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Wherefore art thou on WU?



CONNER WICKLAND

A study of creative culture on campus. Turn to page 6 to learn more about the experiences of a few artists at WU.

Coping with sexual assault news

MADELYN JONES
LIFESTYLES EDITOR

Last week, the campus of Willamette University was informed of devastating news via *The Collegian* article, “Transfer student-athlete previously found responsible for sexual misconduct now attends Willamette.”

This news has left numerous students with difficult to process emotions, and it may have triggered survivors on campus. While individuals and the community heals from this information, there are many resources on campus to help that process.

Karen Wood and Gary Ellison, the university’s chaplains, explained, “Experiencing sexual violence or having a friend affected by sexual violence (whether as a survivor or as someone against whom a complaint has been made) can be devastating and disorienting. Having a safe place to process emotions, work through possible options, is important.”

They further explained how they could be helpful to the healing process by saying, “As chaplains we are here to offer you safe, supportive company while you go through big emotions, and then continue to be a caring presence as you figure out what’s the right thing to do. We can direct you to resources, offer guidance as to next steps and walk with you through the process.”

You can make an appointment with either chaplain avoid of religious affiliation, and they are a confidential resource.

The Sexual Assault Response Allies (SARA) are “a network of trained, unbiased peer advocates who provide confidential support, resources and education to all members of the Willamette University community who have experienced sexual or domestic harassment, assault, or violence,” as explained on their website, <http://saresponseallies.wixsite.com/sara>.

If you are looking for advice on ways to help a friend who was triggered by the news, SARA Coordinator Abby Sabo (‘18) explained it is important to know that “anyone feeling triggered... will respond to events like this in different ways... it is so important to remember that there is not one, normal reaction to something like this.”

With that in mind, Sabo emphasized, “it’s imperative that their feelings and reactions are validated. I cannot stress this enough: validation is the best thing you can do to support someone feeling triggered.”

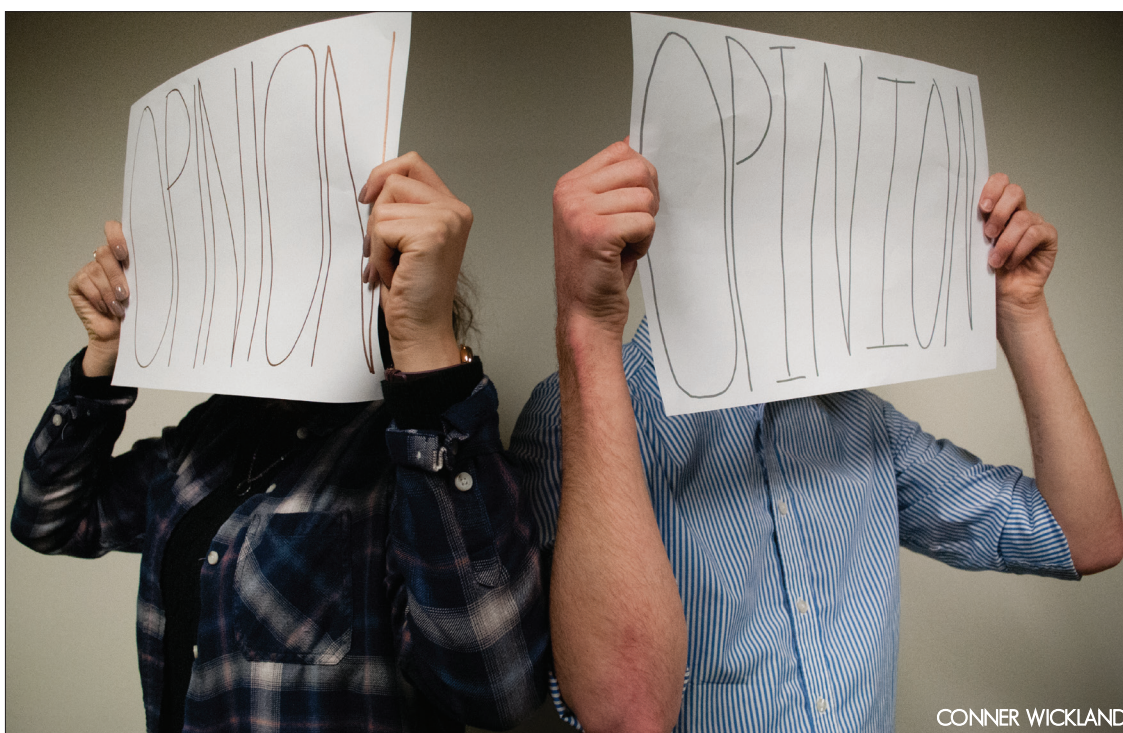
The exploitation of “opinions”

AMARIT UBHI
PRODUCTION MANAGER

There is something about the way in which we use and frame our opinions in discussions that hinders our process of having a meaningful discussion. I am not saying that opinions should not have a space in discussion; after all, much of what we do is make judgements and take positions on issues that we are confronted with. I simply feel like we have taken our reliance on the nature of opinions too far. We exploit the ability to have an opinion in various ways, none of which help produce good discussion.

If you take any discussion-based class, you are bound to be come across a peer stating their opinion as if it were a fact and expecting you also to value it as such, and certainly don’t think this is limited to a classroom discussion or in the comment section of a Facebook post. The line between fact and opinion is often blurred in everyday conversations. In this casual setting, the normalization of the abuse of opinions happens most often.

Why does this matter? It matters because we aren’t having productive discussions. If you expect others to value your opinion



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is a true statement, then it is likely you wouldn’t welcome any attempt of refutation. This highlights the bigger issue of our intolerance of ideas and belief systems that aren’t similar to ours. This is especially harmful when an individual believes that their opinion on something is just as valid as that of someone who has a lived experience.

Further, good discussions need well-informed people. Your opinions, regardless of how true you think they are, will only get you so far. There is a difference between having to acknowledge someone’s opinion and being expected to believe it. In a discussion, the former makes space for other differing opinions, while the latter does not allow for that to happen.

And frankly, are you really having a productive discussion when everyone agrees with each other?

On the other hand, it’s easy to find people on the internet absolving themselves from any responsibility over their rude comments, because they were, “only stating their opinion.”

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A new perspective about national dialogue on climate change.

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Title IX discussion at ASWU meeting

CLAIRE MATTHEWS-LINGEN
ASWU SENATOR

Jade Aguilar (Vice President for Equity, Diversity, & Inclusion, Associate Professor of Sociology) spoke at the Jan. 25 ASWU meeting about the regulations and implementations of Title IX on campus.

She also spent some time speaking with ASWU senators about furthering equity and outreach within ASWU itself. Aguilar has stepped into the role of Title IX coordinator on campus, and she wanted to stress that she authentically cares about the role and understands its deep importance. She said, "I will say we have good practices at Willamette."

That being said these processes were put in place by Willamette, but the individual processes are not federally mandated. There can be a conversation about the effectiveness of the investigative work, but specific cases can not be discussed with students. A concern Aguilar brought to the table was that if the view goes out that the administration protects sexual assaulters, it discourages reports.

"A chilling climate on campus discourages folks who are dealing with assault to come forward," Aguilar said.

But Aguilar assured the present students that the Threat Assessment Team goes through a full investigative procedure for every case, and she sees justice in this system. She made another point, saying, "I want to assure you that no one on the Title IX team is acting to protect the university's reputation." More reports can be a good sign; sexual assault is always present and reports bring the violence forward and allow it to be addressed.

Aguilar offered a resource in Andrea Hugmeyer (confidential advocate). If you have been assaulted going to Andrea is a good way to start the conversation or begin the process of reporting. Keep an eye out for emails about Convocation on Title IX (Feb. 8) and a general forum with campus staff involved in the investigative process.

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White house tariff targets renewables

KELLEN BULGER
NEWS EDITOR

Last week, President Trump imposed a tariff on foreign imported solar panels and washing machines. This move was in part to keep good on his platform surrounding the support of American businesses. U.S. Trade Representative Robert Lighthizer touched on the president's economic focus in a statement released shortly following the decision.

"The President's action makes clear again that the Trump administration will always defend American workers, farmers, ranchers and business in this regard."

While on its surface, the president's decision may seem to be yet another attack on anything and everything related to climate change mitigation, upon further analysis Trump is nowhere near alone in having the executive office issue tariffs on foreign produced technologies.

One of the major motivations behind this tariff and many that have come from the White House

over the past decade is to strongarm China through a variety of trade impositions, like this one announced on Monday — being that China currently dominates the global solar panel market. Notably, President Obama imposed a tariff on Chinese-made tires during his first-year in office. While the decision coming from this administration last week may not be wildly deviating from traditional American foreign policy, it may not be the type of foreign policy that Trump wants to emulate when we look at the outcomes of tariffs imposed on China in the past.

When Obama's tariff took effect in 2009, not only did China respond with one of its own on U.S. imported poultry, but the tire tariff ended up costing the U.S. consumer over \$1 billion. While it is too early to assess what China's response will be, domestic solar panel manufacturers are not hopeful. President of Solar Energy Industries Association said that the decision from the White House last week "effectively will cause the loss of roughly 23,000 American jobs."

