

COLLEGIAN

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Genetically modified flies developed on campus

Transgenic fruit flies give insight into human genetic diseases

JEFF COLLINS
DESIGNER

Last week the Biology Department announced that senior Nikki Lytle had developed a strain of transgenic fruit flies — the first genetically modified organisms ever produced at Willamette.

Lytle developed the strains while studying how cells transport materials with Assistant Professor of Biology Jason Duncan. “The cells that we focus on are nerve cells, particularly because of their extreme length,” Duncan said. All cells have to transport materials such as proteins in order to survive, but since nerve cells are especially long — some reach a meter in humans — they have to transport much longer distances.

Lytle’s research focuses on how the protein stathmin affects nerve cells in fruit flies. “Stathmin sequesters free tubulin,” Lytle said. “Without stathmin, the free tubulin is degraded.”

Tubulin makes up microtubules, long strands that serve as highways for cellular components. Without free tubulin, microtubules can’t form properly. “This causes blocks, or axonal clogs, collections of material that should be transported,” Lytle said. These clogs, which Lytle compared to pileups blocking traffic on I-5, can result in the nerve’s death and cause paralysis.

To understand the way that stathmin is produced in live organisms, Lytle created vectors — small pieces of DNA that will insert themselves into a fly’s genome — containing three versions of the gene that

encodes stathmin: one truncated version, one version with a green fluorescent tag and one normal version. The green fluorescent tag will allow her and Duncan to see where in the cell stathmin is located, according to Lytle.

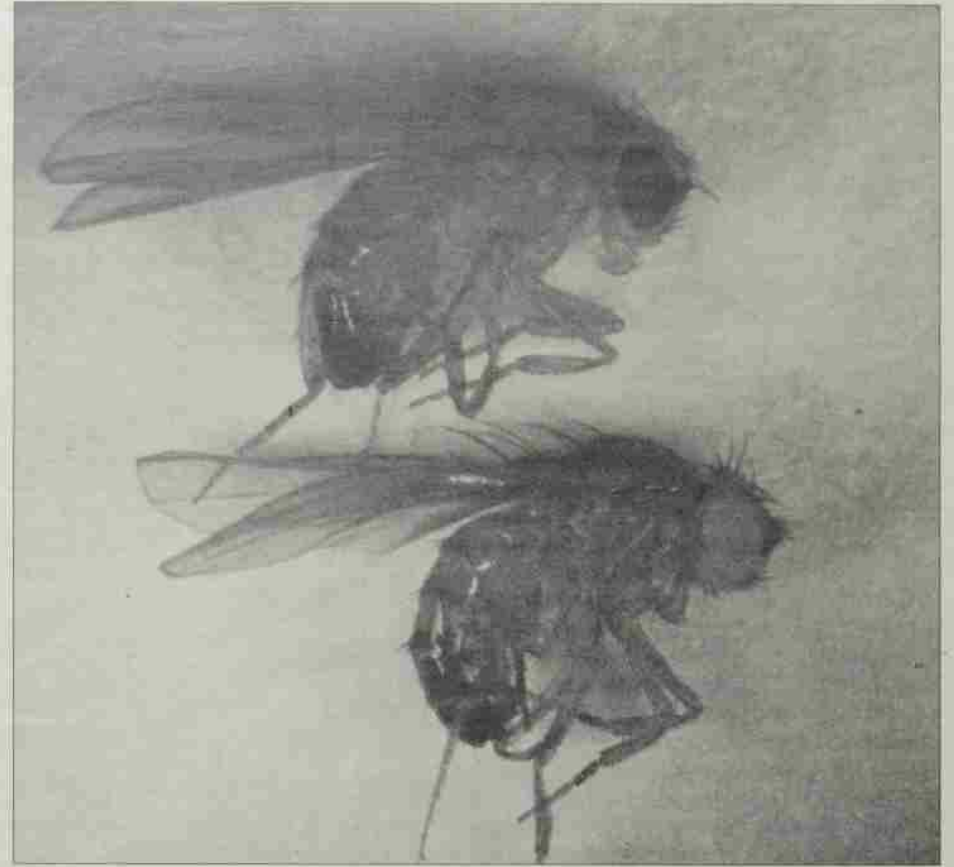
“We collected fly embryos ... within a half-hour of them being fertilized,” Lytle said. “Then we lined them up and, using a microinjector apparatus, we injected them with the [vector] along with a green dye so we could see it going into the embryos.” The vector inserted the new versions of the stathmin gene into the cells that would develop into the flies’ testes or ovaries.

This procedure was particularly challenging, Duncan said, because “you’re injecting it into an embryo which is 50 times smaller than a grain of rice.” When these flies reproduced, some of their offspring had the artificial genes.

Transport within cells is an important research topic, according to Duncan, because it is believed to be at the root of many neurological diseases, including amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig’s Disease, and hereditary spastic paraplegia (HSP). Both ALS and HSP cause disability as they progress, and ALS typically leads to death within five years after diagnosis.

Because research has so far been unable to determine the way that diseases such as ALS and HSP arise in humans, animal models are essential. Research such as Lytle’s may eventually lead to treatments or cures.

Much of Lytle’s research was conducted as part of the Science Collaborative



COURTESY OF JASON DUNCAN

The fly on the top, with red eyes, has been genetically modified, while the white-eyed fly on the bottom has not. Eye color serves as a genetic marker, allowing Lytle and Duncan to separate genetically modified flies.

Research Program (SCRCP) this summer. “I feel very lucky to participate in a program such as SCRCP because it is such an awesome opportunity to get really hands on in science,” Lytle said. “My one complaint is that it was a little short [but] it’s an opportunity for Willamette students that a lot of other students do not have, especially considering that you still get paid for it.”

Lytle’s research was made possible by the way student research in biology has

changed in the last decade, according to Professor and Chair of the Biology Department David Craig. “We’ve gone from a period of time where everyone did a little bit of research in a senior thesis, whether they wanted to or not, and today, the people doing research really want to so they’re the most passionate about it,” Craig said. “The quality of research has gone up.”

Contact: jacollin@willamette.edu

Senior Nikki Lytle has developed the first genetically modified organisms developed at Willamette. Lytle developed the flies while studying how cells transport materials, a topic important because of its implications for human diseases.

University programs receive Spirit Mountain Community Fund grants

ZOË LARMER
STAFF WRITER

Willamette Academy and the Chemawa Indian School Tutoring Program, two of the university’s outreach programs, were recently awarded a grant from the Spirit Mountain Community Fund of the Confederated Tribes of Grand Ronde. The grant of \$10,000 will be split between the programs equally.

“Our tribe aims to help citizens who are struggling to gain a sense of identity and self-expression,” Shelley Hanson, director of the Spirit Mountain Community Fund, said in a press release. “Willamette Academy and the Chemawa Tutoring Program reach out to those young citizens, helping them build strength and character so that they may have a brighter future.”

Professor of Anthropology and liaison for the Chemawa Tutoring Program Rebecca Dobkins spoke about why she thought the programs received the grant. “This is not the first time we have received money from them,” Dobkins said. “Our program is a partnership between Willamette and the Chemawa Indian School and works to support those young people and help them gain access to college.”

► get involved

For more information on the Chemawa Indian School Tutoring Program, contact: rdobkins@willamette.edu

For information on Willamette Academy, contact: academy@willamette.edu

Willamette Academy does a similar thing for underrepresented minorities in the Salem-Keizer area. The Spirit Mountain Community Fund has one of its funding priorities as the support of education. We know from prior partnerships with them that they really think these programs are important.”

The money the Chemawa Indian School Tutoring Program receives from the grant will go towards supporting its staff along with transportation fees and other general operation costs.

According to Dobkins, the Chemawa Indian School Tutoring Program depends on grants like the one from the Spirit Mountain Community Fund to be successful. “This program has been funded with very small amounts of money. It is all soft money. It needs to be endowed,” Dobkins said. “The university needs to find long term stable sources of funding so that the program has an institutional base and a permanent home at Willamette and so the program is not in the financially precarious position that it’s in right now.”

Executive Director of Willamette Academy Bob Casarez said that Spirit Mountain has shown continued support for Willamette Academy. “It’s kind of unusual to keep repeating with a grant over time with the same foundation, but it shows the strong relationship that we have and the support that Spirit Mountain provides education in the community,” Casarez said.

Both Dobkins and Casarez said that their programs are always looking for student involvement. “We are always en-

“

The university needs to find long term stable sources of funding ... so the [Chemawa tutoring] program is not in the financially precarious position it is in now.”

REBECCA DOBKINS
PROFESSOR OF ANTHROPOLOGY

couraging students to get involved and join the program — to become tutors. If they don’t have time to become tutors, then attend some of the events to become aware of the Chemawa Indian school and its long history and the connections we have,” Dobkins said.

Willamette Academy is located in the basement of the School of Education. “We are always looking for students to help us out, to mentor, to volunteer, to see what they can do,” contributor Mary-Gray Mahoney said. “We provide training for what it looks like to mentor a student — sometimes that means just meeting with a student once a week. Since we’re so close to campus, it’s very convenient for university students to come volunteer.”

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WU Wire relocates and re-launches

HANNAH WALLER
CONTRIBUTOR

On the third floor of the UC resides the new home of WU Wire, the university's own broadcasting station. It is a unique setup in which students control what is aired, and the content ranges from discussions of world events to music to more light-hearted conversation.

"The Wire is a live Internet feed radio station where students can voice their opinions, showcase music they listen to, talk about school events and basically create an hour-long creative radio segment. It also gives students the ability to learn about the technical parts of a radio station, such as sounds boards and aux cords," Station Manager and senior Mary Lugg said.

WU Wire broadcasts many different genres of entertainment. "We air various radio programs, all of them done by students," contributor Mary-Gray Mahoney said. "Lauren Richards and I are currently doing 'Lauren and Mary-Gray's Excellent Adventure' which airs Thursdays at 8. It's mostly music with a little bit of talk and trivia mixed in. Most of the shows on the station will probably be about the same thing: music and talk."

The organization just moved to the new space this year, and its members are thrilled to have a space that feels like "a real studio," Lugg said. WU Wire hopes to update much of its equipment in the near future and make it possible for callers to be heard online. Currently the station can only be heard

online, but members hope to one day have an on-air station of their own. "We have been brainstorming ways to broadcast around campus areas or working with Salem AM, a local community radio station. Salem University Corban College has an on-air radio station, so I think it is a pity that Willamette does not have that resource for students," Lugg said.

In the future, WU Wire hopes to be able to bring bands to campus, as several have contacted the organization with hopes of being aired and playing at the university. Also, they hope to expand and make WU Wire more well-known via advertising and future events.

"Last year I didn't even know Willamette had a radio station until second semester sometime. I think the people that are involved this year are more excited about getting the word out there that we have a radio station that people can get involved with," Mahoney said. Also, the organization would like to eventually hire a webmaster to update the Web site and make it more user-friendly and fun.

On the WU Wire Web site, one can find a schedule of broadcasts for the week, which usually start in the afternoons and run until late evening, with something being aired every night. Upcoming programs this week include "Hildred Does Japan," a show in which listeners are exposed to the culture of Japan via a broad array of popular Japanese music and other tidbits. This show is at 3 p.m. on Wednesday, followed later in the evening by "The Sweet and Sour Power Variety Hour" at 9 p.m., which is a show filled with any and all types of music and some trivia questions. The rest of the week will be filled with similar music and/or talk programs hosted by fellow Willamette students.

