

# The Collegian

"Can you Swing Diddy?"  
- Nicolette Horning, Food Writer  
for The Collegian

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## The Importance of Acknowledging all Kinds of Family

Photo credit: ASWWU Photo



**WVU Social Work Club buys Christmas gifts** p.11



**The New NBA** p.7



**Friends who become family** p.10

# Family

## The Importance of Acknowledging all Kinds of Family

By Meaghan Ashton

Hello, and welcome to the holiday season. Swaddled in cozy sweaters and smitten with rosy cheeks, we can thank the frost outside for really setting the mood for a snug and cushy couple of months. Generally, we look forward to his time of year that calls for generosity, kindness, and goodwill.

While these are values we should live by year-round, they are especially expected and emphasized in the last two months of the year. Overjoyed and overwhelmed, the holidays overload us with thankfulness for our family and remind us of how much they mean to us.

**"...family rightfully earns the title of the most important thing in a person's life."**

We already know that family is valuable. This time of year simply makes us realize that more and more. The trick is that "family" is a loaded concept.

Family is a word we use to describe the people we love. It also describes a traditional social construct that is culturally significant and socially praised. We are given the impression that family is exclusive to a bloodline, marriage license, or official adoption, but **family is much more than that.**

Family is the fabric of society.<sup>1</sup> Everyone's education starts with the lessons taught by their family. These are small yet monu-

mental, formative, and lasting life lessons. **Morals begin in the family: morals of love, respect, and empathy.** You are formed by the mold of your family. In this way, family rightfully earns the title of the most important thing in a person's life. However, it's important to realize that having a loving and supportive biological family who showed you unconditional love from day one is a deep and incredible privilege.

**We all have families, but we don't all think of them in the same way,** and they have varying degrees of influence on who we become. Founded on intrafamilial responsibility, protection, and growth, family is much more than a concept or a group of blood relatives: it's a perspective and a safety net. **This familial climate thrives off of acceptance, love, and security**—rarities in a world built on greed and competition that demands safety through violence, cruelty, and wealth. **There ought to be no judgment, hatred, or intolerance in a family,** where the love that is distributed should be undoubtedly unconditional and compassionate.

The intrafamilial relationship is unconditional, but the environments that exist outside of the family are conditional—they choose to show love when we are strong, efficient, and in line with approved societal ideals, but not when we are weak and ineffective.

It's simple: **"family," biological or chosen, can be defined as people who fully understand and accept you without conditions.** Family ultimately connects us. People from different races, backgrounds, and **belief systems** can all be members of a united family.

Family is the people that everyone deserves to have, **enabling them to feel secure and comfortable.** These are the people, in all of the world, that should

love you unconditionally. You deserve this even if you weren't lucky enough to have it growing up. As life goes on and more people come into your life, a certain few will cling to your heart. It is likely that we've chosen members of our family upon entering our school, causing our family to grow as time goes on.

Our chosen family are friends that we make part of that unconditionally-loving support system regardless of biological relationship.<sup>2</sup> This is a concept many of us can relate to. Some friendships that we cultivate throughout life are especially rewarding and worthwhile; those friends can become our family in a very real way.

"Chosen family" is a fairly new expression and may seem like a very youth-driven idea, but this notion has been around for just as long as traditional families. It's especially for individuals who might face acceptance from their biological families. In fact, **the term "chosen family" is often associated with the LGBTQ community because members of that community often cannot rely on their biological families for the unconditional love and support that family should provide.** Their family of choice is made up of people who will give them a place of love and belonging when others have not.

**"Family is the people that everyone deserves to have, enabling them to feel secure and comfortable."**



Some say that the concept of family has gradually been redefined, broadening past what has been established as traditional custom. Perhaps it was just advanced, adjusted, and extended to those who we choose to surround ourselves with to promote an even stronger sense of family and security. **But that expansion of the term hasn't translated to every area of society.**

The first thing you will notice when you research "family" is the outward appearance of those depicted. **The photos of what constitutes a supposedly typical family are strikingly identical.**<sup>3</sup> Underneath a perfect sunset overlooking the beach, silhouetted foursomes that consist of two parents, male and female, and their two children are portrayed, smiling and carefree. The occasional non-traditional group makes an appearance: perhaps an adopted child, two parents with a family of dogs and cats, a lesbian or gay couple, and not all the families seen are white. **But the overwhelming majority of the photos are so similar and traditional that they are practically interchangeable.**

This visual of "family" is troubling given that **family dynamics are shifting.** For example, there is a higher number of divorces, **a growing number of same-sex married couples,** and a retreat from marriage that has resulted in a deviation from the traditional or nuclear family. Blended families, adopted siblings, and single-parent households are all much more common than they were a few decades ago.<sup>4,5</sup> Like these nontraditional families, **gender non-conforming and non-binary individuals and those who identify as part of the LGBTQ community also fall outside of traditional identities.**

People in these categories **no longer fit into the conventional picture of family, which can make them feel alone, rejected, and uncomfortable going home for**



the holidays. <sup>6</sup> The open arms that their chosen family offers them are invaluable and necessary—when supported by a community with a lot of heart and love, spirits will stay lifted.

In the past, those who stray from a traditional family structure have been cast out and deemed insignificant or peripheral. It is easy for society to marginalize groups of people who fall outside of the box, who color outside the lines, who love who they love, and who are not granted the same level of entitlement or advantage as those who naturally abide by society's rulebook. However, family does not have to be defined by tradition; it can be given a name by those who make it.

**"Blended families, adopted siblings, and single-parent households are all much more common than they were a few decades ago."**

Though your non-biological chosen family is incredibly important, your biological family can also be your chosen family if you choose them too. Family can be so much more inclusive than just our blood relatives. Dismantle what has been fed to us as the perfect family and surround yourself with those who love and accept you this holiday season.

Maybe you have found yourself in a college town with no relatives and no immediate family. Maybe you are on your own, travel fare is too expensive for your low-budget, strapping-pennies-together financial plan, and you've resorted to an alternative celebration with your old high school friends, college pals, or adult mentors. Here you've found a mix of comfort, good food, and laughter; far away from your biological family, your college family embraces you when others are unable to. Your chosen family may be a group of friends you've had since your preschool days, or a group of fellow students you just met but feel you've known your whole life. Maybe you've found your chosen family in your church family. Whoever they are, hold on tight, make new traditions, and embrace the opportunity to make the holidays worthwhile.

People will come and go in and out of our lives, but family is permanent and durable. The ideal familial environment is secure, supportive, and accepting. I hope that while you read through this article, those who you love popped up in your mind, and your heart was filled with warmth.

<sup>1</sup> "Understanding the Dynamics of Family Change in the U.S." Population Reference Bureau.

<sup>2</sup> "Fluide's Gorgeous, Inclusive Holiday Campaign Is Dedicated to Chosen Families Everywhere." *Teen Vogue*.

<sup>3</sup> *Ibid*.

<sup>4</sup> "Divorce Statistics: Over 115 Studies, Facts and Rates for 2018." *Wilkinson and Finkbeiner*.

<sup>5</sup> "Understanding the Dynamics of Family Change in the U.S." Population Reference Bureau.

<sup>6</sup> "In Support of Spending the Holidays with Chosen Family." *Wear Your Voice Magazine*.

"The concept of a **"chosen family"** bears many different meanings to different people. **One need not lack a biological or legal family to join one, ... in practice, they can look like or be most anything."** <sup>1</sup>

# La Familia

## La Importancia de Reconocer todo Tipos de Familia

Por Meaghan Ashton

Hola, y bienvenidos a la temporada de vacaciones. Envueltos en acogedores suéteres y mantoplas con mejillas rosadas, podemos agradecer a las heladas del exterior por realmente crear el ambiente para un par de meses cómodos y acogedores. En general, esperamos esta época del año que exige generosidad, amabilidad y buena voluntad.

Si bien estos son valores por los que deberíamos vivir todo el año, se espera y enfatizan especialmente en los últimos dos meses del año. Llenos de alegría y abrumados, los días festivos nos sobrecargan de gratitud a su familia y nos recuerdan lo mucho que significan para nosotros.

“... la familia gana legítimamente el título de lo más importante en la vida de una persona.”

Ya sabemos que la familia es valiosa. Esta época del año simplemente nos hace darnos cuenta de de eso cada vez más. El truco es que la "familia" es un concepto cargado.