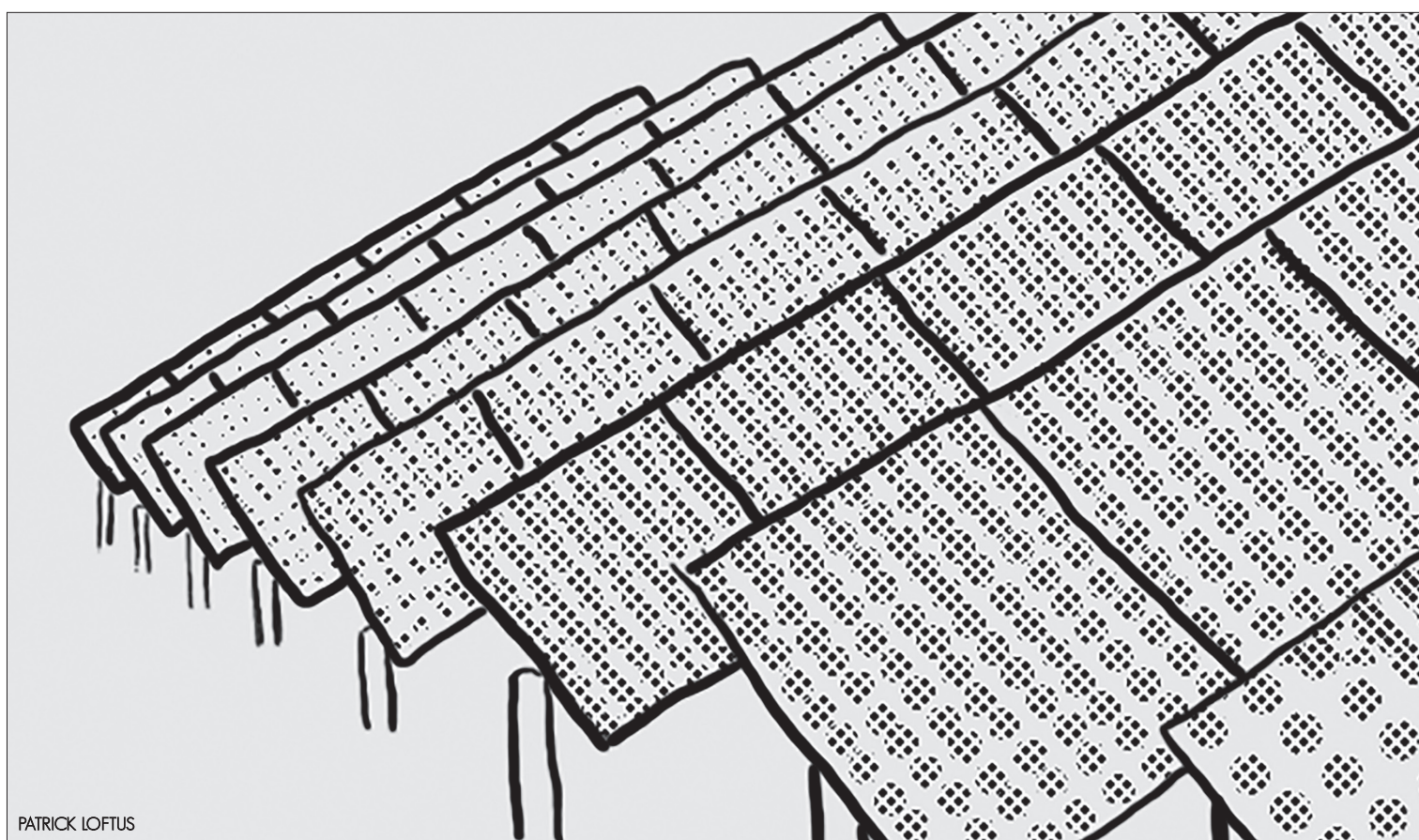
Tens of thousands of American jobs being lost would normally make a Republican president change heart in an instant, however when our current president donned a coal miner's helmet at a rally in Charleston, West Virginia back in May of 2016, he made it clear that he was committed to a revival of our coal industry, no matter what the media outlets, climate science or political opponents said. However, the coal industry was found in December of 2017 to only be employing 55,000 full-time, year-round employees according to the Federal Reserve Bank of St. Louis' (FRED) economic data. One has to wonder, is it really about economic growth and American jobs? Or is the president's slight on the renewable industry a play to his base?

The Trump administration's commitment to jobs and economic growth is much less rooted in obstinable fact, than is his complete and utter gutting of environmental protections from the executive branch. This gutting was exemplified when more than 700 Environmental Protection Agency

(EPA) employees were reported to have taken buyouts and/or early retirements by September of last year. The rumored reasoning behind the vast amount of departures from an organization that is known for being one of the main safeguards of our country's natural systems health, is workers being opposed to the organization's current direction and the \$12 million initiative created that effectively aimed to greatly reduce the amount of employees within the EPA.

Additionally, one needs to look no further than President Trump's pick to lead the EPA in Scott Pruitt, to assess his underlying motivations in imposing such legislation as a solar panel tariff. Pruitt, who is notorious in Washington for being a staunch opponent of bureaucratic interference in the private sector, authored a National Review op-ed during May of 2016 where he claimed that scientists "continue to disagree" when referring to the mere fact that climate change is happening.

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PATRICK LOFTUS

Olympians take a stand against Nassar

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STAFF WRITER

Former USA Gymnastics team doctor Larry Nassar has been sentenced up to 175 years in prison for sexual crimes. More than 150 women testified at Nassar's sentencing hearing, detailing their experiences of sexual abuse by the man. Nassar had previously been sentenced 60 years for child pornography, and pleaded guilty in November for the sexual abuse of seven girls; however, this new trial brought to light his molestation of female patients when he was supposed to be performing medical examinations and treatment.

For seven days, survivors shared their statements and stories and as

a result Judge Rosemarie Aquilina sentenced Nassar to prison for 40 to 175 years. Originally, 100 women were expected to testify but over 150 spoke or shared statements, including Olympians such as Aly Raisman, Gabby Douglas, and Simone Biles. However, most survivors were not decorated competitors, but young athletes and students.

As journalist Jen Kirby reports, "many of the victims were minors, sometimes abused with their parents in the room while they were medically examined. There is evidence that Michigan State University and USA Gymnastics, the two elite institutions associated with Nassar, were slow to act on reports that he was abusing girls and young women."

During the trial, Nassar read an apology letter, however Judge Aquilina responded by reading another statement he submitted in which he accused survivors of lying, described the trial as a 'media circus' and wrote, "Hell hath no fury like a woman scorned."

When sentencing Nassar, Judge Aquilina stated, "It is my honor and privilege to sentence you. You do not deserve to walk outside a prison ever again. You have done nothing to control those urges and anywhere you walk, destruction will occur to those most vulnerable."

Feminist media sources have praised Aquilina for her strong commitment to protecting survivors and holding assailants responsible, and

the New York Times described her as "a fierce advocate for the women."

"It took so many women standing together to take down just that one man," commented a Salem local at community coffee shop, the Ike Box. She went on to say, "At my university, there were resources for women who experienced things like that, but nobody ever used them, because they thought people wouldn't believe them or that that was just a part of college life." Nassar's case as a whole, shows how women are creating change.

Due to outrage over the trial, the chairman and several board members of the USA gymnastics governing body have resigned. The organization has also decided to no longer work with a private training center

in Texas where some of the assaults happened. Additionally, the president of Michigan State has stepped down due to mounting public outcry, since Nassar spent years as a faculty member and athlete doctor at the university.

This trial comes to pass during the current reckoning surrounding sexual assault and harassment in settings everywhere from Hollywood to Willamette's own hallways. However, the sheer extent of Nassar's abuse exceeds all previous cases brought forward recently. Though Nassar has one more sentencing hearing later this month, Judge Aquilina's statement hold true and he will be imprisoned for the rest of his life.

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ASP students coming to WU

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The offices in Kaneko Commons are quiet. Amidst posters reading, "Throw caution to the wind... Speak English!" and "You learn from your mistakes!" administrators are hard at work to prepare for next week's arrival of students to the American Studies Program (ASP) at Willamette University. But the office won't be quiet much longer.

On Monday, Feb. 5, a new class of ASP students will arrive on Willamette's campus. After a week of Opening Days activities, the 117 students, hailing from Japan, China, Thailand, South Korea and Peru, will begin classes. ASP is a study abroad program jointly facilitated by Willamette and Tokyo International University of America (TIUA).

Anyone who has studied abroad, or even recalls their own first weeks at Willamette, might be able to imagine what emotions these incoming students may be soon feeling. While this new adventure is exciting, the challenge of living in a new culture while

speaking a foreign language is a daunting one.

Fortunately, there are plenty ways current Willamette students can help ASP students transition to life in Salem. The ASP class will arrive next Monday on buses from PDX (Portland International Airport) around 12:30 p.m., and the rest of the Willamette community is invited to greet the students at the Chicken Fountain. In fact, when ASP students are asked at the end of the year about their favorite memories of their experience, many mentioned the enthusiastic greeting they received on their first day. The 12:30 p.m. arrival time is subject to change depending on airline delays or traffic. For updates, students can follow the ASP arrival takeover on Snapchat (@willamette_u).

Later, on Monday, the ASP students will attend their first dinner at Goudy Commons. Current Willamette students are encouraged to attend as guides, showing students around the dining hall and then chatting over dinner. The event, which will feature American food, begins at 4:50 pm and will last until 6:00 pm. Students without meal

plans are invited to volunteer, too. A limited number of free meal cards are available for the meal. You can receive a meal card by contacting Sarah Shinn, the Associate Director of Student Life for ASP, by Friday, February 2. She can be reached at sshinn@willamette.edu

Opportunities to welcome ASP students won't end after Monday. Befriending new students is rewarding, but barriers between cultures and languages might be intimidating deterrents at first. It's important not to focus on these perceived barriers. Kay Barriger, a member of the ASP Welcome and Opening Committee, says, "Don't worry if the conversation feels awkward... give them some time to think of a response and speak slow so they understand."

Other members of the committee have great advice, too. "WU students' willingness to approach ASP students and help integrate them into the community means a lot in making their study at Willamette a wonderful cultural experience," said Michelle Fensler. The school offers programs that allow for students to interact, such as TIUA sponsored trips through the

Outdoor Program, which both Willamette and ASP students can participate in. "It's a great way to meet ASP students," says Derek Lund, a coordinator for the Outdoor Program. "From personal experience leading trips with ASP participants, it can be one of the best ways for both WU and ASP students to interact and get to know each other." There are many other ways to meet ASP students, like inviting them to dorm events, clubs they may be interested in, or to eat a meal at Goudy.

If all else fails, just saying "hi" goes a long way. It's really important to make ASP students feel welcome because they are a part of the WU campus just like all other students," Victoria Mohtes-Chan said. Showing kindness, starting conversations and being inclusive benefits both ASP and current Willamette students, creating new friendships and sharing each other's cultures. "Who knows?" says Kay Barriger. "You may have a best friend in Japan one day!"

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Audit shows how OR is vulnerable to "the big one"

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Known to most of us as "The Big One," the Cascadia Subduction Zone is due to release an earthquake on Oregon at anytime.

The Cascadia Subduction Zone is a fault that runs for 600 miles, reaching from Northern California to British Columbia. The 41 earthquakes that have occurred in the last 10,000 years on this fault have been anywhere between 190 and 1,200 years apart. The last earthquake the Cascadia Subduction Zone experienced happened on January 26, 1700 and was 9.0 magnitude. As a result, Oregon is due for the next earthquake, as they seem to happen about every 300 years, and it will likely be 9.0 magnitude as well.

It's been known throughout Oregon that this mega-quake will be occurring in the near future (there is a 40% chance it will happen in the next 50 years). However, the state is far from prepared. A recent audit released exemplified this. The state has already announced that residents should anticipate a lack of services and assistance for at least two weeks after the earthquake, but it is clear the state is unprepared in many other ways.

