

Special: Walking Tour of Salem



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Willamette Community Responds to Central American Crisis

By EMILY MIDDAUGH  
Editor

The unpredictable path of Hurricane Mitch left little but destruction in Central American nations two weeks ago. Honduras, Nicaragua, as

well as parts of Guatemala and El Salvador, were deluged by the hurricane turned tropical storm. Mud and water covered roads, buildings, bridges and entire villages. Estimates of deaths reach beyond 10,000, with more sure to follow

from disease and malnutrition. Over two million people have been left homeless and thousands more are missing.

Beyond the emotional toll that such sheer tragedy takes on the world, the devastation has affected the students and staff of Willamette University.

Willamette University students have taken action here in Salem. Junior Javier Ayala set up a relief fund immediately after the crisis, allowing for those who wish to contribute money to send it through campus mail directly.

Over \$350 has been collected thus far. TIUA has been conducting a "spare change" drive.

Zach Brittsan and Seth Brandt are among the numerous individuals who have also been working to collect funds. Mandi Gordon, Peter Stratman and Emily Middaugh coordinated a focused effort to widen the scope of relief activities.

A monetary and supply drive began Thursday. Donations can be made in the Bistro or at the UC Desk. Any size monetary contribution will be accepted, and checks can be made out to Willamette University.

The money from all these drives will go to Northwest Medical Teams, who have agreed to match every \$1 cash with \$10 in medical supplies.

Funds will also go to Oxfam, an international organization focused on combating hunger.

Supplies can also be dropped off at the Bistro or UC desk and those needed include: soap, shampoo, Band-Aids, Tylenol, cough and cold medications as well as food items such as rice, beans, canned foods, flour and bottled water.

A petition will also be available for signature, urging for the suspension or forgiveness of the foreign debts owed by the affected nations. So far several countries, includ-

ing France and Spain have forgiven millions in debts to both Honduras and Nicaragua. Additionally, a clothing drive is in the process of being coordinated on campus.

Members of the Willamette community were also affected in other ways. Student Javier Ayala has family in El Salvador that have been unreachable.

His family lives in a small village that is now completely cut off from the rest of the world because of bridges that have been washed away from the flooding.

While his relatives are fine for the moment, he is preparing himself for the chance that they soon may not be. Several of his friends have family that has perished in the hurricane.

"For me, more than anything, it puts everything in perspective. We

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Duvall Named Oregon Professor of the Year

By ANNA BIERMAN  
Staff Writer

Professor William Duvall has recently been named the 1998 Oregon Professor of the Year by the



Carnegie Foundation of the Advancement of Teaching.

Originally one of Philadelphia's own, he successfully saw his way through Whitworth College; University of Pennsylvania; and University of California, Santa Barbara. Ultimately acquiring a B.A. and M.A. in specialized areas such as History of Modern France and Modern European Intellectual History, he wrapped up his formal education with the completion of a doctoral degree in 1973.

Since then, the esteemed professor has been a Willamette favorite, teaching courses including Introduction to History, Western Civilization, History of Modern Socialism, Readings in Modern European History, etc.

Duvall has also been a guest lecturer for Californian and Ukrainian universities. Duvall, a distinguished instructor, researcher, and author comes highly regarded in not only the Willamette community, but in

the neighboring hemisphere as well, as he has been able to spend a great deal of time studying and rediscovering Europe, France and Greece in particular.

Currently, Duvall has decided to delve into a new project, as he has laid some foundation for an in-depth look at how French scholars view the failure of the 1848 revolutionary outbursts.

Quite obviously, Duvall's main interest lies with the French, he proudly considers himself a Francophile, "but it's a love-hate relationship", he admits with a smile. Duvall feels remarkably fortunate to have had the support of Willamette University in his lengthy study abroad endeavors, as he has been able to partake in three years of sabbatical.

Although he certainly enjoyed complete immersion in Tuscany's

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Re-Opening of Hospital Parking Relieves Crisis

By JUSTIN DAY  
Contributor

On November 5, Director of Campus Safety Ross Stout, announced via e-mail that the Salem Hospital will open up the top floor of its east parking structure starting on November 16 to Willamette students that own a gold parking permit.

This came as a surprise to everyone because recent developments have been comparatively small. One of these developments was the ac-

quirement of 93 parking spaces at Bush Park. With the great extent of the parking problem though, this option was taken advantage of quickly. The re-opening of the top deck means that Willamette will gain 175 more spots.

This will ease the stress of parking and relieve the burden off of the entire Willamette community. "Daily routines for off campus students and faculty will return to some state of normalcy," says Jasmin Chaudhary, an off-campus student.

This is only a temporary solution

though. "The hospital is currently constructing an outpatient facility that will require more parking, however it will not be completed until a projected time of March 2000," said Assistant to the President, Kevin Neely. Until then, if no changes are implemented, Willamette will have authority over the spaces.

The Salem Hospital decided to open up the top deck because their new parking structure will be open

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**Moon Festival**

Remy Choi performs a Korean dance at the Moon Festival last Sunday. The Moon Festival was coordinated by the Asia Club with help from the Hawaii Club. It included different kinds of ethnic foods, and entertainment by traditional Korean and Lao dances, as well as a Japanese Tea ceremony and a Martial arts demonstration.

Photo by Lynne Saito

**C O N T E N T S**

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## NEWS BRIEFS

## Forensics Competes in Washington

The Willamette Forensics squad returned from Longview, Washington Sunday night after three exhausting days of debating and speaking. Over two dozen members of the squad traveled to the Smelt Classic at Lower Columbia College to compete against schools from all over the Northwest.

The schools represented included Pacific Lutheran University, Portland State University and Boise State University.

Several members of the team came away exceptionally successful.

Assistant Coach Jenn Miller stated that the highlight of the tournament was Willamette having four of the six finalists in Extemporaneous Speaking, two of whom are freshmen.

BJ Southard was awarded for being a finalist as was Junior Dustin Buehler. The other freshman, Jeff Golimowski, placed second with Senior Jesse Gnehm taking home the first place trophy.

Buehler and Golimowski also advanced to finals in Impromptu, finishing first and fifth, respectively.

In Interpretation events, Freshman Johnny Vong is proving himself to be the master of Programmed Oral Interpretation, advancing to finals for the second straight tournament. He placed third. He performed really well against some exceptional competition," stated Miller.

Golimowski also advanced to finals in Prose Interpretation, finishing fifth.

While Willamette had eight entries in Open Debate, only two advanced to outrounds.

Junior Charity Conger and Golimowski advanced to octofinals before dropping to a team from Pacific Lutheran Uni-

versity.

Buehler and Gnehm advanced to the final round against Northwestern. They placed second after losing a high-spirited, emotional round in which they debated the death of feminism.

Many members were awarded for their speaking. In the novice division, Freshman Jessica Bakker placed sixth. Her partner, Freshman Melissa Kanzler came out as the top novice speaker of the tournament.

In the open division, Buehler placed tenth. Conger was awarded fourth place, while Junior Kara Minkoff took home the second place trophy. Golimowski topped all the open speakers at the tournament placing first.

Several team members came away disappointed with their performance in debate.

Sophomore Dillon Shae stated that "It was a learning experience for the whole team in that we learned. We need to make some minor readjustments if we want to continue being competitive."

"I am convinced that debating on the day of rest harmed the team," said Vong, trying to rationalize his showing in debate.

Buehler, on the other hand, stated that "Overall, the tournament went extremely well." He felt that "the rest of the team was extremely supportive."

Having made adjustments, the team is at Linfield College today to compete at the Mahaffey Invitational.

They hope to learn from last weekends ups and downs in order to compete at the level they know they are capable of.

## Library Kicks off Food for Fines

Have you been letting those library book due dates slip by unnoticed? Do you have more library fines than cash in your checking account?

Did you get no money but plenty of canned tuna in that care package from home?

If you answered yes to any of these questions, here's your chance to lend a helping hand during the holiday season, and help yourself out, too. How?

Pay off your fines with food!

On Monday, November 16th, the Hatfield Library will kick off its third annual Food for Fines, accepting non-perishable, nutritional foods in lieu of cash.

Those students that do not have food to donate can pay their overdue fines with cash during this period of time and all of it will be donated as well.

Replacement fees are, however, exempt from this program.

Bring in one or more food items and in exchange, fifty cents or more will be erased from your library fine record.

The food you give will be donated to Marion/Polk Food Share and will help make somebody's holiday season a lot brighter.

Acceptable foods for donation are non-perishable, labeled, commercially canned or packaged items high in nutritional value (such as peanut butter, canned soups of veggies or pasta).

"We also invite those of you without a fine to donate food (or cash) to help those in need," stated Mariesa Kirk, Circulation Services Coordinator for the Hatfield Library.

"Each can of fruit or package of rice will go a long way toward putting food on a hungry person's plate," Kirk says.

Last year 250 pounds of food and \$250 were donated to Marion/Polk Food Share through this event.

With your help, the library can exceed these numbers this year!

To take part in this wonderful event, bring your packaged foods to the Hatfield Library. Food for Fines will begin Monday, November 16th and continue until Friday, November 30th.

For more information, stop by or call the Mark O. Hatfield Library (370-6018).

## Devastation Worsened by Government Response

By THE SCHOOL FOR INTERNATIONAL TRAINING'S NICARAGUA PROGRAM  
Press Release

(Nov. 6) Nicaragua is a country plagued by natural disasters, from the 1972 Managua earthquake that left 8-12,000 dead, to the massive flooding following a tropical storm in 1982, Hurricane Joan in 1988, and a deadly tsunami in 1992. Survivors of these disasters insist, however, that the destruction caused in Nicaragua by Hurricane Mitch far surpasses that of the previous disasters, and that the response of this government, headed by President Arnoldo Aleman, has been by far the least adequate.

Thus far 3800 Nicaraguans have been reported dead and 1900 remain missing; these figures do not include the Atlantic Coast, for which there is currently little information. The numbers continue to rise.

Furthermore, 763,000 or almost 20% of the nation's population has thus far been made homeless; a comparable percentage in the U.S. would work out to 50 million people without homes.

Throughout the country, thousands of people desperately await rescue. Whole families remain stranded in trees, where they are thrown packages of food but from which they cannot yet be removed due to the strong currents that swirl around them. Many lose strength after days of this precarious existence and are washed away. Rescue efforts are impeded by the near total destruction of the country's infrastructure.

The national total of bridges reported partially or completely destroyed has thus far reached 156; the Ministry of Transportation and Infrastructure reports more than 2,500 km of highway or roads destroyed, isolating hundreds of communities.

Thousands stranded on hilltops and roofs can only be saved by helicopters, yet Nicaragua only owns eight. The US loan of two additional helicopters does not begin to meet the need; many U.S. helicopters remain available but unutilized at Southcom, the U.S. army base only a few hundred miles to the south in Panama.

Despite this dire situation, President Arnoldo Aleman refuses to declare a State of Emergency, which would greatly increase the amount of international aid entering the country. Government critics claim that official justifications for this inaction obscure the government's attempts to centralize control over incoming humanitarian aid.

Aleman has imposed heavy taxes on humanitarian aid, and currently twenty cargo crates of allegedly tax-exempt aid are impounded in customs awaiting payment of a government-imposed 150% tax.

Weeks before the disaster, the nation's major newspapers carried front page stories reporting accusations of nepotism and other accounts of corruption. A September CID-Gallup Poll confirmed that a majority of Nicaraguans agree that Aleman is corrupt. Aleman has claimed that NGOs are partisan bodies and would take advantage of a declared State of Emergency.

Subsequently he maintained his position with the argument that only parts of the country had been affected by the flooding. He has also expressed concern that a declared State of Emergency would cause widespread default of bank loans. Finally he resisted the chorus of pleas for a change of this policy, claiming that he did not wish to suspend civil liberties, as is possible but not constitutionally-mandated under a State of Emergency.

Another act that has enraged Nicaraguans and the international community was Aleman's refusal of thirteen Cuban doctors, highly trained in disaster relief, claiming insufficient need and that they would only come to eat. Large-scale resentment of Aleman's prioritization of his economic and political agenda over human life to date has resulted in attacks by angry crowds and a motion for impeachment in the National Assembly. Further political instability is anticipated.

The government's failure to mobilize relief not only condemns those in immediate danger but also spells disaster for all Nicaraguans in the months and years to come. Thus far an estimated 50% of the nation's crops, mostly basic products for internal consumption such as rice, beans, corn, soy, sorghum, peanuts and sesame, have been destroyed, amounting to a loss of over \$100 million.

The effects of this devastation on what was already the second poorest nation in the hemisphere cannot be underestimated; increased starvation is certain.

Furthermore, widespread epidemics of diseases endemic to the area such as malaria, cholera, and dengue fever, as well as mycosis, respiratory illnesses, diarrhea, con-

junctivitis, parasitic infections, fungus, bacterial infections of the skin, leptospirosis, scabies, lice, tetanus, and malnutrition are predicted in the near future, due to the slow disposal of rotting bodies. The situation will be further exacerbated by anticipated migration into the nation's already overcrowded capital city of Managua, as refugees flee their destroyed communities.

