



NEWS

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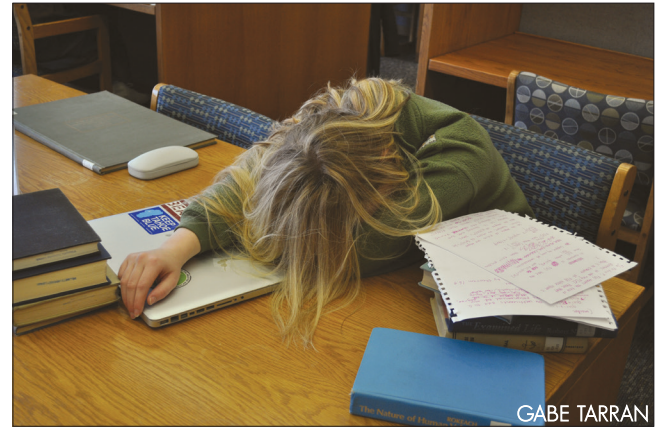
Sleep is for the weak: 11 stages of an all nighter



GABE TARRAN



GABE TARRAN



GABE TARRAN

Senior Holly Petersen, a self-proclaimed all-nighter aficionado, demonstrates the many stages of staying up all night to do schoolwork, starting with careless indifference and ending in hopelessness and despair.

 HOLLY PETERSEN
MANAGING EDITOR

Every morning, I wake up early for some obligation or another, and think, "I will make it through this day without napping."

By 10 a.m. I've already decided which of my commitments I'm going

to skip out on in favor of lying under my electric blanket in fleece pajamas midday.

See, I've gotten into the habit of making myself promises I have no intention of keeping. I promise myself I'm not going to spend any more money on clothes, that I'm going to eat more vegetables, that I'm going to

drink less coffee and call home more. The biggest lie I tell myself, though, is this one: I'll get a head start on this assignment and I'm not going to wait to start it until the night before it's due.

It sits dormant on the bottom of my to-do list as the deadline creeps closer. The rising urgency occasionally flickers in my mind, making me

momentarily anxious, but I promptly push it back out of my consciousness—no, no, that's a problem for Future Me. Suddenly, I'm out of time. While my classmates have been working dutifully since it was first assigned, I've waited and slept and doodled and tweeted and I am now tasked with completing it all in one night. To say

I am no stranger to the "all-nighter" would be an understatement. I begin working, moving through the familiar stages like it's a rehearsed act. The night unfolds a little something like this:

See UP ALL NIGHT Page 5

Senators call for gun reform

 JOE LINDBLOM-MASUWALE
NEWS EDITOR

Senator Ron Wyden, D-Ore., and joining senators asked the Government Accountability Office (GAO) to evaluate public programs with regards to gun safety, and to provide better practices for secure storage in a letter addressed to Gene L. Dodaro, according to a statement released this past November.

The letter, cosigned by 19 other Democratic senators wrote that, "With more than 300 million guns in American homes, we write to request that the Government Accountability Office (GAO) conduct a study to assess the efficacy of public health and safety programs designed to impact gun safety, including the storage and security of guns in households throughout our country."

The senators publicized the letter a little over a month after the Umpqua Community College shooting that occurred in Roseburg, Ore., when a student enrolled at the school shot nine people and wounded approximately nine others. In the time since, another shooting occurred at a Planned Parenthood clinic in Colorado Springs, Col., where three were killed including a police officer.

"Too many families have suffered tragic losses and hardships as a result of gun deaths and injuries," the letter read. "This public health burden demands an assessment of potential actions by the federal government, including the possibility of robust partnerships with established nonprofits and provider organizations in the development of a public campaign aimed at informing physicians, clinicians, parents, and families about the public health need to address this urgent issue."

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An athlete's swan song

 ALEX GORDON
SPORTS COLUMNIST

It's a well-worn adage that athletes die twice. Once at the end of their career and again at the end of their lives. It is mused over most often when a famous professional moves into "the next life." Back down to the standard daily demission the grand majority of us spend our entire existence in.

As someone who is currently making that transition as an athlete, however, I can't help but think that there are a lot of premature deaths in that sense. High school is generally a time of participation. To varying degrees and levels, many of

us were athletes at this period in our lives.

Afterward, however, the road ends for the grand majority. For some its talent, lack of commitment or passions in other pursuits. Others weigh it logically; questioning what there is to gain against what there is to lose. For some, it was never an option to begin with. The scale and reasons for the choice range across and entire spectrum, but everyone has it in some form.

Being an athlete can become part of who you are in a lot of ways. Your mentality, the way you take on challenges and how you cope with failure change once you've entered that lifestyle, and they never fully leave you.

In high school I was a distance runner. A good one—not a great one, but a good one. I started running because I wanted to test the old maxim, "if you dream it you can achieve it." I wanted to see if starting from basically nothing, could you really will yourself through hard work and determination, into greatness?

Running gave me the athletic medium I needed to test it, but maybe it was a flawed pursuit from the start. It wasn't a labor of love. I learned to love parts of it. The meditative state of a long run, the beautiful trails we ran around and the camaraderie of those who suffered the same trials that you did. In the end,

everyone runs the same workouts and same races. Oxygen becomes harder and harder to come by, but nobody ever complains. Nothing says you have to keep going. Nobody says you have to be out there at 8:00 a.m. on a Saturday for 10 miles of uphill grades. Yet everyone from the 15:45 minute 5k guy to the 24:45 guy is in the parking lot shivering in their running shorts. The mentality becomes counterintuitive, almost masochistic, and when extrapolated symbolically beautiful. When things get hard run harder.

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SAM KEECHLER

Scuba tanks await divers in the water.

See ZENA Page 2



RILEY FRANCIS

Zena Farm: to being farming once more?

ASWU, Rimai talk retention rates

GIA ANGUIANO
STAFF WRITER

Monica Rimai, Senior Vice President of Fiscal Administration, discussed budget finances, campus safety and Willamette's endowment with ASWU senators in their last meeting.

In discussing the University's budget, Rimai projected the budget, actual-land forecast, for each category such as tuition, resources and other expenses. When discussing the university's tuition money, Rimai noted how the university is behind in its budget of \$63,427. According to Rimai, WU lost a significant amount of students due to unknown circumstances compared to years prior. The financial aid office is also working on this issue as it has become realized that the university's goal to provide 50 percent of the tuition is unsustainable.

Once Rimai brought up financial aid, she looked upon the senators for their support. Rimai offered herself as a bridge between ASWU and the Board of Trustees in order to renegotiate any aspects of the budget. Rimai has to appear in front of the board on Dec. 16 to specifically talk about Willamette's tuition for the next year. Rimai would act as a facilitator for the senators as long as they are informed about the tuition issues regardless of their position on the topic.

Rimai advised the senators that together they "have to manage the consequences of our decisions and positions as a community," but she encouraged them to communicate with her in order to "work together and make that happen."

Rimai went on to discuss future plans with the board of trustees. The items to be addressed in the near future include the enrollment shortfall, how to maintain contingency, how to fund unit prioritized requests, tuition and the university's endowment. She says, "these are the basic issues that we have to come up with proposals and recommendations for," but the senate discussed this issues later in their meeting and felt the school could invest more in mental health and safety.

Though Rimai was not present in the discussion regarding mental health investment, she was available during the talk about campus safety.

"I'm very concerned, personally concerned, about the sense I'm getting both directly and indirectly from students that they do not feel safe on this campus," she said.

Last year, ASWU sent out a survey about campus safety's budget and if they should invest in higher quality cameras and LED light poles around campus. Before beginning that process, the university decided to cut back vegetation close to the buildings in order to make possibly unsafe areas more visible to students and faculty.

Rimai says it is her "number one priority when I look at my funding opportunity" to ensure safety on campus. She and a senator of ASWU took a night walk to discover areas that require more security and concluded a few possibly unsafe areas. Cameras may be placed in the alleyway by Ollin, near Goudy Commons, in front of Sparks and also near the quad and street.

Rimai is also exploring the possibility of a student run dispatch similar to WEMS. Oregon State University collaborated with their campus safety and student government to create a similar service, and now Willamette is attempting to follow with their own 24/7 service.

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Zena Farm: we're working on it

KATIE LIVELY
STAFF WRITER

Willamette is working to draw upon agreement that would allow it to resume farming and general use of the farmhouse at Zena Forest, said Senior Vice President for Finance and Administration Monica Rimai.

Rimai gave an update on these negotiations to faculty at a Nov. 12 meeting. She said the goal is to clarify the currently vague terms of use that exist between the University and Bonneville Power Administration (BPA), the company that holds a conservation easement on the property. The easement, Director of Sustainability Institute Joe Abraham said, is a set of rules that Willamette must follow regarding the use of Zena.

The current easement, Rimai said, has unclear language regarding acceptable uses for the property. This lack of clarity led University President Stephen Thorsett to ask Rimai and Jim Bauer, the vice president for planning, facilities and external affairs, to draft a new conservation easement.

"Over the years, our interest in the property has changed somewhat—an interest in how we would use it," Rimai said. "The language of the conservation easement is at times contradictory, in certain places ambiguous and generally somewhat limiting given an interest to engage in some farming and agricultural activities."

Abraham prepared a statement about the ways in which Willamette would like to use Zena going forward, which was then submitted to BPA. As of the Nov. 12 meeting,

Rimai said, BPA had not said no to the draft but had expressed some concerns about its language.

Rimai said the administrators hope to negotiate an easement that is as broad as possible while still being worded in a way that causes less confusion in the future.

"Right now, what we're working off of is advocating for the vision statement that we got from Joe and from faculty," Rimai said.