The issues begin with Oregon's Office of Emergency Management being understaffed. This office coordinates Oregon's preparedness and response efforts, but cannot do its job properly because of its lack of staff. Additionally, many of the State emergency response facilities are in buildings which are vulnerable to earthquakes, and many emergency operation centers are placed in hazard zones. Although the mega-quake is the most prominent disaster Oregon faces, there are many other catastrophes that the state is vulnerable to and should prepare for. These include wildfires, landslides, flooding, and extreme weather. The audit responded to these issues with 11 recommendations for the emergency management office and the governor's office. These recommendations included completing emergency plans and meeting emergency management program standards.

The Oregon Military Department and Governor Kate Brown agreed with the recommendations of the audit, although Brown stated that one of the recommendations had already been completed. Office of Emergency Management Director Andrew Phelps commented that preparedness is a continuing action.

"We're never going to get to a point where we can say, yep, we're prepared. We kind of live on the premise that each day we want to be more prepared than the previous day, and tomorrow we'll be more prepared."

So what can you do to be ready when the big one hits? It is important to have an emergency kit including enough food and water for two weeks, a first aid kit, and a communication device such as a walkie-talkie. It is also smart to have an evacuation route planned in advance. In addition, the entire West Coast now has an early-warning-system, ShakeAlert, implemented to warn residents of an earthquake right before it happens.

Although natural disasters are imminent, every step the state and its residents take to prepare for possible catastrophes brings all of Oregon closer to a safer future.

Oregon Democrats see large win in healthcare battle with measure 101

MATTHEW TAYLOR
STAFF WRITER

On Tuesday the 22nd, voters across Oregon overwhelmingly approved a measure that will raise hundreds of millions of dollars in taxes for the state's Medicaid program, ensuring the program's survival for the time being. The bill, named Measure 101, passed in a special election with 62 percent of the vote. It was the only issue present on the ballot.

According to a report by the Oregonian, the measure will "raise \$210 million to \$320 million in taxes on Oregon's largest hospitals and many health insurance policies by 2019... Large hospitals will pay a 0.7 percent tax," while "insurance companies will pay a 1.5 percent tax on most policies, which they are allowed to pass along to consumers."

The money raised will fund the state's Medicaid program until 2019, when the provisions will expire.

This marked a major victory for Oregon's Democrats, who originally passed the bill in the legislature in late July. However, shortly after the bill was signed into law, state Republicans passed a veto petition, bringing the issue to a popular vote.

In addition to providing funding to the state's health care system, the measure's passage will allow Democratic legislators to focus on other major policy changes for the upcoming six-week session. Likely the biggest priority for the

Democratic party during the short session is a carbon "cap and invest" bill. With the Medicaid program funded through 2019, the legislators can put significantly more time and energy into making this carbon policy proposal and other laws.

Despite the clear significance of this victory for Democrats, the measure has come under heavy criticism from across the political spectrum. Critics of the bill point out that not only will the state have to revisit the issue in less than two years, but the taxes as applied are deeply inequitable.

According to the Oregonian Editorial Board, the taxes "apply to those Oregonians who have the misfortune of buying their own health insurance through the marketplace, including self-employed individuals, small businesses and even thousands of college students who are required to buy coverage through their school if they lack their own plans." Those who are exempt from the taxes include "hundreds of thousands of Oregonians who get their health coverage through self-insured employers like Nike and Intel."

This all comes as the debate over the future of healthcare throughout the U.S. continues to heat up. Many who support increased government involvement in the healthcare industry see this vote as an encouraging sign. It has become clear that, especially in predominantly liberal regions, the Medicaid expansions passed under the Affordable Care Act remain highly popular. As Democrats in Washington D.C. attempt to build on recent victories in protecting healthcare, statewide votes such as this one will continue to hold extreme importance.

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Self-appointed high note of music falls flat

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Sunday, Jan. 28, live from New York City's Madison Square Garden, was the 60th Annual Grammy Awards, music's self-appointed biggest night. This year's Grammys were the first to enact various voting and process changes after audience backlash from the last three years. The 58th telecast saw Taylor Swift's 1989 beat out favorite Kendrick Lamar's "To Pimp a Butterfly." The 59th show similarly saw an upset, with Adele's "25" knocking out Beyoncé's cultural force "Lemonade". "What the f--- does she have to do to win album of the year," Adele questioned in the midst of her acceptance speech, which she completely dedicated to Beyoncé.

The largest effort towards inclusion this year was the allowance of online voting to encourage younger and more relevant touring artists in the Recording Academy to participate, ideally more accurately reflecting contemporary music

standards and consumption tastes. A shift in focus away from the Recording Academy's older members resulted in a larger number of R&B and hip-hop nominations in the main categories, and for the first time ever, a white man was not nominated for the top prize, the Album of the Year award.

Bruno Mars was the night's biggest winner, snatching the three top awards. Song and record of the year went to his hit singles "That's What I Like," and "24k Magic," respectively, the latter the title track from his album, "24K Magic," also won Album of the Year. Fellow nominee Kendrick Lamar was another big winner, sweeping the rap categories with music from his DAMN. album.

Though the night's only televised female Grammy acceptance speech came from best new artist winner Alessia Cara, Hollywood continued to acknowledge the Times Up movement. Many artists wore white roses in solidarity with those impacted by sexual violence and gender inequality. Though

Lorde, the only woman nominated for Album of the Year, was the only nominee from the category who was not offered a solo performance slot.

Chris Stapleton was awarded in the country categories while Ed Sheeran took both pop awards. Sheeran, who was absent from the ceremony, garnered some boos from the crowd after being announced as Best Pop Solo Performance for "Shape of You." The audience seemed to favor the category's unsung female nominees, Kelly Clarkson, Pink, Lady Gaga and particularly Kesha, who were all in attendance.

Performance highlights included the catchy suicide prevention anthem "1-800-273-8255" by Logic, Cara and Khalid, Luis Fonsi and Daddy Yankee's international smash "Despacito," and duets from Cardi B and Bruno Mars, Miley Cyrus and Elton John and Lady Gaga and Mark Ronson.

Perhaps the most powerful performances of the night came from Lamar and Kesha. Lamar's medley

opened the show with political visuals and imagery depicting violence against Black Americans. Kesha performed later into the show, celebrating the first nominations of her career following the years long legal battle with record producer Dr. Luke. She triumphantly belted her hit "Praying" among a chorus of fellow female stars like Cyndi Lauper and Camila Cabello after a Times Up angled introduction from Janelle Monae.

While Monae's speech was poignant, following suit with this award season's socially conscious atmosphere, the lack of female representation among the night's winners left viewers disappointed. The online hashtag #GrammysSoMale began to circulate following the program. In response, the Recording Academy President, Neil Portnow, ignorantly and arrogantly responded to Variety Magazine, saying women need "to step up" if they want to win Grammys.

In the end, the alleged themes of the night were not reflected in

the celebrated work. The biggest snubs include this year's most nominated woman, breakout artist SZA, who walked away with nothing. "Despacito," the best-selling Spanish language song of all time, which was certified diamond by the RIAA earlier this week, was shut out in three categories.

The Recording Academy's list of winners sends a stronger message than white roses and political red carpet musings. Portnow's comments perhaps punctuate the truth that was simmering throughout the telecast: that work has been done to improve the organization, but the work is not done. Earned wins for Puerto Rican songwriters and a woman who successfully distanced herself from an abusive male collaborator would have hinted at a more progressive industry mindset. Instead, music's biggest night proved tone deaf.

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Keeping you alert to the misrepresentation of coffee studies



DORIAN GRAYSON
STAFF WRITER

How many studies about coffee have you read about? As a social institution, science is trusted to be humanity's foremost truth-seeking endeavor. When a new study comes out, outlets often lean on science's credibility and take the conclusion of the study as a truth to report on, but that fundamentally misunderstands the purpose of these studies and the murkiness of scientific truth.

If you read a 'scientifically backed' productivity article about coffee, they will likely tell you that caffeine has a half-life of six hours, because that translates nicely into fractions of a 24 hour day. If you google caffeine's half-life, Google's automated card system will tell you, without a source, that it is five to six hours.

If you read "Health aspects of caffeine: benefits and risks," an article from "Nursing Standard" about the general health effects of caffeine gleaned by over 40 studies, you'll find that it is generally 2.5 to 4.5 hours, but has been known to be as extreme as one to 10 hours, depending on the person ingesting it. This evidence-based range gets ignored in a news cycle of sensationalizing individual studies for whole number "facts."

I would be shocked if you haven't seen an article with the words "coffee" and "cancer" in the title. These are usually clickbait articles from writers who only read the abstract and conclusion of a study. A better perspective of the scientific truth of the subject can be taken from "Coffee consumption and risk of cancers," which examined 59 studies to find

both the relationship of coffee to general cancer risk and to specific types of cancer.

For example, though coffee has been associated with reduced risk of multiple cancers, it has not been associated with reduced risk of stomach, lung, kidney or ovarian cancers. It has, however, been "associated with a reduced risk of bladder, breast, buccal, leukemic, pancreatic and prostate cancers," among others. In general, the study found that an additional cup of coffee daily is associated with a three percent reduction in general cancer risk. Notably, these are only associations, as correlation is not causation.

An individual study can tell a very different story than a scientific literature review, especially if the study is poorly designed. A 2013 study published in "Applied Nursing Research"

looked to test the sleep effects of coffee consumed within six hours of sleep. It found no benefits to avoiding coffee before bed.

A study that contradicts common wisdom and encourages more coffee consumption? Who doesn't want to just take that as scientific truth and leave? Unfortunately, the details matter. The study involved 10 university students over two weeks, with the caffeine ingested before bed being one cup of coffee at dinner. The data set was laughably small and not sufficient to generalize the findings.

This study was cited in "Coffee, caffeine, and sleep," a meta-analysis of 58 studies and trials. Within the meta-analysis, they compared different trials, including the 10 university students, and explained that, on top of the lack of data, the subjective measures they used to analyze sleep

quality fail to capture the way caffeine affects sleep. The study found that caffeine generally results in a shallower sleep, postponing and shortening the "deeper" stages of sleep, when consumed within 16 hours of sleeping. No, that's not a typo. If you're going to bed at midnight, the science suggests you should stop drinking coffee after 8:00 a.m. if you want a full, deep rest.

