

# COLLEGIAN

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## ASWU creates student portal

**GIANNI MARABELLA**  
EDITOR-IN-CHIEF

ASWU is rolling out a new online portal to allow for stronger communication and interaction between University governance and the student body. The site will be a hub where students easily keep up to date with happenings within ASWU and the University as a whole, as well as more easily get involved with University policy and decisions.

“Currently, communication between ASWU and the student body is mostly one directional,” ASWU President Jack Wellman said. “As it relates to University governance, except for myself and a handful of students who serve on faculty and university committees, the vast majority of students have very little access to conversations and information about University governance.”

The portal will include details on bills and resolutions that pass through the senate, along with ASWU announcements. Links to the minutes of each ASWU meeting will also now be included on the portal, with extra budgetary and election information.

Students will also be able to stay better informed regarding general University governance. The process of governance will be detailed in the portal, which will include explanations of administrative positions as well as the role of the Board of Trustees.

An important role of the portal will be for the student body to interact more with the various committees that exist at the school. The site will contain description of the various University and faculty committees that we have, along with documents

passed along from their student representatives. Currently these representatives are only required to report to the ASWU president, and this will make it so that they are now reporting to the student body as a whole as well.

As a whole, the purpose of the portal is to encourage a higher level of communication and transparency between students and University governance.

“Students have been calling for more transparency from the University, and this portal works to improve that by putting information about University decision making all in one place,” Wellman said.

Students will be able to engage directly with committee representatives and ASWU senators through discussion boards designed to encourage two way communication and the transference of feedback and ideas.

“The ASWU Student Portal is a game changer when it comes to how students participate in University governance,” Wellman said.

The hope is that the portal allows for a greater understanding among all community members of what is going on within the University. Despite being a student-only portal, Wellman believes this degree of transparency will benefit everyone involved with the school.

“This benefits students — giving them info and a place to communicate — but it also benefits administrators and faculty leaders. An informed student body improves the quality of student engagement in University governance. Student engagement in the University decision making process is so healthy.”

[gjmarabella@willamette.edu](mailto:gjmarabella@willamette.edu)

## A new way to understand PTSD

**JULIA DISIMONE**  
STAFF WRITER

Post-traumatic stress disorder (PTSD) is not only caused by the trauma of combat. The typical portrait of a person dealing with PTSD is a military veteran who experiences flashbacks, anxiety, depression, hypervigilance and self-destructive behavior because of the traumatic events they experienced during deployment. Though this scenario is relevant to many people's lives, PTSD is caused by more factors than critical incident stressors such as natural disasters, assault or combat.

In Chris Adsit's talk at the Hatfield library, the Eugene-based advocate on PTSD issues explained the many causes of the disorder. Besides combat trauma, PTSD can also be brought on by physical injury, experiencing minor traumas over one's lifetime, witnessing but not directly experiencing traumatic events and inheriting trauma from someone else.

Sufferers of sport injuries or car accidents can experience a disorder with similar symptoms to PTSD called traumatic brain injury (TBI). TBI results in similar symptoms to PTSD with additional physical disorientation because TBI is a physical rather than a psychological disorder.

PTSD can also be caused by a moral injury: doing or witnessing something that goes against your deeply-held moral beliefs. This elicits a guilt response because of what one did or did not do, while PTSD caused by a

traumatic event brings on a fear response because the trauma happened to them. Cumulative stress can also bring on PTSD. Chronic exposure to stress-inducing incidents, such as abuse, poverty or illness, can potentially develop into a disorder. This is the most common cause of PTSD amongst the prison population.

Derivative stress can also cause PTSD. Traumas, such as the trauma of colonization, can be inherited. These traumas can be passed down over generations so that a descendant experiences PTSD from something they did not directly experience. Compassion fatigue can cause PTSD when the sufferer, usually someone in a helping profession, internalizes and absorbs the pain of a trauma sufferer.

Some people experience trauma but fortunately do not suffer from PTSD. In these situations, the sufferer experiences post-traumatic stress, but this is a transient stress which can disappear on its own within a day. A stressful day at work or school can fade after some evening downtime and relaxation, and the stress does not develop into a disorder. However, when someone has to stay in a high-intensity situation for some time, that post-traumatic stress can become PTSD.

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## Processing Putin's re-election

**PHILIP AMUR**  
STAFF WRITER

It was with his typical energy that President Putin addressed an enthralled public in Moscow following the acquisition of his fourth term as Russia's leader. With 99.8 percent of the votes counted, Putin won with 76.7 percent according to data from Russia's central election commission, while his nearest rival, Communist Party candidate Pavel Grudinin, won 11.79%, and nationalist Vladimir Zhirinovskiy took 5.7 percent.

This electoral success is not at all accidental; with a registered-voter turnout of 67.47 percent (more than 56 million of Russia's 110 million eligible voters) according to the New York Times, the Russian people showed that the course onto which Mr. Putin had set their country was one worth they want to continue to follow. Needless to say, Americans and those in other Western governments decried the elections as illegitimate, corrupt and suitable only for an authoritarian leader whose concern fell not in the welfare of the Russian people, but rather in the consolidation of power.

Unfortunately this popular narrative doesn't address why Putin is a popular President and a powerful politician. It is therefore worth exploring the positive changes that Russia has undergone since the USSR's collapse in order to understand why the leader that Americans loath is the same one that Russians appear to revere.

The Russian Federation from 1991-2000 was a country in disarray. With the breakup of the USSR and a transition to a market system from a command economy, society fell into the abyss. Pensions once guaranteed by the state were lost, inflation soared to what was at one point 5000 percent due to massive money supply increases in the post-price control economy (taken from research by San Jose State University) and criminal activity revolving around the sale of black market goods and ponzi schemes skyrocketed.

To add insult to injury the country was run by Boris Yeltsin, a leader so incompetent that he is known for being seen by the U.S. secret service in his underwear drunkenly trying to get pizza via taxi from the White House during Bill Clinton's presidency. Peter Conradi's book “Who Lost Russia?” adds how NATO amassed troops in the East despite declaring Russia an ally; the West's “allyship” was seen not just as a military betrayal but as a token gesture of good grace to the Russian people (\$2.50/Russian citizen on average was granted in aid by the Western powers).

ANALYZING, 11

## Bearcat Softball looks to carry momentum into NWC play

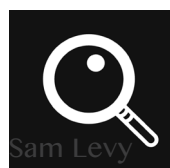


CHRIS SABATO



CHRIS SABATO

Willamette Softball team takes two games from Pacific Lutheran University over spring break. See “Willamette” on page 8.



### FEATURE

The WU music scene: student bands creating art.

Sam Levy



### LIFESTYLES

What does it mean when people say “Mercury is in Retrograde?”

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### OPINIONS

Rethink the way we approach confrontation on campus and in class.

pg. 11



## ASWU REPORT

CLAIRE MATTHEWS-LINGEN  
ASWU SENATOR

The ASWU meeting on Thursday March 22 was full of productive discussion of proposals. The newly elected executive team was celebrated. President: Akerah Mackey, Vice President: Erica Noble, Treasurer: Sarah Mische.

Senate campaigns will take place the week of April 9, and voting will be Thursday and Friday of that week. Keep an eye on your email, consider running and be sure to vote.

Jack Wellman presented his newly developed ASWU Student Portal to be launched on the Willamette site soon, likely the Tuesday after spring break. This will be a place for students at large to engage closer with student governance and university governance.

The ASWU Senate unanimously voted to establish the Bearcat Pantry as an ASWU Program. By becoming an ASWU Program, as opposed to simply a student organization, the Bearcat Pantry will receive consistent funding through ASWU's Operating Budget.

Senators also approved revisions to the senate elections packet. These changes were recommended by the Elections Commission, the changes consisted of removing posters from the campaigning process (making campaigns paper free), lowering the maximum amount of money that can be spent in a campaign, and adding in Willamette University's statement on Equity, Diversity, and Inclusion. The lack of posters will be supplemented by a feature in the Collegian, so check that out during elections week.

The final part of Thursday's meeting was focused on ASWU's precedents for funding student organizations. ASWU's Finance Board put together a comprehensive system for evaluating funding requests, the goal is that with a set precedent there will be less room for bias or unfair assessments of funding requests. The ASWU Senate plans to vote on these changes before the end of the semester.

*ASWU meeting take place every Thursday at 7 p.m. on the first floor of Ford; all students are welcome.*

[cemathewslingen@willamette.edu](mailto:cemathewslingen@willamette.edu)

# Professors promoted, given tenure

KELLEN BULGER  
NEWS EDITOR

Just last month it was announced that nine WU faculty members would be receiving tenure and/or promotions from the university. The decision to promote and give tenure to WU faculty members is one that is made every semester and approved by President Thorsett and the Board of Trustees.

When a professor that is a part of a university receives tenure or is promoted to being a full professor, it is a big achievement to say the least. Just like any other field, a significant promotion is a sign that one has been excelling in their job, and in the world of academia, and education broadly, this is something that is often seldom seen.

University faculty are far from the breadwinners in our society, and to go along with modest pay for a huge amount of work, professors are often at the end of wide criticisms because of the cost in which their students are having to front in order to take their classes and similarly the ever growing questioning of the efficacy of a college education. All of which makes a formal recognition of success, like being tenured and/or promoted, all the more satisfying.

When speaking with recently promoted Willamette Mathematics Professor Erin McNicholas, she spoke on the work that she personally put in to get promoted to a full professor. "306 pages of research articles, grant proposals and book chapters written; three summers spent mentoring undergraduate research, organizing trips to and from the airport, arranging for key cards, library access, and direct deposits; 12 conferences or workshops attended, presentations finished in coach and fueled by cups of terrible coffee, hikes and dinners with mathematicians from across the world; 3 research notebooks with colored graph paper made in Spain; too many hours spent in committee meetings to



PARKER DREW

count, emails answered, agendas and minutes posted, task forces tasked, and applications read; 250 letters of recommendation written; IMs, texts, phone calls, and lunches with alums; and hours spent grading at Chuck E Cheese, on grass medians of parking lots, in airplanes and trains, in drive-through lines, on hospital gurneys with broken arm, under an umbrella in the rain, and on the edge of the tub while kids take forever getting ready for bed."

Professor McNicholas went on to describe significant moments in the process of getting promoted.

"But what I remember most are the years spent with the most inspiring, creative, funny and talented group of people you could ever hope to be around: students who amaze me with their strength, resilience, and kindness, and who help me continue to become a better person; colleagues who I strive to be like, who let me cry behind their closed office doors as long as I need to, or who make

me laugh so hard I fall off my chair."

Professor McNicholas then touched on what being promoted to a full professor means to her personally.

"I'm still figuring that out. I love my career and devote a tremendous amount of time and energy to it. Being promoted to full is an acknowledgement of my hard work by my colleagues. Given how amazing my colleagues in the University are, I value their opinion greatly and it means a lot to me that they feel I have earned a full professorship. So on one hand it feels like a great honor. It also makes me realize my place in the university has changed. I am not the new faculty member I still feel like on the inside, and I have a responsibility to help the University community and my more junior colleagues. I was incredibly fortunate to have the friendship, mentor-ship, and encouragement of more senior colleagues. I hope I can now offer that to new members of our community."