Contact: hwaller@willamette.edu

▶ tune in

To listen to WU Wire, visit
<http://www.willamette.edu/org/radio/wuwire>

For a schedule of shows or to get involved, contact Mary Lugg at mlugg@willamette.edu or Marieta Sullivan at msullivan@willamette.edu

CAMPUS SAFETY REPORT

NOVEMBER 14 - NOVEMBER 18, 2009
Information provided by Campus Safety

CRIMINAL MISCHIEF

▶ Nov. 16, 7:31 a.m. (Maintenance Shops): An employee reported that the north wall of the Maintenance Shops had been painted with graffiti.

EMERGENCY MEDICAL AID

▶ Nov. 14, 1:56 a.m. (Haseldorf Apartments): A student was reported to be lying on the floor and vomiting. Campus Safety responded with WEMS and the student was determined to be suffering from overconsumption of alcohol and was transported to the ER for treatment.

▶ Nov. 14, 11:52 p.m. (Pi Beta Phi): Campus Safety received a call stating that there was an intoxicated male subject lying on a sofa in the basement and was vomiting. Officers responded and tried to communicate with the student with minimal success. Officers called 911 and Salem Fire Department transported him to the emergency room.

POSSESSION OF A CONTROLLED SUBSTANCE

▶ Nov. 14, 12:45 a.m. (Sigma Alpha Epsilon): An officer observed two students climbing up the fire escape onto the roof at SAE. The officer contacted them and discovered that both were drinking alcohol and under 21 year old.

▶ Nov. 14, 12:48 a.m. (WISH House): Officers responded to a report of the smell of marijuana in WISH. They located the room from where the odor originated. They knocked on the door and a student answered. Everyone in the room denied smoking marijuana, but officers located a pipe and paper filter, which were both confiscated.

▶ Nov. 14, (Mill Race): Campus Safety received a call stating that there was a male subject lying near the Mill Race. Officers contacted him and learned that it was a student who was intoxicated and under 21 years of age. The student was unsteady on his feet, so the officers helped him get back to his residence room and asked the RA to check in on him.

▶ Nov. 14, 5:30 p.m. (East House): Campus Safety received a report of the smell of marijuana. Officers located the room and contacted the residents. All denied smoking marijuana. Officers observed an exhaust fan, taped around the seam of the door, a towel on the floor against the door. Officers then

observed a plastic bottle which contained marijuana. The marijuana was confiscated along with some unidentified prescription capsules and a knife.

▶ Nov. 14, 9:01 p.m. (Winter Street): An officer observed two students, one carrying a case of beer. The student then put the case of beer down in the grass and placed his coat over it. The officer asked the students if they were over 21 years old. Neither one was, so the officer obtained their identification and confiscated the beer.

▶ Nov. 15, 12:03 a.m. (Doney Hall): Campus Safety received a noise complaint related to a room in Doney. Officers knocked on the door and the person answering, cracked open the door to restrict viewing into the room. There were several people in room and the person answering the door appeared to be intoxicated. Officers entered the room and observed a bottle of alcohol on the window sill. The officer stepped out into the hall to communicate with another officer and when he returned to the room, the alcohol bottle was gone. Several of the occupants did admit to drinking alcohol and were under 21 years old.

SAFETY VIOLATION

▶ Nov. 15, 12:57 a.m. (Near Waller): Officers observed a vehicle speeding along the north access road. They shined their flashlights and the vehicle and yelled for the driver to stop. He continued to drive east-bound through campus. Officers noted his license number, located the vehicle parked on campus and identified the driver. The matter has been referred to the Campus Judicial Office.

THEFT

▶ Nov. 14, 12:16 p.m. (Shepard Parking Lot): A guest of the University reported that someone had gained access to his vehicle and stolen items from it.

▶ Nov. 16, 4:58 p.m. (Smullin Hall): A student reported that she had locked her bike with a cable type lock while in class. When she returned, her bike had been stolen.

▶ Nov. 17, 3:37 p.m. (Sparks Parking Lot): A student reported that someone had broken into his vehicle and stolen his stereo, a camera and some other items.

▶ Nov. 18, 9:28 a.m. (Kaneko Commons): A student reported that his bike lock was cut and his bike stolen from where he had parked it between the B and C wings at Kaneko Commons.

Please contact Campus Safety if you have any information regarding these incidents:
safety@willamette.edu

THIS WEEK IN ASWU SENATE

- » The Senate passed constitutional amendments regarding executive succession, clearing up language and defining the role of proxies in Senate.
- » Senators held class meetings with their classes and relayed information about the workings of ASWU and the disbursement of funds.

Compiled by Sen. Tej Reddy

Contact: treddy@willamette.edu

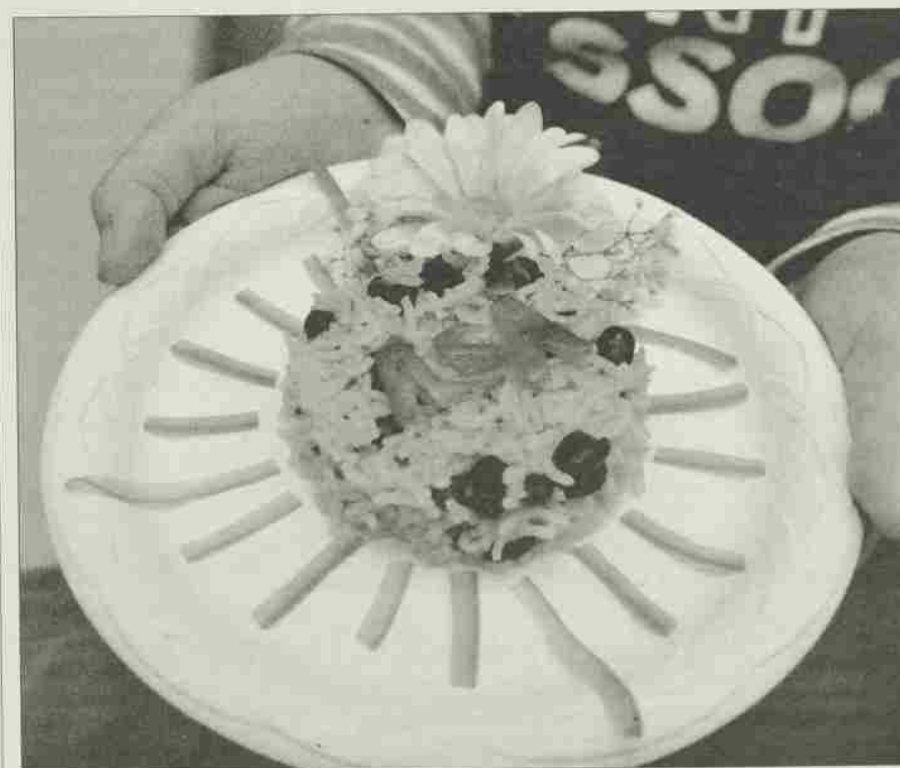
President's Office Hours

President Pelton has scheduled spring term open office hours for students, see below. If you have something you would like to discuss with him, please feel free to drop by his office on the fifth floor of Waller Hall during one of these scheduled times. Since no appointment is otherwise necessary, students will be seen on a first come, first served basis.

Friday, Jan. 29 from 2-3 p.m.
Friday, Feb. 26 from 2-3 p.m.
Friday, Mar 19 from 2-3 p.m.
Friday, Apr 23 from 2-3 p.m.
Thursday, May 6 from 2-3 p.m.

Contact: kgrainge@willamette.edu

ASA Rice Cook-Off | Pepper and black bean recipe takes the win



COURTESY OF COLBY TAKEDA

On your mark, get set, cook! Contestants rush around in flurry of rice as they compete for the title of Rice Cook-Off Champion. The annual event is held by the Asian Student Association (ASA) and welcomes students to partake in judging the selections. While the contestants cooked, the students participated in games that showed off their chopstick-brandishing abilities and sumo wrestling techniques.

The judging panel included recent graduates Nathan Ng and Cat-Linh Bui, as well as the ASA advisor Gordy Toyama and his daughter, Carlie Toyama. After one hour, cooking time expired and students alongside the judges ranked the dishes based on taste, originality and presentation. The ingredients ranged from hotdogs to salmon, but the judges awarded third place to group 13's spam and egg rice recipe. The group members, freshmen Jenna Wu, Kayla Nakayama and Micah Mizukami, took home a \$10 Marco Polo Restaurant gift card. Group 10 was awarded second place and a \$20 Marco Polo card. Group 10's mango puree sauce, coconut milk and brown sugar rice was created by junior Serena Cualoping and freshmen Joshua Wong and Melissa Kawana.

The members of group two, junior Marco Fiallo, seniors Bryce Clemmer and Behzod Sirjani and freshman Karla Corrales, took home the popular vote and the Rice Cook Off Championship for their black bean and peppers combination.

Covice president of the ASA, senior Eva-Marie Higgins, said, "This competition is meant to bring people together. ... I would like to see people bonding, and people who don't eat rice opening their palates and explor[ing] new possibilities."

Contact: absmith@willamette.edu

MOVIE REVIEW: 'The Twilight Saga: New Moon' | PG-13

Glittery vampire madness



MICHAEL CAULEY

REVIEWS EDITOR

Understatement of the year: Wow, there were a lot of people going to see the new "Twilight" movie this weekend. The group I was with (which included our esteemed News Editor Amber Smith and her friends) was caught in a literal swarm of all kinds of people, as the theater staff kindly decided to bunch all of the lines for the various screens showing the film into the same hallway.

However, after much confusion, seats were found, commercials and trailers were sat through and then ... "The Twilight Saga: New Moon," a title greeted with gasps of hushed reverence by some of the teenage girls in attendance.

To my own surprise, I actually saw the first "Twilight" movie over the summer on DVD. I had managed to miss it completely while it was in theaters, but I was told that even though I fell almost completely out of the demographic for both the film and the original books by Stephenie Meyer, it couldn't hurt for me to be just a bit more current.

So, watching "Twilight" at home, I was surprised to find that it actually was a pretty decent flick. I mean, at no point was I checking the DVD box to make sure I wasn't watching "The English Patient," but for a high school vampire romance movie it wasn't half-bad.

Watching the sequel "New Moon," I was very glad that I had seen the first film, as this installment almost insists that you're familiar with every plot detail and character trait from "Twilight," not re-explaining for the uninitiated seemingly basic things like, say, who most of the returning characters are or why there are so many vampires just hanging around. Then again, they're also (correctly) assuming that most of the people in line for this movie have already memorized Meyer's original novels cover to cover, so I guess that's alright.

The unequivocal star of the movie is

Kristen Stewart playing Bella Swan, the girl who in the previous film fell for Edward Cullen, the vampire with the heart of gold. What I remember most about Stewart as Bella in the first "Twilight" was her ability to seem as bored as possible the entire time; I'm sure she's a fine actress, but it was as if they'd filmed every scene before she'd had her morning coffee.