That, as with all scientific truth, is subject to change. No amount of science or testing can give us The Truth, because that's not the aim. It's constructing the best approximate picture of general truth with a rigorous process. Rarely does science "prove" anything. Rather, it points us toward the truth, helping larger studies even if they're wrong.

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Not alone: resources on campus to help process news

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To contact the SARAs, you can visit their website and make an appointment to meet with an advocate face-to-face or call their hotline at (503) 851-4245. Their hours are 5p.m. - 12a.m. on Sunday through Thursday, and 24-hours on Friday and Saturday.

Director of Bishop Wellness Center Don Thomson gave some words of advice, "Take care of yourself, acknowledge that you are impacted and pay attention to it. Honor your feelings as important and real."

On the topic of helping friends, Thomson pointed to the acronym SILVER, meaning safety, inform, listen, validate, empower and re-

fer. A more in depth explanation of this acronym can be found at Willamette's website page "Help Someone."

He also talked about ways to prevent sexual violence. Willamette's "Not Alone" page suggests "promoting healthy and safe attitudes and beliefs about sexuality, empowering those who witness violence (bystanders) to speak out, developing interventions for young people who show risk factors of becoming perpetrators, promoting the status of women and girls and addressing the root causes of violence in our society."

All of these suggestions can help create a safer culture on campus, with addition to "recommit[ing]

yourself to bystander intervention," as Thomson said.

On the topic of making a safe environment on campus, Sabo suggests, "as allies, advocates and friends the most important thing we can do is listen and believe survivors that are willing and able to tell their stories."

If you are interested in meeting with a counselor at Bishop, they have walk-in hours every Monday-Friday from 11:30-12:30 a.m. They are a confidential resource along with WUTalk which is available 24/7 at (503)375-5353.

There are also accessible and readily equipped resources that are not Willamette-based but close to campus. The Center for Hope and Safety has a building only a few blocks

away from campus. They also have a 24-hour anonymous hotline which you can reach at (503)399-7722. "Salem Hospital's Emergency Department has trained Sexual Assault Nurse Examiners if needed," explained Thomson.

With the number of resources on and close to campus, there should hopefully be a good fit for everyone. The faculty members mentioned have showed they understand the emotional impact this news has had on campus and are ready to support students.

Make sure to prioritize self-care during this time of processing. Getting off campus or out of Salem, even for a couple of hours, can be helpful to clear your mind. Remember

that progress in processing is not a straight line, if one day you are doing worse than the last, that's normal and okay.

Even if you have not felt emotionally impacted by this information, be aware that many people on campus are. Be aware that people may be having a hard time functioning after being triggered, be aware that some students are currently not feeling safe on campus. Be kind and understanding, and do everything you can to make the people around you feel safe. Do everything you can to help promote a culture on campus that does not tolerate sexual assault.

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I didn't know I had anxiety: recovering by asking for help

JULIA DI SIMONE
 STAFF WRITER

Trigger Warning: descriptions of anxiety and panic attacks.

I struggled with near-constant anxiety for years before I realized what was happening to me. If you recognize yourself in this story, I hope you can learn that mental health struggles are serious and deserve treatment. Check out the resources at the end which can help you deal with the struggles you may be handling on your own right now.

A year ago, I was living with a near-constant hum of anxiety in the back of my mind. I lived in constant fear of silence because in the silences, the anxious thoughts in my mind got louder. I always felt like at least five thoughts were in my head at once. They were all layered on top of one another and it was hard to focus on any one thing at a time.

Audiobooks, podcasts and free-to-stream teen dramas became my constant companions, because having noise coming out of my headphones all day long meant I could escape my own disorienting internal chatter. My own mind didn't feel like a safe place to be, so I avoided being in it as much as possible.

For years, I thought this struggle was all part of being a busy college student. I believed that constant, crippling stress was not only the norm but necessary in order to consider myself a hard-working college

student. Even when I began to suspect I could benefit from getting help, I never felt I was "sick enough" to deserve help. Instead, I chalked all my issues up to stress and tried to muscle through every day instead of caring for myself so I could feel better.

When I finally got to the point where I couldn't take the way I was living anymore, I sought out treatment and it transformed my quality of life. If a part of you wants to have help sorting through your struggles, know that you deserve it no matter who you are or what you're dealing with.

To learn more about dealing with abuse, anxiety, depression, eating disorders, self-harm and more mental health challenges, check out Kati Morton on YouTube. Morton is a licensed therapist who makes approachable videos answering viewer questions like, "what is a normal amount of anxiety?" and "how can I heal from sexual abuse?" Search the iTunes store for "Kati Morton" to find her interactive eBooks for dealing with anxiety, eating disorders, self-harm and coming out as LGBTQ (only \$2.99).

A great start to sorting through your own mental health struggles is to share your feelings and thoughts with a friend or mentor who can hold space for you. The Willamette chaplains are an incredible, confidential resource. Regardless of your religious affiliation or lack thereof, the chaplains may be able to help you get the conversation started. Call their office

at (503) 370-6213, email or visit them on the second floor of the University Center.

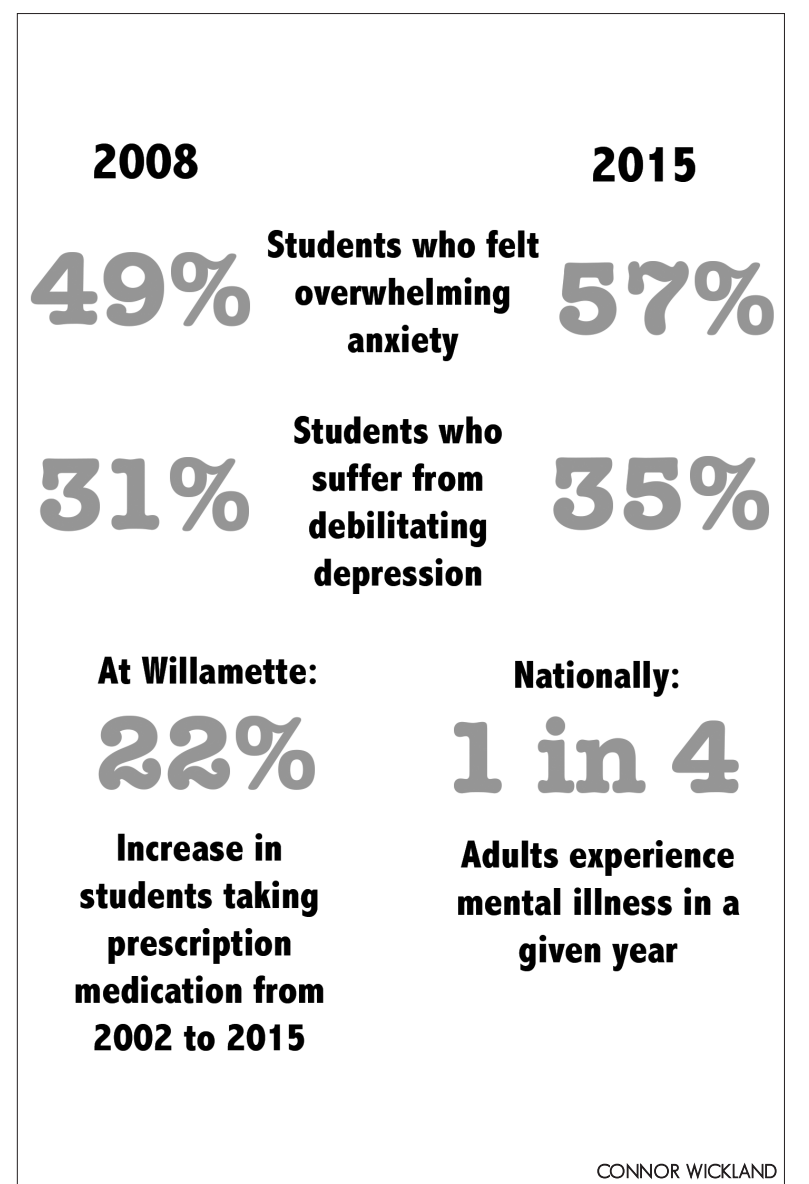
Bishop still provides counseling services and offers 30 minutes sessions where you can unwind in the Mind Spa. Call (503) 370-6471 for both services.

Better Help is an online counseling service where, for a monthly fee, you can have unlimited phone, video and messaging communication with your counselor. No medical insurance is required and if you find a Groupon deal, you can try the service out at a serious discount.

If you are experiencing a crisis situation, call the National Lifeline Hotline at 1 (800) 273-8255. I keep this number in my contacts and call whenever I experience a panic attack and want to talk to someone.

My experiences of anxiety aren't completely in my past. I'm still dealing with anxious thoughts and the resulting behaviors I use to cope, but my life has become dramatically better since starting treatment. My mind is a calmer and less scary place to be these days. I can focus on my school work, and I'm less fearful of social interactions. The work I put into treatment is worth it and if you're struggling with a mental health issue or life just feels like too much to handle sometimes, you deserve help too. We all deserve to experience more peace of mind and love life.

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Zena is digging their way to a sustainable farm

SARA FULLERTON
 STAFF WRITER

For many students involved or interested in environmental sciences, Zena, a 305 acre Willamette-owned property just over 10 miles from campus, provides an outlet that actualizes academic content and empowers impactful hands-on work.

Zena holds value for all sorts of learning and experiences, from forestry to food justice and sustainability, to gardening to environmental ethics. Zena Farm Club organizes events with a host of focuses, and directs its members to events of interest happening around the Willamette and larger Salem communities. These have ranged from beekeeping workshops to talks on food justice.

On Feb. 1, 2015, the university called for a ceasing of all agricultural pursuits at Zena until agreements were made on how best to uphold the "conservation easement" which had been written before Willamette

purchased the land in 2008. The halt was intended to ensure Willamette's long term access to Zena, but it came as a shock to many students and faculty who had no prior indication of problems with policy. Recently, agreements have been clarified and engagement at Zena is being reintroduced.

A "conservation easement" is a restriction that landowners can voluntarily place on their land to protect such features as productive land, ground and surface water and habitats for wildlife or historical sites. While Willamette owns the Zena property, activities on the land still must comply with the easement's conditions.

When the university purchased Zena, a management plan was established to honor the easement. The easement's language was vague when it came to agriculture, so the management plan went about clarifying which sorts of "development" needed restriction. As Abby Bernhard,

co-president of Zena Farm Club, highlighted, complexity is inherent in these conversations. They demand answers to questions such as, "What land are you preserving? To what time in history? To benefit who?"

