

Fall 11-6-2019

## "The Crescent" Student Newspaper, November 6, 2019

George Fox University Archives

Follow this and additional works at: [https://digitalcommons.georgefox.edu/the\\_crescent](https://digitalcommons.georgefox.edu/the_crescent)

---

### Recommended Citation

George Fox University Archives, ""The Crescent" Student Newspaper, November 6, 2019" (2019). *"The Crescent" Student Newspaper*. 1498.

[https://digitalcommons.georgefox.edu/the\\_crescent/1498](https://digitalcommons.georgefox.edu/the_crescent/1498)

This Book is brought to you for free and open access by the Archives and Museum at Digital Commons @ George Fox University. It has been accepted for inclusion in "The Crescent" Student Newspaper by an authorized administrator of Digital Commons @ George Fox University. For more information, please contact [arolfe@georgefox.edu](mailto:arolfe@georgefox.edu).

# THE CRES

THE VOICE OF THE STUDENTS

# CHEVY

Issue No. 3



Beacons of  
Portland: A  
Documentary  
p. 6

The Igor Tour  
p. 9

Mental Health  
at GFU  
p. 13

Socialism:  
The New  
Voice of the  
Young Left  
p. 15

## **Editors-in-Chief**

Jen Wright, Megan Stewart

## **Art Director**

Aspen Kelly

## **Copy Editor**

Ana Imes

## **Reporters**

Genevieve Wolf, Natalie Amodei, Rashad Smith  
Michael Nellis, Gabi Shirley, Romare Ashford,  
Kathryn McClintock

## **Illustrator**

Carla Cieza

## **Social Media Director**

Sarah Ellis

### *The Voice of the Students*

The Crescent is George Fox University's student newspaper, a publication that has been part of the university and the Associated Student Community since 1891. The opinions and ideas presented in this paper do not necessarily reflect those of George Fox University.

### *Distribution*

Issues can be found in most academic or residential buildings on campus.

### *Letters to the editor*

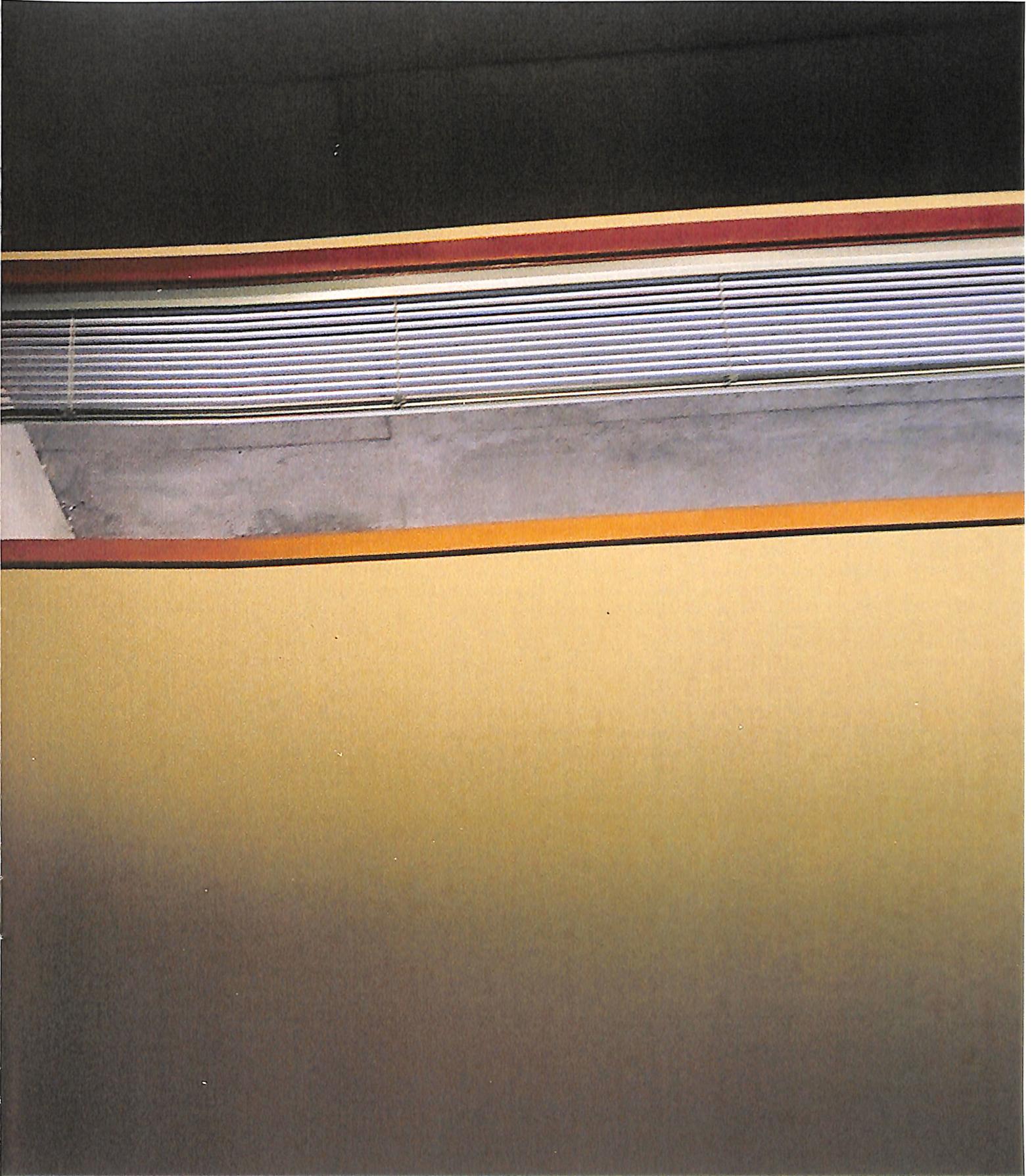
Letters are welcomed and will be printed on a first-received basis. They must include the author's signature, academic major, class standing or job title, department name and phone number. Letters are subject to editing for space and clarity.

