," Savers spokeswoman Sara Gaugl said in an interview with the *Statesman Journal*. Gaugl did not specify as to why the lease was not renewed.

According to the *Statesman Journal*, Salem Health is now leasing the property, which includes the next-door closed Kmart store. The hospital is currently undergoing renovations to account for Salem's growing population and the



EXENE VANDENBERG

*Value Village became a popular store for WU students thanks to its affordable prices and interesting items.*

construction is expected to limit visitor parking at the hospital. The property, though located a five minute drive away, will serve as an additional parking lot to accommodate demand. A shuttle will be provided by Salem Health to take people back and forth between the parking lot and the hospital.

Gaugl did not rule out a potential relocation: "Thrift shopping continues to build momentum and we're always looking for potential locations that meet our real estate requirements."

However, a Value Village employee, who spoke on the condition of anonymity, said that there

are no plans to relocate the Salem store. Additionally, no employee knew it was closing until Nov. 5. All of the store's supplies are being shipped to the Tigard location, the last Value Village in Oregon. Savers usually relocates its workers when a store closes, which the employee confirmed is happening

for the Salem location, but the move could prove challenging for some employees given the distance to Tigard.

Other locations are also being closed down. Seattle's last Value Village closed on Nov. 16, also due to an expired lease. Another location in the Puget Sound area closed earlier this year.

The Salem location was a popular shopping spot for many Willamette students. Dawn-Hunter Strobel ('20) said, "Three-quarters of my wardrobe is from Value Village. It's the only place I shop in Salem."

Riley Burton ('20) had a similar sentiment: "Everything I'm wearing right now is from Value Village. You'd come in and get cheap clothes, but you'd also go there for the looks."

The closing of the store came as a shock to both Burton and Strobel. Burton learned it was closing when he walked in and found several of his favorite racks missing on Nov. 6. After asking an employee, he discovered that the store would be closing 10 days later.

STUDENTS, 3

## Castaneda, Jenkins break WU record on 95-yard touchdown



COURTESY OF WU ATHLETICS

*The Bearcats, backed up against their goal line, defend against Pacific University in a game earlier this year.*

 IVY YEOH  
STAFF WRITER

The Willamette University football team played its last game of the season on Saturday, Nov. 16 at McCulloch Stadium. The Bearcats took on the Pacific Lutheran

Lutes, losing 45-20 and ending the year with a 2-8 overall record and finishing 0-7 in the Northwest Conference.

The Lutes started the scoring at the 10-minute mark in the first quarter on a 94-yard touchdown pass, which was followed up with a successful extra

point try that brought the score to 7-0. The Bearcats quickly narrowed the lead with a long drive down the field, capped off by a 23-yard pass from sophomore Aidan Kuykendall to sophomore Max Andersen for a touchdown at 5:42 for six points. The extra point was unsuccessful, which al-

lowed the Lutes to maintain a 7-6 lead. Throughout the second and third quarter, the Bearcats struggled against the Lutes's strong offense. By the end of the third quarter, the road team led 42-6.

The fourth quarter brought some excitement as the Bearcats offense came to life, setting school records in doing so. With the clock at 11:07, senior quarterback Mathew Castaneda set a new school record with a 95-yard pass to Andersen for a touchdown. The subsequent kick attempt was successful, bringing the score to 42-13. The previous record at Willamette was held by Todde Greenough, who threw a 94-yard pass in 1988.

In the last eight minutes of the game, the Lutes gained three points on a field goal and the Bearcats scored their final touchdown of the season on an 11-yard pass from Castaneda to graduate student Jordan Jenkins. Freshman Kyla Gordon's extra point attempt was successful. The game ended with a 45-20 score. Sophomore Dylan Sparks said: "It was a great last game for the seniors. They really gave it their all and showed incredible stamina, especially Mat [Castaneda] who played the whole game on a sprained ankle."

WU LOSES, 6

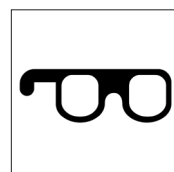
## Winter darkness brings SAD to campus

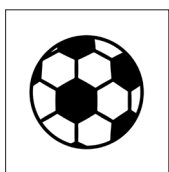
 SANJA ZELEN  
STAFF WRITER

As the days grow shorter and colder, some students may find themselves feeling more stressed or less motivated. There are a multitude of explanations for this shift in mood, but one of them is especially common for people living in Oregon. Seasonal affective disorder, or SAD, can have a negative toll on the moods of students, but fortunately there are remedies—on campus, store bought and online—that students can turn to if they are affected by SAD.

Marked by the changing of the seasons, seasonal affective disorder occurs when the days get shorter and darker around late autumn. People with SAD experience depressive episodes linked with the calendar year, which may entail irritability, excessive sleeping, a craving for carbs and difficulty concentrating. Residents living in cloudier, rainier states, such as Oregon, are more prone to SAD. Dr. Alfred Lewy at Oregon Health & Science University estimates that five percent of Portlanders suffer severely from SAD, while 15 percent are moderately affected.

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Women's volleyball builds team chemistry.  
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Students discuss the short break between fall and winter breaks.  
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# Students write cannabis social equity bill

MADELYN JONES  
NEWS EDITOR

While many states that have legalized cannabis have put effort into organizing a social equity program, Oregon has not, which led a group of Willamette College of Law students to write a bill that would establish a state-wide program. These students belong to the Willamette chapter of Law Students for Sensible Drug Policy (LSSDP), which became an official student organization in fall 2017.

As described in an informational handout made by the students, cannabis social equity “looks to remove barriers which have kept the populations most impacted by cannabis prohibition out of the newly established and economically lucrative legal cannabis market.”

Brett Mulligan, a College of Law student is a current director of LSSDP and a driving force in the creation of the cannabis social equity bill. He noted that the process has been a collaborative team effort with law students Nick Culp, Karmen Pacheco, Dillon Duxbury and Joe O’Connell.

The bill this team wrote gives resources to communities of people most affected by the war on drugs by offering programs such as application workshops, technical support and grants and loans.

“Payments of loans will go back into the social equity grant program, thereby creating a self sustaining source of capital for the program,” states the handout.

“We are not looking to basically give someone a company, we just want people from all sorts of communities to have an equal playing field so that the best entrepreneurs can rise to the top,” explained Mulligan.

By the end of November, Mulligan reported that participating LSSDP members will have met with 30 to 35 Oregon state legislators. On Nov. 18, they presented to the Economic Development Committee. Mulligan explained that he never knows what to expect going into meetings, as some politicians have been instantly interested, while others are unfamiliar with the concept of cannabis social equity.

While they have mostly met with Democrat legislators, Mulligan said they have some meetings planned with Republicans and thinks they will be interested in the economic development aspect of the bill.