Familia es una palabra que usamos para describir a las personas que amamos. También describe un constructo social tradicional que es culturalmente significativo y elogiado socialmente. Nos da la impresión de que la familia es exclusiva de una línea de sangre, una licencia de matrimonio o una adopción oficial, pero la familia es mucho más que eso.

La familia es el tejido de la sociedad.<sup>1</sup> La educación de todos comienza con las lecciones enseñadas por su familia. Estas son pequeñas, pero monumentales lecciones de

vida formativas y duraderas. **La moral comienza en la familia:** la moral del amor, el respeto y la empatía. Estás formado por el molde de tu familia. De esta manera, la familia gana legítimamente el título de lo más importante en la vida de una persona. Sin embargo, es importante darse cuenta de que tener una familia biológica amorosa y solidaria que te mostró un amor incondicional desde el primer día es un privilegio profundo e increíble.

Todos tenemos familias, pero no todos pensamos de ellas de la misma manera, y ellas tienen diferentes grados de influencia en quienes nos convertimos. Fundada en la responsabilidad intrafamiliar, la protección y el crecimiento, la familia es mucho más que un concepto o un grupo de parientes de sangre; Es una perspectiva y una red de seguridad.

**Este clima familiar prospera gracias a la aceptación, el amor y la seguridad**—rarezas en un mundo construido sobre la codicia y la competencia que exige seguridad, a través de la violencia, la crueldad y la riqueza. **No debe haber juicio, odio o intolerancia en una familia**, donde el amor que se distribuye debe ser, sin duda, incondicional y compasivo.

La relación intrafamiliar es incondicional, pero los entornos que existen fuera de la familia están condicionados a que elijan mostrar amor cuando somos fuertes, eficientes y **en línea con los ideales sociales aprobados**, pero no cuando somos débiles e ineficaces.

Es simple: "la familia", biológica o elegida, puede definirse como personas que la entienden completamente y **la aceptan sin condiciones**. La familia en última instancia nos conecta. **Personas de diferentes razas, orígenes y sistemas de creencias pueden ser miembros de una familia unida.**

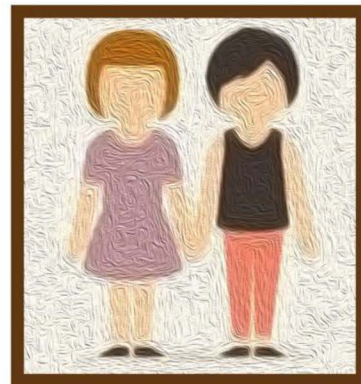
Familia es la gente que todos merecen tener, permitiéndoles sentirse seguros y cómodos. Estas son las personas, en todo el mundo, que deberían amarte incondicio-

nalmente. Te lo mereces, incluso si no tuviste la suerte de tenerlo creciendo. A medida que la vida continúa y más personas entran en tu vida, algunos pocos se aferrarán a tu corazón. Es probable que hayamos elegido miembros de nuestra familia al ingresar a nuestra escuela, lo que hace que nuestra familia crezca a medida que pasa el tiempo.

**Nuestra familia elegida** son amigos que nosotros flos hacemos parte de ese sistema de apoyo incondicionalmente amoroso, independientemente de las relaciones biológicas.<sup>2</sup> Este es un concepto con el que muchos de nosotros podemos relacionarnos. Algunos amigos que cultivamos a lo largo de la vida son especialmente gratificantes y valiosos; Esos amigos pueden convertirse en nuestra familia de una manera verdadera.

"Familia elegida" es una expresión bastante nueva y puede parecer una idea muy joven, pero esta noción ha existido durante tanto tiempo como las familias tradicionales. Es especialmente **para las personas que pueden enfrentar la falta de aceptación** de sus familias biológicas. De hecho, **el término "familia elegida" a menudo se asocia con la comunidad LGBTQ** porque los miembros de esa comunidad a menudo no pueden confiar en sus familias biológicas por el amor incondicional y el apoyo que la familia debe brindar. Su familia preferida está formada por personas que les darán un lugar de amor y pertenencia cuando otros no lo hayan hecho.

“La familia es la gente que todos merecen tener, lo que les permite sentirse seguros y cómodos.”



Algunos dicen que el concepto de familia se ha redefinido gradualmente, ampliando más allá de lo que se ha establecido como costumbre tradicional. Tal vez fue sólo avanzado, ajustado y extendido **a quienes elegimos rodearnos para promover un sentido aún más fuerte de la familia y la seguridad**. Pero esa expansión del término no se ha traducido a todos los ámbitos de la sociedad.

Lo primero que notarás cuando investigación "familia" es la apariencia externa de los representados. Las fotos de lo que constituye una familia supuestamente típica son sorprendentemente idénticas.<sup>3</sup> Debajo de una puesta de sol perfecta con vista a la playa, cuatro cuartos en silueta que consisten en de dos padres, hombres y mujeres, y sus dos hijos son retratados, sonrientes y despreocupados. Aparece ocasionalmente **un grupo no tradicional**: tal vez un niño adoptado, dos padres con una familia de perros y gatos, **una pareja de lesbianas o homosexuales, y no todas las familias que se ven son blancas**. Pero La gran mayoría de las fotos son tan similares y tradicionales que son prácticamente intercambiables.

Este aspecto visual de "familia" es preocupante dado que **las dinámicas familiares están cambiando**. Por ejemplo, hay un mayor número de divorcios, un número creciente de parejas casadas del mismo sexo y un retiro del matrimonio que ha provocado una desviación de la familia tradicional o nuclear. Familias mezcladas, hermanos adoptados y padres solteros. Todos los hogares son mucho más comunes que hace unas décadas.<sup>4,5</sup> Al igual que estas familias no tradicionales, **los individuos no conformes y no binarios de género y aquellos que se identifican como parte de la comunidad LGBTQ también están fuera de Identidades tradicionales**.

Las personas en estas categorías ya no encajan en la imagen convencional de la familia, lo que puede hacer que se sientan solos, rechazados e incómodos yendo a casa para los días festivos.<sup>6</sup>



Los brazos abiertos que su familia elegida les ofrece son invaluableles y necesarios; cuando son apoyados por una comunidad con mucho corazón y amor, los espíritus se mantendrán elevados.

En el pasado, aquellos que se alejaban de una estructura familiar tradicional habían sido expulsados y considerados insignificantes o periféricos. Es fácil para la sociedad marginar a grupos de personas que quedan fuera de la caja, que colorean fuera de las líneas, que aman a quienes aman y que no tienen el mismo nivel de derecho o ventaja que aquellos que, naturalmente, respetan el reglamento de la sociedad. Sin embargo, la familia no tiene que ser definida por la tradición; Puede ser dado un nombre por aquellos que lo hacen.

**“Familias mezcladas, hermanos adoptados, y los hogares monoparentales son todos mucho más comunes que hace unas décadas.”**

Si bien su familia elegida no biológica es increíblemente importante, su familia biológica también puede ser su familia elegida si usted también los elige. La familia puede ser mucho más inclusiva que solo nuestros parientes de sangre. Desmantele lo que se nos ha dado como la familia perfecta y rodee de quienes aman y aceptan estas fiestas.



Tal vez te has encontrado en un ciudad universitaria sin parientes y sin familia cercana. Tal vez usted está solo, la tarifa de viaje es demasiado cara para su plan financiero de bajo presupuesto y con pocos centavos, y ha recurrido a una celebración alternativa con sus viejos amigos de la escuela secundaria, amigos de la universidad o mentores adultos. Aquí ha encontrado una mezcla de confort, buena comida y risas; muy lejos de tu familia biológica, tu familia universitaria te abraza cuando otros no pueden. Su familia elegida puede ser un grupo de amigos que haya tenido desde sus días de preescolar, o un grupo de otros estudiantes que acaba de conocer, pero siente que ha conocido toda su vida. Tal vez has encontrado a tu familia elegida en la familia de tu iglesia, quienesquiera que sean, se aferran con fuerza, hacen nuevas tradiciones y aprovechan la oportunidad para hacer que las vacaciones valgan la pena.

La gente entrará y saldrá y entrará nuestras vidas, pero la familia es permanente y duradera. El entorno familiar ideal. Es seguro, solidario, y tolerante. Yo espero que mientras lees esto artículo, los que amas hayan aparecido en tu mente, y tu corazón se llenó con calidez.

<sup>1</sup> “Understanding the Dynamics of Family Change in the U.S.” Population Reference Bureau.