Zena Farm Club Co-President Lance Rossi said he was frustrated by the lack of transparency to students throughout the negotiation process.

"This is something that every student should have a say in and even as co-president of Farm Club I haven't even seen any of the plans the administration and faculty have

drafted or submitted and haven't been approached even after we asked for inclusion in the process," Rossi said.

He added that Zena is important because it provides a hands-on agricultural education that complements the liberal arts experience. When he worked at Zena over the summer, it was the first time he believed he was truly learning how the world works.

"At Zena I could more clearly see the reasons for doing the things I did, and I don't always get that comforting feeling elsewhere," Rossi said.

Rimai said the administration is aware that interests in conservation, restoration and sustainable food growth are leading students and faculty to want to return to Zena.

"We're working really hard to allow that to happen in a way that is consistent with our legal obligations and also with good, safe risk management practices," Rimai said.

Rossi said he wanted to see fewer obstacles blocking the community's access to Zena and saw the property as an integral part of the Willamette experience.

"I hope to see Zena take on a more active role in campus activities, or rather I'd like to see it become something people feel like they can use," Rossi said. "Right now I feel like it has this barren image associated with it and I just want people to see it alive and healthy again."

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JAKE KORNACK

Zena's 305 acres are part of the largest remaining contiguous block of forestland in the Eola Hills west of Salem.

ASWU President holds forum on mental health

JOE LINDBLOM-MASUWALE
NEWS EDITOR

A forum on student mental health was held by ASWU President Shamir Cervantes in an effort to allow students to voice their concerns and then work toward finding solutions.

"Right now our purpose is just to speak our minds and hear out each other's thoughts and hopefully come to the understanding that we share a lot of the same concerns," Cervantes said, to begin the conversation.

According to the email he sent out to undergraduates the night prior, the forum would serve multiple purposes, "the most important of which is to simply provide students a casual setting to discuss campus issues among themselves as a form of self-empowerment."

Indeed, on this last Tuesday night before finals week around a dozen students appeared in the Bistro where the forum was held and talked to Cervantes and other members of ASWU that appeared, including junior Senator Liz Gill and Senior Chief Justice Nina Dabit.

Cervantes shared with attendees that in a survey conducted by the Bishop Wellness Center respondents listed stress, anxiety, sleep problems, cold & flu and depression as their top five most

common things that affected their academic performance.

"Some of those things are prominent on other campuses but one of the more noteworthy ones is sleep problems," Cervantes said. "In a lot of other schools that didn't even crack the top 10 in their surveys, but at Willamette, it's in the top five. That's pretty concerning."

"The thing that's hard about college is that you never get a break," one student said. "You don't get to escape being a college student."

Even when she was with friends, she said she still felt like there was an obligation to be having fun but also be getting all your homework

done.

In response, another said that their should be an acknowledgment of this general narrative of expectation.

"We have to fit into these rules and identities, and I think it's important that we choose to allow ourselves to be that way," the student said. "But it's also true that people aren't necessarily given the resources or maybe they're not curious or independent enough to strive for those things."

She said that maybe a good solution would be to an increase a presence on campus that would help people increase their sense of self-

worth and self-love.

Other points brought to forum included revamping the current first-year compass program to make it more conducive to fostering long term success and potentially creating peer counseling resources that could serve as mentors and guides for fellow students. Increasing awareness with regards to ASWU activities, including their weekly meetings, was also brought up.

Cervantes said that he expects to hold another forum like this one soon, and will contact students about possible topics by email.

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SAM KEECHLER

President Cervantes facilitates discussion with attendees to gain a greater understanding of student issues.

Students to receive one hour sick leave per 30 hours worked

RYAN GAIL
STAFF WRITER

Starting Jan. 1, 2016, all students employed by the University will receive one hour of paid sick leave for every 30 hours of work, with up to 80 work hours per year.

This update to the University's employment policy is a product of the June 12 passing of Oregon Senate Bill 454 which "requires all employers to implement sick time for employees." The passing of the bill made Oregon the fourth state alongside Connecticut, California and Massachusetts to mandate paid sick leave for all employees.

The bill, passing 17-13 in the sen-

ate and 33-24 in the house, has been considered one of the most significant bills of the 2015 Oregon legislative session.

The University's senior human resource generalist, Katie Lahey, says students seeking paid sick leave will follow the same procedure as any other employee in the state.

"Just like any other employee, our expectation would be that when somebody doesn't feel well, that they would feel comfortable to utilize the benefits that are available to them," Lahey says. "[Students] would have the normal call-in process and let their supervisor know that they are not going to be able to make it in."

While the law specifically excludes

providing paid sick leave for employees under the federal work studies program, Lahey says the university will still offer the benefits to students employed under the federal work studies program.

"Willamette is being more generous than what the law allows incorporating the [sick leave] offering to every student," Lahey says. "We didn't want to disadvantage one employee over the other, so we extended [paid sick leave] even though we are not legally required to every student worker."

Lahey says this change in policy will be "a good improvement for our community" by protecting the health of both student and nonstudent em-

ployees. Lahey said she believes that requiring paid sick leave will potentially improve food quality and safety at Goudy by reducing employees' incentives to work while they are sick.

Despite the mixed reception among Oregon legislators and community members, Lahey says she has personally observed positive reception to and general approval of the new requirements.

"Everyone that I've talked to about [it] has been really very understanding," Lahey said. "I have not heard any criticism from any administrators or even my own student workers. It's essentially well received."

A formal policy update from the human resources department of-

fering specific details about the paid sick leave requirement is expected to be released. A website providing answers to frequently asked questions is planned to be launched around the same time.

Human resources will also be offering several information sessions on campus throughout the month of January. These sessions will explain how the policy specifically affects student employees and will provide students the opportunity to ask questions directly to the administration.

Once the policy is fully implemented, Lahey says students can also expect the safety and wellness of the community to improve.

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Voulez-vous coucher avec moi?

Bed sharing policy change leads to budget shifts for athletic teams

KATIE LIVELY
STAFF WRITER

Starting this academic year, coaches are no longer permitted to have multiple athletes sleeping in the same bed while traveling for away competitions. Hotel costs are going up for Willamette sports teams as a result.

The change was implemented after newly-hired Director of Athletics Valerie Cleary held meetings with individual coaches at the beginning of the school year.

Cleary has worked at three universities prior and said Willamette is the first that has not limited teams to one athlete per hotel bed. She said more schools have adopted this practice than have not.

"For me, it's interesting that it's even a question," Cleary said.

She said there were no complaints that spurred this change from the previous system. Her emphasis was on not overcrowding students while they might be trying to accomplish other tasks.

"It's the physical space, for studying or for a better environment for studying," Cleary said.

Head Coach of Volleyball Thomas Shoji said student-athletes had struggled to study while on road trips before the change.

"I've seen other teams with players studying in the hallway because

the room gets too crowded," Shoji said.

Senior Associate Athletic Director Judy Gordon said another reason for the change was that women's teams were asked to share beds while the men's teams typically were not, which posed the issue of gender equality.

Shoji, whose travel squad had previously been divided into groups of three per hotel room, also said women's teams were more likely than men's teams to put three or four athletes in one room.

"Two in a bed can be pretty small," Shoji said. "Some of the girls don't get a great rest."

Gordon compared sports teams' away competitions to professionals' business trips.

"There may be a situation where we would share a bedroom, but never a bed," Gordon said. "We are trying to treat student-athletes as adults."

Student-Athlete Advisory Committee (SAAC) President Andrew Lum said he could see the benefits of extra space but also thought the change took away a chance for team bonding.

"When I sleep, I'm a mover. I always felt bad—what if I pulled the sheets off of them? I won't be leaving anyone freezing," Lum said. On the other hand, "My most personal and deep conversations I've had with my teammates were actually when we were sharing beds."

Gordon said the financial impact of this change has been small. Because the teams had already finalized their budgets by the time the change was announced, the athletic department covered the difference in the budget for each team.

Shoji's volleyball team would only need to add one or two rooms per trip and his travel squad consists of just 13 women. He said some larger teams

such as football might face a greater impact to their budgets.

Shoji said the primary issue at hand was not the financial impact, which could be eased by fundraising or traveling less frequently, but the impact on the athletes' experience.

"The last thing you want to do is travel and have uncomfortable athletes," Shoji said.

The athletic department has addi-

tional money in its collective budget that allows for unanticipated additional spending. This money is now becoming necessary as Cleary estimated that teams are spending about twice as much of their funding on hotel rooms now than they were before the policy change.

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LANCE ROSSI

CAMPUS SAFETY

CRIMINAL MISCHIEF

November 16, 2:45 p.m. (Haseldorf Apartments): Campus Safety investigated a report of graffiti on the roof of Haseldorf.

November 18, 10:08 a.m. (Shepard Hall): Campus Safety responded to flooding in Shepard Hall due to vandalism in the restroom. The suspect is still unknown.

November 24, 1:18 a.m. (Matthews Parking Lot): Campus Safety took a report of damage to a student's car. There was a slash cut through the convertible top of the vehicle. A report was filed with Campus Safety and

the student was given Salem PD's non-emergency number.

EMERGENCY MEDICAL AID

November 14, 3:20 a.m. (In a Campus Residence): Campus Safety and WEMS responded to a call about a student who was vomiting. Alcohol was involved. After evaluation, it was determined that the student did not need further medical attention.

November 15, 10:02 a.m. (Goudy Commons): Campus Safety and WEMS responded to a call about a student who had fainted. After evaluation, it was determined that the student did not need further medical attention.