“They are very interested in a social equity program because it will help the small local businesses, and that is going to be huge because you will be building those economies, and also tax revenue... Southern Oregon naturally is probably one of the best spots in the entire world to grow cannabis, so imagine the economic development you can have,” said Mulligan.

Multiple legislators have shown interest in the bill and have discussed sponsoring it for either the 2020 or 2021 session.

Mulligan stated his goal was for the bill to be active in the 2021 session, but that the possibility of it being in the 2020 session has increased. In fact, when he first started requesting meetings with legislators, he only expected to get a few responses but ended up receiving many more than expected.

“They say state government is where things happen, and it really is,” he said.

Mulligan also discussed the history of the Willamette LSSDP chapter, reporting that when it first started in 2017, there were



RYLEIGH NORRGROVE

Nick Culp, Brett Mulligan and Karmen Pacheco (left to right) are three of the Willamette College of Law students that are working on a cannabis social equity policy proposal.

three members. In the last meeting, 30 to 40 people attended.

When asked why he believes the organization has seen such an increase in numbers, he said that many people are currently enrolling in law schools to pursue criminal reform policy.

“If you look at why the U.S. has the highest prison population and ratio of people going to prison, a lot of it is because of drug policy and putting people in jail because

of nonviolent drug offenses. I think that brought a lot of people into it,” he said.

He also noted that drug policy involves other aspects of legal studies, like health and human services. While at first it may seem like a niche interest, the issue impacts many people and touches on multiple subjects that interest many law students.

LSSDP is also working on other projects, including a drug

decriminalization initiative in collaboration with Reed College. Mulligan said College of Liberal Arts (CLA) students can support these projects by giving signatures so that initiatives can make it to the ballot. He also mentioned an interest in working with CLA students for research and writing policy proposals.

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## WEEKLY REPORT BY CAMPUS SAFETY

### CRIMINAL MISCHIEF

**Nov. 13, 9:57 p.m. (Sparks parking lot):** Campus Safety received a call reporting that their vehicle had been broken into. An officer responded and met with the student. A report was filed.

### EMERGENCY MEDICAL AID

**Nov. 8, 7:20 p.m. (in a campus residence):** Campus Safety was contacted after a student had been bitten by a spider. An officer responded and the student was transported to the ER.

### HARASSMENT

**Nov. 12, 9:01 a.m. (in a campus residence):** Campus Safety received a call reporting a student being harassed by another individual. A report was filed.

### SUSPICIOUS ACTIVITY

**Nov. 8, 3:10 p.m. (University Apartments parking lot):** Campus Safety received a call reporting a suspicious individual

sleeping in the grass. An officer responded, met with the individual and assured that they left campus.

**Nov. 8, 11:45 p.m. (University Apartments parking lot):** Campus Safety received a call from a student who reported that they were being chased by a possibly intoxicated individual. Officers responded and searched the surrounding areas, but the individual could not be located.

**Nov. 10, 8:18 a.m. (Waller Hall):** While on patrol, an officer noticed a suspicious bag with a can of alcohol nearby, but no one around. The officers checked the building and ensured no one was in the building. The items were confiscated and disposed of.

**Nov. 10, 10:06 p.m. (Smith Fine Arts):** While on patrol, an officer encountered an individual

digging through the trash. The officer met with the individual and assured that they left campus.

**Nov. 11, 3:58 a.m. (University Center):** While on patrol, an officer noticed a suspicious individual with a headlamp looking at the locked bikes on the rack. Officers responded and met with the individual and assured that they left campus.

**Nov. 12, 2:04 p.m. (Lausanne Hall):** Campus Safety received a call reporting a suspicious individual who was screaming. An officer responded and searched the surrounding areas and buildings, but the individual had already left campus.

**Nov. 12, 5:23 p.m. (Goudy Commons):** Campus Safety received a call from Bon Appetit staff reporting a suspicious individual in their lobby asking about free meals. An officer re-

sponded and observed the individual leaving the building. The officer met with the individual near the University Apartments and assured that they left campus.

**Nov. 13, 10:39 a.m. (Lee House):** While on patrol, an officer noticed a suspicious individual passing through campus with a wagon full of items. The officer maintained a visual on the individual until they left campus.

**Nov. 13, 10:20 p.m. (University Center):** Campus Safety noticed a suspicious individual on a bike with a cart in the area. An officer responded and found the individual digging through the dumpsters. The officer met with the individual and escorted them off campus.

**Nov. 14, 4:09 p.m. (Matthews Hall):** Campus Safety received calls reporting a suspicious in-

dividual in the building. Officers and the area coordinator responded and located the individual who then left campus.

**Nov. 14, 5:42 p.m. (Baxter Hall):** Campus Safety received a call from a student who was approached by two suspicious individuals asking questions to the point that they became uncomfortable. The student called Campus Safety. An officer responded and searched the surrounding areas for the individuals.

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



# WU draws conclusions from first alumni survey

ANNA SEAHILL  
STAFF WRITER

The first-ever Willamette University Alumni Survey was sent out last January to graduates of Willamette’s three schools: College of Liberal Arts (CLA), College of Law and Atkinson Graduate School of Management (AGSM).

The 24-question, 45-minute long survey consisted of multiple choice questions, rankings and opportunities for written comments. It was divided into four sections: decision (Do you think attending Willamette was a good decision?), promotion (Would you recommend

ecdotal evidence from vocal alumni was some of the only feedback they could look to when making changes.

Consequently, the alumni survey was sent to Willamette alumni with a valid email address in the hopes of collecting data to inform the University on how to best move forward and serve alumni most effectively. To encourage alumni response, follow-up emails, social media posts, postcards and phone calls were all methods of contact utilized in addition to the initial email.

This first survey’s results will serve as baseline evidence, with a

In response to this feedback, Reich said that multiple steps are being taken by the Alumni Board and the University as a whole to improve alumni connections. This includes focus-group meetings held last April in top alumni regions San Francisco, Seattle, Portland and Salem. There has also been a recent increase in outreach by University President Stephen Thorsett to alumni through emails—an action that Reich said has so far been “well-received.”

To further enhance the alumni experience, Willamette is launching a virtual alumni pro-

*“To further enhance the alumni experience, Willamette is launching a virtual alumni programming initiative.”*

and promote Willamette to others?), experience (What has your alumni experience been like?) and opinion (What is your opinion on the University now?).

In the five weeks following the survey’s release, 2,273 out of the 15,670 alumni contacted responded, putting the overall response rate at 14.5 percent. The response rate percentage by school was 10.77 percent for CLA, 18.98 percent for AGSM and 15.15 percent for the law school.

Before this survey was launched using the market research program Alumni Attitude Study, there had only ever been small surveys conducted for the CLA alumni. As Tyler Reich, the associate vice president of University relations stated, this lack of alumni data meant that an-

plan for the survey to be conducted every five to 10 years in order to track new ideas, thoughts and opinions.