Nicaragua is in no way prepared to deal with the magnitude of this crisis; the international community must recognize the country's dire needs, despite President Aleman's careless handling of the situation. Although Honduras has sustained greater damage than Nicaragua, its government is cooperating with organizations of civil society and appealing to the international community for aid.

Nicaragua also is in dire need of assistance: it needs helicopters, C-130s, bulldozers and other equipment for rescue, re-supply, and reconstruction; doctors and other trained personnel; forgiveness of the foreign debt, or at the very least suspension of interest payments for the next few years. In sum, President Aleman's message is not to be heeded; Nicaragua needs the maximum available international aid in the wake of Hurricane Mitch.

To insure maximum impact, aid to Nicaragua should be funneled through Non-Governmental Organizations rather than through Aleman's government. Under heavy popular pressure, Aleman has conditionally and temporarily lifted the import tax on humanitarian aid for officially registered NGOs.

A coalition of 320 NGOs is currently forming to deal with the crisis at hand and are attempting to set up a common bank account to receive aid. Until this coordination is finalized, please take the following measures to support Nicaragua in this crisis:

1. Pressure your U.S. government representatives at local, state, and government levels to increase the amount of financial and material aid to Nicaragua, both to perform immediate rescue operations and to rebuild the nation's infrastructure.

2. Pressure international banking institutions such as the World Bank and the International Monetary Fund to suspend or forgive Nicaragua's payments on external debt.



## Splash!

The Delta Gamma Anchor Splash, held last weekend, included pool events and a beauty pageant. The pool events involved each fraternity and sorority competing in miscellaneous events. The money raised from the events benefited The Oregon School for the Blind.

Photo by Brady Barksdale



## Album Review: Up by R.E.M.

**Album:** Up  
**Band:** R.E.M.  
**Label:** Warner Brothers  
**Available at Groovacious Platters**  
**Verdict:** ☆☆☆

phones Michael Stipe's voice has never sounded better. He's been getting more gravelly over the past couple albums, but here he uses more range, going into falsetto a few times. Then there's the song, "Lotus," where a gruff warped version of Michael's voice freaked me out simply by singing "hey, hey."

about in the song "Walk Unafraid," a song about following your own path. He went into this album with a message from Patti Smith to "be fearless," and it is clear that Up is important to him, and to the band. His clearer way of singing not only gets his messages across better, but it has an air of confidence showing that he really was fearless in making Up.

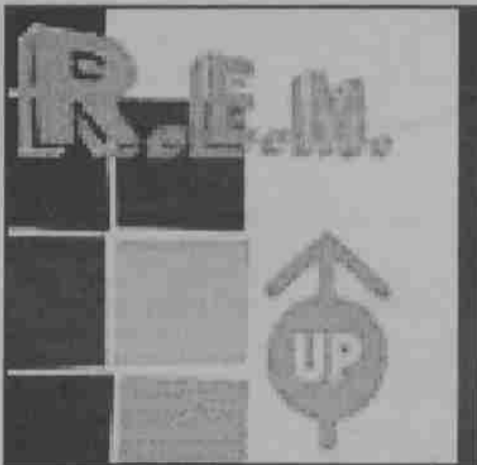
Another new feature in this album is the inclusion of a lyric sheet, something R.E.M. has never done before for the full album. Ironically enough, just when they decide to give us the lyrics, Michael decides to sing clearly. I guess he really wanted us to hear his words, as he many times spits the words out syllable by syllable in a sort of over-enunciation. This lack of mumbling seems to stem from what he talks

One thing that hasn't changed is Michael's odd lyrics (we can just hear them now), and some of the best are in "Hope." Over a repetitive keyboard part, he sings in an almost stream-of-consciousness about doctors, religion, and alligators. It's amazingly uplifting.

Following "Hope," though, is one of the most straightforward songs, "At My Most Beautiful," a love song with sweet-cheesy lyrics and "doot doot doo's" after the chorus. Songs like "Why Not Smile" and "Daysleeper" show that R.E.M. haven't totally forgotten their old ways. "Daysleeper," in particular, would fit right in on Automatic for the People or Out of Time, with its sharp plucked guitar line and slide guitar.

Whether or not you're familiar with R.E.M., I recommend Up. It may be a new chapter for the band, but it also stands on its own as a gorgeous album.

-Marie Diamond



I was excited but a bit wary before I got the new R.E.M. album, Up. I'd heard all about how it didn't sound like the R.E.M. we all knew, with the jangly guitars replaced by keyboards, and drummer Bill Berry (who quit the band last year) replaced by a drum machine. Really, though, Up is a continuation from their last album, New Adventures in Hi-Fi, but it's different enough to prove that R.E.M. is still a viable band, even after 16 years.

Up is slinky, sexy, moving, and beautiful. The choruses soar to perfection, while throughout the songs, layers of keyboard sounds are more atmospheric than melodic. In many ways it reminds me of OK Computer, which isn't too big of a surprise considering how R.E.M. are close friends with Thom Yorke and the boys.

Like OK Computer, you'll want to listen to Up on headphones. It's the only way to really capture all those layers at work, and all the little siren noises and other sounds sneaking their way into the songs. With or without head-

## The Collegian Music Guide

This Week  
Nov 13 - Nov 19

- Fri, Nov 13**
  - Here Comes Everybody @ Groovacious Platters, Salem, 390-6368
  - Benefit for the Reading Frenzy w/ Coos Bay City Rollers, Boy Crazy @ 17 Nautical Miles, PDX, (503)771-2411
  - DJ Krush, Wagon Chirst, Karl Denson's Tiny Universe, Vinyl @ Crystal Ballroom, PDX, (503)225-0047
  - Mudhoney, Pinehurst Kids, Jr. High @ LaLuna, PDX, (503)241-LUNA
- Sat, Nov 14**
  - Bill Rhoads & Alan Hager @ Groovacious Platters, Salem
  - Gene Harris @ Alladin, PDX, (503)234-1994
  - Bad Brains, Signified Monkey @ Roseland, PDX, (503)224-2038
  - The Queers, Mr. T Experience, The Parasites @ WOW

Hall, Eugene,  
(541)687-2746

Sun, Nov 15

- Casey Macgill CD Release @ Crystal Ballroom, PDX
- The Queers, Mr. T Experience, The Parasites @ LaLuna, PDX

Mon, Nov 16

- Ellen Whyte & Reflex Blue @ Groovacious

Tue, Nov 17

- Joy Pop Turbo @ Groovacious
- Martin Sexton @ Alladin, PDX

Wed, Nov 18

- 4th Plane Jaiant @ Groovacious
- Eliane Elias @ Alladin, PDX
- Rob Zombie, Monster Magnet, Fear Factory @ Salem Armory

Thu, Nov 19

- Calobo @ Groovacious
- Dishwalla, Sonichrome @ Roseland

GROOVACIOUS SHOWS @ 7PM

This Month:  
November

- The Brainwashers @ Groovacious, Salem, Nov 20
- AMERICAN GIRLS, 17 Reasons Why, Marigold @ LaLuna, Nov 20
- 44 Long @ Groovacious, Nov 21
- King Black Acid @ LaLuna Balcony, PDX, Nov 21
- Reel Big Fish, Jeffries Fan Club, Diablatones @ LaLuna, Nov 23
- Pinehurst Kids @ Crystal Ballroom, PDX, Nov 23
- Legendary Pink Dots, Twilight Dub Circus Sound System @ LaLuna, PDX, Nov 24
- 9 Volt Mile, Medicate, Asa Cruz, Muzzle @ LaLuna, PDX, Nov 25
- Better Than Ezra @ LaLuna, PDX, Nov 27
- Duncan Sheik, Hooverphonic @ Alladin, PDX, Nov 27
- Goo Goo Dolls, Buffalo Tom @ LaLuna, PDX, Nov 29

### Coming Attractions...

Fastball, Depeche Mode, KNRK's Snowball w/ Cake, Violent Femmes, The Flies, Garbage, Soul Coughing, KNRK (Seattle) Deck, The Hill Bill w/ Hole, Soul Coughing, Cake, Elliot Smith, Garbage, Cherry Poppin' Daddies, others - Dec. 8, Tickets this Saturday @ Ticketmaster...

## HOT TIPS

for the week of  
Nov 13-Nov 19

**What:** Meet Joe Black  
**When:** opening this weekend  
**Where:** check Statesman

**Why:** Death (Brad Pitt) pays a visit to a wealthy businessman (Anthony Hopkins) to learn about life on earth and falls in love with the businessman's daughter (Claire Forlani). Under the subtle direction of Martin Brest (*The Scent of a Woman*) the talents of this amazing cast and the humor of this intriguing concept should make *Joe Black* worth meeting.

**What:** The American Girls, 17 Reasons Why, Marigold  
**When:** Fri, Nov 13  
**Where:** LaLuna, (503)241-LUNA

**Why:** The American Girls kicked butt last week at The Bistro, and 17 Reasons Why and Marigold are fun bands, too. This will be a great show (Marigold and the Girls are good friends, so look for some collaboration)—find your ID and get up to LaLuna (they're going 21+ for this show!)

## Movie Review: Living Out Loud

**Film:** Living Out Loud  
**Starring:** Holly Hunter, Danny DeVito, Queen Latifa  
**Director:** Richard LaGravenese  
**Playing at Salem Center**  
**Verdict:** ☆☆☆

It is an unwritten Hollywood rule that everyone wants to direct: actors, screenwriters, editors, production designers, cab drivers, and hair dressers. In the case of Living Out Loud acclaimed screenwriter Richard LaGravenese has his chance. After success with big screen adaptations of *The Bridges of Madison County*, *The Horse Whisperer*, and most recently *Beloved*, LaGravenese turned a Chekhov story into an intimate little film.

**Holly Hunter** (*Raising Arizona*, *The Piano*) gives yet another offbeat and fabulous performance as Judith, a clumsy, neurotic divorcee, and **Danny DeVito** (*Get Shorty*, *L.A. Confidential*) plays a down-on-his-luck elevator operator. The two share an unusual relationship that is the heart of the film's story. **Queen Latifa** (*Set It Off*) lends her sizable vocal talents as a jazz singer that Judith idolizes and eventually befriends.

The film is made up of some wonderfully comic moments played by some talented actors. Judith's interior monologue about the consequences of adopting a crack baby in her posh neighborhood is especially funny. Several times we see something happen on

screen, only to find out that her character has imagined it. It's a useful device the first few times, but grows tiring.

There are two other scenes which make Living Out Loud worthwhile: the massage, and the dance sequence. Judith, in learning to relax and find her way again in the world, hires a brief-wearing, bicep-bulging masseuse. Her reactions to his intimate techniques are both hilarious and erotic.

Judith's dance sequence (featured in the previews) is equally sensual and liberating, as this inhibited character breaks out.

Unfortunately, these fantastic scenes don't add up to the total of their individual values. The laughs are all in the moment and do not carry the story. DeVito, great in the beginning, loses steam through the middle of the picture, never really gathering the sympathy his character needs to succeed.

Queen Latifa is not used to her full potential. We see her sing—which she does with all the grace, poise, and blues of Ella or Billie—but as a character she never gets a chance to develop.

A witty, sometimes sharp comedy, Living Out Loud is not the film it could have been. The superb individual moments don't make a spectacular whole, but that doesn't mean that you won't enjoy those deliciously funny interior monologues, that steamy massage, the provocative dance sequence, that jazz score, and a marvelous performance by Holly Hunter.

-Tobin Addington



## ACHTUNG, READER!

You may have noticed that the Arts and Entertainment page has undergone a number of changes in the following weeks. Our ultimate goal in these changes is to make the Arts and Entertainment section relevant and important to student life. Here are some of the changes made/in the make:

—All reviews and information will be up-to-date.  
 —All concert, album, book, and movie reviews will include a rating out of five stars.

—Every issue will include a calendar of music events for the following week and month and a look ahead to shows in the near future.

—Each issue we'll include a number of "Hot Tips" for the week ahead, compiled by the staff of the Arts and Entertainment section. These tips will be our advice for where to go and what to see/listen/do for the week.

—You'll be seeing more reviews of "underground" and less-well-known bands, movies, albums, and books. We'll cover "mainstream" events as well, but college is a time to explore the unknown, and we're going to try to bring that service to you every week.

We hope that you enjoy the changes and find them as much of an improvement as we think they'll be. If you ever have any suggestions, please don't hesitate to e-mail the editor; we'll do the best we can to serve your interests. After all, this is *your* paper, and you deserve the best publication available.

Sincerely,

The Staff of The Collegian's Arts and Entertainment Section

Call the venue for more details...