And lastly, she highlighted the unclear path that lies ahead for faculty members who have recently been promoted. "... part of me is wondering what's next. Professors tend to be goal-oriented individuals. Receiving full is arguably the pinnacle of our chosen career path. Once attained, we have to figure out what our next goal will be. It's not unlike graduating seniors who are simultaneously celebrating their successful completion of college and figuring out what path to pursue post graduation. The requirements for getting full are set by the academe and by my colleagues. I now have the opportunity to set my sights on goals which are completely defined by me. It's a liberating, uncertain, exciting, and daunting position to be in. But mostly I am still basking in the joy of my promotion (as my sons who witnessed my happy dance upon opening the letter from faculty council can tell you)."

[kpbulger@willamette.edu](mailto:kpbulger@willamette.edu)

## CAMPUS SAFETY

### EMERGENCY MEDICAL AID

**March 19, 11:46 p.m. (In a Campus Residence):** A student called to request a medical escort for their roommate who had been vomiting. An officer responded and transported the student to the ER. The area coordinator was notified.

**March 23, 3:21 a.m. (In a Campus Residence):** A student called to request a medical escort to the ER. An officer responded and transported the student.

**March 29, 1:53 p.m. (In a Campus Residence):** Campus Safety was contacted after learning a student had been having suicidal thoughts. An officer responded and checked on the student and they requested to be transported to the Hospital.

**March 29, 7:11 p.m. (Sparks Field):** Campus Safety responded after learning that paramedics were responding to an individual at the Sparks field. Officers assisted them and the student was transported to the ER.

### THEFT

**March 26, 9:15 a.m. (Lausanne Hall):** An employee called to report that two items of furniture had been removed from the lobby area. A report was filed.

**March 26, 10:45 a.m. (Grounds Building):** Campus Safety was contacted after an employee noticed their backpack missing from the Grounds Building. A report was filed and the employee was also advised to contact the Salem Police Department.

### CRIMINAL MISCHIEF

**March 26, 8:00 a.m. (Montag Center):** While on patrol, an officer noticed a door entrance had been damaged and the lock to the door was missing. A report was filed and a work order was submitted to repair the damage.

**March 30, 9:30 p.m. (TIUA):** A student reported to Campus Safety that her car had been broken into. A report was filed.

### SUSPICIOUS ACTIVITY

**March 20, 9:21 a.m. (Guest Parking Lot):** While on patrol, Willamette Watch reported observing an intoxicated individual talking to themselves. An officer responded to make sure that the individual left the campus property.

**March 26, 1:16 p.m. (State Street):** Campus Safety received a report of four suspicious individuals walking near the Rose Garden who were seen climbing in trees and rummaging in the bushes. An officer responded and made sure the individuals left campus property.

**March 28, 9:05 a.m. (Baxter Hall):** Campus Safety was contacted about an individual who appeared to be sleeping in the lobby. An officer responded and was able to locate the individual's belongings, but not the individual.

**March 28, 1:52 p.m. (Museum of Art):** An employee called Campus Safety to report an individual sleeping on the sidewalk in front of the building. An officer responded and ensured the individual left campus.

**March 28, 4:42 p.m. (Collins Science Center):** An employee called Campus Safety to report multiple skateboarders jumping the stairs in front of the building. An officer responded and followed the group until they left campus.

### UNAUTHORIZED USE OF A MOTOR VEHICLE

**March 31, 10:36 p.m. (University Services Building):** An employee noticed their vehicle missing from the parking lot. Salem Police was contacted and a report was filed.

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

# Full house for the gubernatorial elections

NATALIE ROADARMEL  
STAFF WRITER

This May, elections for the governor of Oregon will begin. The elected individual will hold office for four years, and elections will be held once again in 2022. There are currently 17 people running for Governor, which is more candidates than the state has seen in two decades. It has been speculated that the high number of candidates may be a result of America's current political situation and the uncertainty it has brought. In order to run, candidates must file with the Secretary of State by 5 p.m. on Tuesday, April 2.

The current governor, Kate Brown, is expected to run again, but has not commented on her political plans for 2018. It would be a huge shock if she decided not to run, however. This is

due to her recent efforts to raise money and sharpen her rhetoric. In addition, for the past four months, Brown has devoted on average six hours a week to meeting with supporters, calling potential donors and various other campaign activities. This adds up to a grand total of 73 total hours of campaign work over the past four months.

Although Brown has dedicated an unusually high amount of time to campaigning, it does appear justified. Most all governors are elected for four-year terms. However, Brown was elected to hold the place of disgraced former Gov. John Kitzhaber in early 2015 and ran for the remainder of his term. This means she has had less time in office than the majority of governors, and less time to campaign.

In the time after she was elected, Brown has raised \$200,000

dollars and has another \$1.2M on hand. Nevertheless, it is likely that she will need millions of dollars to convince the public to elect her for another term.

The main republican candidate facing Governor Brown is Knute Buehler. "He has the possibility of putting the Republican financial machine back together," said a Republican political consultant from Lake Oswego, Jim Pasero. Buehler has also repeatedly distanced himself from President Trump.

Aside from Brown and Buehler, the candidate pool is made up of farmers, veterans, business owners, retirees, real estate brokers and politicians. One candidate, Sam Carpenter from Bend, will be campaigning with the slogan "Make Oregon Great Again." He has run for U.S. Senate twice before and has so far loaned his own campaign \$66,000.

Jim Moore, who is the director of the Tom McCall Center for Policy Innovation at Pacific University in Forest Grove, commented that if candidates are not currently working on raising money, they most likely will not have a strong chance of winning. Interestingly, many candidates that have filed to run have not raised many funds. Moore stated, "If they are not raising major amounts of money, they are more likely doing this for ego gratification rather than for a real chance to become governor. Without money for a credible campaign, ego gratification will be hard to come by."

If you are registered to vote in the state of Oregon, make sure to do so. The primary election will take place on May 15. The final day to register to vote is April 24.

[nroadarmel@willamette.edu](mailto:nroadarmel@willamette.edu)

# UN emphasizes Climate Change

HEATHER PEARSON  
STAFF WRITER

Climate change is currently "the most systemic threat to humankind," according to United Nations Secretary General António Guterres.

Speaking last week, Guterres pushed for world leaders to lessen their greenhouse gas emissions. However, when addressing the United States, he stated that "independently of the position of the administration, the U.S. might be able to meet the commitments made in Paris as a country," especially "as you know, all around the world, the role of governments is less and less relevant."

According to Somini Sengupta, climate writer for the New York Times, this claim "may be overly optimistic." Since Trump's announced withdrawal from the Paris accord, only sixteen out of fifty states have committed to the accord's call to reduce emissions by at least 26 percent by 2025. While those sixteen states are currently on track to do so, the other thirty four are not.

Though the Trump administration began these changes in environmental policy about a year ago alongside a statement of withdrawal from the Paris accord, agreements within the contract outline that the U.S. cannot actually withdraw from the accord until 2020. However, among countries within the pact, the U.S. is not alone in failure to reach the goals pledged in 2015: the majority of countries within the agreement are far from meeting their targets. Additionally, at the time of the drafting of the accord, these goals were already being criticized as "too little, too late" and "far too weak" by climate activists.

Guterres' call to action follows recent news outlining the already-occurring negative effects of climate change. Extreme weather events worldwide in 2017 have cost collectively over \$320, making it the "costliest year on record for such disasters." Additionally, headlines this week have focused upon the increasing size of the Great Pacific Garbage Patch, the world's largest collecting of floating trash, located between Hawai'i and California and consisting of microplastics as well as gear from the fishing industry. Another recent report, Foresight Future of the Sea, stated that plastic pollution in the sea "could triple by 2050 unless a 'major response' is mounted to prevent plastic from reaching the ocean."

Guterres' warnings about climate change draw attention not only to these economic and environmental concerns, but the human impact already being felt by millions of people worldwide, most often those who are already marginalized and vulnerable. He spoke of current floods in South Asia and droughts throughout Africa, as well as more floods and landslides affecting Rohingya refugees in Bangladesh, who are still awaiting relocation to higher ground by the Bangladesh government.

"I am beginning to wonder how many more alarm bells must go off before the world rises to the challenge," Guterres stated. "We know it can be hard to address problems perceived to be years or decades away. But climate impacts are already upon us."

[hpearson@willamette.edu](mailto:hpearson@willamette.edu)



# African countries sign free trade agreements

QUINLYN MANFULL  
STAFF WRITER

On March 21, 2018 at a summit in Kigali, Rwanda, 44 of the 55 African Union (AU) member states signed an agreement that will set up a free trade area through the continent of Africa. With the intent of improving regional integration, boosting economic growth across the continent and increasing intra-African trade, the deal will create the African Continental Free Trade Area (AfCFTA).

This summit was part of Agenda 2063 — a strategic framework for the socioeconomic development and integration of the African continent which builds on, and seeks to accelerate the implementation of past and existing continental initiatives for growth and sustainable development. 27 member states have also already signed a commitment for the free movement of persons. Development of the AfCFTA began in January 2012 and has now been through eight rounds of negotiations to reach

the agreement that is currently held.

The agreement creates a single continental market for goods and services as well as a customs union with free movement of capital and business travels. Part of the AfCFTA commits countries to remove tariffs on 90 percent of goods, slowing phasing in the other 10 percent over time.

The AfCFTA could potentially bring more than 1.2 billion people together into a common market with a combined GDP of \$2.2 trillion; a 55 nation bloc — if all states sign on — would be the largest in the world. According to the UN Economic Commission on Africa, intra-African trade is likely to increase by 52.3 percent and will double upon the further removal of non-tariff barriers — a major goal of Agenda 2063 and the AfCFTA.

Promoting intra-African trade aids in fostering a more competitive manufacturing sector in order to generate and bolster economic diversification. Countries are hoping that the

removal of tariffs will create a continental market that allows corporations small and large to benefit from the newly crafted economies of scale. By moving towards intra-African trade, countries across the continent are able to spend more domestic capital on industrial development. The UN Economic Commission on Africa has cited that African nations with the largest manufacturing bases (South Africa, Kenya and Egypt) stand the most to gain from this plan.

The plan is not universally supported. Currently, there are 10 countries not signed on. Nigeria, one of the strongest economies in the continent, pulled out of the signing ceremony then gave a statement positing that they needed "to allow time for broader consultations," with unions and businesses. The Nigeria Labour Congress had previously warned the Nigerian president Muhammadu Buhari to not sign the agreement as it was a "renewed, extremely dangerous and radioactive neoliberal policy initiative."

Other critiques of the agreement point to general anti-free trade arguments including potential job losses and harms to the development of domestic manufacturing capabilities that occur when countries are not allowed to maintain their infant industries, despite analysis from multiple UN Commissions which predict the opposite. The non-universality of the signing of the agreement as well as only 30 nations signing the Free Movement Protocol does threaten the success of a single common market.

African leaders have agreed to have the AfCFTA come into effect within 18 months with at least 22 countries formally ratifying the agreement. In the meantime, there is still time for debate and creation of negotiations on competition, intellectual property rights, investments and so on within signatory nations.

[qimanfull@willamette.edu](mailto:qimanfull@willamette.edu)

# The stars aligned: a look into astrology

RYLEIGH NORGRIVE  
FEATURES EDITOR

Humans have been looking to the stars for the entirety of our very existence, influencing our science and philosophy and guiding our ships. The GPS has since replaced the sextet in the present day, but the cosmos continue to inspire scientific advancement and cultural norms. Astrology continues to influence our arts and culture.

