

# Athletes under the radar, part one: Ultimate

BRANDON CHINN  
SPORTS EDITOR

Whether it be Division I or Division III, sports play an important role in any campus dynamic.

Especially at a small school, athletes hold a unique distinction from most other students. But while numerous identifiable athletes surround us every day, there are also plenty of athletes competing in sports that aren't as well known.

In an attempt to familiarize the student body with a multitude of these sports, the *Collegian* begins its monthly "athletes under the radar" series.

## Jackson Waite-Himmelwright Sophomore, Ultimate

Jackson developed an interest in Ultimate (often referred to colloquially as Ultimate Frisbee) while in middle school, after he was inspired by his P.E. teacher, who is a

national champion in the sport.

After playing recreationally for a few years, Waite-Himmelwright joined a team as a freshman in high school with one of his friends. It didn't take long for Waite-Himmelwright to realize all the sport has to offer.

"It's amazing," he said. "It's as fast as football, has the highlights of basketball and requires the dynamic teamwork of soccer."

## Diving Deeper

The summer heading into his junior year, Waite-Himmelwright opted to discontinue his soccer career so he could dive deeper into the realm of Ultimate.

He tried out and earned a spot on a Bay Area all-star team, which traveled all throughout the state of California. He worked out with the team every day, often spending as much as five hours at a single practice.

All of that hard work paid off

as the team concluded its summer with a bang, ultimately achieving its goal of winning a youth club national championship.

Reflecting on his moment of running onto the field and dogpiling with the rest of the team, Waite-Himmelwright offered insight into perhaps one of his fondest memories.

"There was so much energy in that moment; it was pure joy," he said. "It was the closest I've ever felt with a group of people in any single moment."

Waite-Himmelwright was once again on the brink of glory as a senior in high school. After helping lead his team to an undefeated 27-0 record throughout the regular season, his high school team rolled through the playoffs before eventually losing in the championship game.

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MATT TONOKAWA

Sophomore Jackson Waite-Himmelwright prepares to launch the disk across the field during an Ultimate practice last Monday.

## NEWS

# Panhellenic considers adding fourth sorority

KATIE DOBBS  
STAFF WRITER

Greek Life at Willamette University has become increasingly popular over

the past few years. According to statistics compiled by the University's Panhellenic Council, there has been a jump in recruitment registrants from 92 in 2011 to 142 in 2013, with the sorority chapters averaging

88 members in the fall.

The jump has been so large that, in order to accommodate the growth, PHC has been looking into an exploratory committee to research the possibility of adding another sorority on campus.

"I think it is important that women have options and that we do our best as a school to expand them rather than limit them," junior Katy Wallner, a member of Alpha Chi Omega, said.

PHC has not formally approved the committee and is not voting on it until Oct. 2. But on Sept. 22, news broke that the committee would be passed as soon as the vote took place.

PHC President Cassidy Gammill would chair the committee, which would consist of one elected delegate representing each of the three current sororities, Alpha Chi Omega, Delta Gamma and Pi Beta Phi. The committee would also include an alumna advisor from each chapter and a staff member from Residence Life as well as Associate Dean of Campus Life and Director of Student Activities Lisa Holliday.

The committee would be looking into a process called extension, which is laid out by the National Panhellenic Conference as the set of steps taken to establish or expand sorority life on a given campus.

Although the committee itself would not begin the process of extension, it would use the results of its research to make a recommendation to PHC whether or not to pursue extension. At that point, extension itself would be put to a vote.

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## EDITORIAL

# Let's talk about mental health

When a friend gets sick, you might take them soup and tissues. When a friend breaks a bone, you might bake cookies and give them balloons. When a friend is experiencing a mental health issue, what do we take to them? Where can we take them? Are we there for them at all?

In the last 10 years, Bishop Wellness Center has maintained the same number of staff members and seen a 73 percent increase in the number of students seeking counseling services. With resources remaining stagnant, service demands increasing and discussion about mental health dwindling, our community has some critical conversations to have.

This academic year, students will receive five counseling sessions free of charge, with a \$25 per appointment fee occurring thereafter. Fortunately, students that have the Aetna Student Insurance will see no added costs. The fees are covered and billed directly to Aetna. The rest of the Willamette community will not be as lucky.

Don Thomson, counseling service director, said the decision to transition from unlimited appointments to five free sessions was a difficult one: "We are obliged to balance the need for access to services for our students with the financial realities facing us."

Granted, the average client went to Bishop for 4.5 sessions last year, and a vast majority of students of using these services went fewer than five times. But the real question is, how many more of Bishop's services should be on the chopping block as Willamette experiences tough financial realities? Where else is money being spent?

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FRANK MILLER

Panhellenic Council (from left): senior vice presidents Elaine Carpenter, Nicole Price and Lauren Branch; senior president Cassidy Gammill; junior vice president Jessica Outhet and senior vice president Rachel Ross.



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# Debate team competes with state penitentiary inmates

HAYDEN MILLER  
CONTRIBUTOR

While they hadn't committed any crimes, 12 University debate students went to the Oregon State Penitentiary on Friday, Sept. 13 to debate alongside a group of inmates on the topic of free higher education in the United States.

For the past five years, Professor of Rhetoric and Media Studies Robert Trapp and Linfield College Professor of Communication Arts Jackson Miller have not only brought students to the prison to debate on local and national issues, but have offered debate classes to the inmates.

The program became an annual event after an invitation from the Salem Gavel Club to participate in a debate with the penitentiary's branch of Toastmasters International. Toastmasters is an organization dedicated to teaching inmates public speaking, listening and critical thinking skills.

Trapp said the program has been helpful for those who end up leaving prison. But for many of the inmates, leaving prison is not an option.

Among the inmates is a man who had been in prison for more than two decades. Despite being incarcerated, he told the group that the prisoners on the debate team wanted to set an example for the younger inmates, encouraging them to attend one of the clubs or classes during their free time instead of "going to the yard or canteen."

Arguing the government's stance on

providing a free college education to all United States citizens was one inmate team and one team from Linfield College; on the opposition's side was one team from Willamette and one inmate team.

Trapp has heard from inmates that the debate program is extremely rewarding.

"Having outside visitors is rare for many of them and they appreciate the interaction a lot," Trapp said.

But he also has seen the benefits for University students as well. "It is an opportunity to learn that no matter what awful things some of these people have done, they are still people," he said. As for the inmates, the benefits span beyond just positive interaction, Trapp said.

With a recidivism rate of zero, the prison debate team's reputation is "the best of any other group in the Oregon prison system," senior Megan Manion, co-captain of the University's debate team, said.

Manion's experience with the program has given her a lot of takeaways: among them, respect for marginalized groups.

"It's an opportunity that has given me a new appreciation for considering and respecting the rights and opinions of marginalized or silenced groups, particularly a group of intrinsically disenfranchised individuals," she said. "I've also found a group of men dedicated to debate and more importantly the search for knowledge, and I am reminded why the activity inspired me in the first place."

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# PHC: 2014 expansion possible

CONTINUED from Page 1

The exploratory committee would look at statistical data from past years to consider what the ideal sorority size is for the University and predict what the house sizes might be in the next few years.

If PHC voted to go through with the extension, an extension committee would be created and national organizations would be notified, sometime around this December or January, if the University was open to a new sorority establishing itself as a colony on campus.

Then in March or April of 2014, interested organizations would apply and use presentations to try to convince PHC why their organization would be the best fit.

Attendees of the presentations would submit feedback forms to help guide PHC in their final vote of which organization to add to campus.

Expanding sorority life at Willamette is an exciting prospect to many, but Holliday said that the possibility of a new chapter could mean an adjustment phase.

"Once the new sorority is selected and begins trying to get new members, it could cause existing chapters to become competitive," Holliday said. "But it also injects new energy into the sorority community and inspires fresh ideas."

Gammill said the change would be "a positive addition to Willamette. With colonization we pull people out of the woodwork who wouldn't normally consider joining a sorority because it is a new experience. And I think it would strengthen our already existing community."

If the expansion committee is approved is and extension occurs, the University may have a new sorority on campus as early as next fall.

**Questions or comments about the extension process can be directed to Panhellenic Council President Cassidy Gammill at <cgammill>.**

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# Kappa Sigma hosts annual car smash philanthropy event

EMILY HOARD  
STAFF WRITER

On Friday, Sept. 27 a band of brothers will come together with a common purpose: they will destroy a car for the sake of leukemia research.

As an annual tradition for the members of the Theta Delta chapter of Kappa Sigma Fraternity, their Car Smash philanthropy event is dedicated to raising funds for the Oregon Leukemia and Lymphoma Society, in honor of the chapter's late brother Tracy Hoffman, who lost his battle with leukemia in 1985.

"He contracted leukemia as an undergrad and beat it," Theta Delta chapter alumnus Paul Boaden said. "Later, he applied for his dream job as a state police officer and got the position. During the pre-employment physical it was discovered that the leukemia had returned, which devastated him, and he died shortly thereafter in July of 1985."

While sophomore Kulan Tarnas, Kappa Sigma's philanthropy chair, acknowledged that it's crucial to remember the seriousness of the tragedy and the fragility of life, he said it's also important to celebrate and enjoy their time together. For him, Car Smash is a light-hearted and fun way to contribute to the cause.

Visitors can donate certain amounts of money to hit the car with an allotment of tools. The available tools will be "a pick axe, sledge hammer, crowbar and many other tools of smash destruction," Tarnas said.

