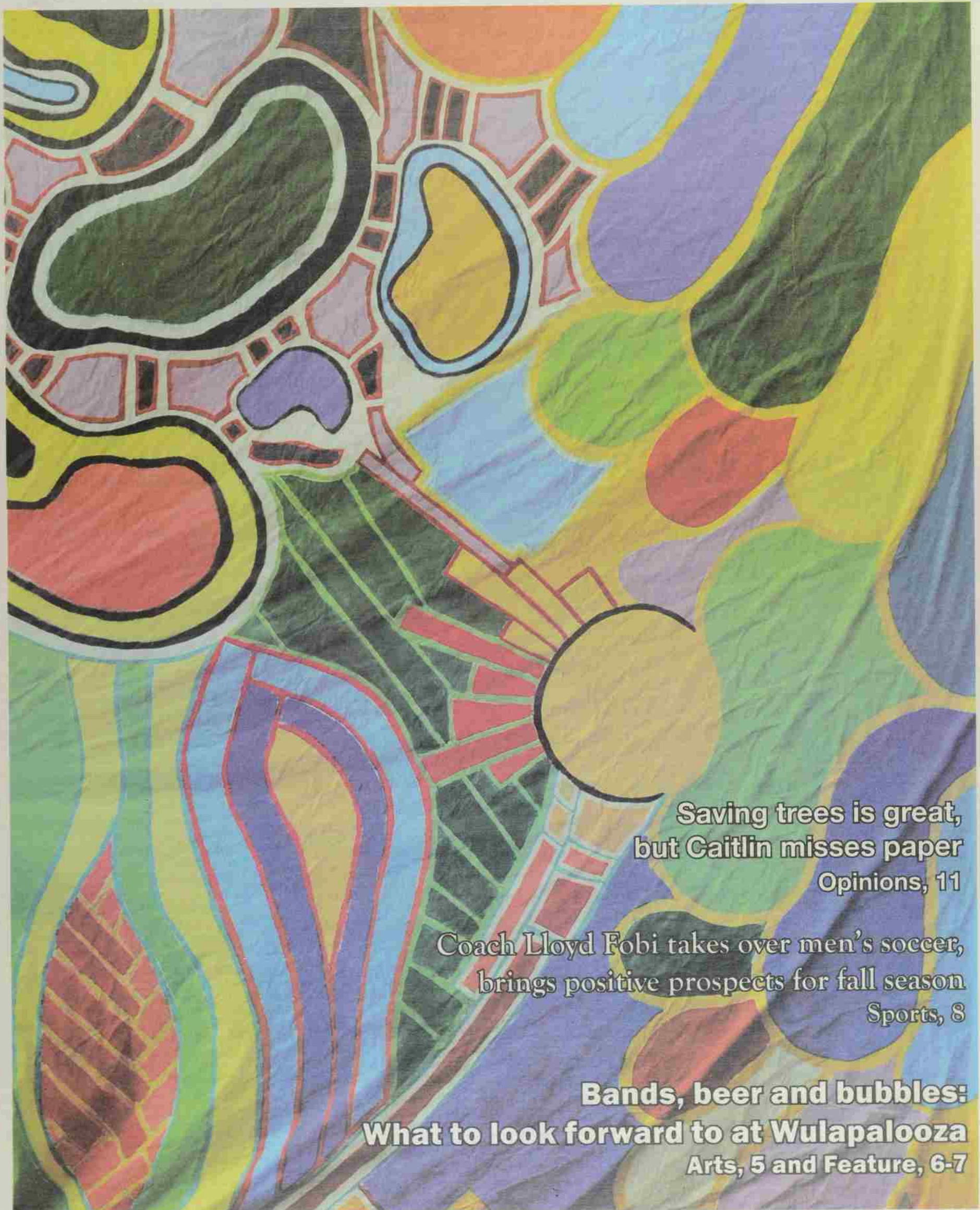


COLLEGIAN



2008-2009 ONPA GENERAL EXCELLENCE WINNER • VOICE OF THE WILLAMETTE CAMPUS SINCE 1889 • VOL CXXII • ISSUE 26 • APRIL 20, 2011



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Student Alliance to End Fistula presents fashion show

HANNAH WALLER
NEWS EDITOR

On Friday, April 15, Student Alliance to End Fistula presented the fifth annual Fashion Show for Women's Dignity. The proceeds from the event benefited the Women's Dignity Project, an organization aimed to help those suffering from obstetric fistula and to lift the stigmas associated with the disease.

Obstetric fistula is a childbearing disease in which the baby is stillborn. It can result in severe infection, kidney disease and death for the mother. Though the disease has been nearly eliminated in first world countries, nearly two million women in underdeveloped regions are affected.

"This is the fourth year [senior and President of Student Alliance to End Fistula Lily Busher and I] are involved in this show and it is very special for us" senior and Vice President of the Student Alliance to End Fistula Jazmyn Li said.

To raise funds, students, faculty members and staff modeled outfits on the runway, which was set up in Montag Den.

The clothing worn by the models and other locally donated goods were available for purchase in a silent auction that followed the show. Attendees were also charged a \$1 admission fee, which went to the

Women's Dignity Project.

Many university community members modeled clothing, including the women's basketball team, Phi Delta Theta fraternity, Kappa Sigma interest group, professors and the event's first two toddler models, who were accompanied by their mothers. Up

Top provided entertainment during intermission, with sophomore and Africa Club Co-President Carly Kwiatkowski opening for the group with an original song based on her experiences in Africa.

While the focus of the fashion show was the promotion of women's health and the

abolishment of the stigma associated with obstetric fistula, its sponsors also worked to raise awareness and funds for more broad areas of need.

"Our organization works to educate our community about issues of global gender and health inequality while taking action to support organizations that seek to end obstetric fistula," Busher said. "The theme is women's dignity, but the issue extends to gender inequality, lack of education, hunger, poverty, lack of infrastructure, politics of aid and more."

Students, faculty members and staff attended the fashion show and supported the cause.

Assistant Director for Annual Giving Liz Frawley, who walked in the show, said, "[Busher] explained to me that there was, and still remains, a need to share the stories and raise the resources to help women overcome the social stigma and get treatment for obstetric fistula."

The show raised \$130 at the door alone and has projected \$2,100 in donations.

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► Learn more

For more information on fistula and relief efforts, visit www.womensdignity.org.



Friday's fashion show benefited the Women's Dignity Project.

MINH NGO

Lu'au honors Hawaiian heritage

ANNA MENCARELLI
STAFF WRITER

On Saturday, April 16, the 22nd annual Lu'au was in full swing, inviting students and community members to come together and celebrate the theme of family and the traditions of Polynesian culture.

For \$10, students dined on traditional Polynesian delicacies and watched authentic dances, including Hula, Tahitian and fire dancers.

The planning stages of the Lu'au begin in November of each year, as the numerous participants work together to create an event that is not only entertaining, but also true to their heritage.

During the set up for the event, junior and Co-Director of the Lu'au Henry Lo and junior and Entertainment Co-Chair Sierra Arlidge reflected on the planning and creativity that would lead to the final execution of this annual event.

Entertainment Co-Chair Sierra Arlidge

Collegian: Could you describe what the Lu'au is about?

Arlidge: Our focus is on celebration of Polynesian culture. Lu'au is traditionally a Hawaiian celebration honoring the gods. But we do a Lu'au where we include other Polynesian cultures because the Polynesian islands are so interrelated.

This year is "ico cohe may ohana." We picked that theme this year, because it was felt very important in that it held true to the Hawaiian tradition and also fits the Willamette creed.

C: What are some of the traditions associated with Lu'au?

A: Every year we do what is called kapu; it means forbidden in Hawaiian. Kapu

means that dancers may not partake in drugs, alcohol or sex in order to cleanse their bodies, minds and spirits of obstruction. At Lu'au, we do that a week before the show, and it helps us bond.

C: What is the hardest thing about Lu'au?

A: It's hard to maintain a balance between keeping it entertaining, but also authentic. That is what we focus on. For example, before you teach a Hula piece, you ask permission from the professionals. Things like that ensure that our message is upheld.

A lot of times Hawaiian and Polynesian culture is co-modified, but to someone who grew up there it is shocking. So I think it is a great way for people to get a real sense of what it is like and what we love and is really dear to our hearts.

Co-Director Henry Lo

Collegian: What does your role in the Lu'au entail?

Lo: If Lu'au were a movie, I would consider myself the director. But we have a lot of different committees that are really good at what they do. We must also thank our dancers, because they are brave souls performing for the school.

C: Is there anything you would like to let students know about the Lu'au?

L: I would like to tell them [to attend in the future because] it is very important to my culture and I am very proud of my heritage. Willamette boasts of being a diverse multi-culture school. We need to take time to appreciate all of the efforts of this entirely student led effort.

The rest of the student body needs to see what their peers are up to, and to get a little piece what Hawai'i has to offer.

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Dancers in the 22nd annual Lu'au perform on Saturday.

IAN INDRAND

Kappa Sigma fundraises for Multiple Sclerosis

HANNAH WALLER
NEWS EDITOR

On Saturday, April 16, the men of Kappa Sigma formed a team to participate in the National Multiple Sclerosis (MS) Society's MS walk, held at the Riverfront Park in Salem.

MS is an autoimmune disease that affects the brain and spinal cord, resulting in symptoms that are exhibited in the form of muscle and motor problems, vision impairment and cognitive decline, among several other complications.

The MS walk is a national fundraiser whose profits are used to fund research about the disease as well as support groups and other resources for those living with MS.

"We got involved because one of our brothers is ... passionate about [the cause], so we are trying to help in any way we can," junior and President of Kappa Sigma Aaron Bilbao said.

The fraternity's team collected donations from students and professors to raise over \$335 to contribute to the efforts of the MS walk, for which thousands of community members showed up to offer support.

Contact: hwaller@willamette.edu

► Learn more

To learn more about the MS walk or to make a donation, visit Kappa Sigma's team Web page at <http://main.nationalmssociety.org>.

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Bearcat Battles: A spirited spin on Dorm Wars

EMILIE JENSEN
STAFF WRITER

During the week of April 25-30, the Willamette Events Board (WEB) will host the Bearcat Battles, a spin-off of the Dorm Wars held each spring. While Dorm Wars has become an annual tradition, this is the first time that intramurals, WEB and Kaneko Council have come together to put on this type of event.

"The Bearcat Battles is a new hybrid of Dorm Wars. It is an event designated to foster both friendly competition among campus areas and general Bearcat pride," senior and WEB Co-President Kelly Kean said.