## Your Cosmic Connection by Madame Sitara: Oct 13- Oct 19



*"The voice of the Rising Star"*

*As winter stirs around us, let us not forget our inner fire. Keep your eye on the stars and your heart open to the future.*



**Scorpio (Oct 24- Nov 22)** Be careful not to lash out at innocent bystanders. If you are angry about something, it is best to explain the situation to your friends so that they better understand your current situation. Sometimes talking about your problems releases undue stress you carry around on your shoulders.



**Sagittarius (Nov 23- Dec 21)** Opportunities are right around the corner. A recent experience gives you better insight into your future. Keep your mind open to new ideas and hold onto them. Advice you receive will help you focus on your goals and help you understand your own desires.



**Capricorn (Dec 22- Jan 20)** Pay close attention to who is telling you what. Don't listen to unreliable sources. Before you take action, be sure to weigh the consequences. There are some things that you value highly. Make sure you aren't jeopardizing anything that you might miss in the long run, like credibility.



**Aquarius (Jan 21- Feb 19)** If something is leaving you yearning for more, think about recapturing something you have lost. A piece of your heart was left behind somewhere. It is time to go and retrieve it. Either try and fix a broken relationship or move on. In either case, you will feel better when things have closure.



**Pisces (Feb 20- Mar 20)** Money is on your mind lately. Try not to get too anxious about your tight financial situation. Maybe it is time to try and cash in on an old loan you made. If that doesn't work, relax. Money may rule the world, but you don't have to let it ruin all your fun. Concentrate on more pressing issues at home.



**Aries (Mar 21- Apr 20)** Crisis is in the air around you, but you don't have to make it your problem. Try and keep your outlook positive despite the air of tension. Don't let doubts cloud your gut instinct about things. Romance may seem a side-thought right now, but don't dismiss it all together.



**Taurus (Apr 21- May 21)** You are looking for a change. Try a change within your living quarters. Rearrange some things and see if it gives you a new perspective on life. If it isn't enough, go out on the town. You need a change of pace. When life is racing by you, sometimes you have to make the effort to slow it down.



**Gemini (May 22- June 21)** Someone has you walking on sunshine. Keep their positive words in mind as you face your daily anxieties. Your good mood can help others. Take the time to say hi to friends and acquaintances. If you can keep your spirits high, you will be greatly rewarded by the change you will see in others around you.



**Cancer (June 22- July 22)** Stop stressing. Living in a constant state of tension is not good for your body, your soul, or those around you. Don't worry about things you can't change. Instead, take things in stride and deal with things one at a time. Eventually, things will settle down and you will be able to move on with your life.



**Leo (July 23- Aug 22)** Keep an eye out for new opportunities. If you are in a relationship that is growing stale, maybe it is time to take a break and expand your horizons. You have been feeling like something is holding you back lately. Now is your chance to take hold of your own destiny.



**Virgo (Aug 23- Sept 23)** It is time for a little adventure in your life. Stop avoiding risks and take a chance on something of which you have been hesitant. Let your mind take a little vacation and put your heart on the line. You will never know unless you try. You could be pleasantly surprised.



**Libra (Sept. 24- Oct 23)** You are starting to feel comfortable with someone new in your life. Keep learning about them and making efforts to make them more comfortable. If you can build a friendship of comfort, you will maintain a fruitful relationship. Be careful not to insult people with your well-meaning remarks.

### JAZZ Night!!

Friday November 13th



Smith Auditorium 7pm

Willamette Music Department, 370-6255.

### Mr. Willamette

November 20th at 8pm

A cancer scholarship fundraiser in memory of Brandon Belveal.

Tickets are \$3 at the door  
T-Shirts will be sold for \$10  
Raffle Tickets are a quarter. Prize is an all expense paid dinner with Mr. WU

The event will include a lip sync, cat walk, improv round (theater sports) and talent competition.



### Excursions Travel, Inc.

Liberty Plaza  
285 Liberty St. N.E., Suite 230  
Salem, OR 97301  
Tel: 391-2701

Super Sales  
Asia starting at \$568  
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## In Pursuit of Greatness: The Outdoor Pursuits Club helps Salem's Youth

By CATHERINE BONNEY

Contributor

Salem probably isn't the most exciting town for kids. Besides the typical afternoon distractions of Boy's and Girl's Club, homework and Nintendo, there are only a limited number of parks, sidewalks and coffee houses to hang around and practice those charming after-school adolescent mating and relating rituals.

Therefore, it is nice to learn of new opportunities for young lives to be enhanced by the older and wiser crowd.

A few years ago some Willamette students created a program they called Outdoor Pursuits.

It is now a successful community service program that aims to blend college students and their knowledge of environmental and outdoor education with the eager minds of elementary and middle school kids.

The group spends two hours every Monday or Tuesday afternoon at a Parish middle school working with a group of around ten to twenty-five kids, teaching them how to have fun outdoors and appreciate our natural world.

At the end of each month everyone goes on an adventure together to test their newly learned skills. One of the current leaders of the group and a senior environmental science major, Kari Rollenhagen, says that in general "kid's are a little more isolated in Salem" because, of their socioeconomic makeup.

She says that they like to work with middle school kids because while they are at the age to do outdoor activities like rafting, hiking, biking, rock climbing and skiing, they don't have the cash, car or parental support to get involved.

The program has expanded this year to Bush Elementary, a mostly Spanish-speaking bilingual school about two blocks from Willamette.

Initially, over fifty kids expressed interest in the program but due to the lack of Willamette students to assist them, they had to reject about twenty-five kids. The Outdoor Pursuits program also hopes to expand to North Salem High School sometime in the near future, but once again, they are in need of more participation from Willamette students.

Last Thursday I was able to witness the kickoff of the Bush Elementary program which meets each week from 3:15-4:30.

The scene was an overwhelming swarm of happy, energetic kids, running around a gym with equally exuberant college kids, relaying their energy in a wonderful program of not only environmental education but after-school fun.

In addition to last week's sessions at Bush and Parish, last Saturday, both sets of kids met on the grounds of the Deepwood Historic Estate across the street from Bush Elementary to do maintenance work in the Nature Area behind the 19th century home.

The kids got a much appreciated free breakfast and barbecue lunch in return for a couple hours of work raking and weeding out ivy and blackberry bushes. Kourtney Wessels, a senior in the Environmental Science Department at Willamette, is working in conjunction with Outdoor Pursuits and Deepwood on coordinating events for the kids to utilize the three-acre tract of nature trails and gardens for environmental education, as well as helping Deepwood restore their Nature Area.

Outdoor Pursuits has grown tremendously in the past few years and has been wonderfully received at the schools they volunteer at.

As Kari pointed out, "these kids don't look at college as a possibility for them, so working with college students makes it seem [like a possibility]."

Most of us take for granted the fact that we can go to college. It is important for kids to have rolemodels with college background so they can learn to think of their future.

The Outdoor Pursuits club provides a good setting for kids to learn and to think about their future and be around rolemodels that can help them through life.

**"These kids don't see college as a possibility for them, so working with college students makes it seem [like a possibility]."**

-Senior Kari Rollenhagen

### The Pursuit is On!



The Outdoor Pursuits club encourages kids to get outdoors and explore. The program takes the kids on a trip each month.

**Free appetizer w/purchase of two entrees!**

**All Big Horn micros only \$2.25**

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7 days a week

Alcohol served to 21 and over only

## Welcome Willamette students



515 12th St., SE  
Salem, Or 97301

Phone (503) 363-1904 Fax (503) 375 9327

cock tail n [prob. fr. cock + tail]

1 a: an iced drink of distilled liquor mixed with flavoring ingredients

b: something resembling or suggesting such a drink; esp. a mixture of diverse elements

c: what the server is about to ask if you would like

d: the truly American way to unwind, celebrate, do business and to just plain relax

## Theater: Arcadia

The second production from the Theater Department opens this weekend.

By ANGELA IMDIEKE

Contributor

While walking across campus this week you may have tripped over a green ceramic turtle or spotted one hidden in the bushes by your dorm.

If so, you are the lucky winner of free tickets for a performance of *Arcadia*.

*Arcadia*, the second theater production this year, is opening this week and will be held in the Kresge Theater.

*Arcadia* is a modern play written by Tom Stoppard.

The play is being directed by Cindy Gold, who is a guest artist to Willamette.

*Arcadia* is a mind-bending comedy about the nature of truth, time, and the way sex disrupts our orbits in life.

The action of the play moves back and forth between the year 1809 and the present as characters from both time periods get drawn into an intriguing mystery.

Professor Steven David Martin described the play by using a line from his character, Bernard, "Even in *Arcadia*-Sex, Literature, and

Death."

When asked how the rehearsals were going, Ali Baker replied, "I think it's a challenge for everyone, but we're all working hard together to make it a good time for the audience."

In celebration of *Arcadia*'s opening, The Willamette University Theatre has hidden 5 ceramic turtles around campus.

Anyone who is able to locate one should bring it to the theatre office and get two free tickets to the show.

The tickets are good for any Thursday or Sunday performance.

The cast of players for *Arcadia* include; Amanda Byron, Michael Brusasco, Eric Larson, Ben Carr, Jon Roberts, Sara Jaegar, Nick Williams,

Alishaba Baker, Kristin Solberg, Steven

David Martin, Ryan Pappé, and Aaron Cavin.

The production team includes Cindy Gold (director), Shana Cooper (assistant director), Chris Harris (scene designer), Clay Everett (light and sound designer), Kristine Kearney (costume designer), and Kimberly Christenson (choreographer). Stephanie Timm (dramaturg).



*Arcadia*



Preview: November 12 at 8pm

Runs: November 13, 14, 19, 20, 21 at 8pm

Matinee's: November 15, 22 at 2pm

Tickets are \$10 for General Admission, \$6 for students and seniors. Preview show costs \$5 for general and \$3 for students and seniors



Call 370-6221 for tickets



EDITORIALS

Thoughts On The Fee Increase

There are a number of concerns about the upcoming vote on the student fee increase. The student body elects ASWU delegates to represent their ideas. Thus, one of the functions of ASWU is to support and fund the student activities and organizations on campus. So, the student activities fee is separate from the University tuition so students have more control over what organizations exist on campus. This lends to a more diverse student life, which is not wrapped up in University politics. Yet, by keeping the student fees and activities separate from the University means not getting monetary help from the University.

There are a number of benefits to keeping student life autonomous from the University. First, students know best what activities they want hear on campus. Students show what organizations they want to be involved in through their choice to participate in student life. Unlike Willamette, State schools are often subject to school and state involvement as well. State legislators have attempted to discourage state schools from supporting activities they disagree with politically. By being independent of the University we are able to create a healthy student life.

One of the ways we know students are more interested in student life is their increased involvement. This means the spirit of student involvement has caught on. The problem we are facing is the allocated funds have not increased to meet this new involvement.

Student involvement is an important part of the liberal arts education. Students should look at student life as an opportunity to gain valuable information about their future working life. Clubs, groups, and organizations often pattern their organization after the business world. Involvement, then, helps students to become more aware of what to expect in the future.

Obviously, involvement in student life can help the students resume become more impressive. The business world will be looking at how students have performed in the classroom certainly, but they will also want to know how the student interacts with peers. Potential employers also know an active student is better prepared to handle the stress they will face in their new job and life.

The student body has shown a fantastic interest in student life and diversity hear on campus. We should support our interest by voting in favor of the fee increase.

Express Your Opinion To The Collegian

If you have concerns, thoughts or opinions about the Collegian please write in. This way the staff will be able to see what constructive criticism our peers and professors have for us. Of course, constructive criticism is always helpful in this dynamic and evolving publication.

Like much of the student body, the staff is participating in a learning process at the Collegian. We do sincerely appreciate any thoughts you might have about how to better serve the student body.

It would be helpful to us if you gave us a way of getting in contact with you if you do have concerns or thoughts about how to better the paper. This way we can clarify anything we did not understand.

We would also appreciate if the student body took into consideration that we are actively searching for more people to get involved with the paper. Our staff is still limited, and we can always use helpful, intelligent people on staff. This is not exclusively a request for writers, but any interest you might have.

Again, We have staff meetings on Mondays at six o'clock PM. If you are interested in contributing, but aren't sure what direction, come to the meeting and speak to the staff.