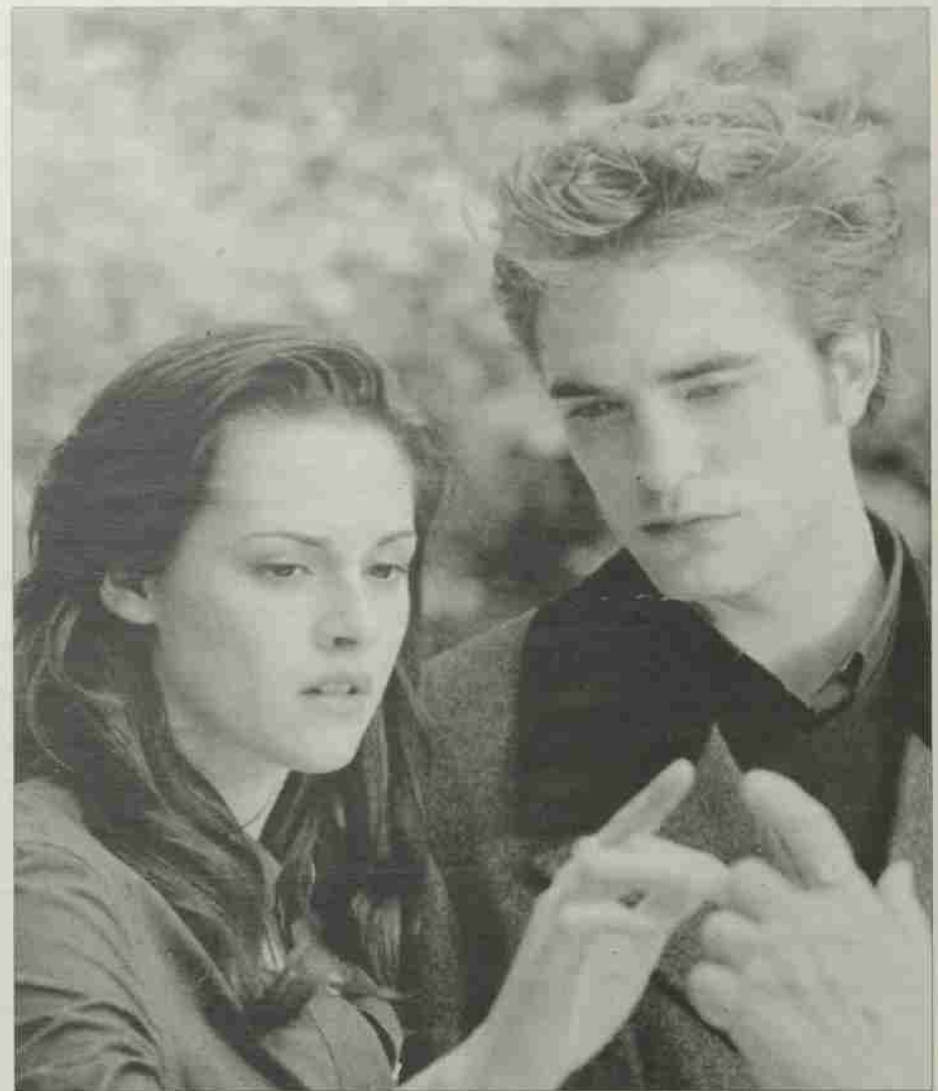
However, for this movie Stewart definitely ups her game, turning Bella into an interesting person who actually engages the other characters with genuine human emotion rather than Generic Teen Attitude circa 1994.

As for America's favorite British hearthrob, Robert Pattinson, his return appearance in "New Moon" as Edward is more of an extended visit than anything else (he leaves at the beginning of the film because his fellow vampires keep trying to kill his girlfriend, which is always a bummer). However, his presence looms over the rest of the proceedings anyway, usually in the form of mirages that Bella can only see when she's performing extreme stunts (it's a bit odd).

Pattinson doesn't seem to have let all of the fan adoration or Tiger Beat covers go to his head, putting a lot of effort into acting so weirdly that you really do believe that he's a vampire (though I still don't get the whole "skin turning into diamonds in sunlight" thing), but also that Edward and Bella really are soul mates, though thankfully that particular plot point isn't pounded into viewer's heads as much as it was in the first one.

Once Edward leaves, Bella gets downright glum and "New Moon" segues into what has to be the most leisurely second act in movie history; it's almost aggressively amiable. Enter Taylor Lautner as Jacob, Bella's cheerful friend from the first movie, who steps in to take Edward's place as her suitor du jour in a lengthy series of dating scenes. Lautner and Stewart have enough chemistry to keep the film chugging along, but at a certain point you start thinking, "Wasn't this movie supposed to be about vampires?"

Not many movies could just randomly throw Dakota Fanning in over 90 minutes of the way through, but 'New Moon' somehow manages to pull it off.



COURTESY OF SUMMIT ENTERTAINMENT

Kristen Stewart and Robert Pattinson return to the world of the unknown in "The Twilight Saga: New Moon."

However, things get complicated when Jacob is eventually revealed to be (spoiler alert) part of a group of shape-shifting wolves that are at war with the vampires from the first movie, and Bella is suddenly forced to choose sides over her own destiny. Yeah, the story doesn't seem very down-to-earth when I tell it like that, but on the big screen it makes more sense.

Actually, that's the amazing thing about "New Moon": everything clicks. The performances are uniformly good (I almost forgot Billy Burke as Bella's unbelievably mellow dad Charlie), the action sequences are fairly awesome, and the scenes flow together so well that by the end, I barely even cared that I couldn't quite follow the bizarre plotline. Not many movies could just randomly throw Dakota Fanning in over 90 minutes of the way through, but "New Moon" somehow manages to pull it off.

So while "The Twilight Saga: New Moon" may not be everybody's cup of tea, it's definitely the best choice for any vampire-theme movie outing you might want to plan. Just remember to buy earplugs for when the teenage girls in the theater start screaming, and you'll be fine.

★★★★★

Contact: mcauley@willamette.edu

► more info

"New Moon" (121 min.) is now playing at:

Regal Lancaster Mall Stadium 11
831 Lancaster Dr. N.E.
For times and ticket info: 503.371.3456

Cinbarre Salem 7
501 Marion St. N.E.
For times and ticket info: 503.588.2059

MUSIC REVIEW: Ana Egge | 'Road to My Love'

Virtuoso hippie guitarist sings about the human experience

HEIDI ANDERSEN
SUBSCRIPTION MANAGER

Most everyone probably recognizes guitarist Dave Davies' world-famous power chords in the Kinks' 1964 mega-hit, "You Really Got Me." With his aggressively experimental guitar sound, some say Davies single-handedly invented the heavy metal genre. Today, this rock 'n roll icon is surprisingly accessible. Heck, if you write him on Facebook, he'll personally take time out of his day to respond to you.

Seriously, how many stars have you heard of who actually deign to converse with us mortals? Too often a floating, cosmic sphere of musical godliness seems to suck up the really talented musicians and keep them forever separated from ordinary people.

Fortunately, the tremendously talented Ana Egge, whose music is rooted in the trials of ordinary people, remains among us earthlings. Playing a guitar she built herself, this child of North Dakotan hippie farmers has just released "Road To My Love," an album that displays both deliriously good musical craftsmanship and intensely personal stories about the private lives of public servants, the day-to-day struggles of dealing with a strained relationship, as well as the simple joy of doing nothing.

"Storm Comin'" opens the album, with Egge wryly acknowledging her weakness for an attractive, irrepressible lover, despite the fact that she knows a

relationship with him threatens to bring heavy weather. This is the sort of toe-tapping tune I expect to hear in the Bistro at some point.

Sporting confident, jazzy guitar rhythms, "Quitting Early" balances the youthful infatuation in "Storm Comin'" with a sober, more mature story about dealing with a poisoned relationship: "If it's bad now, things'll change/Nothing ever stays the same/A lover is as a lover does ... I let you down/Now you don't feel a need to trust me/Without leaving, call me up if you don't leave/This is how it must be."

In "The Bully of New York," we meet a divorced and grieving Central Park ranger who must confront the disapproving faces of New York City's children every night as he locks up their precious playground. This song's lonely trombones and cold lyrics "It's getting dark/So I turn the keys/The kids all think I'm really mean/It's not easy for me" whistle through the cracks in your heart.

In "More Than a Day," Egge revels in the very human pleasure of sitting in the park with a friend, doing nothing but listening to faraway cars rushing frantically to and fro. Personally, I would love to be that friend, so I could nap like a cat in the sunshine with Egge's calm voice floating over me in the summer breeze.

Perhaps the most personal song on the album, the autobiographical "Farmer's Daughter" comments on the

phenomenon of simultaneously expansive freedom and insatiable restlessness on the North Dakotan prairie. Her guitar work here is significantly minimalist, as if to provide as much space as possible for her soulful crooning: "Let's go out on the prairie, driving/Getting high on our free time/Trouble was all we had sometimes/Nothing to do but dance out on the roadside."

I hope I'm making it clear that Ana Egge's "Road To My Love" is something special. From song to song, she expertly teases out of her guitar an ever-expanding variety of musical directions and styles. However, her soft, gliding voice always seems to be the true master of the melody, guiding all other elements present with an understated authority.

With her intensely personal lyrics, she seems to be offering us a piece of her soul, trusting us to appreciate it, but at the same time displaying a level of comfort with herself that suggests that she'll move on with a smile and won't be offended if we don't rise to the challenge. Her performance is as nuanced and skillful as Dave Davies' was aggressive and adventurous. If I were you, I'd catch Egge's "Road To My Love" while the giant floating cosmic sphere of musical godliness still hasn't claimed her.

★★★★★

Contact: handerse@willamette.edu

Don't miss Doan's Victorian Christmas

KRISTEN SVENSON
STAFF WRITER

For over 20 years, the university has been privileged to experience the music and traditions of Victorian-style Christmas from the world-famous master, John Doan. Every holiday season this professor entertains a nearly packed auditorium for three hours as he introduces Victorian musical instruments and carols. This year Doan once again returns to entertain and enlighten the community about a world that is almost entirely forgotten.

In 2006, the Statesman Journal called him "Mr. Christmas," while The Oregonian said, "Queen Victoria might be amused by John Doan's Victorian Christmas. ... She might not recognize the American carols, but the tiny banjo would surely bring a smile to those stern lips."

"A Victorian Christmas With John Doan" provides an in-depth and poetic history of the methodological changes that have influenced music since the 1840s. This holiday program is a live presentation of the Emmy-nominated Public Broadcasting Station television special, which recreates the festive spirit and tradition of what it was like to celebrate Christmas over a century ago. The aim of the concert is to evoke the feeling of a time before electronic communication and entertainment, when families provided most of their own musical home entertainment, especially during the holidays.

Doan, known as one of the world's leading harp guitarists, is a touring and recording artist and concert performer, as well as an adjunct professor of music. He has appeared on radio and television shows across the country, including his own specials titled "A Christmas To Remember With John Doan" and his Emmy-nominated television version of "A Victorian Christmas With John Doan." DVDs of these performances will be available at the concert.

Doan is one of the few masters of the rare 20-string harp guitar and recently toured nationally with renowned guitarist Mason Williams. Among Doan's various awards are an Em-

my-nomination of "Best Entertainment Special of the Year" for "A Victorian Christmas with John Doan" and "Salem's Favorite and Best Musician Award" presented by the Statesman Journal.

Billboard Magazine said, "John Doan breathes new life into old carols and evokes the nostalgic, mystical side of Christmas." During "A Victorian Christmas," Doan plays over a dozen period instruments once popular in American parlors, on vaudeville stages and in mandolin orchestras. The show explores how Victorian society started most of the Christmas traditions that are still practiced, as well as quite a few that have been forgotten. The twenty-string harp guitar, classical banjo and ukelin are only a few of the many original instruments to be featured in this performance.