November 16, 8:30 p.m. (In a Campus Residence): A student called requesting to be taken to the hospital because of an allergic reaction. The student was transported to the emergency room.

POLICY VIOLATION

November 22, 12:48 a.m. (Matthews Hall): Campus Safety responded to a call regarding a loud gathering happening. Alcohol was involved as well as several other policy violations. The resident of the room was non-compliant and argumentative.

THEFT

November 4, 10:20 a.m. (Pi Beta Phi): Campus Safety re-

ceived a report that a watch was found missing from a student's room.

November 13, 11:50 a.m. (Kaneko Commons): Campus Safety received a call from local law enforcement that a bike had been recovered with a Willamette Campus Safety registration tag on it. The owner was contacted and the bike was returned to the owner.

November 15, 5:42 a.m. (Lausanne Hall): Campus Safety responded to a call reporting a bike theft had occurred outside of Lausanne. The officer was unable to locate the suspect. The bike was not registered with Campus

Safety so the owner could not be contacted.

November 20, 9:50 a.m. (Sparks Center): Campus Safety received a report from a University employee stating that their tool bag had been stolen. There are no suspects at this time.

November 24, 1:45 p.m. (Hatfield Library): Campus Safety received a report from a student who reported that their jacket, phone, keys and wallet stolen from the Hatfield Library while they were in the restroom.

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

Arts

Celebrate school being out for winter on Friday, Dec 5. WEB is putting on a winter/ Last Day of Classes Extravaganza in Cat Cavern from 4-6 p.m. There will be student bands, holiday treats, airbrush tattoos and more, all for free!

• • •

The Historic Deepwood Estate is hosting a Holiday Open House on Sunday, Dec. 6 from 1-4 p.m. Join in the Salem tradition and enjoy warm drinks, festive goodies and live music at the beautifully decorated house. The Bush House Museum will be hosting an event in conjunction with Deepwood's Open House, featuring free admission to the museum, vintage games and light refreshments. Get a glimpse of two of Salem's local art hubs for free on this special day.

• • •

If you frequently put off finals by turning to online shopping, check out Salem Etsy Team's Holiday Craft Fair! More than 80 vendors and Etsy crafters will be selling their handcrafted trinkets right in time for holiday shopping. Check it out at the Salem Armory on Saturday, Dec. 12 from 10 a.m. to 3 p.m. free of charge.

Got culture?
Contact Lifestyles Editor
Christine Smith <cssmith>

Girlpool: Folk punk that sucks you in

JONAH MILLER
STAFF WRITER

Remember that band you and your best friend formed back in high school in hopes of one day conquering the world with guitar riffs and sick lyrics? Well, while you were wasting your time going to school and working that internship, Los Angeles natives Cleo Tucker and Harmony Tividad started that exact band, named it Girlpool and initiated their domination of the alternative music world so that you don't have to.

Girlpool came to existence back in 2012 when guitarist Tucker and bassist Tividad decided to join forces and write songs. In 2013, the two recorded their first EP in an LA basement studio over the course of two days. The group originally had not expected their music to reach anybody outside of the LA DIY community, so they wrote the music accordingly—simple, stripped down and straight to the point. But within the year, the duo saw their EP garner thousands of streams on Bandcamp and found themselves being swept onto the London Label Witchita, all before the two had even turned 19.

When I first saw the duo perform live, I felt that their presence on stage seemed a bit too out of place. They were sandwiched between two testosterone filled bands with aggressive, beefy fans, and both of these bands had a member count that more than doubled the mere two musicians that make up Girlpool. The two shyly stood on stage with nothing more than a guitar, bass and mic stand; it felt underwhelming to say the least. The pair looked more like a couple of fans who woke up



CAMERON BEAN

from a dream and somehow found themselves on stage. Then they started playing.

The duo is able to conjure up such a powerful sound with just two instruments and I will never understand how they manage to do it. Somewhere between the back and forth bass/guitar plucking and the sugarcoated harmonies it's easy to forget the lack of drums or any other percussion in their set. The two started crooning and suddenly the whole room was silent as the crowd eagerly clung to every word in silent admiration, save for the eruption of cheers after each song.

The brilliance behind Girl-

pool's songs lies in their simplicity. They sound like what Simon and Garfunkel might have sounded like if they died and reincarnated in the form of two angst teenage girls. Girlpool's songs are usually floating somewhere between the realms of "I could have written that" and "Damn! I wish I had written that." The members of Girlpool seem to almost take pride in writing songs with as few chords and notes as possible. Yet their execution, their synchronized sound and above all, those damn adorable harmonies will keep you coming back for more.

After the show, I overheard a conversation between the band

and the venue's bartender. I watched as the bartender walked up to the two, complimented them on their set and offered them drinks. Tucker smiled and responded, "Thanks, but no thanks; we're still underage."

The group currently has one U.S. tour and two albums under their belt and has found themselves on a foreign label's roster, sitting cozily next to the likes of Peter Bjorn and John, Bright Eyes and the Yeah Yeah Yeahs, all before the age of 21. This can't help but make me think, "What the hell am I doing?"

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Holiday playlist: Jingle bells, carols smell

NEBRASKA LUCAS
STAFF WRITER

Nothing announces the arrival of the holiday season like the same carols blaring in every radio station and department store aisle. Unfortunately, many of the tunes are replayed year after year with little to no end in sight. If you have become tired of the stereotypical and simplistic "Jingle Bell Rock," fear not—you do not need to shut off your Spotify in anticipation of a silent night just yet. Here are a few holiday songs that sit beyond the pale that just might do the trick.

1 "I Hate Christmas" by Ren & Stimpy, featured in Crock O' Christmas

This is a slow tune but a good one to be sure. With classic guitar riffs and a jazzy ensemble, "I Hate Christmas" is an anti-Christmas jingle even your grandparents will jive to—as long as they do not listen too closely, that is. With lyrics like, "People's greetings, and families meeting, I'm getting sick on Christmas cheers," "I Hate Christmas" perfectly encapsulates the continually nauseating awkwardness that is interactions with your extended family. You will likely be getting sick on never-ending familial holiday cheers...that and the flask of rum tucked in your jacket pocket. This tune is performed by a blue cat and a hairless Chihuahua,

who at first glance appears to be a shaven goat fetus with an eastern European accent, "I Hate Christmas" is a unique holiday classic.

2 "Very First Christmas to Me" by SpongeBob and assorted Bikini Bottom co., featured in "Christmas Who?"

Anyone that knows me knows that I am a SpongeBob fanatic, and around the holiday season, I make no exception. "Very First Christmas to Me" is an undeniably catchy tune that grasps at the memories of our first Christmases through the eyes of the ever-positive and beautifully naive SpongeBob. The accompanying visuals are hilarious—especially the scene where Squidward is attempting to thwart Christmas and he dumps mounds of trash from a two-story window of his house onto a dancing SpongeBob and Patrick. The song overall, however, is surprisingly sincere—and will remind you of the best parts of your holiday traditions. It includes an exciting finale with Santa Claus and a lady with mashed potatoes on her head, making "Very First Christmas to Me" a holiday must and my personal favorite on this list.

3 "Dominick the Donkey" by Lou Monte

There is no greater holiday anthem than "Dominick the Donkey." If you like Italian music, farm animals, gifts



ANDREA RISIOLLO

and happy children, then "Dominick the Donkey" is a solid choice to frolic in the frost to for each and ev-

ery one of us. The melody is upbeat and memorable with faux Italian accents and a donkey Bray that sounds

a lot like the rickety noise of someone banging in a Doney bed.

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Up all night to get that degree

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Stage 1: Denial

Despite the amount of times I've stayed up the entire night to finish homework and essays and studying for tests, I always begin the night by convincing myself I can complete it in some unreasonable amount of time. A 12 page essay? Easy, that'll take me three hours and I'll still get a full night of sleep. Take-home test my peers have been working on all week? I'll be in bed by 11, guaranteed.

Stage 2: Distraction

High on unfounded confidence and delusions of my own productivity, my denial is followed by at least an hour straight of wasted time. I'll watch every snapchat story, even the "LIVE" ones about sports that I don't care about. I'll wander the library looking for friends to participate in my procrastination. I'll listen to music and read the genius.com annotations of all the lyrics and I'll Facebook message funny video clips to all my friends from high school that I miss.

Stage 3: Panic

What!!! Excuse me, MID-NIGHT?? How is it that it's already a new day? How is it that I've been in the library for hours but have not accomplished a

thing? I can feel the sheer terror in my bones. I breathe through it.

Stage 4: Planning

I usually have to fish the paper with the prompt or instructions from the bottom of my backpack, where it's become weathered and folded with the many passing days of inactivity. I grab a stack of blank paper from the library printer for notes and lists and scratch work. I print all the readings I haven't done. I make a list of everything I need to learn and understand in order to complete the assignment. I create organized stacks in my work space around me and put all the pens, markers and highlighters I own in order so that I can readily access anything I need for all the learning I'm about to do.

Stage 5: Bargaining

All the organizing gives me a false sense of productivity, and I think I deserve a break. In fact, I deserve to not have to do this at all tonight. Instead, I should go home now and go to bed and get a fresh start on this tomorrow when I'm rested and have a fresh mind. I draft ten different emails to my professor asking for an extension. I send none of them.

Stage 6: Acceptance

I realize I will feel better if I

just get this out of the way now, I'm already in the library with 14 writing utensils at the ready. There's a sort of peace that finally settles around this time, I've at last come to terms with my fate and I'm ready to get to work.