Last March’s analysis of the data revealed that 90 percent of respondents believe that attending Willamette was a good or excellent decision; 89 percent of respondents think highly of Willamette overall.

Additionally, alumni voiced what they want to see in the future, such as an increase in regional programming, since both personal time and distance were listed as the two biggest barriers to alumni participation. The younger alumni also expressed that their relationship with Willamette post-graduation has not been as strong as it has been for older generations.

gramming initiative. Webinars with professors and online streaming of different campus events, like music concerts and speaker presentations, are currently being pursued as a means of strengthening connectivity. An upcoming example in December is law professor Warren Binford’s scheduled online presentation regarding the border crisis.

Although the survey resulted in thousands of unique, individual responses, Reich was able to condense all of the information into a relatively simple conclusion: at the end of the day, “Willamette alumni want a clear picture of the institution’s vision and how we’re getting there.”

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# Know your rights: finals schedule policy

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STAFF WRITER

As the stress of finals week approaches, many College of Liberal Arts (CLA) students are unaware of the final exam policies in place meant to protect students and provide clarity on due dates. This exam policy, which dates back to 1994, lays out rules that professors are required to follow as they administer final exams and establish due dates for papers, and defines the rights that students have as they enter final exams.

Associate Dean of Student Success Gretchen Moon explained that it is in the best interests of students to review and know the final exams policy, as professors do administer exams and set due dates outside of the established dates in the policy.

“There are several ways in which the policy is not observed. The first of which is when a professor assigns a final paper to be due on the date of a final exam time, and holds an exam on that day as well. Papers should be due before classes are over, and final exams should be held only during finals week. We want students to be able to devote themselves to all of their remaining classes, not doing double the work for one of them during study days and finals week. The second of which is that professors cannot set due dates less than four days before the first day of final exams.”

Maria Blanco-Arnejo, professor of Spanish and one of the original authors of the final exams policy, stated that the preamble of the policy should be the most important part of the policy to students.

The preamble of the policy reads: “This policy seeks to promote effective preparation for final examinations and optimal conditions for

the synthesis and assimilation of course materials by designating and safeguarding specific days at the end of the semester to be devoted exclusively to study. This policy seeks to assure that the full semester is available to complete course work by reaffirming that a semester does not end until the last day of final examinations.”

Blanco-Arnejo described a situation in which students’ lack of knowledge about the final exam policy inhibited their ability to complete coursework during finals week: “Sometimes I have students who cannot come to class during the last week of classes because they are writing a paper. In several cases, these students have believed their paper was due on a date that did not coincide with the rules of the final exam policy, as it was due too early. We need to let students know that they can approach members of the administration, especially Gretchen Moon, and take advantage of the time they are allowed to do their final coursework.”

Blanco-Arnejo also discussed the circumstances under which the final exam policy was initially written: “The final exams policy we currently adhere to was written by the CLA Academic Council, which is an elected council of faculty and members of the administration, as well as students. There are always two students who sit on the council. The need for a clear and thorough final exams policy was originally brought to the Academic Council by students. Students wanted protection and clarification during final exams. This desire is represented in the policy’s preamble.”

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# Students respond to closing of beloved Salem thrift store

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The store was known for its low prices and wide, eccentric variety of clothes. “I once picked up an Ichiro [Suzuki] jersey there—it has a market value of 150 dollars and I got it for seven,” Burton said.

“Having thrift shops is a really vital resource for low-income folks,” Burton said. “Salem’s kind of run out of retail shops. Nordstrom closed, Macy’s closed, Sears is gone. Kmart closed my first year at Willamette. Now Value Village is gone too... If Value Village had closed earlier, I would have highly considered transferring.”

Value Village was also known for its Halloween sales and the additional special items it offered during the season. Strobel recalled the Halloween season two years ago: “I went as the sun for Halloween and my friend dressed up as the moon. We had no concept of how we were going to dress but we found it at Value Village. [My costume] was very abstract: a gold jumpsuit and a wig.”

Burton shared a similar Halloween story: “My friend and I went in and found some Bob Ross shirts. My friend found an all-white outfit and I painted him for Halloween to make a low budget costume that way.”

When asked, neither Burton or Strobel knew where they would shop now that Value Village is gone. Both said that Value Village had the best prices in Salem and sold unique clothes that aren’t found elsewhere.

“I think it’s a big blow to Salem in general,” Strobel said. “I could always go in and find way more than I could ever use... it was fun and cheap. You never wasted your time with Value Village.”

Burton agreed: “It was a solid staple that complimented the Willamette community very well. We are a pretty weird school and Value Village was a pretty weird store. I’m really sad to see it go.”

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Dawn-Hunter Strobel ('20) looks through his closet, which he says is mostly comprised of Value Village finds (left). Strobel shows off an intricately embellished shirt that he found at the store (right).



# Resources on campus and in Salem during Fall Break

AUDREY PIACSEK  
STAFF WRITER

It’s almost that time of year again: fall break! A week without classes can be freeing if you’ve got plans lined up for how to spend it, but if you find yourself on campus without anything in particular to do, never fear— there are plenty of fun events and resources available both at Willamette and in the Salem community.

Dining halls on campus will have limited hours over break, so be prepared to feed yourself for the week. The last board meal at Goudy Commons will be dinner on Friday, Nov. 22, and the dining hall will be closed until dinner the following Sunday, Dec. 1. Kaneko Cafe will also be closed during the break. If you still have a craving for some Bon Appetit meals, Rick’s Cafe will be open Monday through Wednesday for breakfast and lunch.

While it might be frustrating to lose the easy access to meals that Bon Appetit usually provides, it can also be an opportunity to try new things.

You can use the extra time without classes—and the lack of people crowding the kitchens and leaving their dirty plates in the sink— to try cooking for yourself. You can also take the opportunity to venture into town and try out some of Salem’s many restaurants: downtown Salem, only a few blocks away, boasts dozens of eateries from traditional restaurants like Wild Pear and Bo & Vine to fun, vegan-friendly options like Venti’s, as well as delicious desserts at Dolce Mama’s and the newly opened Bearscat Bakehouse.

For students who may not have the means to buy ingredients or eat out every night, the Bearcat Pantry will be open during break. Part of the Students Organizing for Access to Resources (SOAR) Center, the pantry is free to all students and is located on the third floor of the University Center. According to the Willamette website, the pantry offers “a selection of fruits and vegetables (fresh, frozen and canned), proteins, dairy, grains and some non-food items, such as cleaning supplies and various hygiene products.” A student

ID is not necessary and all staff are trained to ensure complete privacy. Students will be asked for the last five digits of their ID number, which is used to help the SOAR center keep track of how many new students utilize the pantry and is not connected to the student’s name. The pantry will be open from 12-2 p.m. every day during break except for Tuesday and Thursday, Nov. 26 and 28.