### *Contact*

Reach us with any comments or questions at [ascrescent@georgefox.edu](mailto:ascrescent@georgefox.edu)

### *Volume CLII*





# Fall Comedy

By Michael Nellis

NEWBERG, ORE. - The first play of the year at George Fox University was the musical comedy "A Gentleman's Guide to Love and Murder." Based on a 1907 novel by Roy Horniman, the Tony-winning show opened at GFU on Oct. 17 and ran for eight showings.

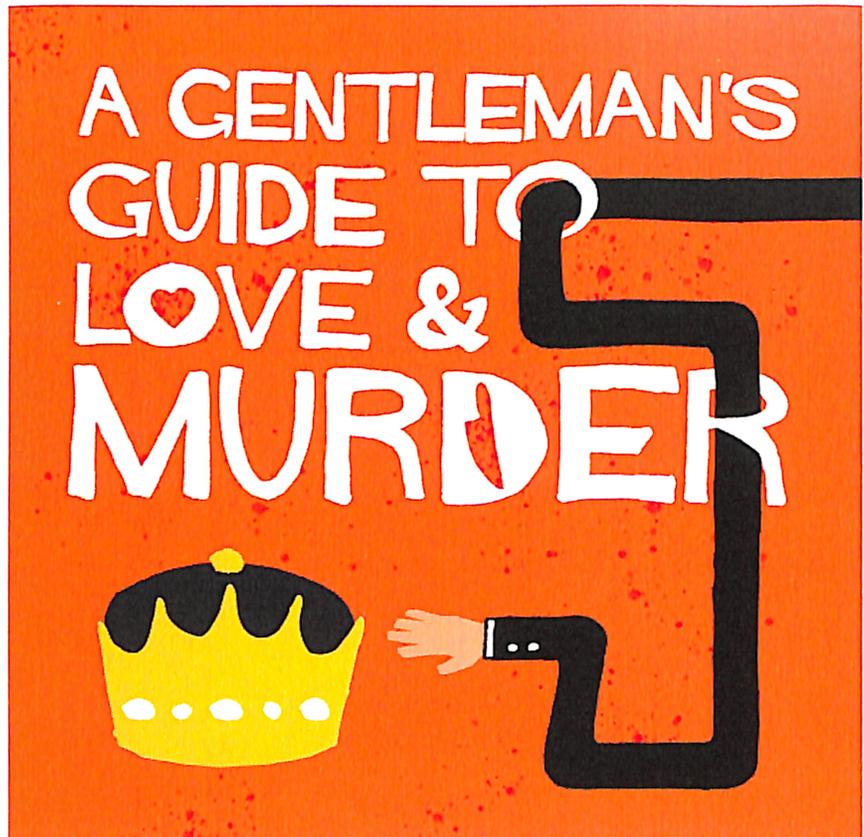
The play focuses on Monty Navarro, a poor orphan who learns he is ninth in line to the dukedom of the D'Ysquith family and decides to murder everyone else in the line to claim the title. The play deftly maneuvers the audience through a whirlwind of intrigue as the public catches on to the string of deaths. The "love" portion of the play's title unfolds through Monty's dilemma of choosing between two women, one who previously spurned him and the other a D'Ysquith.

Rhett Luedtke, the play's director, pointed out how the play makes us question both our laughter and our sympathies.

"When I caught myself rooting for Monty the first time I read this play, I had to pause and ask myself why," Luedtke said. "Why did I root for someone to kill eight people, and why didn't I care?" Monty is an antihero who doesn't follow conventional morality, and that not only makes his character intriguing but also an ever-popular underdog.

The subject matter of the play creates an interesting environment for the actors. "There's a lot in this play that is uncomfortable," Luedtke said, "and if your actors are apologizing for what's uncomfortable, then the social critique in the play won't be strong." Luedtke hopes that the contrast between GFU's values and the subject matter will make audiences think. "If a handful of our folks go and say, 'Why did I feel uncomfortable?' then we have self-reflection happening in the community," he said. "At that point, theater is doing its best work."