<sup>2</sup> “Fluide’s Gorgeous, Inclusive Holiday Campaign Is Dedicated to Chosen Families Everywhere.” Teen Vogue.

<sup>3</sup> Ibid.

<sup>4</sup> “Divorce Statistics: Over 115 Studies, Facts and Rates for 2018.” Wilkinson and Finkbeiner.

<sup>5</sup> “Understanding the Dynamics of Family Change in the U.S.” Population Reference Bureau.

<sup>6</sup> “In Support of Spending the Holidays with Chosen Family.” Wear Your Voice Magazine.

**“El concepto de una “familia elegida” conlleva muchos significados diferentes a diferentes personas. Uno no necesita que le falte un familia biológica o legal para unirse a una, ... en la práctica, pueden verse o ser casi cualquier cosa.”<sup>1</sup>**



# Editor's Note



Dear students and beyond,

It is week 59, congratulations! Whoops... I meant to say week 9, but I think you all could see how I would get confused. This quarter just keeps dragging on.

But despite that, I want to take a moment to encourage all of you to keep up the good fight. I am currently a senioritis-ridden student, and I think that I've been working pretty hard the last three years, and it can be easy to let things slip now and then. However, in my opinion, I have been working so hard, for so long, and I'm sure you have been as well. So, finish strong! You owe it to yourself.

For this week's *Collegian* we decided to talk about found family. The concept of a found family, a chosen family, is something I am very familiar with.

My mother is a psychologist and therapist, so with all of her amazing wisdom, I grew up with the concept that "family is a circle of people you love."

Because of that mindset, I have what I consider to be a large family, and you can bet it's jam-packed with lots of love in many different forms. And I believe that one reason why college is so great is because you have the ability to surround yourself with people that you get to choose, a family you get to create.

With that being said, I hope that you will find yourself surrounded by people who love you, regardless of DNA. Because you are worthy of belonging, and you deserve to love and be loved.

So basically... hang in there kiddos, we got this!

After all, you know how it be,

  
 JOSEPHINE BAIRD  
 Editor-in-Chief

**Requirements for letters to the editor:**

**300-350 words.**

**Be aware that we will be editing your work for grammar inconsistencies, so please be professional.**

**We are also accepting artwork (photos, drawings, poetry, creative writing, etc.)**

**Email it to [ASWWU.collegian@wallawalla.edu](mailto:ASWWU.collegian@wallawalla.edu) before 3 p.m. on Sunday.**

# Week in Forecast

**Thurs**

**11/29**



**45°/40°**

**Electronic Greetings Day**

ASWWU Senior Portraits  
 @ the Black Box,  
 6:00 - 9:00 p.m.

**Fri**

**11/30**



**47°/32°**

**National Mason Jar Day**

ASWWU Outdoors  
 Christmas Cabining  
 Trip Departs

ASWWU Senior Portraits  
 @ the Black Box,  
 9 a.m. - 12 p.m.

**Sat**

**12/1**



**39°/33°**

**National Pie Day**

Evensong -  
 WWU Church, 4 p.m.

Women's Basketball  
 Team vs NCU  
 Home Game! 6-7 p.m.

ASWWU Uno Tournament  
 @ the SAC, 8-10 p.m.

**Sun**

**12/2**



**39°/29°**

**National Mutt Day**

Women's Basketball vs  
 NCU - Home Game!  
 1-2 p.m.

Dorm Open House -  
 4-8 p.m.

Late Night Math Tutoring  
 @ the Atlas, 9-11 p.m.

# Collegian Staff

Josephine Baird **Editor-in-Chief**  
 Angelica Chan **Assistant Editor**  
 Kyra GreyEyes **Layout Editor**  
 Amelia Pekar **Feature and News Editor**  
 Matthew Fennell **Columnist Editor**  
 Geoffrey Lopes **Head Copy Editor**

## Columnists

Megan Spracklen	ACA/SM/Service
Emily Ellis	Religion
Alex Parkhurst	Science
Inez Aguirre	Student Culture
Griffin Leek	Student Life
Niolas Rudd	Outdoors
Isaiah Taylor	Sports
Nicolette Horning	Food
Gabriela Hutuleac	Fashion
Tobi Brown	Creative Writing
Regan Hinshaw	Humor

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 Rose Sperl

## Copy Editors

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 Ella Meecks  
 Audrey Tampake

## Designers

McKenna Butler  
 Garren Miller  
 Hannah Thiel

## Distributor

John Cotter

## Office Manager

Mindy Robinson

## Senate Updates

### F.L. 3: Passed!

This bill was for senate to buy an in ear monitor setup for musicians and such.

### G.L. 2:

This bill will modify the large project funds requirements.

### Senior photos in the Blackbox!

Wed. 5-9 p.m., Thurs. 6-9 p.m., Fri. 9 a.m.-12 p.m.

### ASWWU Social Uno Tourney!

Sat. 8 p.m. in the SAC

### ASWWU Outdoors Cabining Trip

Email ASWWU Outdoors to be put on the wait list.

**Mon**  
12/3



38°/27°

### National Roof Over Your Head Day

Late Night Math Tutoring @ the Atlas, 9-11 p.m.

**Tues**  
12/4



36°/23°

### National Cookie Day

ASWWU Dead Week - DeStress with Pets @ the Library, 10 a.m. - 1 p.m.

ASWWU Dead Week - Cookies & Home Alone @ the SAC, 7-9 p.m.

**Wed**  
12/5



33°/22°

### Bathtub Party Day

Financial Clearance begins for Winter Quarter

Holiday Concert @ the FAC, 7:30 - 9 p.m.

ASWWU Dead Week - Christmas Caroling @ the SAC, 8-9 p.m.

**Thurs**  
12/6



33°/21°

### National Gazpacho Day

University Senate @ Alumni Boardroom, 3-5 p.m.

Christmas Open Mic @ the Atlas, 6:30 p.m.

Late Night Math Tutoring @ the Atlas, 9-11 p.m.





# Outdoor

By Niq Ruud

Welcome back to WWU; I for one am so very happy to have you back on campus! It was lonely here while you were gone, but I'll be honest: thanks to my good

friend Instagram, it was pretty exciting to see what you were up to over our nine-day break. Here are some of your Thanksgiving moments from the great out-of-doors:

[rethinkplans](#)  
Smith Rock State Park



That there rock looks really, really big. Wow, this seems to be a very dangerous activity. Dangling off of a cliff with only a thin rope to keep you from falling to your death? I think I'll pass on this pastime.

[fallerwright](#)  
Camp Wa-Hawan, McCall, ID



Someone looks very safe! Remember kids, always attach your Personal Flotation Device (PFD) on the upper-front body of your kayak.

[cade\\_\\_roberts3](#)  
Bend, Oregon



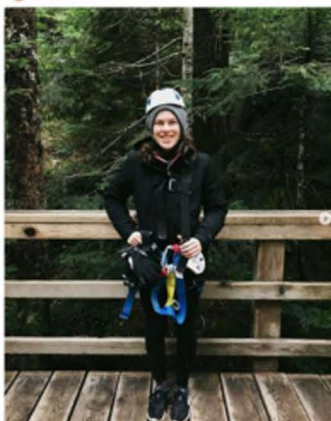
Wow! Look at this guy go! You would think he's too big for the bike, but the bike is actually too small for him! Brilliant use of trick photography in this beautiful capture!

[log.seib](#)  
Mamanuca Islands, Fiji



This photo isn't quite outside, but it isn't quite inside either. So it'll pass as outside.

[walia.kugner](#)  
Whistler, Canada



Very safe indeed. Helmet, harness, gloves, close-toed shoes—all check. All to safely stand on this nice porch!

[amwcollegian](#)



Hey look at that! Even your local Collegian made it outside this holiday season! Let's just hope that edition doesn't turn into mulch.

# † Divine Adoption

## Religion

By Emily Ellis

We are what we do. Or at least that's what we often think.

Our identity can be wrapped up in portraying a certain image, the activities we are interested in, or who we hope to be. When I was in high school, my identity was wrapped up in being a cross country runner. My first year of running for cross country was my junior year of high school; during that year I won every single one of my meets. My identity began to get wrapped up in winning.

The next school year, I expected to get even better times at my meets. However, the intense training gave me shin splints, which affected my running and my ability to compete. I had to forfeit some meets and then I lost every race that I competed in. This was crushing because I had allowed myself to place my identity in what I did.

