



THE MAST



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Men's Basketball makes playoffs for third time in 56 years



Junior guard Seth Hall is the team's second leading scorer, averaging 13.5 points per game. *Photo by Ally Downey.*

Isaiah Shim
Sports Editor

With only two regular season games left, the Pacific Lutheran men's basketball team needed a win to secure the fourth seed in the Northwest Conference (NWC) tournament. Going into halftime with a score of 34-34, the Lutes needed to pull it together to come out on top. They went on to outscore the Boxers 57-44 in the second half to win the game with a final score of 91-78.

Senior forward Leighton Kingma led the way for the Lutes with a season-high 26 points. Senior guard Connor Geiger and Junior guard Seth Hall each had 20 points, and Sophomore Jordan Thomas recorded a double-double, tallying 18 points and 13 rebounds.

With their victory over the Boxers, the Lutes finished the regular season with a four-game winning streak, bringing their overall record to 14-11. This is the program's first winning record since the 2015-2016 season.

During this four-game stretch, Junior guard Grayson Peet saw a lot of heart from his team, especially after a rocky 0-3 start in conference play.

"Our team has shown a ton of fight in these last four games. We weren't always playing our best basketball for a full 40 minutes, but we did what we needed to do to come out on top."

See Men's Basketball, page 14

PLU sees most applicants ever after going test-optional

Brennan LaBrie
News Editor

In 2018, Pacific Lutheran University decided to go test-optional, which means that students applying to PLU did not have to submit their SAT or ACT scores if they did not feel it represented them as a student. In doing so, PLU hoped to increase enrollment numbers and move away from a system that it believes to reinforce inequities in college admission, especially among students of historically underrepresented groups.

The move paid off, as PLU saw a record number of applications for the 2019-20 school year with 4,019 applications, a 7.46 percent increase from last year. The number of first-generation applicants rose by 244, and applicants of color rose by 160, with the biggest increase

See Test-Optional, page 6

PLU offers special deal to Concordia University students

Brennan LaBrie
News Editor

On February 10, Pacific Lutheran University faculty and administration learned that Concordia's University's Portland campus will shut down this Spring after 115 years, leaving the majority of its 5,400 students without a home for next year.

That day, PLU Office of Admissions began receiving calls from concerned Concordia students who felt overwhelmed at the rigorous task of applying for colleges in such a short timeframe, some worrying it was already too late.

An impromptu meeting was held the next morning. Leaders from departments ranging from the Office of the President to Student Life, as well as heads of various academic departments and schools, discussed how they could create a seamless route from Concordia to PLU for the recently school-less

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THE MAST

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To contact, email mast@plu.edu.

NEWS

Athlete-oriented PLUS 100 class: Was it a success or a failure?

Kiyomi Kishaba
Opinion Editor

Last year, the athletics and academics combined to create the student-athlete focused PLUS 100 class, which debuted in Ffall 2019. Although the goal of creating a more connected athletic community may have been achieved, the students bonded through exasperation over yet another trivial class.

The idea of a PLUS 100 class is not a new one. PLU has offered this transitional course for years to the general student population, targeted to first-in-the-family students and others who are looking for a little extra support in their first semester of college. Before the addition of the athlete-focused course, the university offered the class to the communities of nursing and commuter students.

The student-athlete course began with an experimental course for football first-years during the 2018-19 academic year. Eva Fry, the Dean of Students, and Connie Gardner, the Director for Student Rights and Responsibilities, led

“I got the chance to help teach and coach more athletes than just my own. I learned a lot from them as well and I believe it will make me a better coach.”
- Women’s rowing coach Andy Foltz

the class aiming to ease the transition from high school to college. The class was a success, and became a required one-credit course for incoming athletes in 2019.

The coaches, who led the PLUS classes, saw value in creating connections between different sports. Although the coaches taught separate classes, head coach of women’s rowing Andy Foltz believes the coolest part of the new course is the necessity for collaboration. Seth Spidahl, women’s soccer coach, and Foltz agree the goal of the course was to help students be successful and feel at home at PLU, and expanding their athletic community beyond their individual teams and coaches is an effective way to do so. It is also eye-opening for the coaches, who can interact with athletes outside of their sport.

“I got the chance to help teach and coach more athletes than just my own,” Foltz said. “I learned a lot from them as well and I believe it will make me a better coach.”