Part of the play's distinct allure is its different format, dominated by light-hearted musical numbers. "It's been a long time since we've had a musical comedy," Luedtke said. "This one's different in that it carries a sense of cynicism. Cynicism and satire tend to be hard for people of faith in general."



Luedtke called upon Shakespeare's allusion to theater as a mirror. "What are we reflecting back to ourselves, when we tell a story? Are we supporting our own set of morals and assumptions and biases about the world? Are we challenging those?"

The play also features interesting social commentary on the dynamic between the rich and the poor. "The D'Ysquith family are drawn as two-dimensional rich folks, so is their laughter in the play about our secret resentment of the wealthy?" Luedtke said. More importantly, does that resentment succeed in cloaking our disapproval of murder?

Luedtke looked back on his 15+ years at George Fox and the 30+ productions he has directed here. "We might not have been able to do this comedy in 2003, but we're able to do it in 2019," he stated. "If we 'historify' our contemporary issues of 2019 and see them through the lens of the 1910's, then we can see them objectively, as opposed to subjectively."

Since his arrival, "George Fox as a whole is more open to the arts on campus, and the role of the arts to both entertain and ask questions," Luedtke said. He looks forward to next semester's production of "The Shakers of Mount Lebanon Will Hold a Peace Conference This Month," which will broach the audience's views on more religious aspects of morality.

THE PLAY  
MAKES US  
QUESTION  
BOTH OUR  
LAUGHTER  
AND OUR  
SYMPA-  
THIES

# New THEO Classes for Freshmen Students

By Michael Nellis

NEWBERG, ORE. – The religious component of incoming students' general education classes has changed drastically this year with the addition of two new classes, THEO 101 and THEO 102. Both classes are titled "I Believe" and focus on a basic deconstruction of the Apostle's Creed and biblical theology.

Brian Doak and Leah Payne, the co-directors of the course, are part of a nine-person core teaching team, in addition to 30 other section leaders, dedicated to tracing back the roots of Christianity. "The tradition is deep and wide, historically, intellectually, and spirituality, and we're doing everything we can to learn about it," Doak said.

"We decided on going with the oldest, most ecumenical articulation of the Christian tradition we could find," Payne said about the creed.

The year-long pair of classes is replacing Religion 300 and Bible 100 as a requirement for new students.

"We wanted to create an experience where students were able to think through Biblical church history and theology together, and we weren't able to do that the way the curriculum was structured," Payne said.

Doak stated, "We're taking what we're hoping are some of the best features, intellectually and spiritually, of both courses and putting them in a group experience."

On Mondays over 560 students meet in Bauman Auditorium, making this class the largest ever in the university's history. Every week the class takes a work or phrase from the Apostle's Creed and looks at it from a variety of angles.

"We only go up to where we are," Doak said, "so the first class was just 'I.' The second day was 'I Believe.' By the very last class period, the hope is we'll all be reciting the creed together."

On Wednesdays students meet in small groups in various locations around campus to discuss the lecture and other assigned readings.

"Studies show and, personally, I find that I

learn a lot better when I have a chance to discuss something with peers in a small group setting," Payne said. "We want that to be an opportunity for people to do some intellectual wrestling, as well as some personal reflection."

On Fridays a panel of professors and other faculty hosts a Q&A discussion with the students. "Fridays are a lot of fun, the students ask whatever they would like, and so it's a broad swathe of questions," Payne said. "I hope students are talking about this stuff outside of class, and that they're getting into late night, fun conversations in their dorm room about the meaning of life and what it means to love God."

In the class, students read other works alongside the Bible. For the fall semester, students also study a treatise on the incarnation by St. Athanasius. "These [texts] are just common heritage for students in the theological tradition," Doak said. "We read a poem about the creator from Hildegard of Bingen...also Howard Thurman. These are just great voices from the history of theology."

All of the lectures from the class are recorded and put onto a podcast, also entitled "I Believe," that is added to over the course of the week by the professors. "We really hope that people in our community and other faculty members, students who can't take the class for whatever reason, parents, can kind of just tune in and see what's going on," Doak said.

The directors have high hopes for the future of the class. "We hope [students] will build a common theological language and network that would last throughout their college careers," Payne said. "Maybe they'd even discern a calling, or find a major that they like in the process."

Doak stated, "I think we want to have a place where this department can gather together and say, 'This is the Christian message, and here is the intellectual structure, the scriptural structure, that makes that alive and real.'"

# Beacons of Portland

By Romare Ashford

On Oct. 12, David Pascual-Matias was awarded the Community Award at the Gateway film festival for his documentary, “Beacons of Portland.” Getting to this point has been years in the making for the aspiring filmmaker. Pascual-Matias has had a passion for storytelling since high school at Benson Polytech, where Pascual-Matias was first exposed to creating.

At George Fox, Pascual-Matias is getting ready to graduate with a degree in Cinema & Media Communications. He has spent a year making his documentary, which was originally crafted in a class taught by Dawn Ford.

Pascual-Matias wanted to focus on what was happening in Portland. His early ideas revolved around social justice in Portland and storytelling. He later settled on basing his documentary around the Portland Leadership Foundation (PLF) and the Voices Project.