The "ethical actions" will look very different depending on whether we prioritize the restoration of the oak savanna, or more forest cover, or feeding people, as Bernhard explained.

The 2015 online petition to reinstate food production at Zena, which collected 501 signatures total, reveals passionate and thoughtful appeals from students, faculty and community members to keep farming intact. The overwhelming sentiment is that Zena is a key feature that makes Willamette distinctive. It has demonstrated the power of students, who, in the year before farming was suspended, had produced about \$3,500 worth of food to be used by Bon Appetit catering services and the Bistro and donated to Marion Polk Food Share.

Bernhard envisions Zena as a place, "where we grow food but we also talk about the implications of our position in the food system."

Connecting with the land naturally integrates the academic with the actual, which is a goal of a liberal arts education. Bernhard wants work at Zena to inspire students to ask, "What does it mean to have a relationship with the land?"

Rather than understanding the three years of restricted access at Zena as a mere setback, Bernhard also sees it as a "reset button," where the community can rebuild, informed by the history of the club, and aware of what is important going forward.

It has also inspired students to seek out alternative ways to get involved with available land. Plots have been cultivated on campus outside of Matthews and Belknap, where a variety of veggies have grown. A greenhouse is being built behind Hatfield Library, whose roof is expected to go up this week. Bernhard also noted

her excitement about the vast fertile land available in the greater Salem community, and the prospect of collaborating with existing farms and organizations.

Inclusivity is among Bernhard's most valued elements for this year as she continued in her leadership role. Both she and co-president Ben Johnson say they are learning as they go, and welcome all who are interested, no matter their experience level with farming.

Zena Farm Club's first meeting of the semester was spent on the Zena property, exploring the forest area on a hike, talking about plans for the upcoming months and harvesting bountiful arugula and kale from the greenhouse to take back home. If you want to get involved, weekly meetings will be starting up on Mondays from 6-7 p.m., location to be determined.

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Creative culture

Artists are a

MADELYN JONES
LIFESTYLES EDITOR

Being a student on a college campus means experiencing the discovery, growth and perseverance of the people around you. It is a time when people are finding and developing their passions. For many, it is when they discover a love for the arts or start taking their passion seriously. "I think we are an artistic bunch of people, which I think is very exciting to be around," commented theater major Reilly Resnik ('20).

Some artists on campus, like senior and creative writing major Felicity Helfand ('18), have had art at the center of their life for many years prior, but others, like Tyler Zehrung ('20), are at the earlier stages of their creative journey.

Some students came to Willamette with a specific creative interest but decided not to pursue it in this academic setting. For example, Abigail Lahnert ('18) explained, "before I came to Willamette I had never really done visual art before... I took a creative writing class and I really didn't like it, but then I took a drawing class and I loved it. It was a lot of the same brain exercises of thinking about images and how you put images together and how do you express really complicated, personal ideas

based departments. Callum Johnston ('19), who has dedicated many years to music, decided not to be a music major because the curriculum does not line up with his specific interests. However, it is not uncommon for a student to feel right at home in the department they expected to be in. This is the case for Helfand, who began her college career as a creative writing major and is currently writing her thesis for it.

The discussion of creativity on campus, however, does not exist only within the walls of art-based majors. Many students in other disciplines are interested in art and actively working on their own.

The varying levels of experience and prior exposure is not the only aspect that makes Willamette's artistic culture an interesting character to study.

If you belong to a major, it is no secret that you get many emails about opportunities, lectures and upcoming events that have to do with your discipline. Because of this, while many artistic majors get detailed explanations of where to submit their work or see their peer's work, artistic students who are not a part of these majors get much less information and therefore less of an opportunity to be involved with Wil-

He attributed this feeling to not being in the majors that are more often exposed to art opportunities and events. He recalled how he wished "all of last year that I had access to the art building outside of normal

to find an opportunity to showcase their work. This opened up opportunities for students like Zehrung, an undeclared CCM major whose poem titled "the one about guns" is currently on the Bistro wall.



CONNOR WICKLAND

"I doodle on things and leave them places for people to find them. I always know that I love finding weird little things on the ground, like notes that say something silly... I think that's a fun thing to see and if some people take my drawings I think that's cool." - RR

hours because I would've loved to spend more time in there. Walking around campus and all the other academic buildings... there's just not a lot of art to see."

As a studio art major, Lahnert also noticed this separation as a weakness of the creative culture on campus, commenting, "it feels really separate from a lot of other parts of campus. I feel like things could be more connected in a lot of way but I don't know exactly what those ways are."

Having access to the art building is one way non-majors could be one way to bridge that gap. Lahnert also pointed out that events like the open mic are equally available to everyone, and stressed the importance of showing up to these performances and showcases to support.

Lahnert explained, "I love events where I can see the stuff that people who [do not have a] structure built for them for us to get to see their art ... like their work gets to be seen which was kind of the idea behind the Bistro gallery, was to like, make a space that is more accessible to people who aren't just art majors."

The call for submissions in the Bistro/Mill collaboration was sent out to every student on campus, so people only had to check their emails

However, one creative field that is well incorporated into campus is the music department. Johnston expressed a satisfaction of inclusion and opportunities in music on campus even without being a music major: "I think in general music it's pretty inclusive. They put out a lot of jazz combos that are all different levels ...so a lot of musicians get a chance to do it... Not being a music major doesn't bother me in any way because I can still play in as many ensembles as a music major would."

Resnik expressed a want for more casual and inclusive places to showcase art. They cited the Bistro chalk walls as a way Willamette students get to interact with art every day, whether is it scanning the walls to find new additions or creating one of their own. They range from pieces that are small and took seconds to create or full of detail and obviously time consuming. Introducing more spaces like this onto campus could be one way to make the art community more visible, accessible and comfortable on campus.

It seems as if the Bistro is the epicenter of creativity on campus. It is currently the easiest place to create something and have it be seen with the chalk walls and joined together with The Mill to showcase students



CONNOR WICKLAND

"My roommate and I have been challenging each other to make really zany short films when we are just sitting around in our room, so that's really fun." - TZ

so it felt like the same type of texture of experience but represented in different ways."

Since art is extremely subjective, it makes sense that certain artists do not mesh well with the different art-

lamette's artistic culture.

Zehrung explained, "I was kind of on the fence if I had a place in the overall artistic community at Willamette and sometimes it's easy to not notice it."

re on campus: ll around us

art, and open the showcase to any major. It is also a place where many people feel the most inspired on campus.

The Hallie Ford Art Museum is also an inclusive, artistic space for any one on campus to interact with art, especially since it is free for students.

Being an active participant and showing up to events, like art shows and theater productions is a major component of the artistic culture on campus. Being exposed to art whenever possible seems to be important to the community. This is to support friends, and other artists in general, in their endeavours and to keep inspired. Willamette's campus seems to be calling for more artistic events, so it seems like if you have an idea for one, there is a good chance people will be interested and show up.

Even though Zehrunge does not feel the presence of artistic culture everywhere, he is appreciative of the pieces that he does experience. "I feel like no matter where I am I can kind of sit down and start working on my own very personal writing projects or art," he stated.

Feeling comfortable to create on campus is an important aspect of the culture since many artists take advantage of small windows of time

between anything to just draw something, do something," said Johnston, which seems to reflect the mindset of multiple artists on campus.

Helfand is the chair of the Butt-In-Chair Writing Group (BIC), which meets Monday-Thursday for 45 usually silent minutes of writing. "One of the reasons BIC works really well is that it essentially forces you into the habit of setting aside some time each day in order to write. It doesn't have to be a super long period of time, the main goal is that you write at least a little bit every day," she explained.

Another way artists make time for creating is by making it self-care. "It really keeps me sane, so it's like one of those things that if I didn't do it I would get kind of anxious ... I don't feel like I am really processing what is happening to me if I'm not writing," explained Lahnert.

Resnik echoed these ideas when they said, "when I get really stressed I try to make something out of that."

Using creativity and creation as self-care could be helpful to Willamette students who do not already do that. If you are bad at relaxing or taking time to yourself, this is a way to do that while feeling productive.

It is not surprising that many artists feel their art has improved

ally shined light on is that there's really no such thing as jazz, rock, pop, these categories they are only defined by the way you choose to define them. They don't have exist if you don't want them to. In other

learned how to do yet, but if I focus on the things I can do, some of them are pretty cool, and I can just do my own thing."

Since being on campus, Helfand as found significant growth in work



"My art [is] very representational, meaning I use images of people or things. . . . My favorite things I do are really rooted in concept so I start with an idea I am thinking about or a kind of image I am thinking about and figure out ways of expressing that." - AL

words, music is just music, why not let it be....He let me bring my compositions to the table that were not necessarily jazz... but you could still play music on, you could still improvise around. He helped me develop things and figure out a good process, so that was really amazing."

This is one of countless stories about how Willamette professors have helped students in their artistic endeavours by lending advice, wisdom, trust and support.

Resnik also gave an example on how conversations with peers has improved their art: "Being around other people who are creating and so smart and being in dialogue with them... is very impactful on my personal view of performance and creation. I don't think I am as influenced when I go home and try to make something, so I think it is definitely the people here that impact the way that I view my work and art as a whole."

Johnston commented on how his trust in his ability and uniqueness rose: "It used to be I would hear these records and think like I have to play like this... and then get really disappointed when I couldn't do it that way. Since I have come on campus, I have realized there's things that I can do and things that I haven't

her work. "I find my art has become more refined and polished in terms of a final product. I've also figured out what personally works for me. Before coming to campus writer's block was definitely a problem for me," she said.

This growth in student art also brings new ideas, outlooks and revelations about art. Johnston shared his new outlook on creation, saying, "creativity as a concept is really just embracing being weird or silly and not being afraid to do that."

If you have been wanting to be more a part of the art culture on campus, this article has shown multiple ways you can get involved. If you are interested in joining The Mill, you can email Abigail Lahnert at alahnert@willamette.edu. They are also currently looking for submissions.

BIC meets in the humanities hearth Monday-Thursday from 4:15-5 p.m. You can email Felicity Helfand at fhelfand@willamette.edu to join the mailing list. See Reilly Resnik in the theater department's upcoming show "Burn This," playing Feb. 15-24.

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"Music can just take me to a different place sometimes. Sometimes I'm listening to music on my headphones and I feel like I'm in a different world. I'll be walking through campus or through Salem and I just feel like I'm in a trance, like I'm somewhere else." - CJ

to create. It's no hidden truth that the average Willamette student has a packed schedule and can have difficulty finding spare time.