Spidahl taught a PLUS class consisting of athletes from various sports, and believed the most important aspect of the course was creating that conversation between different sports; athlete to athlete, and athlete to coach. He thinks the structure of the course, which began with technical aspects of grading and

scheduling before focusing on community, should be reversed.

“You want to connect first before getting into the nuts and bolts of a cap report,” Spidahl said.

This course replaced the previous athletic Leadership Academy, which featured rotating guest speakers and was also a requirement for freshman, but wasn’t a registered class and took place once a week during chapel break.

“It was just another lecture you had to sit through, which even the instructors seemed to know.”
-First-year swimmer Maya Lovre

Coaches instructing the new PLUS class incorporated these aspects of team building and leadership into the course, which Spidahl believes would have been stronger if it followed the rotating speaker model where each coach could discuss what they specialize in. Although full of good intentions, the daily execution of the PLUS classes lacked the community-driven intensity the coaches desired.

First-year swimmers Sidney Chan-Orcutt and Claire Cranch said they would recommend the class to incoming freshman, “looking for an easy ‘A’ class,” and who “need someone to tell them what to do,” respectively. However, both admitted some days of class were fun, and they enjoyed meeting student-athletes from other sports.

Fellow first-year swimmer Maya Lovre thinks most of her classmates found the course to be a waste of time, and noticed many stopped coming to class altogether.

“It was just another lecture you had to sit through, which even the instructors seemed to know,” Lovre said.

Chan-Orcutt said a lot of the class focused on unnecessary skills the students had already been taught in high school. Coach Spidahl admitted some of the aspects of class didn’t make sense for him to cover, such as using Sakai. The grading platform is unfamiliar to most coaches, yet they taught students who could probably figure out how to use it on their own.

“They don’t need another academic class, this should be about connecting home to PLU and making them passionate about PLU, because that is what is going to keep them here,” Spidahl said.

Pilot programs always leave room for improvement, and the PLUS 100 class for student-athletes is no different. As the coaches and faculty work to revamp the course for the fall, the conversation across sports and departments will continue to create stronger community on campus.

Faulty heater identified as source of Hong Hall Smoke



Firefighters check to make sure no smoke from Hong Hall's lobby reached the upper floors or attic of the building on Feb 11. They determined that the smoke was contained in the lobby. *Photo by Brennan LaBrie.*

Brennan LaBrie
News Editor

Smoke engulfed Hong Hall on Tuesday, February 11, and resulted in numerous Pierce County fire trucks reporting to the scene. The issue was attributed to a faulty heating unit in the hall's main lobby.

Campus Safety received a call from a student worker in Hong's first floor lobby at around 3pm, who reported a burning electrical smell. By the time a campus safety officer arrived at the building, the odor had turned to smoke. A student pulled the fire alarm and the building was evacuated as engines from Central Pierce Fire and Rescue Station 61 in Parkland arrived.

The smoke was contained to the lobby and the source was traced to one of Hong's two circular heating units.

Ross Winters, Assistant Maintenance Lead and plumber for Pacific Lutheran University, said that the unit had froze, resulting in the smoke. There may have been a small fire within the heating cabinet, but it was contained, he added.

There was a "very old" motor likely the original unit from Hong's construction in the 1950's, Winters said. However, like all heating units on campus, new and old, it is routinely maintained, and malfunctions like this have been rare in Winter's thirty six years at PLU.

When electrical fires do happen, Winters said, the fault lies with the nature of electrical systems themselves, not their age.

"With anything electrical or mechanical,

it could fail at any time," he said. "It's hard to predict. You just don't know when it's gonna fail."

The heater is being replaced. In the meantime, the other heater in the lobby, and similar older heating systems across campus will remain in place, continuing to be lubed and oiled periodically.

Most residential fire alarms are set off by kitchen-related incidents often involving microwaves, as well as students smoking or tampering with fire alarms, said Shawn Thompson, Assistant Director of Emergency Systems for PLU Campus Safety. The most recent fire on campus was a kitchen fire in South Hall on March 22, 2019.

Winters pointed out that all the fail safes in place did their job; the breaker in the box tripping and de-energizing the heater, and the fire alarm successfully evacuating the building's residents. Thompson added that the smoke detectors would have gone off if a student had not sensed it so quickly.

Winters said that facilities management focuses on maintaining, not purchasing, new heaters and other facilities when possible.

"We run a preventative maintenance program," he said. "We try to maintain the equipment as long as we can, because we don't have the budget of the state schools to change out the equipment on a regular basis. But as long as you're maintaining it and it's running, it's good to use."