For competitive purposes, the campus has been divided into segments to make up seven different teams from every realm of campus.

"Originally, I had a vision of a 'Spirit Week' kind of thing for Willamette," WEB Co-Chair of Spirit Travis Andreasen said. "However, after talking about it and adding

more ideas, more people grew interested and offered their own ideas until now it's snowballed into this whole new idea: a week of events designed to create a somewhat competitive atmosphere for teams of students from different territories around campus."

Andreasen said he was shocked upon learning that the University did not have a spirit week, so when he became the spirit co-chair, it was an idea he believed would benefit the community.

"My high school had a 'Dorm Olympics' where our respective houses competed in various events, and it was considered a big deal," Andreasen said. "I really just hope to foster the same sort of fun with the Bearcat Battles that I was exposed to and get people out socializing."

The event will last all week, beginning with making of team banners on Monday to establish an identity that the team can rally behind for the rest of the week. The teams will compete to earn points throughout the week in the following events:

Monday - Banner Day: 4:00-5:30 p.m. at Brown Field. Free tie-dye, bubble machine, massive parachute, etc. Wear school colors.

Tuesday - Bearcat Brainbowl: 7 p.m. in Montag Deñ. Teams will test their "Toilet Paper" knowledge in a trivia game. Free snacks will be provided; wear plaid all day.

Wednesday - Pajama Day and dodgeball: 8:30 p.m. at Sparks.

Thursday - Tug of war: 11:30 a.m. at the Mill Stream. Wear beach clothes.

Friday - Karaoke and dance party: 8 p.m. in Jackson Plaza (Cat Cavern if it is raining). Karaoke from 8-10 p.m., dance from 10 p.m.-1 a.m. Choose your own theme.

Saturday - Kaneko pool party: 2 p.m. at the Kaneko pool. Cannonball contest and Homerun Derby at the softball field. Free snacks will be provided.

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TIU Student Relief Fund Providing unity and support to those affected by the disaster

HANNAH WALLER
NEWS EDITOR

In response to the recent devastation by the earthquake in Japan, TIUA has created a relief fund to support and assist those who were most affected by the disaster.

The idea for the fund originally came from alumnus Eric "Rick" Godsey, 1944, who "had students from TIU who were his roommates and also worked as a student staff member in our one-year American

Studies program at Willamette/TIUA," Executive Vice President of TIUA Gunnar Gunderson said. "We consulted with our colleagues at TIU, and we all agreed that we would respond by setting up this more targeted relief effort."

The recently established fund has already seen success, as it has raised nearly \$1575 in confirmed donations, with an additional \$1000 in pledges.

According to Gunderson, the relief fund provides a way for students to show

support for TIU students, many of whom have had their home communities destroyed or evacuated because of the earthquake and tsunami.

In addition to property loss, several TIU students' parents have lost employment. This is another area in which the contributions from the relief fund can help, Gunderson said.

"It is just getting started, but the need is going to persist for a very long time due the devastating impact of this disaster. We

hope that those interested can help with even small contributions of \$10 or \$20," Gunderson said.

Contact: hwaller@willamette.edu

► Learn more

To learn more about the relief fund or to make a donation, visit <http://www.tiu.edu>

Convocation: Archaeologists dig up the past

KATE BARKER
CONTRIBUTOR

On Thursday, April 14, archaeologists Dr. Jane Downes and Nick Card came to speak at Convocation. They both work in Scotland at the Orkney Research Centre for Archaeology (ORCA), an organization of professional archaeologists that will soon work with students in the Willamette Archaeology Field School on a post-session trip.

Downes, who is Head of Archaeology at the Centre, started her take by saying that originally she did not like the subject of history in school. But later in college, when she took a class on medieval history, she realized she liked history when it focused on ordinary people rather than on political leaders and events.

From there, her interest in archaeology developed and she got a graduate degree with a concentration in the Bronze Age. Downes said that one of the things she liked about going on archaeological excavations was the camaraderie of people working together.

Card, like Downes, also became interested in archaeology during college. He started part of the presentation by showing PowerPoint slides with pictures of Egyptian pyramids and Indiana Jones, explaining that these photos showed his original impressions of archaeology.

Because he was already intrigued, Card decided to pursue archaeology further in college. He studied under a famous professor who inspired him and lead him to choose archaeology for his major.

Currently, Downes and Card are working on an excavation of a United Nations Educational, Scientific and Cultural Organization (UNESCO) site, where stonework artifacts resembling the famous stone circles of Stonehenge have

been discovered. These artifacts date back 5000 years to the Neolithic era.

One point both Card and Downes cited as enjoyable about their work is the sense of community involvement. Downes said that they "try to work with the community where the excavation is taking place."

The archaeologists explained that their work is beneficial to the community's economy because it helps them "provide more services for tourists."

Since the establishment of the archaeology major in 2009, there has been an increase in archaeology based lectures and presentations available to students. Senior Jessa Fowler, who is in the class that plans out the weekly convocations, said she found the "broader field of archaeology appealing."


Professor of Environmental and Earth Science Scott Pike, who is leading the post-session in ORCA this summer, said he enjoyed the talk. Pike said that he liked how Downes and Card "mixed archaeology with social and modern ideas, instead of just academic research."

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► Learn more

For more information about the University's archaeology program, visit www.willamette.edu/cia/arch/index.php

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WILLAMETTE UNIVERSITY

Willamette University's 11th Annual
STUDENT SCHOLARSHIP RECOGNITION DAY

<p>All Day Activities</p> <p>Poster Sessions Presenters present at designated times, no poster fee available at day.</p> <p>Junior Art Major Spring Review Exhibition 9:00 am - 4:00 pm / Theater Arts Gallery, 302 Building</p> <p>Senior Art Major Exhibition 10:00 am - 5:00 pm / Ullrich Field, Museum of Art</p> <p>Morning Activities</p> <p>Session 1: Oral and Poster Presentations, 9:30 - 11:30 am College Science Center, Room 114, First Hall Please bring your poster to the session at 10:30 am</p> <p>Session 2: Theoretical Explanation and Nature Walk, 11:35 am - 12:45 pm A Theoretical Explanation of the Poetry of Anne Sexton Setting: Ullrich, Ullrich Building</p> <p>Nature Walk, A Pleasant Stroll with a Campus Naturalist Meet at Ullrich, Ullrich Building</p> <p>Afternoon Activities</p> <p>Session 3: Special Science Sessions, 1:00 - 1:30 pm Part of the Salem-Kitteridge Science Expo Series in Discovery Days (DD) Program Room 114, Ullrich Building</p>	<p>Session 4: Oral Presentations, 1:00 - 2:00 pm Presidential Scholars Ullrich Room, Main O. Donald Library</p> <p>Oral Presentations College Science Center, Room 114, First Hall</p> <p>Session 5: Oral Presentations, 2:15 - 3:15 pm College Science Center, Room 114, First Hall</p> <p>Session 6: Oral Presentations, 3:15 - 4:30 pm College Science Center, Room 114, First Hall Please bring your poster to the session at 3:15 pm</p> <p>Session 7: Oral and Poster Presentations 1:00 - 5:00 pm / Ullrich Science Center, Room 114, First Hall</p> <p>Student Scholarship Recognition Night (SSRN) Activities</p> <p>Faculty and Sophomore Class Council Dinner 7:00 pm / Sparks Hall</p> <p>Willamette University Chamber Jazz Ensemble in Concert 7:30 - 8:30 pm / Sparks Hall, Sparks Hall</p> <p>Literary Readings, De Chrysalis 7:00-8:00 pm / Sparks Hall</p> <p>The Salem-Kitteridge Science Expo Series in Discovery Days (DD) Program 10:00 am - 5:00 pm / Sparks Hall</p>
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Tempting Tomes

COLUMN

'The Mental Floss History of the United States' by Erik Sass

'Mental Floss' vs. high school history



AUSTIN SCHOCK

COLUMNIST

I love history, which I see as a story with characters and never ending plots. No history book that I have read has allowed me to do this like Erik Sass' "The Mental Floss History of the United States."

As if to hint at the nature of its contents, the back of the book depicts a graph comparing its many attributes (interestingness, accuracy, humor, attractiveness, throw-ability) to other sources of historical knowledge.

And the graph is right, this book is far easier to throw than my high school U.S. history teacher (Corbet was bigger than me, though that's not saying much). But what about the other categories? Does this book measure up to its own standards?

Let's start with accuracy and interestingness, which I'm lumping together. First off, the book does keep to the basics, such as the idiot Columbus, the American Revolution, the Western Expansion, the Civil War and Industrialization.

These things wouldn't be out of the ordinary if they weren't interspersed with interesting facts.

For instance, dear reader, were you aware that "Americans were so good at eugenics that U.S. laws were used as models for the program established in Nazi Germany?" This is a fact both my history book and teacher left out.

Quite a bit of the other stuff, though, such as the division within the colonists themselves about the revolution, were included in my class. To add to these tidbits are quotes, such as Davy Crockett's, "You may all go to hell, and I will go to Texas" upon losing his reelection.

So, overall, I would definitely say that this book is more interesting than my history textbook and, sometimes, more interesting than my history teacher as well. Is it more accurate? I honestly couldn't find any differences of opinion, so yes.

Now, we move onto the "funny" category. Is this book funnier than my old textbook? For the most part, I would say yes. True, I did laugh at both of the books, but this one had a greater laughter to page ratio.

However, is it funnier than my history teacher? Corbet had a dry sense of humor that worked for me, and for a lot of people. Plus, he knew when to add an odd fact to lighten up a lecture (such as the hot tub sized cheese wheel that President Jackson had for his inauguration). Honestly, I would call this one a tie.

In terms of attractiveness, I give the prize to my old history book. Old guys don't do it for me, and this newer book has no colored pictures. But despite this loss, "Mental Floss" wins the overall comparison.



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TELEVISION REVIEW: 'United States of Tara' on Showtime

The future of 'United States of Tara'

MILES SARI
CONTRIBUTOR

In Showtime's "United States of Tara," Academy Award nominee Toni Collette ("Little Miss Sunshine") portrays a mother named Tara Gregson from Oakland Park, Kansas with dissociative identity disorder (D.I.D.). The show is executive produced by none other than the brilliant Steven Spielberg and is currently well into its third season.

As the genius, comedic centerpiece of the show, Tara's plethora of alternate personalities provide the audience with a perpetual roller coaster ride of deep dysfunction, mystery and curiosity.