As Christians, our identity is not placed in what we do, how people see us, or how we wish to portray ourselves. Our identity is in the sole fact that we are adopted as sons and daughters of the most High



Photo by Emily Ellis.

King. "For he chose us in him, before the foundation of the world, to be holy and blameless in love before him. He predestined us to be adopted as sons through Jesus Christ for himself, according to the good pleasure of his will."<sup>1</sup>

Who I am is not based off of what I have done or try to do, but rather off of who Christ is. Ephesians says that we are holy and blameless through Him. This is our gift, our title, not because we earned it, but simply because Christ gave it to us.

This title, our identity, means everything that is true about Christ is true about you. His victory has become our victory, and we have access to eternal life because of what he has done. When God looks at you, he sees Jesus. We are holy and blameless simply because He is.

How does this change how we live? What would our lives look like if we truly embraced this? I challenge you this week to find ways to connect with God and discover your identity in Him.

<sup>1</sup> Ephesians 1:4, 5 CSB

# Why I Volunteered with ADRA Connections

## Service

By Joey Barajas, Theology Major, '18 graduate of Walla Walla University

ADRA Connections, a volunteer program operated by the Adventist Development and Relief Agency (ADRA), connected me with new friends within the U.S. and Brazil. Most importantly, this trip reconnected me with God and His purpose for my life.

Prior to taking the trip, I felt like Jonah, who ran away from God but eventually, like Jonah, I ended up returning to His will. Growing up, I strayed from church and took on a life filled with doing things I regretted. Somehow, God's love showed me a way back, and I decided to become a minister. I recently graduated from Walla Walla University with a theology degree and am now serving at a local church. After graduation, I signed up for ADRA Connections since I've never traveled to the Amazon River, and thought it would do me good to serve others.

God has a sense of humor, I thought, when I discovered that a boat would be our mode of transportation to the school we were building. Similar to Jonah, I rode on a boat—the only difference was that Jonah took the boat to escape God while I took the boat to help others. Constructing the school required long hours of physical labor in intense heat, but when I saw the work that had to be done and the children that were waiting eagerly to attend this school, my outlook on life changed. I saw how privileged I was to have a job waiting for me, how blessed I was to have the education I have and being able to graduate from an amazing university like Walla Walla University. God has given me many things, and in return, I give back to him, not only on volunteer trips, but also in everything I do.

Though I witnessed the poor living conditions the local villagers endure everyday, what inspired me were the parents and their children who wore smiles, seemingly oblivious to their destitute situation. At times while I worked, a parent would greet

and smile at me and join me in my work. They were on their hands and feet helping us grout, paint, carry bricks, or anything else that needed to be done. Their joyful expressions as they worked inspired me—they became my motivators. They reminded me of how hard my parents worked to help me get an education. No matter how tired my mom and dad were, they kept working to ensure my brothers and I graduated from school. This is what service looked like to me. Seeing a need and fulfilling it no matter how big or small, or how long it took.

I'll admit, being the only one from WWU was a bit discouraging because I didn't know anyone who was going on the Connections trip, but from the moment I heard about this volunteer trip, I knew I had to go. I don't know what it was, but I felt the need to be there. I had every reason not to go. I had to re-submit my application for a Brazilian visa four times, the airline booked the wrong flight, so I had to wait two weeks before the trip to buy my plane ticket in which the prices increased

dramatically, and my finances were not looking great. The ADRA Connections team, however, helped me through prayers every time an obstacle came my way. Throughout this whole ordeal I had faith that God wanted me there and I am glad my faith was stronger than my doubts. The blessings and love that I received from this trip far exceeded the doubts and trouble that I had to go through.

Four weeks have passed since my return from the Amazon, but the mission spirit is still alive in me. I returned ready to spread God's love and willing for other people to volunteer with me. I don't know when that will be, but I do know that I will not go it alone. I have shared my experiences with my friends and with my church members, and expressed to them what a blessing it is to get out of their comfort zone and serve others. I am a pastor now, but we don't have to be pastors to preach about the love of Jesus, we just have to simply be there and serve. By doing, our ministry will speak louder than our words.

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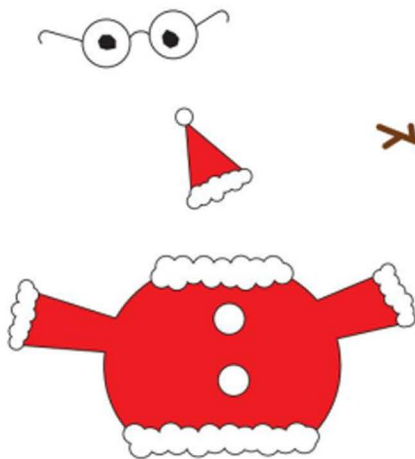
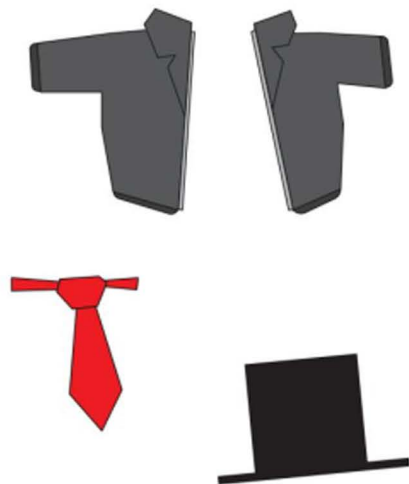
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## Tamástlikt Cultural Institute Review

### Submission

By Angelica Chan

I visited the Tamástlikt Cultural Institute in Pendleton with my History of the Pacific Northwest class last month and gained more appreciation for platforms that allow groups of people to tell their own stories. Run by the Confederated Tribes of the Umatilla Indian Reservation, the Institute presents the history of the Cayuse, Umatilla, and Walla Walla tribes, focusing on what life was and is like for them.

Traditional narratives tend to generalize the Native experience, lumping all Native tribes together. Likewise, traditional histories often limit the scope of the study of Native People to solitary events and times that were significant in the eyes of white American culture, such as the Lewis and Clark expedition or the Whitman massacre. The Tamástlikt Cultural Institute discards that method (quite intentionally, according to the essay "Our People Have Always Been Here" by Roberta "Bobbie" Conner, director of the Institute), instead taking a more comprehensive approach.

Through the round, chronological exhibit style, we see the gradual shift in Native American culture and lifestyle as the

people and environment around the area change. The exhibit is split into three sections—"We Were," "We Are," and "We Will Be."

Upon entering the "We Were" section, the viewer sees pieces from before Euro-American contact that reflect the local Native Peoples' hunter-gatherer lifestyle and their knowledge of and use of seasonal resources. There is a large wheel on the wall depicting flora and fauna that the Native Americans would collect for food throughout the year, such as camas bulbs and salmon.

In the same room is a longhouse reconstruction as an example of the communal housing constructed by several families working together. This emphasizes that although the tribes moved with the seasons, they did so with purpose, based on knowledge of the environment—the land was not unoccupied, as settlers from the east later liked to assume.

The Tamástlikt Cultural Institute contributes important commentary on the reactions of Native Americans as white missionaries arrive in the area—following a quote from Narcissa Prentiss Whitman on the "black robes" (Catholic missionaries), the signage notes that the Native Ameri-

cans quickly became "disenchanted by the missionary enterprise," as the Protestant and Catholic missionaries competed with each other. This section is confined to a small, whitewashed church, emphasizing and foreshadowing the changes increasing numbers of settlers would bring to the Pacific Northwest.

The Whitman massacre is similarly limited to a small area that explains the reasoning behind the decision to attack the mission. Unlike the Whitman Mission museum, it does not ask for a moral judgment of the event; instead, it presents the Native Peoples' side of the story as they reacted to a sudden onslaught of migrants and fatal illnesses that swept through the populations. It also notes that the attack followed a tribal council, not a rogue group acting alone.

The rest of the historical section shows the tribes being confined to shrinking reservations, with comparative diagrams of the allocated land before and after the Dawes Severalty Act of 1887, which confined Native People to shrinking reservations. It also notes that this move dramatically shifted the Native Americans' lifestyle again as they lost much of their land and nearly all of their horses, many of which were ground into dog food.

The "We Are" section shows Native peoples' creativity and ability to "make non-Native objects and concepts their own." Finally, the "We Will Be" section of the exhibit focuses on current efforts of the Native People to restore the salmon populations along local rivers. It shows that they have not forgotten the respect and care with which their ancestors treated the environment, but know how to work within modern society.