Astrology is the study of the influence that distant cosmic objects, generally stars and planets, have on human lives. The position of the sun, stars, moon and planets at the time of people's birth is said to shape their personality, affect their romantic relationships and economic fortunes, among other things.

Astrology is believed to have been invented by the Babylonians, as they used the stars to predict celestial events and design their calendars. In this way, at the beginning of the study, astrology and astronomy were the same science.

This science was eventually introduced to the Greeks, and through the studies of Plato, Aristotle and their peers, astrology came to be highly regarded as a science. It then moved from Greek culture to Roman (like many parts of their belief systems). To this day, we use Roman names for the planets when interacting with the stars.

While the earliest astrology was used to bring a sense of order out

of apparent chaos, it eventually served in more utilitarian roles. It was broadened to include forecasts of natural disasters, war and emotional turmoil. As these predictions began to gain credibility it was a natural progression for astrology to be used as counsel for kings and emperors and, in time, for all of us. Astrological enthusiasts generally rely upon their zodiac signs to predict their moods and the events of the day.

The word "zodiac" is derived from the Greek word meaning "circle of animals." Early astrologers knew it took 12 lunar cycles (now known as months) for the sun to return to its original position. They then identified 12 constellations that they observed were linked to the progression of the season and assigned them names of certain animals and persons.

The zodiac is often manifested in daily horoscopes. A horoscope is a map of the zodiacal circle with earth at the center. The top of the circle represents the sun at its highest point during the day, and left and right of that are the eastern and western horizons.

Your horoscope charts the relative positions of the sun, moon, planets and stars at a specific time and place of your choosing, generally the place of your birth. These are said to reveal personality insights and current trends.

Undoubtedly, you've heard the phrase, "Mercury in retrograde." Three or four times a year, planet Mercury is said to go retrograde —

meaning it moves in an opposite direction to Earth. Planets move from east to west around the sun, and when Mercury turns to move from west to east instead, that's what astrologers refer to as "Mercury in retrograde."

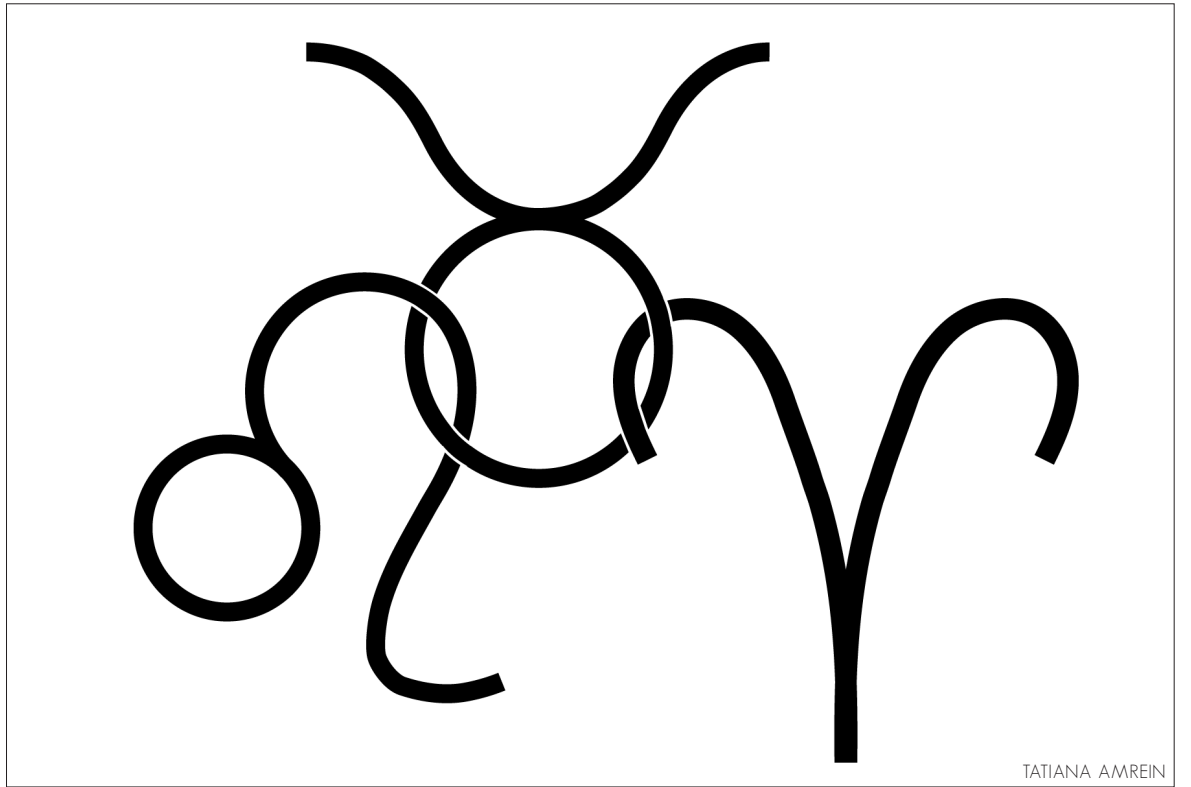
During this time, the planet Mercury is said to "move backwards." This movement is an illusion; Mercury is just moving slower than Earth, causing the illusion that it's moving in retrograde. Illusion or not, astrologers believe that during this time, it

has an effect on life here on Earth, specifically within the realm of communication and technology. In astrology, Mercury governs communication, travel and learning. For this reason, Mercury retrograde is blamed for everything from miscommunication to technological bugs, botched business deals, missed flights, a mechanical issue with your car or even a broken cellphone.

Interest in astrology has persisted throughout the centuries. Today, with the modern media's

attention upon horoscopes and various retrogrades, astrology maintains its popularity. Some people regard astrology as superstitious nonsense without scientific basis, others believe that position of the sun and moon affects life personal life on Earth. Whatever you believe, the cosmos will continue to influence humanity's history and culture.

ranorgrove@willamette.edu



# Press start on more story-based video games

MADELYN JONES  
LIFESTYLES EDITOR

For people who love being whisked away into fantastical, fictional worlds, there are few things better than getting lost in a book or film. However, if story-based indie video games are not in your escapism queue, maybe they should be. There are many inexpensive and accessible games out there that are ready to let their emotional, complex and riveting plots unfurl, if you give them a chance.

Video games can sometimes be intimidating to people who do not have a history with them, however, there are games that are strong in story and low in their skill requirement. "Night in the Woods" is a perfect example. This game is mostly dialogue and choice based, your actions influence the outcome. Therefore, all you need is curiosity to be good at this game. The unique art style and mystery of the plot keeps the player enticed. You can do the bare minimum and still get an interesting story, but you will be rewarded with interesting details and fun secrets if you look further than necessary.

If you are ready for more of a challenge, give one of Supergiant's games a try: "Transistor," "Bastion" or "Pyre." Each game has an intricate and complex art style, that when paired with the expertly composed, music has moved me to tears. "Transistor" and "Bastion" are both combat based, the latter being more typical and fast-

paced, while the former introduces a unique style.

"Transistor's" combat is a mix of real time dodging and paused deliberation. When you attack, you pause the enemies and get to plan out your attack, making it accessible to those who

are not used to fast-paced, high stress battle. While these games are more skill based, the games ease you in, getting you comfortable with the controls before it gets difficult. For experienced players, there are many in-game ways to make it more of a challenge.

Many of these games include comments on hard-hitting topics. Supergiant's games always challenge you to make important and hard decisions, while having inherently political plots. "Undertale" is a two-bit game that at its surface level is charming, and at its foundation makes a strong point to holding people ac-

the games are also designed to be played multiple times. "Undertale" has four endings, the Supergiant games can be made more challenging and you can figure out how the story plays out if you choose the opposite possibilities in "Night in the Woods." No matter which of these games you are playing, you will realize something you missed with another play through.

It could be argued that these games are the most immersive fictional experiences. There is something poignantly emotional about making decisions that directly affect the plot, and often times there are multiple endings that are decided based off how you decide to play the game. It's easy to forget the world around you and be sucked into these diverse worlds.

All of the games mentioned have stuck in my mind since I finished playing them. For "Undertale," I watched hours of theory videos after completing the endings that I wanted. I have had multiple conversations with friends about the meaning of "Night in the Woods" and why we made our choices.

countable and choosing the moral option over the easy. You get punished and rewarded for your actions. If you have any choice in the matter, you do not want any part of this game spoiled, it is such a special and unique experience to come to with little knowledge of what is about to appear.

All of these games are \$20 or less, and with the exception of the Supergiant games, can run on most laptops. All of



mgjones@willamette.edu

# Consider traveling alone for your next trip

JAROD TODESCHI  
STAFF WRITER

"How are you spending spring break?" many students might ask one another in the weeks preceding it, as I asked my friend, Lavender Wu ('18) as the celebratory week off approached.

"I am going to Cancun!" she told me, "I'm going by myself."

A light bulb went off in my head. Spring break is understandably a point in the semester where students might be anxious to escape Salem and do something exciting or rewarding with friends. But here, it occurred to me that the secret to a perfect spring break might be to spend it alone.

For Psychology Today, Sherrie Bourg Carter wrote an article titled "6 Reasons You Should Spend More Time Alone," including improved concentration and increased productivity, crucial characteristics for strong students. Alone time also provides space for open thinking, reflection and discovery. Similar to sleeping, solitude gives your brain a chance to reboot and revitalize, giving it a rest from the chaotic stimuli of everyday interactive life.

Alone time can often be the screen for projections of insecurity as well, according to Brent Crane from The Atlantic, who wrote "Humans have long stigmatized solitude. It has been considered an inconvenience, something to avoid, a punish-

ment, a realm of loners. Science has often aligned it with negative outcomes."

As more contemporary attention is being focused on concepts of isolation, though "scientists are approaching solitude as something that, when pursued by choice, can prove therapeutic," as reported in an article titled "The Virtues of Solitude."

News of Wu's spring break adventure inspired me to pull my pennies together and book one night away at a seaside resort with no specific itinerary. In the spirit of freedom, I took a scenic loop off of the main highway to get there. I pulled over on the last leg of the journey to inhale the fresh Pacific Ocean breeze, something you can't find in Salem.

Wu was raised in China and moved to the USA for school in 2012. "It's my last year in America," she continued, "so I thought if not now, then when? I decided I would go to Cancun even if I couldn't find anyone to go with me."

Wu did admit, "I was afraid. Besides coming to America, it was my first time going to a foreign country alone, and I didn't speak Spanish."

At a point she began to search for a travelling buddy online. "I saw a website for other people looking for travel buddies, so I posted about my Cancun plans and one guy's timing worked out with mine, and we talked every night before the trip to ensure that we were on the same page

about where we wanted to go and everything."

For Forbes Magazine, Donna Sapolin mentioned a few tips for solo travellers, consisting of sticking to public places and walking with an air of confidence, avoiding a tourist demeanor, staying aware of the location of your valuables and booking escorted group tours with others.

To ease her nerves, Wu did a lot of preparation, reflecting the agency Sapolin addresses as a necessity for individual travelers. "I looked at the hotel resorts to make sure that they were safe, and if I went to a place alone I made sure I didn't go late at night."