THE WILLAMETTE UNIVERSITY COLLEGIAN

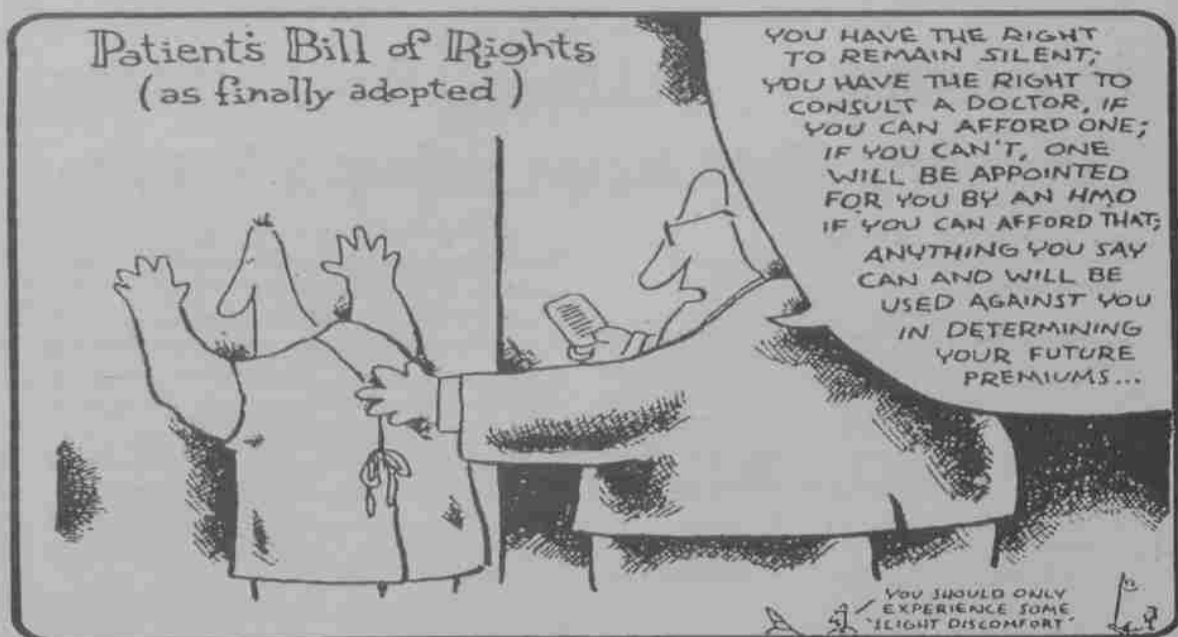
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The Collegian is the official student newspaper of Willamette University. This paper gets published weekly except during holidays and exams. Students attending Willamette University have rights and responsibilities, which include freedom of the press and the professional expression of ideas in speech and print, respectively. The Collegian encourages a diverse range of perspectives and, therefore, the articles and columns do not necessarily reflect the policies of ASWU, the University, or the Collegian as a whole. The contents of the Collegian are the sole responsibility of the editorial staff, however.

The Collegian welcomes letters to the editor and guest editorials. Letters that are fully considered for publication have to be limited to 350 words, typed, double spaced, and turned in no later than Tuesday for print on Friday of the same week. The Collegian reserves the right to refuse the publication of any item and to edit those that are to be published for space considerations, clarity, profanity, and slander. All items submitted become the property of the Collegian.

ALL COMPLAINTS AND CONCERNS SHOULD BE DIRECTED TO THE EDITOR IN CHIEF, NO EXCEPTIONS.

The Collegian is located in the Student Publication office on the third floor of the Putnam Center at Willamette University. The address is 900 State St./Salem, OR 97301-3922. The office phone and fax are: (503) 370-6053 and (503) 370-6407, respectively.



By Toles for the Buffalo News

Beloved: Love So Deep It Can Kill The Soul

ANNALIVIA KOMYATE  
Contributor

I just saw *Beloved*, Oprah's version of Toni Morrison's book. Profound is too mundane a word for this film. I had heard various reactions from students about the film, and was a bit afraid to see it. My fears were un-founded.

With no intention of belittling your experience if you were one of those who found the film too strange to understand, I would like to attempt to address some of the "soul-points" in the film, and perhaps shed light on some part of your confusion.



The themes in this movie may make you very uncomfortable. One simple but very important theme is that *Black is Beautiful*: on all sides and all parts! And in order to make the comparison valid, the film must necessarily paint white as less beautiful than black. Whether you buy it or not, you must validate the message in order to comprehend the film.

But the most important theme is, of course, that "the past haunts" Sethe and many other ex-slaves. This

is complicated greatly by the fact that the past for Sethe is a mixture of terrible things both done to her and done by her.

The controversy within the plot is the question of whether Sethe had legitimate reasons for her actions, whether she can be forgiven by us for killing her child, whether or not her actions showed super-strength or weakness, whether she deserves the suffering that the dead child puts upon her, and above all, who is really to blame for the death of the child and the burden of Sethe?

Playing off of this theme is the mother-child bond and the terrifying fact that deep love can kill. If you have never had a child, attempt to imagine something or someone that you love so much that you feel you will cease to be when you have lost him or her. This love goes far beyond the sexual love of relationships—in fact, it's difficult to ever conceive of loving anyone that much until you have had, and lost,

a child. But could you love that child so much that you would kill it in order to save it? What if that love grew and grew until it was a monster who consumed your very life? That this love, against the backdrop of the hate and bitterness of slavery experiences can create an ongoing horror that lasts a lifetime is just one aspect of the legacy of slavery that the souls of blacks must deal with in *Beloved*.

So what should the white response be to this film? There has been a recent trend in opening issues of slavery in the public arena, and several "black" films have participated in re-exploring, reliving, and exposing new truths about slavery—an integral part of our history as a country. This trend makes some people uncomfortable—and well it should.

My advice to you is to participate in the discussion—but sit back and listen, rather than talk. In other words, try to take it in—absorb the truths of the startling historical events coming to light—and attempt to absorb the messages coming from black writers today. Just sit back and listen for a while. You will be touched and changed forever.

The Important Differences between Tolerance and Care

PAUL JUNGWIRTH  
Contributor

The atrocities of the last few weeks directed at gays and abortionists demand an appraisal of America's discourse on these vital issues. Most of our talk has centered on the term "tolerance." By this I don't mean respect for other people's views and worth as human beings, but I mean the kind of tolerance that simply doesn't care what others think. In most people, tolerance is nothing but an excuse for indifference and apathy. It is the attitude that says, "There are no moral absolutes. I can believe whatever I want."

Not everyone uses the term that way, but I'm convinced a substantial number of us do. It is a very convenient attitude. It means no one can tell me how to live my life, and it means I'm not obligated to intervene when people hurt themselves and others. On both counts, it is irresponsible. "Tolerance" pretends to be compassion. Yet the truly compassionate friends I know, the people who sacrifice time and energy to fight for the rights of oppressed people, will all argue with you at the faintest opportunity. They are working for respect, equal rights, mutual understanding, and economic equity; they are not working for "tolerance."

Except that some of them are. For

many people devoted to their cause, tolerance has become a cherished tactic for silencing the opposition through fear. When it doesn't imply indifference, it implies unwillingness to listen to someone else's viewpoint. The label of "intolerant" has become the final epithet for someone who holds contrary views. It frees us from the burden of having to understand and argue with people. Labeling is much easier.

For example, if I believe homosexuality is perverse and morally wrong, regardless of my attitude toward gay rights and—what's more important—gay people, I am labeled a hateful homophobe. If I believe abortion kills children, I am labeled a domineering chauvinist or even a misogynist.

Essentially these labels are fear tactics—deliberate simplifications for the sake of shaming people. We conveniently label a whole class of society as bigots, ostracizing them from the public forum.

By suppressing different viewpoints we polarize our thinking. Everything becomes black and white, the moral crusaders and the

hate-mongers. The irony of "tolerance" is that, by stifling discussion, it prevents mutual understanding. When "you do your thing and I do mine," neither of us learns anything. We continue to live in our own safe realms, doomed to forever misunderstand each other. And, if our own beliefs are naive or festering with hate, we will never correct them.

When one whole side of a moral issue is suppressed, it is no wonder people turn to hate crimes. I'm not saying they are justified. I'm not even saying more open discourse would have prevented America's recent atrocities. Some people will always hate. But by using fear and shame to suppress discourse, we raise their number. We encourage people to see only "the other." Inevitably people think, "If you won't listen to me, why should I listen to you?"

So please, lay off the labels, and don't think tolerance has to mean silence. Respect implies trying to understand each other. It means caring enough to learn, and even enough to challenge the other person to more carefully seek the truth. "Tolerance," as it has come to be used, is intellectual laziness. Think hard. Don't just tolerate; care.



# Walking Tour of Downtown Salem

Exit the Bubble of Willamette for a minute and explore the sights around you. At first glance it may seem that Salem has nothing to offer, but there are many things to do and see if you look hard enough. **TRY!**



By SCOTTY ISERI

Staff Writer

The first words out of my mouth when I arrived in Salem were, "Wow, this town's a lot bigger than my home town. There must be a lot to do here." This phrase was quickly replaced with, "What a dump." However, there are a few cool spots to be seen in downtown Salem (that is to say, within walking distance of the WU bubble), that I now present to you, the discerning Collegian reader.

**Ranch Records and The Book Bin: 456 and 450 Court N.E.**

These happy little stores, located just a couple of doors away from each other, are great if you think you have money to spend on any-sort of popular culture.

Ranch Records has: new and used cd's of all sorts, listening booths, posters from any concert (of any band you could ever possibly hope to hear of), and odd little paraphernalia all over the place.

The stuff ranges from an original Nirvana Nevermind promo poster, to a Beatles TV tray, to the Rocky Horror Picture Show boxed set; the stuff they managed to cram into this place is amazing.

I suggest you go without any form of check or credit card, because you're sure to spend more than you want to.

Sure, you may have just gone in for the latest Pearl Jam album, but you're bound to walk away with a Social Distortion patch, or a No Doubt T-shirt or something.

It is, in my opinion, a groovy (if sometimes expensive, but still cheaper than Sam Goody in the Mall) little store.

The Book Bin is just a little further down and takes up most of the rest of the block.

It is (as the name of the store might imply) a big bookstore, with new and used books and magazines.



**Cook's LDS Bookstore: 619 Ferry S.E.**

Now, I don't want to offend anybody, but Mormon's are a bit of a curiosity to many of us. The religion is a bit like Scientology in it's mystery, and it's like pulling teeth getting any straight answers out of my Latter Day Saint friends. However, this quirky little bookstore is a fun place to visit.

Most Christian bookstores have the same hoopla: VeggieTales videos, uplifting music, t-shirts that say "God's gym," or "His pain is your gain," and Bibles, Bibles, Bibles.



Now, Cook's LDS Bookstore is a little different. It's got tons of religious paraphernalia you have never seen before. My favorite example is the "Mormon" action figure. I own one. You should too. Go in and check it out. Trust me.

**Oasis Records: 423 Court St**

Think of Ranch records, only with a lot more vinyl than cd's and a much more indignant staff.

Okay, it's really just one guy, but I get the feeling every time I go in there that if I touch anything he will destroy me.

**T-Zone: 181 High St. N.E.**

I'm not a huge fan of this store. It's a shop you would have gone to when you were in middle school just so you could buy something to be a rebel. The whole operation,

stupid comic books, mushroom shaped candles, and all; is really secondary to it's mysterious back room where one must be 18 to enter. I assume all the pipes they sell there are for tobacco, otherwise it would be illegal. Right?

**Bee Pierced: 3063 Center St. N.E.**

This is probably a longer walk than most people want to make, but is in the same vein as T-Zone (let's

## What to Do...

give mom a heart attack). This is the place to go for your piercings and tattooings.

While I, the one and only Scotty Iseri, have no aforementioned body mutilations, a very reliable birdie told me that these guys are safe, cool, and not as expensive as you'd think.

**The Mall: 401 Center St N.E.**

It's a mall. Just like the one in your town, take it or leave it. And go to the movies.

**Salem Cinema (for Indie Films): 445 High St. S.E.**

I am not a big fan of Indie films. Although some, like Clerks for example, are just divine. Others, like "A Soldiers Daughter Never Cries" are not my style.

So, in that light, the best reason to go to Salem Cinema is for the super-comfy seats, and the fancy-shmancy snacks.

Good popcorn, occasionally a good movie, and you can buy english toffee and Toblerone at the snack counter.

The biggest kick you will get is when you call them to find out what's playing; the woman on the machine is a kick in the pants.

She loves everything, and is always very proud to be showing something or other.

Call first. Then go. And buy snacks.



**Mister Mystic: 372 State St.**

This is my favorite store in downtown Salem. Mister Mystic, home to geeks, freaks, and movies of the week, is a little magic/joke shop where the owners/proprietors know their way around the mountain, if you know what I mean.

If they ever do any tricks for you, you will not get the secret of the trick out of them no matter how pathetically you beg, how smart you try to act, or how cute and sculpted your tucas is.

You don't buy tricks here, you buy secrets. Along with the

magic paraphanelia, there's also a wide selection of inflatable sex toys for your next frat party, dirty jokes for mom, cheap little pranks like squirting lighters for your obnoxious twelve year old brother, and all sorts of costumes, just in case the date goes well: my personal favorite is the french maid.

Saucy! No, seriously, go to this store. Read the stupid paper on the way if you have to. Just go. And go now. And buy stuff.

**Razzle Dazzle: 509 State St.**

Razzle Dazzle is like Mister Mystic without the ambiance. This is your father's dirty joke shop.

It's a great place for cute little gifts, like a severed hand that grows to ten times it's size when placed in water, and a pornographic greeting card or two. Also, I never knew you could buy confetti. I always assumed it was made from scrap when you got done with your construction paper.