Criminal justice major and minor coming Fall 2020

Emily Groseclose
Reporter

PLU is expanding its curriculum to include a sociologically-informed criminal justice major and minor. Students interested in criminal justice can declare or begin taking classes starting in Fall 2020.

Within the CJ curriculum, students will take classes that build around the context of criminology and society, including gender, race/ethnicity, and social stratification classes, in addition to classes which focus on inequality and justice.

Sociology and Criminal Justice Chair Kate Luther expands on what it means to have a sociologically-informed criminal justice program: "Being a sociologically-informed criminal justice program means that our classes focus on understanding the social and structural context that crime and the criminal justice system take place in. We highlight the inequalities in American Society and encourage our students to think about how these inequalities impact the experiences of victims and offenders."

The Criminal Justice Major also requires an internship, which is unique to PLU and gives students hands-on learning experience. Recent internship placements have included Pierce County Juvenile Court and Rebuilding Hope! Sexual Assault Center of Pierce County, among others.

The decision to add the new discipline comes after decades of interest from PLU students. Criminal justice is one of the top requests from prospective students every year, and, although the Sociology department accommodates criminal justice studies, the official major and minor did not show up on transcripts.

In addition to fulfilling a need of the student population, Luther believes that the addition of the major and minor lives up to PLU's mission statement: "We hope to educate future criminal justice employees to be thoughtful in their decision making, to serve their communities, to show leadership in their departments, and to deeply care about the impact of their work," she says.

The CJ program prepares students for careers in crime prevention, policing, detective work, law, legal assisting, victim advocating, probation work, juvenile detention, correctional work and even FBI analytics, among others.

If you would like more information on Criminal Justice at PLU, please email Kate Luther at her PLU email to arrange an appointment: lutherke@plu.edu.

Current available Mast positions:

- Reporter
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- Graphic Designer
- Social Media Editor
- Advertising Manager

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Concordia: PLU one of many colleges offering special promises to students



Concordia University-Portland's campus. The university announced its closure on Feb 10. *Photo courtesy Concordia University.*

students.

“We spent a lot of time in that meeting talking about how we could care for these students,” said Associate Dean of Admission Melody Ferguson. “We thought about being able to provide as clear of information about timeline, application process and credit equivalency as we could.”

Those at the meeting researched the feasibility of various promises they planned to make to Concordia students.

“It was a blur last week,” Ferguson said. “I would say that all of us stopped working on our normal day jobs for probably anywhere from 16 to 24 hours trying to make sure that we felt comfortable with what we were offering to these students.”

By the morning of Feb 13, a “Concordia to PLU” page was built by Marketing and Communications and posted on PLU’s website. It promises Concordia students their net cost of attendance at Concordia, including athletic scholarships that DIII schools like PLU do not offer, would remain the same at PLU. Students are reassured all their classes will transfer to PLU, they will

get guaranteed campus housing, and can participate in Fall sports with no transfer penalty.

An expedited one-page application form, that does not require letters of recommendation or an application fee, was created and admission and scholarship deadlines extended. Students will also receive admission decisions in 3-5 business days and a financial aid award within three weeks of their admission acceptance. On top of all of this, a Concordia visit day is scheduled for March 14.

The fast action on the part of PLU administrators was motivated by the core value of care in PLU’s mission of care. This includes empathy for students and the connection between PLU and Concordia as private Northwest colleges affiliated with the Lutheran Church, said Mike Frechette, Dean of Enrollment Management & Student Financial Services.

“Even though we’re in different denominations, we still overlap with a lot of the same values in terms of critical questioning and the advancement of knowledge, and we just felt almost like a sister school,” Frechette said.

PLU’s speed in reaching out to Concordia students may also be attributed to the fact that dozens of other universities are promoting their acceptance of displaced students. Concordia’s website displays a list of 67 universities that have similar web pages to PLU’s. Some of them offer package deals to Concordia students like PLU’s.

So far, 59 undergraduate students and one graduate student have applied to PLU. Frechette, Ferguson, and representatives from admissions and the School of Nursing attended a transfer fair at Concordia with over 30 other colleges on February 20, hoping to attract more applicants.

PLU is not expecting to have as many applicants from Concordia’s grad programs, said Catherine Chan, Director of Graduate Admission. Only two of Concordia’s graduate programs align with PLU’s. Many of its students are enrolled in online degrees and likely have day jobs, meaning that the full-time campus-held programs that PLU offers will not be an option.