Stage 7: Relocation

The library employees begin to gleefully flick the light switch on and off to indicate that it's 15 minutes until 2 a.m., 15 minutes until closing time. They will be off work soon and heading to their warm beds where they will rest peacefully. The other poor souls remaining in the library and I take the flick of the light switch to mean that it's time to relocate. I move my organized stacks of books and papers into one big neat stack which I carry cautiously down from the second floor, out the main door and into the 24 hour section of the library—the dreaded "Fish Bowl."

Stage 8: Productivity

Maybe it's the harsh fluorescent lighting of the Fish Bowl, or maybe it's the harsh realization that it's already 2 a.m., but this is when the fun stops and the bulk of my work gets done. I'm a sad, tired student in a sea of other sad, tired students and we work in silent camaraderie. I work for hours and hours, downing another energy drink each time

my eyelids begin to feel heavy and my mind starts to wander to flannel sheets.

Stage 9: Exhaustion

Unfortunately, caffeine is not a direct substitute for sleep. Just after the sun rises, my body begins to feel like a garbage can and my movements feel slow and forced. I stumble home, convinced that a shower and a hearty breakfast will make me feel like a human again.

Stage 10: Panic (part 2)

I start the day like a real person would, in an effort to trick my brain into thinking that a normal morning routine means that I had a normal night of sleep as well. It almost works. Then the second wave of panic comes, causing me to run back to campus to put last touches on the assignment in order to finish it just before class.

Stage 11: Recovery

I hand the assignment in. I promise to never do this to myself again. I sleep for as long as I please, because I am a responsible, hard-working student and I don't have anything due for at least another few days.

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Year of the vegan

CHRISTINE SMITH
LIFESTYLES EDITOR

"New year, new me" I silently chant to myself every time the period of new beginnings rolls up, starting with New Year's Eve and ending approximately two weeks into the new year. The digits at the heading of my paper consistently change, my hair grows longer and I get a little older, but few of my intentional life changes tend to last...except one.

One time in middle school, I made a New Year's resolution to try to become ambidextrous. I figured it was an acquired skill so I spent a good month writing the alphabet with my left hand, in addition to my right hand. My handwriting is such slop with my dominant hand that I can almost say that I can write with both of hands since both forms of script that are produced are just as illegible. What I got out of that resolution was the newly attained ability to dribble a basketball with both hands and, well, I'm not ambidextrous. So I didn't stick to another resolution for long after that.

Then about two New Year's Eves ago, I decided to change my eating habits. The first time my parents fed me steak as a baby, I screamed and cried, convinced they were feeding me feces and not food (there's a video, I swear). Growing up, I would go to fast food restaurants and order a hamburger, but ask for just the bun and ketchup, keep the beef. Then I went through a gross stage late in elementary school where steak became my dish of choice, preferably bloody and medium rare. I completely flip-flopped in seventh grade and stopped eating red meat because I'd been consuming food at an alarming rate and was packing on the pounds. I stopped eating meat entirely the beginning of high school, in conjunction with reducing soda and fast food intake because it was honestly a health concern.

So when New Year's of my first year at Willamette came around, I'd already been vegetarian for years and had slowly reduced my intake of eggs and dairy up to that point. There was one thing that was holding me back from adopting a vegan lifestyle: Flamin' hot Cheetos. I ate those bad boys like nobody's business and in all forms—lime, puffs and fries—and honestly thought I could never give them up. It seems absurd, but I swear a fourth of my body composition was made of those chips, until one fluke incident freshman year made me swear off of them for life. You really can have too much of a good thing. To this day, I have found no vegan alternative or recipe, but it's okay, I'm not bitter.

Once this spicy roadblock was out of the way, I knew I could do it and I made it my New Year's resolution. Now I can't imagine not eating this way and it's almost two years later. I feel good, the animals I'm not eating feel even better and I have discovered some dang good recipes and restaurants since expanding my range and exposing my taste buds to really anything that doesn't have a face. New year, new me indeed.

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Bad Christmas specials to exorcise your holiday spirit

ALAYNA RILEY
STAFF WRITER

It is getting to be that time of year when ABC Family airs their 25 Days of Christmas line-up and TBS will show "A Christmas Story" nonstop Christmas Day. However, people forget that not every Christmas is a jolly good time. Instead of sitting through the same old happy-go-lucky Christmas movies this holiday season, take a look at some of the worst Christmases from TV shows and movie's past:

1 "The Ref" (1994) – Comedy
Sometimes being held hostage is better than having to spend time with your in-laws. A couple spends their Christmas Eve captive while their captor endures their endless bickering. This film leaves the viewer with a fresh new perspective on the family gatherings that they once thought were the worst way one could possibly spend the holidays.

2 "It's Always Sunny in Philadelphia" – "A Very Sunny Christmas" (2010) – Comedy

You know your Christmas is bad when seeing Danny Devito naked isn't the worst part. Sometimes Christmas just isn't as good as you remembered it being when you were a kid.

3 "National Lampoon's Christmas Vacation" (1989) – Comedy
Clark Griswold can never catch a break, even during the holidays. This film is a festive take on the classic family vacation gone wrong genre of movies, with the addition of the holiday season to make things extra crazy.

4 "Die Hard" (1988) – Action
Let's not let a few terrorists ruin the office Christmas party. While not technically a Christmas movie by nature, the film is sup-



SHAYNA WEIMER

posed to take place on Christmas Eve so it should count.

5 "South Park" – "Woodland Critter Christmas" (2004) – Comedy

We all want to meet cute talking animals at Christmas, just maybe not the ones in this episode.

6 "Gremlins" (1984) – Horror
Comedy

You had one job: don't feed them after midnight!

7 "Kiss Kiss Bang Bang" (2005) – Comedy/Film Noir

If you look up "idiot" in the dic-

tionary, you know what you would find?

8 "Black Christmas" (1974) – Horror

Apparently, serial killers are immune to the spirit of Christmas. This slasher terrorizes sorority sisters who stay in their sorority house over winter break, making it a holiday to die for.

9 "Scrooged" (1988) – Comedy

Bill Murray can never get ghosts to leave him alone. Richard Donner directed this modern take on "A Christmas Carol" and it gets

really dark really fast.

10 "The Nightmare Before Christmas" (1993) – Musical

Halloween and Christmas do not mix as well as one would think. It is often argued that this is more a Halloween movie than a Christmas movie and vice versa so watch this cult classic and decide for yourself.

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Beauty bey



**NNDIVHALENI
NETSHIAVELA**
STAFF WRITER

Women are given conventions that they are expected to conform to regardless of how unattainable they are. They have to be slim, fair, and tall with straight, long hair. If they are not any of those, the media teaches them to starve ourselves, bleach their skins, put on fake hair and do whatever it takes to be tall.

Of course there is more to this foolish criteria that women are expected to meet. This society suffers from the unable-to-accept-women-for-who-they-are syndrome.

Willamette students Navindi Hewage, Hawi Muleta and Luisa Williams have all been subject to the teachings of society about why who they are was and is not enough. During their teenage years they all faced unique burdensome issues regarding their appearances. From the shunning of skin tone to their beauty being defined by the length and straightness of their hair, all three women say they have gone through a phase where they were self-conscious and doubtful of their own beauty.

Navindi Hewage

The first things that strike me apart from Hewage's radiant, warm smile are her big beautiful eyes and her richly melanised skin tone. I am both in awe and confused: the awe within me is evoked by her beauty and the confusion by how the community she grew up in 'otherized' her because of her skin tone. Without the risk of exotifying her (I keep staring at her beauty), I ask if it is okay for us to sit in the sun because I am cold.

"I am avoiding the sun," she says.

"Oh? Why?" I ask.

"I do not want to get any darker," she says, with a slight smile on her face.

Navindi Hewage is a 19 year old sophomore biochemistry major from Sri Lanka. She grew up in Colombo, the capital of Sri Lanka,

before moving to California then Texas.

Navindi navigated her childhood with extreme difficulty because of her skin tone. She had to endure the pain of discrimination from some of her teachers, bullying from her peers and unbearable remarks regarding her skin tone from those around her while growing up. Some of her teachers would unfairly treat and punish her because she was a shade darker than their norm of a preferable skin tone.

It is every child's right to grow up joyfully, without worrying about beauty and heavy issues like their place in society. Unfortunately, this was not the case with Navindi; everything in her upbringing revolved around her getting lighter, from the food she ate to even pleading with her mother to buy her lightening cream, just so she could have a sense of belonging and meet the expectations of society's beauty standards.

"I used to drink a lot of water and eat a lot of carrots because I was told they would make me lighter. All the things I wanted, the first step was changing my skin colour. It's like nothing depended on me. Everything depended on my skin color. In my school my teachers did not treat me as they treated students who were lighter skinned!" she said, with a chuckle.

We decide to walk around campus to look for a perfect spot to sit and talk and I cannot help but look at her again, this time I notice how well her blue caftan compliments her skin tone. We start talking about our shared struggles of growing up dark skinned in communities that overlooked darker skin tones.

"I held a girl's hand once because she was sad and she looked grossed out and she pulled away. I think it has translated throughout my life. If people don't wanna hug me, I attribute that to myself," she explains.

Although Navindi is in a better place with herself, she is still very conscious of her dark skin and avoids doing things or engaging

in activities that might result in her skin becoming darker. She is still unlearning some of the things she was taught at a young age, but, she states, it is not easy and she does not feel like she will come to a point where she fully accepts herself.

Hawi Muleta

Hawi Muleta, a sophomore politics major born in Ethiopia and reared in America, not only faced identity issues but also battled with being told that the length of her hair made her the better black and not the black girl from Africa who ran with lions. There is a general assumption among ignorant people that Africa is one huge jungle that hosts animal-like people.