Her six alter egos include the "June Cleaver-esque" desperate housewife Alice; rebellious, sex crazed teen, T; loud, profane, troublemaking, gun-loving dude, Buck; therapist and feminist, Shoshana Schoenbaum; primal and demented, Gimme; and scared little Chicken, which is Tara's child-like self.

SPOILER ALERT: Tara learned in season two that she was molested by her step-brother as a child, so the question isn't where her disorder and her six alternate personalities comes from, but how to live with it without destroying her family.

After two seasons of plot lines such as her son, Marshall, coming to terms with his sexuality and Tara's skeptical, self-absorbed sister, Charmaine, undergoing corrective surgery for her botched breast augmentation, season three is all about the future.

As the entire family searches for a way to grow up, the show moves forward after Tara and Charmaine fill in details about their patchy childhood and the causes of Tara's D.I.D.

Season three finds Tara grasping control of her life by figuring out how to repress her alter egos without medication, as well as enrolling in college to finish her degree, which is clearly complex given her cortege of alters.



COURTESY OF PHOTOBUCKET.COM

The third season of Showtime's "The United States of Tara" premiered on March 28.

While Tara's struggle is still the focal point of the show, what makes season three of "United States of Tara" the best one yet is that all of the other characters also make significant progress.

In a myriad of ways, season three is actually about Max (John Corbett), Tara's faithful and long-suffering husband. As the audience understands the internal disputes of Max, we start to question how much he really is inclined to put up with Tara constantly transitioning into one of her alters and what he has sacrificed to be with her.

Other subplots of season three include Tara's wild daughter, Kate, growing up and trying to find meaning in her life as well as a way to escape her small home town and Marshall attempting to understand his complicated, three-dimensional relationship with his perplexing boyfriend, Lionel.

In addition, the usually selfish and

very pregnant Charmaine learns to care for others and accepts that her baby's father is now a permanent part of her life.

In the end, all of these storylines help keep "United States of Tara" fresh as the show tries to find a way for the Gregsons to live a normal life under atypical circumstances.

Season three has plenty of twists and turns with Tara's alters.

However, the show seems to have finally recognized that it's not all about the disorder; it's about how everyone learns to live with it.



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RESTAURANT REVIEW: Taj Mahal

Decent Indian food on a budget

BRIAN GNERRE
CONTRIBUTOR

At first glance, the inside of Salem's new Indian eatery, Taj Mahal, reminded me of the portable classrooms my high school had, albeit set up to accommodate diners. The low ceilings had that familiar, large rectangular pattern with bulbs strong enough to keep the entire establishment brightly lit.

This brightness actually nicely highlighted the light brown color scheme present from the wood floors on up to the tan walls.

In fact, once I stopped focusing on the odd ceiling, I noticed that the atmosphere created by the pleasant colors, framed Indian art, cute faux flowers and hanging lamps at each table combined to form a charming (albeit oddly bright) dining experience.

My friend and I arrived during the lunch buffet, which runs from 11 a.m.-3 p.m. well after the 12-1 p.m. rush. Even at around 2 p.m., though, we were still accompanied by three or four other groups of diners. Young, reserved waitresses filled our water and then it was off to the (buffet) races.

Before I continue, I must let it be known that India Palace marks my only other experience with Indian buf-

fets. I especially appreciate that both restaurants offer fresh fruit, a welcome diversion when you're ingesting dense, spicy dishes.

These dishes were, for the most part, flavorful and delicious.

The aloo mutter, a mildly spiced potato and pea dish, had a wonderfully soft, mushy texture on account of the excellently cooked potatoes (take notes, Goudy).

The karahi chicken, a soupy tomato-based dish with chicken and bell peppers, was tasty but not especially flavorful. The chicken was well cooked and the bell peppers retained a good amount of crunch, but overall the dish lacked the spice necessary to make it especially memorable.

The vegetable pakora (essentially battered, fried vegetables) was another fairly disappointing dish. These vegetable nuggets contained mostly batter, and I had a hard time recognizing the actual vegetables present because they were cooked to a mushy pulp.

The chicken makahni, also known as butter chicken, was definitely the highlight of the meal. Start with a rich, creamy, savory sauce, throw in enough

spice to add flavor without overwhelming the dish, add tender chicken chunks, pour the whole concoction over basmati rice, and you have yourself one satisfying and tasty dish that's still making my mouth water.

Taj Mahal's naan bread deserves special mention for its wonderfully fluffy consistency. In addition, the servers' constant refilling of the bread bowl ensured fresh, delicious naan for the entire meal.

Pour some raita (a light, yogurt-based cucumber and herb sauce) over this bread and let the taste buds fireworks fly.

My rice pudding dessert accurately sums up my overall experience: rich, textured, but could've used just a little more flavor. For \$8, you could do a lot worse.

Taj Mahal is located on State Street next to Adam's Rib and Smokehouse.



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The (abridged) ABC guide to Wulapalooza 2011

KALI BOEHLE-SILVA
STAFF WRITER

Don't know what to expect from the 13th annual Wulapalooza?

As junior and member of the Wulapalooza committee Jillie Jennings said, "Wulapalooza is an event for students so they can enjoy music, arts, crafts, activities and hanging out with friends before finals and the end of the year." Check out the highlights of this year's earth, art and music festival, which will be on Saturday.

A is for art. Besides the one-of-a-kind sidewalk variety (see "C"), Wulapalooza offers many opportunities to appreciate and create unique works of art. You can even purchase student art work at the arts and crafts fair.

B is for bubbles, provided by the many bubble enthusiasts on campus.

C is for chalk, the preferred medium of Willamette sidewalk artists. It seems like the University uses more chalk during Wulapalooza than your average one-room school goes through in a year.

D is for Das Racist, one of the four headlining bands (which also include Horsefeathers see "H," Brite Futures and AU). If you haven't heard of Das Racist and its signature blend of in-your-face humor and social commentary, visit its Web site at www.dastracist.net.

E is for Earth Day. If you forget to mark the occasion on Friday, come out to Brown Field on Saturday and celebrate.

H is for Horsefeathers, the Portland-based, thought-provoking, indie-folk music group, also a headliner during the 6-10 p.m. time slot.

J is for Japan Relief Fund, one of the charitable organizations receiving funds from t-shirt sales.

M is for Marion Polk Food Share. Bring your canned food donations to Wulapalooza and support local families.

N is for NO RAIN. Keep your fingers crossed.

O is for origami and calligraphy, led by TIUA student on Brown Field.

P is for Photo Club's "Wula Through Your Eyes" event, which will provide disposable cameras for participants to capture the sights of Wula.

S is for student musical acts. Besides the headliners, Wula features student bands on a variety of stages throughout campus. Check out the schedule online at.

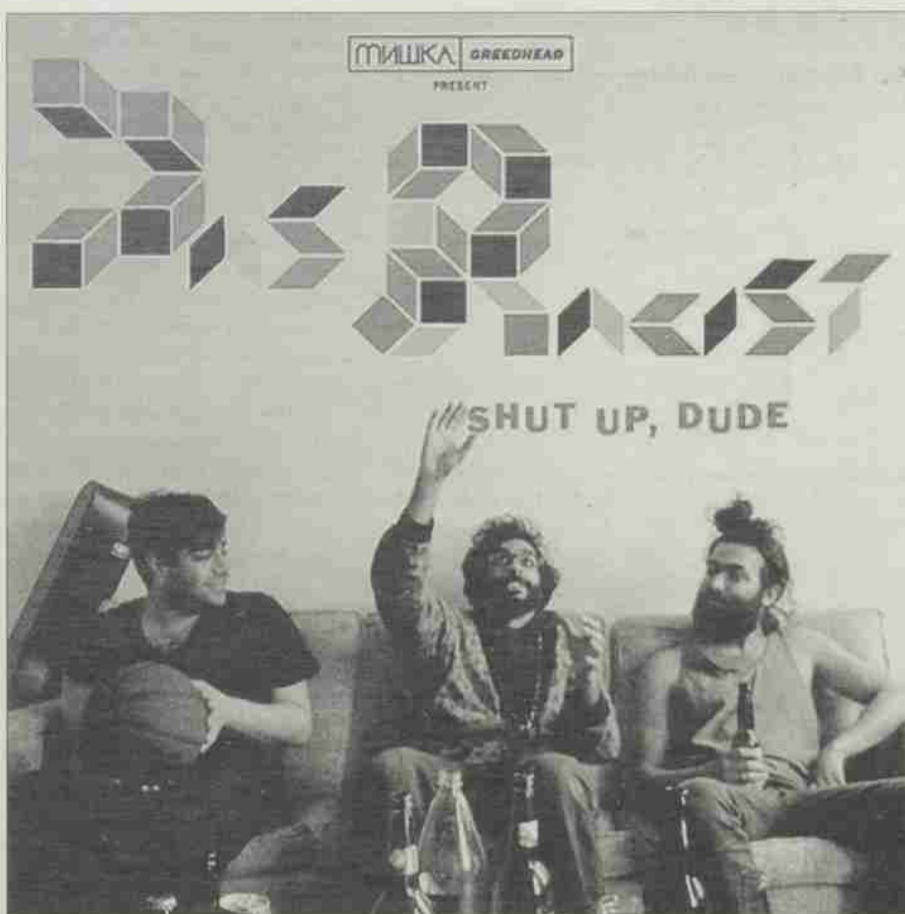
T is for 21 and over. Those old enough are encouraged to check out the Beer Garden on the second floor balcony of the UC from 6:00-9:30 p.m.

W is for the Willamette Dance Company, which will be performing several of the dances from its Spring Concert throughout the day.

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► Learn more

- Wulapalooza is this Saturday, April 23.
- The event is free, although donations of canned goods are encouraged.
- Running from 11 a.m. to late evening, Brown Field will play host to activities, an arts and crafts fair, student band and dance performances and the headliners, AU, Brite Futures, Horse Feathers and Das Racist, along with special guests Bottle Rocket and Brainstorm.
- For more information, visit <http://www.willamette.edu/org/wulapalooza/>.



Brooklyn based headliner Das Racist will perform witty raps from its first mixtape "Shut Up, Dude," pictured above, and its recent second mixtape, "Sit Down, Man."

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Celebrate National Poetry Month in Salem

HANNAH SCHIFF
ARTS EDITOR

This month will see many activities in Salem to celebrate National Poetry Month.