What Happened to Concordia?

Concordia is the latest to fall victim to a nation-wide decrease in undergraduate enrollment that has claimed many private liberal arts schools in recent years, including Concordia College Alabama. Concordia Portland itself took on students from the shuttered Marylhurst University, located just outside of Portland, in 2018. Trinity Lutheran College, a small private liberal arts college in Everett, closed its doors in 2018.

Many of these colleges are on the east coast, however, so Concordia’s demise “hit close to home,” for Ferguson. “From the outside everyone felt that they were doing fine,” she said.

Ferguson wasn’t alone in her surprise.

“We were shocked to learn that Concordia was closing, and I think many higher education experts and many other colleges and universities around the country

were really stunned by this,” Frechette said, citing their massive growth in graduate students, including many online, in recent years.

But upon researching why the school shut down, Frechette saw that one cause of their increased enrollment may have led to their downfall.

“Especially on the graduate side, Concordia is probably underpricing their programs, so they weren’t really generating enough tuition revenue to make it possible to sustain the business model,” he said. “I think that the idea was to offer a much lower price than competitors to generate enough volume of students to make up for the fact that they’re charging a low price, but they didn’t attract enough students in order to make that viable for them.”

Frechette continued that Concordia’s last financial statement revealed a tuition revenue almost equal to that of PLU, which is not good for a school with over 2,500 more students, he said.

Concordia’s Revenue couldn’t support such a large student body, especially with an endowment \$92 million less than PLU’s.

Frechette said that despite two regional Lutheran colleges closing in the past two years, he is not concerned about PLU’s longevity.

“The common denominator among those two closing is not the fact that they’re Lutheran, so PLU is really different than those two institutions,” he said. “That doesn’t give me any pause for concern regarding PLU’s sustainability for the future.”

“We were shocked to learn that Concordia was closing, and I think many higher education experts and many other colleges and universities around the country were really stunned by this.” - Mike Frechette

Mental health on campus: Active Minds and Lute TeleHealth here to help

Gurjot Kang

Reporter

Active Minds

During her sophomore year on the rowing team, Grace Bingay '21 quickly began to notice a pattern of mental health struggles among Pacific Lutheran University students, especially athletes.

"Last spring, I had several peers who came up to me and expressed their frustration with a lack of resources with mental health needs on campus," Bingay said.

She saw that there was an unfulfilled need on campus and wanted to do something about it, so she scheduled a meeting with Vice President for Student Life, Joanna Royce-Davis.

"She connected me with Active Minds, which was not active last year, but we had a chapter that existed," Bingay said.

Active Minds is a national organization, with over 500 chapters on high school and college campuses all over the country. The organization seeks to increase awareness and reduce stigma around mental health by providing resources and a safe space for students to hold conversation.

Bingay reached out to two PLU Alumni who previously ran the club and decided it was time for a re-launch. Since hosting a re-launch party in May 2019, Bingay is now the President of the PLU chapter of Active Minds.

"We have five officers, over a 100 people on our email list, about 15 people who regularly attend meetings and next week, three of us are actually going to D.C. for the national conference," Bingay said. "And last night we did a mental health workshop for athletes."

The mental health workshop held on Feb. 10, from 8-9 p.m. in Xavier 201, was the club's first event, in partnership with Lutes Lead, a program that aims to provide student athletes with personal, leadership and career development. The event helped sophomore and junior athletes practice paced breathing, positive affirmations, and provided info on the crisis and suicide prevention text/call lines, counseling center and couples and family therapy.

PLU Active Minds is planning more future events, including a suicide prevention workshop in March (date to be announced) called "Talk Save Lives" with Associate Professor of Nursing, Dr. Mary Moller. The group meets biweekly on the second and fourth Wednesday of every month in AUC 201 from 7-8 p.m. and welcomes all to participate.

Lute TeleHealth

When it comes to the Counseling Center, students have often expressed their difficulties with scheduling appointments due to the finite number of staff hours available.

Royce-Davis has listened to these concerns and realizes the need to "develop more flexible, fluid systems that are responsive to students where they are."

This past semester she has been working on launching Lute Telehealth, a 24/7 medical and mental health resource where students can access licensed physicians, nurse practitioners and mental health providers any time in the day from their phone, tablet or computer.

With Lute Telehealth, students can now meet with an available counselor in minutes and schedule up to 12 appointments in advance. Those registered for next fall will be able to continue accessing this resource over the summer, even if they're not on campus, from all 50 states in the U.S.