The Tamástlikt Cultural Institute refutes the idea that Native People were only relevant to history in the past, pointing out that Native American culture is—and always has been—rich and adaptive. They are not stuck in the past, nor are they content to have their entire history and culture constrained to a few events and encounters.

I highly recommend visiting the Tamástlikt Cultural Institute in Pendleton because it presents a valuable, nuanced perspective about the local area and the Cayuse, Umatilla, and Walla Walla tribes. I believe it is important to learn about the history of wherever you are, even if you only live there for a short time. It's also important to listen to and learn from people when they share their own perspectives.



## The New NBA and the Power of the Players

### Sports

By Isaiah Taylor

In the last two weeks several players have stepped away from their respective teams for indefinite or permanent leave and are considering options to play for different franchises. Most notably, Markelle Fultz has taken a leave from the Philadelphia 76ers and JR Smith has stepped away from the Cleveland Cavaliers and is personally seeking trade options.

The NBA is known for its free-agency madness where players take the off-season, usually once their contracts are terminated, to negotiate with other teams. Players have much more recently become vocal about their feelings by publicly demanding trades and forcing the hand of the organization. These situations have taken things a step further. Players are now exercising their power by refusing to participate in games or practices even when fully healthy because they don't trust or believe in the direction of the organization.

Markelle Fultz is in his second year as a professional player, and, after dealing with a shoulder injury that kept him sidelined for most of his rookie season, has played in 19 games this year, including 15 starts. Fultz's injury has continued to affect his ability to shoot the basketball and has led to what looks like a lack of confidence on the court. Fultz, at the direction of his attorney, has removed himself from practices and games to seek advice from a specialist.<sup>1</sup> This can be problematic because the team doctors in Philadelphia have cleared Fultz. This is very similar to the issues that ultimately pushed Kawhi Leonard to demand a trade from San Antonio—that is, players not trusting the medical counsel of the team doctors.

The JR Smith situation is even more bizarre as Smith felt that this season wasn't headed in a direction that he wanted to follow. He disagreed with Cleveland management on the vision for the franchise and his role in it. He also decided to communicate with other teams seeking trade options to present to Cleveland, working as his own negotiator.<sup>2</sup> This is something that has not happened in the NBA before, at least on a public level like this.

Players in the NBA experience freedoms that athletes in other leagues don't have. Leveon Bell, running back of the Pittsburgh Steelers, chose to not participate with the team this season while negotiating a contract. This decision was met with tremendous scrutiny from media, fans, players in the league, and even his own teammates. NBA players and fans have not reacted the same, due in large part to the understanding that if players don't take control of their careers, the teams will take advantage of them.

These are very interesting times with these new NBA politics and it is yet to be seen if giving the players power to choose will lead to a higher quality product.

<sup>1</sup> Aldridge, David (@davidaldringedc). "At the direction of his attorney, Raymond Brothers, @MarkelleF is scheduled to see a shoulder specialist early next week. Per Brothers, Fultz will not participate in team practices or games until after the specialist has had a chance to evaluate him." Nov. 20, 2018, 8:02 AM. Tweet.

<sup>2</sup> NBA.com, NBA media reports, (2018, November 20). Smith steps away from Cavs as he awaits trade. Retrieved from <http://www.nba.com/article/2018/11/20/jr-smith-steps-away-cleveland-cavaliers>

## Upcoming Wolves Games

Dec. 1

Women's Basketball vs North-west Christian University

6:00 PM

Dec. 2

Women's Basketball vs North-west Christian University

1:00 PM

Dec. 6

Women's Basketball at Pacific Lutheran University

5:00 PM

# Family

## The Importance of Acknowledging all Kinds of Family

By Meaghan Ashton

Hello, and welcome to the holiday season. Swaddled in cozy sweaters and smitten with rosy cheeks, we can thank the frost outside for really setting the mood for a snug and cushy couple of months. Generally, we look forward to his time of year that calls for generosity, kindness, and goodwill.

While these are values we should live by year-round, they are especially expected and emphasized in the last two months of the year. Overjoyed and overwhelmed, the holidays overload us with thankfulness for our family and remind us of how much they mean to us.

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**"...family** rightfully earns the title of the **most important** thing in a person's life."

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We already know that family is valuable. This time of year simply makes us realize that more and more. The trick is that "family" is a loaded concept.

Family is a word we use to describe the people we love. It also describes a traditional social construct that is culturally significant and socially praised. We are given the impression that family is exclusive to a bloodline, marriage license, or official adoption, but family is much more than that.

Family is the fabric of society.<sup>1</sup> Everyone's education starts with the lessons taught by their family. These are small yet monu-

mental, formative, and lasting life lessons. Morals begin in the family: morals of love, respect, and empathy. You are formed by the mold of your family. In this way, family rightfully earns the title of the most important thing in a person's life. However, it's important to realize that having a loving and supportive biological family who showed you unconditional love from day one is a deep and incredible privilege.

We all have families, but we don't all think of them in the same way, and they have varying degrees of influence on who we become. Founded on intrafamilial responsibility, protection, and growth, family is much more than a concept or a group of blood relatives; it's a perspective and a safety net. This familial climate thrives off of acceptance, love, and security—rarities in a world built on greed and competition that demands safety through violence, cruelty, and wealth. There ought to be no judgment, hatred, or intolerance in a family, where the love that is distributed should be undoubtedly unconditional and compassionate.

The intrafamilial relationship is unconditional, but the environments that exist outside of the family are conditional—they choose to show love when we are strong, efficient, and in line with approved societal ideals, but not when we are weak and ineffective.

It's simple: "family," biological or chosen, can be defined as people who fully understand and accept you without conditions. Family ultimately connects us. People from different races, backgrounds, and belief systems can all be members of a united family.

Family is the people that everyone deserves to have, enabling them to feel secure and comfortable. These are the people, in all of the world, that should

love you unconditionally. You deserve this even if you weren't lucky enough to have it growing up. As life goes on and more people come into your life, a certain few will cling to your heart. It is likely that we've chosen members of our family upon entering our school, causing our family to grow as time goes on.

Our chosen family are friends that we make part of that unconditionally-loving support system regardless of biological relationship.<sup>2</sup> This is a concept many of us can relate to. Some friendships that we cultivate throughout life are especially rewarding and worthwhile; those friends can become our family in a very real way.

"Chosen family" is a fairly new expression and may seem like a very youth-driven idea, but this notion has been around for just as long as traditional families. It's especially for individuals who might face acceptance from their biological families. In fact, the term "chosen family" is often associated with the LGBTQ community because members of that community often cannot rely on their biological families for the unconditional love and support that family should provide. Their family of choice is made up of people who will give them a place of love and belonging when others have not.

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**"Family is the people that everyone deserves to have, enabling them to feel secure and comfortable."**

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Some say that the concept of family has gradually been redefined, broadening past what has been established as traditional custom. Perhaps it was just advanced, adjusted, and extended to those who we choose to surround ourselves with to promote an even stronger sense of family and security. But that expansion of the term hasn't translated to every area of society.

The first thing you will notice when you research "family" is the outward appearance of those depicted. The photos of what constitutes a supposedly typical family are strikingly identical.<sup>3</sup> Underneath a perfect sunset overlooking the beach, silhouetted foursomes that consist of two parents, male and female, and their two children are portrayed, smiling and carefree. The occasional non-traditional group makes an appearance: perhaps an adopted child, two parents with a family of dogs and cats, a lesbian or gay couple, and not all the families seen are white. But the overwhelming majority of the photos are so similar and traditional that they are practically interchangeable.

This visual of "family" is troubling given that family dynamics are shifting. For example, there is a higher number of divorces, a growing number of same-sex married couples, and a retreat from marriage that has resulted in a deviation from the traditional or nuclear family. Blended families, adopted siblings, and single-parent households are all much more common than they were a few decades ago.<sup>4,5</sup> Like these nontraditional families, gender non-conforming and non-binary individuals and those who identify as part of the LGBTQ community also fall outside of traditional identities.

People in these categories no longer fit into the conventional picture of family, which can make them feel alone, rejected, and uncomfortable going home for



the holidays.<sup>9</sup> The open arms that their chosen family offers them are invaluable and necessary—when supported by a community with a lot of heart and love, spirits will stay lifted.