In addition to performing on each instrument, Doan will explain their history by showing slides of old catalogs and archival photographs from his personal collection and leading the audience in singing (or whistling) traditional American carols with authentic accompaniment. During the performance, Doan includes several of his own arrangements and medleys of favorite carols performed on many different traditional instruments, including arrangements from his nationally released CD titled "Wrapped In White - Visions of Christmas Past."

"A Victorian Christmas With John Doan" comes to Willamette on Friday, Dec. 4 at 8 p.m. in Hudson Hall. Advanced tickets are available at the Music Department or by phone at 503-370-6522. Cost is \$18 for adults and \$10 for children and students under 18. Willamette students, faculty and staff with ID may acquire free tickets up to one week prior to the concert. For more information, please visit www.johndoan.com or contact Diane Trevett at dtrevett@willamette.edu or by Willamette phone extension 6255.

Contact: kswenson@willamette.edu

Oregon Symphony performs in Smith

MATT BAILIN
CONTRIBUTOR

The Oregon Symphony has teamed up with Willamette, to present some of the most memorable scores from movies such as "Spiderman," "Pirates of the Caribbean" and "Harry Potter." Oregon Symphony will perform a live, all-ages concert in Smith Auditorium on Monday, Nov. 30 at 8 p.m.

Edmund Stone of allclassical.org plans to host the event and has promised a night of great music for everyone to enjoy. Jeff Tyzik, a well-known pops conductor and an invaluable asset to the Oregon Symphony, will be conducting the evening's program.

Edmund Stone is perhaps best recognized for his voice as an on-air host on the stations of All Classical FM. He gained his voice talents from his many years in theater and journalism, having toured as a teenager in "A Midsummer Night's Dream" in England before moving to Scotland, where he reviewed films for BBC Radio and the Dundee Courier.

When he relocated to Los Angeles in 1980, he covered the Academy Awards and interviewed such entertainment personalities as Alfred Hitchcock and Mel Blanc. He joined the on-air crew of All Classical FM in 2001, where he is heard regularly on weekends and hosts the popular movie music program "The Score." Since 2005, he has served as narrator for a number of orchestras in and outside of the Portland area.

Tyzik has earned his reputation as one of America's most innovative pops conductors and is recognized for his brilliant arrangements, original programming and engaging rapport with audiences of all ages. During the 2008-2009 season, Tyzik began a new role as the principal pops conductor of the Oregon Symphony and is now celebrating his 15th season as the principal pops conductor of the Rochester Philharmonic Orchestra (he continues to serve

as a principal pops conductor of the Vancouver Symphony Orchestra).

In his 15 years with the Rochester Philharmonic, he has written more than 160 works for the orchestra. His newly recorded disc of works by Gershwin with pianist Jon Nakamatsu and the Rochester Philharmonic on the Harmonia Mundi label has received exceptional critical acclaim and debuted at the top of the classical Billboard chart.

He has also received outstanding reviews from nearly every other critic for his contemporary and approachable style that invites listeners of all backgrounds into the performances.

For these reasons, he is highly sought

after as a guest conductor, and has appeared with orchestras such as the Boston Pops, the Cincinnati Pops, the New York Pops, the Philadelphia Orchestra at the Saratoga Performing Arts Center and the Los Angeles Philharmonic at the Hollywood Bowl.

Ticket prices have not yet been determined for this event, but the likely reasonable price will be more than worth the opportunity to see this amazing orchestra in action. Everyone (but especially Willamette students) is encouraged to attend this excellent start to the holiday season.

Contact: mbailin@willamette.edu



COURTESY OF WWW.OREGONLIVE.COM

The Oregon Symphony will perform on Monday, Nov. 30 in Smith Auditorium at 8 p.m.

ART HISTORY FOR COCKTAIL PARTIES:

The many faces you wear on Facebook



ALISA
ALEXANDER

ARTS EDITOR

In college, it seems that we are all, in some way or another, very concerned with our appearances. I know what you are thinking — "What about those kids who go to class in their sweatpants every day?" Or, "Alisa, I honestly think there are some kids in my bio lab who do not shower. I was not aware it was no shower November." I will argue that yes, they do care — the choice of neglecting their physical appearance is as much of an active one as choosing to groom oneself.

But I digress. Let's get to what I really want to talk about: the all-encompassing social networking tool that inches closer and closer to becoming Big Brother. The almighty Facebook, and how we choose to present ourselves on it, can be very telling.

In May, the Web site College Candy published an article on "The 6 Most Common Facebook Photos." The article seems simple enough — this Web site is not particularly known for its incisive complexity — but the very idea of this article reveals much about how we college students perceive ourselves. For the record, these are the archetypal photos: the flattering/sexy one, the crop-out-everyone-who-looks-bad, the funny drinking photo, the artsy photo, the "look at me!" (a photo with a celebrity, usually) and finally, the happy couple photo.

Let's think about this. It seems pretty all-encompassing, doesn't it? Are all college students sharing such remarkably similar experiences that we can boil them down to six visual models? Or is it that we are following the lead of others, looking at everyone else's profile photos and subconsciously ingratiating ourselves into this Internet culture? I think they may have left out some stereotypes: the study abroad/travel photo, the "I'm in costume" photo and the baby photo, for example.

Have you ever met someone in real life, gone home and stalked them on Facebook, only to find their photos look remarkably nothing like them or what you'd expect? Even though Facebook is supposed to be an online representation of our true selves, we all choose to present ourselves in a certain light. In many ways, Facebook allows us insight into the way others perceive themselves, an honor usually bestowed only to good friends.

We're complex creatures, that's for certain, and while Facebook allows us to show different sides of ourselves we also lose an element of secrecy. You can't be that mysterious, beautiful, enigmatic person on campus if you are so easily seen on the internet shit-faced with a red Solo cup in hand.

So, in essence, these photos lie about us — but they also illuminate. Stop and browse through your chosen profile pictures; you may be surprised. I was surprised how many of my profile photos fit this model. Have we all been a little brainwashed by this internet culture?

I'm not going to disparage Facebook because, honestly, I love it. I've reconnected and newly connected with so many people. I talk to friends across continents with ease. It's something to think about, though; yes, we do get up every morning and choose what to wear, whether or not to shower, etc. But each day is finite, and when you come home and take your clothes off, most likely people will forget what you looked like that day. The Internet, however, leaves a more permanent impression of what you "look" like, or at least how you want to be perceived.

Contact: alexanda@willamette.edu

Want to be Alisa?
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Contact Alisa Alexander at
alexanda@willamette.edu

Seven may be a number of the past

ASWU explores new options for meal plans

KRISTEN SVENSON
STAFF WRITER

Starving students, fear no more. A new system will soon be in effect which will make dining at Bon Appétit a better and more fulfilling experience for all. The days of frustration from missed all-you-can-eat meals and loss of lunch points on a Montag dinner are soon to be history.

The Willamette-Bon Appétit meal plan program is never going to be without flaws, according to the ASWU Food Committee, but the four-year project to improve the system will finally achieve a new development next fall. The committee, which consists of ASWU senators and Bon Appétit management, will introduce a new alternative meal plan option at the start of the '10-'11 academic year in order to better meet the needs of the student body.

The Food Committee is made up of three people: Tej Reddy, a sophomore senator who has been working on the project since last year; Alex Maresh, a freshman senator; and Mark Marelich, General Manager of Bon Appétit. They have been meeting every week to work on organizing and proposing the new system to Bon Appétit and the university administration.

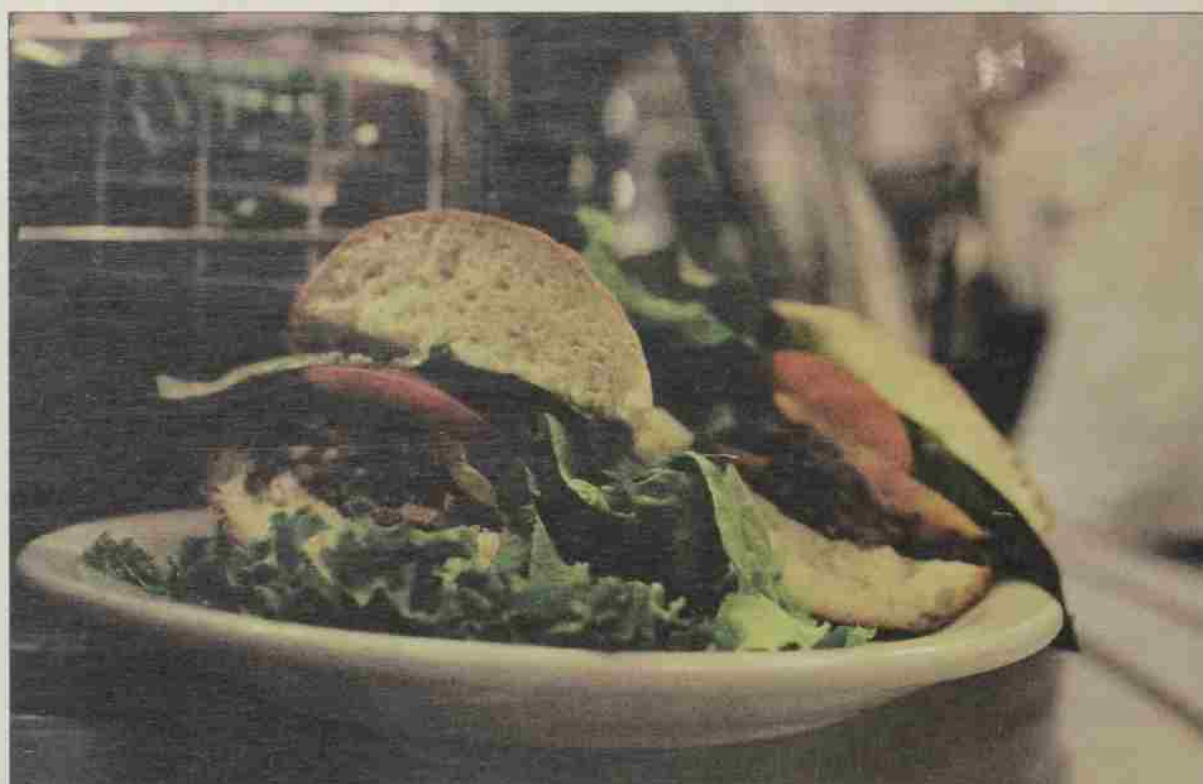
"[The committee members] are not looking to change the entire meal plan package, but to add an alternative package that gives flexibility," Marelich said. "It's been a long process."

The Food Committee is a task force that has been working on improving the meal plan system for the past four years, taking into account student attendance at specific meals, the cost of meal plans and food preparation and other general feedback from the student body. Reddy explained that it is still difficult to know whether the cost of meal plans will change, but the proposed plan should "theoretically reduce overall cost."

The new alternative meal plan will consist of five all-you-can-eat (AYCE) meals per week, which have a lower labor cost than the current seven, plus about 400-600 points for the semester, though the amount of points available is still being decided. "Students mainly want flexibility," Marelich said.