On Thursday, April 21, the Third Thursday Poets will host their monthly meeting. New members are welcome to attend, listen and even read their own poems and personal favorites. The group will meet at 5:30 p.m. in Gallery 205 of the Reed Opera House.

Acclaimed Fisher Poets Moe Bowstern and Geno Leech will be reading their works at 7 p.m. on April 21 in Eaton Hall, room 209. Bowstern and Leech both appeared in the award-winning 2005 documentary "Fisher Poets," which follows various literary talents in the fishing industry.

The Salem Public Library will be hosting a free bi-lingual poetry reading at 7 p.m. on April 21. Efrain Diaz-Horna and Juan Marcos Cervantes will each read for 20 minutes in both Spanish and English. The reading will be followed by a question and answer session and reception.

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► Learn more

For more information on the Third Thursday Poets, visit www.thirdthursdaypoets.org. To learn more about the Fisher Poet reading, contact Professor of English Mike Chasar at mchasar@willamette.edu. Information on the bi-lingual poetry reading can be found at www.cityofsalem.net.

Spring dance concert showcases student talent

ASTRA LINCOLN
CONTRIBUTOR

The Willamette Dance Company's Spring Dance Concert will debut this Friday, April 22. The concert will showcase many styles, including jazz, modern, interpretive, swing, blues, ballet, hip-hop and even some improvisation.

Unlike the dance concerts of the past, this semester's concert will feature student musicians for some of the accompanying music. Every aspect of the concert, including all of the dancing, choreography and production is entirely student created and organized.

MBA student and founder of the Willamette Dance Company Madeline Yoste said that the club is "built on collaboration."

Yoste said that "students will enjoy seeing dance that was created and produced solely by their peers ... [who] create a beautiful show of artistic expression that cannot be replicated in any other way. It is truly an experience of human expression that is universal in all of us."

Senior Gabi Esser, another student involved in the dance company, said that many of the pieces "have deep statements behind them." She said that some of the pieces will amaze, while others "will really emotionally move you."

Yoste founded the Willamette Dance Company in the spring of 2009. Five semesters later, it has developed into a strong network and community.

Sophomore and current Program Director Dawn Hinrichs said she anticipates that Smith

Auditorium will be filled to the brim for this semester's production.

"I was floored by last semester's concert," Hinrichs said. "I cannot wait to see what this semester will hold."

Contact: alincolln@willamette.edu

► Learn more

The two concerts will be held on Friday, April 22 at 7 p.m. and on Sunday, April 24 at 2 p.m. The performances are free of charge.



Sophomore and current Program Director Dawn Hinrichs rehearses for the Spring Dance Concert.

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KRISTEN KELLAR
FEATURE EDITOR

Each year, students and community members turn out for Wulapalooza, Willamette's annual earth, art and music festival. The event consists of a variety of musical acts, activities and booths for attendees to visit.

The 13th annual Wulapalooza will be held on Saturday, April 23. Donations to the Oregon Japan Relief Fund and Mercy Corps will be accepted as well as canned goods donations for the Marion-Folk Food Share.

Wulapalooza starts at 11 a.m. and the headlining acts will begin at 6 p.m. Performing at this year's festival will be Horse Feathers, Britz Futures, AU and Das Racistras as well as more than 15 student bands. In order to prepare for the festival, here is some background information about a few of the students performing on Saturday.

Contact: Kkellar@willamette.edu



COURTESY OF JILLIE JENNINGS

After enjoying performing last year, junior Jillie Jennings will be back for Wulapalooza this year.

Slater Smith

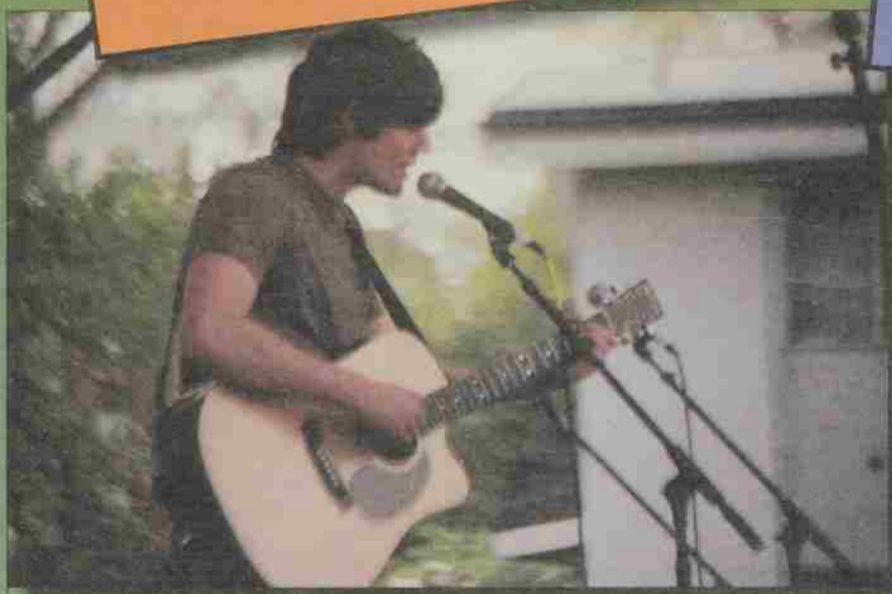
Junior and acoustic singer-songwriter Slater Smith will once again be performing at Wulapalooza. Last year, Smith performed by himself, but this year his brother plans to play drums with him. Smith said he enjoys playing in front of large crowds and the Wulapalooza atmosphere. "I need to take advantage of every chance I get to play in front of big crowds - it's the only way you get better. Wulapalooza provides a great venue and a fun audience," Smith said.

Smith said that his songs tend to be a cross between "dirty-folk and blues-influenced pop." He also said that he has a variety of influences from "90s radio soft rock bands like Matchbox 20, to lefty rock revival bands like The White Stripes and The Strokes, to some folksy stuff like Iron & Wine and Josh Ritter."

Smith's musical inclination comes from his hometown of Sisters, Ore., he said, adding that the town has a lot of songwriters within the community. Through his high school and the local Sisters Folk Festival, he said that there were a lot of opportunities to play music in Sisters and in Bend.

"I also got the opportunity to rub shoulders with professional songwriters through Folk Fest; it was a great way for a high school kid to learn, observe and stay inspired," Smith said.

Slater Smith is scheduled to perform at Brown Field at 1:20 p.m.



COURTESY OF SLATER SMITH

Junior Slater Smith will once again play at Wulapalooza. This year, he will perform with his brother.

Jillie Jennings

Junior Jillie Jennings is back for her second performance at Wulapalooza. Jennings said that her musical style is difficult to define, but that she draws from jazz and folk styles. She said that she is returning after really enjoying performing last year. "It's a great event with a fun atmosphere," Jennings said, "and it's a wonderful way to perform your music with others."

Music has always been a part of her life, Jennings said, and she has been classically trained in voice for more than seven years. However, she didn't start performing on her own until she arrived at Willamette.

As a freshman, Jennings sang at Open Mic Night during Opening Days. She said, "Music is a great release for me and a wonderful creative expression. I am glad I get to share my love of it with others." Jennings also writes her own music. "For me, performing is about being in the moment and there are few things like it," Jennings said.

Jennings is scheduled to perform at 12:00 p.m. at Brown Field.

Marahuté

Named after the giant gold eagle from Disney's "The Rescuers Down Under," Marahuté will be making its first appearance at this weekend's festival. However, front man senior Dan Meloy said that most of Marahuté's members have performed at past Wulapaloozas.

Meloy said that the music should be familiar to much of the audience, but not overplayed. He described their music as fun and upbeat. "Get ready to dance," Meloy said.

Marahuté includes Meloy on guitar, bass and vocals, senior Taylor Lea on guitar and bass, junior Jesse Sant on guitar, junior Adam Lester on saxophone, sophomore Brad Bourgeois on trumpet, senior Ryan Rowdy Taylor on keyboard, junior Stephen Moore on harmonica, alumnus Tom Pearce on trombone, alumnus Matt Sant on vocals and their friend Bob Delle on drums.

While many of Marahuté's members have performed separately, Meloy said that all the members are good friends and they decided to start a band once they realized that they were all talented musicians who would sound good together. "Some organization and practice later, Marahuté was born," Meloy said.

When asked why he decided to participate in Wulapalooza this year, Meloy said, "I want to finish my senior year with a bang."

Marahuté is scheduled to play at 12:55 p.m. at Brown Field.



Roman Spring

Junior Sean Hough describes Roman Spring as a "modern Queen or an alternative dance-rock." The band, with Hough on keyboard and vocals, junior Sam "Samwise" Kuniholm on drums, sophomore Sam "Samstrong" Mintzmyer on guitar and vocals and senior Travis Lee on bass, originally wanted to be a gypsy rock funk band, Hough said.

"We've all wanted to be in bands, but were waiting for something to inspire us," Hough said. According to Hough, Roman Spring found that inspiration after seeing one of the dance groups at last year's Wulapalooza perform The Cat Empire's "The Wine Song."

It took months for the band to decide on a name, Hough said. "Samwise wanted it to be Spar, and Samstrong wanted it to be Kings of the Colonies and I wanted it to be anything with purple, elephant or empire. None of us liked each other's suggestions and eventually we finally decided on a really bad compromise, Colonial Architects."

But, that name didn't stick and it was back to the drawing board. "Eventually on a Frisbee tour, I thought of some band names and I misspelled one and it came out Roman Spring," Hough said. Hough added that the name has a special meaning to the members.

Roman Spring struggled to find a bassist, but eventually found Lee. "We owe a huge debt to him," Hough said. Lee is also a bassist for student band Dr. Altman's Bird Refinery.

Roman Spring's first performance at Wulapalooza will include original works by Mintzmyer and Hough as well as covers.

Roman Spring is scheduled to perform at the Jackson Plaza stage at 1:00 p.m.



COURTESY OF SAM KUNIHOLM
After being inspired at last year's Wulapalooza, Roman Spring will take the stage for the first time on Saturday.

SnakeD***

"Our band is called SnakeD***. We wanted something with substances, you know? Plus, we can't wait to see it on the t-shirts," senior Eben Hellekson said. Hellekson described the band's music as "funky," saying, "You will dance whether you want to or not, but preferably on stage with us."

The band consists of Hellekson on drums, junior Sam Calhoun and alumnaus Tom Salinas on guitar, senior Ross Virtain on bass and Tom Pearson on trombone.