Lute Telehealth is now live on the PLU Counseling and Health Center websites, or at www.plu.edu/lute-telehealth. Students can also download the TimelyMD app on their mobile device to access the service. To use this resource, students must first set-up a Lute Telehealth account with the preferred name they provided in the PLU student information system.

"You can utilize the service from wherever is most convenient and comfortable for you...it could be in your car, in your residence hall room, or it could be somewhere else that feels secure and private to you," Royce-Davis said.

Mental Health Resources:

Lute Telehealth: www.plu.edu/lute-telehealth.

PLU Counseling Center: Third floor AUC, 8 a.m. - 5 p.m., M-F

Counseling Center Crisis Line: (253) 535-7075

Active Minds: activeminds@plu.edu

Residential Assistants: Mandatory reporters

Student Care Network (www.plu.edu/srr/student-care-network/)

Crisis text line: 741741

National Suicide Prevention Lifeline: 1-800-273-8255

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Men's basketball: focused and ready

"Our team has shown a ton of fight in these last four games. We weren't always playing our best basketball for a full 40 minutes, but we did what we needed to do to come out on top."

This year's appearance in the NWC tournament is the first time since the 2015-2016 season that the Lutes have qualified for the tournament, and only the third time appearance in the history of the program. The team did appear in eight NAIA tournaments in the 1950's and early '60's. PLU left the NAIA and joined the NCAA Division III in the 1990's.

Head coach Chad Murray is excited for the opportunity to compete in the tournament.

"This was one of our goals from the outset and our players have performed tremendously throughout the year to get to this point," Murray said.

"Being only the third team to accomplish this makes this group stand out among many others as being one of the most successful here at PLU."

The Lutes will have to play their best against the top-seeded Whitworth University Pirates and defense is going to be the key.

"Whitworth presents all kinds of challenges [offensively] and we'll need to be really sharp," he said. "I love the way we're playing and have a lot of confidence right now so I know our guys will be up to the task," Murray said.

The Lutes will head to Spokane to face the top-seeded Pirates on Feb. 27 at 7 p.m. In preparation for the contest, practice will be just as intense as the game.

"This week of practice is very focused and energetic," Peet said. "At this point, every single person on our team is 100% bought in and we all have the shared goal of earning a playoff win. We all push each other every day and within each guys' individual role," Peet said.

Hopefully, March Madness comes early this year and the Lutes will be able to pull off a major upset. Even though they are playing the best team in the conference in a hostile environment, this team is not shying away from the challenge.

"We don't back down to anybody and if teams are going to beat us, they really have to fight for it and earn it," Peet said.



Photo by Ally Downey

Continued from page 1

Test-optional: PLU one of over 1,000 colleges nationwide to adopt policy

in Hispanic applicants with 79. One third of applicants applied without sending in standardized test scores. Felix Halvorson was one of them.

“I didn’t submit my scores to any school on my list I actually cared about,” he said. “I wanted PLU to see who I was, not a statistic that doesn’t show anything about any of my abilities as a student. I think applying test optional alleviates a lot of stress on students, and helps universities get a more well rounded picture of who they are.”

Associate Dean of Admission Melody Ferguson agreed with Halvorson’s sentiments.

“I’d rather look at how (students) do over three to three and a half years than how they did on a random Saturday when maybe they had the flu or had a basketball game the night before, or that kind of thing,” she said.

“I’d rather look at how (students) do over three to three and a half years than how they did on a random Saturday.”

-Melody Ferguson, Associate Dean of Admission

The three other first years the Mast reached out chose to submit their standardized test scores.

“I felt like if I didn’t it would make me appear as if I was trying to hide a lower score,” said first-year Aaron Miller.

PLU is one of over 1,000 colleges and universities, ranging from community colleges to giant state universities, who have gone test-optional, many of whom doing so in recent years. PLU’s decision came off the heels of the University of Chicago’s announcement of going test-optional, a move that made a major impact in the college admissions world due to the university’s prestigious reputation. Six of the nine schools in PLU’s Northwest Conference are test-optional as well.

These colleges, like PLU, noted spikes in applications and enrollment after changing their standardized test requirement.

In 2018, the Admission and Retention of Students (ARTS) Committee

submitted a recommendation to PLU Provost Joanna Gregson that PLU remove their standardized test requirement.