Such efforts were not as successful for Wu's travel companion. "My travel buddy got robbed on the second day of our trip."

Wu was also able to spend some alone time at the beach. "At first I felt weird that I was the only one there without company, but I saw people using seaweed to write names and notes on the sand, so to surprise my friend for their birthday I started collecting seaweed to write a happy birthday note." She found that even in our solitude, we aren't ever really alone. "A few people stopped and looked at what I wrote and smiled at me".

[jtodesch@willamette.edu](mailto:jtodesch@willamette.edu)

# The varied face of PTSD: triggers and coping

CONTINUED from Page 1

With all these many causes of PTSD, this disorder affects people in our community across many professions and life circumstances. To help first responders, veterans and their families in the Eugene area heal from PTSD, husband-and-wife team Chris and Rahnella Adsit established their non-profit, Branches of Valor. Chris and Rahnella Adsit have been studying PTSD since 2005, Chris as a Christian Reverend and Rahnella as a crisis and trauma counselor.

In his talk at Willamette this spring, Chris Adsit told the story of how he and his wife came to do this work. "We immersed ourselves in that world, so we could learn how we can best be used to help them with that experience of trauma."

Adsit's talk centered around the many causes of PTSD and the unique approach he and Rahnella Adsit take in addressing trauma recovery. Chris Adsit explained to an audience of students and professors that there are three dimensions of PTSD: the physical, psychological and spiritual. While most trauma care only addresses the physical and psychological elements of the disorder, the Adsits incorporate spiritual healing so that PTSD sufferers

can benefit from holistic healing and the empowerment it can provide. The Adsits feel that trauma care is incomplete without this spiritual element, which Chris Adsit called the "untapped healing potential" in PTSD sufferers.

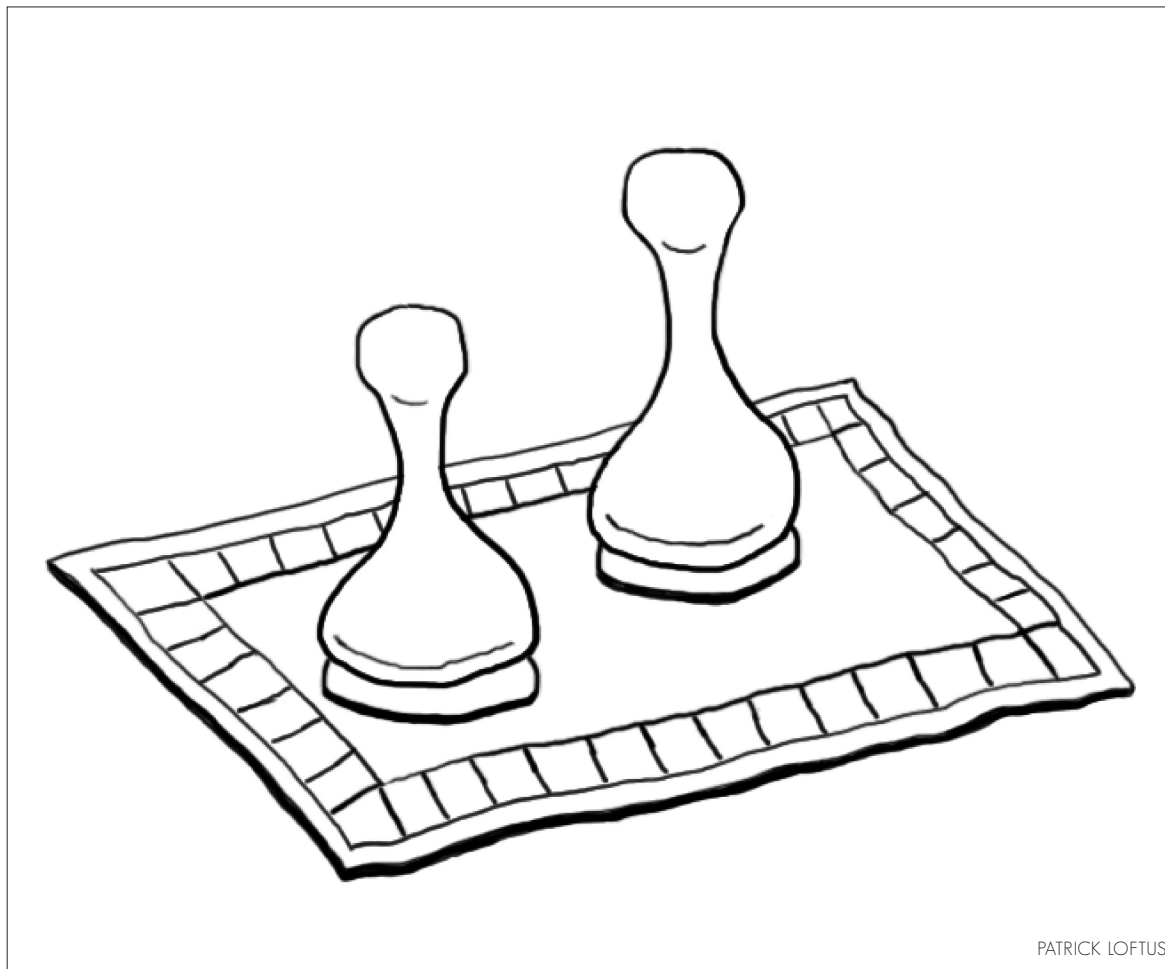
The pair is also unique in that their work focuses not only on the most apparent sufferers of PTSD, but also their families. Branches of Valor works with the families of combat veterans and first responders who endure secondary trauma brought home by the PTSD sufferer.

Chris Adsit explained that at Branches of Valor, they work to destigmatize PTSD. This disorder is not a crazy reaction to trauma but instead a natural and understandable response which deserves holistic treatment.

Chris Adsit said, "PTSD is a wound that can heal. Bleeding is normal when you are cut. It would be abnormal if someone was not wounded by the chaos of life-and-death situations." The aim of Branches of Valor is to help people move out of that stress and cope with it so they can heal and grow.

[jdisimon@willamette.edu](mailto:jdisimon@willamette.edu)

# Catch "Game Night" before it's off the table



PATRICK LOFTUS

DORIAN GRAYSON  
STAFF WRITER

Unless you heard about it from friends, you probably haven't heard much about "Game Night." You may have seen the trailer and thought, as I did, that it looked like a decent comedy trailer that might

have given away most of the funny parts. As "Game Night" nears the end of its theatrical run, I am here to tell you that no trailer could hold all of the film's amazing jokes.

The plot is that the hyper-competitive Max, played by Jason Bateman, hosts game nights with his wife Annie, played by Rachel

McAdams, and their friends. His brother, played by Kyle Chandler, is loved by everyone, but makes Max insecure as he is wildly successful. After the brother insists on hosting a game night at his house, things go wrong.

I'd hate to spoil the plot, as half of the fun is watching the twists

and turns. If I told you how this movie ended, though, you wouldn't believe me because it sounds like the ending to a different movie, but it builds properly and everything makes sense within the plot.

More importantly, though, it's funny. Really funny. The writers have a great sense of playing what characters know against what the audience knows for dramatic and comedic tension. They also make sure to give each of the three main couples a different ongoing joke that adds to the variety and distinctiveness of the characters. I'm sure you've watched comedies where the punchline could come out of anyone's mouth because they all sound the same, but this does the opposite and does it well.

It isn't just the writing that makes the jokes land. The actors are unrelentingly incredible through the whole film. Bateman and McAdams have incredible chemistry and much of the film's charm comes from their performances. After going from "Black Mirror" to Oscar-nominated "The Post" to show off his dramatic acting range, Jesse Plemons — as the group's estranged ex-friend Gary — shows up to steal every scene he's in with his screen presence and comedic timing. I'd be remiss not to mention Billy Magnussen, though, as his character would be so easy to make unlikeable and repetitive, but he brings a sincerity and puppy-dog nature to the role that keep him sympathetic and laughably pathetic.

The directors know what they're doing as well, and pace the information the audience gets incredibly well. In addition, the establishing shots that are usually box-standard are elevated with tilt-shift photography, which is a method of photography that makes things look like they're in a dollhouse or, coincidentally, like pieces on a game board.

The film isn't perfect, of course. The couple of colour in the film are given a single running joke — that would've overstayed its welcome if the payoff wasn't so enjoyable — and are sidelined for the more substantial parts of the other couples. Additionally, some of the setup for Magnussen's character has a "slut-shaming" attitude about it, in a way that mischaracterizes, then judges young women. It's a comedy, of course, so hyperbolized characters make sense; it's just that I've seen serious portrayals of this same type of character and it seems irresponsible to reinforce that.

If "Game Night" sounds like a good time to you but you don't want to see it in theatres, that's fine. This is the type of movie that kills in streaming, so look for it on Netflix after its physical release. Gather some friends and enjoy it together, because it is much better with a crowd to bounce off of.

[dgrayson@willamette.edu](mailto:dgrayson@willamette.edu)



# Marching to the beat of their

**SARAH FULLERTON**  
STAFF WRITER

In my mind, bands have often existed as somewhat elusive, intimidating entities. I have always loved playing music, but sensed a fundamental divide between my own musical enthusiasm and the skill set needed to forge a name and sound of your own. My recent conversations with Willamette students in bands bridged that imagined gap, and helped me to better appreciate the sustained effort necessary to be in a band. This entails the creative processes of composition, the logistical work and time commitment for jam sessions, the labor intensive and detail-oriented work of recording and producing albums, the self-promotion, the seeking out venues and the playing shows. For all those I talked with, the drive to pull off all these components was clearly born of genuine passion and excitement for music, as well as an internal craving to be in conversation with the music world.

This past week, I sat down with members from “Percy Lounge,” “Chromatic Colors” and Willamette’s “Funk Band” to hear about their experiences. Our conversations often turned into reflections on each musician’s process and the labor involved in cultivating a style. Through study and experimentation, these musicians are carving out a space for themselves in the musical worlds they have access to. They take their own distinctive styles and bring them to collaborative efforts, working together to produce an astounding product.

A common sentiment among those I spoke with is that Willamette’s music department influenced their decision to come here because it offers a strong program without dominating campus life. The students are able to pursue music alongside other areas of interest. Senior Wil Bakula, senior, of “Chromatic Colors” has gleaned skills in Professor Nord’s music production classes to independently record and produce his own albums from start to finish. Simultaneous to producing a full-length album for his music thesis, he is also pulling off a Philosophy major. His bandmate, Willamette graduate Katy Ohsiek, majored in Math while also participating in such ensembles as Willamette University Chamber Choir, the women’s choir Voce Femminile and the jazz collective Willamette Singers. She then worked in politics in Washington DC before returning to Salem.

Henry Coba, junior, told me that “Percy Lounge” had its beginnings in Doney Hall during his freshman year. Coba described, “We started writing some sketches. It turned into songs. It turned into some fun performances in the Bistro. We accumulated band members. Started playing around town. Sweaty basements. Wherever.” The band name comes from Coba’s cat Percy who “likes to lounge.”

Coba reflected that a musical outlet is “necessary for my health and my wellbeing.” He sees it primarily

as a release, allowing his “unspoken thoughts” to be “transmitted through music.”