While this is SnakeD***'s first performance at Wulapalooza, Salina, Virtain and Hellekson performed in 2009 under the name Dr. Schlager Whiskey Meister.

"We've been working hard on our sound so all our friends have something cool to dance to," Hellekson said. He also said that part of the reason the band is performing is because the members are all seniors, so it's their last chance to participate.

Hellekson said, "Wula is always the high water mark of the year for our times." SnakeD*** is scheduled to perform at the Jackson Plaza stage at 1:50 p.m.

Plain Skone 1.75

Plain Skone 1.75 will be playing in its first Wulapalooza this year. TIUA student Shogo Kanai, the band's front man, said, "We want to show Japanese music style."

Kanai said that the band chose its name after seeing a plain scene that cost \$1.75 in the Bizarro.

Wanting to play music in the United States was the band's main motivation for participating in Wulapalooza.

Plain Skone 1.75 is scheduled to play at Brown Field at 11:20 a.m.

Super Gallop

"Super Gallop. It was either that or Milky Angel Baby," senior Dan Bullard said of the band's name. Bullard described the musical styling of Super Gallop as a mix of saxophone and simple riffs.

Super Gallop has played a few shows before, including last year's Wulapalooza. The band consists of Bullard, senior Brian Gregg, junior Adam Lester, senior Ryder Nishitaka and sophomore Max Blackstead.

When asked why Super Gallop decided to play at Wulapalooza again, Bullard said, "Power and greed. This is also the best day all year and a great community-oriented event that is run by students. So much fun will be had by so many."

Super Gallop is scheduled to play at Brown Field at 2:15 p.m.

Dr. Altman's Bird Refinery

While this year's Wulapalooza attendees may remember Dr. Altman's Bird Refinery from last year, the revamped band has six new members who first played together during their audition for this year's festival.

Their music is a mix of country, folk, classical and rock. Senior Jared "Winnabago" Green said that the band has been "inspired by groups like The Decemberists, Mumford & Sons, Bonnie Raitt, Elephant Revival, The Devil Makes Three and others."

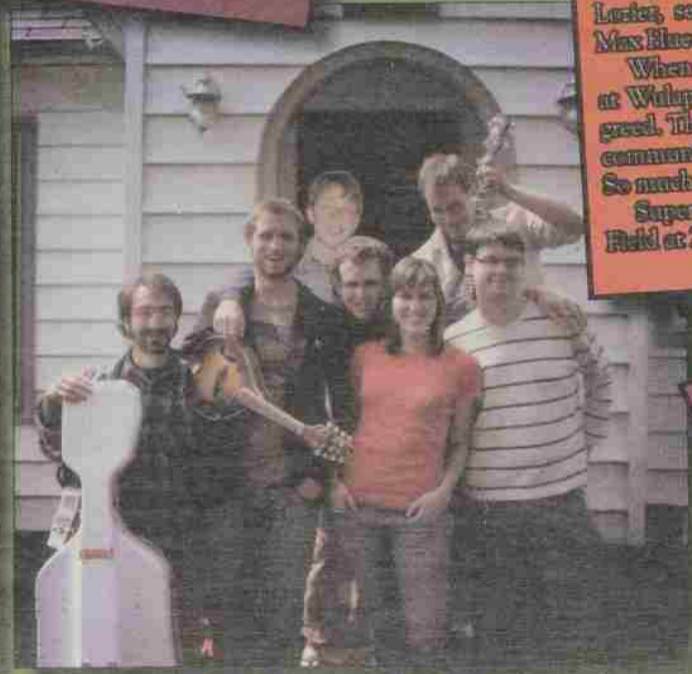
The band has a variety of skill levels, Green said, ranging from beginner, to classically trained, to professional.

The band's members are Green on guitar and banjo, senior Travis "Mr. Feigenbaum" Lee on bass, senior Steven "Pops" Morrison on fiddle, junior Ian "Mountain Man" Brody on cello, seniors Olivia "The Girl" Stone and Paul "The Talent" McKean on vocals and Oregon State University junior Caleb "The Kid" Green on the mando.

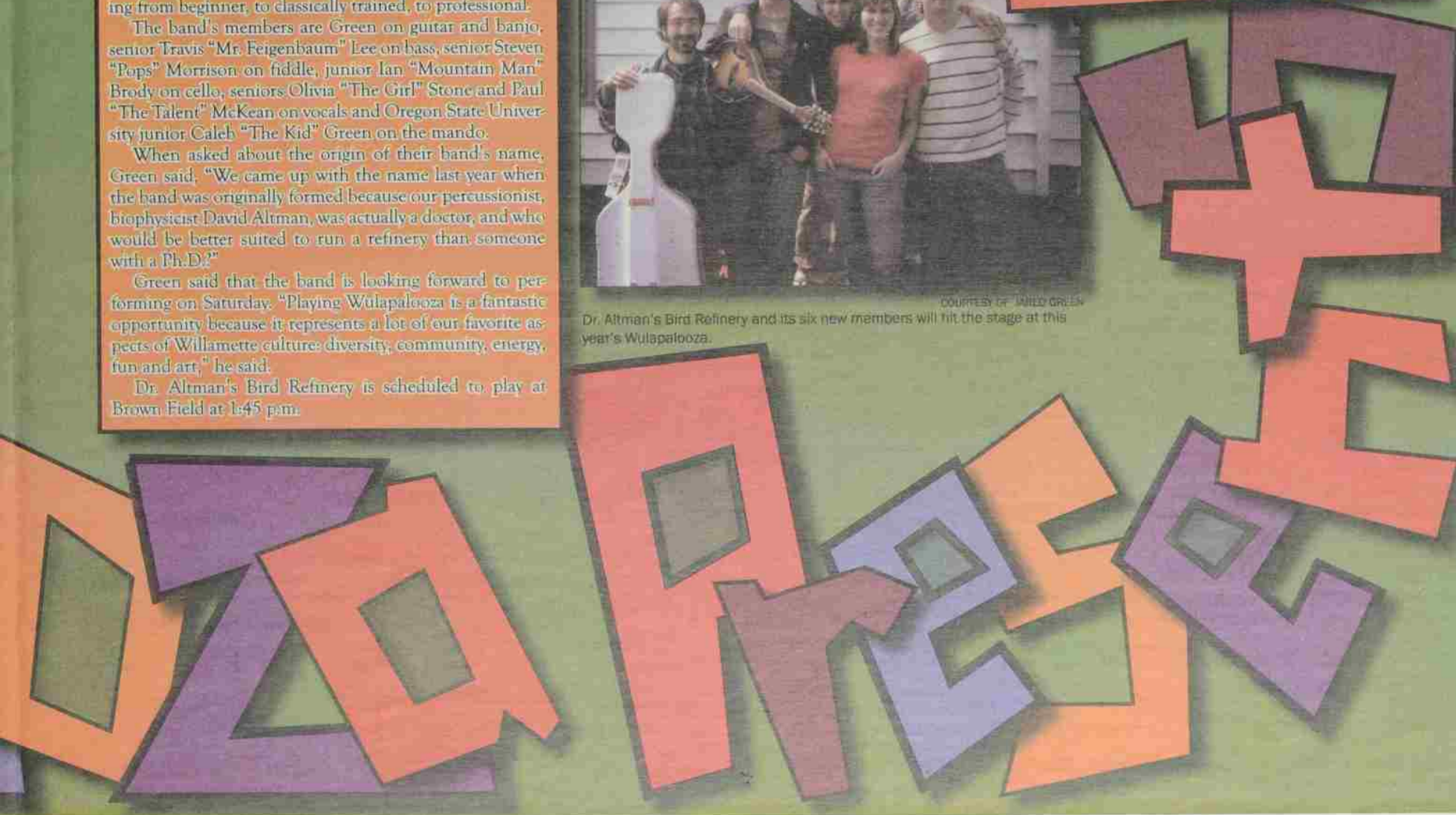
When asked about the origin of their band's name, Green said, "We came up with the name last year when the band was originally formed because our percussionist, biophysicist David Altman, was actually a doctor, and who would be better suited to run a refinery than someone with a Ph.D.?"

Green said that the band is looking forward to performing on Saturday. "Playing Wulapalooza is a fantastic opportunity because it represents a lot of our favorite aspects of Willamette culture: diversity, community, energy, fun and art," he said.

Dr. Altman's Bird Refinery is scheduled to play at Brown Field at 1:45 p.m.



COURTESY OF JARED GREEN
Dr. Altman's Bird Refinery and its six new members will hit the stage at this year's Wulapalooza.



MEN'S SOCCER

Fobi to usher in new era for Bearcat men

MADDY GRAINGER
CONTRIBUTOR



ATHLETIC DEPARTMENT
Last Thursday, Lloyd Fobi (pictured above) was hired as the new men's soccer coach.

The Willamette Athletics Department recently announced the long-awaited decision for the new men's soccer coach. Last Thursday, Lloyd Fobi was selected to replace outgoing coach Nelson Larson.

Fobi takes over Bearcat soccer with considerable credentials. In college he competed for Oregon State University, playing for two nationally ranked teams.

Prior to coming to Willamette, Fobi

served as an assistant coach at Corban College while also working with the Oregon Olympic Development Program.

For the men's soccer team, the transition from the end of the fall season into spring has been anything but easy.

The team lost Larson as their part time coach of five seasons due to his conflict of commitments. This made it difficult to organize and prepare for the current spring training and upcoming fall season.

"We always set out to hire the best coach possible," Athletic Director Mark Majeski said. "We assume that all candidates understand what is involved in being a head coach at the college level...we found someone who fits this perfectly."

The process for hiring the new coach was lengthy. The pool was eventually narrowed to three candidates in the last couple of weeks.

Despite some conflict of interest between the Athletic Department's hiring committee and the men's team, the recent decision to hire Fobi was deemed the best by the hiring committee.

"It is customary to include team members in the search process," Majeski said.

During the hiring process, each of the

three prospective coaches was brought to campus to hold a practice with the team.

"We asked for feedback on each candidate, which we received," Majeski continued. "In the end, Coach Fobi brought a complete package that matched our desires for the new head coach."

This week, Fobi kicked off spring practice for the team, consisting of a two-a-day schedule of Mondays, Wednesdays and Fridays at 6 a.m. and 5 p.m.

The coaching style is much more serious, according to several of the players, with a greater emphasis on a "blue collar" work ethic. Fobi's regimen so far has reportedly consisted of physically demanding practices with new rigorous drills of repetition and efficiency.