Their recommendation cited “overwhelming evidence” from multiple studies conducted by colleges that had gone test-optional that standardized tests do not predict a student’s success at the college level as much as their high school GPA and course load. The studies also found that family income, race and levels of education had major impacts on students’ scores.

Racial gaps in test scores reflect the “cost of being a great test taker,” Ferguson said, which include the cost of the test itself, transportation to testing facilities and the many test preparation courses that are offered for steep rates.

Ferguson added that students who speak English as a second language or suffer from stress or anxiety have an even harder time with these tests, and are therefore more likely to be rejected by colleges and more reluctant to apply due to insecurity over test scores.

“It was compelling to me to get rid of that barrier, to try to minimize that difference in opportunity,” Gregson said in a 2018 interview with the Mast. “Some of the groups that we hope to serve best are students who haven’t been provided opportunities historically.”

PLU must wait a few years to determine how students who were admitted without submitting standardized test scores fare in college.

“We don’t know how they’re doing, or if test optional admission tells us anything about how students are going to do at PLU, or how they are in the classroom,” Ferguson said. “The reason we went test optional is we don’t think it does, but I’m sure it will be something the campus will look at over the next four or five years.”

Last week, the University of St. Thomas in Minnesota removed their standardized test requirement. In December, the University of Indiana system made it optional for their seven campuses. The University of California, which currently serves as the largest single university source of SAT takers among its many campuses, has created a task force to investigate removing the requirement.

LASR Schedule

Sunday

4:00-5:30 PM - Date With Destiny w/Destiny Colville

Monday

4:00-5:00 PM - The Social Jetwork w/Jet

6:00-7:00 PM - Space Jams w/DJ X

7:00-8:00 PM - A Good Time With Molly w/Molly

8:00-9:00 PM - Cookin’ In the SWAMP w/Jackson

9:00-10:00 PM - Atypical Art w/Alex

Tuesday

6:00-7:00 PM This is Me, Erica Lee w/ Erica Lee

8:00-9:00 PM Up North w/ Maddie Lamwers

9:00-10:00PM Digital Natives w/Sarah

10:00-11:00 PM Monday Morning Movie Lads w/James and Terran

Wednesday

5:00-6:00 PM - Nights with Noey w/Noey “Taking a deep dive into each decade’s music”

8:00-9:00 PM - The Drop w/Kylee

9:00-10:00 PM - The Chain w/Anamaria

Thursday

12:00-1:00 PM - Goffing Around w/Zach

4:00-5:00 PM - Nihilistic Niceties w/DJ Joke

5:00-7:00 PM - Untitled Tabletop RPGs w/Bri Mears

7:00-8:00 PM - Inspiration Station w/Alex Reed

9:00-10:00 PM - The Beat Down w/Rosario Yoson

Friday

11:00 AM-12:00 PM - All the Vibes You’ll Ever Need w/Rebecca Auman

3:00-6:00 PM - The Pyramid Sequence w/Cipher

8:00-9:00 PM - The Funkier Bucket w/Carson

10:00-11:00 PM - Overtime w/Rudy

Saturday

10:00-11:00 AM - MO’ Music w/Monroe & Double-O

5:00-6:00 PM - Alternate Alterations w/Saxon Bonneville

Stay tuned for future shows added to this list, and for our new selection of podcasts to be released this Spring.

Late Knight Schedule

March 20th- Womens Day Show

Madison Willis and Rachel Jones will be hosting with special guests focusing on Women’s History month with *Guess What’s in the Box* game.

April 17th- Senior Show

Rachel Jones and Henry Temple will host the final guest with appearances by David Smith and Madison Willis.

Exploit campus resources; we're already paying for them

Kiyomi Kishaba
Opinion Editor

When I see people complaining about depression on social media, I don't know if they are being serious or not. Many college students suffer from mental health issues, but may not have taken the time to delve into what they truly are. College campuses offer resources for students, and we should start using them.

At some point between high school and college, depression became a seemingly common state of being. It became a catch-all description for any kind of sadness, anxiety or discomfort felt in the strange transition between childhood and adulthood, bonding us into a shared boat of suffering.

The thing is, most of us didn't have clinical depression, but the blanket-statement turned into a bandwagon for social media captions and subtweets. Self-diagnosed depression might have prevented us from actually having conversations with therapists and correctly identifying the cause of our discomfort.