“I wanted to change the narrative of Portland being so white. I wanted to focus on the part of Portland with leaders of color,” said Pascual-Matias.

“Beacons of Portland” featured leaders from PLF



and the Voices Project that are helping empower leaders of color in the greater Portland area. The documentary focuses on initiatives like the Act Six program that helps students of color make change in academics.

“I love having conversations with Act Six cohorts and seeing how students grow over the years,” said Matias.

“Beacons of Portland,” can be viewed on Venmo under the creator’s profile: David Pasual-Matias.

Photograph by Vanessa Palma Brualia-Aispuro



# THE ULTIMATE PLANNER AND CALENDAR



## COMBO

By Genevieve Wolf

I wasn't very enthused when my mom handed me this strange black book with a cover that looked like a lightning storm. Journaling? I sighed. And this was supposed to help me with school or something? Great.

But after reading the book, bullet journaling seemed worth a try. And it turned out to be one of the best academic planning tools I have ever used.

Affectionately called "BuJo", the Bullet Journal® method has developed a cult following online. There's a book explaining the process, an online newsletter, a journal specially designed to get you started, and even an app. There's an easy website that explains it: check it out at [bulletjournal.com/pages/learn](http://bulletjournal.com/pages/learn).

Calling it journaling is rather inaccurate. BuJo is more like a planner that simplifies and organizes your life. Or, as the website reads, it helps you in "the art of intentional living." Vogue has called it "KonMari for your racing thoughts."

In my year of bullet journaling, here are some things I have learned:

### Organization is key

You can't survive college without organization. So how do you keep track of your classes, events, appointments, meetups, hangouts, study sessions, assignments, due dates, tasks, and everything else? Write them down, of course! Don't exhaust yourself by keeping them all in your head. Using BuJo, you can easily keep track of long-term goals and short-term tasks day by day, week by week, and month by month.

### If you're a listmaker, you will love BuJo

If you love making lists – thrive on making lists – like I do, then you will love the Bullet Journal® as your list catchall. Say goodbye to that clutter of sticky notes on your desk and in your backpack. Say hello to a book that will contain them all and – and! – make them easy to find again.

### It can hold all your distractions

My brain likes to distract me during homework with reminders of everything I need to do after I'm done studying: grocery lists, emails to send, text people back, etc. I like to study with my bullet journal open beside me and scrawl down my distractions in the white space. This relieves my brain so it can rest in the knowledge that I will remember to do these things later.

### Time-consuming? Nah

Using this planning method takes a half hour to map out your week. Well, full disclosure: there are all the random few minutes I spend checking my to-do list and adding to my schedule throughout each day.

### See your day spatially

Do you get annoyed that you always seem to run out of time in the day and stay up late studying? BuJo allows you to structure your day on a page in blocks of time. Then you can easily see how much time you will spend at events, how much time you have to study, and how much downtime you will have.

### Make BuJo your own

Something I love about the bullet journal is that it's incredibly customizable. All you need is a notebook – any kind of notebook. Decorate it to suit your personality. My favorite bullet journal is a graph paper notebook with a pocket in front. When I started this method, I simply grabbed a notebook off the shelf. Little did I know that I would learn to love the pages covered in tiny squares – so neat, so straight, so organized. They're comforting for a college student with a hectic life. The pocket is my favorite feature: it's the ideal catchall for syllabi, mail, essays, etc.

### Keep it with you everywhere and always

Don't wait to forget about that appointment you set up – write it down as soon as possible. I carry my journal with me everywhere: it's perfectly backpack-sized. Your bullet journal will evolve constantly because it's an exciting place that reflects your thoughts and life and where you have been. Once you have been using it for a while, it's really awesome to look back and see exactly what you were doing on a typical day last semester.

Ultimately, it turned out that my mom was right. Bullet journaling has that extra oomph that gets me through each week. It keeps me from forgetting assignments, organizes my scattered brain, and has buoyed me from a drowning student to a, well, doggy-paddling student.

# Reconciliation Around *the* Fire Pit

By Jen Wright

I had the privilege to attend—and participate in—a prayer vigil to celebrate Indigenous Peoples Day here at George Fox University, and I can tell you that it was a beautiful experience.

Being invited into a space that I'm not part of is always a privilege, and even more so when it involves a group of people that have experienced systemic racism, violence, poverty, and under-representation everywhere.

I am not Native American, nor do I have Indigenous ancestors, as far as I know. My family immigrated from Scotland, Holland, England, basically anywhere white and European.

I do, however, care a great deal about the people in my country now, and the people that were here long before I was.

“Columbus Day” is a holiday widely celebrated in North and South America, as well as other countries, like Peru.

Many countries have since changed that celebration to instead commemorate a “meeting of cultures” or even of resistance to colonization by Europeans.

In the United States, Indigenous Peoples Day began in 1989 as a counter-celebration to the 500th anniversary of the arrival of Columbus in the Americas.

