SPORTS

Senior varsity athletes relay valuable insight to first year 'Cats. **P. 4**

OP/ED

Parents of new students receive sound advice from a Willamette senior **P. 8**

LIFESTYLES

Three lies 'The Naked Roommate' told me

ZANE SPARLING CONTRIBUTOR

"The Naked Roommate" by Harlan Cohen is the book you didn't read. It's the best selling pre-college guide in the world and—at 500 pages — incredibly ignorable.

Still, even if you didn't get the privilege of pretending to read Cohen's tips, you've heard his advice.

It has come to you repurposed or redacted through the mill of mom-speak, teachertalk and tipsy aunt guidance.

And while most of it's harmless, here are three pieces of advice that could seriously steer you wrong.

WILL GET YOU LAID:

Cohen, like every adult you've spoken to in the last three months, strongly encourages you to "Get involved!!

THE YUNG DEMOCRATZ CLUB

Join clubs and student organizations!!!"

Unfortunately, most organizations around here aren't the social crutches they're supposed to be.

All but the most established clubs have trouble meeting regularly or doing ... anything on campus.

Why? Well, imagine the problem of the Yung Democratz.

"Hey guys, just wanted to check in and make sure we're still representing the hegemonic, overwhelming majority of student opinion here on campus. Okay ... so we are? Cool. Anyone know when the next election year is?"

Most of your strongest connections on campus will be made just by talking to people, introducing yourself to friends of friends and generally being social.

But hey, at least you didn't sign up for the Young Republicans Club, which will confiscate your virginity for Jesus.

IF UR MOM STARTS "RANDOM-LY" INITAITING TXT CONVER-SATIONS W/ YOU ON FRIDAY NIGHTS—SHE KNOWS:

While inconveniently scheduled Skype calls are only one of the ways your mom will attempt to kill your collegiate boner, the truth is — in college, your parents only know as much as you tell them.

Which can be great.

Having total control over how you represent yourself is probably the first step toward an equalized, mature relationship with the two human beings you've been calling mom and dad.

What Cohen glosses over isn't the necessity of choosing what to share — but how hard sharing can be.

Translating what you're going through in college — simplifying into parent-language the pain and social chagrin you're feeling about breaking orgy etiquette — is really, really hard.

You can get stuck censoring your own tears ("I drank too much of the fun!!!"), or worse, not relying on the support of the people who are legally obligated to love you no matter what.

See **NAKED**, Page 7

NEWS

Pardon the dust: Sparks Center construction commences

University seeking \$922,900 in donations for phase two renovation plans

RYAN YAMBRA
NEWS EDITOR

With an expected completion date of January 2014, the reconstruction phase of the University's Sparks Athletic Center renovation will launch early this semester.

The project formulated as the result of an anonymous alumni family's offer to match up to \$3 million towards the renovation of the center in November 2012.

The project is slated to be completed in two phases at an estimated cost of \$6.5 million; the first phase includes renovations to building's fitness center, multipurpose spaces and a sports medicine center. The second phase involves updates to locker room and sports team facilities.

"Over the course of a given month, 10,000 people come and go through Sparks' doors," Director of Athletics and Associate Dean of Campus Life Dave Rigsby said. "Sparks is a campus hub. Few places bring together so many diverse people for so many diverse functions. Students, student-athletes, clubs – everybody uses this facility."

With sledgehammers in hand, construction workers began the building's overhaul in May 2013. "This entire process has really gone better than planned," Rigsby said. "With large renovations, there are always hiccups along the way. But our team has done a great job to keep things on schedule."

The University hopes to raise another \$922,900 for phase two renovations during the first phase of construction, bringing new meeting and office spaces and a state-of-the-art locker room.



Over the summer, crews began demolishing the Sparks Athletic Center interior for renovations.

"For this not to come out of our operating fund, or student tuition dollars, is huge," Vice President of Financial Affairs Bob Olson said. "It takes a lot of pressure off of the university, and we can redirect that money into other projects around campus."

As phase one pushes forward, the picture of what a new Sparks Atheltic Center will look like is growing clearer.

"Our new fitness center is going to have distinct zones," Rigsby said. "Free weights, a zone for cardiovascular equipment, a circuit training center, and lastly, we're adding a multipurpose room for yoga, Pilates and other classes. The integration of the whole thing will be really unique."

A temporary fitness center has been

erected in Cone Field House for students and faculty to use, but a number of University teams won't have locker room facilities for their seasons.

Rigsby said that the renovation is part of a greater commitment to student life and that it "will help us attract students of all kinds – this is for everybody."

Freshman soccer player Julian Hanlon-Austin plans on using the facility on a regular basis. "I think this is a great thing," Hanlon-Austin said. "It puts the message out that Willamette wants its students to be healthy. I'm excited, and I'm looking forward to getting into a routine."

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EDITORIAL

Beyond Buzzfeed: A Willamette survival guide

ost of you have probably read every "college life hacks" article on Buzzfeed, or your grandmother gave you a "neat" college survival guide as a graduation gift.

Some of that information is either dead true or far from the Willamette reality, so we aren't going to bore you with the useless information that you've heard ad nauseum.

You're going to be bombarded with mass amounts of information over the next couple of weeks. You're either scared or elated (or maybe both) to finally be in your new home, and it

may difficult to process this new transition in your life.

So, as is the life of college, we at the *Collegian* are going to pile on even more information for you to digest. Get used to it. This is your life for the next four (sometimes five or six for the super seniors) years. Thus, in hopes of making this transition a little bit easier, we've compiled some of our own "life hacks" for the Willamette way of life.

We encourage students to go to Sparks to decompress at least once a week. Take a book or one of the 10 journal articles you have to read for the week. Not only will you be working on your fitness, you'll be knocking out the hundreds of pages of weekly reading you're sure to have #somuchreading.

Just FYI, your bike WILL get stolen if you leave it unattended and unlocked. Willamette is a nice place, but some ass hat thief will not hesitate to take advantage of your sweet new fixie. Get a Ulock or say goodbye to your bike - it's that simple. #cantaffordanewbikeeveryweek.

Don't have a shiny new laptop? Don't fret. There are plenty of computers available for use in the Hatfield Library (both floors!), Fishbowl, Ford Language Learning Center and Smullin. WITS also leases laptops if your hard drives decides to be an ass hat by crashing just as you finish up a brilliant argument on your term paper. #worddocrecoverysaveslives.