Fobi stresses the value of a team that is "more fit and works harder than any other team," according to sophomore Etienne Galbreath.

Women's coach Hillary Arthur said she is "very much looking forward to working with Coach Fobi. His knowledge and experience both playing and coaching at the NCAA Division I and NAIA levels will greatly benefit Bearcat soccer."

The overwhelming confidence and sup-

port from the team for their new coach shows positive prospects for the upcoming fall season.

Fobi's "uplifting demeanor, enthusiasm and knowledge of the game is exactly what the soccer team needs to succeed next year, and he is the right man to positively impact us on and off the field," senior captain Erik Kaufman said.

Arthur agreed. "Lloyd's coaching style is one that promotes high work ethic and attention to detail," she said, adding that she believes this pairs well with his ability to motivate and relate to student-athletes.

Sophomore Natividad Zavala said, "What Lloyd brings to the table is everything that we need and then some. He is going to take Willamette soccer to places we have never been before. We are going to do damage."

Despite some disappointment at the outcome of the past few seasons, "we have full confidence in his abilities and are excited to win next fall," Kaufman said.

Contact: mgrainger@willamette.edu

SOFTBALL

Bearcats take 3 of 4 to clinch NWC berth



EMILY SCHLIEMAN

Junior shortstop Mica Romero rounds the bases during a game earlier this season. Romero leads the team with 24 RBIs and 39 hits.

BRANDON CHINN
STAFF WRITER

Over the weekend, the Bearcats traveled eight hours north to take on Whitworth College in hopes of winning the series and clinching a season-ending Northwest Conference Tournament finale.

Game 1:

The Bearcats started off their weekend right, as timely hitting backed junior pitcher Alex Watilo's strong performance on the mound. Willamette defeated Whitworth 5-0.

Watilo came up big for the 'Cats, striking out three and only allowing three hits.

Junior utility player Talissa Huntsman provided the power with a towering three-run homerun to right center field. "My success at the plate comes from having the killer instinct," Huntsman said. "I own the pitcher - they don't own me. They don't throw anything that I cannot hit."

Sophomore Courtney Galli added three hits in the winning effort.

Game 2:

Both offenses got off to a slow start, but once the Bearcats' bats woke up, there was no stopping them. The team tallied 12 hits total. A third of those hits came during

a four-run fourth inning that extended the lead to 5-0.

Whitworth would narrow its deficit but Willamette would answer, scoring one in the fifth and two in the seventh to seal the deal.

Huntsman turned to the pitcher's circle in game two. She surrendered two runs through four frames to collect her third win of the season.

"A pitcher becomes successful when they have their defense and mechanics," Huntsman said. "My success came from my coaching staff helping me to compete and, of course, my defense for stepping up behind me."

Galli stayed hot, going 3-5 with a trio of RBIs. Junior outfielder Nichole Robertson also contributed with three RBIs.

Game 3:

With a chance to win the series, Watilo took the mound for game three. The Bearcats used three consecutive two-out walks to take an early 2-0 lead in the second inning.

Down 4-1 with only three outs remaining, the Pirates sent the game into extra innings, scoring three runs on four hits. After a scoreless eighth inning, Willamette pushed across a run on a fielder's choice ground out in the ninth.

That's all Watilo would need as the Willamette ace did not allow a single hit in extra innings. Overall she went

BEARCAT STAT

**T.C.
Lee**
BASEBALL

ATHLETIC DEPARTMENT

Lee, a senior, has been an offensive machine for the Bearcats all season long. Last weekend's sweep against Whitman was no different. Lee drove in seven runs, adding to his team-high total of 35. Sunday, Lee went 3-5 to bring the 'Cats back from a 4-0 deficit to win 14-9.

nine innings and struck out eight to win her 15th game of the season.

Game 4:

With a win the Bearcats would complete the sweep and clinch the third seed in the postseason tournament. The Lutes, however, stood in the way.

Down 1-0 entering the bottom of the fifth, the Pirates scored two runs on a pair of doubles to take a 2-1 lead. The very next inning Whitworth's offense exploded for six runs on four hits. They would blank Willamette in the seventh and salvage the series with an 8-1 victory.

After a successful weekend, the 'Cats now advance to the NWC Softball Tournament. The tournament includes the top four teams in the NWC. It will be held in McMinnville this weekend, on the home field of top seed and defending NWC champion Linfield.

Contact: bchinn@willamette.edu

next up

Softball vs. PLU (NWC Tournament)

@ McMinnville, Ore.

Friday, Apr. 22 at 1:30 p.m.

BASEBALL

Bearcats sweep Whitman

SEAN DART
CONTRIBUTOR

Baseball won three games against Whitman College this weekend with scores of 11-5, 14-0 and 14-9, improving to 18-14 on the season. The team once again relied on excellent pitching and stellar hitting to record their league sweep.

Game 1:

The Bearcat youth was on full display Saturday, with freshman Tommy Kawamura continuing his excellent play. Kawamura was 4-5 with a double and one run scored.

Fellow freshman Tosh Semlacher went 3-5 with one run, a double and an RBI. Freshman Brandon Chinn also got in on the action, blasting his first home run of the season and finishing 2-3 with two RBIs.

"On Saturday everything just clicked with not just me but with the entire team," Kawamura said. "The seniors' confidence in [the underclassmen] has been key."

Semlacher also credited the fresh-

men success to senior leadership. "It is much easier to be confident and comfortable when you know the guys above you believe in you when you are in big situations," he said.

On the mound, the 'Cats were again led by sophomore Brandon Simon, who threw seven innings, allowing ten hits and four runs. Simon struck out four, and moved to 6-2 on the season.

Game 2:

Junior Blake Paisley continued his solid pitching for the 'Cats, leading WU to a 14-0 blowout victory. Paisley went six shutout innings, allowing seven hits and striking out three.

Relievers Jamie McCaffery, Nate Bender and Jake Jones helped in relief to maintain the shutout for the Bearcats.

Sophomore Tyson Giza went 2-3 with four runs. He hit a solo homerun to lead off the fifth inning.

"This weekend I just really saw the ball well and focused on being relaxed and hitting the ball hard," Giza said.

Giza also credited the youthful suc-

cess of freshmen and sophomores to the experience of upperclassmen.

"The seniors have done a great job all year leading by example, making it a point to never take a day for granted on the baseball field," Giza said.

Game 3:

The 'Cats were led by senior T.C. Lee, who sparked a WU rally from a 4-0 deficit to defeat the Missionaries by a score of 14-9.

Lee went 3-5 with three RBIs. Giza continued his strong play, going 4-4 with three runs and three RBIs.

"Sweeping a team is always helpful in conference. ... I'm just trying to play as hard as I can to help the team get wins," Lee said.

Contact: sdart@willamette.edu

▼ next up

Baseball (2) vs. Whitworth

@ Spokane, Wash.

Friday, Apr. 22 at 12 p.m.

Quick Shots: Tennis closes out season

MICHELLE LASHLEY
STAFF WRITER

Men's Tennis

The men's tennis team defeated top-ranked Whitworth University, 5-1, in the semifinals on Saturday, earning the Bearcats a place in the finals. However, the Bearcats fell short to Whitworth (first in the NWC, 22nd in the nation) in the end. The Bearcats ended the season ranked second in the NWC.

"The team played a great match today," Head Coach Toby Krueel said of the first day of playoffs. "We played a senior-laden Whitworth squad. We played well in doubles. Our singles was even better than our doubles. The guys played great."

At No. 1 doubles, Willamette's team of sophomore Michael Baumgartner and senior Matthew Houser defeated Colin Zalewski and Joe Wales, 8-5. The Bearcats won a close match at No. 2 doubles, as sophomore Joshua Wong and junior Cody Ferguson outlasted Daniel Redfern and Colin Barrett, 8-6.

The Bearcats continued to excel at singles, Wong picking up an easy win at No. 1 singles, 6-2, 6-0, against Daniel Redfern. Houser rolled past Barrett, 6-1, 6-2, at No. 4 singles. Ferguson added a 6-2, 6-1 win at No. 3 singles over Wales.

The Bearcats were shut out in the finals. Wong narrowly missed a victory at No. 1 singles, 6-3 in the first set, but 3-2 in the second when play was stopped.

Women's Tennis

The women's tennis team competed in the semifinals of the Northwest Conference Tournament on Saturday, April 16. The Bearcats lost to first seed Whitworth University, 5-2.

The Bearcats won No. 1 doubles against Whitworth in the semifinals, but the Pirates took a 2-1 lead by earning wins at No. 2 doubles and No. 3 doubles. In the top doubles match, senior Natalia Agarycheva and junior Shannon Palmer recorded the win for Willamette by outscoring Rachel Burns and Alli Marshall, 8-5.

Palmer also achieved the sole singles win of the match at No. 3 singles against Bosman, 1-6, 6-3, 6-4.

The Bearcats end the year with a 10-7 overall record, ranked 11th for the NCAA III Western Division.

Men's Golf

Men's golf finished in sixth place in the final team standings of the Pacific Spring Invitational. The University of Puget Sound won the team title with a score of 594 for a

13-stroke margin of victory.

Willamette's top finisher was freshman Jacob Simonson who finished at 163. He shot 85 on the first day, but improved by seven strokes for a solid 78 on the second day. He finished in 23rd place.

Freshman Cole Clearman completed the tournament at 173 (85-88), while freshman Kyle Derby achieved a final score of 177 (87-90). Junior Brendan Dineen finished at 180 (91-89).

Contact: mlashley@willamette.edu



Freshman Jake Simonson follows through on a swing. Simonson was the Bearcats' top finisher, shooting a 163.

COLBY TAKEDA

▼ next up

Friday

M&W Golf at NWC Championships
@ Kennewick, Wash. All Day

Track and Field at NWC Championships
@ McMinnville, Ore. All Day

Saturday

Rowing at NCRC Championship
@ Lake Stevens, Wash. at 8 a.m.

M&W Golf at NWC Championships
@ Kennewick, Wash. All Day

Track and Field at NWC Championships
@ McMinnville, Ore. All Day

Reeder's
Reader
The coffee
controversyJO
REEDER

COLUMNIST

Coffee is one of the most controversial foods in our society. Regular drinkers will tell you it's fine, and avid abstainers will say it's a health disaster. In reality, though, how bad is it?

Coffee, once processed and brewed, is high in chlorogenic acid, antioxidants and caffeine. The latter is the most controversial of its components. In a 2003 study published in the "American Journal of Clinical Nutrition," caffeine was shown to increase glucose and insulin in the bloodstream, perhaps a sign that caffeine increases blood glucose.