Percy Lounge’s most recent single, “State of the Union,” was written by Coba and gives voice to thoughts and feelings surrounding the current elected president. The song features Coba on lead vocals. It was released just weeks ago on March 16, unveiled to the public at a show at Taproot Café and Lounge. It delivers clever, thoughtful lyrics, a powerful beat channeled through the keys and drums, compelling electric guitar riffs and a seamlessly integrated instrumental break.

Today, “Percy Lounge” is Coba on keys and trombone, Luke Warren on lead vocals, Brenden Ramirez on lead guitar, Jasper Gill on drums and Nick Burton on bass. Their sound is funk rock with jazz influences. They are known for their exceptional stage presence, fueled by their high energy that draws an enthusiastic audience to match. Be sure to check them out at Wulapalooza this April 14.

I loved hearing Coba describe the band’s collaborative songwriting process. He said, “Someone might bring an inkling of an idea in. Everyone’s feeling it, everyone’s experiencing it, and they add their own personality to it.”

Vocalist Warren lets the music move on its own first, and then feels for a fitting melody and lyrics. Usually he just listens at first, then “Kind of starts

experimenting with a melody line without words, develops it into a solid, concrete melody,” and then writes lyrics on his own time.

The balance between improvisation and established songs is something that “Percy Lounge” brings intentionality to. All the Willamette students and alumni involved in Percy Lounge have a jazz background. Improvisation is a key feature of their sound, but at the same time Coba noted that “our identity and the song itself” can sometimes get lost in too much improv. This said, the band has recently been moving towards more consistency with songs.

Seldom does “Percy Lounge” play a piece that one band member brought in composed and ready to go. Rather, their songs grow through jam sessions. As Coba described, “Here’s this little phrase, and we turn it into a story.”

Speaking with Bakula about “Chromatic Colors,” I learned that the multiplicity of styles, preferences and strengths among band members was embraced as one of their most important features. Their particular creative space is enabled by the different backgrounds of band members since “There’s not a lot of boundaries on the band.” The band members have an attitude of “Let’s just play music,” which they all recognize as more important and authentic than confining themselves to any particular shape or content.

This is not to say that the band lacks intentionality about the sound they create. Bakula’s process has always been about incorporating different musical traditions while tempering this with enough cohesion to make each song and each EP feel unified by a distinctive sound. However, it is impossible to reach any intriguing, nuanced sound of one’s own without first allowing abundant space for experimentation.

Bakula’s journey with “Chromatic Colors” began in fall of his sophomore year when he produced a solo EP that he said “I have since deleted because it was really embarrassing.” His pursuit of a solo sound was born from the feeling that “I was very much outside of the music program but still a music student.” Willamette’s music program offers training in either jazz or classical, and despite trying out both, Bakula felt “I never really fit into either of those groups.”

The solo EP was Bakula’s way of exploring elements of all the genres he admired. It was a “collage” of neosoul, experimental electronic, hip hop and rock, to name a few.

Bakula loves neosoul because it is true “jam music.” Once he was able to discover more about a style that suited his musical interests, Bakula found people to share in that musical creation process. The name “Chromatic Colors” is a celebration of the synthesis and inclusion of all the various stylistic influences mapped out in each song. Bakula explained, “Chromatic Colors is like all the colors in the color gradient and its also all of the notes in a 12-tone series.”

Bakula said that “Chromatic Colors” sound is the product of a fusion of three distinctive styles. Where David Guzman, lead guitarist, brings a “blues rock background,” Bakula himself offers “more funk, experimental, neosoul vibes.” Of lead singer Ohsiek, he says, “She’s a jazz singer in terms of tone and skill, but her lyrics and her style are very much pop.” They bring all these elements to a sound that could be described as pop-fusion.

Channeled through the medium of pop music, Bakula finds an avenue to introduce many different grooves that are less familiar to most listeners. He explained, “We want to take the pop formula that people are comfortable with and then flip



# own drum: bands on campus

it on its head.” Of their collaboration process, Bakula said it often happens that Ohsiek will come up with some intriguing pop tune, and then send it on the Bakula to “make a part B,” which Bakula describes as often “really weird.” In this way, their project becomes to “force [the audience] to go somewhere they haven’t been before.”

Bakula’s strongest musical influences right now are bands like “Hiatus Kaiyote” and “King Gizzard” and the “Lizard Wizard.” He loves “Hiatus Coyote’s” use of “odd meters,” and their ability to keep catchy melodies interesting and challenging by channeling them through obscure rhythms.

Listening to the music of “Chromatic Colors” music, it’s clear that they are inspired by experimentation with complex and evolving rhythms. I first heard “Chromatic Colors” last summer at a Friday night show at Taproot Café and Lounge. I was captivated by Ohsiek’s hauntingly beautiful vocals which are at once strong and delicate, cast against interesting tempos and synthesized grooves. Bakula celebrates the recent addition of drummer Gill, which

came at long last after many months of making due with a drum track. Gill’s talents allow for even more experimentation with rhythms.

“Chromatic Colors” has a beat that feels like it breathes. Listening to their recent live recordings, you can hear the way one song or one phrase moves seamlessly into a fresh one through transitions of the drum beat. The beat seems to move with the vocals, which manages to sound easeful even as the musicians incorporate challenging rhythms that most listeners’ ears are not accustomed to.

Bakula said his favorite show to play was their most recent one, when they got to open at “The Gov Cup” for “Hot Sheets,” which happens to be a three-woman punk trio including Willamette Chemistry professor Karen Holman on the electric guitar. In case you missed it live, “Chromatic Colors” has since released a complete recorded album from the show on their band website and SoundCloud.

Bakula also loves playing at “The Space Concert Club” in West Salem, a venue that he described as created by and for musicians. He explained, “They understand the musicians’ needs and the audience’s needs. You’re well taken care of there.”

Keep an eye on the events section of “Chromatic Colors” Facebook page or band website to find out where they can be found locally in the coming months. Come June 19, they’ll be taking off for a tour “up-down the west coast,” as Bakula described it, traveling from Oregon to Washington to California. Despite natural constraints that arise from all the band members working over the summer, “Chromatic Colors” is doing what they can to get their sound out there.

One quality I admire about the bands

I interviewed is that they don’t make a point of being competitors or separate groups. People like drummer Gill and bassist Burton have played for both “Chromatic Colors” and “Percy Lounge.”

The first piece that Bakula composed for a group was played by a mix that he said was about “half ‘Percy Lounge,’ half random people that I was grabbing.” That track, called “Boardwalk,” is still available on “Chromatic Colors” SoundCloud. I am a huge fan, and can’t believe that it was the product of a mere two jam sessions. It starts out with a solid drum beat that supports a subtly evolving electric guitar phrase, coupled with bold electric violin accompaniment. The sound is jazzy and a little bluesy. It opens with a really comfortable, classic feel, and evolves into a new beat with a synthesized sound at its center. Tension builds through a high pitched violin part, and polyrhythms that cross each other and disorient the listener. The piece departs entirely from the opening phrase, and fades into a finish that is satisfying without feeling unifying or ordinary.

While Bakula’s formation of “Chromatic Colors” had everything to do with seeking musical fulfillment outside of the music program, others came to be in bands through their involvement in university ensembles.

Willamette’s “Funk Band” is an example of the intersections of formal musical

study and independent student bands. Eamon Gover, freshman, got started with the Funk Band through participation in the Willamette Jazz Collective. Since members of the funk band also play in this group, he got invited to play a gig with them last October, and has continued ever since.

The band is comprised of Derek Billey and Olivia Fields on alto saxophone, Gover on tenor sax, Brighton Sier on trombone, Ayana Bradley on keyboard, Dexter Williams on bass and Joey Grimmell on drums.

All classically trained in jazz, the funk band members are able take jazz tunes and translate them into a funk feel. Gover told me, “A lot of our songs are funk renditions of jazz tunes, and since jazz is a very collective and spontaneous type of music, a lot of that carries over to our material.”

He describes their sound as “boisterous,” and thinks this an apt description for their audience as well. They don’t compose many original songs, but their constant improvisation makes them active participants in the music they play, creating a sound of their own. Gover described, “Each song has potential to go in a unique direction, and more often than not we’ll be playing a particular song for a long time, changing up the beat or feel to keep it interesting. We also make up our own backgrounds on the spot during solos.”

Gover illuminated the intersections between creation and improvisation. On one occasion he recalled, “We just started to jam on a very simple riff before a show and it turned into one of our setpieces. No name yet, but maybe we’ll give it one someday.” The jazz framework establishes the spaciousness to support improvisation which can morph a repeating phrase into some new manifestation with each performance.

Williams said that while he’s played in many jazz groups, “The Funk Band is probably the most improvisational group that I’ve been in. . . We’ve played some songs where we just agree on some chord progression and the rest is just improv, so it’s always really fun to see how it ends up.”

Student bands bring unique energy to campus, infusing it with a creative presence and offering students a source of inspiration. For me, their music retains that magical feeling of elusiveness, even as I now understand more realistically what effort goes into such accomplishments as albums and gigs. In any field, it takes remarkable determination, steadfastness, creativity and bravery to pursue a role that resides outside of the classroom.



SANJAY KAPILA



# During spring break Bearcat Softball wins two games

ERIC DEL PRADO  
SPORTS EDITOR

The Willamette softball team started their spring break in Spokane, Washington playing Whitworth University. The Bearcats' games on Saturday were cancelled due to weather. On Sunday, the Bearcats lost to the Whitworth Pirates by a score of 8-0 in both games.

Sophomore outfielder and pitcher Jocelyn Glasgo led the way offensively for the Bearcats, hitting a double in the first game and a triple in the second game. Glasgo pitched for the Bearcats in the first game and junior pitcher Reanna Lancaster pitched the second game.

On Tuesday March 27 the team headed to Pomona-Pitzer College to take on the Sagehens. The Sagehens took both of the games, but not without a fight from the Bearcats. In game 1, the Bearcats lost by a score of 2-0. Glasgo threw a complete game and did not allow an earned run. First year Danielle Koontz led the way offensively in game one as she walked and hit a double. The second game saw the Sagehens get out to a 7-0 lead. The Bearcats battled back and were able to pull within 2 runs, losing the game by a score of 7-5. The Bearcats scored four runs in the fifth inning. Sophomore Kea Grier hit a homerun to center field, Glasgo hit a two run triple and sophomore Sofia Magnani knocked in Glasgo with a single.

The Bearcats were not able to defeat St. Katherine's in two games on Wednesday. In game one, Willamette took a 2-1 lead in the third inning when sophomore catcher Olivia Scott and Koontz scored. The lead did not last long, as St. Katherine's scored two runs in the fourth and then added on more runs later in the game. In game two, the score was tied at 3 through two innings, but the could not capitalize with runners in scoring position late in the game.

On Friday the Bearcats returned to Salem to take on the Pacific Lutheran Lutes in four Northwest Conference games. The Bearcats started the weekend with two wins on Friday. Game one went extra innings and the Bearcats won when first year Breianna Mcleod scored due to an error by

Pacific Lutheran. Glasgo threw all eight innings for the Bearcats surrendering 12 hits, but only allowing four runs to score. Offensively, the Bearcats were led by first year Bailey Hillmick who was two for three and Mcleod who went two for two. In game two the Bearcats jumped out to an early 3-0 lead. After Pacific Lutheran scored four runs to take the lead going into the fifth inning. The Bearcats took the lead again on a Glasgo single that knocked in junior Emily Bishop and Mcleod. With the game tied again in the bottom of the sixth inning Grier hit a double to center field to give the Bearcats the lead. The Bearcats won the game by a score of 7-5.