Participants can choose from this variety of tools and decide which part of the car to hit.

It will be \$1 for one strike to the car's body, and more enthusiastic smashers can opt for the three-for-five deal (\$3 for five hits) on the car's body. It will cost \$3 to hit the headlights, taillights and rearview mirror, and \$5 for the windows. The fraternity will also accept other donations.

"It's a good way to de-stress from a stressful week," junior Brandon Richards said. "I look forward to it every year."

**The event will run from 10 a.m. to 6 p.m. in the loading zone of the Sparks parking lot near the Chicken Fountain. For more information, contact Kulan Tarnas at <ktarnas>.**

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# Willamette Academy hosts Buffalo Wild Wings fundraiser first three Mondays in October

RYAN YAMBRA  
NEWS EDITOR

On the first three Mondays of October, students can eat at a local Buffalo Wild Wings for a good cause.

The University's own Willamette Academy, a program dedicated to helping connect underrepresented youth to colleges, has partnered with the restaurant chain for a fundraiser to benefit the organization.

On Oct. 7, 14 and 21, 15 percent of all food and non-alcoholic drink purchases made between 11 a.m. and close will benefit the Academy.

"Fundraisers are important to the sustainability of our program, and we are honored that Buffalo Wild Wings recognizes the impact that our program has on our community," Willamette Academy Executive Director Michele Gray said.

The idea for a fundraiser was conceived last year when the Academy took its senior students to the restaurant to celebrate their successes. They were given a discount, and restaurant staff offered to work with the organization again.

The fundraiser comes in light of the academy's new Pathways Program, which connects University students with local middle and high school students. The program uses the college students' expertise and guidance to ensure the younger students' success beyond primary school.

"We're very excited to introduce our new Pathways Program," Gray said. "Willamette Academy is a fantastic place to gain career



COURTESY OF WILLAMETTE ACADEMY

Willamette Academy helps connect underrepresented students with college.

skills and experience."

The Academy will work one-on-one with University students looking to volunteer in order to identify their unique attributes and connect them with volunteer opportunities at the academy.

In addition to announcing its new Pathways Program, the Academy also recently graduated 17 seniors who collectively applied to more than 40 schools as far away as University of Rochester in New York.

"Willamette Academy is a proven, successful program that is providing local

youth with the opportunity to access higher education," Gray said. "Ultimately, I think this will lead to a stronger and more educated community."

Students looking to contribute to the fundraiser don't have to worry about transportation. Gray stressed that on fundraiser days there will be a free shuttle leaving every half hour from the Chicken Fountain from 4 to 9 p.m., with the last shuttle returning at 9:30 p.m.

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## Colloquium research project brings graffiti artists to campus

CAMILLE DEBRECZENY  
CONTRIBUTOR

Hoping to open students' eyes to an underappreciated form of art, sophomore Ben Martin is bringing a free exhibit to Montag Den that showcases the work of four graffiti artists on Wednesday, Sept. 25 from 7-8:30 p.m.

"Graffiti is everywhere in your life, whether you notice it or not, and this is your opportunity to meet artists and ask them questions," Martin said.

The exhibit is the culmination of a project Martin worked on over the summer through the College Colloquium Student Research Grant. He was inspired by what he learned about graffiti from his colloqui-

um course, Graffiti: Art, Intervention and Crime, taught by Assistant Professor of Art History Abigail Susik.

Martin and Susik found artists for this hands-on research project by advertising on Craigslist, offering a free canvas, paint and a stipend to anyone who was willing to share their work. The artists will keep their own paintings after the exhibit is over.

"The artists we found have an interesting range of styles," Martin said. "There is a huge variance in graffiti artists - basically as varied as college students, but people tend to just have one image of what graffiti artists are like."

Martin wants his project to challenge people to rethink

their conceptions of artists and their definitions of art.

"If it's using human creativity to make something, it's art," he said. "The problem with graffiti is not the paint itself but the societal reaction to it."

In Salem, like in many U.S. metropolitan areas, the police department runs a program called the Graffiti Abatement Team, which is charged with tracking and removing graffiti throughout the city. Martin said this criminalization of graffiti can be unnecessarily costly and counterproductive.

"Removing graffiti by painting over it is like taking a completed canvas away from an artist and handing him back a blank one," he said. "Like with any other art form, people can

get very passionate about graffiti, even to the point of addiction, and they need to be able to have a legal means to do it."

Despite the treatment of some graffiti artists, Martin said that not all graffiti is necessarily art. He acknowledged the difference between graffiti as street art and graffiti as gang-related tagging.

"I think there is clearly a distinguishable difference between gang signs and art," Martin said. "It's the difference between saying 'you are in my area' by marking a place as gang territory and simply saying 'I am here' by marking a place with creative expression."

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## BRIEFS

### Campus Events

On Wednesday, Sept. 25 at 7:30 p.m., Hallie Ford Museum will kick off its Literary Series with poet Arisa White. The poet will read and discuss her work in the Hatfield Room of the library. The event is free and open to the public. Books will be for sale courtesy of The Willamette Store.

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Students interested in learning more about Peace Corps can speak to representative and alumna Sarah Kassel in the UC lobby on Thursday, Sept. 26 from 10 a.m. to 2 p.m. There will also be an information session in Autzen Conference Room (UC 3) at 4:30 p.m.

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This week's Convocation on Sept. 26 at 11:30 a.m. in Cone Chapel will be *Negotiating Englishes in the Global Era*, a lecture by Dr. Paul Kei Matsuda, professor of English and director of second language writing at Arizona State University. Contact the Office of the Chaplains (UC 2, x6213) for more information.

\*\*\*

On Saturday, Sept. 28, Associate Professor of Rhetoric and Media Studies Jeanne Clark will present "Rhetorics of Kingship from Shulgi to Sennacheri," a program of literature examining the character and roles of ancient Mesopotamian rulers. The event will take place at 2 p.m. in the Hallie Ford Museum.

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### Greek Life

Throughout the week, Delta Gamma is presenting its annual philanthropy event, Anchor Splash. On Friday, Sept. 27, aquatic competitions, such as relay races and synchronized swim routines, will take place in Sparks Center. Attending the event costs \$1. Proceeds will benefit Service for Sight.

\*\*\*

Students looking for something to do Saturday, Sept. 28 can attend Pi Beta Phi and Phi Delta Theta's Endless Summer dance in Cat Cavern. The event is free and begins at 10 p.m.

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Got tips? Email News Editor Ryan Yambra <[ryambra](mailto:ryambra)>.

## CAMPUS SAFETY REPORT

Sept. 13-20, 2013

Information provided by Campus Safety

### CRIMINAL MICHIEF

**Sept. 20, 2:25 p.m. (Ford Hall):** Campus Safety received a call that some students were drawing on the west side of Ford Hall with chalk. The officer responded to the call and notified the students that drawing on the cement wall was not allowed. The officer explained to them that only the designated dry erase walls were permitted to be drawn on.

### EMERGENCY MEDICAL AID

**Sept. 15, 2:21 a.m. (Matthews Hall):** Campus Safety received a call that a student was vomiting in the restroom and refusing to come out. The student moved to her residence room. The officer admitted WEMS into the room to evaluate her. WEMS determined that the student did not need additional medical attention.

**Sept. 16, 8:30 a.m. (Goudy Commons):** Campus

Safety received a call that a Bon Appetit employee had fallen in the kitchen and had sustained injuries. Campus Safety officers arrived on scene to evaluate the employee. Officers noted that the employee had sustained scrapes to the face and a swollen eye. Salem Fire Department arrived and transported the employee to Salem Hospital.

**Sept. 16, 10:38 p.m. (University Center):** Campus Safety received a call that a student had slipped and hit their head in the Bistro. When the officer arrived on scene, the student reported that when they slipped, they had hit their head on the countertop. The officer transported the student to the emergency room to be evaluated.

**Sept. 17, 4:55 p.m. (Brown Field):** A student came into the Campus Safety Office to report that a student was having a seizure. The student informed the officer on duty that 911 had already been called. When the officer and student arrived on scene, first responders were already there and getting ready to transport the student to the hospital.

**Sept. 17, 9:05 p.m. (Southwood Hall):** Campus Safety received a call that a student was having severe abdominal pain. The officer was dispatched to evaluate the student. The student explained to the officer that they were in pain and felt nauseous and light headed. The officer called 911 and first responders came to evaluate the student's condition. The student was transported to the emergency room.

**Sept. 20, 10:09 p.m. (Willson Park):** A student called to report that their friend had consumed too much alcohol. When the officer arrived, friends of the student said that he had 15-18 shots of alcohol within the span of two to three hours. WEMS began an initial evaluation of the student. WEMS advised that 911 should be called. After a brief evaluation, the student was transported to the hospital. Salem Police also responded and issued the student a citation for minor in possession of alcohol.

See **CAMPUS SAFETY REPORT**, Page 12



# Derek Sup and Jarrett Tracy make music video debut

JULIANA COHEN  
STAFF WRITER

Family Photo, a five-piece psych-rock project hailing from Sacramento, includes two Willamette music majors: senior Derek Sup and junior Jarrett Tracy.

Both men are musically active on campus. Sup can be found singing falsetto in Tandem, while Tracy participates in a smat-

tering of jazz-related ventures around the University.