The shelves of Montag are wiped clean as finals exams draw near, so make sure you stock up on your food and caffeine supply before it's too late. There's nothing worse than walking to Montag the night before a final just to find out that they are out of every caffeinated beverage. #fml.

See **EDITORIAL**, Page 8





Quiet zone leads to peaceful slumbers

KATIE DOBBS
STAFF WRITER

The disruptive horn from traveling trains along the Union Pacific Railway that have long interrupted class lectures and awoken University students from their soft slumbers is truly no more.

With more than a decade of planning, the quiet rail zone stretching along the southeast end of Mill Street to the northeast end of Market Street was officially implemented on July 23.

Tony Martin, an assistant traffic engineer with the city of Salem, said the issue of implementing a quiet zone was less about convenience and more about safety. "We were very specific with the language because we weren't advertising a quiet zone," Martin said. "We were advertising crossing safety improvements."

Funding for the \$2.6 million rail crossing safety adjustments came from the \$99.8 million Streets and Bridges Bond Measure approved by Salem voters in 2008. Martin said the city of Salem began investigating each of the railway crossings throughout the city that fell within the desired quiet zone stretch.

"The Federal Rail Administration went to every crossing and looked at each one. Then they looked at the range of improvements that we would need to do at each one so that we could qualify for a quiet zone," Martin said.

Train engineers are required by federal law to sound their horns with one short blow, two long blows and one long blow commencing a quarter mile prior to any railroad crossing.

However, this law can be bypassed in quiet zones where crossings meet certain standards and include Supplementary Safety Measures, such as flashing lights.

After four years of improvements to each of the railways along the stretch from Mill Street to Market Street, the zone ended up being 20 percent smaller than originally envisioned by the city of Salem.

According to the proposal for the safety improvements, the zone was originally planned to continue through Madison Street and Sunnyview Road, however, the inclusion of these streets has been delayed due to regulations from the Federal Railroad Administration that calls for a quarter-mile buffer between the zone's end and the next street crossing.

City and railroad officials will be conferring on how to complete full zone in Salem, but the estimated date of completion is unsure. The city will be examining options in order to improve the northern crossings left out of the quiet zone, including wayside horns that would warn motorists and pedestrians near the crossing.

Junior Katy Wallner lived in Belknap Hall her freshman year and remembers the train horn as a disruption at critical times. "The train was annoying when you were watching movies or studying with people," Wallner said. "You would have to pause your conversations and be like, 'All right, hold on."

Director of Campus Safety Ross Stout is a member of the city's Railroad Crossing Advisory Committee and hopes that "as money becomes available, [the city of Salem] can continue the quiet zone both north and south. It will just be a more peaceful place."

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Student body seeks to break 'Red Light, Green Light' world record

RYAN YAMBRA
NEWS EDITOR

Members of the Willamette community will descend onto the quad as they attempt to break the Guinness World Record for the largest game of Red Light, Green Light ever played on Friday, Aug. 30.

The idea was conceived during a discussion between sophomore Becca Brownlee and Bryan Schmidt, the director of campus recreation. Brownlee said they were looking for a way to unite the Willamette campus. They thought it would be an easy way for students to start off the new year.

"A common theme in my office is trying to create school spirit," Schmidt said. "We were thinking about a large gathering and thought, 'What if we broke a world record?' This event is something to participate in that doesn't require much skill."

When they originally planned the event, the world record was 451 people, according to the Guinness Book of World Records. But shortly afterwards, that number rose to more than 750 after a Manass, Va. bank held a community event with the same task.

"It's a big number to break, but we still think we can do it," Brownlee said. "It's a very 'Willamette' event. It's very quirky."

The event will happen just in time for returning students to arrive back on campus and will also involve Opening Days groups. "It's not going to be just the freshman class," Brownlee said. "It's going to be the entire Willamette community: together."

Festivities will begin at 5:30 p.m. on the quad, but Schmidt recommends students arrive a bit earlier. Students will arrive and, upon entering a designated area, will sign a Guinness World Records banner. Notable "witnesses" will be on hand, who are third party individuals required by Guinness to attend. They make sure all the procedures are done correctly.

Schmidt hopes to reach 1,000 participants, but he knows that it might be tough. Still, he thinks that any turnout will have meant him doing his job.

"In the end, it's about people gathering and coming together," he said. "The event will be a success because it brings us together. The record is secondary."

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Zon the Street

What is the one thing you brought from home that you couldn't live without?



Name
Bethan Pulhan
Hometown
Boulder, Colo.
Residence Hall
Matthews
Brought...
Stuffed animals



Name
Jake Kornack
Hometown
Alameda, Calif.
Residence Hall
Matthews
Brought...
A green laser



Jessa Kraus
Hometown
Westminister, Colo.
Residence Hall
Cascadia
Brought...

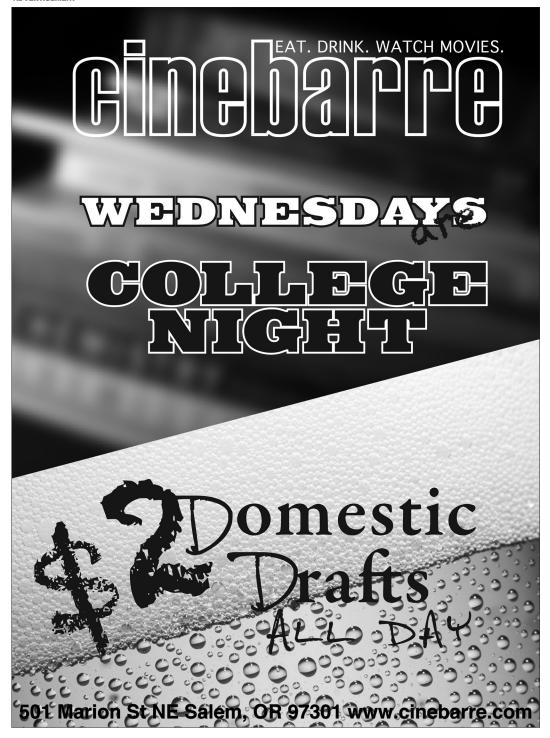
A drawing pad

Name



Name
Colten Hendricks
Hometown
Carlton, Ore.
Residence Hall
Southwood
Brought...
His laptop

ADVERTISEMENT



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We need ASWU, and ASWU needs you

JEROME SADEF
GUEST WRITER

I joined Associated Students of Willamette University when I found out there was an opening after a senator retired. I applied for the position thinking I should get more involved with campus. I knew nothing about ASWU. I knew it was one of those organizations on campus that does ... stuff.