She diligently speaks about how she prides herself in being Ethiopian. She unties her short and bushy beautiful black hair with brown edges as she looks for another hair band. She plays with her hair and jokingly reminds me that she is on "fleck" and I should give her my attention. She shakes her hair as her laugh easily escapes her being. It is difficult to not entertain her.

"Not being the stereotypical Black person made growing up in America very uncomfortable. There were exclusion moments because of me being African."

"Did you, at some point, feel exotified?" I ask.

"Yes, when I was younger I had really long hair but it was seen as like, I was beautiful because I only had long, beautiful hair. My peers would say my hair was not like that of other black people and it was offensive but I was never sure how to respond to that at a young age," she said.

Hawi adds that at some points she would straighten her hair more because she thought that was how her hair was supposed to look in order for her to be more appealing to the American society. The compliments she received after straightening her hair fuelled a habit that in the long run damaged her hair.

"I think the hardest part would be when people told me I was

beautiful because of the hair or because my skin tone was not as dark. It was difficult because I would have kids pull my hair just to prove that it is real and not a weave," she said.

Being of Ethiopian descent and breaking the stereotype that Africans are not smart enough changed the mindsets of those around her. While her peers started looking at Ethiopians from a different light, this still continued to downgrade and disregard other ethnic groups in order to make another group look better.

It was only in high school that she started to reclaim her identity.

"I started realizing that there were problems in some aspects of my life that were significant. Not that beauty wasn't, because it was and is. It affects how you see yourself and how you see other people," Hawi said.

Luisa Williams

While sitting alone on the far end of Goudy, Luisa Williams approaches me with a huge smile on her face. We start to engage in a conversation about random things on campus and how we procrastinated the weekend. She speaks on how she spent the whole weekend watching videos online. I start asking about her hair and there is a sudden shift of emotion. Her smiling face is replaced by a blank two-second stare.

Although there is a general acceptance of curly hair now, it has not always been the case. Luisa, a sophomore sociology major, says she had low self-esteem while growing up because of her curly hair. She spent most of her early years trying to imitate her older sister, who had straight hair.

"I always felt like my sister had everything I was missing, so I started to dress like her and straighten my hair to be closer to what hers was like," she said.

She continued to speak of her struggle of hair acceptance as a young girl.

"It was hard not to hate my hair when I spent hours in front of the mirror trying to do something with it only to be completely

dissatisfied by what I had done. It didn't look right to me," she said.

The media did not make it easy for a young Luisa. Like most teenagers, she would flip through magazines to see what hairstyles she could do with her kinky hair and she would close the magazine more disappointed because all the 'easy, chic style' section required straight hair. To add to her burden, she was also bullied in school because of her hair.

"I remember being moved to the back of the classroom in middle school because a student behind me said he couldn't see the board past my hair. I remember people used to grab my pony tail and say it's like a pillow, a bunny tail, or they were surprised it was so soft," she says.

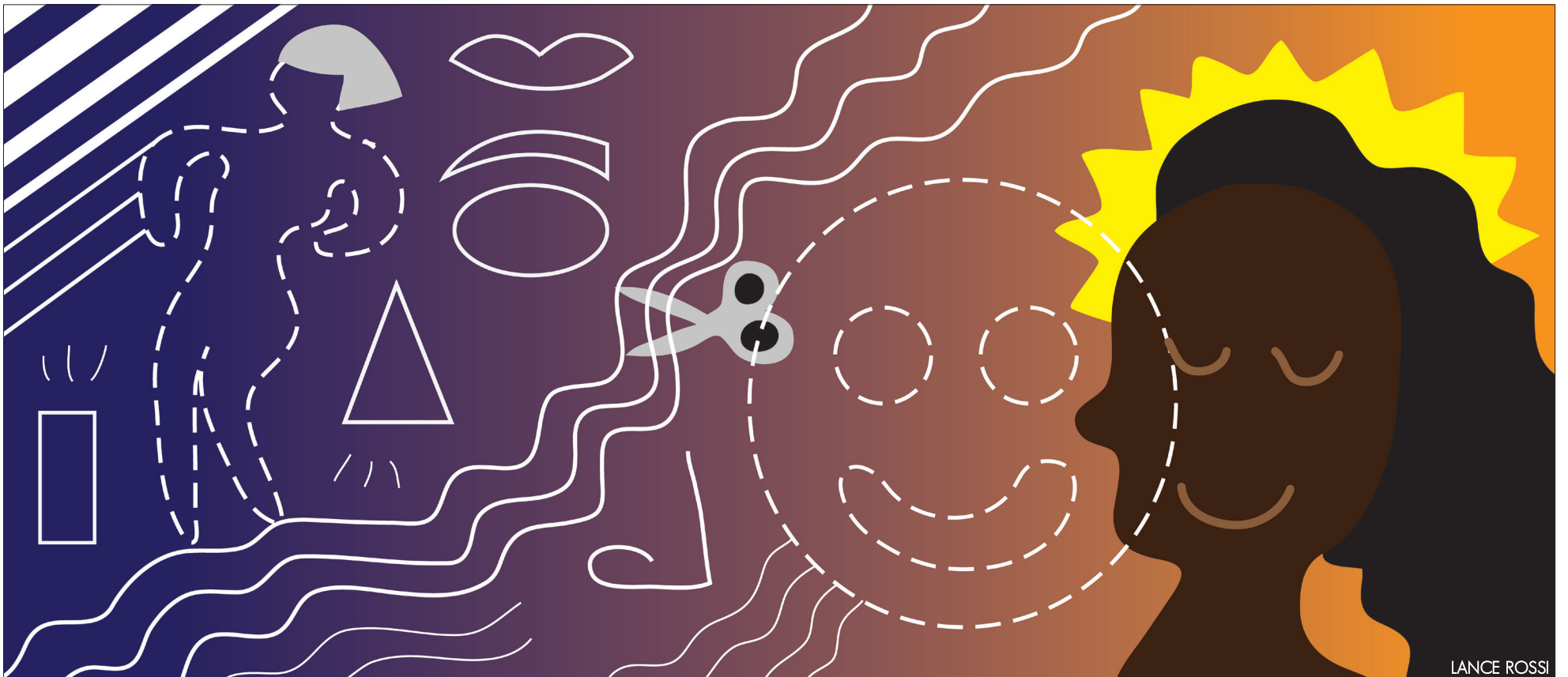
Her classmates obviously did not recognize that they were damaging her self-esteem. She felt ugly and spent time crying alone in her room, wishing she could just cut her hair to end the misery.

I asked if there was a turning point in her life where she began to feel comfortable with her hair.

"I wouldn't say that there was a turning point, but a turning phase. I actually became so worried about my health that I started talking to my mom and sister about how I felt. I still struggle every once in a while with my overall appearance. I don't think there will ever be a long period of time when I don't, but they just aren't the most important things to me anymore," she says.

After listening to these beautiful women narrate their stories with so much depth and openness, I realized that their struggles are not isolated experiences, but that many women share the same sentiments. These are but the few struggles that female bodies go through. Women exist outside magazines, they have stretch marks, flesh, kinky hair, flat chests and every other feature the media shuns but this does not make them any less majestic. Women were created to be valued, not to be recreated.

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Behind Barbie



Navindi Hewage



Hawi Muleta



Luisa Williams

Women's b-ball on a roll, men look to rebound

ERIC DEL PRADO
CONTRIBUTOR

Over the last week, the Willamette University men's basketball team played three preseason games. These included a trip to California to play Chapman University and University of LaVerne, as well as a game at home against Corban University.

The trip to the Golden State began against the Chapman Panthers on Friday, Nov. 20. Chapman came out on top 72-62, despite several strong efforts from various 'Cats. Leading this effort was senior forward Brandon Luedtke, a double-double machine who scored 10 points and came down with 12 rebounds. Sophomore guard Conin Oishi led the team in assists, dishing out four.

Headed into halftime, the 'Cats only trailed 37-31, but Chapman came out on fire to start the second half. They held a 45-33 lead with 16:33. The Bearcats came storming back and took a 53-52 lead after sophomore guard Matt Billingsley-Peeler scored on an old-school three-point play. The Panthers would eventually retake the lead however, and never look back as they held on for a victory. Chapman was led by freshman Rob Nelsen, who had a game-high 15 points.

On Saturday, Nov. 21, the 'Cats headed to the University of LaVerne, to play the Leopards. The two teams engaged in a shootout, but the Leopards came out on top by the narrow margin of 90-87. Sophomore guard Brendon McCullough led all scorers with 20 points, while sophomore wing Nico Troplent

added 16. Senior wing Bridger Harlington and Leudtke both added 13 points.

The game was all LaVerne until Leudtke put in a layup with 50 seconds left in the game to bring Willamette within four, 85-81. After the Leopards sank three free throws, Harlington drained a three-point-er to bring the score to 88-84. The Leopards would then make another free throw before Harlington drained another one from downtown. However, it was not enough as the Leopards made another free throw to put the nail in the 'Cats coffin and escape with a 90-87 win.

After a week off, the 'Cats came off their hiatus to play crosstown rival Corban University on Saturday, Nov. 28. Willamette was not able to hold on as the Warriors came out on top 75-74.

Harlington led Willamette with 16 points and Leudtke ripped down nine boards. The 'Cats were leading 74-73 with 10 seconds left in the game, when Corban sophomore AJ Monterossi did his best Kobe Bryant and drilled a 16 foot jumper to seal the deal.