In a recent e-mail survey, over 50 percent of the student body responded with an opinion about the program. Out of that 50 percent, 68 percent answered that they were somewhat to very interested in the new program. "We're thrilled with getting such a high response from the student body already. We'd love to hear more," Maresh said.

Marelich admits that there will still be flaws in the system, but he praises the work that ASWU senators have done. "I credit ASWU folks for really going for it and taking the proper steps. They're getting things done, which



One of Dee-Dee's renowned hand-crafted sandwiches. Om nom nom nom.

AARON BROWN

hasn't always been the case," Maresh said. "But this is a great group of people and we need to support them."

The change has been a very long and complicated process for the Food Committee. It began with feedback from students through e-mail surveys. From this feedback the committee developed a plan. The committee then hopes to enter negotiations with Residential Services and Vice President for Administrative Services Jim Bauer. After Residential Services evaluates the proposal, it will go on to the Board of Trustees, which will send proposals to a committee for discussion and, ultimately, a decision. Finally, if the Board accepts the proposal, it will be sent to Willamette's legal department, which would re-work the language on the Bon Appétit contract to include the new changes.

"We didn't realize how long the process was going to be," Reddy said. "The Board has been very willing to work with us on this project. It was our call to take the entire year to complete the organizing - they would have rushed through it if we had wanted."

Changes in the current meal plan are not the only part

of the newly proposed system. The Food Committee has also been working on better communication about funding allocation between the university and students.

The committee is recommending three changes to the meal plan system. First, that the cost of a meal plan should reflect the amount of money that Bon Appétit actually receives. This would not change the amount of money a student pays, but it would reallocate the money to reflect the actual cost of eating on campus.

Second, they recommend that there be more press and communication between university and students regarding funding. Finally, they suggested that the information of fund allocation be made visible on the meal plan contract each student signs at the start of a semester. "We feel our three recommendations will help us go far," Reddy said. "We've been meeting with [Director of Residential Services] Cheryl Todd to discuss communicating with students about meal plan funds."

About \$83.6 million is collected from tuition each year. Of that, \$11.3 million comes from what is currently labeled

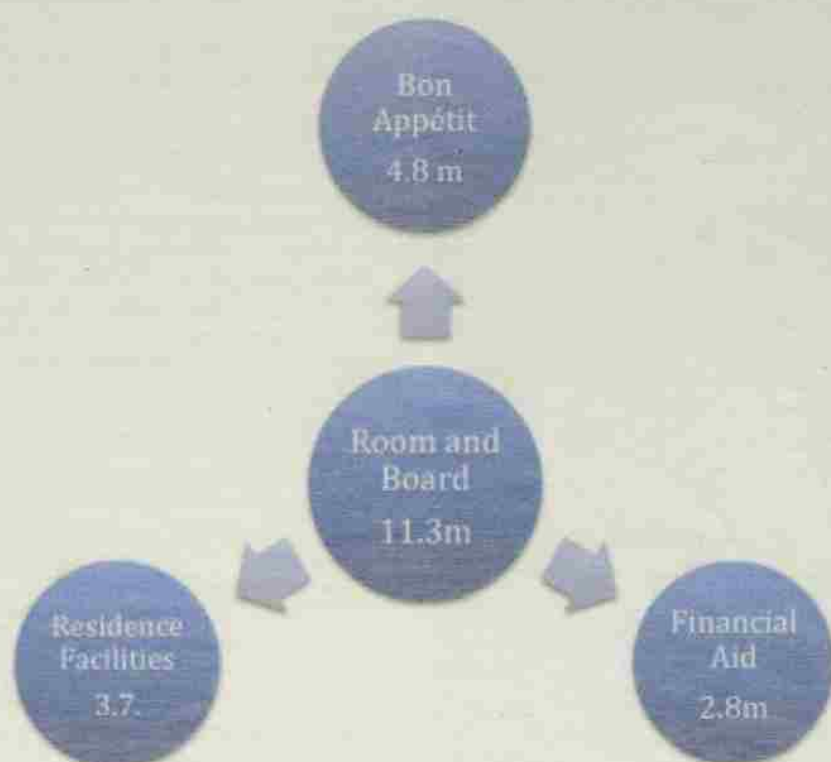


Figure 1.1 Where the money goes. The 2.8 million goes back to the university's operating budget which pays for financial aid.

COURTESY OF ASWU FOOD COMMITTEE

facts

[Text from the ASWU Food Committee]

Tuition, room and board is all considered revenue to the university and is not treated separately.

Food cost is normally around 45 percent of tuition. However, this is the average and fluctuates.

Approximately 300,000 points are spent at Montag in a year, with as much as 11,000 in a week. When more points are spent at Montag, more money is being spent on the retailers due to a high food cost at Montag (85 percent), and thereby less money and resources are available for Goudy, Kaneko and Cat Cavern. This, therefore, increases the cost of food at the dining halls.

Meal points do not only pay for food. Maintenance, donations, salaries, tax and benefits, computer systems, fuel charges, van upkeep and repairs all make up a part of the cost to run a successful food service.

Meals are planned on a weekly basis based on the produce in season and what is available.

It is generally seen that while tuition rests in the mid-to-high range, meal plans are in the low-to-mid range.

Those who come from around Salem (Salem businesses, the Capitol) offset meal plan costs.

as "room and board fees." Contrary to popular belief, Bon Appétit only sees a fraction of this money, and not all of it can be used for food and preparation. "It is important for our students to understand where the money generated from board and meal plans is allocated to," Marelich said.

Of the \$11.3 million allocated for room and board, \$3.7 million goes to Residential Facilities, which uses the money for building infrastructure and to support the Resident Assistant program. An additional \$2.8 million contributes to the financial aid packages students receive.

This only leaves \$4.8 million to Bon Appétit, which not only pays for food, but also staffing, repairs, cleaning and supplies. "You have to think about everything that goes into it - it's not all just food," Maresh said. Meal plan money also pays for "consistency and quality of service" from the farmers and suppliers.

Bon Appétit is different than most food service places because it is not based on retail services. Bon Appétit uses funds to physically buy and prepare food on a daily basis. "Willamette students are more conscious of what goes in their bodies and the quality of it," Marelich said. "That's why we're more about doing the right things, like getting the right products that are healthy and sustainable."

Over 3000 people dine with Bon Appétit on a daily basis on campus, a number that includes community members. While this may add to the long lines during lunch, the Food Committee explained that community members who dine with Bon Appétit offset the meal plan program, which helps to keep student costs down.

Even so, after measuring a recent survey of Willamette students and community members, Marelich said that around 80 percent of Bon Appétit patrons would recommend Willamette to prospective students based solely on food quality and service. "I've really tried to open doors and ears to students. We're open to do a lot of different things to help with meal plans. We view students as customers, and value their opinions," Maresh said.

In the end, the committee said that one of the biggest problems with the meal plan program is the existence of the Montag convenience store, which has a very high food operation cost because it is entirely retail oriented. Students pay the retail price in addition to costs associated with running the store.

To compare, Montag has an 85 percent operation cost, while the cost of the dining halls is only 45 percent. "When so many points are put into Montag, less money stays in the Bon Appétit system," the committee members said. "The student body spends up to 11,000 points at Montag every week, mostly on sodas and pints of ice cream."

Nevertheless, Montag is a vital part of the Willamette community. The committee plans to post signs to let students know where their points are going when they are spent at Montag. "Overall, spending compass cash at Montag makes more sense than spending meal points," Marelich said.

Bon Appétit is receptive to student needs and wants to hear from the student body. Concerned students can get involved by joining the Menu Development Committee, which is comprised of students, administrators and faculty and meets to discuss food on campus. The committee talks about what is good about the food offered, what needs improvement, the types of food that Willamette needs more of and other foods and ingredients to serve. "Everybody compares lunch to dinner, but they're very different. It is like comparing apples to oranges," Marelich said. Joining the committee will help students to understand and have a say in what they are eating.

The new alternative meal plan program negotiations are set to finish by late January. The rest of spring semester will be spent working on public relations and advertising to the students. Once the new program is up and running, the Food Committee will begin to tackle other issues surrounding dining on campus. "There's nothing better than people coming together over a good meal," Marelich said. "Food is always a connector, in all cultures."

For more information about the ASWU Food Committee, please contact Tej Reddy at treddy@willamette.edu or Alex Maresh at amaresh@willamette.edu. Questions or comments for Bon Appétit should be sent to Marc Marelich at mmarelic@willamette.edu.

Contact: kswenson@willamette.edu

► **committee recommendations**
[Text from the ASWU Food Committee]

We recommend that cost of the meal plans reflect the actual cost of eating on campus (how much Bon Appétit is paid). The costs for building repair, infrastructure, financial aid, etc., should be listed separately. Furthermore, we feel that this would further remove confusion and re-engage campus to think positively and constructively about ways to improve this process.

We recommend that the information about the dissemination of the funds raised through the meal plans be made as transparent as possible. To this end, we ask that the costs covered from the funds raised from

meal plans be included in the meal plan contract or otherwise provided to the students.

We recommend the creation of a Meal Plan E to have five AYCE with 400, 500 or 600 meal points. This plan accommodates students who do not eat on campus on weekends. A survey of over 600 Willamette undergrad students showed that about 65 percent of students are at least somewhat interested in a five AYCE meal plan.

We recommend that an informational campaign should be started to educate students about the meal plan funding process. This may manifest itself in many forms, including *Collegian* articles or signs around on-campus eateries.

What is your interest in using a meal plan that provides 5 AYCE meals per week (as opposed to 7)?

■ Very Interested ■ Somewhat Interested ■ Not Interested

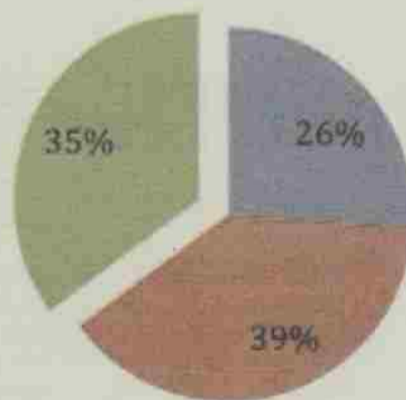


Figure 1.2 Interest in 5 AYCE Meal Plan.

COURTESY OF ASWU FOOD COMMITTEE



Local farmers display their produce during Bon Appétit's Eat Local Challenge in Goudy at the end of September.