But, no, Razzle Dazzle sells confetti by the scoop; the kind you send in a pornographic greeting card so it will get all over the place when the person you sent the card to opens it. Ha-ha-freakin'-ha.

**Straight Out of New York Pizza: 233 Liberty N.E.**

As far as I'm concerned, this is the best pizza to be found in Salem. Pizza by the slice, delicious Stewart's soda to wash it down and newspapers clipped to the wall for your reading pleasure.

Also, there's a bunch of benches right outside to sit on during those crisp, sunny autumn days in Salem (both of 'em).

This tiny little closet of a restaurant is inexpensive, full of ambiance and, best of all yummy. The only problem is: their



hours flat out stink. They close at six o' freakin' clock in the afternoon, leaving me high and dry during those midnight study sessions, and forcing me to rely on those dang delivery people at Dominoes pizza for sustenance.

**Coffee House Cafe: Somewhere on Liberty St.**

This is the anti-Starbucks. A cute little wanna-be eurotrash shop with expensive coffee, no free refills, and a "hipper than thou" staff.

Still, if you're one of those folks whose artistic inspiration only shows up when thou art in a milieu

## Places to Eat...

of expensive espresso, with cheap knick knacks on the wall, this is your place. Actually, the environment isn't all that bad. Okay, it's mostly the price that bothers me. And the creepy jazz band they had playing there when I went. 'Nuff said.

Well, I hope that was informative, or if not, a little entertaining.

Or if not that, a mild distraction from the paper you should be writing. Check these spots out for yourself.

I am sure you will find something interesting and it is bound to be more fun than actually doing your homework.



## The Stores...

This is a great place to go if the bookstore won't buy your books back, or if you just can't bring yourself to plunk down 14 dollars for that new copy of "Life, the Universe and Everything."

The staff is cool when you (or rather me) ask stupid questions, so you should enter feeling confident and easy going.

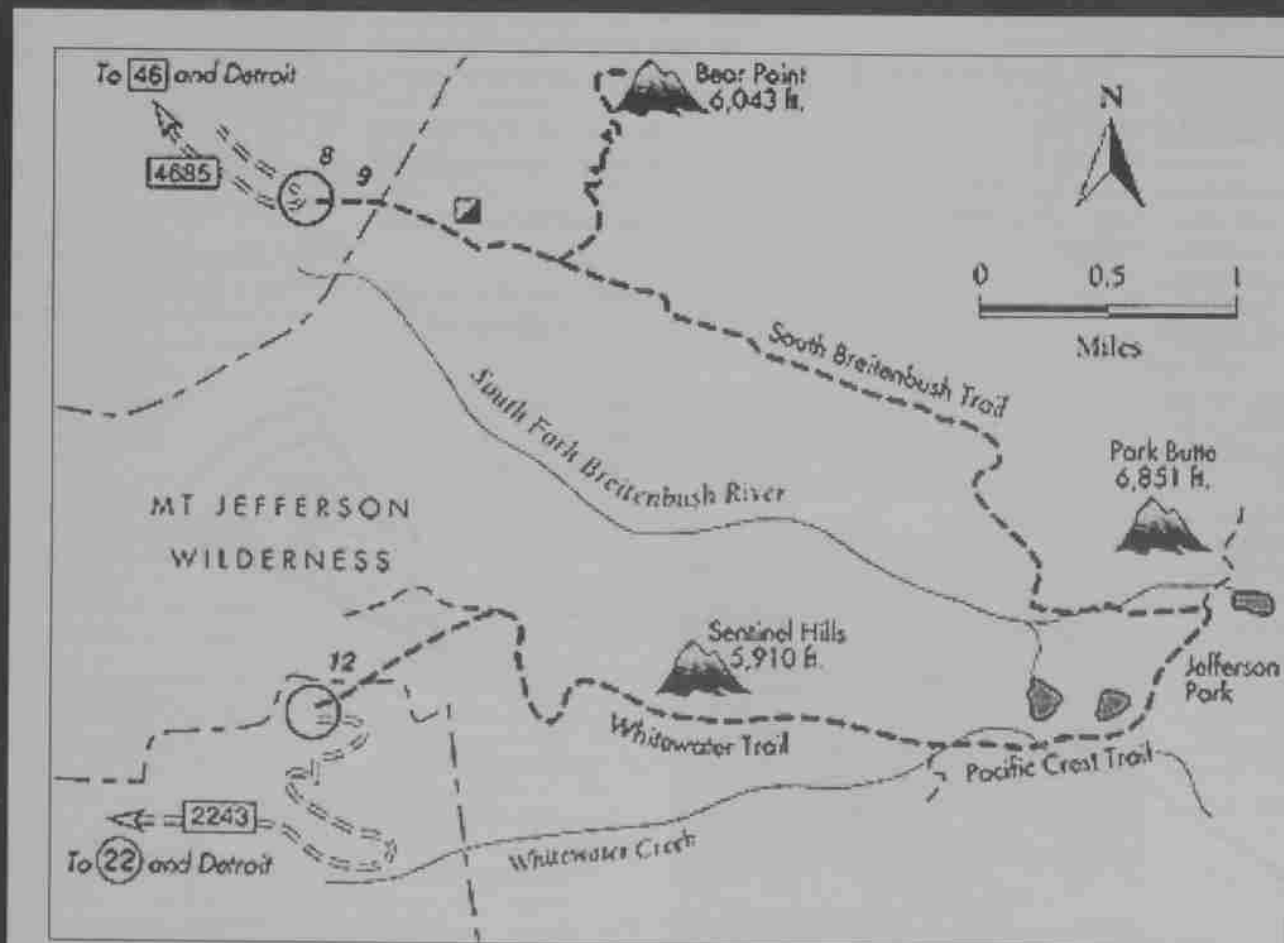
## The View . . .



## The Refreshments . . .



## The Directions . . .



### Finding Breitenbush:

Drive along Hwy 22 east until you hit Detroit Lake.

After driving over a bridge there is a little convenience store, take a left 11 miles on paved Forest Road 46 next to this store.

Turn right onto Forest Road 4685, which is gravel. Go 4 miles and park at the marked trailhead (this is easy to miss, it is at the switch back in the road).



# Crystal Lakes of Relaxation at Brietenbush



The wilderness area around Mt. Jefferson is simply amazing. It is pristine, it is serene and it is a comfortable place. It is a place where one can think. This is something important that many people miss in their daily lives. Sitting next to a crystal clear lake with Whitman, or maybe just meditating. These are the moments that I live for. The moments of total relaxation and the occasional moment of ecstasy. An ecstasy of the mind.

When one begins upon the Brietenbush trail there lies before one a thick forest. The trail winds its way up through this daunting cascade of towering trees. The first thing that is noticed is that this is not easy, the trail goes up, and up, and up, and up. Along the trail lie many fascinating objects of nature, spit bugs, trickling streams, and even an abandoned shack. Look closely and pay attention, for the unattentive eye misses many things. This part of the trail goes on for about 3 or so miles, however, it seems to be a much further distance due to its relative difficulty.

The end of this forested part of the trail is marked by a trail head. The trail then plunges up. Leading into a geographic region stark in its differences. The forest thins out leaving the area rather sparse, the only wild growth of note

are strange flowers. These flowers are enormous white mammoths that grow abundantly. Soon, however, they too give way as the elevation increases.

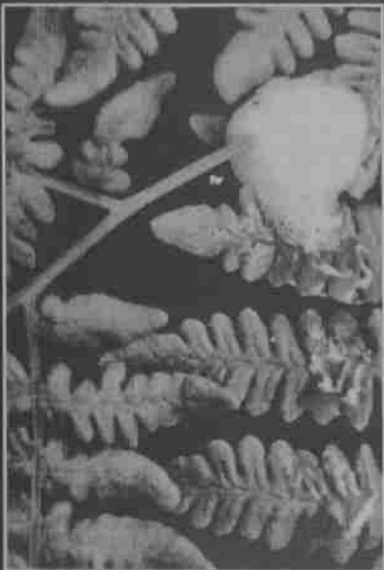
Nearing the end of this geological area lies an amazing spot that is easily missed for it is off the beaten trail a bit. Nestled, between two large hills and a brook, is an oasis in the middle of this rough wilderness. It is a meadow which in the summer time is almost heavenly in nature. Walking into it one is hit by a barrage of color from the armies of wild flowers that inhabit the area. Crossing a trickling stream, the home of several friendly frogs, one can stand in the middle of this patch of wonderment and look upon Mt. Jefferson. This huge white monument is exquisitely disturbing on a clear day. The forces put into its creation just make one smile with an acknowledgment of the puniness of mankind. "Lie down, relax, take it easy and dream", that is what this area says to me. This is a perfect place to contemplate and spend the night, though for ones who are adventurous more awaits along the trail.

Once past this lake the going gets a

little snowy and a bit chilly at times. With snow present even in the middle of summer it is a great fun to have a snow fight, one of those activities from youth that are too seldom duplicated. In this region lies a small lake (see picture), which reflects in it the beauty of Mt. Jefferson and the snowy wilderness around it. The lake is truly mesmerizing, though in a more chilly way that almost makes one want to run back down to the warm comfort of the meadow.

The trail continues on...but yet it does not behoove one to give away an ending. One word of warning though. The trail does make a loop, connecting with Craig Trail, which ends where Brietenbush begins, however, once one gets into the snowier regions the trail begins to fade slowly. If one is not careful, the trail can vanish leaving one in the middle of, well, nowhere. Of course, the good side of this predicament is that one is free to explore the rivers, cliffs and other wonders in the area. The bad side is that one gets that awful feeling that says, "uh-oh, I may have gotten myself into something I can't get out of." That is bad feeling.

So, enjoy the wonders that surround Salem. It is worth it, a weekend away from Willamette is infinitely refreshing.





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Learning About Selfishness Through Experience

By MICHAEL MANGAN  
Editor

which is essentially true. We are born to be selfish, and this is natural. Yet, the cruel and brutal things we do to others exist when we only have self preservation as the motivation for our actions.

Then, how do some people learn to have compassion for others? Like Lear, we must be stripped and broken down to the point where we have nothing. Only at this point is the autonomous self capable of accepting the need for others. Once we realize and accept this we learn that others exist in the world who, like ourselves, trust, love, and care.

The first time this happens in life is, fortunately, at birth. At the time of birth the child is completely dependent upon others for its preservation. Infants are the most susceptible to death, and thus being stripped and needy love can enter. Love then is a function of compassion and understanding of others. Love is created when we need others, and realize that they often

need us. Somehow, many people forget this initial experience. Thus, they act without concern for others. Since all our actions are selfish, when we act without compassion we hurt people out of our ignorance. Regardless of what we have been given, or what has been taken away from us, at some point in our adult lives we become responsible for our actions.

So, although it would be unfair to hate those who act without compassion, it is still reasonable for us to point out when people do so. It is right for us to hold others accountable when they hurt us. Perhaps, what I have learned is not to trust so easily. Since everyone acts selfishly it is difficult to know if they will also act with compassion when the time comes. Like the Enlightenment thinkers, it is still unthinkable to me to give up all hope in humanity. So, I fear that someday I will regret what I have written. I may yet find that most people do not act selfishly without compassion.

For now, I feel anxiety when I am asked to trust someone, but I will not succumb to this feeling.



I have lost the last of my naivete this weekend. I have finally realized all the tools I need to move wholly into the adult world.

That is, I have discovered through experience that most people are out for themselves. Their motivations are selfish, and the result of their actions harmful to others.

Moving into the adult world I have found distrust is the most useful tool, because people are motivated by their own self interest. Above this, they are often incapable of realizing the damage they do to others in the face of their own personal gain.

The word selfish begs to be defined. As I explore that definition I find I am faced with a word that needs to be qualified. Everyone is selfish, because all of us have our own self interest in mind.

Yet, some people also have compassion for others when they are satisfying their wants and needs. Unfortunately, others have failed to learn this, and so, they act selfishly without compassion.

Many of the problems we face in the world today are a direct result of people acting selfishly and without compassion. When people act this way they are often harmful to others without realizing it. This is because they do not have the well being of others in mind when they act.

Hobbes said that human nature is brutish, self-centered, and cruel.

Central America Is In The Path Of Destruction

By EMILY MIDDAGH  
Editor

ture decimated. At least 50% of the crops, mostly basic products for internal consumption, were destroyed. Entire villages were washed out, and

giene items to be transported to Honduras for distribution. Funds collected will also be sent to Oxfam America, an established organization that aims to combat poverty, hunger and injustice throughout the world. Campus contributions can be made at the Bistro and UC desk.

This disaster also raises serious political issues. There is international discussion about suspending or forgiving debts owed to the IMF and World Bank by the affected countries. Central American governments are pleading for this moratorium. At Willamette, a petition is being circulated to gather support for this action. Furthermore,

now is also the time to question the role multi-national companies, such as Dole and Chiquita, play in the agricultural sector of these third world economies. Their plantations were likewise destroyed and the land can and should be given back to the countries to re-develop. Let the corporations cut their losses and go home, and leave the land for the people that work it in order to build their own country.