In the past, those who stray from a traditional family structure have been cast out and deemed insignificant or peripheral. It is easy for society to marginalize groups of people who fall outside of the box, who color outside the lines, who love who they love, and who are not granted the same level of entitlement or advantage as those who naturally abide by society's rulebook. However, family does not have to be defined by tradition; it can be given a name by those who make it.

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**"Blended families, adopted siblings, and single-parent households are all much more common than they were a few decades ago."**

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Though your non-biological chosen family is incredibly important, your biological family can also be your chosen family if you choose them too. Family can be so much more inclusive than just our blood relatives. Dismantle what has been fed to us as the perfect family and surround yourself with those who love and accept you this holiday season.

Maybe you have found yourself in a college town with no relatives and no immediate family. Maybe you are on your own, travel fare is too expensive for your low-budget, strapping-pennies-together financial plan, and you've resorted to an alternative celebration with your old high school friends, college pals, or adult mentors. Here you've found a mix of comfort, good food, and laughter; far away from your biological family, your college family embraces you when others are unable to. Your chosen family may be a group of friends you've had since your preschool days, or a group of fellow students you just met but feel you've known your whole life. Maybe you've found your chosen family in your church family. Whoever they are, hold on tight, make new traditions, and embrace the opportunity to make the holidays worthwhile.

People will come and go in and out of our lives, but family is permanent and durable. The ideal familial environment is secure, supportive, and accepting. I hope that while you read through this article, those who you love popped up in your mind, and your heart was filled with warmth.

<sup>1</sup> "Understanding the Dynamics of Family Change in the U.S." Population Reference Bureau.

<sup>2</sup> "Fluide's Gorgeous, Inclusive Holiday Campaign Is Dedicated to Chosen Families Everywhere." *Teen Vogue*.

<sup>3</sup> *Ibid*.

<sup>4</sup> "Divorce Statistics: Over 115 Studies, Facts and Rates for 2018." *Wilkinson and Finkbeiner*.

<sup>5</sup> "Understanding the Dynamics of Family Change in the U.S." Population Reference Bureau.

<sup>6</sup> "In Support of Spending the Holidays with Chosen Family." *Wear Your Voice Magazine*.

"The concept of a **"chosen family"** bears many different meanings to different people. **One need not lack a biological or legal family to join one, ... in practice, they can look like or be most anything."**<sup>1</sup>

# Angel Tree Brings Christmas to Walla Walla Valley

## Local News

By Rose Sperl

The WWU Social Work Club recruited volunteers to buy Christmas gifts for children of incarcerated parents.

To start the holiday season off on a good note, the Social Work Club found a meaningful way to give back to the community. Angel Tree, a program by Prison Fellowship, is an annual project that provides Christmas gifts for children across the country whose parents are incarcerated.<sup>1</sup>

Church leaders can sign up to participate in the program and invite the community to join them. When it comes time for Angel Tree coordinators to reach out to the families, incarcerated parents are able to give gift suggestions to make the Christmas experience more personal and to connect with their child in a special way.

At an affordable cost of \$15 to \$25, volunteers can shop, wrap, and deliver presents to children who cannot spend Christmas with their parent. Torri Pahler, a Social Work Club officer who has participated in the program in the past, told me about her experience:

"I think there is a huge impact on the children and their families. I called one family to see if their kids were allowed to participate and she almost started crying. She told me, 'I am currently confined to a wheelchair and I wasn't sure I could get the kids presents. This is the only help we may be getting this holiday season.' It was absolutely heartbreaking. No matter what these families have been through and whatever the inmate has done, every child deserves presents and love."<sup>2</sup>

2.7 million children in the U.S. have a parent in prison and face challenges unrelated to most. Many follow in their parent's footsteps and end up in prison themselves.<sup>3</sup>

Prison Fellowship aims to help meet children's emotional, physical, and spiritual needs. Along with a personalized gift, children receive a Bible in either English or Spanish. Through Angel Tree, communities and families can work together to show their children love and support during this holiday season.

This year, Washington state has gathered enough volunteers to reach every child. On Dec. 1, the Social Work Club and other student volunteers will join together in fellowship to wrap presents that will be delivered to families right here in the

Walla Walla Valley (snacks will be provided). While this need has been met in our state this year, that is not the case everywhere. States like Alaska have more children than volunteers.<sup>4</sup>

For those who are looking to spread the gospel by loving others this Christmas, there are many, many ways to do so. The Social Work Club president, Kelsey Duran, encourages all readers to get involved:

"In addition to promoting Angel Tree, I want to encourage more people to get involved in local or nationwide service projects beyond just the holiday season! There are so many great opportunities, and even if you feel like you can only give a little, it can mean a lot. If not financially, then give your time, support, or some other resource you can provide."<sup>5</sup>

There is a link below to find out more about the invaluable impact the Angel

Tree Project has had on families.

<sup>1</sup> <https://www.prisonfellowship.org/about/angel-tree/>

<sup>2</sup> Interview with Torri Pahler

<sup>3</sup> <https://www.prisonfellowship.org/about/angel-tree>

<sup>4</sup> <https://www.prisonfellowship.org/2018/11/angel-tree-2018-map/>

<sup>5</sup> Interview with Kelsey Duran



Photo by Prison Fellowship.

# Family—What Does It Mean to You?

## Student Culture

By Inez Aguirre

Asking yourself what family means to you might seem like a simple question, right? How could someone not know what family means to them? Isn't there an obvious answer? It can be simple, but it can also be pretty complicated. When I think of what family means to me, I think of the word "love." I love my family. Family includes everyone I have and show love for—they are the ones who mean the world to me. Why do they mean so much? Because they show me love, they have taught me how to love, they are my number one fans, they are with me through thick and thin, and they would do anything for me. But those words are not enough to explain my true thoughts, feelings, and emotions for them. There's an endless list of things that describe what family means to me, but let's hand it over to a few students

right on our campus to define what family means to them.

"Family is everything. It's the people you can count on and the ones who make you feel secure. They are the reason you are the way you are. The ones you sometimes fight the most with, but the ones you would fight the most for. In my case, family is also your roommate. I love you Michaela Kruse! #Family #Love."

—Clayton Kruse

"Since the beginning of time, no matter which side of this world, what era, or what species, family has always served a few common functions.

One of the main purposes of family is to provide their offspring with tools for survival, nourishment, and optimal development. Everyone is born to at least one individual that is meant to provide you

with a safe and nurturing space for you to be healthy in all aspects—to provide and to guide you in all ways—so that one day you can be a functional member of society.

One undeniable need we all share as humans is the need to feel like we belong somewhere and to feel that we are accepted, cared for, and loved. The family we are born into is the first to fill that need of love and acceptance.

Some of us are lucky enough to be born into a family that is able to do for us what a family is meant to do. Sometimes we aren't born in a safe space, or a place of acceptance, or a place where your basic physical needs are met. Sharing DNA with someone and having their blood run through your veins doesn't always mean that they are family.

To me, blood ties mean little. Family to me is anyone who has taken their time

and resources to share with me as they would do with their own. Family is anyone who cares about my well-being and wants to see me succeed and be happy. I met a lot of my family when I moved to school here. I met family who has done so much to provide me with the resources for growth in spiritual, physical, academic, emotional, and overall mental health. That's what family does; that's what family means to me."

—Cynthia Ochoa

Now ask yourself, what does family mean to you?

## My Journey at WWU: Finding Friends Who Become Family

### Student Life

By Griffin Leek

Life is interesting, life is beautiful, life is intense, life is true. Life wouldn't be life without the people you meet during your journey. Each person you meet is a memory made for the mental file and on a story that you can take with you on the rest of your adventure here on Earth.

In this week's issue, I want to talk about the most important aspect of life, the number one thing that gets people excited about their day, the number one thing that gets people motivated to push forward in life. This number one attribute, above any other life skill, I believe, is making and maintaining long-lasting connections with people throughout your life. Life is all about connections with other people, and at the end of your life, it's those connections you've made and solidified that you will cherish the most in your final days.

During my high school years, I was the kid who was always quiet and kept to himself. Once people noticed, I soon found myself being labeled as the school "sociopath" because of how quiet I was in and outside of class. It's not that I had anything against

anybody, I was just afraid to talk to people. I was afraid of socializing with others; in fact, I was so afraid of socializing and talking to people that I was unable to call the pizza delivery guy at the age of 16 to order a pizza on the phone! Long story short, I did not like talking to people and didn't really understand why.