Some people have chosen to continue to celebrate Columbus Day, while others have chosen to spend the second Monday of October in remembrance

of the atrocities suffered by the Native American people, and to work towards repatriation and reconciliation.

People tend to make these issues a debate just about race or even who has a “right” to be here.

We're all here now, and I would welcome with open arms any people that want to come here. This isn't an argument about who has a “right” to be here, it's a matter of humanity.

Whether or not Columbus was a “great man” or a great figure in Christianity, history shows that he was a man who did awful things to the people who were here, and this country has developed a history of oppression, violence, prejudice and hostility.

Knowing that history and being aware of the tragedies, I was pleasantly surprised to walk to the fire pit in the canyon and be welcomed with open arms and an invitation to introduce myself and my heritage.

My voice was not pushed to the side or ignored, but it was listened to in silence around the flames as I read aloud a prayer I had been handed on a piece of paper.

There can be room on this campus for everyone's voices, whether or not you are from a privileged or a marginalized group.

This student body is overflowing with stories and pasts, unique viewpoints and ways of life. You only have to have an open heart and be ready to listen.

# THE IGOR TOUR

THE CRESCENT

## with Goldlink and Blood Orange

By Romare Ashford

Tyler the Creator's latest album, "Igor," has taken rap and music fans by storm. "Igor" has been Tyler's most musically challenging work to date. The songs portray Tyler as heartbroken and melodic. The album mixes elements from pop, classical, hip-hop, and R&B that combine to be his most accessible and well-received album.

Goldlink opened the concert with an energetic performance of the best songs from his discography. His sound ranges from dance-centric and R&B styles mixed together to make a unique sound. Goldlink kept the audience involved with banter and energy throughout his performance. "Oh, so y'all got a rhythm, okay I see you Portland," joked Goldlink.

Blood Orange was the second opening that took a more subdued style to perform. The music was more low key and surreal. Blood Orange's performance included live instrumentation and background singers that supported his style, a mixture of gospel and soul. He delivered his songs in a light and somber voice that engaged crowd with his mystique.

Tyler the Creator finally approached the stage after an hour of the openers. As the opening for "IGOR THEME," played, Tyler stood in the spotlight in his signature neon suit and blonde wig like a statue. The bass on the chorus began, and Tyler motioned to the crowd who sang the whole chorus on repeat. For the whole first song, we heard nearly nothing from Tyler, and the crowd clamored for more.

Tyler's performances during the concert only increased in intensity throughout the night. In one-man show fashion, Tyler relied mostly on his stage presence and crowd engagement to keep the show going. His sporadic dance moves were complemented by well-placed lighting and visuals.

Tyler combines the best aspects of Goldlink and Blood Orange performance into one. He satisfied hardcore and new fans alike. He performed crowd favorites from "Igor" with sprinkles of old classics from his discography. He used video transitions to introduce songs seamlessly. During his set, he kept the crowd laughing and dancing the whole time. Tyler the Creator has shown major growth in his last two albums and continues to create captivating and genre-pushing hip hop.

Photograph by Hannah Lee

Features

9

# Tacos from Jack in the Box: Are they Wack in the Box?



By Rashad Smith

Greetings, readers of The Crescent. I'm residential quirk-food enthusiast Rashad Smith, and my mission is to inform you all of what wacky edible items to give a shot or stay as far away from as possible! Today's inaugural cuisine is none other than a well-known C-tier fast food establishment, Jack in the Box.

What could warrant a visit besides their option of curly fries? Tacos, as it turns out. Yup, I was just as skeptical as you are. But I wouldn't be the best at what I do if I didn't give it a shot. Right off the bat, they hook the broke college student with the standard offer of not one but two tacos for the modest price of \$1.29.

As with many fast food endeavors, you get what you pay for. The tacos themselves could use a little work on presentation, but it's quantity over quality here, folks. They are average taco size as one might guess, although the shells themselves have a mangled look that might give some customers the wrong idea. It was a bit of a yellow flag when not even a minute after pulling a taco out of its sleeve, grease seeped through the shell and onto the napkin in little spots.

But if we judged everything based on appearance, then I wouldn't believe that alpacas were real. I mean c'mon, those are just llamas, bro. You can't fool me. Anywho, the first bite packed a lot of crunch from the get-go and honestly took a while to finish chewing. As you make your way down the taco, the hardness and crunchiness of the shell dissipate in favor of the soft cheese, meat and thinly-cut lettuce combo that blends together nicely.

Unfortunately the base flavor of just cooked, processed, whatever is causing those grease stains, is present throughout. The tacos also contain some hot sauce that does exactly what you expect: it's mild, maybe a tad bland, but adds a nice touch. To be honest, I got tired of eating these because they took so long to chew and I'm pretty sure those grease spots had more of an effect on me than I had anticipated.

However, the tacos weren't terrible! They're formulaic, but for an eatery that doesn't specialize in tacos, they could've been a lot worse. Now would I recommend this over Taco Bell right across the street? Over their crunchy tacos, yes, just because their hard shells tend to fall apart so easily and Jack in the Box offers two of them for the price of one of Taco Bell's! Take that for what you will. I'm giving these tacos a solid 6 outta 10.