On Saturday the Lutes were able to defeat the Bearcats by scores of 4-2 and 12-4. The Bearcats are now 5-20 overall and 5-13 in Northwest Conference play. They will play four games at the University of Puget Sound this weekend.

[edelprad@willamette.edu](mailto:edelprad@willamette.edu)



CHRIS SABATO



CHRIS SABATO

First year shortstop Breianna Mcleod throws a ball across the infield (top). Sophomore outfielder and pitcher Jocelyn Glasgo drives a ball into the gap (bottom).

## Damage Control:

# Trying to predict the playoff picture in a season of injuries

ALEXANDER GORDON  
STAFF WRITER

At the beginning of the season things seemed as if they were going to be relatively straight forward when it came to the playoffs. Challengers would emerge in both conferences, but the Warrior's sheer talent level and the transcendence of LeBron would ultimately be too much. The major story this season however has been the injuries. It is almost always a B or C plot in any NBA season, but this year it jumped to center stage. Maybe we should have predicted this when Gordon Hayward went down for the season literally five minutes into the first game, but they have made

what was once considered a three team battle for the finals into anyone's guess. Kawhi Leonard's mysterious quad has left the Spurs treading water for almost the entirety of the year. The Pelican's were looking stronger than anyone had anticipated until Demarcus Cousins tore his Achilles, and these are the ones that we already knew about.

As the playoffs draw closer, a rash of untimely injuries have affected key players on contending teams across the league. Most notably Stephen Curry's Grade II MCL sprain, Kyrie Irving's minor knee procedure and Joel Embiid's orbital fracture. All three are on very similar time table for their anticipated return with Curry's

being the longest and most severe. The Sixers are due for a good run in the playoffs, and could actually end up in the third seed in the east when all is said and done, but most experts didn't expect them to challenge for the title this time around even with Embiid. Without him they will almost certainly exit in the first round, but his is the shortest recovery time on paper (2-4 weeks), and he wants this, so many expect him to make that return for the first round.

Irving and Curry both dramatically alter the appearance of two teams we expected to see in the conference finals. Steve Kerr has already ruled Curry out for the first round of the playoffs.

They're slated to face the Jazz at this point, which is not going to be a cake walk by any means, but they should still advance. Curry will theoretically be set to return against either the Blazers or the Thunder. They would need him against either of those teams, they are both capable of making it a series against a healthy Warriors team let alone one missing their offensive catalyst. They become more predictable with KD driving the offense, not necessarily worse, but their volatility is part of what makes them great, and Curry is what makes that happen.

Irving's procedure was probably the best thing for the Celtics long term. He starts the recovery process on his damaged knee

early, and whether they have success in this year's playoffs doesn't matter. They are looking to the future, and especially with their likely top ten pick in this coming draft, these Celtics look like they're going to be a problem in the East for a long time. It's unfortunate we might not get a chance to see a team that drastically outperformed its modified expectations get a shot to go at LeBron in the Conference finals.

[atgordon@willamette.edu](mailto:atgordon@willamette.edu)

# Willamette Golf teams enjoy Southern California over spring break

ERIC DEL PRADO  
 SPORTS EDITOR

The men's golf team came in 17th place in the West Cup over spring break, shooting a combined score of 973. Junior Sam Hinton led the way for the Bearcats as he came in 50th place with a combined score of 239. He shot an 81 on each of the first two days and a 77 on the final day of the tournament. First year Ben Graham was tied for 21st place after the first two days of golf but he was unable

to play on the the third day. Junior Kenneth Sheldon added a combined score of 243. He was consistent throughout the weekend as he shot a 79, an 82 and another 82. Junior Trent Jones finished the tournament with a score of 249. Senior Spencer Hong finished with a score of 273. Hinton was pleased with the teams results.

"The golf course is always really tough. Two of us were pretty sick for the whole trip which really contributed to us struggling to play at our normal level."

The men are looking forward to the NWC Spring Classic this weekend.

"All of us are very familiar with the golf course which really helps our position. It's also important to remember that we are still in first place and have done a lot to get into this position," Hinton stated.

Senior Maddi Barnett led the way for the women's golf team with a score of 172, while sophomore Lexi Towner shot a 182. Sophomore Kristen Barclay shot a 188, first year Camy Pickworth shot a 191 and first

year Katerin Vasquez shot a 225. Each of the Bearcats improved on the second day of golf, which led to the Bearcats finishing in 17th place in the Bulldog Classic hosted by Redlands University. The Bearcats look to use this momentum and improvement in their match this weekend, as they participate in the NWC Spring Classic at the Hangman Valley Golf Course. This event is hosted by Whitworth University in Spokane, Washington.

[edelprad@willamette.edu](mailto:edelprad@willamette.edu)



CHRIS SABATO



CHRIS SABATO

Junior Kenneth Sheldon chips a ball onto the green (left). Junior Sam Hinton shoots from the fairway (right).

## Intramurals weekly

DRU DRAPER  
 STAFF WRITER

Welcome back, Bearcats!

We have a little recap of intramural action from before the break. Mission Unblockable and Ball Blockers are off to a good start this season in the Coed Competitive league as they both are 2 and 0. TIU is also off to a 2 win start.

Spring has sprung and that means we are almost done. Keep up the good fight. Make sure not to just put your head down and power through. Staying active and healthy is key to relieving stress and taking a break from the books. Plus, the teams mentioned above need some competition. Be the ones to snatch the shirts from their grasps.

That's why we hope to see you in the gym these next few weeks. Our indoor volleyball leagues and indoor soccer leagues are in full swing. However, it is not too late to join one of your friends' teams or join a random team! Go to [IM-leagues.com](http://IM-leagues.com) and sign up to get started.

Also, our annual dodgeball tournament is back! It is going to take place on the last day of classes. There is no better way to end the school year than playing dodgeball, so start thinking of a team and wait for more information to come out!

May the best teams win!

[dcdraiper@willamette.edu](mailto:dcdraiper@willamette.edu)

# this week in sports

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 	3 	4 	5 	6 	7 

AARON ODA  
 STAFF WRITER

This week in sports we say goodbye to March Madness but welcome a fresh and new Major League Baseball season. Also, the Masters is this weekend and I will be tuning in to see if Tiger can win another green jacket. Let's take a look at this week in sports.

### NCAAB

On Monday the madness finally came to a close with Villanova winning it all, beating Michigan with a final score of 79-62. The star of the game was a bench player, Donte DiVincenzo, who was able to contribute 31 points shooting 10-15 from the field and 5-7 from three point country. This Villanova team was all about the threes, hitting a record number against the Kansas

Jayhawks in the final four. This year the madness hit a new all time high: we saw the first 16 seed in the men's tournament knock off the 1 seed in the first round, a nun that helped led an 11 seed team to the final four, and a plethora of upsets. The Women's Champion was the Notre Dame Fighting Irish who were led by Arike Ogunbowale who hit back to back game winning jump shots at the buzzer to beat the all powerful and undefeated Uconn, then knocking off Mississippi State in the championship game. In the championship game she scored 18 points with three rebounds and and assists.

### NBA

With teams having five games or so left in the regular season, it is time to start putting together the playoff picture. The Portland

Trail Blazers were able to hold strong in the Western Conference race and absent of a catastrophic meltdown, should be able to hold on to the third seed. Some of the other notable news heading into the playoffs is the Houston Rockets have clinched the number one overall seed in the Western Conference meaning they will have home court advantage throughout the playoffs. The Golden State Warriors on the other hand will be playing without Stephen Curry for at least the first round of the playoffs while he tries to heal a sprained ligament in his knee.

In the Eastern Conference the rebuilt Cleveland Cavaliers look to avenge a rather poor regular season for their standards and make a push for another trip to the finals. In their way are the Toronto Raptors who are currently the number one seed in the Eastern Conference and have been

playing out of their minds with the guard combo of Kyle Lowry and Demar Derozan.

### MLB

Opening day has come! The long 162 game baseball season is now underway and gives each team a fresh start for the chance to win the World Series. The so called Babe Ruth of Japan, Shohei Ohtani, was able to win his first ever major league start beating the Oakland A's by a score of 7-4. He went six innings giving up three runs and striking out six batters while only walking one. His hitting has not been so hot, only going one for five in his first couple games with the Los Angeles Angels. If you want to follow a player all year it should be Ohtani because he supposedly has an electric fastball and is able to hit bombs at the plate,

making him the complete baseball player.

Another interesting early story line that people should be looking out for is whether or not the Astros hold up and contend for another World Series trophy. After being subpar for many years, the Astros were finally able to turn it all around by forming a core group of young studs that led them a championship last year. But can this group recreate what they did last year and become a team of the decade? It will take all 162 games to decide, until next week K DEN!

### Ohh brah have you ever noticed quote of the week:

"Exceptions are as true as rules." —Joe Moore

[aoda@willamette.edu](mailto:aoda@willamette.edu)



## Conservatives on campus

BRETT YOUTSEY  
STAFF WRITER

Like many colleges, Willamette is an echo chamber. While most support the idea of having an open dialogue, there is little diversity of opinion.

I knew about Willamette's reputation and received fair warning from parents to avoid trouble and focus on my education. For the better part of my Willamette experience, a fear of "getting in trouble" has hung over me.

I kept this paranoia without asking myself what the "trouble" actually means. I have never heard of the administration punishing someone for an opinion.

Simply expressing an opinion is not enough to alienate yourself. The majority of students at Willamette are perfectly fine with having friends who have different political views.

The absence of conservative voices on campus does not come from the repression of the left, but a lack of courage and conviction on the right. There is nothing stopping you from speaking your mind, except a handful of frowning faces and quiet whispers.

Conservatives give dirty looks and gossip as well, but liberals manage just fine. The majority of social stigma towards conservatives does not come from being conservative, but from having a hostile victim mentality. Many college conservatives become an edgy caricature of some kind of underground opposition. A victim mentality makes politics the sum of a person's personality, and no one wants to be friends with a political caricature.

Over my almost three years at Willamette, I have come to realize that I have had a terrible attitude. Ironically, avoiding politics made me more political, because every social interaction is perceived as a risk in a political context.

In my own experience at Willamette, I have made friendships without knowing my political beliefs. It is possible for both sides to get along. Being a member of the community does not mean compromising your beliefs, but it does mean that people come before politics.

Not only does the hostile victim mentality harm conservatives' social lives, but also their personal development. In an environment saturated with guest lecturers, protests and activist art, the open-minded conservatives seldom leave their rooms. Though college conservatives pride themselves on being open-minded, they often fall into a permanent state of opposition.

If the right wants create an environment of open dialogue, they need to start by listening to the left. You may not agree with the message, but you can always learn. Willamette is a unique place in this world, and many will never experience any place quite like it again. Refusing to experience all of what Willamette has to offer is selling yourself short.

It's time for conservatives to stop being passive observers. The path towards an open campus does not lie in combatant opposition, but becoming members of community that transcends politics.