On Thursday at 1 p.m., a free Thanksgiving meal will be hosted in Cat Cavern for students of all three Willamette schools, catered by Roth’s Market. RSVP by Friday, Nov. 22 on the Office of Student Affairs website or by following the link in the daily bulletin.

A fun way to get off campus or out of your house and join the community on Thanksgiving day is to participate in a fun run. There are two happening in the area this year, one at 9 a.m. at Riverfront Park in Salem and one beginning at 8 a.m. at the Keizer Station Village in Keizer. Both are open to any level of runner, jogger or walker and the Salem run will have a separate free kids’ race

at 8:45 a.m. The Salem Run’ucopia is \$25 and participants can choose between a 5k, 10k or 15k run through Minto-Brown Island Park. The Keizer Turkey Dash 5k is \$30 and is held annually as a fundraiser for various local nonprofit organizations. This year’s recipient is the McNary Contemporary Music Program, which offers music classes to local grade school kids. Sign up online for either run and check in an hour before the start time.

If you prefer quieter and less active break activities, head over to the Bush Barn Art Center in Bush Park, just a few blocks from campus past the hospital. Entry is always free. This month James Kirk, a well-known Oregon artist, is putting on the final watercolor and sketch exhibit of his career, appropriately titled “This is Absolutely, Positively the Very Last Art Show.”

Also on display is a graffiti art exhibition by Sandra Hernández-Lomeli, painted right onto the walls of the gallery. Born from a collaboration between the Salem Art Association (SAA) and Latinos Unidos Siempre

(LUS), an advocacy group based in Salem, the exhibition “reflects the work of LUS to combat local and national systemic and social issues impacting people of color and youth,” according to the SAA website.

The Hallie Ford Museum of Art will also be open over break, except for Thursday, Nov. 28. They are currently featuring Custom Imperatives, a watercolor show by Salem artist Carol Hausser, a former art professor at Chemeketa Community College. Also on campus will be the Fall Dance Concert put on by student dancers and choreographers. The last shows will take place at 2 p.m. and 7:30 p.m. on Saturday, Nov. 23. Details of both exhibitions can be found in the daily bulletin.

If you’re spending fall break in Salem this year, particularly if you live on campus, it might seem like there’s nothing to do but homework— but if you take the opportunity, the break can be a chance to get off campus, explore Salem and discover something new about the place where you live.

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## Horoscopes: week of 11/20-11/27


BILLY ULLMANN  
LIFESTYLES EDITOR

**MERCURY GOES DIRECT:** *Mercury exits retrograde, or goes direct, on Nov. 20. This means that all the areas that were strained by the Mercury retrograde, such as communication and travel, will begin to regain their usual ease starting on Nov. 20. In other words, you survived!*

 **Aries:** Sagittarius season begins on Nov. 22, likely energizing you and providing a sense of freedom. On the same day, the moon enters sister sign Libra, putting you in a mood to charm others. The moon then goes into secretive Scorpio on Nov. 24. Venus enters Capricorn on Nov. 25, likely making responsibility more important in your partnerships. The moon moves into Sagittarius on Nov. 26, so have fun and don’t be afraid to question things.

 **Taurus:** The moon enters Virgo on Nov. 20 so get things done, especially regarding communication. Sagittarius season begins on Nov. 22. During this time, do not be afraid to rethink your worldview and let go of negative thinking patterns. The moon enters sister sign on Nov. 24. Scorpio, putting focus on power and possession. Venus moves into Capricorn the next day, emphasising responsibility in love.

 **Gemini:** The Sun enters your sister sign Sagittarius on Nov. 22, calling you to trust yourself and do more. It will be a good time for partnerships, especially as the moon enters flirty Libra the same day. On Nov. 24, the moon enters Scorpio; look outwards and see what others are doing. Venus exits Sagittarius and moves into Capricorn on Nov. 25, so be honest about what you want from others.

 **Cancer:** The moon is in driven Virgo until Nov. 22, when it moves into social Libra. The same day Sagittarius season begins, providing a feeling of change and freedom. While the moon is in Scorpio starting on Nov. 24, don’t take things too personally. Venus


moves into sister sign Capricorn, making it a good time for you to begin partnerships and give attention to love and beauty.

 **Leo:** On Nov. 22, Sagittarius season begins, giving you more energy to focus on yourself and worry less about others. The same day, the moon enters Libra, motivating you to socialize or flirt. The moon enters Scorpio on Nov. 24, so consider what your desires are. Venus enters Capricorn on Nov. 25, placing emphasis on nurturing and attending to your partners. The moon goes into freedom-loving Sagittarius the next day.

 **Virgo:** The moon is in your sign until Nov. 22, so it is a good time to complete tasks. The moon then goes into social Libra and Sagittarius season begins; seek change and entertainment during this time. The moon enters Scorpio on Nov. 24, encouraging you to look inwards for a bit. Venus moves into Capricorn on Nov. 25. During this time, do not bite off more than you can chew when it comes to love.


 **Libra:** Sagittarius season starts on Nov. 22, providing feelings of change and movement. The moon enters your sign the same day, so put your energy outwards onto others. On Nov. 24, the moon goes into secretive and intense Scorpio before entering fun-loving Sagittarius on Nov. 26. Venus enters Capricorn on Nov. 25, placing your partner(s) or love at the top of your attend to list.

**Scorpio:** The moon is in motivated Virgo until Nov. 22, as Scorpio season ends and Sagittarius season begins, hopefully lightening your mood and lessening any intense thought patterns. The moon enters your sign on Nov. 24 so check in with yourself; are you doing what is right for you? Love and partnership may become higher priorities as Venus enters Capricorn on Nov. 25.

 **Sagittarius:** Sagittarius season begins on Nov. 22, putting you into your element! Have fun and trust

yourself during this time. The moon goes into Libra on the same day, so you may feel ease connecting with others. Venus exits your sign and enters rational Capricorn on Nov. 25, which means it is not a great time to drop the ball, especially when it comes to relationships. The moon enters your sign on Nov. 26; keep moving forward and don’t overthink things.

**Capricorn:** On Nov. 20, the moon enters fellow earth sign Virgo, so attend to your responsibilities. Sagittarius season starts on Nov. 22, calling you to let go of any grudges and move forward fearlessly. The moon enters Scorpio on Nov. 24; reflect upon where your energies are spent. Venus enters your sign on Nov. 25. It’s a good time to enter partnerships or to work on those you are already in.