"There's always a little bit of time

while on campus. One major way that happens is by the influence of professors. Johnston shared a story about being a part of Professor Sean Flannery's jazz combo: "what he re-



Willamette Swimming sends off nine senior swimmers

JARED SPOHR
STAFF WRITER

This past Saturday, the Bearcat swim team competed in their final conference meet of the season against Linfield College. Unfortunately, Linfield took home first place in both the men's and women's competition. Linfield improved to 5-2 in the NWC, while Willamette fell to 1-6.

This was senior day for the Bearcats, as nine total swimmers were honored in a ceremony before the game. Mark Yuvienco was the lone senior honored on the men's team, while Margo Coxon, Kate Harvey, Jamie Johnson, Rachel Kiser-Taylor, Nandi Moore, Diana Sellner, Cassie Tallman and Ashlyn Witherwax were honored on the women's team.

Tallman won the women's 200-yard breaststroke with Witherwax

placing second. Later in the meet, Tallman placed second in the 200-yard medley, only missing first place by about a second.

For the men, Colin Hakeman took home first in the men's 500-yard freestyle, while Mykah Fujiwara took home first in the men's 200-yard breaststroke. Fujiwara beat out Linfield swimmer by .08 of a second in a nail-biter finish.

The end of this last home meet signaled the end of the regular season. The Bearcats will now turn their focus to preparing for the NWC championships held from Friday, Feb. 9 through Sunday, Feb. 11.

I talked to Yuvienco and Moore, about their final season as Bearcat swimmers.

"I think that overall the team performed very well! We have been training pretty hard and therefore swimming tired. However, we all

manage to push through the pain and "Boss Up" as my cousin would say. There were a lot of very good races where I saw how much improvement there was in my teammates strokes, turns, and dives." Moore said.

Yuvienco also elaborated on the growth of the team, "This team has grown a lot since the beginning of the season. I think at times we either started meets a little sluggish or didn't finish like we knew we were capable of. However, the second half of the season we really attacked each swim meet like it was our last and the team is in good shape right now to make a huge splash in the pool in two weeks at NWC Championships."

As they both enter the final leg I asked them to reflect on their favorite moment of their journey thus far.

Yuvienco remarked, "My favorite memory as a Bearcat swimmer

so far was my freshman year at the Northwest Conference Championships. On the final day in the 200 butterfly broke the school record and also achieved the NCAA B cut. It was such a joyous moment and it really made me feel like I had solidified myself as one of the top butterflyers in conference."

Moore reminisced, "My favorite memory is made up of two events. The first event was during practice one day with the sprinters. We were using fins that day and doing 25's or 50's... I can't recall exactly but I remembered that I was beating my teammates Rachel Harvill and Jamie Johnson, which made me feel great about myself not only because they're extremely fast, but I knew that if I could beat them then I was also fast. They both looked at me after I beat them and told me that I could do a 26 in my 50 free. I

wasn't too sure I could do that, but fast forward to conference in February 2017 and I swam a 26.9 in my 50 free individual.

The second event is when my coach told me that I was going to be swimming in the 200 freestyle relay at conference because of my 50 individual time I had previously swam. It was the best feeling of my life."

The Bearcats look to continue the strides they have made in the Conference championships races next week in Federal Way, Washington. The Men's swim team is currently 2-3 and the women's team is also 2-3.

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Left: Willamette Swimmers cheer on their teammates as they finish a race. Right: Willamette swimmers complete their race on Senior Day against Linfield College.

The Demi-God: Giannis Antetokounmpo's mythological journey from the streets of Athens to NBA Stardom

ALEXANDER GORDON
STAFF WRITER

After the first 12 days of all-star voting a 23 year old from Greece playing in the quintessential small market of Milwaukee Wisconsin was leading the entirety of the NBA in fan voting. Since then the numbers have equalized, and LeBron James and Stephen Curry find themselves back at the top where one would expect them to be, however even with the handicap of spelling his name correctly (one voter managed to spell his name 'Antetoukomounkiosmoinmpo'), he almost overtook Ja.es, and rivaled Curry for the most popular jersey in the NBA store. What makes this so interesting, especially when juxtaposed with Curry, is that Giannis looks nothing like the rest of us.

Generally the reason given for Curry's popularity is that he appears to be a relatively regular guy. He gives all the 5'10 shooters at the gym hope. With "average" athleticism (Curry can deadlift 400 pounds) a quick trigger and some bizzare coordination drills, you too can be an NBA champion. Nobody looks a Giannis and says "oh yeah, that's me," yet for some reason, his awe inspiring length transcends relatability. You cannot help but be stunned when watching him. If Curry is the self made NBA superstar, Giannis is the tailor made one. Part of this certainly comes from his wide smile and charm: recently, when asked if he thought he could play

american football, he responded by saying "oh yeah, I would be a great pitcher." But we very well could be missing out on the Antetokounmpo experience if not for an act of the basketball gods.

Giannis and his three brothers grew up in Greece as the children of immigrants Charales and Veronica Antetokounmpo. Originally from Nigeria, they were something of social outcasts. Forced to pedal toys and clothes to tourists whenever they could. The children were generally the only ones at the table, as the parents could quickly be deported if caught. His father, recently deceased from a heart attack, suffered from degenerative health, and at times his mother could not put up with the stress of trying to

raise four rapidly growing boys on spotty and unsure income. She would fall ill, and the boys would be forced to fend for themselves until she recovered.

Through all this she insisted they focus on their schooling as a way to escape the slums they resided in, but stubbornly, the brothers gambled their limited freetime on basketball. Inspired by his older brother Thianis, and much to the chagrin of his father, a former professional nigerian footballer, Giannis was able to find a way onto a Greek "A2" league team. This was where Buck's GM John Hammond first saw him, tipped off because Antetokounmpo had just agreed to a contract with a larger spanish pro team.

They didn't expect him to explode onto the scene this quickly, but he saw a player with solid court sense, a decent handle, and an other worldly body. The Buck's bought him out, and took him 15th overall in the 2013 draft. Nobody expected Giannis to be an exhilarating success, and especially not this soon. But we've been blessed, because as the fates would have it, Giannis Antetokounmpo found his way to America to play basketball.

For more lukewarm NBA takes listen to The Heat Check at 3:00 sunday on KWU

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Women's basketball crushes Lewis & Clark

JARIN KOBASHIGAWA
 STAFF WRITER

On Friday, George Fox University dominated the Bearcats, shooting about 56 percent from the field and winning 81-50. The Bearcats quickly fell behind in the first quarter, 14-22. Efforts by seniors Ashley Evans and Celine Gregoire helped to reduce the lead held by the Bruins, but George Fox continued to tack on points.

As halftime approached, the Bearcats grew even further behind, 26-41, and were unable to find a way to stop the offensive attacks by the Bruins. Kaitin Jamieson, the leading scorer for the Bruins, totaled 12 points before the half. The third and fourth quarter did not differ from the first and second as the Bearcats continued to fall further behind.

The largest lead held by the Bruins was 34 points during the final minute of the fourth quarter. The Bearcats really struggled to get rebounds, getting out rebounded 20-40. Both teams had 16 turnovers, however the Bruins were able to capitalize more on the other team's mistakes and outscored the Bearcats for points off turnovers 0-10.

Besides Towry one the leading scorers for the Bearcats was sophomore Drew Farmer had 8 points on the day, being four of five on field goals. Additionally Evans and senior Whitney Anderson each had six points. Evans had two assists, three steals, and one blocked shot. Towry was the only player to reach double digits during the game, scoring 16 points. Towry has broken the school record for career three-pointers and is on the verge of breaking the record

for career points. After this game, she moved into eighth place on the career assist lists with 239.

On Saturday, Willamette bounced back to defeat Lewis & Clark College, 71-51, shooting 49.2 percent of field goals and 53 percent of three pointers. On the other hand, the Pioneers were successful on only 36.5 percent of their field goals and 29.4 percent successful on three-pointers. The Bearcats out rebounded the Pioneers 34-33 and were able to capitalize on fast break plays, outscoring the Pio-

neers 9-0. After Lewis & Clark took the lead 1-3 in the first quarter, the Bearcats went on a 14-0 run to take a commanding lead. The 14-0 run included two 3-pointers by Evans, and one by Towry and senior Mary Eckenrode, sophomore Elizabeth Logsdon also had a layup. The Bearcats led the game 42-24 at halftime, after going on a 11-4 run in the second quarter. The Bearcats were relentless, scoring seven unanswered points to begin the 3rd quarter, and the Pioneers could not figure out

how to stop the offensive strikes by the Bearcats.

Heading into the fourth quarter, the Pioneers allowed another seven unanswered points and eventually fell to Willamette by 20 points. Towry scored 21 points, and now needs 23 points to break Willamette's all-time record for most career points which is currently held by Jenny Joseph who scored 1,309 points from 1993-94 through 1996-97. Evans, Kochenderfer and Farmer each had nine points on the day. Gregoire

snatched six rebounds and had a game high of five assists. The Bearcats improved to 11-8 overall, and 7-3 in the Northwest Conference while the Pioneers dropped to 10-9 overall, and 5-5 in the NWC. On Tuesday, the Bearcats will host school-rival Linfield College at the Cone Field House, it is scheduled to begin at 6 p.m. (PST).


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CONNOR WICKLAND

Sophomore guard Drew Farmer blows by a defender in a Northwest Conference.

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 will cover many of the organizations that get overlooked during the hectic fall season. There was plenty to be excited for, especially the return of a ferocious golfer.

NBA

The NBA just announced its All-Star rosters for its upcoming game in February. This year's teams were selected by a combination of a fan vote as well as coaches and players. What is new to the game this year is that the teams were selected by LeBron James and Stephen Curry, not divided by conference. James's team had the first pick in this "All-star draft" and selected

Curry's teammate Kevin Durant with the first pick. Curry countered with Giannis Antetokounmpo. The new combinations of superstars will hopefully bring more excitement and competition to the All-star game, which is normally just a boring old pick up game. Also the NBA raised its stakes for the players involved, making the winning teams prize 100,000 dollars and the losing team only earning a meager 25,000 dollars.

Tennis

This week also showcased some of the best athletes in Tennis in its grand slam tournament of the season. Caroline Wozniacki won the women's bracket while Roger Federer won the men's bracket. Wozniacki, has become the worlds number one

ranked women's tennis player after her first grand slam win. She has struggled with injuries in recent years and has fell as low as the 74th ranked player, but has rebounded of late. Federer on the other hand also set some personal records this weekend with his win in Australia. This was Federer's 20th grand slam win, which is the most by any man with the next person having 16. With another signature win at the age of 36, he is widely considered to be one of the best male tennis players of all time.