Keep it crispy, Newberg.



Photo: Jack in the Box

# Why you should CARE

THE CRESCENT

By Genevieve Wolf

During Bon Appetit's Weigh the Waste Week, they found that 110 pounds of food and napkins from Canyon Commons were thrown out from one meal alone. Or, in other words, the weight of one small human.

Because 21 meals are served in Canyon Commons every week, we throw out around 2310 pounds of food a week. That's 120,120 pounds of food a year.

The good news is that after students took the clean plate pledge and more awareness was raised, we cut down the waste by 35 percent.

You might ask: why should I care? Isn't this Bon Appetit's problem? Why don't they just let me serve myself so I can judge how much I need, instead of being served too-big portions? And, if I don't take extra food, won't Bon Appetit just throw the leftovers out anyway?

Well, I asked Bon Appetit these questions. Shannon Tivona, fellow at Bon Appetit Management Company, says that Bon Appetit has a lot of policies designed to cut down on food waste, including preparing things in small batches and using "snout-to-tale and stem-to-root cooking techniques in which vegetable trimmings and bones get made into stock for soups and sauces."

In the past year, Bon Appetit did a study on plate waste. It found that having guests serve themselves doesn't really cut down on the amount of food wasted. This means that you are probably taking more food than you realize. Guests to Canyon Commons are always welcome to ask the staff for smaller or larger portions.

You should care about Weigh the Waste Week because it not only shows the insane amount of good food we trash, it points to another problem on our campus: food insecurity. Food insecurity is defined by the U.S. Department of Agriculture as "limited or uncertain availability of nutritionally adequate and safe foods, or the ability to acquire such foods in a socially acceptable manner."

Remember Christ's prophecy that the poor will always be with us? No matter how wealthy America gets, there will always be people around us who have less. And maybe, as America has gotten wealthier, having less has become more stigmatized. In a food insecurity survey done last November by Student

about

## Weigh *the* Waste Week

Life, many students admitted that food insecurity is a very uncomfortable thing to talk about.

I know that as a student on a meal plan, or even just as an average American, it's easy to assume that you will have lunch after breakfast and dinner after lunch. But for many students, access to food isn't so certain.

The study mentioned above also found that 23 percent of students at George Fox experience food insecurity, while 16.5 percent of them miss meals regularly. Suddenly, my classmate's growling stomach doesn't seem so innocent anymore.

Student Life is trying to help this problem through various initiatives. There's the Bruin Community Pantry, a food bank for our Newberg campus. You can check out the pantry's wish list on their webpage and drop off your donations at the Roberts Center or the Student Life office.

Also, every Bon Appetit location is required by their parent company to donate leftovers to people in need. Bruin Community Pantry has partnered with Bon Appetit to start a program here on campus to use the unserved food from Canyon Commons. Students can sign up to receive food from this leftovers program.

This is how you can most directly affect food waste on campus. By taking only what you can eat, you can cut down on the food thrown away and know that what you don't take from Canyon Commons will go to other students in need.

Opinion

# The Importance of Science Literacy

By Kathryn McClintock

Science literacy is one of the most important skills a person can have. It might seem easy to come by in our immediate community, but what about in our families, our states, and our countries?

The Organization for Economic Cooperation and Development (OECD) says people are scientifically literate if they demonstrate the ability to do three things: explain things scientifically, evaluate and construct scientific hypotheses, and interpret scientific findings.

In a worldwide measure of scientific literacy conducted by the OECD, the United States scored above the world average, but below many other countries, including Portugal, the United Kingdom, and Singapore. It doesn't seem too bad, right? Why should we focus on improving further?

There are two main reasons—things of upmost importance. First, we live in a world that is being changed by technology and science at a breakneck pace—not just like clockwork, but like an exponentially growing snowball. We need to understand this change in order to stay afloat, to not let it overwhelm us.

Second, we need to be informed citizens in order to shape the responsible use of science on a governmental level. There will always be corporations, conglomerations, and affluent entities that, for some reason or another, push for outcomes inconsistent

with what the scientific community shows us is best. We need to be able to evaluate these issues and take the steps needed as responsible citizens to combat these nigh-unstoppable movers.

Carl Sagan, astrophysicist and science popularizer, once famously wrote, “We’ve arranged a global civilization in which most crucial elements profoundly depend on science and technology. We have also arranged things so that almost no one understands science and technology. This is a prescription for disaster.”

He doesn't mean that we must be able to install new screens on our iPhones. He means that we need to be well versed in the general advancements of our time and capable of enough critical thinking to reasonably contribute to debates and not let decisions fly over our heads.

A world in which we let a privileged few make decisions for us because we are unwilling to engage critically is an oligarchy run by ignorance. The power of technology will not be directed by us responsibly, but will take us over via greed, desire, and a whole array of human failings.

There are many issues today that require this critical thinking. Net-neutrality, Brexit, and climate change are just a few of them. It cannot be enough to sit back and let those who have a business share in outcomes play chess with donations and lobbying—the collateral damage will be suffered collectively, often more by those who don't have the resources to avoid it.