Sup and Tracy have stayed in close contact with their high school bandmates, swapping tracks over the Internet for their respective instruments in order to keep their artistic rapport flowing. Although distance has separated the members of Family Photo considerably, they've managed to find time to release two EPs and

do a month-long residency at Top Tomato Market in Los Angeles, an edgy and obscure venue that attracts a variety of underground bands.

After two summers of experimentation, the friends have finally released a full-length music video for "Dead Body," which features Sup wearing a suit and a paper-maché skull mask while sustaining abuse from at least a dozen women. He and saxo-

phonist Zach Darf, who dons a horse head, also bust some refreshing dance moves in the desert.

The suburban imagery makes for an interesting viewing experience that gets richer with time—a testament to the commitment shown in both the storyline and the production quality. "It's not 'Blurred Lines,'" Sup said of the clip. "But I think if people read into how screwed up these lyrics are, this would go viral."

Indeed, the song may sound a lot like dream-pop darlings the Dirty Projectors, yet the words embedded in the harmonies marinate on resentment and sadomasochism.

Tracy added that Family Photo's particular brand of dark-pop dismantles the norms of "indie-rock." They incorporate Latin percussion and ragtime influences in their material, unafraid to overlap their diverse talents.

The surprises, however, don't end with "Dead Body;" Family Photo has an impressive web presence for your average "friend's band." Their gritty YouTube channel boasts over 20 videos, from touring to a truly amazing cover of "Moves Like Jagger" by Maroon 5 that has over a million views. A blog post by Sup documents the comments of the enraged people who clicked on the link mistakenly, revealing the self-deprecating humor that serious indie musicians should have more often.

Before you dismiss this outfit as another band you feel socially obligated to support, yet never actually give a listen, try to embrace Family Photo. After all, odds are that you will encounter an impromptu performance at some point on campus this year, and shows are always more fun when you have a vague idea of what is going on.



COURTESY OF DEREK SUP

Senior Derek Sup and junior Jarrett Tracy's hometown band Family Photo realeasaed their music video for "Dead Body" on Sept. 7.

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## RECIPE

### Grammy Ballek's savory mushroom barley soup

ALISON EZARD  
LIFESTYLES EDITOR

This Sunday was the fall equinox. Though I know most of us are sad to see the summer end, fall brings its own pleasures and delights, such as sweaters, steamers and of course, soup.

One of my favorite pastimes is visiting my granparents in Pennsylvania and cozying up with a bowl of my grandmother's scrumptious savory mushroom barley soup. Since it's difficult for me to see them very often, I asked my grandmother to send me the recipe to make it myself. Here is the recipe so you, too, may bask in the mushroom barley goodness.

- 1 tbsp. olive oil
- 2 cups chopped onion
- 1 cup chopped celery
- 1 ½ lbs. sliced fresh mushrooms
- 6 cups vegetable broth
- ½ cup quick cooking barley
- 2 cups sliced carrots
- 6 oz. can tomato paste

Heat the oil in a Dutch oven over medium heat. Add the onion and celery and cook for about eight minutes or until tender, stirring frequently. Add the mushrooms, and cook for five minutes, stirring frequently. Stir in the broth, and bring to a boil. Add the barley, carrots and tomato paste. Reduce the heat, and simmer covered for 30 minutes, stirring occasionally. You can also add Mrs. Dash's seasoning blend (salt-free) to taste. Enjoy!

## Emma Jonas explores digital media, visual perception at HFMA

ASTRA LINCOLN  
GUEST WRITER

The proliferation of the image is perhaps one reason new media in art has been so potent as an emerging field for the discourse - one that is, according to junior Emma Jonas, who studied this field on a Liberal Arts Research Collaborative grant this past summer, still dominated by criticism rather than theory.

New media refers to the domain of art characterized by its uses of technologies, including video game graphics and everybody's favorite Tupac hologram.

Somewhat too expansive and up-and-coming to have a real place in the realm of art theory, new media was the best way for Jonas to demonstrate her research findings. She contributed to the new media movement by making her own art piece, which will be on display at the Hallie Ford Museum of Art later this semester.

Her interactive installation consists of a plastic screen behind which she arranged an array of incandescent light bulbs. The viewer will step into a small dark room - formerly known as the Art Building's storage room 208 on the main floor of the department's building - and proceed to stand on a mat about a foot and a half from the bulb-covered screen.

Jonas described the process of viewing the piece as a test of what the viewer is capable of noticing in the periphery in an age when "people are always

stuck looking at a 2-by-5 inch spot in front of their face: their cell phone."

On the screen, the center where the viewer is intended to look is left dark, while lights will sequentially illuminate and distinguish. The lights are operated by an Arduino microcontroller, a circuit board containing power input, power output and input-output power switches all controlled by a program which controls the switches.

Jonas described the experience of interacting with her installation as being akin to "one of those magic eye puzzle things," with the added intention of forcing the viewer to contemplate the shrinkage of the scope of our day-to-day visual perception.

Her piece, then, begs the question of whether our eyes still know how to see anything at all - and will ideally, she says, play a part in the "restoration of the entire field of vision."

Jonas's LARC project, a collaboration with Assistant Professor Abigail Susik of Art History, also entailed traveling to Montreal in May to attend the "Elektra" festival, which displayed a wide variety of immersive new media pieces.

Along with this year's other recipients of the LARC grants, Jonas presented her work on Friday, Sept. 20 in the Ford Theater.

The exhibition will be on display in early October, though the exact dates are subject to change.

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## Popping pappadums at India Palace

NICOLE NA  
CONTRIBUTOR

Most students don't consider Salem to be a hotbed of ethnic food, but in a recent effort to broaden my edible horizons, I have been roaming downtown and sampling interesting-looking restaurants. Last week, I decided to give India Palace a shot. Previously, I've walked past India Palace in favor of its neighboring Starbucks, but I'm now thankful I've given it a chance.

India Palace, located directly across from the Reed Opera House, is instantly recognizable by its distinctive purple rooftop and palace-embellished nameplate. A sign outside displays the day's special—on this day, two curries, pakoras, rice and naan for \$20—which my dining companion and I eagerly ordered (with the substitution of samosas for pakoras).

The décor, though some-

what tired and dated, is also endearing. Floral, crushed velvet upholstery crowns red vinyl booth seats, while gilded doilies sit atop bright yellow tablecloths matched by bright yellow napkins, folded into intriguing shapes.

The dining room is eclectically lined with portraits, statuettes of elephants and vases filled with fake flowers. A mural of the Taj Mahal proudly overlooks the restaurant from a rear wall.

After we ordered, our friendly and attentive waitress placed a basket of pappadums on our table. These wafer-thin crackers are made with chickpea flour and were light and crispy. Their studding of fennel seeds added zest to the salty, savory flavor.

Alongside the pappadums was a selection of three sauces—emerald salsa verde-like mint, tangy and funky tamarind and smoky hot pepper—which also went nicely with the other

starches we ate.

Next to arrive were the samosas on a bed of lettuce. The nearly baseball-sized treats had deep-fried, blistered exteriors and fluffy but intensely spiced potato-pea innards - texturally fascinating and pretty delicious to boot. Accompanying these pastries was a mango lassi (\$3). Made with cooling yogurt and tangy mango pulp, the not-too-sweet drink helped to take the edge off the spice throughout the meal.

Finally, our main meal was served tableside—a nice touch. Curries were served in traditionally small, finger bowl-sized metal vessels, which I admittedly wish had been a bit bigger. Naan as big as a platter accompanied our dishes. Cut into quarters, its elastic, steamy insides and crusty edges were just right for dipping.

First up was our lamb Kashmiri (regularly \$11.95). Chunks of tender and toothsome lamb sat in a complex,

creamy coconut sauce with a twist of ginger.

This nutty curry went beautifully over the included jasmine rice, perfumed with cloves, sprinkled with raisins and almonds and drizzled with butter.

The slightly less successful palak paneer (\$9.95), consisting of pressed cheese cubes in a garlicky and saline spinach sauce, was perfectly palatable spread over the naan.

We left India Palace feeling pleasantly, but not overly, full and with leftovers in hand. I would recommend this restaurant to anyone seeking genuinely tasty Indian food.

One caveat—India Palace's portions aren't necessarily super-sized, so I highly endorse ordering their \$20 special, if available. This way, \$10 a head should be plenty to satisfy you and a gastronomically inclined friend.

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## BEARCAT BULLET

### Quit bashing Goudy



ALISON  
EZARD

LIFESTYLES EDITOR

Last week, I was hanging out on Jackson Plaza when a girl came over to talk to one of the friends I was with. They made the usual small talk: The weather was so nice, and there was already too much homework.

Then the conversation shifted to another topic popular among Bearcats: How much the food in Goudy "sucks." Apparently, this girl, who had only recently moved off campus, "Would rather die than eat in Goudy." Really? If you were offered a choice between eating food from the cafeteria of a nice, expensive liberal arts school and death, you would choose the latter?

It took all my strength to hold myself back from ripping a package of ramen from my backpack and angrily waving it in her face, shouting about how many times I have had to rely on it for sustenance after saying goodbye to my wonderful meal plan.

Bearcats, y'all are spoiled rotten.

You are provided with three hot meals a day (usually on your parents' dime) from a well-respected food management company dedicated to sustainable eating. You eat fresh fruits and vegetables grown just a few miles away at our very own Zena Farm, while most other people in this country are stuck eating produce shipped out from across the country (or farther) and doused in chemicals.