AARON BROWN

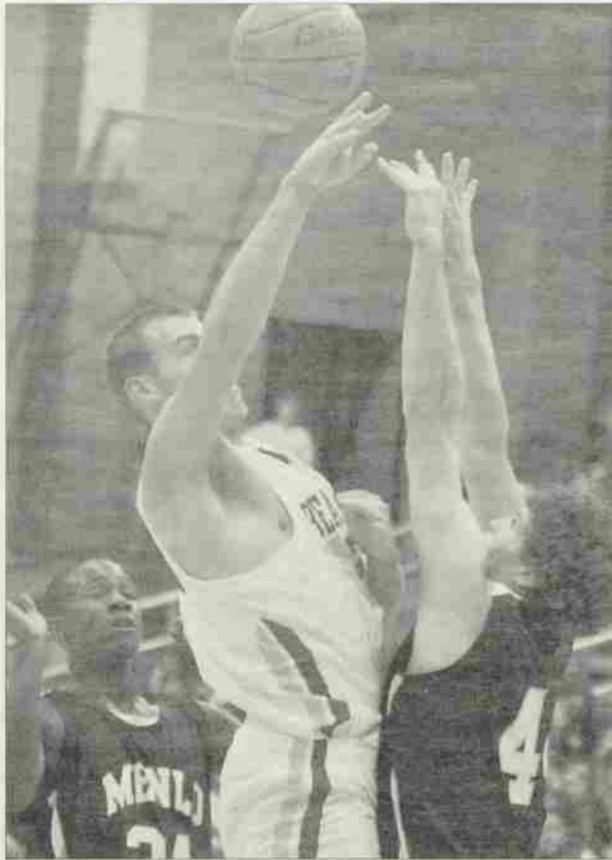
► **breakdown of funding allocation**

- \$83.6 million is collected from tuition.
- \$11.3 million is collected from room and board
- \$3.7 million goes to Residential Facilities
- \$2.8 million goes to Financial Aid
- \$4.8 million goes to Bon Appétit

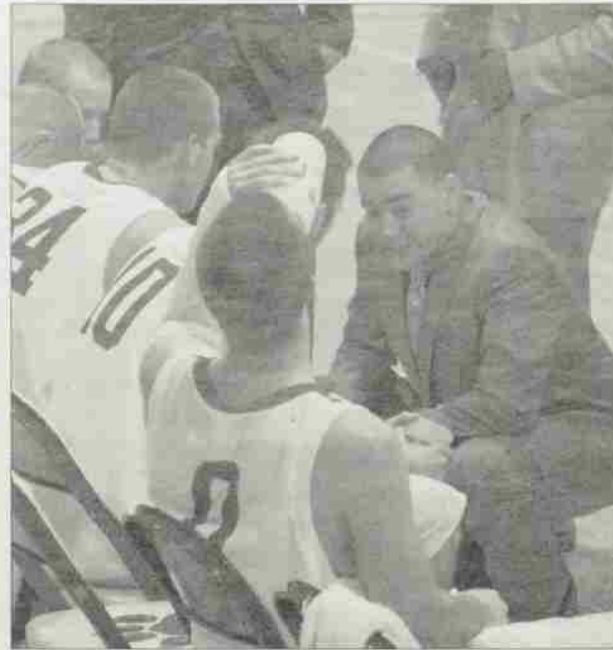
STIMULATED?

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Contact: bsirani@willamette.edu



IAN LINDGREN



IAN LINDGREN

ABOVE: Head Coach Kip Ioane went 1-1 in his first weekend in charge of the 'Cats.

LEFT: Sophomore post Taylor Mounds scored 17 points and totaled five blocks against CMS.

RIGHT: Marcus Holmes broke out of a shooting slump with four three-pointers Saturday.



IAN LINDGREN

MEN'S BASKETBALL

Malley, Mitchell lead Bearcats to Stags' upset

JOHN LIND
STAFF WRITER

Willamette men's basketball began its season with a pair of non-conference games against tough competition and emerged with a split from the weekend series. The Bearcats first hit the court Friday night against Menlo College, a game that coach Kip Ioane noted earlier this week could potentially have playoff implications further along in the season.

In the first game of both the new-look Willamette squad and of Ioane's tenure as head coach, the Bearcats certainly looked ready to go, jumping out to a 5-0 lead off a Cameron Mitchell layup and a Robbie Kunke three-pointer. Willamette kept up the pressure early, extending its lead to 13-6 on Taylor Mounds' long jumper.

But the Oaks soon found their footing on the floor of Cone Field House and, led by junior guard Julian Harris, Menlo fought its way back into the game. With just under five minutes remaining in the first half, Oaks forward Patrick Greene sunk a jumper that knotted the score at 29. From then on, Menlo held all the cards, keying off two clutch threes by Harris and another layup from Andrew Young. By the

first half buzzer, Harris and the Oaks had come seemingly out of nowhere to snatch a 38-33 lead.

Menlo started the second half with even more momentum. The Oaks came out on fire, smothering the Bearcats with stifling full-court pressure while picking apart the Willamette defense for a barrage of open shots, most of which hit nothing but net.

The Bearcats managed to keep pace for the first five minutes of the second period, but as time went on, Menlo proved to be simply too much. With 14:30 left and already leading by nine, the Oaks went on a 12-0 run in just over two minutes, capitalizing on two costly Bearcat turnovers to grab a 64-43 advantage.

Willamette finally managed to break its scoring funk with two Mounds free throws, but could not gain ground on still-hot Menlo. Ryan Dung's trifecta with just over five minutes left gave the Oaks their largest lead of the game at 27, and though Willamette continued to fight back behind Mitchell's game-high 22 points and 13 rebounds, Menlo proved strong to the end, running away with a 95-72 victory.

"We were obviously upset with the loss Friday, but it just made us more motivated



"We all knew if we came out and played our game Saturday at our tempo, they wouldn't be able to run with us."

BRANDON COTTLE
FRESHMAN POST

going into Saturday's game," freshman post Brandon Cottle said. "We all knew if we came out and played our game Saturday at our tempo, they wouldn't be able to run with us."

Saturday night, the Bearcats were pitted against Claremont-Mudd-Scripps. The Stags, an NCAA tournament participant in 2008-09, took the first lead of the game on Chris Brees' jumper just over a minute into the contest.

But that would be CMS' only lead. In the very next Willamette trip down the court, junior guard Marcus Holmes swished in a laser from behind the arc to take a lead the Bearcats would not relinquish as Ioane notched the first win of his head coaching career.

Once again, the Bearcats started fast, jumping out to a double-digit lead within the first five minutes. The team stayed hot from the three-point range throughout the first half, as Holmes went 3-3 from downtown 4-5 overall in the first half alone, totaling 11 points and helping Willamette to a 46-35 halftime advantage.

The Bearcats extended the margin even further during the second half, at one point taking a 69-51 lead on a pair of free throws from freshman guard Terrell Malley.

Malley emerged as an offensive presence in the early stages of the half, at one point converting three consecutive layups with a three-point play on the third.

From there on, the freshman was golden from the stripe, racking up points while helping Willamette maintain a comfortable lead. Claremont did make one late push, closing the deficit to as narrow as four points with 35 seconds remaining. But Mounds and freshman guard Cody Pastorino nailed four consecutive free throws to ice the win.

Stepping into the forefront for Willamette was Malley, who led the offense with 24 points on 5-10 shooting while also sinking 13 of 15 free throws. Both Holmes and Mounds scored 17 points as well, while Mitchell notched his usual double-double with 12 points and 15 rebounds.

The Bearcats will play a pair of road games over the Thanksgiving holiday, taking on Southern Oregon University and powerhouse Oregon Tech on Friday and Saturday, respectively. Video broadcast of the games will be provided on www.souraiders.com.

Contact: jlind@willamette.edu

► Lee Fulmer Tournament

Willamette is scheduled to take part in the 62nd annual Lee Fulmer Tournament Dec. 3-5 at the University of Redlands. The Bearcats' first round game will be against 14th-ranked Cal Lutheran Dec. 3 at 1:30 p.m. Willamette will then face either Chapman or UC-Santa Cruz in the second round, while George Fox, Menlo, West Coast Baptist or host Redlands await in the third game.

Twenty Bearcats garner NWC honors

Defensive Player of the Year: Ralph Pineda, linebacker	Lukkes Gilgan, defensive back Arlin Taylor, defensive back	Second Team Defense: Walter Robinson, defensive line Andrew Ross, linebacker
First Team Offense: Scott Hirschberger, offensive line Joe Penkala, offensive line Scott Schoettgen, wide receiver	Second Team Offense: Jamiere Abney, running back Luis Guerra, offensive line Edward Salceda, offensive line Chad Pollard, flanker Mitchell Rowan, place kicker	Honorable Mention Matt Banta, linebacker Harmon Bruno, linebacker Deon Horne, running back Bubba Lemon, defensive back Mikey Lemon, flanker
First Team Defense: Ron Carter, defensive line Cory Lowe, defensive line Ralph Pineda, linebacker		

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CROSS COUNTRY

Men take 20th at national championships

Patel places 92nd individually in women's race

LUKE RUSSELL
CONTRIBUTOR

Willamette cross country had a solid showing at the NCAA Division III National Championships on Saturday, Nov. 21. The Bearcats took 20th place in the men's team standings at the Highland Park Golf Course in Highland Hills, Ohio. The finish was Willamette's seventh top 20 result since 2001.

Junior Stefan Redfield, in his second trip to nationals, was the first Bearcat to finish the event, clocking in with a time of 26:26.5 over the 8-kilometer course, good enough for 58th place.

"Nationals is always a great experience, and the level of competition is just awesome," Redfield said. "It was a tough course, but the race was very exciting to be in and the day was great for running. We had a really good

season, and now our team is getting ready for the upcoming track season."

Redfield was closely followed by his Willamette teammates during the race, with junior Matt Parker placing 72nd overall behind a time of 26:33.8. Sophomore Leo Castillo was the third Bearcat finisher, taking 127th and finishing the race in 26:54.7. Sophomore Ben Donovan (168th) finished in 27:15.6 and was trailed by senior Chris Platano, 199th, who completed the course in 27:31.6.

Willamette's combined men's score of 476 edged out St. Olaf College by a single point to earn a spot in the top 20. Rival Claremont-Mudd-Scripps, who defeated the Bearcats in winning the West Regional title one weekend earlier, finished 15th overall with a score of 425. A total of 32 teams competed for the title.

On the women's side, Willamette senior Tina Patel finished 92nd out of 279 runners. Patel, who earned an individual bid to the championships after placing ninth at the West Regional on Nov. 14, was the only runner for Bearcat women's cross country at the National Championships.

"Overall, I had a good experience," Patel said. "As far as the race ... we had to go out fast in the first 800 meters. This race had tons of spectators and they were loud and sometimes distracting. The course was rough, muddy and hilly. I'd have to say that the last five minutes of my race was the toughest, mentally and physically. As a senior, I wanted my last collegiate cross country race to be my best."

Contact: russell@willamette.edu

HEALTH & WELLNESS

A guide to conquering vegetables

HILARY
ANDRUS

COLUMNIST

For some reason, when we were younger it was part of our understanding that vegetables were gross and bad while sweets were wonderful and good. I confess that even I once thought so, but I've been trying over the course of the last five years to learn to like vegetables. In an effort to try and help you like them more as well, here's a breakdown of certain vegetables and their nutritional benefits.

Asparagus: Lightly crunchy if cooked well and full of flavor, this green vegetable is loaded with Vitamin K, which aids in your body's absorption of calcium and helps your blood to clot.

Avocado: Favorites for a lot of people, avocados contain important fatty acids that help in heart and cholesterol health. So try a little

guacamole the next time you're getting a burrito.

Broccoli: This vegetable is one of the hardest to enjoy for some, but has an amazing amount of vitamins and minerals, including Vitamins A, C and K. Vitamin C is the standard vitamin that keeps your body healthy, while Vitamin A aids in bone growth, the creation of white blood cells to fight infection and maintaining good vision.

Carrots: These contain many of the same nutrients as broccoli, including little-known substances called carotenoids, which have been found to be powerful antioxidants: protecting the body from the by-products of oxygen metabolism.

Potatoes: This commonly eaten vegetable is a great source of unprocessed carbohydrates - just be careful in what form you eat it. (No, french fries don't count as a healthy carbohydrate.)