Soon after, I noticed an email promoting an ASWU forum. The idea was that all of the ASWU senators would convene to discuss issues on campus with students. What I witnessed was students coming up with great ideas to make campus life better. It was actually really impressive. The unimpressive part was that around six people showed up. Even with the lure of free Bistro cookies, ASWU could only get six attendees.

This is a problem that results in complaints about ASWU's

ineffectiveness, and its embarrassingly low voter response rates (8 percent of students responded to a constitutional change last year). Keeping in mind how politically active we are off of campus, we are all so much better than this.

In my mind, there are two reasons that students are not very involved in their student government. I believe that ASWU does not effectively communicate what it does – approves and funds clubs and organizations, works with administration on campus policy and assesses and spends student fees. I am hoping that we can change that this year.

The other problem is that the students of Willamette are not informed about the workings of campus governance and the administration's decision-making processes. No one individual is responsible for this culture problem. I was the exact same way. It wasn't until I stuck

my head in the door that I realized that ASWU is the avenue between students and policy on campus. We need to change the way that ASWU and the student body collaborate to continue to progress the quality of our university.

In the months after the forum, discussion around sexual assault prevention and policies was a hot topic on campus. Many students came to me, as a friend, with ideas and solutions. When I asked them permission to bring up their ideas at Senate meetings, they all thought it was a great idea.

The problem here is that none of these students really thought about the implementation of their ideas in the context of student government. I believe that is because hardly any people understand the capabilities of ASWU to communicate and create progress with the administration.

People complain all of the

time about various problems on campus, and ASWU can't hear you. The thing is, people on this campus are smart. Like pretty damn smart. They usually have a really nice, efficient solution for the problems that we have. We Senators are not as smart or efficient as all of campus coming forward with their experiences and perspectives.

So I ask you, returning students and freshmen alike, find out who your senators are. Approach them. Make conversation with them. Ask them what they're working on as members of ASWU. Dump your problems on them. We'll try to push mountains for you if your voice is loud enough and people agree with you.

The potential of ASWU is dictated purely by student involvement. ASWU is a tool, a resource. ASWU is what the student population will make of it.

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Sophomore reflection: Freshman feels

MARIKA McCARTHY

You woke up in your hotel room, knowing yesterday was the day. Maybe you visited on a dreary, drizzly day, and you cannot believe how beautiful Salem looks in the August sun. The continental breakfast at your hotel was overrun with other freshmen and their parents. You were aware of them as they are of you, but this is still the weird limbo state where you're meeting flesh-and-blood humans instead of looking at the posts of the Class of 2017 Facebook page celebrities.

Breakfast was eaten quickly with corner-of-the-eye glances at your peers while parents ask corny joke questions like, "Do you think they're all going to Willamette?"

The weird feeling escalated when you checked in at the UC. You stood in line, making closed-mouthed smiles at your peers. Maybe you saw your roommate across the room. You didn't say hi. But you saw her in your room a bit later, and your parents and her parents made most of the conversation as you arranged trinkets on your desk, as if the feng shui of it would determine your fate, success or friendships.

You sat in the bleachers in Sparks' Cone Fieldhouse, as kids in matching shirts clustered on the court. You asked yourself if you needed to put all that effort into deciding what to wear. Maybe you should have signed up for Steppin' Out...

It was suddenly, even painfully apparent that you were overwhelmed with the newness of this whole thing. You were drowning in the stuffy, humid, thick Sparks air – uncharted waters. You're piloting a rowboat in the open ocean.

Here be dragons:

Relationships are taken for test drives, seeming to work be-

fore they fall apart. Others are steadfast, built over bowls of Fruit Loops at 4:30 p.m. dinners. You can try and meet everyone you can or just manage to find a single friend. That is OK.

Maybe you're only trying to find yourself. You search in the library or under the Star Trees.

Maybe you find yourself in the wrong person's arms a couple of times. That is OK. You learn that sometimes things are found when you aren't even looking.

You learn to calculate directional derivatives, when the showers are empty, and when the laundry room is available. You learn independence and interdependence. College is kind of like learning to walk, and you're a sailor just getting her sea legs. But before long, you skip and dance, and soon you're sprinting to the finish line. You do fine, not-so-fine or better-than-fine.

That is OK.

Like easing into the frigid Mill Stream to wade to the other bank, you ease into a new life, new start, new you. Who knew?

Soon the semester, the year is over and you're gone, returning from which you came. But going home is different. Bonfires with your high school friends turn into games of bigger-and-better, with your stories as the game pieces. You can't sleep in your room because there's a strange emptiness that comes without a roommate, or the loneliness knowing that no-body is asleep on the other side of your wall.

Home is just a house.

Summer drags on while you're itching to make the journey back to Salem, itching bug bites, itching to go back. Itching to go home.

Welcome to Willamette, Bearcats.

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Why OD?

Advice from a senior Opening Days Coordinator

KYLE FLOWERS
GUEST WRITER

In my transition to college, I honestly didn't know what to expect. I knew I was going to meet a bunch of new students, and I knew that I was going to be introduced to campus, but I wasn't sure where I would find my place within the community.

One night during the Opening Days, exhausted from all the programming and hoping for a night off, I planned to skip a dinner and an activity with my orientation group. I told this to my roommate, who happened to be my best friend from high school. However, he told me that something remarkable could happen that night. If I didn't go, I would miss out.

When he said that, I knew I had to go. I didn't want to miss out on something that could change my experience as a new student. That night, my group went to the dinner at an alumna's house. That part of Opening Days was the time we bonded the most – and the night I fell in love with the program.

The relationships I established during orientation were an investment into the next four years at Willamette. My OD leaders encouraged me to fit in and succeed, even inspiring me to apply for the position of Opening Days Leader the spring semester of my freshmen year. Writing this as a senior and the Opening Days Coordinator, I've learned that the most important part of Opening Days is the relationships that are built during the program.