Golf

It's safe to say that Tiger Woods is back. For the first time in over two years, Woods completed a full golf tournament playing into and through the weekend. He completed 72 holes

shooting three under par, which was tied for 23rd place with the winner shooting 10 under par. He was said to have played the entire four rounds of golf pain free, which is a good sign because of his constant back pain that has plagued his on the course issues. The overall showing of his game was an extremely optimistic for Woods who has been the center of all kinds of extracurricular drama off the course, with a DUI arrest in August being his latest problem. With golf's first major, Tiger looks to be a contender for the masters in April.

NHL

One of the special stories so far in the NHL is that of the Las Vegas Golden Knights. What makes this team so special is that they are the NHL's newest team

and they already find themselves in first place with 68 points. The second place team trails the Golden Knights by nine points, which is about four games or so. This team has been so successful because of the play of their goalie Marc-Andre Fleury who has found some mojo in Las Vegas. They have also received some great play from their defense allowing them to stay within striking distance for a lot of games this season. Until next week, K DEN.

"Wherever you find people that want to change everything or nothing you will find trouble" — Joe Moore

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A response to criticism of my Feminism

RYLEIGH NORGROVE
FEATURE EDITOR

Yesterday, I was called out as a “wannabe feminist” via facebook post. I, Ryleigh Norgrove, am a wannabe feminist in the same way that global warming is a hoax perpetrated by the Chinese. It is just plain wrong. Feminism is a fundamental aspect of my personhood, informing how I interact with our American society.

To disregard me as a feminist is to disregard my experience as a woman in America. Granted, I’m aware of my privilege. I am fortunate to attend this school, or any school for that matter. I am fortunate to live in a country that does not legally prosecute me for my gender. I am white, and am offered opportunity because of this. That being said, walking through this world as a woman, I cannot go unnoticed. The very curve of my hip places a target on my back. It influences how I interact with this world, where I walk, what I wear, and when I wear it.

As I learned to write in cursive and solve multiplication tables this society informed me that my self-worth was placed in the goods between my legs. That no matter how hard I fight, I will never amount to more than an object. I know first hand what it’s like to experience how our justice systems handles cases of rape and sexual assault. I can tell you that police will never believe the bruises on your neck or the redness of your wrists. That no matter how you cry, intent is a difficult thing to prove.

So please, tell me how to be a “wannabe feminist.” In truth, I’d like to be one. In an ideal world, we wouldn’t need feminism as desperately as we need it now. As a female, I need feminism. I need it to hear me and acknowledge my story as truth. I need it to support my expression and to remind me that living in fear is submission.

As an individual, I worship language and a well-formed argument. As a society, we view verbal and literary communication as a trade of the past, brittle and feckless. Often finding source and credibility irrelevant, as a collective we dismiss the value of debate and discussion. It is easier to preach from behind a screen than to listen and acknowledge new ideas. The lack of understanding allows rape culture to fester and persist.

And to disregard my experience, disregard my feminism and disregard my validity in a discussion is to perpetuate a culture that condemns women. An unwillingness to recognize your part in this system is just as criminal as participating yourself.

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Changing the focus on climate change:

A critique of responses to climate change deniers

BRETT YOUSTEY
STAFF WRITER

Climate change should not be a partisan issue. Yale Climate Opinion Maps show that as of 2016, 69 percent of americans believe in global warming. While a third of americans are still in denial, the public disagreement on climate change has shifted from its existence to weighing climate policy.

Many see climate change as a threat, but don’t believe the benefits of climate initiatives outweigh the economic harms. If climate activists focused on this group of policy critics, instead of deniers, there would be much more progress towards combating climate change.

Whether Trump means it or not, his iconic “It’s cold outside” tweets stagnate climate activism. They prevent change by further polarizing the issue as activists respond by focusing on a stubborn group of deniers. As a result, activists build a stereotype of who a dissenter should be.

Being a policy critic myself, I am surprised how quickly my discussions with those who support

climate initiatives devolve. For example, if I don’t support carbon taxes, then I am seen as a denier or someone who doesn’t care about the environment, regardless of the possibility that I simply don’t think the policy would be effective. These discussions are as if the other person was arguing with a Trumpian caricature sitting behind me. Policy critics are not seen as people who share a common goal, but as deniers.

Many activists are not engaging the group that accepts climate change, but is skeptical of climate policy. Activists’ lack of engagement with this group is to their own detriment.

The same Yale Climate Opinion Maps show that the majority of americans support research into renewable energies, regulation of emissions and limits for fossil fuel companies. Support for climate initiatives already exist. They just need to be sold to skeptics in the public.

With a lack of discussion weighing climate policy, activism has developed an orthodoxy. The dominant narrative among climate activists is a dystopian fu-

ture that necessitates taking the shortest path possible to cutting emissions.

During the Obama administration, climate activists took the shortest path. They supported sweeping regulations and entered into the Paris Climate Agreement with little attempt to sell the changes to policy critics; there was no need.

Now that Trump is in office, his supporters, a large number of whom accept climate change, have no problem with withdrawing from the Paris Climate Agreement. The Obama era climate policies were not sold to them. Climate activists taking the short path of partisanship resulted in nearly a decade of work being undone in months.

Limiting activism to short bursts of partisan legislation does not provide the long term policies needed to reduce emissions. Partisanship also does not reflect the reality of public opinion on climate change. The majority of americans, even substantial number of conservatives, are willing to support a variety of climate initiatives.

How can climate activists give themselves a bipartisan appeal? Ignore the deniers and focus on those who see climate change as a legitimate threat to the environment. Constructive engagement will minimize the stereotypes that prevent policy critics from helping.

Climate activists also need to have a more open view to the various ways to combat climate change. We can fight climate change by expanding drilling and using the financial benefits to invest in research. We can fight climate change by cutting regulations and subsidizing renewable energy.

Activists will have more political options to enact change, if they lose their orthodoxy. Losing partisanship means creating a point of entry for conservatives. Climate activists have the best opportunity to create a stable movement, when they appeal to americans as a whole.

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Alarmed by too many false alarms

SOPHIA GOODWIN-RICE
STAFF WRITER

Nobody wants to be awoken in the middle of the night by a loud alarm. Then again, nobody wants to be swept away by a tsunami, blown off by a tornado or demolished by a nuclear missile either. At the same time, nobody thinks that they’ll be the victim of the next disaster. It’s always the other people, until it isn’t.

I bring this up because last week, my hometown on the Oregon coast was woken up at 3:00 in the morning by phone calls and text alerts issuing a tsunami warning. An earthquake had occurred offshore in Alaska, sending residents of towns down the coast of North America into a state of alarm as the possibility of abnormally high water surges rippled closer.

In my hometown, news of tsunamis isn’t taken lightly. When an earthquake rocked Japan in 2011, many people who lived in low-level areas were forced to evacuate and miss school or work in case secondhand tsunamis reached us, all the way across the Pacific. It’s like training for the big one, the one that everyone is afraid of: it prepares people and gets them worried, but when it happens a lot with no serious consequences, the alarm could lose its value. Sure enough, the tsunami warning was cancelled some time later. When I woke up later that morning and scrolled through Facebook in alarm, trying to figure out what had happened, it was interesting to see how not many people shared my concern about the tsunami possibility. Most of the people who had been on the coast at the time were more annoyed by the fact that they had been woken up so unceremoniously when they were really in no danger at all.

In an entirely different scenario, Hawaii was thrown into a state of panic when, in early January, an ac-

cidental alert warning of a ballistic missile attack was spread across the state. In recent years, concern of an attack from North Korea has been growing, and for residents of Hawaii, it seemed like that day had finally come. When the alert was revealed as an error 38 minutes later, relief diffused throughout the islands, but so did a new concern. Why did this happen so easily? How are people supposed to know the difference between real danger and a false alarm, especially if the government takes so long to cancel the warning?

These situations are incredibly different in many respects, but at the same time, they share a common theme. What is the power that alarm systems have, either on a national or local level? One of the consequences deals with simple human nature: some sort of boy-who-cried-wolf scenario, where too many accidents are made and too many false alarms occur, and people start to become numb to the situation. Students at Willamette might see some parallels with our own emergency notification system; while it’s smart to undergo test runs to ensure the process is working, the sheer amount of drills might cause students to ignore an actual notification in an actual emergency.

If a person living in a tsunami danger zone starts to believe that all warnings are a false alarm, they could soon find themselves floating away in a flood of high

water. If people in a place like Hawaii learn to not trust urgent government warnings, how will the necessary safety measures (if there are any against ballistic missiles) be carried out? While warning systems are crucial to mass survival in certain situations, they have the potential to lose a population’s trust and attention if they send too many false alarms.

The situation in Hawaii also opens up a whole slew of potential issues for the United States as a whole. While Hawaii is located closer to North Korea than any other US territory — and has been the victim of a foreign attack in the past — that doesn’t necessarily mean that it should be the only area on

alert. At the same time, what would a similar alarm administered to a the entire United States population look like? There could be mass panic, hysteria and maybe even a commander-in-chief who doesn’t wait to investigate before pushing a button in retaliation.

Overall, I believe that it’s incredibly important to have alarm systems, whether on a national or local level. Any child who has participated in a simple fire drill at school can tell you the importance of emergency preparedness. However, if we are going to take these alarms seriously, and act appropriately in the event of an actual emergency, we need to reform both our own responses and the systems themselves.

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KYLEE NISHIMURA



Hiding behind “But that’s just my opinion”



CONNOR WICKLAND

CONTINUED from page 1

Using opinions to exempt yourself from the repercussions of your

statements is not always a malicious thing. For example, I don’t want to be held responsible for my friend not being completely confident in them-

selves after taking my suggestion they wear the red shirt instead of the blue one. Still, I have often seen this tactic being used quite maliciously. I have

seen it hurt friendships and diminish safe spaces. No one wants to be the victim of these jabs, yet so many people are not being held account-

able for how their statements affect others. Our willingness to reach out and participate in discussion is only hindered even further when we have been unfairly attacked by the opinions of someone else. I would also argue that this is detrimental because words and voices lose their value and power when we don’t take them seriously.

So what can we do to promote safe and effective discussions? First and foremost, understand what it means to have a seat at the table. It means that not only should others at the table listen to you, but you have a responsibility to actively listen and engage with what they are saying as well. I also think it means that we should really think about what we intend to say. If you really want to have a meaningful conversation, are you willing to be held accountable by others and own up to what you say?