Willamette's next game will be Wednesday, Dec. 2 as they travel to Boise, Idaho to play the NCAA Division I Boise State Broncos. They will return to Oregon to begin Northwest Conference play and take on the Pacific University Boxers, at 8 p.m. in Forest Grove, Ore.

Meanwhile, the women's basketball team is off to hot start this season, as they currently own a 3-1 record

On Friday and Saturday, the squad hit the road heading to Multnomah, Ore. for their first two

games against Dallas Christian College and Multnomah University, respectively.

The 'Cats cruised to a 72-50 win on Friday against Dallas Christian. This game was all 'Cats from the beginning, as they stormed out to a 25-9 lead in the first half and never looked back.

Junior guard Kylie Towry put up 13 points, sophomore forward Madi Andresen added nine and sophomore point guard Mary Eckenrode had seven points. Eckenrode spread the love with team high five assists.

The Bearcats were rude guests the very next night, as they took down host team Multnomah University 89-65. Again, this game was all Bearcats all the time.

Hamilton, once again led the squad with 18 points, while junior forward Alex Wert grabbed a career-high 16 rebounds. Also in double-digit points for the 'Cats were Towry with 16, Eckenrode with 13, Andresen with 12 and sophomore guard Ashley Evans with 11.

The Bearcats finally took their first official loss on the season when they took the court against the Claremont-Mudd-Scripps Athenas.

The game was neck and neck going into the fourth quarter but CMS ran away with it, outscoring the 'Cats 28-15 in the fourth, resulting in a 69-53 win. Towry led the 'Cats with 16 points.

The team bounced back to finish up a busy and successful week on Saturday, with a 67-64 victory over the Pomona-Pitzer Sagehens. The Sagehens took a 57-55 lead late in

the third quarter, but the Bearcats would come back and win the game.

Towry continued her hot shooting as she scored 20 points, and Wert grabbed a game high 10 rebounds.

The 'Cats will start NWC play this Friday at 6 p.m., against the Pacific Boxers in Forest Grove, Ore.

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CHRIS SABATO



CHRIS SABATO

Top: Senior Brandon Luedtke had a double-double last Friday against Chapman. Bottom: Junior Racyne Parker contributes to her teams hot start. The women are currently 3-1.

Bearcat Spotlight

MARK ANDREONI
CONTRIBUTOR

Bearcat Spotlight, a weekly feature, interviews personalities, captains and talents from Willamette varsity and club sports. Find out about these athletes, and what they do when they're not at practice! Up this week, a special edition of Bearcat Spotlight, featuring several of Willamette's finest intramural athletes.

Is there something you are obsessed with?

Ellery Seither: Flowers and children. Rebecca Ellecamp: I'm obsessed with taking candid photos of my friends, family and occasionally strangers.

Stephen Leach: Seahawks. Always Seahawks.

Juliana Cohen: Reading about cults.

Sam Hilburn: Obsessed with the excruciating minutiae of everyday life.

Mia Carranco: "Gilmore Girls", Tolerone and lavender.

Kenya Reutin: McDonald's fries.

Michael Chen: Intramurals. So obsessed I forget to do my homework sometimes.

Lexi Walker: No shock here, but I love Lil B.

What is your go to cheap item at goudy?

Ellery: Soup.

Stephen: PB and J for sure.

Juliana: Quesadilla.

Sam: Whatever fits in a pocket.

Lexi: The fries. They load those babies into to-go containers.

Celebrity crush?

Ellery: Alex Turner or Rupert Grint.

Rebecca: Flume. He's a babe, and turns out banging tunes.

Juliana: Shia Labeouf.

Sam: Larry David.

Mia: Krysten Ritter.

Michael: Taylor Swift! Is that even a question?

Lexi: Bernie Sanders. Only man over 50 to really get me going.

Do you sleep on your side, back or stomach?

Ellery: All three?

Rebecca: I sleep on my side most of the time.

Stephen: I usually wake up on my side.

Sam: Stomach.

Juliana: Side.

Michael: Stomach every single night.

Lexi: Stomach to muffle sleep talking.

What song do you hate the most right now?

Ellery: Uh. Meghan Trainor or something.

Juliana: "Hotline Bling".

Mia: "Sex on Fire" by Kings of Leon. This answer has been the same for several years.

Michael: I love to hate "Hotline Bling".

Lexi: "Sorry" by JB. I actually love the song, but personally, the embarrassment of knowing every lyric induces a certain degree of self-hatred over time.

What is your favorite intramural sport you have been involved in?

Ellery: Flag football. It's the only IM sport I've played.

Stephen: Flag football.

Sam: I've only played soccer. It was a blast.

Kenya: Soccer.

Michael: Volleyball because when Holly [Walsh] sets it to me I'll spike it 30 percent of the time!

Lexi: Flag football. The rules allow for women to participate meaningfully.

What mythical creature would you want as a pet?

Ellery: A humongous dog.

Rebecca: I would have to say Morph from "Treasure Planet".

Stephen: I'm thinking a Hippogriff.

Juliana: Um, a dragon...

Sam: Can I have Yoda as a pet? He's a creature, but also a person. Is that wrong?

Mia: A big water monster, like the Loch Ness monster.

Michael: Dory.

What is an overrated liquid?

Ellery: Pumpkin spice anything

Rebecca: Sweet tea. Great, now I won't be allowed back in the deep south.

Sam: Water. What are we, fish? It's not like anyone ever died without it.

Michael: Passion tea lemonade from Starbucks.

Mia: Kombucha.

Lexi: Carbonized water, like Perrier. I don't understand that. Just drink normal water or sprite.

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LANCE ROSSI



Scuba provides lifetime of thrill, wonder

SAM KEECHLER
PHOTO EDITOR

We find ourselves on this beautiful planet that happens to be covered in about 70 percent of water, where 94 percent of life on earth is aquatic which makes us land-dwellers a very small minority to what we call home.

Now, because humans have not yet evolved, grown gills and are unable to breath underwater freely, we are limited in the ways of exploring the depths of this underwater museum.

But imagine having an oxygen tank strapped to your back, regulator in mouth and experiencing total freedom hundreds of feet deep as you seamlessly float through the deep blue and explore the depths.

Scuba, which stands for self-contained underwater breathing apparatus, made a splash in in the late 1800s in Europe and has since taken great strides and evolved into the sport it has become today. Even then, we still have only been able to explore less than five percent of the Earth's ocean and have better maps of Mars than we

do of the oceans' floor.

I argue that scuba diving is very underrated as a sport we humans decide to participate in. Whether that be for reasons such as time, money or convenience; certified divers can attest to the experience that is like no other. Here at Willamette, we are lucky enough to get the chance to become scuba certified and experience a lifetime of diving that never expires.

While with most scuba classes one must go through an outside dive shop company to receive their certification, Bearcats have the convenience of going through the complete course and get certified here on campus in just a few short weeks. Offered through the exercise science department, Willamette has two different scuba classes, taught by Mark Fischer and his Hydro Sports team.

Scuba I and Scuba II are both half semester classes open to anyone interested in becoming a diver with their open water certification dive in the beautiful Puget Sound for a weekend up in of the state Washington.

Mark started teaching scuba at

Willamette in 2001 after opening his dive shop in 1994. Since getting certified in 1992 Mark has been on a total of 4,317 recorded dives in over 20 different countries including the Caribbean, Canada, Indonesia, Tahiti, Fiji, Philippines and all along the Pacific Coast.

"I've always loved the water, exploring, being able to breath underwater and see the natural world in person instead of in pictures, and it also gives me a reason to travel all around the world," Fischer said.

With so many different places to explore and the thousands of species that appear underwater, why would you not take advantage of this opportunity?

Scuba I includes a traditional PADI open water certification and your own mask and snorkel. Scuba II is the proceeding class that earns you your Advanced Open Water Diver certification where you are awarded a dive light and dive tool. Many WU students have gone through both dive classes including international students and many TIUA students and have had many great things to say about the class. Senior Jewels Fallon completed

the Advanced Open Water course.

"It is not a large time commitment because you really only meet a couple times during the semester and they plan those times to work with everyone's schedules. The actual certification weekend is the biggest time commitment but is only one weekend and a lot of fun," she said.

Overall, scuba diving is an amazing experience giving you the feeling of total freedom as if you are flying while still being able to breath like normal and explore what lies in the deep depths of the ocean. Earn your certification today and have access to a lifetime of fun diving with family and friends.

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Mark has offered to conduct 'Discover Scuba' tutorials for Willamette clubs, Greek houses and other organizations on campus interested in learning about diving. For more information about classes and diving email Fischer at mark@hydrosports.com.

An athlete no more

CONTINUED from Page 1

Some days it's impossible to honor that though, and there's the rub. Running is the most brutally honest sport. You can't get hot, you can't lie to yourself about your weakness.

At the end of the day you have only yourself to answer to for successes or failures.

One of the best runners in Marin County history (who happened to be on my team) once told me that if you have a higher time than someone you own them. I would actually amend that: the time owns you. When you've finished that's really all that remains. Your name and the time next to it for everyone who comes after to measure up against. For me those numbers are 4:36 (mile) and 16:44 (5k). These are a far cry from the rather optimistic goals I set for myself one night my sophomore year. They were 4:20, 15:45, 15:30 (three mile) and top 10 in league senior year.

I fell short of every single goal. Probably a result of excessive optimism more than anything. Even still as the door closed quickly on my last high school postseason (the kick just wasn't there) I still probably could have run in college if I'd wanted.

When you're not at the level to compete in Division 1 athletics, you must really love the sport. There is no scholarship. Not much hope of competing on a large stage (though running is slightly different in this regard than others because of invitationals). The commitment, however, becomes larger even though the rewards gained remain largely personal.