[bjyoutsey@willamette.edu](mailto:bjyoutsey@willamette.edu)

## Too much bias in Austin bombing coverage

SOPHIE SMITH  
STAFF WRITER

Last month Austin, Texas found itself in the midst of a mysterious nightmare. Six bombs, sent as packages in the mail or left on streets, detonated around the city over the course of nineteen days. The attacks killed two people and injured five more.

Because both men killed by the bombs were black, the motives of the attacks seem clear: these were racial hate crimes, or, to be more concise, terrorism. Three of the five bombs were detonated in Austin's east side, populated mostly by black and Hispanic residents. This thinking became muddled when another bomb went off in a largely white community, injuring two white men. Despite this, many people still believe race played a role in the bombings.

Several American media outlets already ruled out the possibility of racial motives. Instead of focusing on the victims of the crimes, the news has averted its attention to the bomber himself, Mark Conditt.

Little is known about Conditt's motives. Police found a confession tape the young man filmed, but the

video does offer why he conducted the bombings or how he chose his victims. Further answers are not likely to come, since Conditt was killed on March 21 when he detonated another bomb in his car during a police chase.

The media has resorted to grappling for possible motives. Reporters have swarmed Pflugerville, the wealthy Austin suburb where Conditt lived, collecting descriptions of the bomber from community members.

Few reports actually portray Conditt as the murderer he was. Several news outlets, particularly the New York Times, use delicate terms to describe Conditt. The Times has written about his "tight-knit, deeply religious family" and his "white clapboard house, where an American flag hangs from the front porch." What purpose does this serve? Murdering two people and injuring five others negates any positive attributes Conditt once had. He lost the right to be normalized.

Including details like this, while it may seem like thorough reporting on an important topic, are harmful. When hearing these reports from Pflugerville, Americans identify with Conditt, per-

haps even pity the horrific turn his happy life took. These reports, so distanced from the crimes Conditt committed, have come to dominate the narrative about the bombings.

Even law enforcement is portraying him as the victim, with Austin police chief Brian Manley saying Conditt was, in his confession tape, "talking about the challenges in his personal life that led him to this point." If Conditt were Muslim, he would not receive such a forgiving description. Instead, he would immediately be named a terrorist, a label which leaves no room for empathy in America.

Recently in the United States, a semantic narrowing of the word 'terrorism' has occurred. The popular meaning of the word has narrowed from its denotation – violence used to any political purpose – to a more specific connotation. Now, 'terrorism' is synonymous with Islamic extremism, separate from Christianity. Terrorists are those guys in ISIS, right? A Christian kid from Texas can't be a terrorist! Because Conditt had the privilege of being white, therefore detached from the frightening notion of terrorism, the media is able to portray

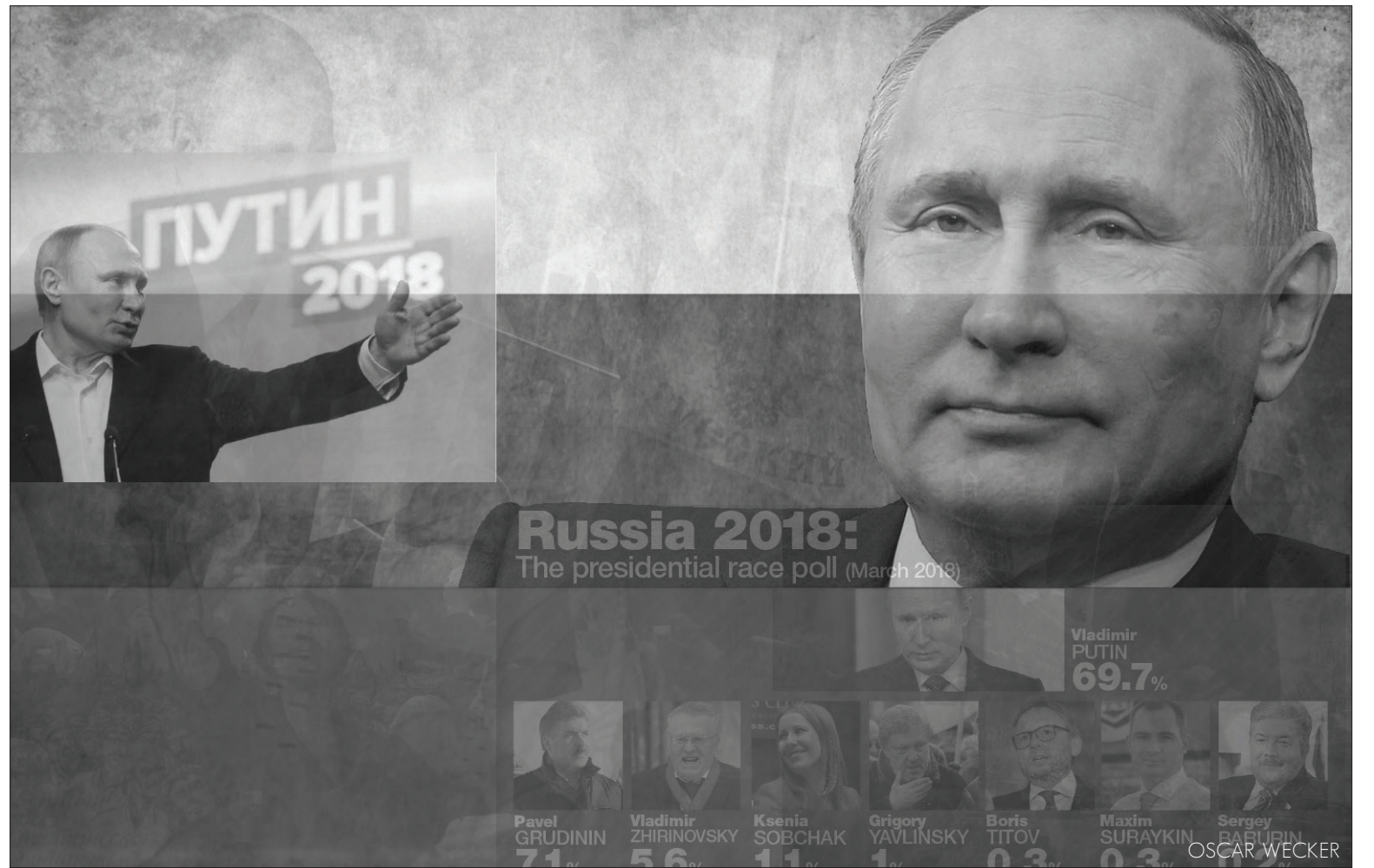
him as an all-American kid who made a few bad decisions.

One step has been made in the right direction. This weekend Chief Manley announced he now considers Conditt a "domestic terrorist," which bodes well for the investigation's future.

There are countless problems in the way the media is reporting on Austin, but each contributes to one larger issue. Stories about Conditt overshadow those of his victims. Distracted with the macabre and mystery of Conditt, we have come to forget about two men at the core of March's events: Anthony Stephan House, a husband and the father of an eight year-old girl, and Draylen Mason, a high school senior, classical musician and aspiring neurosurgeon whose future promised greatness. Both killed in their homes by bombs Conditt mailed. By going on a goose chase to find trauma in Conditt's privileged life, media outlets have neglected to share the stories of people whose lives the bombings affected most, thereby diminishing the severity of Conditt's crimes – yet another way the media protects white terrorists.

[slsmith@willamette.edu](mailto:slsmith@willamette.edu)

## Analyzing Putin's presidency objectively



CONTINUED from Page 1

Putin's presidency represents progress to the Russian people. Under Putin, Russia's GDP per capita had tripled from Yelstin's \$9,989 to \$27,900, while unemployment has contracted from 13 percent to 5.3 percent. The public debt stands at 17.4 percent of GDP while reserves have increased to \$356 billion from \$12 billion in 2000, whereas in the year 2000 public debt constituted just over an astounding 92 percent of GDP value. In the 2017 agricultural year, Russian farmers produced their largest ever crop yield of

130 million tons of grain, thus breaking the 40-year-old Soviet record.

Lastly, there is the "strongman" aspect of Putin, which in itself serves as the greatest example of divide between Russia and the West. Citizens within the Russian federation are essentially unified in their concerns over what they see as Western territorial encroachment and the expansion of hostile global liberalism.

America's funding of the Ukrainian Army despite Kiev's violation of the 2015 Minsk Agreement, its uninvited entry into Syria for the sake of funding

"moderate" rebels as well as U.S. coverage of the alleged 2016 election meddling have given Moscow plenty to play with. Finally, in a time of not just economic but also cultural globalism, many are quick to condemn Russia's conservative traditions and views regarding national identity without ever questioning what they have been taught over several years.

Objectivity is essential in understanding the reasons behind political dissonance among nations. Vladimir Putin, love him or hate him, undeniably has people who see him as the one hope in keeping Russia strong and thus

unable to fall back into a darker time. He will go down in history as one of the most powerful political forces of the 21st century, and with time, even those who follow the standard anti-Putin talking points will see that there was a great deal of substance to his rule over the world's largest country. The Russian people have chosen their fate, and Putin will actualize it accordingly.

[pamur@willamette.edu](mailto:pamur@willamette.edu)

# Capitalism will always be a game for the white man

QUINLYN MANFULL  
STAFF WRITER

According to a new study led by researchers at Stanford, Harvard and the Census Bureau, white boys who grow up rich are likely to remain that way while Black boys raised in top income brackets are more likely to become poor than to stay wealthy in their own adult households. Black boys, even those raised in the wealthiest neighborhoods by the wealthiest parents, still fare far worse than white boys with similar backgrounds.

Income inequality and its cyclical effects have become far more prevalent in academic and political discussions and rightfully so, but the problem with a lot of current literature is that the analysis normally ends with the fact that more Black Americans are in poverty than white Americans, not acknowledging the long term impacts of cyclical poverty even for Black families who have made it to the top income brackets.

What is considered the greatest benefit of capital accumulation? The intergenerational aspect of it. The fact that your children will not have to work as hard to provide the same luxuries to their children. Not only are the bastions of opportunity that are reserved for the wealthy and white difficult to

break into for Black families, but those who are able to do so rarely are able to pass those opportunities down to their children. The poverty trap remains nearly inescapable.

Overall, this study is phenomenal (and the infographics that come with it are superb, I highly recommend reading the full New

“Not only are the bastions of opportunity that are reserved for the wealthy and white difficult to break into for Black families, but those who are able to do so are rarely able to pass those opportunities down to their children.”

York Times piece on the study). The study puts into words and pictures (I'm not kidding when I say super, super cool infographics) things many of us have known; academic validation of this truth is helpful in decoloniz-

ing our courses dedicated to capitalism, racism, their intersection, inequality and much more.

What does this mean for classes and discussions of inequality on our campus? Many times self-proclaimed leftists and even Marxists will support the idea that class divide us more than racial ones, that the color line was

face rabid anti-black racism; but secondly, that the intergenerational benefits of capital accumulation are not accessible by Black families. The unwillingness for so many self-proclaimed socialists on our campus to stare racism and their own role in white supremacy in the face is their failure if you ask me.

Capitalism at its core was never made for People of Color to succeed. This is why our four-decade rampage of neoliberal Reaganomics has burdened families of color far more than their white counterparts.

Incarceration and the inherent anti-blackness rooted in our criminal justice system is one answer. Black men raised in the top 1 percent are as likely to be incarcerated as white men raised in households earning about \$36,000 annually. Racial stereotypes cross class boundaries, seep into schools and embed themselves into the minds of the mentors and teachers of even wealthy Black children.