Step out of the Willamette Bubble, imagine the amount of destruction that has occurred, and make a difference. This difference could be a hygiene care-package, your spare change, or your signature. Take the time to care, it is your world.

Some of you may remember the Great Flood Of '96 here in Salem. The floodwaters of the Willamette River and its tributaries combined to cover the valley and cities with muddy water. The Salem Community coordinated with Willamette University students and staff to sandbag and prevent damage from the rising water. Classes were cancelled for two days, and there was a lot of cleaning up to do. In retrospect, we can see that Mother Nature was kind to our University. No students died, or lost their shelter, or their access to food or drinking water.

She was not so kind to Central America two weeks ago. Imagine that instead of beating back the waters with sandbags, the entire population of Willamette was killed—five times over. Imagine all buildings destroyed, all roads torn to shreds, and all modes of communication rendered useless. Imagine all food was buried, water was contaminated and disease began to spread. Then, imagine that efforts to help were stunted by a corrupt government that refused to acknowledge the scope of disaster. This image is the reality in Central America right now.

10,000 people are presumed dead, with thousands more missing, and these numbers are rising. Countries such as Honduras, Nicaragua and Guatemala had their infrastruc-

WHAT YOU CAN DO TO HELP

**Donate:** Monetary donations of any amount will help. Collection jugs are located at UC Bistro

**Volunteer:** Clothing drive. Supply boxes are also located in the Bistro.

To tables outside local grocery stores contact <mgordon@willamette.edu>

To help coordinate a clothing drive on campus contact <mgordom@willamette.edu> or <emiddag@willamette.edu>

<pstratman@willamette.edu>

**Speak up:** Increase awareness about the area, sign petitions to suspend or forgive foreign debts. Write letters to Multinational Corporations urging them to help.

bodies are strewn throughout the countryside awaiting mass burials. Cholera, malaria, tetanus and bacterial infections are soon to follow. In terms of development, Hurricane Mitch set these countries back at least twenty years.

The need for basic supplies could not be greater. Hundreds of Non-Governmental Organizations are providing aid through various means. A relief effort from the Willamette community has been organized. Out of the many, two organizations have been chosen to target primarily. The first is Northwest Medical Teams who has pledged to match every dollar raised with ten dollars in medical supplies. They are also accepting food and hy-

LETTERS

We Are Taught Through Example

What does it mean to be a Christian? I'm not attempting to sum up the bible in these few paragraphs. Rather, I'm trying to describe the basic teachings of the bible. The world today produces many mislead interpretations of what the bible calls a faithful believer of Christ. Hollywood is the greatest twister of this truth. Film directors and actors portray Christians as crazy fanatics, thumping their bibles at every sinner and evildoer. The David Koresh persona, as I like to call them, is hardly what a Christian is, or what a Christian believes in. John 3:16 states that, "For God so loved the world that he gave his one and only Son [Jesus Christ], that whoever believes in him shall not perish but have eternal life." Imagine that, a God who cared so much for His creation that He sent His one and only son to die for our sins. Some people attempt to interpret this love as a blind love, stating, that if God is truly a God of love then He will not punish anyone. This is hardly the case, what if a parent neglected to punish their child for wrongful behavior? Is that a parent of love or neglect?

Next, Christians believe that Jesus rose from the dead on the third day and ascended into heaven. This belief is very important, because it gives every believer the confidence that death has been conquered; that Christians will, one day, immediately be before God for all eternity. Lastly, Christians believe that Jesus now sits at the right hand of God, waiting to return in glory to judge the living and the dead. Christians definitely believe that God is a God of love. Can you imagine sending a family member off into a place of corruption, knowing that they will be put to death? God did, and He sent His son anyway. Although I can't go into all of the facets of God's love, I can encourage you to look at 1 Corinthians 13:1-13. It sums up the love of God as an action, and not simply an emotion.

Hebrews 11:1 states, "Now faith is being sure of what we hope for and certain of what we do not see." The last, extremely important, belief of all Christians, the one joy the fills every believer with an indescribable happiness, is the knowing that we will be with the Lord in heaven for all eternity. For many this is hard to understand, because it offers an insight into the future. But nonetheless this is promised by the bible, and not to believe it would be a lack of faith.

As I have mentioned in my earlier paragraph, the world seems to twist and even subvert the belief of all Christians. This faith provides all Christians with joy and happiness. It also provides a relationship with God; a relationship that many nonbelievers are void of, and try to fill with other unfulfilling pleasures such as sex, drugs, money, music, empty philosophies, and a host of other corruptions. Please, if I have mentioned something here that sounds wrong or simply crazy look to the bible to answer your questions. The greatest accomplishment I could hope to achieve is to encourage someone to look to the word of God for truth instead of the world, which is often lost and wrong.

By M.J.

Our Actions Effect The Environment

Delight in the living is something we all experienced as children. Anyone who ever confessed secrets to their family pet, hugged the trees in their backyard, or fell in love with the laugh lines around their mother's eyes should know what I mean. The living things in this world define beauty, and our connection with them is what spirituality is all about. It is no wonder that hearing reports of the destruction of nature make us cringe. And because of responsibility, gratitude, or the desire to protect what we love, we all must do our part to save what makes the Earth special.

But you know this. So why aren't you doing anything about it? Maybe you think you are too small and ineffective as one person, but that isn't true. It takes one to make two, two to make three. Everything you do affects the world in some way, changes history. Actions accumulate, they congregate, they catch on, and spread. Every action you take that promotes the health of the environment adds to actions I take, actions your friends take, and this is how motion is built. Don't let your individual power scare you, use it to make the world strong.

Maybe you're more concerned with other issues. There are so many things in this world to fight for, and it's true that you have to choose your fight. But choosing a cause to focus your energy and time on does not mean you have to give up being part of the solution for other problems. There are so many little things that can be done, so many easy things. Drive less, reduce, reuse, recycle. Support service clubs by voting for the ASWU student activity fee increase. No matter where your heart lies, you have to work holistically to make the world one you want to live in.

Maybe you think living an environmentally friendly life is too hard, too different. Much of our societal system seems set up to make conscious living difficult, and just living as an American practically makes you an anti-environmentalist. You can't change everything at once, I agree. My little trick is to think of what my grandchildren would forgive me for. I don't think they'd mind me not buying recycled toilet paper if I couldn't find any within walking distance, or taking a solo car ride to see a concert I've been dreaming of. But they would mind if I didn't turn off the hall light, because I'm was too lazy to get up. The more I learn, the more I realize what the right thing is to do, and the more I imagine my future grandchildren will mind, and the more I want to make them smile. After all, it is there world I am living in. So learn, read, think, and then do what's right. You are powerful, you make a difference, and its so easy.

By REBECCA MAXWELL



# Women Win the West

The Bearcats' success brings the NCAA quarterfinals to Willamette

By DILLON SHEA  
Staff Writer

The Bearcat freshman earned their stripes last weekend as two newcomers helped lead Willamette to the NCAA Division III West regional championship, held in La Jolla, California. Freshmen, Ashley Holmer and Amy Morris chalked up one assist and two of the Bearcats' three goals during the tournament.

The Bearcats beat Wisconsin-Stevens Point on Saturday 1-0. Sunday, the Bearcats outshot St. Benedict's of Minnesota 29-3 en route to a 2-1 victory in the championship game. Willamette has an 18-0-4 record entering quarterfinal play. The Bearcats will begin quarterfinal play on Sunday, hosting Mary Washington of Virginia.

The Bearcats took little time setting the pace for the game against Wisconsin-Stevens Point. On an assist from Morris, junior, Katie Edmonds scored on a header less than ten minutes into the game. The goal was Edmonds' fifth of the season. "We were quicker than them, and that really gave us the advantage," said head coach Jim Tursi. The Bearcats outshot Stevens Point 17-5. The game marked Willamette's fourteenth shutout of the season, tying the single season school record.

On Sunday, the Bearcats again wasted no time in taking control of the game. Morris scored less than two minutes into the game from about twelve yards out, to put Willamette

ahead 1-0. The goal came on an assist from junior Natalie Flindt. "It was one of our better games defensively. We controlled the flow of the game. They had about three shots," said Tursi.

St. Benedict's (13-4-3) did manage one goal just before the half. "It was a dead ball and they just kicked it over Robin's [Heard] head. It was one of the only times they had the ball on our half of the field," said Tursi. Regulation play ended in a 1-1 tie, but freshman Ashley Holmer scored the go ahead goal four minutes into overtime on an assist from Schroeder.

Again, Tursi pointed to his team's speed as one of the major factors contributing to the Bearcats' win. Tursi said coaches from both teams

commented on the Bearcats' speed.

Overall the Bearcats outshot their opponents 43-7 over the weekend.

Mary Washington, Willamette's opponent on Sunday is ranked fourth in the nation and boasts a 17-1-2 record. Tursi, however, voiced confidence in his team. "This team has always found a way to win. I have no reason to believe that wouldn't continue. At this point, I feel we're as good as anybody," said Tursi. The Bearcats also have the advantage of playing at home. "The slowness and the wetness of the field will not be to our advantage. But, I think the crowd and playing at our own place is a huge benefit. Plus we have always had success at home," said Tursi.



# Bearcats drop another close one

Willamette football has only lost three games this season, two by just 2 points and one in overtime

By MICHAEL BENKOSKI  
Editor

The Bearcats suffered their toughest loss of the season last weekend against Pacific Lutheran.

PLU pushed their record to 7-1 overall and 4-0 in the conference. PLU also clinched the North West Conference title over the Bearcats (6-3, 2-2).

The Bearcat's three losses this season have come in tight games. The Bearcats first loss was in overtime against Central Washington and their second loss came on the last drive of the game against Linfield.

Their loss to PLU was similar to their other two losses, in which the Bearcats looked good and played pretty well, but just couldn't manage to pull out the win.

Almost the entire first half was dominated by the Bearcats. The defense was holding strong and the offense was having some success. But the bearcats were having a tough

time getting on the scoreboard. Two drives ended up in two Duncan Libby field goals, and the Bearcats were out to a 6-0 lead.

But nearing the halfway mark, quarterback Bucky Rivera was intercepted. The break was just what PLU needed to get things going. They put together a late drive and went 60-yards to take a 7-6 lead into halftime.

It was a frustrating half for the Bearcats. They out played the Lutes, but a bad break had them behind.

The second half was a different story than the first as the Lutes struck for a score in the third quarter. The scored pushed the PLU lead to 14-6 and gave momentum to the Lutes. The Lutes rode their momentum and looked to score again, but junior Kyle Banks intercepted a Lute pass and nearly returned it for a touchdown.

The interception ignited the Bearcats and set them up for a score. Senior Ardel Bailey plowed into the endzone and closed the PLU lead to

14-12. The Bearcats tried to tie the score by going for the two point conversion, but Rivera was sacked. PLU battled back and put together an impressive 78-yard drive. The score put PLU out in front by a healthy margin, 21-12.

The score also took a little wind out of the Bearcat sail. But the Bearcats managed to make things interesting in the end when Rivera connected with Kyle Carlson for a touchdown that capped a 85-yard drive.

The score brought the Bearcats within striking distance, and when the Lutes had to punt with just under a minute to go, there was a glimmer of hope for the Bearcats.

But all the comeback hope for the Bearcats were lost when Rivera was sacked and fumbled. It was another heartbreaking loss for the Bearcats.

With three tight losses, the Bearcats are a better team than the standings say.

The Bearcats host Whitworth Saturday at 1pm. It is the final game for the Bearcats.

# Bearcats Receive Honorable Mention

By JENNY FRANKEL-REED  
Staff Writer

In post-season acknowledgements for Northwest Conference men's soccer, two Bearcats

were recognized for their play during the 1998 season.

Sophomore Scott Tomlins and Senior Jeb Haber were awarded All-Conference Honorable Mention at Midfield and forward, respectively.

All three forwards were leading scorers in the conference, and the "Cats finished in third place overall.

Statistically, the men fared well, with the second-best average goals scored per game in the conference.

The men will graduate two senior starters from this year's squad and coach Jim Tursi expects nine returning starters back for 1999.