Opening Days leaders arrive on campus five days before the program and put in four long days of training. These students are not getting paid to be your leader; they come here on a volunteer basis, giving back to their community while hopefully taking away something personal from the experience.

My advice to you: Embrace all of Opening Days. This university has so much to offer its undergraduates during this time, such as Opening Days programs like Reality Check, Community 101 and colloquium. They will that help you understand and become a part of the Willamette family.

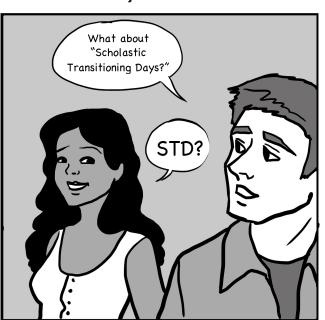
Most importantly, you can find friends and mentors in your Opening Days Leaders, who are there to introduce you to new opportunities. Being involved in OD could change your life – I know it truly shaped mine.

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Struggling on State Street: Acronym Sensibility Solutions







MILY SAFFORD

althletics



LEONARDI COLUMNIST

Let me be the first to admit that I have an addiction. My addiction began at a young age after I got my first taste and developed further once I started doing it with organized groups of friends.

By the time I was in high school it was too late for me. Enablers telling me to do more, to go harder and to stay later surrounded me. My addiction overtook almost every aspect of my

Since then, I have coped with my dependence and can acknowledge that I, much like the 65 percent of University students that participate in club and intramural athletics. I am addicted to sports. Luckily for my fellow addicts and me, the University provides a wide range of therapeutic athletic opportunities in the form of club sports and the intramural (IM) program.

"In high school I did four years of volleyball and three of basketball," junior member of the cheer club and intramural referee Danielle Nakatani said. "Willamette's IM program is really good at making sure pretty much any sport is available. Which is great for me, because I miss sports like crazy. But with my already packed schedule, varsity sports are out of the question."

This sort of range and availability is exactly what Director of Campus Recreation Bryan Schmidt tries to accomplish with his athletic programing.

The great part of Willamette's non-varsity athletic sports are that there really is something for everyone," Schmidt said. "You can compete in very competitive atmospheres in club and intramural sports, but also can be a 'first timer' wanting to try something new in recreational leagues.'

For the former varsity athlete who is looking for something to fill the void, club sports, which are divided into three different categories (competitive, instructional and recreational), may be the answer for those with busy

Club sports differ from varsity athletics in that they are not a function of the Willamette Athletic Department, and are therefore not affiliated with the NCAA. These clubs are student-run and therefore have a better grasp on student time commitments.

For example, the men's rugby team practices only two days a week. Junior rugby team captain Rob Sargeant explained that this type of organization pairs well with the university lifestyle: "If you have a lab on one of those days or are behind in a class and need to work through practice, we are very understanding."

Along with this level of commitment, the gaps in practice time also let you be involved with other activities or sports if one just isn't enough.

"In the past I have played IM soccer, football and basketball to get a workout in on the days I did not have rugby practice," Sargeant said. "Whether you get a team of friends together or sign up as a free agent doesn't matter, Willamette's IM sports leagues are the perfect balance between competitive and relaxed that make it fun no matter what."

Willamette provides a wide range of athletic clubs for sports addicts ranging from yoga and backpacking to skiing and soccer, along with a well-organized and diverse intramural program.

One thing is for sure: there will always be a remedy for your uncomfortable sports withdrawals. And trust me, nothing will make you feel better than rockin' a coveted "intramural champion" tee shirt around campus.

Beyond varsity | Seniors pass along words of wisdom

STAFF WRITER

Entering her final year as a Bearcat, volleyball star Shannon Waltz is excited to help lead Willamette through a successful season. Before she became a leader of the volleyball team, however, and before she ever received Northwest Conference honors, the WU star found herself in the same position that all Bearcat athletes are familiar with: being a freshman.

Now, three years stronger, faster and wiser, Waltz reflects upon her inaugural year as a Willamette athlete and offers advice for incoming student-athletes. "Be prepared to work hard, and show a lot of respect for the program," she said.

Hard work is a must for any Willamette student. And considering the overwhelming time commitments, along with the extreme levels of competition throughout the NWC, it is especially true for studentathletes as well.

With this high level of play, a common issue freshmen face is maintaining trust in their ability. "My biggest problem was having consistent confidence in myself," Waltz said. "I had to realize that my entire volleyball career didn't hinge on one bad practice or drill."

But while the accumulation of overall skill and confidence is magnified throughout high school, Waltz ascribes that there are more important things than one's natural ability.

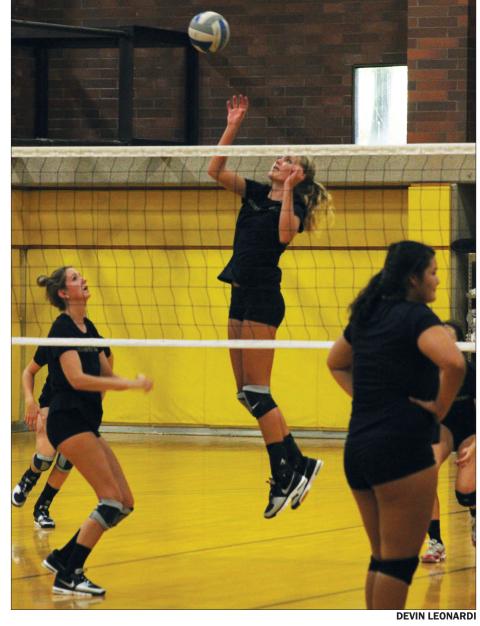
"You will earn respect through your work ethic and adaptability, not just pure physical talent," she said.

Based off her personal experience, fellow volleyball player Carly Hargrave echoed those sentiments. "I came in motivated and determined to work hard and earn my spot on the court," Hargrave said. "It worked out great because the other freshmen shared that mindset as well, which allowed us to really grow together and challenge one another."

While some freshmen are quick to reach athletic success at the college level, others take some time to develop and hit their stride. With this in mind, Willamette star quarterback Josh Dean cautions the incoming freshmen to maintain a sense of patience.