 **Aquarius:** On Nov. 22, Sagittarius season begins, encouraging you to seek out the truth and variety. The moon also enters Libra on that day, so go out and socialize. On Nov. 24 the moon goes into Scorpio; take a moment to check in with yourself and your motivations. Venus enters Capricorn on Nov. 25, placing emphasis on the quality and function of relationships. The moon enters fun-loving Sagittarius the next day.

**Pisces:** Starting Nov. 20, the moon is in sister sign Virgo, calling down to earth the part of you that may get lost in thought. Sagittarius season starts on Nov. 22, which will likely lessen any emotional weight you have been feeling and encourage you to go out and have fun. The moon enters Scorpio on Nov. 24, so take notice of your emotional state. Venus enters Capricorn on Nov. 25, prioritizing the responsibilities that may come with relationships.

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

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Graphics: Blake Carile

## Working WU students

OLIVIA FRENKEL  
STAFF WRITER

As we all know, higher education is not cheap. Books and tuition along with room and board, food and transportation come with costs that tend to add up very quickly as the years go on. The most common way to combat these expenses as a student is through part-time jobs.

Willamette offers many different on-campus employment opportunities, such as working for the Bistro or writing for the *Collegian*. The variety of jobs are seemingly endless. Students like Jordan Edner (’23) and Corrine Pierson (’22) are able to use their past work skills here at Willamette. Both currently work as lifeguards at Sparks Pool and have enjoyed their experiences.

“I’ve been a lifeguard before so I applied on Handshake and interviewed with the head lifeguard, Colin Hakeman (’20), and then I got the job!” says Edner. “The pool generally isn’t too busy, so it’s pretty easy work.”

The accessibility of on-campus jobs makes working much easier for students. For example, the Bearcat Chat team works in the basement of Smullin Hall, contacting Willamette Alumni for donations and keeping them informed about the school’s many endeavors and events. “Our work days are from six to nine, so it never interferes with school work or really any other activities,” said Jenna Harris (’23).

In addition to accessibility, many jobs are convenient in that they relate to students’ majors and intended career paths. Exercise and Health major Alex Hogan (’20) has worked in the Sparks training room for the last year and a half. “One could say that I’m the gatekeeper of the training room,” he said, “Which just means that I make sure everyone signs in and gets helped, but I also do minor treatments.”

Off campus jobs are just as common. Layla Hughes (’23) works 20 to 30 hours per week at Starbucks. “My favorite part about it so far is getting to know the people who live around Salem,” she said. It’s real-

ly nice to have the extra money for going out with friends.”

Students also frequently fill retail jobs. Mercedes Hamilton (’23) has worked at Kohl’s for the last five months and has enjoyed it thus far. “I’m usually scheduled both weekend days, so I occasionally take Saturday off so I can relax for a day,” said Hamilton. “But my coworkers are awesome, so it’s a lot of fun.”

Aside from classic food and beverage or retail jobs, other students like Bryan Peck (’20) have filled other less traditional but equally interesting jobs. Peck has recently been working as a caretaker for three foster children. “I generally guide them through their day and cook them dinner,” he said. “All three have different mental disabilities, so I’m there to make sure that they have everything they could possibly need throughout the day.”

Similarly, Anna Jones (’22) works as a babysitter for a family who lives in Salem. “My hours vary week to week, depending on how busy the family is, but it’s generally very flexible.”

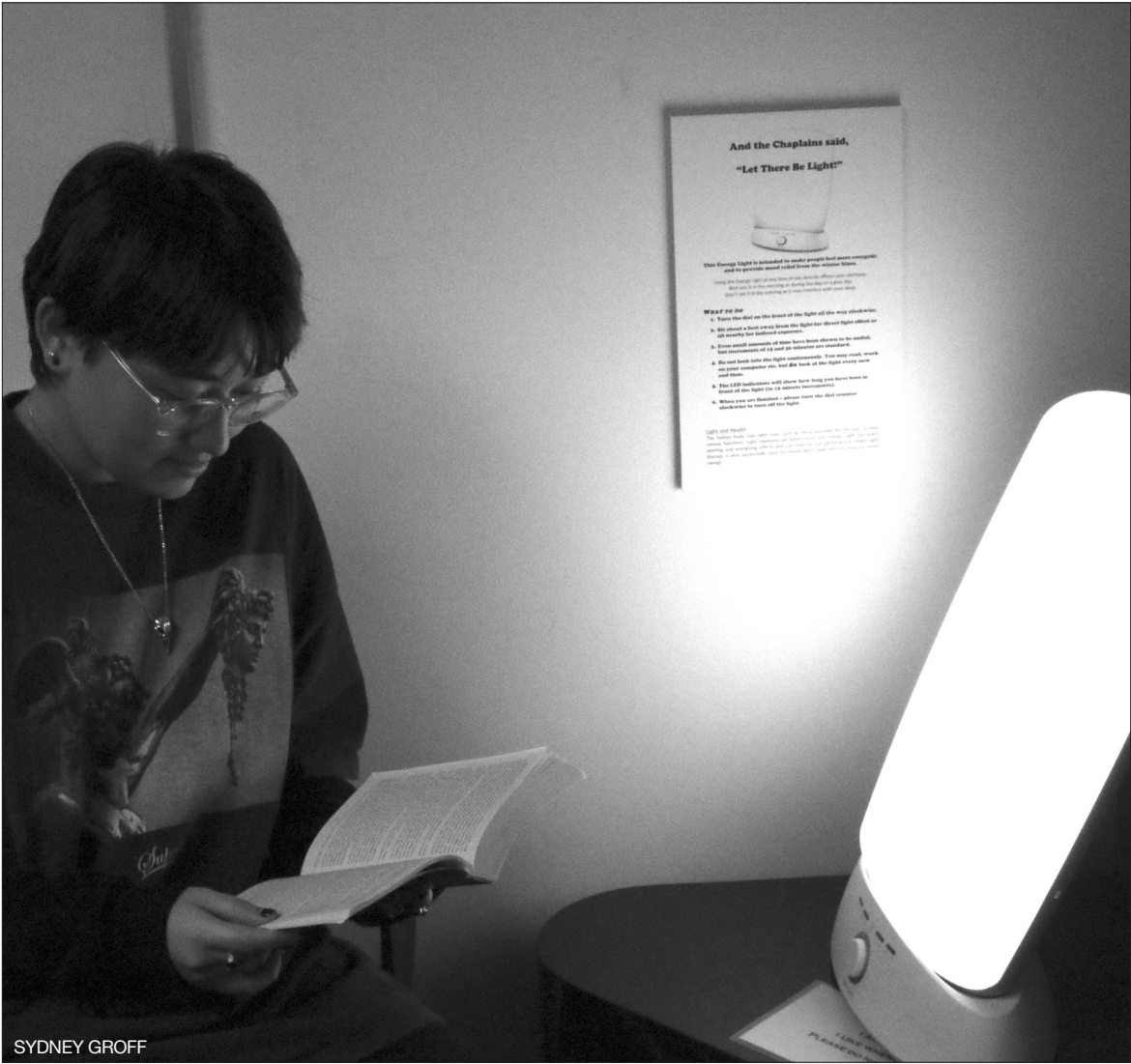
In addition to financial relief, working throughout college has many other benefits, including work experience and gaining transferable skills such as accountability, communication and patience. Interpersonal expertise, or learning how to communicate with different personalities, is essential to being successful in the workforce later in life and will increase an individual’s employability. In addition to gained skills, part-time jobs allow individuals to network and gain connections with the people you work with, which may be helpful regardless of whether or not that job is within the individual’s career path.