And yet you say you would rather die.

Sure, the food can be a little monotonous at times. And sure, it's not always five-star quality, but for a cafeteria that has to serve and accommodate the dietary needs of about 2,000 people every day, the food is actually pretty good.

I will admit, I used to think similarly about Goudy during my first two years on campus. I don't eat meat, and many times the offerings at the "vegan wagon" were bland or repetitive, and I often lamented the fact that meat would be added to dishes unnecessarily. Ground beef was mixed into the macaroni and cheese or the sauce for spaghetti or penne pasta, and maddeningly, there would be no option for sauce without meat. I ended up eating a lot of pizza, mostly because I was too lazy and carb-obsessed to even consider making a salad.

Now that I live off campus, however, I have realized just how difficult, in terms of both time and money, it is to make sure I eat three good meals a day. The fabled college student pathetically subsisting on ramen is real, and I have lived it.

Food, especially if you want to eat enough fruits and vegetables, is really, really expensive, even if you are not particularly strapped for cash. Not to mention, most of my days are so jam-packed with classes, meetings and homework that I often barely have enough time to breathe, let alone prepare delicious and nutritious meals for myself morning, noon and night.

My point? Appreciate the fact that you have access to fresh produce and hot meals prepared by someone else every day. Complaining about Goudy is tacky and makes you look like a spoiled child. Please, just stop. You're making me feel ashamed to be a Bearcat.

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## Robert Macfarlane retraces forgotten paths in 'The Old Ways'

RACHEL FIFIELD  
STAFF WRITER

Books are like people. When one tries to be six things at once, I usually get annoyed. But in the case of Robert Macfarlane's "The Old Ways: A Journey on Foot," it's like talking to someone who is simultaneously a dedicated environmental scientist, geologist, quirky philosopher and dreaming historian with a side habit of reading poetry and walking for miles, in addition to an interest in the human psyche.

"The Old Ways" is the story of a journey across ancient roads in the United Kingdom and beyond, as traced on foot (and sometimes by boat) by the author. Along the way, he tells the histories of the roads he travels, from the Broomway ("the most dangerous path in England") to pre-Roman sea trade routes in the Orkneys (he sails a historically accurate skiff), to Roman roads that run for miles across the highest places in chalk country.

His writing is littered with obscure

geological, historical and literary facts, woven into the fabric of his meandering walk. Like a journey on foot, his writing is slow, taking time to observe everything around it.

The only misfortune with this book is that it comes from a specific point of view: The author is a man graced with money, connections and maleness. He glancing mentions abuse by male poets he admires against their families and violence against those who cannot walk the paths as safely as he can. If Macfarlane were not claiming to write a wide history of these roads and their walking, his nearly exclusive focus on the educated male experience would not be so frustrating.

That said, Macfarlane's work shines best when he is describing his walking experiences, his near-encyclopedic knowledge of the natural world and those that he meets along the way.

The people he meets are half the journey. His is a tale of both loneliness and interconnection between people. Among the people he encounters are a Scottish

historian that he describes as "one of the most eloquent and combative forces on the Atlantic coast," a Communist tax lawyer (whom he persuades to join him on the treacherous Broomway leading to the island called Foulness), an artist who dabbles in pagan rituals of the dead and, my favorite, a sailor in the outer islands who knows the coasts from the northern UK to Spain by heart and is equally capable with a commercial fishing boat and a 16th century skiff.

Macfarlane is aware that paths are vanishing as cultural traditions change, and he makes a point to find disappearing roads, noting that "most of the Hebridean footpaths are shown only on informal local maps and in the memory maps that are carried in the minds of the people who walk them." His willingness to search out paths takes him through fascinating places and to unexpected people that leave the reader wishing that they could wander as he does.

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# Bio—mania



Senior Ami Snur and senior Katy Friason practice placing caps for ERP recordings to measure senior Rachel Ross's brain activity in their cognitive neuroscience lab.

## Science students take their passions to the lab

For most University students, back to school doesn't just mean back to classes, but back to the lab.

Due to the smaller student population of Willamette, students of all grades and majors are given research opportunities that would normally be taken up by graduate students at larger research-based institutions. Much of this research takes place in the biology department, where students can work with Assistant Professor of Biology Emma Coddington.

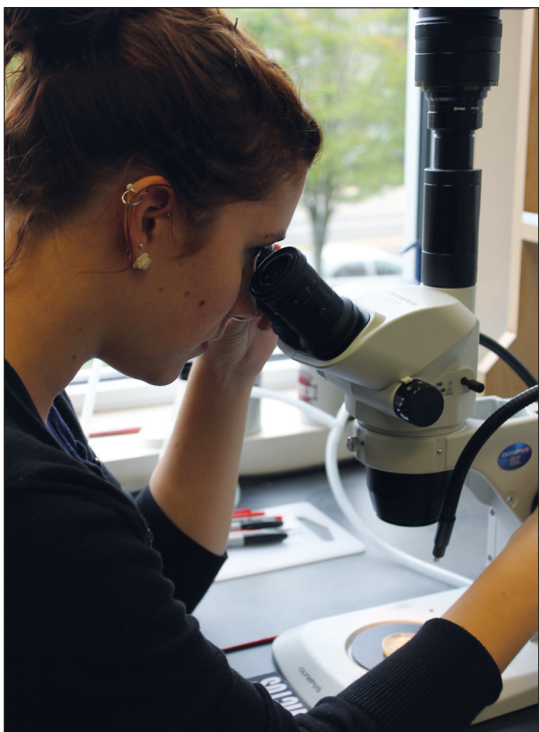
Coddington works with newts, with a particular focus on the effects of stress on the newt.

Because newts act as a model organism for humans, the results of hormone studies on newts can be applied to humans.

But no matter what the focus, for students at Willamette research is often more about the process than the results.

"It's become a lot more about patience, and understanding that you're going to fail and that's okay," senior biology and math major Will Agnew-Svoboda said. "You don't go into science if troubleshooting isn't fun for you; figuring out what went wrong. You go into it thinking you're expecting something to happen. Once you abandon that, you can start having a lot of fun."

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## Newts and Human Hormones

Senior Ashley Turnidge is currently working on her biology thesis in Professor Coddington's lab.

"Many hormones found in humans are also found in newts, so by investigating the way these hormones work in the newt, we can shed some light on the mechanisms by which these hormones function in humans," Turnidge said.

Turnidge began working in the lab as a sophomore in physiological dynamics of animals and plants, a 200-level biology class co-taught by Coddington and Professor of Biology Gary Tallman.

"Coddington pulled me aside during PDAP and told me she wanted me to be a part of her lab," Turnidge said.

As a junior, Turnidge had the opportunity to study abroad at the University of Otago in Dunedin, New Zealand. While there, she gained experience working in a lab focusing in immunohistochemistry, which studies enzymes using florescent dyes. She and Laura Nay, a biology major who graduated last May, worked upon their return to Willamette to bring this technique to the labs on campus.

"It's cool to bring in a procedure to Willamette that we haven't had before. This is a really common technique, but we didn't have the setup to do [immunohistochemistry] here," Turnidge said.

Under Coddington's supervision, Nay and Turnidge used this technique to stain slices of the newt brain. They were then able to use microscopic images of these slices to make conclusions about the relative density of TrpV1 (their protein of interest) in different parts of the brain.

"People probably don't realize how time-consuming lab work can be," Turnidge said. "[The staining process] probably takes 16 hours altogether."

As difficult as the lab work may be, Turnidge said the lab itself becomes whatever the participant chooses to make it.

"Coddington's lab requires a very self-motivated personality; I get as much out of it as I put in. [Professor Coddington] is good at giving us creative freedom," Turnidge said.

Top left: Senior Beatrix Zanger prepares microscopic slides for examination. Above: Zanger scrutinizes microscopic images of newt brain.





## Are High-Fats Related to Anxiety?

Senior biology and math major Will Agnew-Svoboda has gone through a few different majors in order to end up working on his thesis in Coddington's lab.

"I was [planning on] medical school my freshman year, a math major my sophomore year, and then junior year I got into research. I've been interested in studying anxiety and depression forever. I think that's what I really want to get into," Agnew-Svoboda said. "I still need to figure out if I really want to work in a lab long-term; it definitely takes a certain kind of personality. It can be very tiring, monotonous work."

Agnew-Svoboda is beginning a project which, unusually for Coddington's lab, is mainly focused on behavioral results. He is investigating whether there is a link between high-fat diets and newt anxiety.

"I have different groups of newts. Some of them I'm giving high fats foods; others are getting normal newty foods," Agnew-Svoboda said.

To compare the two groups of newts, he is comparing how many times the newts in each group cross a line in their enclosure. Amount of movement is a commonly used index of anxiety in studies of newts.

In combination with this behavioral experiment, Agnew-Svoboda is looking at the newts' internalization of cortisol. He sacrifices

the newts, slicing their brains open and comparing the amount and location of cortisol in the brain using confocal microscopy. The cortisol is visible because he tags it with a fluorophore, which can be lit up post-dissection for imaging.

He started the groundwork for this project last year, practicing surgeries and the other procedures required.

"We get to use this really cool test to determine whether there's a statistical difference between the different levels of light. Given the time commitment, and my aversion to killing animals, I think [this balance of behavioral and sacrificial research] is my happy medium," Agnew-Svoboda said. "My favorite [aspect] is developing the rationale that goes with your project, seeing why this is something we should be interested in. Actually doing the procedures is a lot of fun; all of the prep work is the boring part."