Even when raised among affluence, assumptions of criminality still plague Black men at the earliest of ages. Benefits of wealth accumulation such as nepotism and higher education, etc., are harder to pass on when you are also facing negative stereotypes in the inner circle. It is more difficult to

pass down your seat at the table if people are continually questioning if the seat should have been provided for you in the first place.

Finding all the reasons why this disparity is true is difficult, issues as deeply embedded into our state and our history as racism are tough to crystallize. But a few things are certain: discussions of income inequality and the consolidation of wealth must take into consideration how racialized intergenerational wealth is, that racism is not a problem reserved for the poor and that glossing over findings like this will never result in policies that aid in ending the racialization of poverty in the US.

If you ask me, capitalism was never supposed to work for anyone who wasn't white, so it never will. The Black individuals who have made it to the top one percent are used in the narrative to claim that poverty is not racialized. But Beyonce, Kanye and the Obamas aren't enough – for one because they all experience anti-blackness on a daily basis, but also because it is far more difficult for them to pass their wealth on to their children than it is for Elon Musk, George Bush or Taylor Swift.

*qimanfull@willamette.edu*

# Let's confront more people more often

MADelyn JONES  
LIFESTYLES EDITOR

Let's take a moment to unpack what we think about the word "confrontation." It is often seen as a harsher approach to resolution than other more passive techniques, or is seen as a last resort if these other techniques do not work. Commonly, it has the emotion of anger connoted with it. The word makes us think of yelling or even an unwillingness to hear and think about another side of the story.

For example, we have all been in a classroom where a student starts to take up an uncomfortable amount of space, like taking up valuable learning time by creating an off-topic back and forth with the professor. In response, most commonly people hunker down, suffer through it and vent to a friend about it later. However, if we changed our view of confrontation, we could change with scenario into something more productive.

What I am asking for here isn't small, even though in this scenario it may seem so. It's a culture change around how we view confrontation. Instead of ignoring problems or complaining about them later, if it was more common to speak up and handle the situation at the root of it, more problems would be fixed.

People are scared to speak up and get the class back on track because we rarely see it happen. As Willamette students, someone in our lives, whether it's ourselves or someone else, is working hard to pay the tuition to go here and get an education, therefore it is completely understandable to want to get the most substance out of class as possible. These kind of interruptions can take away from

our education by not letting the professor get to teach as much as they want to or by making us less enthusiastic to go to classes.

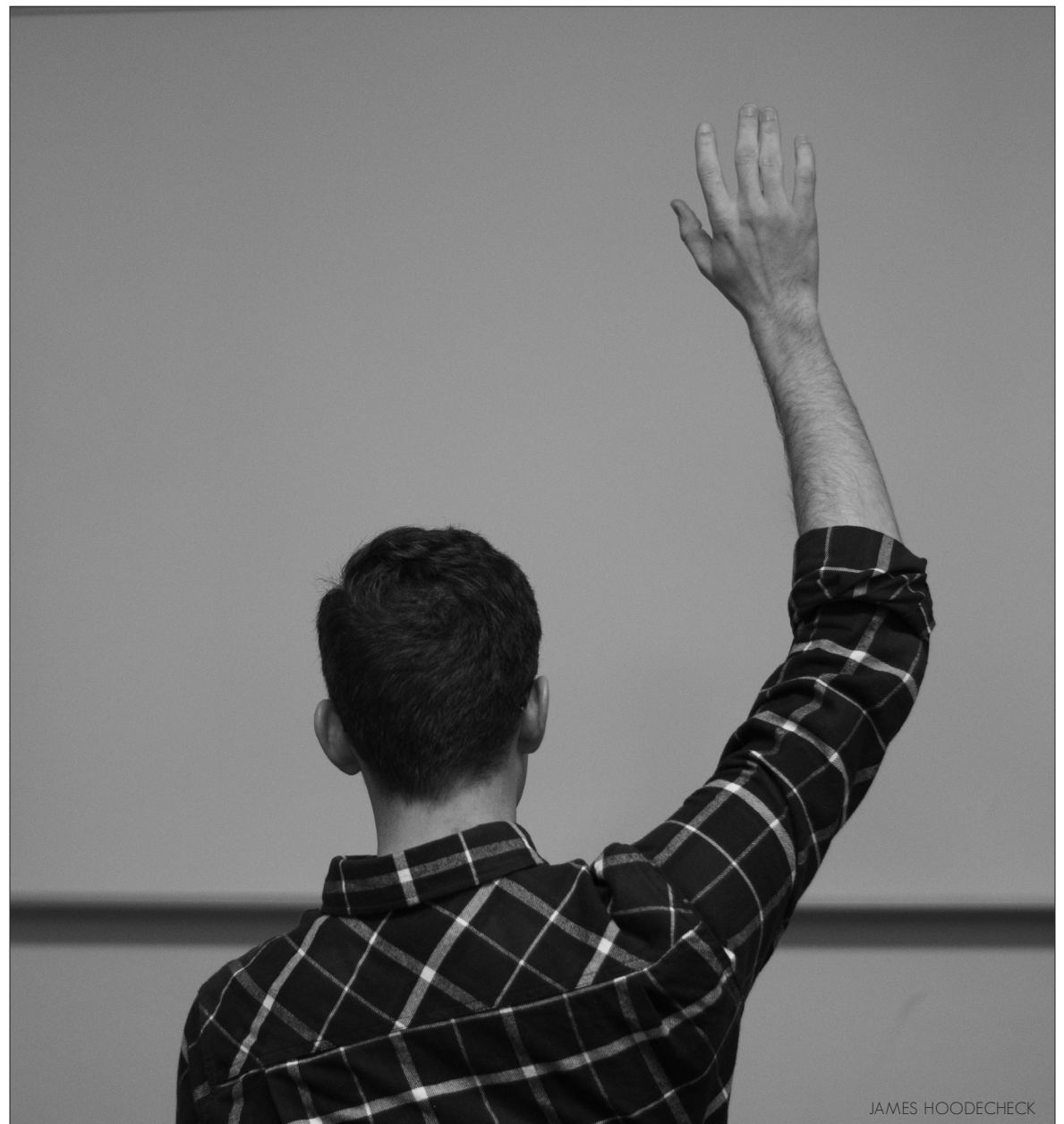
I have sat in a classroom like this many times, knowing I could simply raise my hand and say something along the lines of, "Can we get back to the lesson?" It seems simple, but it's not normalized, and since it's not normalized, I don't know what the response should be.

People are scared to speak up and get the class back on track because we rarely see it happen, it is not a common part of our society.

For a more serious and complicated example, let's look at microaggressions. I had a male friend in whom I started to notice small ways he treated women disrespectfully; not listening to their authority in the workplace and interrupting women more than men. However, I didn't know if he knew he was doing this or not. I wanted to reach out to him and tell him what I noticed in hopes he would listen and think about his actions more critically, but I did not because confrontation is not normalized so I was worried about the response it would elicit.

I want to make it clear that it is not someone's duty to confront someone, especially when it comes to topics about marginalized identities and oppression. However, I have realized the only reason I haven't spoken up in certain cases is because since it is seen so little, it seems like a bigger statement than I want it to be.

When I say I wanted to confront him, I didn't want to angrily rant at him, which is what some people think that word means. I wanted to sit down with him and explain what I have been able to see because of my identities, thought process and life experience, not-



JAMES HOODECHECK

ing that I realize he might not be aware of what his actions truly mean. Confrontation should be seen as a conversation whose goal is to solve a problem directly and at the root of it. One way I have heard confrontation explained is that it is not two people versus

each other. Instead, confrontation is two people versus a problem trying to resolve it.

If we talked to people about their problematic behavior and how it is being perceived more often, it could fix many problems that currently go unfixed. It can

bring to light problems that people do not see themselves and create a healthier campus and community.

*mgjones@willamette.edu*

### Crossword Puzzle

1	2	3	■	
4			5	6
6				
7				
■		8		

#### Down

1. Garments PETA hates
2. Immediately
3. Anyone on a bus
5. It's just a river in Egypt
6. Blitz's other favorite color

#### Across

1. A long, long way to run
4. Putting into service
6. KWU's trade
7. Something that can be cast
8. Blitz's favorite color

Here are the solutions to the last crossword.

F	L	A	G	■
I	O	W	A	N
S	T	A	T	E
T	U	R	K	S
■	S	E	E	S

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## Mental Health Maintenance: The Importance of Self-Compassion

Self-compassion is a neglected form of self-care that is desperately needed among young adults, especially college students. Self-criticism, while much easier to give yourself, increases levels of anxiety and depression. Compounded with adolescence, a period of increased self-consciousness, the increased levels of anxiety in this generation, when compared to others, is understandable.

Many argue that self-compassion is a way to shrug off responsibility, lower standards and give up. It is argued that self-criticism is necessary in order to improve performance and that "sucking it up" is the only way to move forward. There is a general mentality that we cannot achieve without beating ourselves up; that self-compassion and success are mutually exclusive. Studies show that self-criticism only gives short term benefits in terms of productivity. Self-compassion boosts long term motivation and improves performance standards. In a 2017 study it was found that teens with greater self-compassion experience less distress and higher resilience when placed in high stress situations.

Practicing self-compassion is also practicing mindfulness. When we catastrophize setbacks and problems we lose focus on the issue. The encouragement of mindfulness by self-compassion forces us to concentrate on a feeling rather than an exaggerated outcome. This method allows people to come to terms with problems without damaging their self-worth or self-esteem. We teach ourselves healthy coping mechanisms and that perfection does not define our worth.

*Active Minds meetings are on Mondays at 7pm in Smullin 159, contact <jpwelch> for more information.*  
*Written by: Maia DiTolla*

*Source: Simmons, Rachel. "The Promise of Self-Compassion for Stressed-Out Teens." The New York Times. The New York Times, 20 Feb. 2018. Web. 12 Mar. 2018.*

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## STUDENT PHILANTHROPY COUNCIL

Does this map look familiar?  
Match the clues with the correct buildings to complete the puzzle!  
(Hint: there are more circles than there are answers)



**THE FIRST FIVE STUDENTS** to bring their completed challenge to the 3<sup>rd</sup> floor of Waller Hall will receive a Bistro gift card!

1. This donor made the largest ever gift to Willamette, and she was a big supporter of the arts on campus.
2. This donor, one of Oregon's most beloved sports figures, was named "Mr. Willamette" for his endless support of Willamette's students.
3. This donor was also a Willamette president who helped raise the funds to create 17 new university buildings, which now surround the building that bears his name.
4. This donor's love for the performing arts at Willamette led to the creation of this building in 1999.
5. These two donors ensured that at least one of Willamette students' basic needs would be met throughout the year.
6. This donor's family foundation generously provided enough support for two new buildings on campus, both named in honor of this donor's family.
7. This donor was also a professor at Willamette who helped first year students find success in his classes.
8. This donor's family foundation created the space for the Economics and Sociology departments to eventually call home.

Please contact Mitch Diaz '16 at [ddiaz@willamette.edu](mailto:ddiaz@willamette.edu) with questions.  
You can learn more about the impact of donor support by visiting: [willamette.edu/support](http://willamette.edu/support)