## Scoring Leaders

Conference Rank	Name	GP	G	Avg.	A	Avg.	Pts.
4	Jeb Haber	20	10	0.5	7	0.35	27
7	Trevor Frank	11	8	0.73	5	0.45	21

## Final Standing

	NWC			Overall		
	W	L	T Pts.	W	L	T
Seattle U.	12	3	1 37	14	5	1
Pacific	12	4	0 36	14	5	1
Willamette	9	7	0 27	12	8	0
PLU	8	7	1 25	9	7	1
Linfield	8	8	0 24	11	9	0
George Fox	7	8	1 22	10	8	1
Whitworth	7	9	0 21	9	9	0
Puget Sound	5	10	1 16	7	12	1
Whitman	2	14	0 6	3	15	0

## Team Stats

	G		GF		GA		SO	
	G	GF	Avg.	GA	Avg.	SO	Avg.	
Seattle U.	20	50	2.50	25	1.25	7	0.35	
Willamette	14	31	2.21	21	1.50	4	0.29	
George Fox	19	37	1.95	21	1.11	6	0.32	
Linfield	20	33	1.65	26	1.30	6	0.3	
Whitworth	18	28	1.56	21	1.17	5	0.28	
Pacific	20	31	1.55	23	1.15	7	0.35	
Whitman	18	27	1.50	61	3.39	2	0.11	
PLU	17	22	1.29	19	1.12	4	0.24	
Puget Sound	20	24	1.20	32	1.60	4	0.20	

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Tuesday, November 17, 1998

4:30 p.m. to 6:00 p.m. - College of Law - Rm. 121

Please R.S.V.P by Friday, Nov. 13th 370-6282 or email sthompso@willamette.edu



# Sixteen Strong Head South to West Regionals

*Willamette women take on Linfield for the right to play defending Champion UC San Diego as an anonymous donor allows all sixteen Bearcat volleyball players to go to La Jolla*

By MICHAEL BENKOSKI  
Editor

The Bearcats didn't post any victories in the standings last weekend at the Conference Tournament, but they did get big emotional wins.

The Bearcats went into the tournament ranked 3rd in the Conference, behind George Fox and UPS, and ranked 4th in the West region for the NCAA Div. III. Neither George Fox or UPS qualify for NCAA play, but the 4th in Conference PLU does.

PLU was trying to get some big wins at the conference tournament in order to shift around the NCAA rankings and go to the West Regionals.

But PLU was disposed of quickly by the favored George Fox team, and Willamette knew their almost certain ranking for NCAA was now final.

The Bearcats went into their match with UPS feeling no pressure and just wanting to prove to themselves they could beat the Loggers. Willamette had not taken a game from the Loggers in their two regular season meetings, dropping both matches in three straight games.

The first game was a back and forth battle with the lead changing hands often. The Bearcats seemed to have an edge and the Loggers would battle back. Then the Bearcats would get a quick run of points and the Loggers would again battle back.

The Bearcats were finally able to pull it out in a 16-14 win.

Game two was a different story as Coach Marlene Piper took out key components of the Bearcat team.

Both Rosie Allen and Renee Purdy, two starters, were rested

and subs filled their spots. Coach Piper continued to rotate players, giving each player the chance to get in the match.

Game two didn't start off well for the Bearcats, as they quickly fell behind 1-8. But this deficit was slowly erased as the team began to adjust to the changes.

The rest of the game the Bearcats battle to try to get even with the Loggers, but never could get there, dropping game two 11-15.

Game three was more lineup shuffling and adjustments for the Bearcats. There was obvious mis-

communications and the lack of playing time together made things difficult for the Bearcats.

But again, time showed the Bearcats were capable of playing together. It also showed that a mixed lineup of subs and starters could compete with the UPS Loggers.

But the Loggers number one squad was just a little too much for the Bearcats to overcome and they dropped both the third and fourth game 9-15, 9-15.

The loss knocked the Bearcats out of the Conference Tournament, but gave everyone on

the squad a chance to play. Coach Piper, along with many of the players, were not as interested in the loss, but more so in the fact that everyone got a chance to play. Emotionally the Bearcats thought it was a big win to have everyone play.

The next challenge for the Bearcats lies in southern California, as Willamette heads to La Jolla (San Diego) to play in the West Regionals. Being the 4th seed in the West, Willamette draws the 5th seed and conference rival Linfield.

Coach Piper likes the advantages of playing the local Linfield. "Fact is, we know it's going to be a tough match. The teams know each other. Usually [in tournaments] you go in not knowing."

But the biggest advantage came in the begging of the week when an anonymous donor paid the way for two of the Bearcat players to go to La Jolla.

The NCAA only allows 14 players to be on the roster and to play. It also only provides money for those 14. Willamette has carried 16 players all year and the close-knit team had been devastated by the news that only 14 could go.

"It was a shot in the arm. It really sparked the kids," said Coach Piper. "They are all excited and happy to be 16 again."

Even though all 16 players get to go, NCAA rules will still only allow 14 to play. But for the Bearcats,

just the presence of all 16 is a definite plus.

The Bearcats have even more reasons to be excited about their post-season play. This is the first year Willamette is in NCAA Div. III, and they are going to the Regional tournament. That in itself is a pretty good accomplishment.

Although, the Bearcats would ultimately like to win the West Region and move on to the quarterfinals, the experience is crucial.

The Bearcats are not experienced when it comes to big single elimination tournaments, and the experience will help future Bearcat ball.

If the Bearcats get past Linfield in the first round, they win the right to take on defending champions

UC San Diego. San Diego won its seventh title last year and is ranked 1st in the West and 4th in the Nation.

Also in the West bracket is Cal Lutheran, Colorado College and Cal St. Hayward.

The winner of the West regional will go on to play the winner of the Great Lakes Regional. Teams in the Great Lakes Regional consist of; Mt. St. Joseph (Ohio), Wittenberg (Ohio), Hope (Mich), Calvin (Mich), Ohio Northern, and Murkinquim (Ohio).

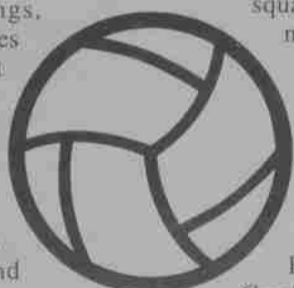
The Bearcats spent the last week in preparation for the big tournament in La Jolla.

In their last practice before leaving for La Jolla, the team was excited and the practice was light-spirited. There was a definite spark among the team and the atmosphere was relaxed.

"The girls are excited about playing," said Coach Piper. "They know what to do, they just need to do it."

"It was a shot in the arm. It really sparked the kids. They are excited and happy to be 16 again."

-Coach Marlene Piper



## NCAA Division III West Regional Tournament



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## Muscle Supplement Controversy

By JOHN ALDERSON  
Staff Writer

Building the body you want takes hard work and dedication. You lift weights daily, you run and eat a proper diet. But even after all that work, you don't seem to get the "bulk" you want. So what can you do? For years, muscle supplements have been on the market. You can walk into any health food store almost anywhere and find the supplements located next to the big posters of muscle ripped men and women. But how do you sort out the hype from the facts. How can you pick the supplement that is right for you, and is taking a muscle supplement safe?

Home Run record breaker Mark McGwire put the debate of supplements in the media. McGwire has been taking over the counter muscle supplement androstenedione, the male sex hormone. The sale of androstenedione is completely legal, but is banned by all major sports, except baseball. The hormone is a precursor molecule that is just one metabolic step away from testosterone. "Andro" is made in small amounts by adrenal glands, then converted into testosterone. Testosterone shifts the body's chemical balance by building muscle, encouraging permanent growth. The androstenedione supplement mirrors "steroids" in its effects on the human body in regards to physical changes. However, the medical side effects are not known.

The FDA released a study reporting high doses of testosterone can be dangerous, and can cause liver damage. But no long-term effects of androstenedione have been found. In addition, among young males, they produce enough testosterone and taking additional supplements such as androstenedione would not necessarily improve muscle growth. Further, physicians advise female athletes to avoid androstenedione. The supplement could encourage facial hair and could also impair their reproductive system.

Another popular over the counter supplement is creatine. Creatine is a muscle building amino acid used to promote muscle growth. Popular among athletes in most sports, creatine is

a proven muscle builder. Creatine is made up of an inulos/dextrose co-mixture that provides long-standing muscle growth. Marty Engle, a second year law student here at Willamette, and an avid body builder, said in an interview, "I have taken creatine as a supplement in my weight lifting program, and I know that it is a proven muscle builder." The long-term side effects are not known, the FDA has not evaluated the supplement yet. According to the National Institutes of Health in Atlanta, "because creatine is a natural supplement composed mainly of amino acids, the detrimental effects on the body would be minimal".

If you decide that you want to begin a creatine program, it is advised you consult your personal physician before starting. The usual program lasts one month. It involves taking 20 milligrams a day for one week, followed with ten milligrams daily for the following weeks. Further, after completion of one month of usage, take one month off and then re-start again. Taking a month off will enable your body to metabolize the amino acids, and adjust to the change in your body. Most individuals who do the creatine program experience a gain of three to five pounds of muscle according to Men's Health Magazine.

So where do you start if you are a novice athlete? First, pick a weight lifting program that is best for you. The Collegian has developed a proven fitness program just for beginners. Consult the September 18th edition for details. Second, eat a proper diet. Drink plenty of water, and decrease caffeine intake. You will find you body will actually have more energy not drinking caffeine. Third, participate in cardio vascular activity at least three times a week. This may include running, swimming, biking, or walking. Lastly, if you are interested, begin a supplement program. Remember, taking a supplement will not produce muscle growth unless you exercise! But most important, exercise and good health should be fun, not a chore. Taking a supplement, along with a fitness and diet program will help you become the "star athlete" you have always wanted to be!

## Compulsive exercising can cause serious injury

By JOHN ALDERSON  
Staff Writer

"When I look in the mirror I do not see someone who is physically fit, instead I see a body that is in need of improvement," said Julie, a 21 year old English Major here at Willamette who asked not to be identified. "I spend about two hours a day exercising, whether it be in the gym lifting weights, in the pool doing laps or outside running."

What Julie and approximately 15 percent of all college students do is over-exercise according to the National Institute on Physical Fitness. "Sometimes even though I may feel sore and tired, I will run or exercise more because I feel as though if I do not I will get fat," said Julie.

Many individuals who over-exercise may also suffer from eating disorders such as anorexia and bulimia. Nearly one in three girls and one in six boys have an eating disorder who are between the ages of 14 and 26 so found in a recent study conducted by the Stanford University Medical Center in 1997.

Of those, 75% reported exercising at excessive lengths of time. Because the human body needs rest in between workouts, excessive exercise can lead to injury in joints and muscles.

Over exercising is not just limited to females. Among many male body builders and college athletes, many lift weights in an excessive amount with the misguided belief that unless they do so, they will not build the muscle needed to achieve the results they are looking for. The National Institute of Physi-

cal Fitness reported that nearly 50 percent of all college male athletes admitted to exercising in excessive amounts.

Of those, 40 percent reported an injury to themselves because of excessive exercising.

The question then remains, why do people over-exercise?

Many have the unfounded belief that to achieve high athletic results, they need to lift and run three hours a day.

Or, many believe that they can not be healthy or eat without exercising away all the calories they have consumed.

According to the National Institutes of Health, over-exercising is one of the leading causes of injury to young athletes in the United States.

Bryan, a 19-year-old Willamette student majoring in Art and Music is one such example.

We have changed his name to protect his identity. Bryan plays soccer here at Willamette, receiving a scholarship in soccer that enables him to pay for his education.

Everyday Bryan exercises about four hours. This includes practice, lifting weights and running in the morning. "I know that I lift and run too much, but I feel if I do not my coach will not let me play."

However, even though Bryan may exercise to achieve top form, he may be doing himself harm.

"A few weeks ago I pulled my hamstring in the gym, I know it was because I was lifting too much, too fast." Bryan is not alone.

**How does one recognize**

they are in trouble with excessive exercising?

The warning signs to excessive exercising are:

1) **running, lifting, swimming or biking more than two hours a day**

2) **exercising immediately after eating to avoid any perceived weight gain**

3) **going to the gym more than once a day with the mistaken belief that if you do not you will gain weight and get out of shape**

Those are three of the pivotal signs to watch for. But what can you do if you know you are over-exercising?

First, develop a new routine that does not require so much exercise.

Second, prohibit yourself from doing any form of exercise after eating. Limit your time in the gym.

Third, if need be, go to the student health center

here at Willamette.

The coun-

selors there

can help

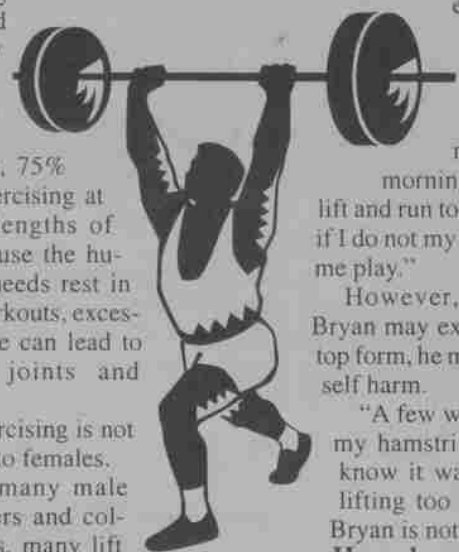
you de-

velop a

better eating

plan and exercise program that is healthy and most of all safe.