There is already a lot that gets in the way of all of us seeing eye-to-eye. I think we can make a greater effort to at least not get in our own way. But that’s just my opinion.

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Politician’s private lives: A call to focus on policy, not moral purity

PHILLIP AMUR
 CONTRIBUTOR

The president of the United States is an individual from whom we expect everything, as William G. Howell discusses in his book *Thinking About The Presidency, The Primacy of Power*. Our president, along with all elected officials, is charged with maintaining economic prosperity, well-maintained budgets and international stability, as well as various pet causes pertaining to social reform.

In the modern U.S alone however, there is another more informal, though no less true, expectation that both those within the White House’s justice department and the general public want from all politicians who wish to maintain high favorability: moral purity.

While loss in political/legal stature hasn’t always been the result of sexual misconduct allegations in the modern age, it is interesting to note how today it is mainstream to report on such private affairs of politicians with the goal of shocking the public, thus in many cases turning voters against them— not because of policy but because of the formerly mentioned acts.

In 1987, then-Colorado Senator and democratic presidential candidate Gary Hart was “unmasked,” as reported in a 2014 *Washington Post* article as an adulterer and therefore had to withdraw from his campaign as a result of both media bombardment and disapproval from a fair percentage of his voters (44%). Bill Clinton, before the Paula Jones trial and the included

deposition, asked Monica Lewinsky to perjure herself and cover up what had happened knowing very well that the White house would be seeking action, according to an article entitled *Public Opinion and the Impeachment of Bill Clinton* in the academic journal and book-publishing company Taylor and Francis. The actual reasons for impeachment don’t contradict the primary purpose of Clinton’s elusiveness.

More recently, in 2007, then-mayor of the San Francisco Gavin Newsom fell to a scandal in which he confessed to having slept with his campaign manager’s wife, a move which apart from ruining his public relations, would lead some voters to question the mayor’s judgment in a future election as stated by Corey Cook, a political science professor at the University of San Francisco in a *New York Times* article. Americans, though now concerned with the private lives of their elected leaders, have not always been like this. The affairs of highly respected individuals between 1930 and 1987, for example Franklin D. Roosevelt and John F. Kennedy, were essentially unreported due to the fact that neither media outlets nor ordinary citizens cared enough to express concern.

You might be asking why all of this matters. The answer lies in priorities. We’ve gone from focusing attention that should be put on areas of national concern onto what is a private matter for the president, an individual who is constitutionally protected with regards to privacy like every other citizen. During the early years of the cold war people didn’t

care too much about this stuff because there was the great Red Scare of Soviet Communism - in other words people judged the president solely based on his handling of such crisis. Today, believe me, there are plenty of those great menaces to which the concentration of our attention is necessary, the plethora itself not needing further explanation.

Former French president Francois Hollande had a variety of mistresses in his time, though many French citizens categorically didn’t care, nor have they ever preoccupied themselves with such matters. It is time for Americans, including those within the powers of any judicial body to take the same approach; if it isn’t policy-related, don’t worry about it given that somebody’s actions didn’t violate any actual laws. Expressing outrage for political scandals of this nature, on top of what is unfortunately becoming a socially-engineered approach to both personal judgement and rationality would only waste more time and energy in the grand scheme of advancing in more important goals. Exceptionalism doesn’t come from arbitrarily-defined discipline or morality, but from knowing the difference between what hurts your conscience and what actually decides the fate of a country.

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Letters to the Editor

Heather and Holly,

I just wanted to voice my sincere gratitude as an individual for the piece you wrote in the *Collegian*. I am so proud to know that there are people on this campus taking a stand against assault and its pervasive nature on college campuses, especially our own.

I know you are likely dealing with aggressive and unfair push back, either from students, those working for the university, and maybe even the wider community.

Please know that I am happy to be a resource/sounding board/vent listener/etc for you during this process.

I come to you as an individual, not as a representative of any organization on this campus, and I thank you for doing the work that so many of us fail to do.

-Anonymous

To whom it may concern,

I have read your recent article pertaining to the sexual assault case brought up against the transfer student.

To begin, this is a fellow student that you are outing without his permission. I completely understand that the female in this scenario approached you to discuss this situation, but it is just as much his business as it is hers, and you have no right to publicize this in the way that you did. You are putting a pin point on him in a way that you wouldn’t want whether you were in either of their positions.

That being said, you (or the writers) at the end of the article basically said that this student should not be allowed to attend this university, and by default no university. As per the article, he apologized immediately following the incident, knowing what he did was wrong.

He took the punishment of one year suspension, and then to top it off he transferred schools to make it easier on her so that she didn’t have to see him. I want to be clear that I am NO way justifying his actions. But, what you are implying in this article is that due to his actions he, as a human being, should not be able to have an upper education. You and the entire staff of this paper, do not carry the right to make that decision. He has suffered the consequences of his actions and will face the repercussions for the rest of his life, but deciding how he should go about the rest of his life starting with what school he goes to is not anyone’s choice but his own.

If you have further questions, please contact me.

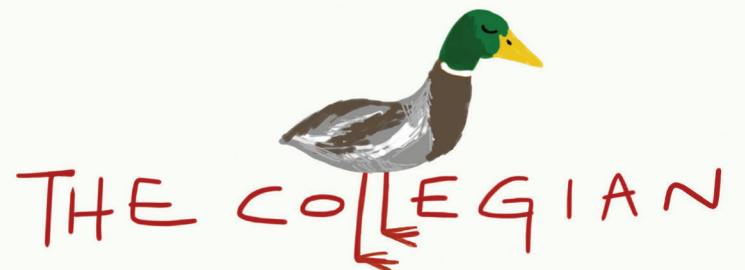
-JayleeWalter

Disclaimer: The views and opinions expressed here are the author’s own, and do not reflect the perspectives of the Opinions Editor or the *Collegian* staff.

We invite you to submit letters to the editor. Letters are limited to 350 words, must include your name and must be submitted by Monday at noon on the week of intended publication. The *Collegian* reserves the right to edit for length and clarity. Please email letters to Gianni Marabella <gimarabella>.



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If you'd like to have an ad placed in the Collegian, please contact Yun Kim at [<ywkim@willamette.edu>](mailto:ywkim@willamette.edu)

CAMPUS SAFETY

CRIMINAL MISCHIEF

January 22, 8:27 a.m. (University Services Annex): An employee called in regarding some graffiti on the north wall of the building. A work order was made and an officer took photos of the graffiti.

EMERGENCY MEDICAL AID

January 25, 6:55 a.m. (In a Campus Residence): A student requested to be transported to the hospital. An officer was transported the student to the ER and the area coordinator was notified.

January 27, 1:31 a.m. (In a Campus Residence): Campus Safety received a call regarding an individual who was having an allergic reaction. She was reported to be conscious, but had trouble breathing. Officers responded and located the individual. The individual did not want to be taken to the hospital. The area coordinator was notified.

January 27, 1:31 a.m. (In a Campus Residence): Campus Safety received a call regarding an intoxicated individual being dragged in to a residence by other students. Officers responded and the Eastside RA was notified. It was determined that paramedics were needed and they transported the student to the Hospital.

January 28, 1:30 p.m. (In a Campus Residence): An employee came in to the Campus Safety Office to report an injury that she sustained while working. She had lifted some chairs and felt a sharp pain in her shoulder. An officer took a report and the employee reported the injury to their supervisor.

SUSPICIOUS ACTIVITY

January 21, 9:08 p.m. (Hatfield Library): Campus Safety received a call about a suspicious person trying to get into the Hatfield Library. Officers responded and were not able to locate the individual. The caller was contacted and they reported that they saw the individual ride away on a bicycle after calling in.

January 22, 1:58 a.m. (Lee House): A student called to report that she could hear someone knocking on the doors and windows in the courtyard between Lee and York. While on the phone with Campus Safety, the individual stopped knocking. An officer responded and determined that it was a student banging thumb tacks into the wall.

January 22, 6:26 p.m. (Goudy Commons): A student called from Goudy to report that they had a restricted contact order against another student and they were

uncomfortable with other student being in the area. An officer responded and met with both parties and informed individuals of parameters of the restricted contact order.

January 22, 8:55 p.m. (YWCA): While on patrol an officer found the front door of the YWCA unlocked. The officer entered the building and checked the log sheet before checking the building. The officer and another employee were able to secure the building.

January 21, 9:08 p.m. (Hatfield Library): Campus Safety received a call about a suspicious person trying to get into the Hatfield Library. Officers responded and were not able to locate the individual. The caller was contacted and they reported that they saw the individual ride away on a bicycle after calling in.

January 22, 10:54 p.m. (12th Street): A student called to report a suspicious male individual on the eastside of 12th Street exhibiting some unusual behavior. An officer responded and observed the individual for several minutes. The individual remained on the opposite of 12th street and then left towards the train station.

January 23, 7:35 a.m. (Rogers Music Center): An employee reported two suspicious looking individuals who

did not appear to be students attempting to get into the north door at Rogers. An officer responded, but was unable to locate the individuals.

January 21, 9:08 p.m. (Hatfield Library): Campus Safety received a call about a suspicious person trying to get into the Hatfield Library. Officers responded and were not able to locate the individual. The caller was contacted and they reported that they saw the individual ride away on a bicycle after calling in.

January 23, 4:14 p.m. (Matthews Hall): A student called to report a man in a trench coat with a beard had followed her in to Matthews. Officers responded and searched the building and surrounding areas for the individual. It was later determined that the individual was lost and was trying to locate his wife on campus.

January 23, 9:42 p.m. (Campus): Salem Hospital Security called reporting that they had an individual leave the hospital who was verbally aggressive and threatening toward the Hospital staff. The individual was reported to be heading towards campus and was near The Ram. An officer responded but was unable to locate the individual.

January 25, 4:50 p.m. (Winter Street): Salem Hospital Security called reporting

that they had trespassed an intoxicated individual off their property and that the individual is heading north on Winter Street toward campus. Officers responded and watched the individual as he passed through the campus towards the Capitol.

January 28, 2:36 p.m. (Matthews Parking Lot): A caller reported an individual going through the dumpsters in the Matthews. An officer responded and met with the individual and escorted them off campus.

January 30, 4:55 p.m. (Campus): An employee reported that she received a disturbing phone call from an unknown number. The caller made a sexual comment to the employee, but she was able to hang up before he could finish what he was saying. An officer took an incident report and escorted her to her car when she would be leaving campus.

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