Agnew-Svoboda said he is glad to be able to work in Coddington's lab and develop ideas under her supervision.

"She's amazing and super inspiring. Whenever I'm sort of stuck and not motivated on anything, I go in and talk to her and come out feeling like the world is totally conquerable. She's great," he said.

## Hormone Transportation

Junior Julio Silva, a new addition to Coddington's lab this year, will be working on a project led by senior neuroscience major Dana Crosby. The project will investigate the mechanism of transportation of a specific hormone in the newt.

"Basically, we know how it gets from point A to point B, and point C to point D, but not how it gets from point B to point C," Silva said.

Silva is looking forward to working in the lab, having also met Coddington through PDAP last year.

"I wanted to work with Professor Coddington because she's very enthusiastic and connects well with students. Even though it's a very intense lab where you have to put in a lot of hours every week, she really connects with you on a personal level. Ideally, I will work in her lab for all four semesters I have left," Silva said.



## Neurological Processes & Behavior

Jonny Saunders has recently switched his focus from studies in humanities to neuroscience, and he feels may have finally found his calling at Willamette.

"I was mucking around in the social sciences, politics, history, economics, etc., and finding that everything I was interested in had to do with the assumed behavior and mental composition of people in each," Saunders said.

His interest in neuroscience became more important than his major, and Saunders realized it was time for a change.

"I found myself essentially writing essays on evolutionary psychology in my economics classes, skipping my class reading to read neuroscience review books, and realized that not only should I study people scientifically, but try to do so biologically," Saunders said. "Neuroscience is the perfect intersection of biology and psychology, and is an incredibly exciting field because for the first time we are beginning—and I mean beginning—to be able to answer some of the deeper questions of human psychology in a concrete way, and I wanted to be a part of that."

When Saunders realized neuroscience was the path he wanted to pursue, he had to decide in which lab he wanted to do research.

"Coddington drew me in because she is interested in precisely what I am," Saunders said, "the effects not just of neurological processes on behavior, but the reverse as well, and the interaction between the two."

text by  
Hannah Scott-Persson & Eve Wiggins

photos by  
Paloma Hennessy

Top right: Junior Eve Wiggins and Friason measure Ross's head for electrode placement.  
Above: Junior Emily Miller prepares electrodes for placement.



## Extra Innings Above the law



ZACH  
OSERAN

STAFF WRITER

More and more it seems like professional athletes are finding ways to get themselves into legal trouble.

With the increased coverage of professional athletes' private and social lives, nothing any of them do can remain private ... for long.

Because of this additional coverage, I've begun to recognize a problematic trend taking place far too much.

Is there a disparity between the way we treat athletes doing wrong and normal citizens doing wrong today? Should there be?

Why is it that athletes who get DUIs and drug possession charges during the week are allowed to play in sporting events the following week? This is not acceptable. It's sending a bad message and setting a bad example for young people today.

The most recent case study, Aldon Smith, was pulled over and arrested last week for driving under the influence of alcohol.

Yet, despite his arrest, he somehow managed to take the field on Sunday and compete in his game against the Indianapolis Colts.

When questioned about the decision to let Smith play, the CEO of the Niners said that he didn't see the point of punishing someone who has committed to future treatment.

Are you kidding me? Does anyone else see a problem with this?

It sends the wrong message to professional athletes and, even more so, to society in general.

Why do we allow athletes to get off easier without punishment for breaking the law? If I was to get arrested for a DUI there would be strict consequences: I would probably get fired from the *Collegian* and any other jobs I had, while also having to go to some sort of alcohol treatment class.

Athletes have too much leeway in our society. Just like any other fan, I don't want to see my favorite athletes be forced out of action for weeks on end, but at the same time I understand that athletes must be held accountable for their actions.

Fines are a common way to punish athletes for excessive misconduct and other behavioral issues an athlete may have. Fines are great in theory, but the fines that are handed out most times are pennies on the dollar for some of these athletes.

For example, during the 2011 U.S. Open Serena Williams was fined \$2,000 for threatening and bursting out at a line referee on a bad call. In that tournament Williams won \$1.4 million, so that fine equaled to less than one percent of her earnings.

The U.S. Open is one of the most watched sporting events of the year, and her outburst was a terrible example for children and people everywhere. Fines, which are used all too often, are not effective unless they have more of a financial impact on athletes.

Over time leagues, have been trying to crack down on athletes misconduct by offering more suspensions without pay and other forms of punishment, but this is still not enough.

Athletes should be held to the same standards that we are because they are not above the law and punishment.

Unfortunately, I don't think this is going to change any time soon. Smith will probably be given a "get out of jail free card" because he, much like countless other athletes from the past, is simply above the law.

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## Ultimate is steadily on the rise

CONTINUED from Page 1

### Team Oriented

Although Waite-Himmelwright's high school career ended on a sour note, it was ultimately filled with plenty of accolades and awards. He was a two-time captain for his high school team and also garnered Second Team All-State as a junior and First Team All-State as a senior.

Despite all the awards, he has always remained team-oriented.

"It felt great to be recognized but it's definitely not an individual sport. The recognition just pointed to the fact that my team helped me out a lot," Waite-Himmelwright said.

### Arriving at Willamette

Waite-Himmelwright arrived at Willamette last fall eager to begin his collegiate Ultimate career. Unfortunately, he tore his ACL just one week before the season and was forced to miss the entire year.

"It was one of the most depressing things that has ever happened to me. I was super excited to get the season going, and it all got pulled from under me," Waite-Himmelwright said. Despite his misfortune, he made sure to remain positive around his teammates.

"Watching from the sidelines really helped me develop a really positive attitude towards the team. I was trying to do whatever I could to help the team be successful," he said.

It was that positive attitude that has now earned Jackson the title of co-captain for the upcoming 2013 season. While he's excited for the title of co-captain, he is even more excited about sharing the title with his friend, Erik Sanderson.

"He's one of the most passionate players I've ever met, and he's driven to help the team succeed as much as I am," Waite-Himmelwright said.

Now healthy and back on the field, he and the rest of the team have their sights set on receiving a bid to the Division III National Championships.

### Ultimate at WU

Although the sport may fly under the radar, Ultimate is very popular on Willamette's campus; over 45 students descend onto Sparks Field twice a week to compete during club team practices.

Looking ahead, the team's first preseason tournament is slated for Oct. 11-12 in Corvallis, Ore. And with plenty of time between now and their first scheduled game, Jackson is enthusiastic about wel-



MATT TONOKAWA

Waite-Himmelwright and other members of the Ultimate team huddle together during a break in practice Monday night.

coming anybody who is interested in testing the sport out.

"We are always welcoming of new people. The more we have out there the better," he said.

One thing that draws Jackson to Ultimate at the University is not only his individual love for the game, but the passion that others have demonstrated as well.

"Everyone comes to practice and goes as hard as they can for the full two hours," he said. "It doesn't have the glamour or fans of a varsity sport, but we still have a blast every practice."

Waite-Himmelwright said that those without any Ultimate experience who are inter-

ested in joining should not be discouraged.

"It's a great way to get some exercise, learn a new sport, and have fun with a really great group of people. There's no experience needed if you love to run, jump and catch; we will teach you everything else," Waite-Himmelwright said.

**Open practices for the Ultimate Frisbee team are on Mondays and Wednesdays 8:30-10:30 p.m. on Sparks Field.**

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## WU faced with adversity as NWC play begins

DEVIN ABNEY  
STAFF WRITER

The Women's soccer team played hard in their first week of Northwest Conference play, but they were unable to find a victory in three matches.

"We learned a lot about having to come out harder," junior midfielder Sarah Desautels said. "We just don't want to feel this way again."

Although the Bearcats lost their first three conference matches, many positives can be drawn from the week. Sophomore forward Rachel Fleener scored a goal in each of the first two games, while Desautels added a goal and an assist for the week.

In their first conference match of the season, the Bearcats hosted NWC rival Lewis & Clark University on Wednesday, Sept. 18, falling 3-2 in a closely fought match.

Lewis & Clark took the lead early, before a goal from Desautels tied the game with

an 30-yard strike to the top right corner of the net in the 16th minute.

"[Desautels's] goal was one of the most beautiful shots I've ever seen," Fleener said.

Unfortunately, after more than 40 minutes of scoreless battle, Lewis & Clark broke the 1-1 tie with a 30-yard blast of their own.

The Pioneers would not relinquish the lead, scoring once more in the 63rd minute to make the score 3-1.

While the Bearcats would add a goal on a 10-yard score by Fleener, the game would end 3-2 in favor of Lewis & Clark.

The Bearcats looked to bounce back against Whitman College on Saturday Sept. 21. Fleener scored her second goal in as many games, but it proved to be the lone goal for Willamette, which dropped the match 2-1. After failing to score in limited playing time during her freshman campaign, Fleener has now racked up three goals.

Wrapping up the weekend with a home match against Whitworth, Willamette once again lost a highly contested battle.

Trailing by one with just 14 minutes remaining, the Bearcats took a free kick from 20 yards out. The shot curved around Whitworth's defensive line and streaked for the bottom right side of the goal before being tapped away by the fingertips of the diving goalkeeper.

The Bearcats would not come any closer to scoring in the final minutes of the match, and the game ended in a 1-0 Whitworth victory.