Working through school is a rewarding addition to the college experience. Willamette makes it simple for students to find a variety of jobs on and off campus through Handshake. Handshake is accessible through the Willamette Portal, so if you are looking for easily accessible work, be sure to log in!

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# How to combat Seasonal Affective Disorder



SYDNEY GROFF

Grace Takahashi ('23) sits by the Happy Lamp located in the back section of the Hatfield Library.

CONTINUED from Page 1

While symptoms of SAD are most often alleviated during the springtime, when daylight hours become longer again, there are

many ways to combat it during the winter months, from homemade remedies to wellness sources at WU. *Healthline Media* journalist Shelby Deering recommends that

people experiencing SAD make themselves a “comfort kit,” or a list of activities, products and techniques that they can turn to during the winter months. Outdoor activities, such as walks,

have been proven to improve mood, increase energy and relaxation. Social activities allow for time to de-stress and leave one’s house as well. During the winter time, activities such as ice skating, going to coffee shops or hosting a holiday party can make the dark days seem brighter.

Physical objects that serve as a source of comfort are simple ways to combat SAD. Deering suggests investing in items that produce a soothing scent or induce relaxation, such as bath salts and candles. Being comfortable and warm during the winter months can be easily achieved through fuzzy socks and warm blankets.

Full-spectrum lights have been proven to boost mood during the winter when sunlight is limited. These are often seen in the form of a “Happy Lamp,” a bright light that imitates the sun. Sitting in front of full-spectrum lights can be an effective substitute to exposure to natural sunlight. Full-spectrum lights can be purchased as a light bulb or a Happy Lamp. Looking at or sitting near the light for as little as an hour a day can relieve SAD symptoms.

Students who are wishing to try out a Happy Lamp but are unable to purchase one can visit the Bishop Wellness Center’s Mind Spa, which provides students a chance to relax in a massage chair with the option of turning on and sitting in front of a Happy Lamp. There are also happy lights in the back of the Hatfield Library and some available for check-out at the circulation desk.

The Mind Spa also contains a computer installed with a pro-

gram designed to enhance relaxation through activities that allow students to focus on their breathing. The Mind Spa operates with a first come, first serve basis, offering students a 30-minute session, scheduled via walk-in or by phone. The Mind Spa is free to all students.

Along with the Mind Spa, Bishop now offers walk-in appointments until the end of the semester, giving students immediate access to resources rather than having them sign up online or via phone.

Meditation, an effective technique recommended by Deering, can be practiced at any time. Cambridge Dictionary defines meditation as “the act of giving your attention to only one thing, either as a religious activity or as a way of becoming calm and relaxed.” Meditation can be practiced through various apps or by simply sitting down in a quiet, comfortable place and focusing on one’s breathing. Apps such as Insight Timer and Virtual Hope Box provide guided meditation that can help with relaxation. YouTubers such as The Honest Guys assist with meditation as well, featuring videos that focus on mindfulness, sleep, muscle relaxation and deep breathing.

Regardless of what motivates a person, there are countless ways students can combat SAD this winter season. It is important for people to recognize it and apply these methods in order to make their winter season more cheery and less dreary.

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# STAR TREES LIGHTING & HOLIDAY CELEBRATION

## WEDNESDAY, DEC. 4, 2019

4:30–8 p.m.

### Holiday Dinner

**GOUDY COMMONS**

No reservations needed. \$9.25 WU faculty/staff/students; \$12.25 adults; \$9 ages 8-13; free ages 7 and under.

6:30 p.m.

### Star Trees Lighting

**NORTH SIDE OF WALLER HALL**

Gather before the concert for cookies, cocoa, and s’mores. Coat and clothing donations will be collected for Union Gospel Mission.

7 p.m.

### Family Holiday Concert

**SMITH AUDITORIUM**

University Wind Ensemble, University Chamber Orchestra and Jazz Collective.

Sponsored by Willamette University, Bon Appétit, Starbucks, Sunshine Dairy and Roth’s Fresh Markets

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[willamette.edu/go/holidaycelebration](http://willamette.edu/go/holidaycelebration)





# Women's volleyball reminisces on season

BRITT SHUNN-MITCHELL  
STAFF WRITER

With the close of the semester also comes the close of a successful women's volleyball season. Willamette University's volleyball team started the year with many new faces, with a total of eight first-years and only two seniors. By the end of the year, they were playing just as strongly as any other team in the Northwest Conference.

Head Coach Tom Shoji said: "We started four first-years at our first two tournaments and the tournaments were really rough. We got beat up. We were 1-7 in our first two weekends. I think we just got better and better each match we played. We had a couple matches where we dipped a little bit, but not too much. One of the biggest learning things a team has to go through is consistency. Some teams play well and the next match do not play well. The WU volleyball team usually plays as well or better the next night, which is quite an improvement. We did that throughout the season, to the point where the second round of the conference we were really playing well."

Shoji spoke with pride about the team, mentioning that he never feared that the team wouldn't give it their all. Shoji is known as a no-nonsense type of coach, which he says is very different than the attitude of the team this year, but ended up working out very well: "They worked really hard but the funny thing about them is that [when] they worked really hard, they were really good but they would be giggling laughing and smiling. I would be like, we have a match, let's get serious but their laughing and giggling [continued] and they took that onto the court, having that mentality. If they score then we celebrate and laugh. It was a really nice culture that they built."

In a post-season interview with senior Jen Lane, she commented on how the competitive nature of the sport making it fun: "One of the biggest highlights of this season has to be our last two games of the year. We played Pa-



COURTESY OF KENDRICK ARAKAKI



COURTESY OF KENDRICK ARAKAKI

*Sophomore Natalie Klotz spikes the ball against a Puget (top). Players on the volleyball team cheer on their teammates (bottom).*

cific Lutheran University at home for our senior night and swept them in three sets, which is awesome because in all my four years we have never beaten PLU, and to do it on senior night was incredibly fun. Then the next night we went to Pacific University and won a tough five-set match to upset their senior night. That game was the perfect example of

why I love playing a competitive team sport. It is just so fun to play other great teams and battle with them until the end."