Dean served his first two years as the backup quarterback in a run-heavy offense before finally getting his chance last season. He made the most of it, finishing the year with NWC honors as he broke every existing WU single-season passing

"Willamette is a place that can take some time to adjust to and truly enjoy, but



Above: Entering her final season, senior middle hitter Shannon Waltz attacks the net during the team's first week of practice.

with a little patience it becomes a place you can love thanks to great teammates and coaches," Dean said.

Practicing and competing are only a few aspects of being a collegiate athlete. The experience of student-athletes stretches way beyond the playing surface.

"I think being a college athlete gives you an entirely different college experience from the very first day," Waltz said. "Spending so much time training and traveling with teammates allows you to form deep connections with people within the first few weeks of school.'

Along with competition, one experience student-athletes receive is the opportunity to travel, as most teams schedule various non-conference trips throughout the country. But while competing and traveling are fun, Waltz believes that there is more that comes with being a student-athlete.

"The best part about being a Bearcat volleyball player is to care about the program and girls so much that you really want to work hard for each other," Waltz said. "Playing for others is an extremely rewarding experience that makes any personal or team success that much sweeter."

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Upcoming WU sporting events to attend

AUG. 30 - SOCCER DOUBLEHEADER

5:00pm

Women's soccer **Howard Payne**

7:30pm

Men's soccer VS. **Howard Payne University**

Wear your Gold Rush shirts or other WU gear.



ATHLETIC DEPARTMENT

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Freshmen Impact: Athletic stars of 2012-2013

BRANDON CHINN SPORTS EDITOR

Due to the tremendous amounts of contribution from first-year athletes in recent years however, freshmen are now being seen as game-changers and heavy contributors to a team's overall success.

As the athletic community anxiously waits to see which of these newcomers will stand out this year, we take a look at the freshmen who stole the spotlight in 2012-

Ashley Pender Softball, Infielder

Joining a rather youthful team that finished third in the Northwest Conference the year prior, infielder Ashley Pender immediately burst onto the scene during her freshman season. While managing to start in all but one of Willamette's 38 games, Pender led the team in home runs (5), runs batted in (31) and runs scored (28). She also produced a tremendous .359 batting average and went on to achieve a slugging percentage of .632.

Pender kicked off NWC competition



with a bang last season, tallying six hits in 11 at bats (.545). She also hit three doubles and drove in four runs as the Bearcats won three of four contests against George Fox in the opening series. For her efforts, Pender was named NWC offensive student-athlete of the week on Feb. 27.

Wrapping up an incredible first year, Pender finished as one of two Bearcats named First Team All-Northwest Conference and one of only four freshman in the entire conference to receive such an

Taylor Ostrander Cross Country/Track and Field

Sophomore Taylor Ostrander ran her way into the national spotlight this past Spring. A two-sport athlete and participant of the cross country team in the fall, Ostrander was one of four Bearcats to make it to the NCAA Division III National Championships for track and field

Competing in the women's 3000-meter steeplechase, Ostrander qualified for nationals with a personal record of 11:02.01, the 18th highest rated time in the nation.





In qualifying for nationals, Ostrander

also became the only freshman competing

at the national level in that event. Ostrand-

er ended the track season with Northwest

Conference honors after finishing third in

the women's 3000-meter steeplechase at

Despite his freshman status, Yazan

Hishmeh gained plenty of on-field experi-

ence early in the year as a starter for the

Bearcats. He played in 19 games and was a

key component to the team finishing with

seven goals on the year, tying him for

third in the NWC. He also ranked atop

WU's statistical categories for shots (33)

and shots on goal (19). Recognized for

his outstanding performance, Hishmeh

received Honorable Mention All-NWC

Honors, as the Bearcats were 5-1 in games

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when he scored a goal.

Hishmeh led the Bearcat attack with

four more wins than the year before.

the NWC Championships in May.

Yazan Hishmeh

Soccer, Forward

ATHLETIC DEPARTMENT

From left to right: Freshmen Ashley Pender, Taylor Ostrander and Yazan Hishmeh display their athletic prowess.

Get loud: Your attendance makes a difference

ZACH OSERAN STAFF WRITER

the greatest time of the year, reuniting with old friends, enjoying the great weather and, for many of us, seeking new adventures. Opening Days and the fall term represent the beginning of the academic year, as well as a new dawning of another great year of Bearcat athletics.

Over the next nine months, there will be numerous opportunities to watch your fellow classmates compete against other top-notch athletes both in and around the Northwest Conference. Studying at a university with no athletic scholarships is unique because over your time here, you will meet and grow to be friends with many athletes in your dorms and classes who likely chose this school for the same reasons you did: academics, reputation and an intimate atmosphere.

These tight-knit relationships and con-

nections make attending sporting events and watching your friends much more per- last home stretch," senior cross country sonal. Home-field advantage is a huge asset and track and field athlete Kit Kingstad Welcome back, fellow Bearcats. This is in every level of competitive sports. Noth- said, in reference to the effect a large ing is more exciting than sitting courtside in a packed gym on a Saturday night watching the Bearcat volleyball team dismantle its competition.

Senior libero Lizzy Balding commented on the benefits of having a large crowd at volleyball matches. "We get so pumped up when we feel our fans behind us, cheering us on," she said. "The crowd contributes to giving us the desire to win."

Julia Brand, a junior on the women's basketball team, echoed those thoughts. "The larger the fan base, the more support that we feel, and we as a team can feed off that," Brand said. "It really makes a huge difference."

Having an inspiring audience can also be a key factor that can turn a struggling team's performance around. It on also help a dominating team finish off an opponent.

"It can make all the difference on that crowd has during events.

Mac Lamson, a senior guard on the women's basketball team, knows all too well the impact a loud crowd can make from an individual standpoint. "Having a large energetic crowd makes it easier for me to play outside of myself," Lamson said. "That extra energy gets the adrenaline pumping a little harder."

Fellow students: the athletes have spoken, you do make a difference. Let's join together and establish our own rowdy reputation. Let's take pride in Bearcat athletics. Make a commitment right now to get out and support our fellow peers. Everyone except the opponent - will be glad you did.

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PETERSEN

COLUMNIST

2010 was a rough year for me. I grew up with two older brothers in a house where baseball was religion. The Los Angeles Dodgers was our chosen team of worship. However, I grew up near Sacramento, close enough to the Bay Area that most baseball fans I knew followed the Giants. But while I was somewhat accustomed to deflecting the usual trash talk from San Francisco fans, nothing could have prepared me for the onslaught of people who hopped on that bandwagon once the 2010 postseason rolled around.