Spinach: A far healthier and more nutritious alternative to lettuce,

spinach can be found in nearly every salad bar. It provides fiber, which is an important nutrient in digestion, as well as vitamins C, K, A, E, B2 and B6. Not to mention it also contains iron, a great supplement to maintain healthy blood and body.

Tomatoes: Found in many entrees, tomatoes provide vitamins C, K and A as well as carotenoids and other vital nutrients. This fruit (yes, tomatoes are fruit) is a great addition to any sandwich or burrito.

Other important vegetables you can add to your diet include cabbage, cauliflower, celery, kale, garlic, eggplant, peas, beans, onions, squash and sweet potatoes. Increasing your intake of vegetables and unprocessed foods will lead to a healthier body and help your physical activity get better, since your body isn't fighting for nutrients anymore.

Contact: handrus@willamette.edu

WOMEN'S BASKETBALL

Bearcats drop two at EOU tournament

CAMERON MITCHELL
STAFF WRITER

Turnovers and poor shooting plagued women's basketball over the weekend at Eastern Oregon University's Tipoff Tournament. The Bearcats lost 68-47 to College of Idaho on Friday and were defeated 69-39 by Eastern Oregon on Saturday, committing a total of 49 turnovers and shooting just 32 percent from the field in the two games combined.

After being down by only seven points at the half to the College of Idaho Coyotes (who play in the NAIA), Willamette was outscored by 14 in the second half of the game, eventually losing by 21. The Bearcats began with a turnover in the first six seconds of the game and, unfortunately, that would prove to be a common theme throughout. Willamette committed 31 turnovers in the contest, including 19 in the first half alone, while the Coyotes racked up an astonishing 18 steals.

Leading the way for the 'Yotes were

Nicole Gall, who scored 21 points, and Nicole Bruce, who finished with 15. The Bearcats shot just 32.8 percent in the game and were 1-9 (11.1 percent) on three-point attempts.

However, the Bearcats did show their depth, as every Willamette player both played and scored. Sophomore forward Kaileigh Westermann had a solid game in her 2009-10 debut, scoring a team-high nine points to go along with nine rebounds and two blocks. Junior point guard Alex Zennan added eight points and eight assists for the Bearcats.

It was a similar story on Saturday for the 'Cats. Willamette stayed with Eastern Oregon, another NAIA school, for the first half Saturday, trailing only 25-17 at intermission. But the Bearcats lost ground quickly in the second half, with the Mountaineers going on a run that eventually broke the game open for a 30-point victory. This time, Zennan led the Bearcats with 12 points - but these points came on just 4-18 (22.2 percent) shooting.

No other Bearcat player scored in double digits, but Westermann hauled

down a game-high 10 rebounds for the 'Cats, who moved to 0-2 on the season. While the Mountaineers shot only 34 percent in the game, the Bearcats finished with a horrendous 14-61 (23 percent) on field goal attempts, including 0-12 from beyond the three-point arc. Willamette coughed up the ball 18 times and only recorded six assists. Alyssa Garro, who finished the contest with 18 points, four assists and five rebounds, led EOU.

Next up, the Bearcats return to Salem to co-host the Bruce Henderson Memorial Capital City Classic, a tournament named for Willamette's late head coach, with Corban College on Nov. 27 and 28. The Bearcats will open the tournament against yet another NAIA school, William Jessup, at 5:30 p.m. on Friday at Corban, but return to Cone Field House for their home opener on Saturday against Bethany University. Tip-off for that game is set for 3:30 p.m.

Contact: cmitchel@willamette.edu

Portland State coaching search continues

Willamette Head Football Coach Mark Speckman continues to be mentioned in media reports as a potential candidate to succeed Jerry Glanville as head coach at Division I (FCS) Portland State. According to a story published Monday in *The Oregonian*, Speckman, the third-winningest football coach in Willamette history, is expected to be one of the first candidates PSU will talk to once interviews begin after the Thanksgiving holiday.

Reached on Monday afternoon, Speckman said that rumors he was scheduled for an interview were "news to [him]." Portland State Athletic Director Torre Chisholm has previously stated he expects the position to be filled no later than Dec. 6.

ABOUT PORTLAND STATE

Location: Portland, Oregon
Enrollment: 27,000
Nickname: Vikings
Stadium/Capacity: PGE Park/19,566
Affiliation: NCAA Division I (FCS), formerly Division I-AA
Conference: Big Sky
Playoff Appearances: 1987-89, 91-95, 2000
2009 Record: 2-9, 1-7 Big Sky
Notable Vikings: Mouse Davis, Neil Lomax, June Jones, Pokey Allen, nine current NFL players

next up

Friday, Nov. 27

Women's Basketball vs. William Jessup
@ Corban College, Salem, Oregon
5:30 p.m.Men's Basketball vs. Oregon Tech
@ Southern Oregon University,
Ashland, Oregon, 6:00 p.m.

Saturday, Nov. 28

Women's Basketball vs. Bethany
@ Cone Field House, 3:30 p.m.Men's Basketball @ Southern Oregon,
8:00 p.m.

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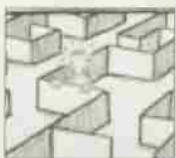
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Colleen, Cornered

A reason to write



**Colleen
Martin**

OPINIONS EDITOR

It's almost Thanksgiving and I hope you, too, will be getting the hell out of Dodge (or, you know, the Willamette bubble, whatever you want to call it) and into the homes of family and friends. The November blues have hit me pretty hard, since, like Superman, I get my power from the yellow sun, which has been predominantly absent as of late. Homework seems a little harder, sleep is less restful - even my column is difficult to write.

Though I am unable to escape the dreary Pacific Northwest, I will be with my sister, who is the next best thing to natural sunlight. Plus, she doesn't give off harmful UV rays, which is a bonus. I am glad to be with some family (my sister recently moved to Seattle) since the November blues are mixed with the uneasy feeling of another holiday passing without my grandmother.

She died in January of this year, and though it was a peaceful passing for which she was ready, it doesn't make me miss her any less. Holidays are particularly strange, knowing that I won't see or hear from her. A part of me will still want to dial her number, or I'll stare at the phone waiting for it to ring.

I suppose this somewhat explains my struggle with writing my column recently. I had the *Collegian* mailed to her home so she could read my columns, and because she was a wonderful grandmother, she was a devoted fan. Though the rest of my family still reads my column, there was always some additional motivation to make sure she would enjoy it.

As I was struggling to figure out an idea for this week's column, wondering why I write the thing in the first place, I suddenly remembered a moment I had when my family was cleaning out her house this summer.

My mom, my aunt and I had arrived the day before, and I was wandering through the house, waiting for an assigned sorting task. I was in the study, looking at the photos, books and other miscellaneous items that she stored there. There were various papers on the desk, and one pile in particular looked familiar. My grandmother had taken the time to clip out every single column I had ever written for the paper, dating them and underlining parts she liked.

By nature, I am not overconfident or arrogant by any means. I am not deluded with the misconception that everyone in the school, or even my friends, reads my column faithfully every week. But this small gesture on my grandmother's part made every minute I have spent writing worth it.

I recently attended a journalism class in which the opinions section of the *Collegian* was critiqued. One member of the class, who is clearly not a fan, commented that she didn't understand my column, and didn't get why she should care. Though I have no real answer for her, I am reminded why I care. Having the support of those who believe in us makes it possible for us to accomplish what we can and to care about what we do, and I am thankful to have been reminded of that.

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LETTER TO THE EDITOR

Letters can be sent by postal mail, e-mail (<tbrounst>, campus mail or fax. Letters must include name and phone number and be submitted by noon Sunday on the week of intended publication. The *Collegian* reserves the right to edit for length and clarity.

EDITORIAL

Being grateful is important, too

The Editorial Board goes soft and sentimental for turkey day

We at the Editorial Board realize that we mostly use this space as a forum for criticism and suggestions on how to improve life on campus. Unfortunately, this only shows one aspect of our collective "personality." We aren't all bitter grumps who see nothing positive - really. This week, in the spirit of Thanksgiving, we present to you a list of things we are thankful for:

► **Kristen:**
Thanksgiving food: Tons of yummy deliciousness and mashed potatoes and gravy and green bean casserole. (If you've never had it, you're missing out.)
Rain: It keeps our campus beautiful and green all through the winter.
Clean drinking water - Think of all those who have to walk miles and miles for clean drinking water.
Pajamas: Let's be real, they're the most comfortable clothing around.
Knowing that the classes I don't like are almost done.
Sleep: When I can get it that is ...

► **Kimberly:**
That rain boots are considered cool again after going through a brief uncool period during middle and high school.
Kryptonite bike locks.
Dee Dee, who always asks how my day is.
The housekeeper on my hall.
Not having swine flu, or any other kind of flu.

This weather - it could be worse.

► **Lauren:**
Coffee
Holiday lights
Snuggly blankets
People who read the *Collegian*
Scarves
Fireplaces
Holiday cookies/anything pumpkin
Disney movies
President Obama
Sunny days in November

► **Tom:**
I have so many good friends who are willing to help me when I need it.
A well-placed hug on a bad day.
Facebook, allowing me to reconnect with old friends instead of doing homework.
The fact that my family doesn't stalk me obsessively.
Those professors who actually care about you as a person and will try their best to help.
Cheap but delicious Safeway brand pizza.
Cookie dough.
Ice cream.
The former two elements combined.
Mariners Games
My child-like wonder and whimsy.
That tomorrow might be better.
The fact that, when I need it most, the people I care about are there for me.

► **Caitlin:**
Understanding professors who gave me a break when they could see that I

really needed it.
Hulu, for those times when I had to skip my favorite show to write a paper.
Friends who give unwavering moral support, both from next door and from hundreds of miles away.
Really good coffee. Nuff said.
Netflix, for opening up a whole new world of movie viewing opportunities.
Friends with cars.

► **Colleen:**
Aviator sunglasses, for being permanently cool.
"The Daily Show," for making me laugh when I should be crying.
Green chile, for being the most incredible food item on the planet.
Polar Bears, for being cute and yet hardcore all at the same time.
Family and friends, who put up with me talking about talking about all these things.

Happy Thanksgiving everyone!

COLLEGIAN EDITORIAL POLICY

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

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Tom Brounstein • EDITOR IN CHIEF
Lauren Gold • MANAGING EDITOR
Colleen Martin • OPINIONS EDITOR
Caitlin Preminger • COMMUNITY MEMBER
Kimberly Hursh • COMMUNITY MEMBER
Kristen Svenson • COMMUNITY MEMBER

OPINION

More voices needed: Is there a campus wide apathy epidemic?

TOM BROUNSTEIN
EDITOR IN CHIEF

All right, Willamette, I'm calling you out. Every week when Colleen, the wonderful Opinions Editor, tells me what articles are going to be in her section, it's always a bit of a struggle. This isn't because Colleen is bad at her job - she is very good at it, actually - but because no one on campus seems to want to write. I didn't realize the severity of the problem until just the other day when she told me she can count on one hand the number of articles submitted to her this year for which she did not have to ask.

Now, maybe part of this is our fault. Maybe we're not transparent enough. So, here's the process for getting something submitted to the opinions page: e-mail Colleen about a week in advance saying you want to write an article on some topic. Write 500 words of free form text on that topic and send it to Colleen by 5 p.m. on Sunday. That's it. To find her e-mail address, just look at the end of her column where it says "contact" or the box on the bottom of the first page of the *Collegian*.