I decided to walk off for the last time that sunny day at Redwood High School. Will I still run? Yes. Will I still race? Probably at some point. I decided that I couldn't dedicate myself at that level anymore, and for that I get to live with the constant, "what if?" Many of us never get to see our athletic potential fully realized, but there's an optimistic side to the "what if?" as well. The thought you could have been better than where you stepped off. The feeling that with more training you could have reached the goals you set and more.

No matter what, you always have that time, and I know I'll never forget that race. It was an overcast day in Santa Rosa. The third heat of the boy's varsity mile had started fast. My teammate and I were near the back of the pack at a 69 second first lap. The next two continued at a similar pace and little by little the leaders fell back and we moved up. By the gun lap we were 3rd and 4th respectively. After 3 sub 70 quarter miles, I still had something left. I did something cavalier, dramatic and probably unwise. I kicked at the 4:00.

I passed the remaining two runners on the first hundred as they tried to hang tough. It's an odd sight when the track is empty in front of you. You're so used to people up there that it's almost unsettling when you're actually in the lead. I guess it's because they're all chasing you. I was flying up until maybe the last 5 meters, and at that point, I guess whatever ever had possessed me decided to move on. I stumbled the last few meters, it was enough for my teammate and one other runner to pass me.

The race didn't matter to anyone but me. Just another heat of varsity boys that day, but that lap will be something that I will always remember, because for 60 or so seconds, it had all been worth it.

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Mark Fischer takes a hands on approach to teaching his students the wonders of Scuba in his two classes focused on the basics of the sport.

this week in sports

sun	mon	tue	wed	thu	fri	sat
<p>BRAYDON CALDER STAFF WRITER</p> <p>NBA</p> <p>The Golden State Warriors have beaten the record for most consecutive wins to start a season. The previous record of 15 wins was held by two different teams before being broken by the Warriors, who as of Monday, sit at 19-0.</p> <p>On the other end of the spectrum we have the Philadelphia 76ers. The 76ers were 0-18 on Monday. This tied the record for the most consecutive losses to start an NBA season. Philadelphia already broke the record for the most consecutive losses in NBA history, spanning from the end of last season. Then, in an amazing turn of events, the 76ers played the Lakers on Tuesday, and actually won!</p> <p>Speaking of the Lakers, Kobe Bryant announced his retirement.</p>	<p>Bryant has shot 1-14 and 4-20 in two separate games this year, so no one is really surprised about the announcement from the 37 year old.</p> <p>NHL</p> <p>NHL fans got to see a lot of hockey last week, as eight of last Friday's 12 games went into overtime. That hasn't happened in the league for over eight years. The Columbus Blue Jackets also became the final team to play in overtime this season. The team set a franchise record by not going into overtime for the first 23 games of the season.</p> <p>The LA Kings are 2-3 in their last five games. Despite this, they still sit atop the Pacific Division at 14-8-1 and 29 points. The San Jose Sharks are in second in the Pacific Division and just one point behind the Kings.</p> <p>The random team to talk about this week is the New York</p>	<p>Islanders. The Islanders started the season 7-3-3 but have since gone 5-5-1. They are currently in fourth place in the Metropolitan Division with 28 points.</p> <p>MLS</p> <p>As mediocre as the Timbers were in the regular season this year, they have found a way to make it to the MLS Cup. The Timbers were in sixth place in the Western Conference for most of the year, before jumping to third on the last day of the regular season and have since gone on to win three postseason matchups and have become the Western Conference Champions. The Timbers beat FC Dallas 5-3 on aggregate to advance to the MLS Cup.</p> <p>On the other side, the Columbus Crew won the Eastern Conference Finals. The Crew faced the New York Red Bulls, who were the Supporters Shield winners this</p>	<p>year. The Crew and Timbers will face each other on Dec. 6. NFL And then there was one. The Carolina Panthers are now the only undefeated team in the</p> <p>NFL</p> <p>They moved to 11-0 after handling the Dallas Cowboys this week, 33-14 on Thanksgiving. The New England Patriots, who were 10-0 going in to this week, battled the snow and the Denver Broncos, but came up short, losing 30-24 in overtime.</p> <p>The Seahawks are still clinging on to their playoff hopes. The Arizona Cardinals sit at the top of the NFC West at 9-2 and the Seahawks are in second at 6-5. Unless the Cardinals drop four of their last five games and the Seahawks win out, they will have to hope for a wildcard spot.</p> <p>bcalder@willamette.edu</p>			



Mental health: Academics aren't for everyone



JESSE SANCHEZ
COLUMNIST

The current system of mental health care focuses on normalization. We are often referred to psychiatrists and psychologists when underperforming in school or not meeting social expectations. New pathologies appear by the hour for behaviors some authority has determined abnormal. An inclination to explain behaviors deemed improper or unproductive will keep the DSM growing forever.

My intention is not to question the very real impacts of mental illness on so many lives. Too many Willamette students spend their days depressed and anxious. Countless chemists and psychiatrists have given us explanations of the material reality of mental illness and ways to combat it through medication or other reparative therapies. If one finds such solutions useful to lead the life they want, all power to them. However, we must understand that for some people, forcing ourselves into norms of conventional work and daily habits will not lead to a better quality of life.

Mental illness is very real, and the current approaches to combating the conditions plaguing Willamette students at above average proportions will not resolve the problem. Again, although medications are valuable and beneficial in how they may help one cope with the daily stresses of existing in systems of constant demands and criticism, our minds are more than material.

Happiness won't be found in a pill bottle. There are many approaches to combating the issues we label as pathologies. While some of us are born genetically predisposed to vastly different emotional patterns, many environmental factors and lifestyles also significantly impact our daily lives. The pressures of school and career goal exacerbate and often create conditions that are difficult to cope with.

This isn't meant to discourage anyone from going to Bishop or quitting your psychology major. We still need resources for not matching the systems we are forced to get through in order to afford a better quality of life.

However, as finals week approaches, it becomes increasingly



clear that while this single week has the capacity to influence the trajectory of our careers choices, it will not define us. If anything, maybe some of us will learn that academia is not the best career choice. Being less than an A student shouldn't lead one to believe they need to be fixed.

A post from a nurse recently appeared on my social media feed with images of the physical differences between a "normal," ADHD, and depressed brain. Neurotypical might

be a better term than "normal." The issues lies in the conflation of normal and good, ideal, or effective, terms which seem to be perceived by many as the ideal of healthy. Maybe our goal shouldn't be to make students with ADHD be the best students, as there's more to life than the classroom. We can go on to do great things using the dynamism of different ways of working and unique personalities.

While there are certainly ques-

tionable behaviors that we might be able to sum up with a label, no one's personality is a disorder. Bipolar are people with a condition that indicates aspects of a personality. Our personalities are all varied and should be treated with more respect.

Maybe using labels such as "bipolar" can help some people understand and to cope with others, but defining a person as ill and in need of curing can be harmful. However, believing all of a person's negative

behaviors are the result of a label doesn't help to improve that person's life.

If people still struggle with academics despite the accommodation, then that's okay. Missing deadlines may be an issue, but we shouldn't be defined by it.

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Body image: The definition of acceptance

JOSHUA SINGER
OPINIONS EDITOR

The great thing about discussing fat acceptance, or fat activism, is that, like most charged topics, it will inevitably irritate some group.

On one hand, some see fat acceptance as a necessary movement. They believe overweight individuals are harshly and unnecessarily discriminated for their weight. These people also tend to associate fat acceptance as retaliation on media's specific and tight definition of "attractive" women as well as men.

On the other hand, there are others believe overweight individuals are using fat activism as an excuse for laziness. Some even go so far as to say that this dis-

crimination may be even helpful to overweight individuals, assuming these insensitive remarks will "motivate" overweight men and women to pursue a thinner body.

Is obesity a problem in the U.S.? Of course, according to the Journal of American Medicine, close to one third of U.S. adults are obese: a disease which increases the chances of many other life threatening illnesses such as heart disease. So although many may be unfairly critical of their weight because they do not fit the photoshopped models plastered on gaudy magazine covers, there still exists plenty of individuals who could gain a lot from slimming down.

That said, the idea that overweight people need to feel awful in order to be motivated into be-

ing healthier baffles me.

This misguided idea stems from a single misunderstanding: the false belief that accepting something removes the possibility, or desire, to better that something. As the novelist Flannery O'Connor stated, "Accepting oneself does not preclude an attempt to become better."

Indeed, those who believe that this discrimination is necessary forget that it is entirely possible for someone to accept one's body while still wishing to improve it, whether that means gaining more weight, or less weight or perhaps no weight at all. People can aspire for a healthier tomorrow while still being pleased with their status today. That's one of the beauties of humans: we will never be satisfied.

There is little need to make others miserable with some "tough love" approach to encourage individuals to live healthier lives. Furthermore, people will never need outside help to feel adequately awful. We can do that on our own.

Because what is fat acceptance or even, more generally, acceptance of one's body? It's just that: acceptance, to be content with something. Most people who advocate fat acceptance are not putting anything on a pedestal or claiming another body image to be the next, go-to reference for a new Barbie or G.I. Joe.

Because while there are plenty of legitimate reasons to dislike people, physical appearance is never one of them. Focus on personality instead. There's a lot in

that area to find a reason to dislike everybody.

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Live, laugh, eat, pray, love on the library carpet

ELIZE MANOUKIAN
CHIEF EDITOR

A professor once commented on the nature of my writing, saying, “like a wolf, you wander.” More often now, writing is a wandering job, as I’ve found myself circling around the same ideas in a dispersal pattern, searching for something I’ve felt for a while.