Kaitlyn Bassler, a Pacific Lutheran University graduate student studying to become a psychiatric-mental health nurse practitioner, experienced debilitating symptoms of anxiety during her undergraduate years, but didn't know what they were. It wasn't until she studied mental health in nursing school that she identified her symptoms as a generalized anxiety disorder, and felt comfortable reaching out for help. She wanted to help college students like her take charge of their mental health earlier than she did, so as part of a project for graduate school she started the Healthy Lutes email chain.

"Had I known what 'generalized anxiety disorder' was, and known getting help was okay, I might have avoided years of struggle," Bassler said. "I might have been able to identify the problem, get help, and control my symptoms sooner, with less confusion and denial about what I was experiencing."

I subscribed to the Healthy Lutes email chain last October. The weekly email highlights a different mental health disorder or issue, such as social anxiety disorder, panic disorder and major depressive disorder. Each email also includes a new method for stress management,

suggesting grounding and breathing exercises for students to try.

Honestly, I didn't know most of these mental health disorders existed until I went back to read the emails for this article. Bassler realized students would struggle in reaching out for information, which is why she opted for an email putting the information directly into student's inboxes.

"The trouble with promoting awareness of anything is that you can't really force awareness on people," Bassler said. "People have to be willing to take the time to learn and be open to the information."

shops and after-hours phone support, and just this month added Lute Telehealth for 24/7 support.

"The Counseling Center cannot meet the needs of every student but we strive to meet the needs of as many students as possible," Campbell said.

This is my third year at PLU, and I have never even seen the counseling center. I fully blame my own laziness for not making the trek to the third floor of the AUC when I needed help, but I do think the center could be better advertised. I didn't even know where it was until I tried to make an appointment last month

when the demands of the fifth month of the swim season were dragging me down. Maybe it could be added to freshman orientation so students at least know where it is located.

I ended up not making an appointment, but it made me wonder what kind of support PLU offers for student-athletes specifically. As a coach, Campbell recognized the needs of student athletes may be different than other students, but didn't believe they needed more resources. The counseling center has offered mental health workshops for teams and coaches, and made a counselor available in Olson, in an attempt to meet the needs of athletes.

I didn't take the steps to access the support network when I was struggling, but it's comforting to know it is there. After graduation, we won't have ready access to counselors like we do now. Our tuition is already paying for these services, so we should take advantage of them while we still can. And as students, we should remember everyone here wants us to succeed.

"The PLU Campus is united in wanting to see students successfully manage their mental health and may be more accommodating than a student believes," Campbell said.

I'm tired of hearing people say they are depressed, and not doing anything about it. Especially at a college, resources are accessible and people are eager to help you. I know we are busy and it's easier to complain about being sad on our finstas, but that's not going to fix anything. We have resources and people whose literal job is to help us, so we better start taking advantage of them.



As spring blooms on campus, take advantage of the longer days to take action in your self-care. Photo by Sheridan Moore.

Unfortunately, many students complain about the lack of mental health discussions at their educational institutions as an excuse for ignorance, and don't take responsibility for their mental and emotional well-being. If they stopped blaming PLU for their problems and took action in getting help, they might find that PLU actually has a lot of support for students.

Cheri Campbell, a PLU counselor since 2012 and women's tennis coach of two years, has helped the counseling center work to meet the changing needs of students. The center added walk-in hours, consultation hours, work-

Stubble in paradise during costarican semester study away

John Evanishyn

Guest Writer

I didn't choose to study in Costa Rica solely for the sake of gauging the weather and sobbing in stalls. I came here to experience tangible cases of environmental degradation, climate change, and sustainable practice. I came to see the slow changes happening to our world. The slow changes that are the hardest to see and easiest to deny.

Day one in Monteverde, Costa Rica, and I was accusing ants of spitting on me from the tree above. Though I wouldn't put it past them, the sprinklings of liquid were just the rain. Rain out of a blue sky. Here in the neotropics there will always be sunshine, but there will also always be a bit of rain and a big bit of wind.

I'd say I've learned a lot for only being 12 days deep into the semester. For instance, if it sounds as though someone is attempting to bust down your bungalow's door in the middle of the night, it is just the trade winds. Crying on toilets is also okay here, just like in America.

The other day, with a professor's guidance, the student cohort was led up a trail that was more mudslide than trail. We hiked up a mountain of cloud forest to the continental divide, where clouds brushed past us like

ghosts. While standing amongst treetops, looking to the distant ocean, our professor introduced us to the Lifting Cloud Base Hypothesis. This hypothesis theorizes that as earth's surface temperatures rise in relation to greenhouse gasses, cloud formation will take place at higher elevations.