Then again, that doesn't really explain the problem. It's not so much that no one

is submitting anything; it's that no one wants to submit anything. It's as if no one cares. No one gives a shit. I've written for this section three times now, and a large part of it is because I have something I want to say. I actually ask to be able to write these articles because there's something I feel is worth talking about. Apparently, I'm one of very few people on campus who has something to say.

Our opinions page is great for starting discussions and shaping the campus dialogue, but no one seems to be taking advantage of that. No one seems to even want a dialogue this year. Rather, they're content to sleepwalk through the school year, with a life of classes, tests and homework, not taking part in the big discussions and debates that we as college students should have.

Remember that the *Collegian* isn't a closed venue just for students. Most professors and faculty read it and use it to understand the attitudes of the students. I've heard some professors say they would like to submit an article but don't feel like they can. This is simply untrue - we may put preference on students, but I would love to see more pieces written by professors.

E-mail Colleen about a week in advance saying you want to write an article on some topic. Write 500 words of free form text on that topic and send it to Colleen by 5 p.m. on Sunday.

To the students, though, why is there this apathy, this lack of discourse? Where is the righteous indignation? Is everyone placated, docile? Are people just blind to the issues that we face, not only at Willamette, but in the world as a whole?

It's not like there is a dearth of topics to discuss, problems to be fixed. I, personally (and this is in no way indicative of the views of the *Collegian*), feel that the foreign language requirement is heinously large at twice the size of the next closest requirement. I want to see a serious discussion about the purpose and goals of ASWU and what they do, and why we have so many senators per class when it's nearly impossible to fill all the seats.

How can we as a school consider ourselves "sustainable" when we refuse to implement simple changes, such as regulation of hot water and heat for buildings, which would conserve incredible amounts of electricity and are common in most other countries?

How can we pretend to care about social justice while not implementing more programs to limit the cost to underprivileged families, thus enabling more first-generation college students and creating a more diverse campus?

Those are just some of my pet topics. I want to hear yours.

Contact: tbrounst@willamette.edu

OPINION

Opening Days love?

A senior critiques his experience

BEN JACKSON
GUEST WRITER

Before I start, I want to make it clear that in no way is this an attack against the Opening Days staff, speakers at Straight Talk or any new student orientation traditions that I went through my freshman year. These are my personal opinions of how I found some things to be somewhat poorly timed and a lot of things to be quite funny when looking back at my experience.

When I first arrived at Willamette, I had no idea what college was supposed to be like outside of mainstream movie classics. I thought that it would probably be somewhere between "I Still Know What You Did Last Summer" and "Accepted." It was not even close.

Initially, I found myself being awkwardly placed with 10 or so other individuals who made up my Opening Days group. While participating in getting to know each other games like two truths and a lie, spoons, the name game and turn to your left and say something unique about yourself, I was wondering if I had made the right decision by choosing to attend WU.

Just as I was realizing much of my anguish was probably normal, all of my concerns were completely set aside after the Straight Talk seminar that followed this glorious meet and greet. After listening to stories about sexual assaults, drug use, eating disorders and binge drinking, I knew that I was ready for what was to come... the Decades Dance. After getting my world absolutely rocked by first person accounts of horror stories, I was ready to let loose on the dance floor.

However, my desire to cut a rug was put on hold due to the debrief that followed the lecture as well as the very healthy

barbeque provided by Bon Appétit. Not only was the buffet robust, but after hearing about all the eating disorders, it was time to dig in. I have felt somewhat uncomfortable eating in front of other people on important dinners or first dates, but this took the cake.

After the feast, we gathered in our small groups and conversed about the stories we had just heard. I was asked questions such as: "How did her story make you feel?" "Did his near death recount of a recent Friday night make you question whether or not you are an alcoholic?" "Do you think bulimia and anorexia are significant problems on college campuses?" "How was your burger?"

The process was unsettling, to say the least. Looking back, it was supposed to be. That being said, the dance wasn't too bad. However, I felt somewhat out of place due to forgetting to bring all of my '80s gear to college. Upon reflection, it must have just slipped my mind.

Overall, it was a memorable day. It was all pretty standard orientation stuff except for one extremely unique experience. I would like the Eastside residents to recall the "bladding" experience we had - a tradition unlike any other.

I don't even know if that is how you spell it, but I assume that "bladd" originates from bladder and "ing" is referencing putting a microwavable pop tart looking thing into the road and, after a car runs over it, eating as much of it as you can while avoiding getting hit by on-coming traffic. As one could imagine, this ritual was completely voluntary and I opted to just be a spectator. The little pie was the perfect nightcap.

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ORDERED ORDURE: Open casting call for new TV show: The classroom



MICHELLE
K I M

COLUMNIST

After watching three seasons' worth of "The Office" in the last month, I was struck with the desire to film a pilot episode of an on-campus equivalent: "The Classroom." The format and bleak, hopeless humor lend themselves beautifully to life at WU (as I know it), and I think we could easily replicate the dynamic in a fresh, entertaining way in a YouTube serial.

In my estimation, once we get the casting out of the way, everything else will come together on its own. We're looking for actors to portray the following:

The bumbling, insensitive professor. He means well, and is genuinely dedicated to the welfare of his students, but somehow missed out on the social skills training that we were all given at that meeting in middle school. (I missed it, too, but I hear that it happened.) The audience is as perplexed as his colleagues when it comes to his qualifications, and it is strongly insinuated that his superiors aren't sure how he got the job either. Must agree to get hair plugs at the end of the first season.

The likeable everyman. Ambitious, motivated and polite, he turns a blind eye whenever possible to the instructor's antics and does his best to do well in the class. Takes notes, turns in his work in a timely fashion and is minimally disruptive. Moderately attractive, he winds up getting with:

The girl next door. Like the everyman, but with boobs.

The ambiguously ethnic one. Might be gay. Is frequently called upon by the professor to share any insights he might have as a minority. Fails, because he's really an Irish-Canadian with an unusually dark tan.

The legacy admit. Her dad went here. He made a few well-placed phone calls to

get his 2.0 GPA, 810 SAT scored lassie a place in the freshman class of '07. Has great nails.

The depressed serial transfer. Took a total of seven medical leaves from five different universities, eventually leaving each one because of an inability to cope with the emotional issues that they stirred up. Takes frequent trips to the bathroom and returns from them looking significantly happier. And hazier.

The sketchy one. Her eyes light up whenever illegal activity is mentioned, and uses time between classes to pitch whatever she and her "connections" are selling. Makes few contributions to class discussion aside from the occasional, tangentially related dig at The Establishment.

The man-whore. Answers booty-calls in class on his iPhone. We have no idea where he finds people who would agree to sleep with him, and we don't want to know.

The idealist. Like the everyman, she is a productive member of the class who makes substantive contributions to discussion and gets her work done. Unlike the everyman, her fanatical willingness to swallow the absurd and misinformed lectures of the professor render her absolutely terrifying and unapproachable. May or may not be religious. A self-declared Marxist.

The beautiful thing about this idea is that all of these archetypes already exist on campus, and all that we need to do is find people who would be willing to expose their idiosyncrasies on camera. As evidenced by shows like "Wife Swap," the world is full of them. All episodes could be shot in a single classroom with only mediocre camera skills in one of Eaton's roomier lecture halls. Compensation will consist of Bistro cookies on an hourly basis. E-mail your resumé and headshot to my personal address, listed below.

Contact: mkim@willamette.edu

(POLITICAL) PARTY ANIMALS:

Juvenile justice in America

Conservative Voice



LYNSEY
HARRISON

COLUMNIST

On Nov. 9, the Supreme Court of the United States heard oral arguments for two cases: *Sullivan v. Florida* and *Graham v. Florida*. In both cases, the plaintiffs (Joe Sullivan and Terrance Graham, respectively) were convicted of crimes as juveniles and sentenced to life in prison without the possibility of parole. Sullivan and Graham are now hoping to have all life sentences for juveniles in non-homicidal cases declared "cruel and unusual," which would make such punishments unconstitutional.

I will be the first to point out that, especially in cases involving young offenders, retribution must be tempered with a focus on rehabilitation. Young people are still works in progress. Their ability to evaluate right from wrong is less developed than that of adults. That is why we make the distinction between juvenile and adult offenders in the first place.

Youth are still in the process of developing their sense of morals and values, and thus have a greater capacity for rehabilitation than older offenders. On the other hand, there must be an appropriate level of punishment reserved for cases in which juveniles commit particularly heinous acts that may stop just short of actually killing the victim. Imagine if 15-year-old Kip

Kinkel had only injured his fellow students when he conducted his attack on Thurston High School. Would his actions still have demanded a strict sentence? The same level of premeditation and evil intent would have gone into the act.

Supporters of a ruling that would outlaw life terms for juveniles without the possibility of parole cite the extremely low number of juveniles serving such terms (only 109 nationwide) as evidence that the states do not support this level of punishment for young offenders. Instead, I would say that this indicates that states' justice systems have attempted to use this kind of sentence sparingly, reserving it only for the worst offenders.

This is how these kinds of sentences should be used anyway. Due to the unfortunate potential for juveniles to commit truly abhorrent acts, the Supreme Court must not declare this kind of sentence unconstitutional. At most, they should determine that life sentences without parole are inappropriate for juvenile offenders under a certain age (e.g. 13), but allowable for older teens. This kind of ruling would encourage more steps toward rehabilitation for younger offenders, but still provide justice for the victims of older juveniles, who have more developed senses of morality and are thus more culpable for their actions.

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Liberal Voice



BRANDON
THOMPSON

COLUMNIST

Earlier this month, the Supreme Court heard arguments on a set of Florida cases in which two juveniles were convicted of rape and armed robbery at the respective ages of 13 and 16. They were sentenced to life in prison without a chance for parole. Aside from the issues I take with the methods that Florida uses to crack down on crime (and trust me, there are many), these decisions merit my strong opposition regardless of where they took place.

The Supreme Court has set out to determine whether sentencing juveniles to life in prison without parole for crimes that involve no death are constitutional, in light of the prohibition against cruel and unusual punishment. It is also important to note that the court has already distinguished crimes involving homicide from others, and has already deemed the death penalty unconstitutional for juveniles. Considering these facts, the decision should be simple enough. No person under the age of 18 should be sentenced to life in prison without parole.

In opposition to this view, people overwhelmingly choose to argue, "well, what about the most heinous, and brutal non-murder crime committed

by a person one-week before their 18th birthday? Shouldn't they receive the same treatment as if they had committed the crime eight days later?" Of course they should. Here's the problem: in order to make that happen, we are saying that those (extremely rare) cases are compelling enough for us to ignore the line that we have drawn to define an "adult."

The dangers of this are unbounded. Allowing the state this kind of wiggle-room has turned into sending 13-year-olds, who so many of us would agree will undergo many changes and have numerous opportunities to reform, to prison without the chance to change or reform.

Perhaps they won't change, and I recognize that. But my argument only assumes that, at the age of 13, it is impossible to make such a prediction. Enforcing the law in such a reckless manner functionally argues that courts have some way of telling whether or not that person has the capacity to reform.

Children are not the same as adults, and consistency is missing, leaving a void that is often being filled with incomprehensible levels of discrimination. It is cruel and unusual to punish children in this way - it seems remarkably similar to sentencing them to death. We've already agreed on how wrong that is.

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