However, it is stated that "gastrointestinal hormone profiles were consistent with delayed intestinal glucose absorption," indicating caffeine may have decreased the body's absorption of glucose.

Another study, conducted in 1964 and published in the journal "Metabolism," showed that administration of caffeine to obese rats with high blood sugar caused significant, prolonged increase in blood sugar.

Based on this and other current evidence, the effects of caffeine on blood glucose are inconclusive, but it is likely that caffeine does play some role in the elevation of blood sugar, particularly in those who are already hyperglycemic.

The effects of caffeine on blood pressure are even more inconclusive. A 1989 study in the "Journal of Clinical Epidemiology" showed a negative correlation between blood pressure and coffee intake, meaning that as coffee intake increases, blood pressure should decrease. However, this is not the traditional consensus.

In fact, another study, published in 1990 in the "Journal of Human Hypertension," showed abstinence from caffeine decreased blood pressure by up to six millimeters of mercury (mmHg). A meta-analysis of 11 studies on coffee and blood pressure showed that, on average, participant blood pressure was raised by 2.4 mmHg systolic and 1.2 mmHg diastolic.

This is akin to going from a blood pressure of 120/60 to 123/61. This is a fairly small increase, particularly for someone well within normal range of blood pressure.

The meta-analysis in question also showed that, on average, systolic pressure was elevated .8 mmHg, and diastolic pressure was elevated by .5 mmHg per cup, but that studies lasting longer than two weeks showed less effect of coffee on participants.

This may indicate that there are cardiovascular adaptations to coffee consumption. Perhaps long-term consumption may yield smaller increases in blood pressure.

Finally, coffee has been shown to decrease the risk of death due to inflammatory disease. A 2006 study of postmenopausal women, published in the "American Journal of Clinical Nutrition," showed coffee intake decreased risk of death due to inflammatory disease, including liver cirrhosis and cancer, particularly for women who drank between four and five cups a day.

One to three cups and greater than five cups daily showed higher rates of death due to inflammatory disease than four to five cups daily.

Impressively, a study which set out to determine the rate of antioxidant intake from different food groups, including fruits, vegetables, wine and tea, showed 65.3 percent of total antioxidant intake in 2,672 Norwegian adults was from coffee. This may play a role in the suggested anti-inflammatory effects of coffee.

Much of the data surrounding coffee's effect on human physiology is inconclusive. However, I believe this statement, from a review of coffee studies published in "Food Science and Nutrition" in 2006, sums it up nicely:

"For adults consuming moderate amounts of coffee, there is little evidence of health risks and some evidence of health benefits."

All in all, coffee can be a healthy addition to the diet of healthy adults.

Contact: jreeder@willamette.edu

COLUMN



Matt's Musings

The academic difficulty



**M A T T
PITCHFORD**

OPINIONS EDITOR

Some of my favorite rhetoric majors – Elle, Paul, Kendel, Carrie and Tiara (who in no way coerced this shout-out) – and I recently attended a rhetoric conference in Coeur d'Alene, Idaho. A full half of the trip was spent in a van, which is an interesting exposition and cultural study in and of itself.

At the conference proper, we attended luncheons and dinners, presented our papers and generally pontificated on rhetoric theory. Even the movie we watched for fun also received its fair share of analysis.

But this rhetoric conference touches upon a more deep-seated difficulty that extends to the entirety of academia in general. The usefulness of this conference was questionable to the extent that it seemed like a group of intellectuals standing around congratulating each other for their respective accomplishments.

It seemed like the process of writing papers, publishing articles and giving awards is academia's attempt to justify its own existence. The things that we are learning at college are nothing if, at some level, they are not applicable to how we live our life outside the institution.

Many of the papers we saw presented were not written to be understood outside of the discipline. The relatable knowledge requires some degree of training and professionalization. Admittedly, jargon and the specific understandings of a field can be a necessary component to deepen knowledge in particular subjects.

Academic specialization is only useful to the extent that it furthers, in a very real way, the human knowledge that exists in a particular realm. In terms of conferences, it can also be useful to be connected to other people in a discipline.

That's the razor's edge of academics. On the one hand, we can dismiss portions of its study for their needlessly narrow considerations of questions that seem to have no particular significance to life or anything outside that realm of inquiry.

On the other hand, academia has, almost by definition, been instrumental in increasing human knowledge upon every line of inquiry. The trick is to try and separate the needless from the useful.

Maybe part of the problem is the superabundance of information that can be found on nearly any subject. In the quest for originality, scholars seem to have to get more and more specialized in order to say anything new. This doesn't mean that the entire field loses its relevance, but it's easy to get distracted by the details. Academia can lose the forest for the trees.

In the end of my conference experience, I was struck by how applicable rhetoric can be to understanding nearly every aspect of our selves, culture and communicative enterprises. But I was also struck by how specific and segmented academia can be.

So, no matter where you are going after college, it is useful to understand the idiosyncrasies and tendencies that define the quest for human knowledge.

Whether you are deepening your academic pursuits at graduate school or simply striking out into the world at large, it is absolutely vital that we learn how our particular knowledge applies beyond the academic considerations and publications.

Learn the particulars, but don't drown in them.

Contact: mpitchfo@willamette.edu

LETTERS TO THE EDITOR

We invite you to submit letters to the editor. Letters can be sent by postal mail, e-mail (lgold@willamette.edu), campus mail or fax. Letters are limited to 150 words, must include your name and phone number and must be submitted by noon Monday on the week of intended publication. The Collegian reserves the right to edit for length and clarity.

EDITORIAL

New traditions on campus

There are some campus events that exude the school spirit that seems to be somewhat lacking from our University as a whole. Serenades, Lu'au, the first football game and Wulapalooza seem to be the four days that cause the most campus excitement, such that Willamette feels like an energized and connected community.

If we compare student's love of Willamette today to school spirit in the past or even to other contemporary schools, it seems that we don't have the same sort of passion for our university.

Willamette seems to take pride in being highly individualistic, being intellectually critical and challenging all sorts of traditions. In light of these tendencies, it is no surprise that there is a pushback on any sort of artifact that seems to come from the antiquated past.

But, school spirit should be something integrally connected to being a part of a larger campus family and community in general. Traditions, in turn, seem to be an effective mechanism for providing a context for school spirit.

We at the Editorial Board have decided that in order to infuse a greater sense of Willamette pride, instituting new traditions is necessary. Even though we know you can't assert school spirit into existence, these are the traditions that we'd like to see introduced or re-established on campus.

1. Glee

No, we don't mean the television show. Rather, we are referring to the "Freshman Glee" song, dance and marching competition that ended in 1997. It was discontinued because, as Laia Cook Um-

pleby, '98, said in the 2007 "The Scene" magazine, "not all classes had participants."

An attempt to resurrect Glee occurred in 2007, but it didn't catch on. What better way to actually get to know the members of your class than to pull out all the stops and sing with them? I guess the television show does get something right.

2. Homecoming

There is so much culture that can fit comfortably into the homecoming tradition. Tailgating, dances, parades, costumes, elections and football all factor into a homecoming experience that is not only memorable, but also decidedly enjoyable in a multitude of ways.

3. Fireside chats

Although originally started at the federal level by FDR, there is every reason for the president of Willamette to engage in this illustrious tradition.

Not only would it help the administration relate more directly to students, but it would also help WU Wire get much-needed listeners ... and maybe even an FM broadcasting tower to boot. After all, when the president speaks, people should be able to listen.

4. Yearbook

Much like Glee, the "Wallulah" yearbook ended primarily because there weren't enough interested students to keep it going. Yearbooks

provide a unique sort of snapshot for one's time at school, and would give Willamette students a physical embodiment of all the memories they have created here.

At the very least, it would prompt all sorts of statements like, "I can't believe that I/he/she looked so good/bad! Now look at us, having aged substantially since then!"

5. Thesis bunny

In a gesture that simultaneously celebrates the coming of summer and the completion of one's capstone achievement at Willamette, we need a tradition of a large bonfire fueled primarily by seniors' drafts, research notes, revisions and thesis papers.

A fitting symbolic end as we move on into the real world ... where burning your work probably has much more dire consequences. We can think of several seniors who would definitely appreciate such a vibrant and visceral farewell.

All of these traditions require active and interested students to take up the torch and start a movement that can help unite and excite the entire campus. We definitely encourage your involvement.

COLLEGIAN EDITORIAL POLICY

The Editorial represents the composite opinion of the Collegian Editorial Board.

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Matt Pitchford • OPINIONS EDITOR
Michelle Bellusci • MANAGING EDITOR

OPINION

Embracing those not so guilty pleasures

CHELSEA WHITE
GUEST WRITER

Those of you who know me, or have ridden in my car and browsed my extensive music collection, know that I listen to all kinds of music, not just the oh-so-popular "indie-rock" favored by Willamette students. I non-ironically love N*SYNC, The Monkeys, disco music and pretty much anything from the 1980s.

I used to be embarrassed by my taste in music. I loved ridiculous bands that everyone else thought were stupid; I hated letting people borrow my iPod or look at my CDs because I was sure they were going to make fun of me.

Then, in my junior year of high school, I realized that it doesn't matter what kind of music you listen to; guilty pleasures contain the word "pleasure" for a reason: because you like them.

There should be no shame in enjoying a certain type of music. If you like it, there should be no reason to feel guilty.

Many people do not feel like they can talk about the music they love because their friends will make fun of

them, even if it is an awesome song. Sometimes they believe that the lyrics are not as deep as "good" song lyrics are, or maybe the song is just too "popular" to make their friends take the song seriously.

I say, screw it. If you like a song or artist, don't be afraid to admit it, because chances are that at least one of your friends will also love the same thing. For example, I found out last year that one of my friends here shares a love of Jesse Mac and Play (a Swedish girl group that was popular in the early 2000s).

Besides, if the students of Willamette are as accepting of others as we like to say we are, then there should be no shame when it comes to music tastes. Everyone should be comfortable sharing what they love with their friends instead of worrying about being made fun of.

One of my good friends here and I share a love of Ke\$ha, one that we would not have discovered had we not been open with each other about our

musical tastes.

There have been multiple times since my musical revelation that friends have made fun of me for my crazy music taste, but, in response, I merely shrug and say, "No shame, I like all kinds of music."

It seems like a weird concept to grasp since we are continually told what the "cool" music to listen to is and what should be hidden in the depths of our musical libraries.