Suddenly, people who I knew with absolute certainty had never watched a Giants game in their life, were sporting Giants gear.

While the true validity of one's fanship may be unimportant to some, fair-weather fans are often annoying to those who have loyally followed their favorite team through thick and thin. The new fans can be excited about the team's recent success, buying pricey caps with championship insignias, but they cannot begin to understand how truly gratifying it is to see their team actually succeed after years of crushing devastation.

Now, at Willamette, nearly 600 new freshmen have arrived, most of whom already have a favorite collegiate athletic team. The reality is, incoming freshmen tend to automatically put University sports on the backburner, occasionally attending events but not necessarily considering themselves fans. The truth is, however, that many Bearcat athletic teams are currently on the rise.

Last year, the baseball team finished third in the Northwest Conference, their best conference finish in a decade. Among their 20 wins was a 6-3 victory over the Linfield Wildcats, the eventual Division III national champions. The baseball team also ended the season on a hot streak, winning nine of its final

Similarly, the football team finished third in the NWC, finishing with an 8-2 overall record. According to the 2013 NWC preseason polls, the Bearcats are projected to once again finish third despite a difficult schedule.

Entering his senior season, Josh Dean appears to be as exciting a quarterback as there is in Division III and was voted a preseason All-American quarterback coming into the season.

The men's soccer team has also shown growth in recent years. They finished fourth in conference with a record of 10-7-2, showing tremendous improvement over their previous season's finish of 6-9-2. The team boasts four returning all-conference honorees, two of whom, Austin Jacobson and Yazan Hishmeh, will only be sophomores.

In addition, the men's cross country team won the conference title in 2012, while the women's team placed second in conference and qualified for nationals. In track and field, Willamette had four players compete in nationals, including junior Michaela Freeby, who finished fourth in the nation in the 3,000-meter steeplechase.

Because of these teams, and many more unmentioned but certainly not overlooked teams and players, the next few years will be an exciting time for Bearcat athletics. Freshmen, the time is now: Hop on board. Be a fan, attend events and support your peers before it's too late. Wait any longer and you might just be labeled a "Bearcat bandwagoner."

Top five films of the summer



DAVIN LACKSONEN
CONTRIBUTER

The year 2013 is faring above and beyond standard expectations when it comes to the film industry. However, this particular article is geared toward summer films, so certain favorites of mine ("The Place Beyond the Pines," "Mud") are exempt from this list

That said, the films that have come out since the month of May have easily delivered enough satisfaction to produce a top five list of films, each, in its own way, inherently a "summer film."

5. "The Great Gatsby." Baz Luhrmann's controversial adaptation of F. Scott Fitzgerald's "Great American Novel" was nothing short of my expectations of excess. That's right. I admit it was excessive. But that was half the point.

While F. Scott Fitzgerald embodies his own soul through Nick Carraway, Luhrmann empathizes with Gatsby. So, this is the Gatsby rendition of the tale. Is it the true reiteration of the classic? No. It is Luhrmann's personal love letter to the masterpiece.

I'm sure Fitzgerald would be thrilled by the inspiration. Interpretation is an inherent aspect of adaptation and film requires greater specificity than a novel. Luhrmann's specifications, which distressed many viewers, are simply a matter of imbuing the story with his personal touch.

4. "The Conjuring." After the massive success of both "Saw"

and "Insidious," director James Wan found himself repelled by the "torture porn" brand of horror his own franchise had spawned. "The Conjuring," then, is an effort to prove that he could scare people without CGI, gore or an R rating.

The problem? The film was too scary. Nothing could be cut from it, according to the MPAA, to evade the R rating. Is the film actually so frightening? Not really. But it's tremendously suspenseful.

And it is a loving homage to classic horror (from both the 40s and the 70s) that ignorant folk deem Hitchcockian, though it actually resembles Kubrick more due to the use of the steadicam.

This is not a film of beautifully composed still shots. It is a work in which the camera soars around the house of a tormented family, like the invisible spirits that haunt them.

3. "This is the End." This film is born of improvisational genius and a simple, profound setting: the Biblical rapture as dealt with by the immoral catastrophes that are Hollywood movie stars.

But even with that it could have come across as nothing more than an extended episode of SNL. Instead it is given the royal treatment by Seth Rogen, who loves movies too much to let this project be anything less than a well-rounded movie with distinct character arcs.

The entire comedy world of Hollywood stars. It shines.

2. "Frances Ha." From Noah Baumbach, creator of "The Squid and the Whale," comes a heartfelt un-romantic comedy that sets sail in the post-liberal arts graduation setting with which everyone at this school can thoroughly identify. Simultaneously, it embodies the east coast urgency of a starving artist.

A beautiful portrait, this work is a loving ode to being blissfully but troublesomely lost.

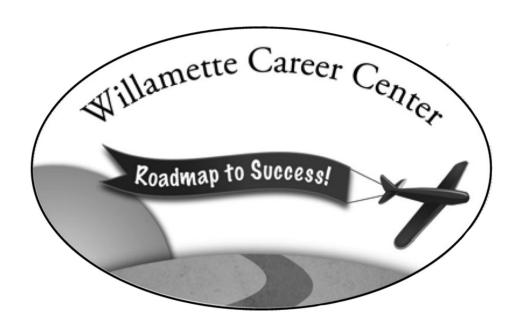
1. "Before Midnight." The third installment in a franchise spanning 18 years, this film raises the stakes for the ongoing relationship of Jesse and Celine (played by the brilliant Ethan Hawke and Julie Deply) while simultaneously shaking the ground of the franchise thus far. With a long-term relationship and two kids under their belt, this film dramatically alters the series but maintains its realism in a different stage of life.

This film is a masterpiece. Going into the film I knew exactly how long it was. But I found myself so lost in these character's lives that when the final scene came around I was still anticipating at least another half hour. To my astonishment I was instead greeted with "Directed by Richard Linklater." It was at once a disappointing moment and one too good to be true.

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And Much More

roomate

CONTINUED from Page 1

Unless your mom goes harder than you. Then she'll totally relate.