Despite the losses, the Bearcats hope to take the positives from this weekend's action and carry them forward into the rest of conference play.

"We all learned a lot," Fleener said. "We need to get ready for battle. Every practice, every game, every moment—we need to live it up."

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## ATHLETE OF THE WEEK



**Michaela Freeby**  
Junior – Cross Country – Milwaukie, Ore.

Michaela won the women's 5-kilometer race last Saturday, recording a finishing time of 17:23.16. Not only was this a personal record for the junior, but it also moved her up to third all-time in Willamette's top 10 list for that event.



# Bearcats roll into NWC action with a win over Whitworth

DEVIN LEONARDI  
STAFF WRITER

The Bearcat men's soccer team started their conference play with two trips into overtime, amounting to a tie and a win while remaining unbeaten at home against the defending Northwest Conference champions of Whitworth University.

On Saturday the team took the pitch against Whitman College in a match that proved to be a grueling defensive showcase by both teams.

Sophomore goalkeeper Braydon Calder earned yet another shutout, contributing to

the team's fifth of the season, in the 0-0 tie. Calder tallied a total of seven saves, with six in regulation and one in overtime.

"It would have been nice for us to get a goal, but in the end we are all working toward winning that conference championship," Calder said.

Assistant coach Jared Rust said "You never know what's going to happen in your first conference game. You never know how prepared you are until it happens."

"At the end of the game we talked to our guys a lot about the idea of growing from a tough battle that goes the full 90 minutes, a full two over-

times and still ends in a draw."

The next day the men once again found themselves in another overtime situation, this time against the reigning NWC champions, Whitworth.

In regulation, Whitworth struck first with a goal just five minutes into the first period on a low cross that went just out of Calder's reach.

It took the Bearcats until just after the 32-minute mark to get even when sophomore forward Yazan Hishmeh received a pass outside the box from senior forward Adan Vasquez.

Hishmeh craftily slid between two defenders and sent the ball into the bottom left corner for the score.

The first period wound down with another Whitworth goal, but the tempo changed only a few minutes later when Whitworth defender and captain Balin Larson received a red card for striking Willamette's freshman midfielder Stefan Wutte.

Down a man from the red card in the final minutes of the first period, Whitworth led 2-1 beginning the second half.

The Bearcats took advantage of the personnel situation in the 69th minute when sophomore midfielder Austin Jacobson rocketed a shot from 10 yards outside the box that was deflected by Hishmeh for the goal, tying the score at 2-2 and sending the game into sudden death overtime.

Throughout the first period of overtime, the teams battled for possession, but with just 1:24 left on the clock, senior midfielder Trevor Jensen wrangled the ball.



DEVIN LEONARDI

Members of the team celebrate after a Bearcat goal in Sunday's win over Whitworth.

He sent it downfield with a soaring pass that took a huge bounce just outside the Whitworth box, bringing the goalie forward.

Sophomore midfielder Tyler Yates saw his opportunity, ran under the ball and popped it just over the goalie's hand and into the goal as his team rushed the field for a celebratory dog pile.

"Waiting for the ball to bounce was like slow motion," Yates said. "But then it all happened so fast after the touch."



DEVIN LEONARDI

Sophomore Yazan Hishmeh dribbles the ball against Whitworth on Sunday.

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## 'Cats show resiliency in hard fought losses

EVAN GIDDINGS  
GUEST WRITER

The box scores told one story; the performance on the court told another. The Bearcat volleyball team dropped its first two Northwest Conference matches over the weekend, falling in five sets to Whitworth on Friday before undergoing the same result to Whitman the very next night.

On the court, however, the Bearcats displayed moments of resiliency, putting together several crucial rallies throughout the weekend with their backs against the wall.

In their first match against Whitworth, Willamette fell into an early 2-0 set deficit and was immediately on the brink of defeat.

Head Coach Tom Shoji responded by calling a few early timeouts to help get his team mentally and physically back in the game.

"We were pretty nervous in the first two sets against Whitworth," Shoji said. "It was definitely not a matter of effort."

His message appeared to resonate with the team, as they responded to thrash the Pirates in the third set 25-17 and take a close fourth set 25-23.

Although they dropped the last set in

a close 15-12 score, the team was very pleased about the resiliency shown in the latter half of the match.

"At halftime we were able to take a breath and come back out fired up, ready to show who we are and what we are made of," senior middle hitter Carly Hargrave, who had a team-high 12 kills in the match, said. "We became more aggressive on the court, which put the pressure on them and gave us the motivation and momentum to take the next two sets."

Several players played a crucial role in helping bring the team back to life. Fellow senior Shannon Waltz produced 10 kills and featured a match-high .421 hitting percentage, while sophomores Sarah Fincher and Lindsey Compton also had 10 kills each.

The Bearcats didn't have much time to dwell on either the positives or negatives of that match, as they hopped on the bus and traveled to Whitman for Saturday night's affair.

Taking a different path, the match seemingly ended up in the same place, as Willamette won the first and fourth sets to force yet another decisive fifth set.

"Games with a lot of back and forth action are always fun to play," Waltz said. "It's extremely competitive and pushes you to

be focused and perform on a high level for every point."

Once again, the Bearcats fell just short, losing the set 15-12. But once again, there were more positives to be taken away than negatives.

"We never gave up, no matter how far away a win seemed," senior Emily Compton said. "We need to look at this as a learning opportunity and get better next weekend."

Fincher poured in a match-high 21 kills and senior Compton contributed 53 assists and 14 digs. The team also took away a sense of importance for needing to play a complete match.

"We realize that we have to focus on carrying our momentum and intensity from the very beginning of the game all the way to the end," Hargrave said.

Carrying this mental switch into next week will play a big role in their home opener on Saturday. Waltz said the confidence to bounce back is a necessity.

"It will make us tougher and help fuel our drive for the next weekend of play," she said.

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## From the Nosebleeds



HOLLY  
PETERSEN

STAFF WRITER

## Give 'em love

Sometimes, I make a list of all the things that I need to accomplish in the day, only to become completely overwhelmed and sick to my stomach. It's times like these when I remind myself that I have it easy.

Athletes at Willamette are not only required to maintain a similar workload, but they must do it while balancing the demands of a sport at the same time. If I were on the women's soccer team, I would have had to play three games this past weekend.

If I were on the baseball team, this past weekend would have consisted of a minimum of 13 hours spent practicing and scrimmaging at the field.

And if I were on the football team, a typical week during the fall semester would consist of well over 20 hours of football-related obligations, from games and practice to meetings and watching film.

Athletes are among the unsung heroes of our campus. They are often just as involved as the rest of us, taking part in classes while also participating in extracurricular activities including Greek life, work study jobs, Residence Life and various clubs.

Yet, for some reason, Bearcat athletes are frequently greeted with a less than enthusiastic attitude by their peers. On multiple occasions I've heard other students immediately dismiss someone's opinion just because they're a varsity athlete.

It's as if people believe that if you are an athlete, your acceptance into Willamette was not based on academic prowess, and you are therefore less intelligent and less deserving of being here.

However, being a Division III school, University coaches have little influence over admissions, meaning most student-athletes have been admitted based on their academic ability rather than athletics.

Athletics also inspire students to do well in school, as every team has specific eligibility requirements that must be met. Student-athletes spend hours per day working on and maintaining their game, their academic course load and their social life.

The fact that our university is Division III means that most of our student-athletes are here first and foremost to learn and to earn their diplomas. They participate in athletics primarily for the love of the game.

The life of an athlete at a liberal arts school is not one of glamour. There is little to no national recognition, no athletic scholarships and no celebrity status among peers.

At a school like Willamette, the true glory of being an athlete lies almost solely on the field. They are not competing for the popularity or for any sort of tangible benefit. They simply compete in the spirit of competition, and for the sake of individual and school pride.

For this, I think they deserve all the more respect.

I'm not asking you to attend sporting events and feign some sort of Bearcat pride.

I'm merely asking that you recognize all that it requires to be a student athlete, and to appreciate the amount of work they put in to play in front of some pretty bare bleachers.

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# An American abroad digs political apathy at roots

REBECCA HAYES  
GUEST WRITER

*Rebecca Hayes is a junior politics major studying abroad this semester at the Universidad del Salvador in Buenos Aires, Argentina.*

Distant Bearcats:

Civil disobedience in Buenos Aires is a force to be reckoned with. At the very least, it is certain to disrupt your day.

When headed to and from class, it is not uncommon that my bus is rerouted to accommodate massive urban protests, made up mostly of fellow college students.

While momentarily inconvenient, I realize that these efforts mean much more than my punctuality. They speak to a distinct trend in Argentina's culture: Political awareness.

Many Argentines our age are both conscious of current events and, more importantly, willing to fight against perceived injustice, inequality and corruption. Dissatisfaction in government is not an act of compliance but rather is a call for action.

It is possible that Argentina's recent history of coups, voter fraud and dictatorship has inspired this generation to keep up with the news and take an active role

in fighting against oppressive institutions. After all, the Dirty War, a state-lead attack against political dissidents, took place in the '70s and '80s.

Perhaps the living memory of los desaparecidos, victims of forced disappearances by the military regime of the time, inspires a commitment to maintain and champion human rights.

The intensity of political activism here is striking compared to the apathetic civic disposition in the United States.

Let's be honest; there is also no shortage of reasons to be outraged by our government's behavior.