When a government, a corporation, a scientific study tell us something, we must verify it—analyze the method, the way it was conceptualized, everything. We must determine its value, and once we have, we must not let the wool be pulled over our eyes.

Science is the tool that prevents us from being herded like sheep, prevents us from fearing the unknown. It's not something that should scare us, or keep us away from the truth—the moment it does, is the moment it ceases to be true scientific inquiry.

# Mental Health at GFU

By Gabi Shirley

Over the last fifty years, significant progress has been made regarding mental health. Psychologists have become more aware of the impact of poor mental health on students as it becomes a bigger problem within our country. Stigmas around mental health have grown considerably, which can make it harder for people to find help for fear of being judged by others.

High schools around the country have made considerable changes after realizing the negative effects poor mental health can have on teenagers, and although no one age group has it “worse” than another, this is a good start to addressing the problem. Having a disorder such as depression or anxiety can lead to a decline in motivation, a lack of interest in daily activities, or sometimes irritability.

During the summer of 2019, a group of four high school students proposed a law to allow students to take mental health days off from school, and have them count as excused absences.

The state of Oregon added mental health as a legitimate reason to miss school, which counts as an excused absence.

The biggest misconception about this law is that Oregon is allowing students to take more days off for mental health, but the same amount of absences are still allowed within certain time periods. Students are allowed five days absent every three months.

One of the four students spoke to CNN, stating, “I hope this will encourage kids to be more open with their parents and students.”

The motivation of this law was to help younger people in Oregon overcome tension. In 2018, Oregon Health Authority released a statistic saying that 825 individuals died as a result of suicide in that year alone.

CNN elaborates that between the ages of 15 and 24, suicide is the 2nd leading cause of death. In the 5-14 age group, suicide is the 3rd leading cause.

Here at George Fox University (GFU), our leading promise is “Be Known.” At GFU, this means more than having peers and faculty know you by name; community members want to know students as whole people: academically, spiritually, and personally.

GFU offers Health and Counseling Services on campus. Bill Buhrow has been at GFU for 25 years, and he currently serves as the director of the Health and Counseling center. I sat down with him to talk about mental health at GFU and explore some resources available for students, as well as to hear his best tips for staying healthy, happy, and active as a



full-time student.

Buhrow thinks the “Be Known” promise represents GFU well, reflecting the visions of staff and faculty. “Almost no one will fully fall through the cracks here,” he said.

Buhrow named “stress and anxiety” as the most common mental health problems on campus. He thinks the stigma around mental health has decreased during his time here.

“People are much more open to going to counseling today, and we have a much higher percent of students who have already been through counseling before coming here,” Buhrow said. “I think there is less, not to say there is a lot less, but there are also subgroups where there might be more.”

When asked about mental health tips, Buhrow offered several that he says can make a huge difference. His tips are summarized below:

Get 6-8 hours of sleep to reset the brain.

Eat at least two meals per day to fuel your brain and body.

Make time to exercise 3-5 times per week. Studies show that routine exercise is often more effective than medication when it comes to depression or anxiety.

The Health and Counseling Center can be reached at (503) 554-2340.

# CUSTODIAL: THE ONLY THING GEORGE FOX RECYCLES

By Kathryn McClintock

When I first started my job as a student custodian at George Fox University (GFU) this summer, I didn't think that my co-workers and mentors would be discarded weeks later.

In the beginning of the summer, we were a large group of students and supervisors, and at the end, there were three students, no supervisors and lists of busywork that we could hardly get done. At the beginning, there was community. In the end, there was separation.

I remember being nervous on my first day, but I was immediately welcomed by my supervisors. No one left me hanging, and I was taught by a patient and kind mentor I worked with every day. We stretched every morning, people would occasionally bring in donuts for us, and amidst all of the work, we had fun.

Students and their supervisors worked together in groups, had amusing 'competitions,' and did some great—and strenuous—work. I never imagined that I could actually find enjoyment in scrubbing the grout in the LeShana bathrooms for hours. Maybe enjoyment is too strong a word, but at least I didn't hate the work, because I loved the people I worked with.

Then, one day, we were told that custodial was being outsourced, and our supervisors had less than two weeks to make arrangements before they were let go. The students would remain on contract over the summer, but not the full-time custodial workers that had kept our spaces clean for years.

"These people had put in this work [not only] for work's sake, but because they cared about the people they were cleaning up for, and they cared about the people they were working with," said Oswyn Bondar, a student who worked for custodial over the summer. "The fact that they had lost that, by will of the school...I think that's one of the worst things that they could have done, in regards to the situation. Economics aside."

At some point, you can make the argument that a university is, like any other company, an institution with a bottom line, and the market pressures certain changes that the administration may not even like. Still, our supervisors had less than two weeks to prepare. I watched my co-workers scramble to find a new means of living. Some of them relied on the health coverage, and some of them relied on the wages to pay rent.