REBRANDING IS FOR CATTLE ... AND POS-**SIBLY GOTHS:**

"Rebranding" is the buzzword ppl who still check Foursquare use when they want to talk about "lying" without making everyone around them feel slimy or morally bankrupt.

It's essentially another way to describe what you (the freshpeople) have already done—used college's fabled "clean slate" to reinvent yourself.

Unsurprisingly, Cohen attempts to dissuade you from the affectation temptation, with the usual platitudes: "Just be yourself ... Spread your wings ... Fertilize your own pupae, kiddo!"

What Cohen doesn't get what I never got—is that whatever part of you you're trying to hide, that isn't the part new clothing or a counter-culture haircut can cover

If you were a cynical, selfabsorbed jerk in high school, well ... that's still who you are in an on-campus fedora (in fact you're probably worse

Changing your style is easy; changing who you are becoming a better person—

Now get started.

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Naked Is Washed Out washed up?

CONTRIBUTER

In the summer of 2010, almost every new and exciting artist in the indie "blogosphere" seemed to invoke nautical themes. Some bands made this preoccupation unavoidable, like garage-punk revival act Wavves or tween-oriented Best Coast, but a handful of musicians chose to approach this trend in a more subtle fashion.

Thanks to a snarky blog post by professional cynic Carles of Hipster Runoff, "chillwave" became a subgenre to describe lofi, fuzzy synth pop - primarily that of Toro y Moi, Neon Indian and Washed Out, all underground beat-makers from the South.

This mini-movement ushered in a torrent of contemporaries just in time for the summer festival circuit. But within a year and a half of this insurgency, the trend seemed to have lost all steam, rendering chillwave obsolete.

On Washed Out's sophomore effort "Paracosm," however, Georgia-based Ernest Greene takes ownership of his image, reestablishing himself as the sole proprietor of chillwave.

Once synonymous with his contemporaries, he appears to have eclipsed their influence; no one has heard from Neon Indian since 2011, and Toro y Moi's Chaz Bundick released a neo-soul album earlier this year.

Indeed, the man behind the "Portlandia" theme song is sticking to his guns, allegedly having embellished his signature sound with 50 different instruments during production.

The punchy synths that characterized Washed Out's early singles "Get Up" and "You & I"



"Paracosm" was released on Aug. 13 via Sub Pop.

are now completely drowned out by atmospheric reverb, yet the advanced production he brings to the table creates better layering of the various sounds at play. The key element remains the post-lyrical vocals unique to Greene. The listener swims in trippy, vaguely encouraging moans that blend into the lush instrumentation seam-

Think about the old times/ What's it all about?/The feeling when it all works out," he whispers on "It All Feels Right," in a continued effort to soothe the socially anxious at blissed-out summer functions. His music never imposes or takes up too much attention, but simply facilitates a forum in which good feelings can take place.

The term "paracosm" refers to a childlike fantasy world, completely in step with Washed Out's textured garden of wiggling harmonies. The variety, however, is not as present in the overall construction of the 10 tracks, especially when Greene's vocal arcs become predictable with the rise and fall of each song.

Even in the face of such obvious creativity, "Paracosm" plays it a bit safe thematically, and never exceeds the highest of Greene's previously established abilities.

One is still left with the suspicion that Washed Out lacks the substance to be truly in the foreground, unless the arena is a beach towel commercial. With all this in mind, Washed Out may be a bit washed up, but still manages to prove that chillwave is no dirty word and might even be a format for longevity.

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Playlist for Salem's Golden Man

RACHEL FIFIELD CONTRIBUTOR



The Golden Man, a 22-foot tall brass icon atop the Capitol building, is visible night and day due to a series of solar-powered lights illuminating his perch. His high visibility would make it hard to listen to his iPod unnoticed (and speakers are even more conspicuous), but he does like

As an important historical figure, his musical tastes are likely as varied as the city he overlooks. If you climbed the Capitol and scrolled through his playlist, here are some things you might find:

T Wanna Love You" by **UBT:** This conflicted song is a perfect reference to a returning partygoer, as many people use his classic and well-lit figure as a marking sign for a return trip to campus in the dark.

The song's lyrics "I don't think tonight is the night/It's all the guys in here/They make me think that you're my type" followed by the lead singer's inability to decide whether or not to take someone home all swirl angrily into the sounds of bass and faint police sirens.

Dead Presidents" by Jay-**Z:** The glossy production style and lyrical lavishness would almost certainly appeal to the Golden Man. With his ever-maintained 23-karat gold leaf exterior, he might find that this song caters to his joy in extravagance with lyrics like "Rappers goin' broke tryin' to keep up with me/My rise to the riches surprise the bitches."

Miles from Minnesota" by The Lower 48: This track would tug on the Golden Man's sense of nostalgia. He might wistfully listen to it and reminisce about his 1938 creation in New Jersey, and subsequent dramatic boat trip around the United States and through the Panama Canal, up to Oregon.

Although he cannot easily move, folk songs, especially those that tell a traveler's tale, leave him longing for his past, for he will likely not travel

again. He's a bit self-important, and might imagine himself as the story's protagonist, who croons, "I know why you look bereft/You haven't lived before you left."

"Take Me Out" by Tom Milsom: This spacey piece of electronica would also appeal to the Golden Man as a set piece for his rooftop home. The synth and repeated drum loops are reminiscent of wind and summer light, while the net sound is exactly like being on a rooftop on a mild summer day.

"Die Young", by Ke\$ha: this song taps directly into The Golden Man's desire for glamour. Despite, or perhaps because of, the auto-tune on this glittery, sweaty track the Golden man would love it. After all, a rooftop is a perfect place to dance.

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How to embrace your freshman year



EZARD

LIFESTYLES EDITOR

Once the devastating anxiety brought on by the beginning of Opening Days subsides (and it does), you'll find yourself overwhelmed by the desire to really sink your teeth into this new experience.

However, this has the ironic effect of creating a whole new source of anxiety: What if you can't soak it all up in time? Freshman year presents an opportunity that won't likely come again: the ability to straddle the line between childhood and adulthood while enjoying a great deal of newfound independence in a (relatively) safe and structured environment.

But it will be gone in the blink of an eye. Here are a few pointers on how you can milk your freshman year for all it's worth:

1. A couple months into the first semester, you might be tempted to groan that the dining hall food is repetitive and lackluster. Don't. In two years, there will come a time when eating ramen for days on end in order to keep yourself alive becomes depressing.