What with our use of drone strikes in the Middle East, the finalization of the Keystone Pipeline, Supreme Court verdicts that deny the modern existence of racism, an unlimited corporate voice in politics, the prison industrial complex, the War on Drugs, the shrinking middle class, the declining state of our public education system, warrantless surveillance ... the list is endless.

What makes us so meek, so willing to yield to a government that does not meet the needs of the majority?

Admittedly, a few of us might post Facebook statuses with links to blurbs from online news publications. Others (those of us who are feeling especially impassioned) might choose to engage in online arguments with people we haven't seen since band camp the summer after seventh grade.

What makes us so meek, so willing to yield to a government that does not meet the needs of the majority?

But, realistically, very, very few of us will leave the comfort of our homes and take to the streets. Please understand that I am not claiming to be the shining emblem of political activism. Rather, I am wondering why we are this way and, more importantly, how this impacts the livelihood of our nation.

To answer the latter, we can look to the past. The date is Dec. 13, 2000, and the Supreme Court just decided to end Florida's

recount of the federal election. George W. Bush becomes the 43rd president of the United States despite the fact that he lost the nationwide popular vote.

For his first few months in office, around 10,000 protesters rallied against him but lost hope. And here we are.

To be fair, most of us were between the ages of five and nine in 2000. I would like to believe that we would have behaved differently, but this would be an outrageously generous claim, even from someone more optimistic than myself.

Some of us might wonder how Argentines would react to a potentially corrupt government. We don't have to.

When President Christina Kirchner proposed amending the constitution so that she could run in 2015, hundreds of thousands of Argentines went to el Obelisco to protest.

So, we return to my first question: Why are we this way? I do not have the energy or a deep enough understanding of the human psyche to begin to answer this.

So, I turn to you, dearest Bearcats. What is the consequence of our collective civic quiescence? A timely, compliant populace? An unresponsive, despotic government? You tell me.

*rhayes@willamette.edu*



KELLIE STANDISH

JAKE SAIKI  
GUEST WRITER

It is a melancholy thing for those who walk through this great campus, when they see the Bistro, the Mill Stream and Goudy crowded by WU students with unanswered libidos talking, laughing and enjoying each other's company.

While these students should be free to whisk away any consenting sexual partners and engage in adult sleepovers, they are forced to take part in an activity WU has turned into a farce and shadow of its past self: flirting.

Flirting consists of unnecessary physical contact, charming compliments, impromptu favors and ambiguous phrasing with layers of sexual tensions.

But that is far too simple for Willamette. WU students collectively decided (during some gathering in which I certainly wasn't included) that all of our interactions should be exactly like flirting except without the benefits. Sex. By benefits I'm talking about sex.

At some point in our history, a shift occurred encouraging us to massage our friends, give complements willy-nilly and show genuine interest in other peoples' lives even if we have no interest of pursuing bedroom activities with said people. Does a peacock display its plumage to every single peacock it sees and wants to be friends with? No, because that would upset the fragile mating dance through which the species survives. Peacocks know how to keep flirting and friendliness separate. Peacocks know how to find sex partners. Peacocks are clearly superior to WU students.

Just the other day, I found myself wedged

between two female friends in the Bistro – a place packed with mixed messages – and realized I, too, was part of the machine that has kept me involuntarily abstinent for too long. I was sending the signal that I was polyamorous and straight; it was obviously the only reason male suitors were not lining up in front of me.

Fear not, Bearcats. I have a solution. It is obvious that our concept of a "good friend" is socially constructed to make mating difficult, which is why I propose we spark a social revolution. The friendly, loving and supportive traits of the typical WU student are unacceptable, and it is time we take action to differentiate between friendly and intimate interest.

The next time someone you aren't interested in asks you for a tray in Goudy, knock over the stack and walk away. Aristotle will inspire our new school motto: "To a WU student, silence is a crowning glory."

Thankfully iOS 7 Siri is an excellent conversationalist, making friendly meal conversation impractical and unnecessary. If someone is kind to you and you do not appreciate their advancements, drop whatever you are holding, shout "I'm so done!" and walk away.

Eventually WU society will change so any friendly activity can immediately be spotted as flirting. The Bistro, the Mill Stream and Goudy will no longer hum with student-to-student affection, and every peacock will clearly see another's mating signal.

I leave this revolution in your hands, Bearcats. At best this proposal will get you laid. At worst this proposal will ruin your friendships forever.

*jsaiki@willamette.edu*

## EDITORIAL

# Prioritizing mental health

CONTINUED from Page 1

To assess what our campus needs, we need to be open about mental health. It's unfair to feel ashamed in saying that we go to counseling, need counseling or support counseling.

Counseling and mental health are important, and we are damn proud that Bishop has the building blocks in place and knows that.

But there is so much work to be done. Our society, our culture, our campus tell us that seeking out help for mental health issues is a sign of weakness or "making something out of nothing."

Talking through your issues is bad. Keep it in. TMI. Push through it. No one wants to hear about that. No one has time. It's abnormal. Suck it up.

These messages keep people from getting help. We all can do more to fight this and change our norms. We need to learn to listen. Mental health problems are not "for funzies" or a fad. Using oppressive language like "I'm so OCD today" or "I'm so depressed" makes light of how serious these disorders are. They have more effect than an attentiveness to detail or a fleeting feeling of sadness.

Individuals are not defined by their mental health status.

Let people know that it's okay to talk with you about it; you don't have to be an expert. Ask how you can help, and give them some time. Don't use clichés like, "You'll be better soon!" or "Cheer up!" because that just isn't the case. People

don't choose to have mental health conditions. Do your own research instead of grilling your friend about their condition.

Don't be afraid to take the leap; refer yourself or a fellow Bearcat to Bishop. Half of Bishop's attendees are self-referred, and the other half are encouraged to make an appointment by a friend, professor, administrator or Community Mentor. If you refer someone to Bishop, offer to go with them; it's a five-minute walk. Check in with them with a simple call or text. There is no shame in taking care of yourself or a loved one.

So let's open up. Let's talk about how we treat our minds on campus. Don Thomson is starting a student advisory board this year that will aim to reduce barriers in seeking mental health services for students and help Bishop improve their services to students.

If you know are interested or have experiences to share, please email Don at <dthomson>.

## COLLEGIAN EDITORIAL POLICY

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

Miles Sari • EDITOR-IN-CHIEF  
Becca Brownlee • OPINIONS EDITOR  
Kelley Villa • MANAGING EDITOR

## Send a letter to the editor in response to one of the articles in this week's *Collegian*.

We invite you to submit letters to the editor. Letters are limited to 150 words, must include your name and phone number and must be submitted by Monday at noon on the week of intended publication. The *Collegian* reserves the right to edit for length and clarity. Please email letters to <msari>.





# I brake for Bearcats

EMMA SARGENT

MARIKA MCCARTHY  
COLUMNIST

I have a bike, and it is cooler than yours. It's a Craigslist adoptee, born in the '70s somewhere in Arizona. Sun Fox. My bike is beautiful. It is old and wise. Cool, classic cruiser.

It may clank when I ride it, and shifting between gears can be rough. But if my bicycle were a person, he would be the elderly

gentleman that lives in my neighborhood back in Washington. He wears a long sleeved button-up tucked into khakis with a belt and dress shoes in the summer, and he walks his little dog down the street with tiny, tiny steps.

But he's not frail. The Sun Fox is made of heavy metal and saw the end of the Cold War. Everlasting, enduring. I imagine that if I got into a collision with some of the bikes that are chained up alongside mine on the

bike rack, it would be like a game of chicken between a tank and a smart car.

"It's like riding a bike."

Sometimes I feel like I'm learning how to ride all over again. I stop and start and I feel foolish. Because the last time I used coaster breaks was on my first bike. It was pink and had streamers and a basket. I was four, and the unicorn theme was important to me. Strong recollections tell me that I careened around on

my training wheels with pigtails flying from under my pink helmet, stomping backwards on the pedals and coming to a decisive stop. But I probably am not remembering right.

First you ride around on the street in front of your house. You fall and scrape your knee and then you learn from experience. Then you're learning what the different jersey colors mean in professional cycling, or that the color scheme on your dad's fancy, Italian bike belongs to a team based out of the Netherlands.

During drivers' education, I realize that I already knew the hand signals because they were the same as signaling on a bike. I learned them when my dad taught them to my Camp Fire troop so we could get a badge with a bicycle on it to put onto our vests.

I realize some people have never had the chance to learn what the peloton is or to learn the translation of maillot jaune. But that should not affect basic courtesy.

You learn to ride a bike. Learn to drive a car. Don't bike anymore. When it comes time to leave for college, you don't bring the car that you've been driving since you were sixteen. Bring a bike instead.

You almost run over your pedestrian peers. Don't give them any warning you are coming up on their left. Don't say, "On your left."

You're being awful.

Bikes have history. The Sun Fox can attest to that. Bikes have culture. It isn't fair to your peers or your vehicle to ride around like a jerk. You're a knight riding a two-wheeled steed. Knights have codes of chivalry.

Old and new. It's a balance. Finding balance as you pedal down Winter Street. Old souls, new roles, changing rules while wearing holes in the soles of your shoes. Go forwards by pedaling backwards.

Remember your manners.

And remember to use a U-lock.

mimccart@willamette.edu

## Cognizance of campus competence and intellect

EMILY DOUGAN  
COLUMNIST

I spent last week's article talking about how we can suck sometimes, so this week I'm going to talk about how we WU kids can be pretty cool.