It wasn't until my senior year of high school that I decided to become a communications major to learn how to communicate effectively and confidently, and to get over this mindless fear of initiating conversation with other people. I wanted to learn how to live a life of both extroversion and mild introversion while developing the skills necessary to maintain a well-balanced agenda.

For me, finding a strong group of close friends in college that I could call family was a goal that didn't come easily. It was a journey that took time, experience, and strategy.

To fuel my journey of meeting and finding lifelong friends throughout my college experience, I decided to get a job during my freshman year to meet more people. My first on-campus job was working for the university grounds crew for a year. I slowly realized that this job wasn't moving me forward in my social circle goals. I

then decided to apply and get hired for another job at the DX, the perfect job where I'd meet new people every day and get used to talking and forming connections with other people.

I made it a task of mine to learn as many student customers' names as possible and have customers know my name and face, which ultimately bolstered my social skills and confidence level and in a way prepared me for a career in communications. This was my way of taking baby steps towards being comfortable with the idea of becoming an TV news reporter.

What makes Walla Walla University great is the welcoming family environment. Many people at WWU, myself included, have found peace and comfort—not within the educational programs and activities, but within the friends, families, and connections that are made here. Everyone here struggles, but everyone struggles together and helps each other move forward. The bonds made at WWU surely won't die out because it's these bonds that I firmly believe keep us alive and push us forward in our educational and occupational success.

My experiences have made me realize that I matter in this world. I am created just

like everyone else. I was created for a purpose, and it's our close friends that help us fulfill our purpose. This idea has helped me develop better social skills and do away with my childhood fear of initiating conversation.

With my one shot at a college education, I don't regret choosing this school or major because the people I have met through my journey and experience make every dollar worth it. True friends are family, plain and simple. The family I surround myself with is one that cares, one that'll listen to your struggles, one that'll pick you up from despair, and one that'll push you toward success.

When you have no one else, turn to your family of friends who will motivate you and pick you back up from hardships. The next time you see a person who is quiet and keeps to themselves, don't hesitate to talk to them. They are almost always eager to socialize, but just afraid to initiate conversation. Keep that in mind next time you're looking to expand your friend list.





# Tasting Notes: Thanksgiving to Christmas

## Food

By Nicolette Horning

Congratulations. If you're reading this, it means you have successfully woken up from your food coma induced by Thanksgiving festivities. Not sure if you were in a Thanksgiving coma? According to unpublished peer-reviewed medical journals, you were likely in a food coma if you experienced the following during your sleep: floating in pools of thick gravy while using a hot bun as a life preserver, hiking through piles of mashed potatoes and occasionally stopping to lie down and create a mashed potato angel, or watching the heads of your loved ones suddenly turn into apple or pumpkin pies. These are just a few of the more common symptoms. Other more serious symptoms include whispering, "one more bite" over and over again, excessive salivation, and hands stuck in eating position.

So now you have awakened from your food coma to Christmas music blasting relentlessly across the globe. Thanksgiving may be over, but I am a firm believer in maintaining a spirit of Thanksgiving while transitioning slowly into the Christmas season. Forcing yourself or others to quit all Thanksgiving-feels cold turkey is unwise and unhealthy. A smooth transition is necessary, but how can we make it happen in the midst of Christmas lights twinkling left and right while pumpkins are tossed in trash cans?

You must be brave. When you are ordering your pumpkin spice latte after six peppermint mochas have been ordered and you hear a scoff from behind, simply straighten up and realize that the person who made that sound likely had pumpkin pie for breakfast and is unable to go against the grain of societal norms despite their innate desires. In fact, you likely inspired them in that moment.

Do not trash your pumpkins. They too can become a symbol of transition. Decorate your pumpkins with white snowflakes, or perhaps red and green patterns. Place them on your doorsteps and post them on all of your social media walls as a demonstration of your refusal to conform. You need not reject Thanksgiving to welcome Christmas.

One of the best ways to ensure a smooth transition is through food. Food is at the center of our days and the hearts of our interactions, so naturally, it is one of the best solutions. Finding and consuming transitional foods is paramount. I will get you started with a favorite recipe.



Pecans and cranberries. Photo by Nicolette Horning.

### Pecan Cranberry Arugula Salad:

- Candied pecans
- Dried cranberries (or raisins, as some call them)
- Romaine lettuce (kidding. We do not want E. coli. Do not put romaine into this salad)
- Arugula
- Balsamic vinegar
- Olive oil
- Mayonnaise or Veganaise

### Method:

Wash your arugula—even if the package says it has already been washed. Toss your arugula into a nice bowl. Now it's time to whip up that dressing. Mix a couple tablespoons of mayo with a few tablespoons of balsamic vinegar and a few tablespoons of olive oil. Depending on how large you intend this salad to be, you may need to double the dressing. Toss the arugula in the dressing and sprinkle on your cranberries and your candied pecans with flare. Grab a fork and turn on some quiet instrumental Christmas music.



Pecan cranberry arugula salad. Photo by Nicolette Horning.



## Not Your Mom's Pants



"Dad shirt". Photo by Brandy Melville.



Mom Jeans. Photo by Urban Outfitters.

### Fashion

By Gabriela Hutuleac

Most of our parents were in high school or college in or around the 1980s—a time of bold style and bright colors. You may not realize it, but fashion has a way of repeating itself, and styles that go out of popularity end up coming back around in the future. Although some of the styles that our parents wore were questionable—shoulder pads and everything ruffles—many would still be considered stylish today.

You may have seen photos of your mom wearing a pantsuit back in the day, and those matching blazer sets seem to have made a comeback in the 21st century. The 1980s were the age of the "power suit" for working women. Nowadays, these suits are worn in many different colors and can be styled for going out in the city, not necessarily only for work. The one pictured here can be bought at Zara in many other styles and patterns.

High-waisted, loose-fitting jeans, now commonly referred to as "mom jeans," also seem to have made their way back. At one time these were mainly worn by middle-aged American women and considered unhip by trendy younger women. Now, young people are wearing them, and even cuffing the ends. Many celebrities have brought this comfy and practical style back into play by making it hip and modern. This pair can be bought at Urban Outfitters, where they sell many pairs in this specific style, but you can easily thrift some mom jeans for a vintage look.

Remember those old pictures of your dad wearing baggy polo shirts? A style commonly referred to now as a "dad shirt" can be found in women's vintage-style clothing. This style can be found at Brandy Melville and is most commonly worn cropped with the collar folded. Wearing these with a scrunchie is also a style from the '80s.

We may look back and be surprised at how our family dressed when they were our age, but thanks to them and other bold trend-setters, vintage style, mom jeans, and dad shirts are alive and well today.



Pantsuit. Photo by Zara.



## Creative Writing

### Creative Writing

By Tobì Brown

*A cozy-looking brick and wicker cottage was huddled in between the trees.*

The cottage was snug beneath several layers of snow. Its brown façade blended in perfectly with the surrounding trees. Frosted windows sat on its face like eyes, staring into Steve's soul. Steve stared back. His feet plunged into the snow as he trudged towards the cottage. He stepped onto the porch and stood under the rafters for a while. The cozy-looking cottage reminded Steve of ones that he'd seen in horror films. Though it looked exactly the same as those in the movies, this cottage seemed to smile. He couldn't put his finger on what was different about it, but it was certainly brighter, though this didn't ease his fears much.

Steve was pondering his options. He was shaking like a Chihuahua in the snow and would probably freeze if he stayed out in the cold any longer. His work clothes weren't much for winter weather. If he didn't die from frostbite, whatever was rustling the trees would probably swallow him whole. However, he also didn't want to knock on the door of this strange oasis. There could be a killer or a wicked witch in there. He had read those sorts of stories as a kid. Even worse, there could be a civil person in there, and Steve didn't have a mirror to check how he looked. He was also feeling kind of introvert-y—he was tired and just wasn't up for hanging out today.

His thoughts were abruptly halted when the door swung open and a familiar shine dyed the snow golden.

"Steve!" Courage shouted, her eyes shining with kindness. "What are you doing out there in the cold? Come in!"

She grabbed his forearm with her strong grip and pulled him inside. Her hand had a warm, fleshy feeling, despite being made of metal.

Steve stumbled inside and began melting. The door slammed shut behind him and Steve was left wiping his feet on the welcome mat. The entryway was a short room connected to the kitchen, where Courage was vigorously stirring something on the stove. The rest of the house was behind a wall with a single access point: a cedar door which was tightly shut. Steve ambled over to where Courage was cooking.