The no-nonsense nature of Shoji and the fun-loving attitude of the team created the perfect atmosphere for a competitive team able to compete with the top teams in the conference. First-year Dani Queja mentioned the

same two highlights as Lane, adding: "The team shows the meaning of sisterhood. Yes, it sounds cheesy, but we have each others' backs no matter what. My teammates have supported me every step of the way. We may have just met this year, but it feels like I've known them for a long time. By the way we play, you couldn't tell that it's our first time playing together."

Lane added: "It was fun to watch the team grow together throughout the season. We had more first-years than we had returners on the team so we all had to get to know each other fast. I am very sad I can't have another year with this team."

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## WU loses but breaks school record in final game of the season

CONTINUED from Page 1

With only two wins under the football team's belt, it's easy to underestimate the Bearcats, but the team has improved over the course of the season. In the month of November, their final game scores have gone from 61-13 to 56-14 to 45-20. They have been decreasing their loss margins with every game, improving their defense, not letting the other teams score as much and pushing the ball forward. They have not only scoring more, but setting records in the process.

Senior Alec Stevenson said: "I think that Willamette football has done a great job in teaching me about process rather than results. During my time we haven't won very much. However, the team was always ready to get back to work and compete day after day, week after week. That's what it's all about."

The WU football team's fan base is smaller than other colleges, but still extremely passionate. The stadium stands were packed on Saturday for the Bearcats' last game of the season. While the team lost to PLU, the game was clearly exciting for the fans as every first down and touchdown was celebrated by the crowd, seemingly giving the team an extra push.

Junior Miles Bryant said: "It is an absolute pleasure playing in front of our community. It helps our team play better as well. Many successful football programs have a great fan base and that's what I would love to experience here at Willamette."

This marks the end of the Willamette football season as they begin training for the fall of 2020.

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COURTESY OF WU ATHLETICS

*Senior Mathew Castaneda hands off the ball to a teammate in a game against Pacific University.*



# Team of the week: women's soccer season recap



COURTESY OF WU ATHLETICS

Junior Grasiela Quevedo-Ramos stops a shot on goal short while senior defender Annie Strom begins to get back into position.

JACK KUYPER  
SPORTS EDITOR

Willamette University's women's soccer team finished its season last week. Its final game was a 3-0 shutout victory over the Whitman Blues on Sunday, Nov. 10. Sophomore Aoi Sawanobori scored the first goal of the game at 23:58. Senior Shanna Keil kicked the ball to Sawanobori on a corner kick and Sawanobori scored on a six-yard header. Following Sawanobori's lead, first-year Jackie Gilroy scored the second goal after receiving a pass from senior Fionn Fortune at 32:47. The pass managed to slip past three defenders on its way to Gilroy, who took the shot from about 12 yards out.

By halftime, the game was firmly in WU's control. Whitman had five shots on goal on the day, but senior goalkeeper Kristen Barclay saved each attempt. Willamette recorded two more shots on goal than Whitman. First-year Clara Mattison registered the final goal of the game at 53:47. After that, the Blues took a few more shots but Barclay's strong play sealed the shutout. Barclay earned five total saves and recorded her 32nd career shutout.

The team accrued impressive stats over the course of the season. Keil ended her season with seven goals and three assists, with 53 percent of her shots on goal over the course of the season. Senior defender Hannah

Deighton also finished her season with a total of seven shots, while senior defender Rachael Moulton had eight shots. Fortune finished her final season with ten shots, with half of these shots on goal. Finally, senior forward Gena Main took 24 shots over the course of the season.

The women's soccer team ended their season with eight total shutouts. The team did not receive any red cards and only got eight yellow cards, with six coming in the Northwest Conference (NWC), over the course of the season. On average, the team had 11.8 shots per game, with about 45 percent of these shots on goal in the NWC. On average, the team scored 1.35 goals per game. The team's teamwork

paid off: of the 21 goals scored in the NWC, 14 were off assists.

The team fell to 1-3 before NWC play began, but as soon as they did, the team built a record of 10-4-2 in the NWC. The team fared significantly better at home, going 7-1-1 compared to a record of 4-5-1 away from Willamette. The women's soccer team will return in the fall of 2020 with over a third of the current team having graduated.

No *Collegian* reporter was present at Willamette's women's soccer game against Whitman on Nov. 10. All information and statistics cited in this article were gathered from the Willamette website, courtesy of the Athletics Department.

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# Women's basketball starts the season strong



COURTESY OF WU ATHLETICS  
Peg Swadener

JAKE PROCINO  
STAFF WRITER

Willamette University's women's basketball team is currently 3-1 and riding a three game winning streak, having beaten Walla Walla University, Pomona-Pitzer College and the University of California Santa Cruz consecutively. They are looking to participate in the upcoming Northwest Conference (NWC) tournament.

There is still a long road ahead to qualify for the tournament, but they have improved a great deal over the years since Head Coach Peg Swadener

was hired for the 2012-13 season. In her first two seasons as head coach, the women's basketball team had a combined record of 6-44. In the two most recent seasons, the team had a combined record of 28-24 and finished as the runner-up in the NWC Tournament in the 2017-18 season.

Being a head coach seemed like an inevitability for Swadener: "I started coaching little kids when I was in high school and then right after I finished playing [in college] Waldorf High School in Eugene started a whole new athletic department."

Swadener then coached club basketball and eventually worked her way up to being the assistant coach for Portland State University before making the move to Willamette. She said: "I was at Portland State at the time and I knew I wanted my own program. I had been an assistant coach at Division I for 15 years and I knew I wanted to be the head coach of a small college because you have a little bit more of an interaction with the student-athletes... When it came to start looking the job had opened up."

The coaches were what led senior point guard Drew Farmer, senior forward Liz Logsdon and junior guard Amanda Carpenter to

Willamette. Farmer was coached by Swadener and Willamette Assistant Coach Sarah Hedgepeth in high school and wanted to continue with them at Willamette. Farmer said, "I really felt supported by them and I felt like Willamette was a really good place to go."

Running the women's basketball team, Swadener has created a culture of toughness and intelligence. "We talk a lot about how we're going to be the toughest team in the conference, how we're going to be the smartest team in the conference," Swadener said.

Farmer identified the mantra of the team by splitting it into three pillars: "Discipline, accountability and execution. We try to be disciplined on and off the court. We want to hold each other and ourselves accountable and we want to execute at a high level. We need to be tough to handle the pressure situations on the court when we have to perform."

Logsdon sees the manifestations of this culture on the court. She said, "It's still early, but literally every single day we notice we are getting better, and it's because of [our mantra]."

Swadener also stressed the importance of the team members getting to know one another. Swadener said: "We don't all have to be best

friends, but we need to get to know each other and respect each other. So that when we have a bad day it's easy to forgive each other, because ultimately we are family."