While they were offered interviews with the company that GFU was outsourcing to, JaniKing, the pay was less than what they were getting. One of my friends, a supervisor, wanted to stay on and keep cleaning at the university—they honestly loved being able to help the students and professors have a cleanly environment, but they just couldn't afford to stay on with the new company.

Bondar interviewed some of our supervisors the day after they were told. Their comments are anonymous, as some of them later signed agreements which forbade them from discussing the matter:

"I think next year students are going to be devastated to not see supervisors that they've known."

"I wish I could stay [with the new company] but I can't afford to; I'll be getting a pay cut."

"You know who I think are going to be the most affected? The people moving into the housing at the end of the summer that [the current working students] are living in right now"

"Where do I go from here?"

I don't know everything about this decision, why it was made, or how it was made. What I can relate in vivid detail is the experience of watching some of the kindest, most dedicated people I've ever met get essentially discarded.

Yes, there is a bottom line. Yes, GFU is a business. If this was just some company, a normal nine-to-five existence, I would be sad, but I would understand. But this is George Fox University. We are meant to live for something better. We are meant to believe it stands for something more.

"This is George Fox, it still has a faith statement, and still makes other executive decisions based on their faith statement, and I don't believe this is one that is aligned with their faith statement," said Bondar. Having lived through this summer, I couldn't agree more.

# Socialism: The New Voice of the Young Left

By Kathryn McClintock

**S**ocialism is more popular than ever, according to a survey from the Pew Research Center. The center conducted a survey that recorded Americans' views on socialism and capitalism, and included demographic information like age, gender, race, and income bracket.

As one might expect, there are differences between the Republican and Democrat parties when it comes to the approval ratings of socialism and capitalism. Republicans, in general, view capitalism more favorably and socialism less favorably than Democrats do. **Men and white individuals also viewed socialism less favorably than women or people of color.**

However, one of the more interesting developments is that, regardless of all other variables, Americans under the age of 30 view socialism more favorably than those older than them.

There could be many reasons why that is, and there are indeed many hypotheses.

The Chicago Tribune suggests that this may be because in America, some of the biggest supporters of capitalism have overused the word socialism. They accused Obama of having a socialist agenda, and labeled many aid programs 'socialist.' For young people that have a positive view of Obama and governmental aid programs, this may have created a positive association with socialism.

It could be that socialism is regarded positively by a younger generation because **they think something else when they hear it than the older generation does—and maybe their socialism would be different.** Some respondents said both socialism and capitalism had positive connotations for them. Maybe some people just want a little 'socialism' sprinkled into their government in the form of aid programs, universal healthcare, and action on climate change.

I interviewed Mark Weinert, a history professor at George Fox University, and he agreed that this disparity might be caused by differing definitions. "It's hard to account for [the] popularity of a socialism that would restrict all of the things that younger people seem to value the most. They wouldn't be allowed to demonstrate, they wouldn't be allowed to express themselves, that sort of thing," he said.

"The old classical definition of socialism was government ownership, government control, and I think that's still the sense of socialism," said Weinert. **"My feeling is really that what people call socialism for the most part isn't really socialism. It's sort of the extension of the welfare**

state to include more care for greater percentages of the population."

Non-political issues like climate change have become partisan in America, and those who wish to do something about it may be drawn to the left because there is no similar action plan on the right. The Green New Deal, which leans more towards the side of socialism than other policies on the left, can seem like a tempting option for those who feel that our government is stagnating on this important issue.

Some of the 'radical' desires of Democratic Socialists in America, The Economist notes, are not radical at all in other parts of the world. Universal healthcare is common and popular in other developed countries, for example.

**Perhaps the rise of this 'new socialism' in America stems from a disappointment with traditional government and a desire for change**—when the established parties don't seem to be accomplishing this, it makes sense for people to look towards something else.

The Chicago Tribune tried to point out the benefits of capitalism, and used two companies as positive examples of capitalism: Amazon and Apple. Those wealthy behemoths have recently been associated with the negative aspects of capitalism.

Jeff Bezos is the richest man in the world, and yet according to Time Magazine, the workers in Amazon warehouses get few bathroom breaks and are on their feet all day, constantly pressured to work beyond their limit.

Some tech consumers regard Apple as a little stagnant when it comes to technological innovation, too comfortable in its own success to address the challengers that rise to its level.

**The Chicago Tribune is quick to point out products that capitalism has produced, but is reticent to discuss the cost that makes socialism a talking point at all. If capitalism is to survive, it has to address its own failings**—exploitation, immediate gratification, opaque bureaucracy, and offshore banking.

However, Weinert said that it's capitalism that will eventually cause corporations like Apple problems. "They've created their own status quo that they are trying to defend. Now, as long as you have an energetic, dynamic market, there's going to be somebody to come along and displace them."

One thing is for certain: if we want to be sure of what others are saying, feeling, and thinking, we can't just put words in their mouths. We have to listen and try to think about what they mean. Maybe when they say one thing, you hear another, and vice versa. Maybe you know exactly what they mean—and at that point, it's all about understanding why.

**Stay Informed**