"It smells lovely," Steve lied. He couldn't smell a thing because the cold had frozen his nostrils.

"That's weird," Courage stated. "I haven't even added the spices yet."

Steve glanced into the pot and noticed it was

full of boiling water. He felt sheepish.

The shelves in the country-style cottage were filled with little knick-knacks. He noticed a lovely little rooster statuette collection. Above the stove was a cute little plaque that read:

"I once had some little old mice  
Who liked eating chicken and rice  
The little creatures  
Had magnificent features  
But to me, they didn't look nice."

It was decorated with miniature portraits of ornate chickens.

"So, Steve, I heard you met Sententiae." Courage smiled down at her pot and began adding cream and vegetable broth. "How was that?"

"Ah, she was... nice." Steve bit his tongue. He didn't like to gossip.

"Was she now?" Courage sounded incredulous. Steve thought this question was rhetorical, so he let it sit in the kitchen on a low simmer until he spoke up again.

"Why was her tree the only one with color? The other trees were white, and they didn't have leaves either..." He touched his finger to his chin. "Hers had a lot, all strewn about."

The corner of Courage's lip curled up. "Ah. Those are opinions. She has quite a few of those."

"Is that bad?"

"Not always." A soft laugh held hands with her breath. "Though I think she lets 'em get all over the place. I offer to rake 'em for her sometimes, but she just won't let 'em go." Courage threw a bushel of spices into the pot that made the creamy liquid turn orange. Steve imagined an extremely delicious smell wafting up to his nose. "You can take a seat there." Courage gestured to a small dining room table tucked into the corner of the kitchen.

He moved toward the table but continued standing. He didn't want to be rude and sit while Courage was slaving over a hot stove. "Is this your house?" He wondered aloud.

Courage pursed her metal lips, restraining herself. "No."

"Well, then you were invited in?"

Her back hunched over and she leaned closer to the pot she was stirring. "Not exactly."

"What do you mean 'not exactly'?" He was unexpectedly calm, though he did begin to feel intrusive.

"Well, this cottage belongs to Mrs. Daot." The orange liquid began to froth and bubble. "She's very sickly and I decided I would let myself in and make her soup. It will be a nice surprise for her. She can get lonely sometimes."

"How thoughtful of you." Steve's legs were tired and shaky, so he swallowed his pride and took a seat. "What kind of sickness does she have?"

"The flu." She grabbed a ladle with a decorative egg on the handle and began spooning the soup into a bowl. "Not too contagious."

Steve was no doctor, but he knew quite well that the flu was very contagious and he hadn't had time to get his shot that year. Still, Courage handed him the bowl.



Photo from Tobì Brown.

# ? Ask Regan

Hey Regan!

I'm struggling, and I mean really struggling, to understand the material in one of my classes. No matter how hard I try, or how much I ask for help, I still can't seem to get it down. Do you have any tips or tricks on how to 'fake it 'till you make it' when it comes to understanding something that seems impossible?

Signed,

Bewildered

My Dear Bewildered,

Oh boy, have I been in the same seat you're sitting in. In fact, it may still be a little warm—sorry about that! Sorry, also, that you're putting in the work, but not seeing the results you'd like. I know that can be more than frustrating.

So, with all that said, here are Li'l Regan's Three Quick Tips for Success:

1. **Communication is key.** Not understanding material no matter how hard you try? Let your professor know directly. Communicate the issues you're having and ask if they

have any suggestions, tips, or good recipes. Odds are that if you reach out and let them know what's happening, being upfront about your lack of understanding, they'll have some ideas on how to help you understand the material. It also helps if you can fill them in on what you've been doing outside of class to try and learn. In the end, it's their job to help you—so they will!

2. **Pursue all options.** Try study groups, tutoring, meetings with professors, online help, and prayer—each one is worth pursuing. Don't lose hope if one might help less than the others, just move on to the next thing.
3. **Don't get discouraged.** In my opinion, the worst thing for you in this situation is to lose hope. The minute you give up on thinking you can understand is the minute you stop trying to. So do your best not to lose your gumption and keep putting in the effort. Keep trying, believe in yourself and your ability, and even if you don't understand it the way you want to, remember that you are capable no matter what.

I know that it's really easy to give these tips from where I'm standing (since you took my seat), but I really do think that the above are good starting points. In the end, all you can do is work hard, pray hard, ask for help when you need it, and get 'er done.

All is well, Bewildered, and remember: I don't know how to give advice!



## the SWEET ONION

### Last Week's Fake Headline:

Thousands of Polaroid Cameras Recalled for Emitting Noxious Green Fumes

### This Week's Headlines:

**Find the fake! Look for the answer in next week's issue.**

'That's How I Found Out I Was Dead': Soccer Club Fakes Player's Demise (Poorly)

Man Wins \$400,000 By Playing Lottery Numbers That Came To Him In A Dream

'I Sold My Clothes to Buy This Toast': Portland Millennial Arrested For Running Naked Through Art Museum Holding Avocado Toast

Driver: 'I Wasn't On My Phone, I Was Eating a Hashbrown'

# Faux Paws: The Gargoyle, Part II

## Humor

By: Regan Hinshaw

For the past two issues, we (or I guess I should say "IT") have dedicated the back page to the actual gargoyle that is my dog, Gatsby. However, even though I talk about her probably more than I should, Gatsby isn't the only dog in my life. In fact, I have another pupperino at home who has taught me a lot about what it means to be a sometimes-angry but always-pettable ball of fluff.

Enter: MacGyver, border collie

Age: 14

Likes: Long runs at the dog park followed by a big ol' rest on a comfy bed

Dislikes: Pretty much everything else

We got MacGyver (who our family calls Mickey to avoid embarrassment in public), during the summer of 2007. He was a rescue from an abusive home, and he came with a handful of trust issues that we're still trying to work through 11 years later. Despite his lack of experience with being shown love, he quickly became comfortable in our home and our family.

Oddly enough, MacGyver came into our house fully professionally-trained. At a year and a half old, he was able to do all the tricks in the book and then some, using his hyper-smart border collie brain to somehow decipher toys by color and bring them to us when we asked. He's unusually smart, even now, although we somehow have trained the training right out of him. He, along with Gatsby (a crime duo we refer

to as "Kibble and Bits"), run amok in our house and have full rule of the roost. Hey, I never said we were the perfect examples of self-discipline!

Funnily enough, MacGyver really does live up to his name. For those of you who might not know, "MacGyver" was a TV show in the '80s about a guy who was able to pretty much make anything using a section of twine and a piece of gum. In

the same way, our MacGyver is just as resourceful and able to use his wits to, let's say, steal an entire plate of grilled cheese off of the counter without making a sound. Or take calculated bites out of the side of a cake and literally turn the plate around so we don't notice until it's too late. Heck, he can even open and close doors on his own (although we've never actually caught him in the act).

Suffice it to say that both of our dogs are unique and, when put together, become the most unlikely (yet most powerful, I'd argue) team. I guess it all goes to show that what matters is making sure that your animals have a safe, loving space to call home that also has great human food they can open the fridge to somehow steal. But more on that next week.



Gatsby. Photo by Regan Hinshaw

## Verbatim

"Would you buy ramen noodles from OJ Simpson?"  
- Professor Joel Libby

Email [askregan@gmail.com](mailto:askregan@gmail.com) to be featured in next week's Verbatim!

MissedConnections  
at WWU

If you have a missed connection you'd like to submit, visit [rebrand.ly/wwuconnections](http://rebrand.ly/wwuconnections) to be featured in next week's issue!

You winked at me from across the cafeteria and I can't tell if you meant to do that, or if you just had something in your eye. Either way, hello there!

Signed, The Guy Who Looked at You Funny

Okay, be honest. You took the Pop-Tarts out of my backpack. You know who you are! I'm not mad, though. I'll let it slide. This time.

Signed, Frosted

We worked on a group project together our freshman year and I haven't talked to you since. I still see you around campus sometimes though. Nothing much to say except I'm glad you still exist and hope your life is going swimmingly.

Signed, If I Recall

I saw you at Walmart on Saturday night. Your basket had two things in it (not that I looked): a Minions travel mug and a bottle of ibuprofen. I'm not gonna ask questions, except, well... what?!

Signed, Dazed and Confused