Carpenter mentioned several activities that have helped the team bond, including volunteering at the Marion Polk Food Share, having team dinners and attend sporting events together.

Farmer said, "It allows us to get to know each other... outside the court," "And build trust," Carpenter added.

Swadener said her favorite thing about the team is the student-athletes. She said: "They're great personalities. They're fun to be around. I genuinely get up every morning looking forward to seeing them. Spending time with them is my favorite part of the day." The players concur. Farmer said: "We can mess around with each other, we can laugh at each other or with each other. We have that trust. It's fun. We're very different personalities that all come together, honestly, very well."

The women's basketball team is looking forward to an exciting season. Their next home game is on Friday, Nov. 22 against Cal Lutheran at 6 p.m.

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# This week at Willamette

JACK KUYPER  
SPORTS EDITOR

**FOOTBALL**  
Sat. 11/16  
**Pacific Lutheran @ Willamette**  
**45-20**  
Senior quarterback Mathew Castaneda broke the WU record by throwing a 95-yard touchdown pass to sophomore Max Andersen.

**WOMEN'S BASKETBALL**  
Fri. 11/15  
**Pomona-Pitzer @ Willamette**  
**58-72**  
First-year Sami Riggs contributed 11 points to the women's basketball team's total score.  
Sat. 11/16  
**UC Santa Cruz @ Willamette**  
**70-78**  
Senior Drew Farmer earned 11 points, 11 rebounds, seven assists and a steal.

Next week's match:  
11/22: Cal Lutheran at Willamette

**MEN'S BASKETBALL**  
Tue. 11/16  
**Corban @ Willamette**  
**114-73**  
First-year Daniel Plumer scored 20 points in his second consecutive game.

Next week's match:  
11/23: La Verne at Willamette  
11/24: Concordia at Willamette

**MEN'S SWIMMING**  
Fri. 11/15 & Sat. 11/16  
**Willamette @ Whitman**  
**80-123**  
First-year Will Compton won the 500-yard freestyle. Senior Ben Hedman placed second in the 200-yard butterfly. Junior Ben Fritz won the 500-yard freestyle and came in third in the 200-yard and 100-yard freestyle.

Next week's meet:  
11/23 & 11/24: Bruin Invitational at George Fox

**WOMEN'S SWIMMING**  
Fri. 11/15 & Sat. 11/16  
**Willamette @ Whitman**  
**40-167**  
First-year Olivia Frenkel won the 200-yard freestyle.

Next week's meet:  
11/23 & 11/24: Bruin Invitational at George Fox

**CROSS COUNTRY**  
Senior Kyla Shade placed first for the women's team in 65th place while her team placed 16th overall. The men's team did not compete in the team standings due to a lack of runners while first-year Gabriel Regimbal led the Bearcats and placed in 94th.

Next week's meet:  
11/23: NCAA Division III West Championship at Spalding University (Kentucky)

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

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Letter to the Editor

My name is Sarah Deumling. With my family I am the owner of the Zena Forest. In the Oct. 16 edition, the *Collegian* published Sanja Zellen wrote an article about Zena Fest. At least three times it referred to the University's forest property as Zena Forest. This is incorrect. The Deumling family is the owner of Zena Forest, which is the 1,300 acres of forest adjacent to Willamette's property. We have had this name since the 1980s and it is important to our business identity as we try to make a living from our forest (Zena Forest LLC) and hardwood sawmill (Zena Forest Products). These two properties, Willamette's and ours, were once a single property but when the conservation easement was finalized in 2008, Willamette purchased 305 acres. We have had a fine and rewarding relationship with Willamette since then but the understanding was then, and is now, that we are the "Zena Forest" and Willamette is not to refer to their property as such. It can become very confusing for our customers and, after all, that name is registered with the state for us. I hope this clears things up a bit.

Sincerely,  
Sarah Deumling

Students adapt to inconvenient break schedule

CLAIRE ALONGI  
STAFF WRITER

By the end of this week, there will only be seven days of classes left in the fall semester. Let that sink in for a moment. There's only around three weeks until winter break, but there's a catch—one of those weeks is actually fall break. This year, students get a week off, come back for a week of classes, then have a week of finals and go home. As if the end of the semester wasn't already hectic enough, this bizarre gap between breaks is throwing some for a loop.

To be fair, there's not a lot to be done about the short amount of time between breaks. Fall break coincides with Thanksgiving, which lands as late as it can this year on Nov. 28. Last year it fell on Nov. 22. Next year it will be on Nov. 27, going down a day each year until it reaches Nov. 23 and jumps back up to the 28th. So it's not just this year that students and faculty will have to deal with the break whiplash. Similar to this year, the 2020-2021 calendar has fall break from Nov. 25 to Nov. 29 with finals ending on Dec. 14. But just because it's out of our control does not mean that students haven't adapted to the schedule.

"Basically, because the break is so close to the end of the year, my parents did not see the point in me coming home. The plane tickets are expensive and it was actually easier for them to just come up

for the break," said senior Mika Costello. She also noted that with the break coming so close to finals, she has a fair amount of work to do and it might helpful to stay in Salem for fall break and focus rather than go home earlier for winter break.

*"I also know a fair amount of other people staying for part of if not all of break that I'll spend some time with. We'll also be hosting a Friendsgiving at my house so it makes up for not being able to see family."*

Similar to Costello, junior Tara Hickman decided it wasn't worth the cost to fly home when she would be going back again so soon.

"I decided not to leave for break since it costs around \$200-\$300 for me to go home. Instead, I've decided to stay here and work Monday to Wednesday and wait until winter break to go home. Two weeks between

breaks didn't seem worth it to go back home," Hickman said.

However, she's making the best of the situation: "I also know a fair amount of other people staying for part of if not all of break that I'll spend some time with. We'll also be hosting

and then shortly going back on another break.

First year Emma McEvoy understood that it is likely inconvenient for a lot of students to go home and is thankful she got her plane tickets far in advance to help with cost. Even if the time between fall and winter break is short, she's thankful that she doesn't have to wait for some down time.



"I'm actually really happy we get a full week for break because honestly I need a break and I don't think I could've waited two more weeks. Also, Thanksgiving is my favorite holiday and not being able to go home would have made me so sad and I probably would've been even more upset," she said.

Some people are more affected by the short gap than others, but there's no doubt that the timing is a bit odd. Whether people are staying in Salem or traveling, the switch from vacation-mode back to school-mode back to vacation-mode is certainly cause for whiplash. While there isn't an easy solution, or perhaps any solution at all considering that everything is calendar-based, one can't help wishing there was a little more breathing room between breaks.


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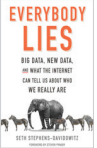

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