Recently, while wandering, I found myself pacing in the stacks of Hatfield’s second floor, flipping through books about German philosophers like it was my job (it’s not). I

found the story of a letter exchange between two, one of whom was justifying his hostility towards 1960s radical student activism to the other, bitterly critiquing the character of their protest and even calling for the arrest of 76 students who were camped outside the doors of the Frankfurt school.

Whether or not you know Adorno, and even if you believe that old-school Marxist theorists were actually capable of engaging in self-criticism, the decision by someone in a position of power to suppress peaceful

student assembly is no joke.

On the library carpet, I tried to imagine what it looks like when universities reacted in this way toward the students who were there to learn. I didn’t have to use my imagination. I was just in high school when the chancellor of UC Davis gave the green light to campus police to pepper spray protestors in the face for illegal sitting.

But universities have always been conservative institutions, built to educate and maintain the status quo. In the 1950s, McCarthyism reigned in Ameri-

can academic institutions, and universities across the nation were still segregated. 10 years later, American colleges banned political activity to prevent students from speaking out against the Vietnam War.

And just this year, black students across the nation were called “fascists” and “immature” for trying to establish safe spaces by which to navigate a campus that, believe it or not, does not always foster the most productive conversations on race or racism.

I’m going to wander again: for our Opening Days

issue, our editorial board wrote a piece about the energy abounding through the campus in tightly wrapped bouquets, vibrating like the lanyard around a twerpy first year’s shoulders. Months later, I’m exhausted. While six months of life is a sprint, the road to graduation is a marathon looming, and the path winds uneasily across an unknown plane.

It’s a difficult time, that part between the beginning and the end (in ancient Rome, they used to call it, *Inter lupum et canem*, or

between the wolf and the

dog). Come December, even the happy kids are burned out.

Perhaps the ever-expanding Willamette administration knows that students feel this way, and are tirelessly devoting the energy to take campus life seriously.

In the mean time, when students they say that they do not feel safe, when they push for something better and especially, when they agitate systems in place that do not recognize them, why wouldn’t you believe them?

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Letter to the editor

It’s kind of like a joke, but it’s really not that funny.

Girl goes off to college. Girl quickly realizes she is too old/too wounded/too diseased [in all the wrong ways]/too healthy [in ways she is not supposed to be healthy, meaning emotionally]/too selfish/too good at caring for her heart/too angry/too...insert choice word here.

At any rate, she is not the malleable mixed-race [but wannabe white] girl she is supposed to be.

So, she will not fit in here, clearly.

So, even though she speaks to all the right people, no one really wants to hear her story.

Many white people stack up to try to “help” her. They nod their heads politely when she tells them her story. They listen only for the words they wish to hear so they will know what words to say to pat themselves on the backs for being good little white soldier people.

They point her towards other white people, whom they portray as

being well-meaning like they are.

Some of them are honest with her. Some of them tell her the things she really needs to hear. Do not attempt to speak to the counseling center about GLBTIQQ issues. Do not attempt to speak to the counseling center about being a person of color.

Other things she learns for herself: do not attempt to speak to anyone outside the office of disabilities about being a disabled person because they will only regard you blankly, then change the subject.

Above all, do not point out that being a girl from the other side of the tracks who is literally not allowed to park on campus seems an overt and symbolic gesture to match any obvious metaphor.

Watch their mouths fill up with “but you need to lose weight so the extra walk is good for you” when you mention you do not wish to walk half an hour to class in harsh Oregon rains.

Watch their mouths fill up with “but I meant well” when you point

out that their good intentions have resulted in zero material benefits to you in the manner you actually require to be healthy.

Avoid querying why they invited you on campus at all when they clearly expect you to fail.

Recognize that you are the token acceptance, the bizarre-she-even-applied, the joke candidate.

Recognize that pointing this out endangers your scholarship, the one you have been working for your entire life.

Realize you are the one who have been telling the joke, because this? This is the college experience you chose for yourself.

Worse yet, this is what you thought was going to be your brand new life.

It looks like if there’s any joke here, it’s the one you have been telling yourself.

Maybe it’s time you decided to tell a different story.

Ariadne Wolf
Student

School of hard knocks

KATHLEEN LIVELY
STAFF WRITER

No subject I have covered for the Collegian has stayed with me more than the Oct. 22 ASWU meeting, at which Director of Bishop Wellness Center Don Thomson spoke about mental health on campus. The statistics were mind-boggling. However, it is an observation rather than a number that I remember most vividly.

My notes list Thomson as saying, “There’s a conversation after the ‘I’m totally stressed out’ that doesn’t happen here. Slow it down. Listen to each other. Admit that maybe you might be struggling, because of course you are.”

I will be the first to admit that I’m guilty of this. When we live on a campus with over 2,000 other motivated students, “I’m so tired” and “I’m really swamped” seem like natural answers to the question, “How are you?” However, there’s a reason Thomson also said that Bishop

is now maxing out its counseling appointments--because that should not be a natural answer.

Looking back, I recognize that there were at least as many positives as negatives in my first few weeks on campus. I had a very welcoming built-in group of friends in the swim team, I did very well in most of my classes, and I made friends in my classes by pushing myself out of my comfort zone. But that doesn’t tell the whole story.

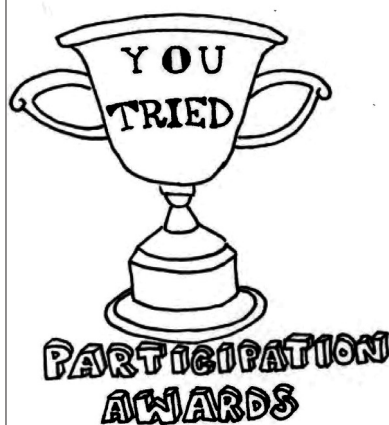
It’s okay to admit that. It’s okay to need to adjust to certain elements of college life. It’s okay to occasionally qualify the statement “college is fun.”

My first semester at Willamette would have been easier had I known earlier that other students faced similar problems. So next time someone asks me how I like college, I’ll consider addressing the question rather than addressing the easy way to end the conversation.

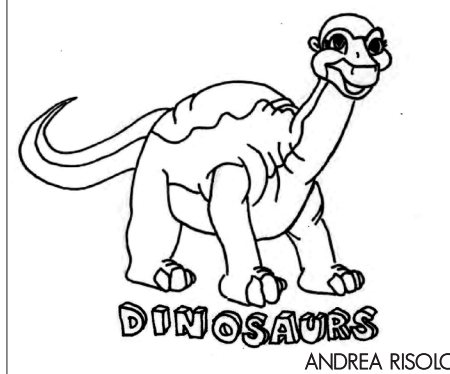
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ANDREA RISOLO



ANDREA RISOLO



ANDREA RISOLO

This issue is dedicated to our lovely production manager, Emma Sargent, who will be studying abroad next semester. We love you!



ANDREA RISOLO



SAM KEECHLER

The *Collegian* sits down with production manager Emma Sargent for a conversation about things that are completely overrated.

Camping

ES: Emma Sargent: Completely overrated.
TC: The *Collegian*: Completely?
ES: I mean, the outdoors I guess are great and all, but I’d rather just have electricity and chill.

Spotify Premium

ES: Over
TC: Why
ES: I’m just much more of a

Pandora person, I like the random mix it throws at me. And I’m broke as fuck. I’m not paying for Spotify.
TC: Yeah, that’s bullshit. \$5 a month?
ES: I’m not a millionaire.

Dinosaurs

ES: Rated. I feel like for a child audience they’re completely overrated, like I don’t think dinosaurs are that cool. But I feel like we start to lose our appreciation, as we get older. They’re big ass cool things that once existed. They should be respected regardless of whether you’re

8 or you’re 80.

Bees

ES: They’re appropriately rated.
TC: You don’t know about the decline of the honey bee population?
ES: I do, and I feel like people are really rallying for it, which is definitely appropriate. So, yeah... I stand by them being rated.

Participation awards

ES: Definitely overrated.
TC: I don’t know what that is, so why?
ES: It’s when you get a medal

for just showing up.
TC: and you don’t believe in that.
ES: To some extent, but it’s not that hard to show up. They’re just giving out too much.
TC: Did you ever have a participation award?
ES: I got perfect attendance in high school. It was pretty pathetic. I missed like one day in my high school career and it was to get my drivers license.

Humans of Willamette

How will the world end?



Aaron Romero
Senior
"Not with a bang but with a ba-
quette."



Montana Miller
Senior
"Climate change will wreak hav-
oc on our beautiful Earth. Ev-
erything comes down to climate
change."



Becca Brownlee
Senior
"Austin Guimond will accidentally
use his bio thesis materials and
spark a nuclear explosion."



Nastja Nykaza
Sophomore
"Human activity. We're just going
to fill up the Earth with garbage
and people and plastic."



Lance Rossi
Senior
"Very slowly, before anyone no-
tices it."



Sierra Wilson
Sophomore
"I think it's going to be Yellow
Stone. There's this whole movie
about it. There's a volcano under
it and it's going to erupt and cov-
er the whole world in dust."

PHOTOS BY SAM KEECHLER

The Collegian is hiring!

Whether you love or hate the *Collegian*, now is your chance to get involved in a big way. We are now accepting applications for the positions of Editor-in-Chief and Production Manager.

For the position of Editor-in-Chief, experience in journalistic writing is required, preferably, but not necessarily, with the *Collegian*.

Production Manager must be advanced in InDesign and knowledgeable of newspaper design and technique.

More details will be sent to your email soon. Contact <hpeterse> today if you have any questions.

AMAZEING