We go to a school where, if you so choose, you have the option to apply for a multitude of research grants that will pay you to study a topic that is interesting to you. It's surprising how many students don't realize these opportunities exist. They don't know what awesome things their fellow students are doing. So, let me just take some time to brag about how smart our student body is.

My roommate, senior Dana Crosby, spent her summer with a

grant creating art and researching art therapy, ultimately creating a life-sized sculpture of an apple core that's shaped like a woman.

Megan Newcomb, a senior biochemistry major, spent this summer with an SCRP grant characterizing a novel protein called "isoprene synthase" from the moss *Campylopus introflexus*. Which is a lot of large words, but this research is important because it gives us insight into how these proteins have evolved and how they work.

This past summer, I studied the differences between Chinese national parks that are run by non-governmental organizations versus those that are run by the state ... not much hard science was needed. And I got to hang out in China. It was cool.

But now I'm just bragging about myself when I'm trying to encourage you to brag about yourself and your classmates. We are part of a campus that aims to inspire us, to foster intellectual discussion and discovery.

These student research grants are a opportunities for us to not only pursue our interests, but to discuss them with others, to show off a little.

Go to a Carson, LARC, SCRP, Center for Asian Studies or Center for Sustainable Community grant presentation. You'll learn something and be proud that your classmates are doing something cool. Brag. And brag about Bearcats because we are some fine intellectuals.

edougan@willamette.edu

## Letter to the editor

The Bearcat Bullet column from last week's *Collegian* entitled "Don't Be THAT Asshat" was incredibly offensive to me as a student at a liberal arts university. The idea that anyone should be discouraged or shamed into refraining from participating in an in class discussion is "asinine and moronic" to borrow some words from the author of the column.

The way that students express themselves in discussion-based classes is extremely personal and is often simply a way for them to better understand the subject matter of the course. To assume that any student participates in any discussion with intentions other than positively contributing to the class's discussion is astoundingly presumptuous. I was shocked that a member of the Willamette community could display such arrogance. If diversity of thought and diversity in general isn't the Bearcat Bullet columnist's cup of tea, then maybe this isn't the right school for her.

Josh Echols, jechols@willamette.edu

## Struggling on State Street: Mo' meal points, mo' problems



EMILY SAFFORD



# CAMPUS SAFETY REPORT

CONTINUED from Page 3

**EMOTIONALLY DISTURBED PERSON**

**Sept. 16, 9:15 p.m. (Winter & Ferry streets):** A student called to report that a suspicious man was on his cell phone stating that he was “done with it all” and wanted to “blow his brains out.” Campus Safety responded and called 911. The officer observed the man trying to gain access to the law school by asking students who were inside the building. When no one would allow him in, he became very hostile and started yelling obscenities. He also began impeding traffic on Winter Street. The Salem Police Department arrived on scene and took the man into custody.

**SEXUAL HARRASSMENT**

**Sept. 15 (In a campus residence):** Campus Safety received information that a student had been sexually harassed. The officer on duty asked the student if she would like to talk about the incident. The student reported that she was woken by an unknown male in her room, tapping her on the shoulder. She asked the stranger to leave multiple times, but he did not. When the student tried to turn on the light, it was immediately turned off by the suspect. When the suspect attempted to kiss the student, she pushed him away. At this point the suspect finally left the room. Arrangements were made for the student to stay in another room for the night.

**THEFT**

**Sept. 15, 9:15 a.m. (Baxter Hall):** A Linfield student called to report that their bike had been stolen while visiting Willamette. He said that the Salem Police Department had already been called. The officer called Linfield in order to retrieve the serial number of the bike for the student.

**Sept. 16, 8:15 a.m. (Sparks Center):** A student called to report that their laptop had been stolen. The student stated that they were working at the front reception desk of Sparks and had put their bag underneath the counter. They stepped away from the desk for a few minutes to assist a staff member in the gym. When they returned, the laptop was missing from the bag.

**Sept. 16, 2:30 p.m. (Sparks Center):** A student called to report that items had been taken from their wallet while attending a class at Sparks. The student's debit card and some cash were among the things taken. The student immediately cancelled the card with their bank.

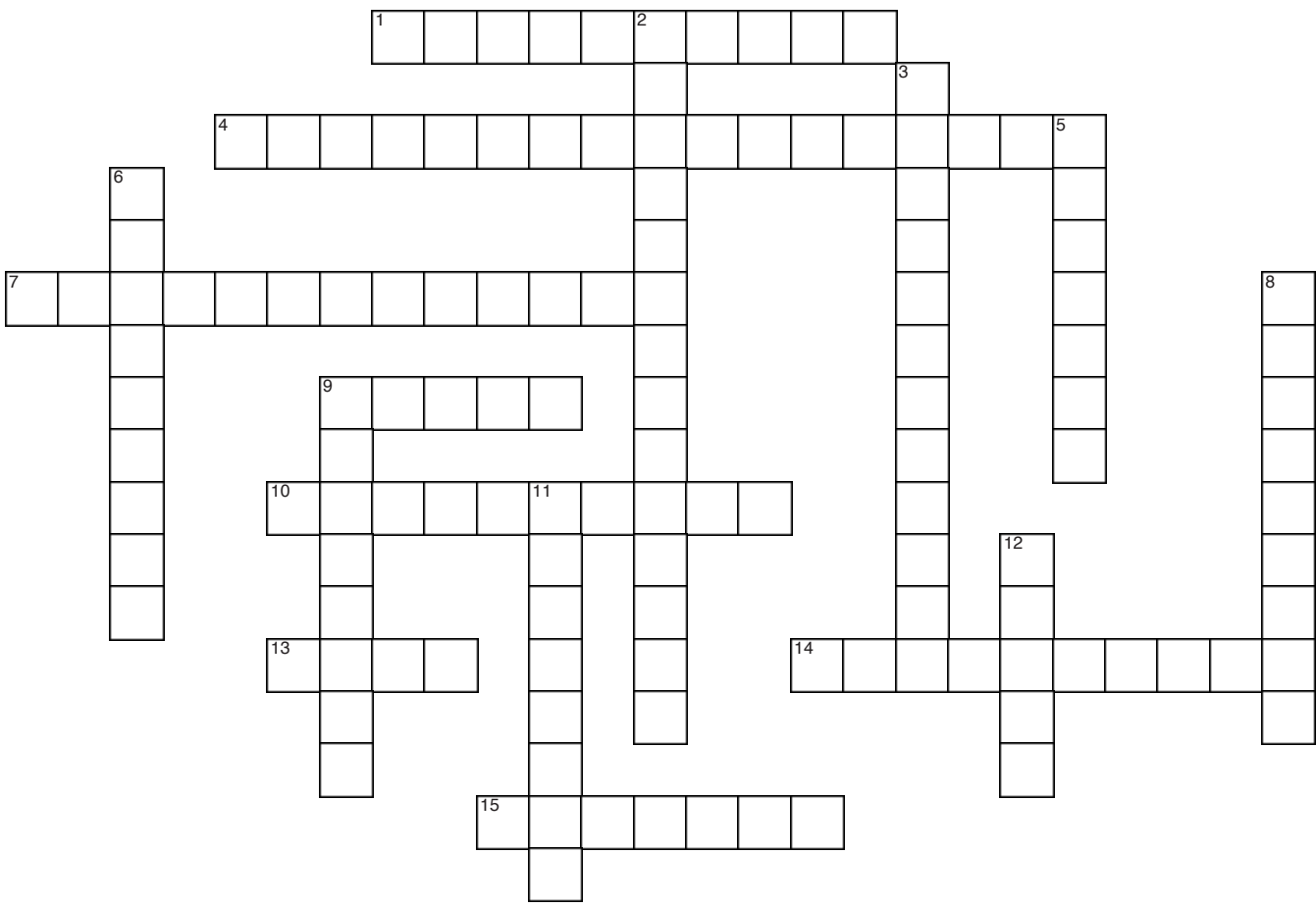
**VEHICLE ACCIDENT**

**Sept. 13, 3:18 p.m. (Cottage Street):** A student called to report that they had hit a vehicle while driving a University van. The officer met the student in order to assess the damage and noted that both vehicles sustained scratches. The owner of the vehicle was contacted and went over the damage with the officer.

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

Phone number: (503) 370-6911  
Email: [safety@willamette.edu](mailto:safety@willamette.edu)

# Politics and pop culture



**ACROSS**

- 1 US Secretary of Defense
- 4 Obamacare, more formally
- 7 1994 comedy getting a sequel next year
- 9 Number of votes needed to override a filibuster in the U.S. Senate
- 10 Fast food chain now selling “Satisfries”
- 13 Katy Perry song dissed by the Bengals
- 14 City hoping to bring back an NFL team
- 15 New furry additions to the Smithsonian collection

**DOWN**

- 2 Queen of the pantsuit
- 3 Hank and John Green fans
- 5 Senator who staged a filibuster on Tuesday
- 6 Show recently cancelled by Lifetime
- 8 Rapper who compared himself to Michael Jackson
- 9 What the government might do on Oct. 1
- 11 Tea Party son of a Libertarian
- 12 Country of this week’s mall shooting

Hey, You!

Thanks to you, the “Hey You!” section is almost back in action. We reached our goal of 500 Facebook likes, but we still need to hit 500 Twitter followers to bring back the “Hey Yous.”

social media tracker

322



512

as of Sept. 24