Further, the health center can help you achieve a better body image for yourself that will enable you to cut-down on excessive exercise. "I hope I can stop exercising so much, because I know that I am not healthy, but sometimes I just can't seem to stop," said Julie.



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# SAVE

# STUDENT LIFE



## The coalition to save student life

- |                            |   |
|----------------------------|---|
| Collegian                  | Spanish Club                            |
| Wallulah                   | Family Literacy                         |
| Bush Mentor Program        | Hawaii Club                             |
| WU Philomathean Society    | Erik Van Hagen (Student body President) |
| LBGA                       | Nathan Springer (VP of Finances)        |
| Dark Room                  | Community for Choice                    |
| Taiko Club                 | Progressive Union                       |
| College Democrats          | Black Student Organization              |
| Finance Board              | Psi Chi                                 |
| Willamette Socialist Union | Circle K                                |
| Student Alumni Association | Willamette Peer Advocacy                |
| Mortar Board               | ECOS                                    |
| Womyn's Center             | WISA                                    |
| Outdoor Club               | Society for Human Resource Management   |
| Mr. Willamette             |   |

## Growth in student life can't be sustained



*"The dramatic rise in student organizations is great for the campus life. But we need the resources to sustain this type of growth."*

-VP of Finances  
Nathan Springer

number of clubs and organizations requesting money from ASWU has from 32 to 51.

ASWU Vice President of Finances Nate Springer noted that "the dramatic rise in student organization is great for campus life. But we need the resources to sustain this type of growth."

The ASWU Finance Board was inundated with more than \$235,000 in fund requests from student clubs this year.

The process that determined how much funding each club needed was lengthy and arduous.

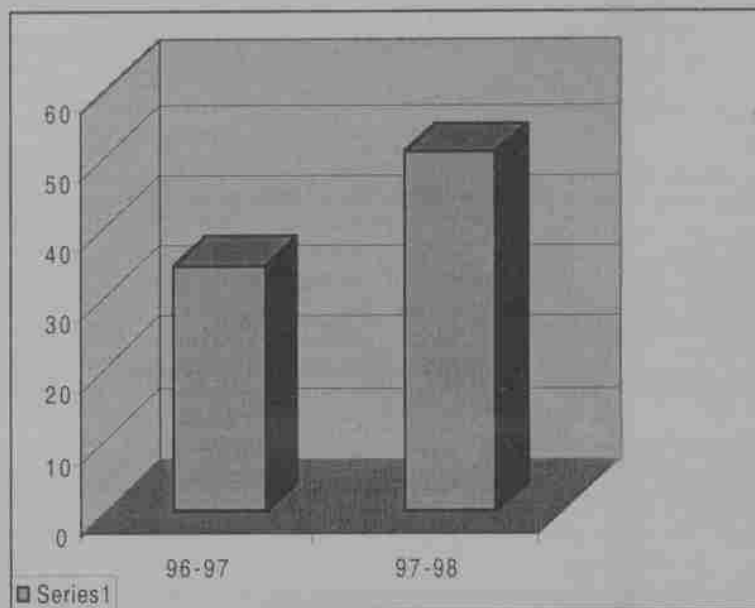
After much deliberation The ASWU Finance Board ultimately had to bring the bad news to each of the club Presidents or leaders.

"We had a record number of requests from a record number of clubs, while student body fees remained the same," said Springer.

There were many very important club needs that went unfunded." Other members of the ASWU executive Council vented their frustration with the budget crisis.

The ASWU Executive Council plans to ask the student body for a long-overdue raise in fees to combat the situation that leaves many clubs without adequate funding.

### Number of groups asking for funds increased



ASWU has witnessed a dramatic increase in student clubs and organizations on this campus in the last few years.

In just the last two years, the

## Nearly 600 Students Sign The Petition To Save Student Life

For weeks, ASWU senators and officers have been asking Willamette students to "Save Student Life."

Last week, the students responded: 581 students have signed a petition to send the fee increase measure to a campus-wide ballot.

This goes far beyond the minimum number of signatures, 375, needed to place a measure on the ballot.

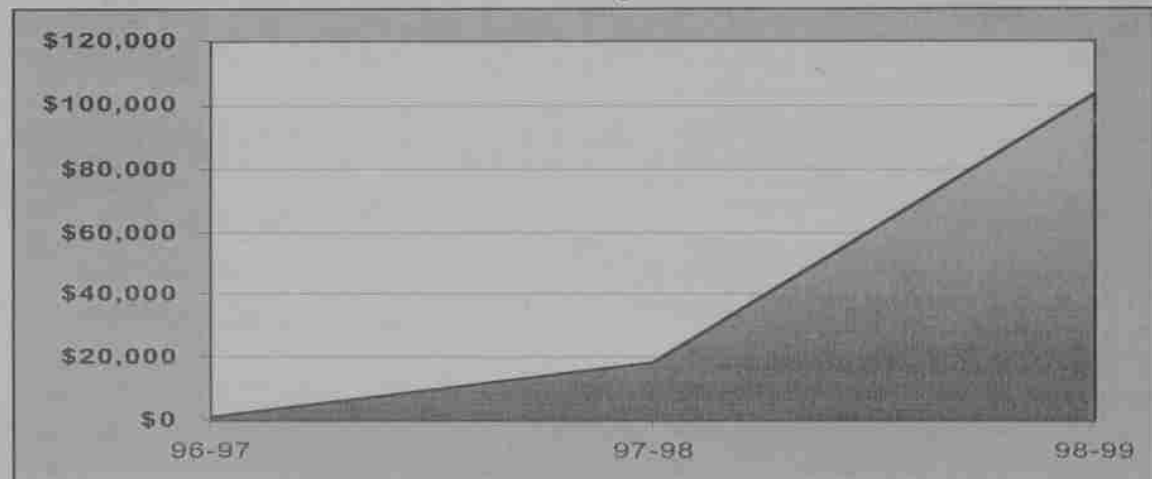
Many interpret that the relative ease in which the signatures were gathered indicates tremendous student support for a fee increase. "There seems to be an incredible amount of student interest in this petition," noted ASWU Program-

ming Board member Rachel Standley. ASWU Senator Devon Grace noted that the petition was successful because it involves "saving student life." Senator Adam Dines agreed. "Last week was very successful drive and hopefully this momentum will continue until the actual vote."

In addition to the signatures, 26 clubs and organizations have signed on in support of the measure.

ASWU President Erik Van Hagen added "The enormous amount of support for this campaign from students and organizations show this is a mandate." The vote on the measure is scheduled for November 18.

### UNMET REQUESTS



## WU fees are lowest compared to other Colleges

Willamette University has the lowest student body fees among similar institutions in the state of Oregon.

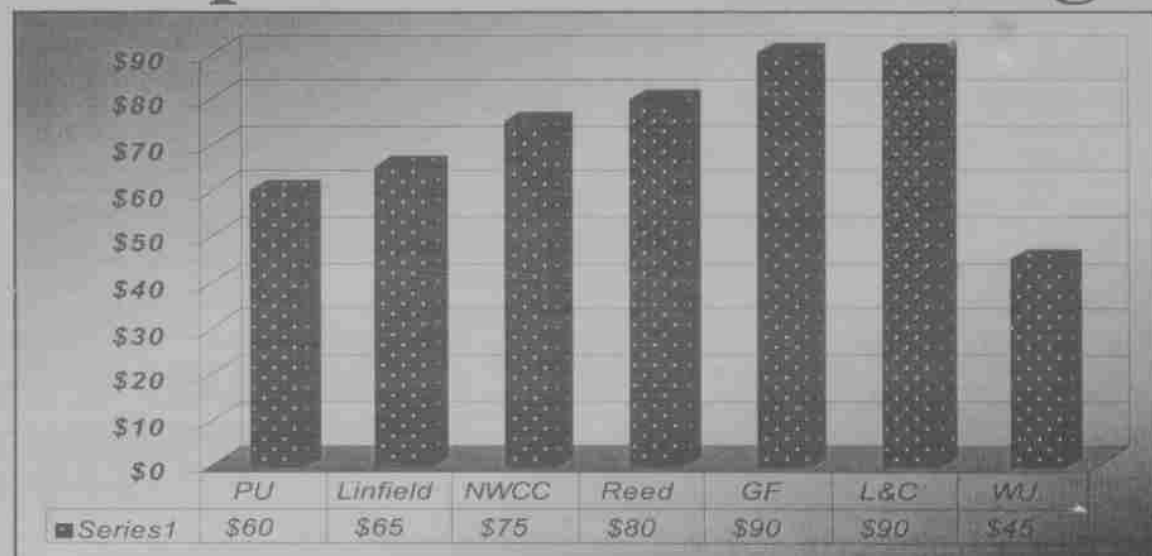
Student body fees are collected independently of the University and allows student government to allocate resources based on what students feel is important to campus life. "When you consider that most liberal arts colleges have student body fees in excess of \$100 per semester, raising Willamette student body fees to \$60 is just a drop in the bucket," noted Vice President of the Executive Dustin Buehler.

"When you consider that most liberal arts colleges have student body fees in excess of \$100 per se-

semester, raising Willamette student body fees to \$60 is just a drop in the bucket," noted Vice President of the Executive Dustin Buehler. "I'd rather pay a couple more bucks a semester rather than watch our clubs and organizations shackled by a lack of funds."

Kara Minkoff, Treasurer of the Willamette Philomathean Society, noted that "when many clubs are receiving less than 5% of their requests, this is a pure sign that student body fees are too low."

"Everything on campus is getting a face lift," noted ASWU Senator Monique Allen (off-campus). "It is about time student body fees got a face lift as well."



**CRISIS:**

Continued from page 1

live in this bubble at Willamette and we are so fortunate. Sometimes, we don't realize that other things are going on outside that bubble," says Ayala.

Additionally, Professor Patricia Varis has a sister in Tegucigalpa, Honduras. Tegucigalpa is the capital of Honduras and was one of the hardest hit areas.

Sabrina Phillips and Erin Kenney are both Willamette students currently studying in Nicaragua. They are in Managua, and were unharmed by the hurricane and its aftermath, though greatly disturbed by the ruin it caused.

Along with fellow students, they have composed a letter to encourage international response to the tragedy. This letter appears on page 2.

**PARKING:**

Continued from page 1

this week. In combination with the lag time when the outpatient facility is being constructed, there will be an over-abundance of hospital parking spaces.

Future plans for the parking agreement between Willamette and the hospital are unknown but Neely hopes, "we can utilize hospital parking until any plans suggested by the Parking Task Force can be put into practice."

Stout believes that 315 gold parking permits were issued this year. This should correspond with the number of places where people with gold parking permits can now park.

"[Campus Safety] is working on trying to move 100 of these to TIUA. Ninety-three permits can park at Bush until the end of the semester, and 175 will be able to park at the Hospital," Stout said.

He added, "We are hoping that the Hospital will increase our allotments after they are sure that they have adequate spaces for their own people."

This will allow the 93 from Bush Park to move the Hospital. It is unlikely that we could continue to use the Bush Parks spaces, at least not without having to pay for them."

Students with gold parking permits will not be allowed to park in on-campus lots from 8 a.m. to 4 p.m., Monday through Friday beginning November 16.

If you're interested in changing your gold parking permit for a pink one, so you can park at TIUA, please see Campus Safety.

**DUVALL:**

Continued from page 1

refined beauty and culture, in reference to his France experience, he ponders nostalgically "It is a place that makes me very happy, 'as happy as God in France.' But Willamette is not a hard place to come back to.

"I very much love what I do." Feeling uneasy at the receiving end of such a prestigious award, Duvall, emanant with humility, states,

"It is awkward to be singled out and at the focus of such attention." Award or not, the fact remains that Duvall is, hands down, deserving of recognition and appreciation. A dynamic style highlights the

energy and enthusiasm he puts forth, bringing something new and ingenious to every class.

In an effort to make learning a never ending process, he pushes and prods each of his observers to think dependently and question profusely in order to test their boundaries as well as his own.

Duvall is driven to "help students learn to decipher, to open up, and to discover the richness and complexity of a great text."

Through Duvall's great contribution he has not only made accessible worlds of information to those gleening knowledge, but he has been able to share a great deal of wisdom with the curious.

He sums it up stating, "One rarely knows or sees the results of the teaching process, but I continue to approach teaching as an act of faith, one I pursue with intensity, a great sense of play, and an expectation that something of significance and value happens in the classroom."

It is without a doubt that Duvall has accomplished just that, an admirable enthusiasm coupled with a multifaceted intellectual work has adversely affected lives, and has raised an awareness among those who have not had the good fortune of directly benefitting from his outstanding performance as a teacher, author, and researcher.

Duvall is the sixth Willamette professor to earn the award in seven years.

Other professors awarded were Daniel Montague, physics, 1995; Arthur Payton, chemistry 1994; Roger Hull, art history, 1993; Mary Ann Youngren, psychology, 1991; and Frances Chapple, chemistry, 1990.

**Remember to Vote at the ASWU Election!!**

Vote to increase Student Body Fees

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