However, I am here to tell you that it is extremely gratifying to say, "Yes, I do have an S Club 7 CD that I listen to quite frequently."

There is no point in hiding the fact that you like a certain kind of music. I believe that doing this is like hiding a part of yourself and there is no reason to hide who you are or what you like.

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COLUMN

KLight's Insights

Death of a wardrobe



KRISTIN LIGHT
COLUMNIST

It all begins about two hours before the show. With some remnants of the last meal you ate in hand, your all-black ensemble ready to be worn and whatever you could possibly need in the next five hours, you head into the theater. Time for business. Time for another performance in which you feel insignificant and useless.

As a theater major, minor or scholarship holder, you are required to be involved in each production in some way. Either you are acting, stage managing, running crew or doing something else that keeps the show running smoothly.

Each job has its place and is important, but the one job no one wants to do is wardrobe.

Wardrobe requires you to come in and iron, steam, fix and make

sure that each costume looks its best before the show starts. During the show, you change actors backstage when they only have 30 seconds to grow from an annoying little kid to a successful lawyer.

You deal with all kinds of performance sweat and the occasional emotional actor who just had the most heartbreaking moment on stage. Overall, wardrobe is validating because you are needed to keep the show functional. It's extremely thankless, though.

You become a mother when you need to remind the actors to hang up their clothes and nag them for the millionth time to make sure their pants are hung by their creases. (I'm talking to you, Gabe Kenney)

The worst part about wardrobe, though, is the waiting. If you are not needed for something at the moment, you are just waiting, and waiting and waiting.

Waiting for the show to move faster, waiting for the next quick change, waiting for the wrinkles to iron out, waiting for the queues that get you to your next task and, most importantly, waiting for the laundry.

Yep, at the end of a long night, when all you want to do is enjoy your freedom, you still have to do laundry. Fortunately, you don't have to wait

for the clothes to dry, but it's still the last thing you really want to be doing at 11 p.m.

You learn a lot of interesting things working for wardrobe, though. You learn about actor's habits before they perform, and the perplexing things they say when a case of loose lips hits them. It's never incriminating information, just weird nonsensical bits of information.

You learn about the different ways you can clean clothing. Did you know that vodka and water can be used to neutralize odors? Fact: the clothing in "Death of a Salesman" smells so fresh because of our good buddies HRD and Smirnoff.

You also learn a lot about satisfying your man because there are always different issues of "Cosmopolitan," one of the most entertaining yet sexist magazines around, laying around.

The most important thing you learn, though, is that you never want to do wardrobe again. Everyone in the department has to do it at some point. You just have to learn to deal with it, and to be glad when it's over.

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COLUMN



Bearcat Bullet

Best. Day. Ever.



KEVIN BELL
COLUMNIST

I'm officially in love with whoever decided to hold SSRD on April 20 this year. It was an act of either monumental genius or colossal oversight, but either way, it promises to be an amusing coincidence.

I've been trying to brainstorm the perfect comedy gold for my 4/20 column, but decided fairly early on that it probably wouldn't matter, and I could just spend 500 words making "that's what she said" jokes and my traditional reading constituency would find it equally amusing. As such, I will instead make my personal recommendations for SSRD presentations to attend.

I know I certainly will be attending several SSRD presentations, including ones on such robust topics as "Whoa Man, That One Kinda Makes You Think, Huh," "Emily Dickenson's Last Name Starts with D***, LOL" and "Advanced Genetic Algorithms In Boolean Term Sorting." These are all sure to be fantastic learning opportunities.

Of particular interest are the presentations scheduled to take place at the Botanical Gardens, the Star Trees and my boy Donny's place with that sweet Bob Marley tapestry up on Matt 3rd.

Weed joke. Another weed joke. Surreptitious use of the word "joint" in a sentence nominally about something serious. Self-referential paragraph that irritates sober reader and editor alike. Apologetic sentence to same subset of readers concerning content of said paragraphs.

Weed joke. Another weed joke. Surreptitious use of the word "joint" in a sentence nominally about something serious.

Aside to boy Donny that this is some dope greens, bro, followed by irritation that 250 words remain to be written about something which should be second-nature to write about by this point in literary career. Heavy sigh at realization that this qualifies as literary career. Resume column.

Also, I've heard that the pirate presentation of last year is set to be re-hashed in a joint presentation with one concerning the pneumatics of space station construction. To put it bluntly, it's going to be dope.

While I have yet to take part in having my SSRD'd, nor do I know how I would even get one to begin with, I do have immense respect for the people who do.

And while it may be convenient for the majority of lackadaisical WU students to have the day off today, those of us who have worked hardest and most deserve this day off are stuck giving presentations on obscure topics to tiny groups of peers who will judge them for not having been working on something obscure or irrelevant enough.

They warrant a degree of respect and even, dare I say it, "recognition" for their efforts, so at the very least go to a presentation you [pick] at random ... or that's being given by that hot senior you have a little freshman crush on.

Next weekend, when you see them at a party, you'll have something relevant to discuss other than your growing taste for Pabst over Natty. While you have some freedom to go do silly bulls*** all day, the sacrifice of an hour of Xbox Live to commemorate someone's entire college career seems like a worthy one.

So don't be a b**** and go learn something.

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COLUMN

Seeing Red: Paper



CAITLIN PREMINGER
COLUMNIST

I submitted my thesis last week. Actually, I guess it's more accurate to say I sent my thesis last week. I turned it in via email. And to speak frankly, I feel the slightest bit robbed.

Willamette has made an enduring commitment to sustainability as an institution. I can dig that.

I like trees and baby seals as much as the next person, and I'm looking forward to wearing my biodegradable gown at graduation. I'm especially looking forward to burying it after graduation to test the guarantee.

By and large, I stand behind Wil-

lamette's sustainability fixation. But when it comes to the semester-long research paper that's supposed to be my crowning achievement, I would have appreciated submitting a hard copy.

As it turned out, one of the professors on the judging committee asked for a printed copy the next day anyway. Several others are likely to print their own copies to facilitate a critical reading. So why not acknowledge my hours of dedicated research, writing and hair-pulling by letting me turn in a stack of stapled paper?

The net result would have been essentially the same, except it wouldn't have been nearly as anticlimactic. There's something about staggering to class and handing over a heap of paper still warm from the printer that gives you a sense of finality about a long-term project.

The closure of that physical change of possession is a hell of a lot more satisfying than attaching a file to an email and hoping everyone gets it.

I'd like to advocate for a strategic return to paper. This isn't appropriate for every assignment, obviously, just the very occasional "I poured my sweat, blood and tears into this" sort of assignment.

In an increasingly digital world, intermittent physical interactions with your surroundings can keep you grounded. Tangibility serves as recog-

nition of the attachment you have to the fruits of your labor.

I understand the effort to move toward a paperless society, but there are still occasions when a digital file won't cut it. The same way it's more gratifying to submit a hard copy of a term paper, it's also more rewarding to read a book than an e-book, or a newspaper instead of a mobile device.

Plus, if you suddenly need to hide from someone old school cartoon style, you're going to want the daily rag, not your iPhone.

I don't mean we should endeavor to outdo ourselves in cascades of hedonistic paper gluttony, but enjoying a material indulgence every now and again keeps us connected to the analog world.

Holding printed words in your hands has a way of making their meaning, power and effect more accessible and real. It's a reminder of the effort and the human factor that went into their creation.

Taking the time to savor the printed word doesn't have to be unsustainable. Wrap a present with the funnies. Line a birdcage with discarded academic journal articles. If you still have a guilty conscience, plant a few trees and karma will look kindly on you.

Contact: cpreming@willamette.edu

Cinder Block Parents on 4-20



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CAMPUS SAFETY REPORT

April 8 - 14, 2011
Information provided by Campus Safety

CRIMINAL MISCHIEF

▶ April 8, 3:26 a.m. (Goudy Commons): A custodian called to report that someone had carved multiple sets of initials into one of the tables at Goudy. Pictures were taken of the damage.

▶ April 9, 10:25 p.m. (Lee House): A student reported paint on the walls and floor of Lee house, as well as littered beer cans. Custodial cleaned up the beer cans, and a work order was submitted to remove the paint.

EMERGENCY MEDICAL AID

▶ April 10, 12:12 a.m. (Montag Center): A student called to report that his friend was suffering from pain and dizziness. Campus Safety and WEMS assessed the student and determined that she did not need to go to the hospital. She was left in

the care of a friend.

▶ April 14, 11:29 p.m. (Phi Delta Theta): A student called Campus Safety requesting medical assistance for a friend who was experiencing severe stomach pain. The student and her friend were transported to the Emergency Room.

POLICY VIOLATION

▶ April 9, 3:45 p.m. (Softball Field): Campus Safety received several complaints about intoxicated students and their guests who were found operating a BBQ on the woodchips by the softball field. Due to the risk of fire and their rude behavior towards other spectators, the students we asked to put out the BBQ and leave the property. It was later determined that the supposed guests were students who lied about their identity.

POSSESSION OF A CONTROLLED SUBSTANCE

▶ April 9, 9:38 p.m. (Beta Theta Pi): Campus Safety received a report of the smell of marijuana coming from a room in Beta. Campus Safety made contact with the students in the room. The students were cooperative during their contact with the officer.

THEFT

▶ April 8, 3:30 p.m. (Lee House): A student reported the theft of her jacket from the basement of Lee House.

▶ April 11, 10:15 a.m. (Kaneko Commons): A student reported that her bike had been stolen. The bike was secured with a cable lock. The student was given Salem Police's non-emergency number to file a report.

VEHICLE ACCIDENT

▶ April 13, 5:32 p.m. (University Apartments Parking Lot): An employee reported backing her vehicle into another vehicle in the parking lot. The owner of the other vehicle was contacted by Campus Safety and provided with all the necessary information.

DISORDERLY CONDUCT

▶ April 8, 11:41 p.m. (University Apartments Parking Lot): Campus Safety was notified of a possible fight in the parking lot. The officer found the students to be screaming and cursing. Neither student complied with the officer and began to make statements and expletives towards the officer. Salem Police was called, as was the on call Area Coordinator. The students finally calmed down.

▶ April 10, 4:00 p.m. (Softball Parking Lot): Campus Safety received a report about intoxicated students who were being rude to a visiting softball team. The students displayed aggressive behavior and were asked to leave property by the officer. After Salem Police arrived, they complied with the officer's request that they leave.

Please contact Campus Safety if you have any information regarding these incidents:
safety@willamette.edu

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