In the meantime, appreciate your meal plan. Load up as much as you can at the allyou-can-eat meals. Rejoice in your easy and consistent access to fruits and vegetables.

2. Now is the time when everyone is desperately trying to make friends, so introduce yourself to as many people as you can, especially if you're on the shyer side.

Back when I was a trembling freshman, I found myself alone for a few minutes at a Greek event on campus. Instead of slinking off to some dark corner as I usually would, I forced myself to approach a random guy who was smoking a cigar outside the event and ask to join him, to which he agreed.

Not long after, a drunk girl approached and asked if she could sit with us. I have no idea what happened to cigar guy, but I ended up becoming very close with the girl and solidifying a lot of my most meaningful friendships through her.

After freshman year, everyone settles into their own friend group, and it becomes a lot harder to approach new people. Seize the moment while you still can.

3. Everyone already assumes that you don't know how to handle your alcohol and that you will make a buffoon of yourself at all social functions. You can try to prove them wrong and earn the coveted (or so I'd like to think) respect of the upperclassmen. Or you can just go with it.

Chug a Mad Dog and puke behind the bushes on your way back to the dorms. Pour too much vodka from one of those horrifying plastic handles that I'm pretty sure is straight up poison into a Sobe from the vending machine.

Then slur overly enthusiastic greetings to that dude whose name you don't know but with whom you share a special bond due to the fact that you're both in elementary German. No one has to know that you have enough drinking experience under your belt to know better.

Just please, in the name of all that is holy, don't show up at my house.

Paws on parenting: Letting your new Bearcat go

EMILY DOUGAN STAFF WRITER

Dear parents of baby Bearkittens,

Depending on whether or not this is the first child you're sending off to the big ol' academic world known as "college," you are probably somewhere on the spectrum of a blasé, "whatever"-ness, to the other extreme of spraying your child's dorm room with flame retardant (seriously, my mom actually did this. She really thought I might set my room on fire).

Whatever your case may be, I'm here to talk with you about trust and coming to terms with the fact that your child is about to embark on a life-changing journey.

Something you should know right off the

bat is that your kid is probably not going to be calling you daily. And they shouldn't be, that would be weird. They should be making new friends and trying new things. Just tell yourself that they are busy studying Foucault or quantum mechanics.

Do, however, expect to get some frantic, stressed out calls around midterms and finals. My best advice to you is to talk about anything but school. Be a source of comfort to your little Bearkitten-someone they can call home to when university life is stressing them out. Don't worry too much about the frequency of their calls; just be happy and available when the phone rings.

If you've been to college yourself or seen the movie "Animal House," you probably have this idea in your head of what college night life is like. Of course, Willamette is no exception. Parties happen and (gasp!) your child might even go to a few. But rest assured that the Willamette nightlife is nothing too ridiculous. Most of our "cRaZy PaRtIeS" only go until 1 a.m. Then it's off to bed to get some rest and write that paper that's been assigned in your English class. I honestly think I've spent more late nights in the library than partying. Don't worry too much.

A final thing you parents should know is that this campus has an excellent community. Since arriving at Willamette, I have never felt alone. If you ever need someone to talk to, resources are available. People at Bishop Wellness Center are hired for that kind of thing, and students have professors and peers to talk to. We are assigned a pro-

fessor in our first-ever course here whose job it is to make sure we are adjusting to college life. Rest assured knowing your student has a support group that they can call upon.

College is a new and scary time not only for the student, but for also for the friends and family sending them off. It's weird for parents, I'm sure, not being there to check up on their kid's every move.

If my mother learned to put away her can of flame retardant and replace it with an assuredness that I will make it out of college just fine, so can you. Willamette is great, parents, and feel confident in the fact that your student is about to have the time of his or her life.

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Editorial

CONTINUED from Page 1

The best getaway spots on campus: Botanical Gardens (BoTans) #dontmindthehaze, the couches on the third floor of the UC, the practice rooms in Smith and the third floor of Ford. Don't tell your friends.

The best getaway spots off campus: Pacific City, the Governor's Cup (Gov Cup), Bush Park, Minto-Brown Island Park and the Capitol. Don't be afraid to go beyond the "bubble" of Willamette, even if it's just across the street #salemdoesntsuck.

Please be a decent human being and clean up after yourself in Goudy, Kaneko Cafe and Cat Cavern. This means taking only what you think you can eat and not leaving your plates, cups and napkins strewn across the tables. The incredible people (including fellow students) who work for Bon Appetit are not paid to be your nanny #notyourmother.

So, you think there are pre-established friend groups? They're probably Jump Start kids or a dorm sticking together. They won't bite; go talk to them! It's certain that your group of friends will change the first couple of weeks, or even the first semester, as you find your niche. It's very possible that you will never ever mingle again with the person you chatted with in line for lunch today (even though you're hoping they are going to be your BFF) #CadyHeron.

Struggling with vector fields in your multivariable calculus class? Take advantage of the free peer tutoring. Math tutoring is in Ford on Sunday—Thursday nights. The language departments have their own tutors. All other subjects have tutors through Academic Support. Asking for help is not a sign

of weakness #yourenotgoingtofail.

"Oh my God! Why is this printer taking so f--king long? I'm going to be late for class." Don't complain about the free printers that are peppered throughout campus; most campuses make students pay for each sheet! If you're trying to print five minutes before class, chances are that you have no room to moan and groan about the long line at Hatfield First #checkyourprivilege.

You need to go on at least one Outdoor Program hike. You will meet new people and get to explore the wonderful area that is the Pacific Northwest, and transportation is provided #PNWpride.

"It's hot!" Oh, really? We couldn't tell. Since it's August and everything. Get a fan, especially if you live in Baxter or anywhere on Eastside. If you haven't caught on yet, it gets hot around here. Life without a fan isn't too fun. Or just make friends with the Kaneko kids. Or better yet, just eat at the

Kaneko cafe. Sushi Tuesdays and chicken katsudon will change your life. It's not that far. It's a 10-minute walk. Quit whining. Get over the skybridge. Or use the crosswalk that the city of Salem had to construct because of us #sorrynotsorry.

It'll all work out, Bearkitties. Keep your chin up and remember, it's a great day to be a Bearcat. Happy hacking.

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