The tropical cloud forest we stood in at that moment depends on the moisture of clouds. Without clouds forming within the forest's elevation, the ecosystem would have to endure longer term drought. A drier climate would send this unique type of forest into a collapse, followed by a period of reformation, in which the system would be characterized by more drought tolerant flora and fauna.

Standing on the continental divide and seeing clouds barely graze the tops of the tallest trees stuck with me.

Climate change has a slow actualization, but its effects, in theory, are monstrous. Cloud forests only makeup 1.2% of tropical forests in the Americas. Learning that their continued

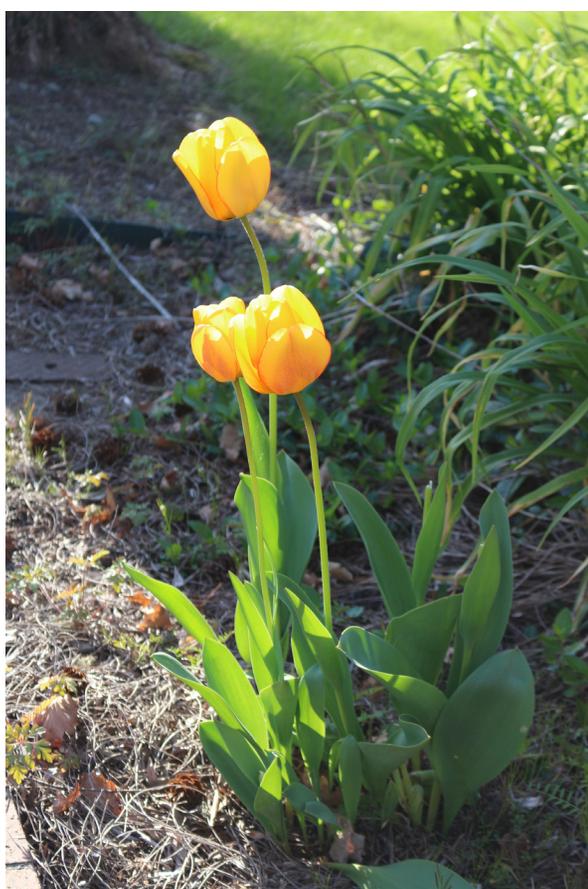
existence may depend on our ability or failure to curb carbon emissions is devastating.

Lying in the grass of the upper PLU campus looking at the plumes of clouds passing overhead on a spring day would never beg my concern. My world back on campus isn't up in the clouds. But the world I'm exploring here in Costa Rica is.



John is studying in Costa Rica for the spring semester through CIEE's Sustainability and the Environment program. Photo courtesy of John Evanishyn.

Colorful tulips bloom at Pacific Lutheran University



Photos by Hannah Montgomery

Lute small talk: What course do you wish to see at PLU?

Photos by Sheridan Moore



“Financial modeling.” -Sai '22



“Forensic psychology.” -Jessie



“A forensic accounting class.” -Sam

Student vote matters in Washington primary

Gurjot Kang
Reporter

Unlike in 2016, voting in the upcoming Washington State presidential primary is more important than ever following a decision to throw out the Democratic and Republican Party caucuses for one simple mail-in ballot instead.

In past presidential nomination cycles, Washington has often been overlooked due to their late May primary. But in 2019, state lawmakers voted to move the primary up to March 10 to give the state greater momentum in the nominating process.

As a result, for the first time ever, the outcome of the primary will have a hand in assigning the state's delegates for the Democratic National Convention in July.

The decision to move up the primary has already awakened the region from a deep slumber, with visits by democratic presidential candidates. On Feb. 17, Bernie Sanders hosted a rally at the Tacoma Dome to a packed crowd of thousands, and on Feb. 22, Elizabeth Warren held a large rally at the Seattle Center Armory.

There are hopes that the special importance placed on this year's primary election will increase voter turnout in the state. In 2016, only 34.78 percent of 4,088,029 registered voters turned out for the state primary, based on data

from the Washington Secretary of State website.

“I think it's a really exciting first to be earlier in the process and to have more of a voice in who the nominee of the party is going to be,” said PLU Assistant Professor and Chair of the Political Science Department, Michael Artime.

Artime also emphasized how the state's switch from a caucus to primary system will



Voters glance at sign reading “Not me, us,” at Bernie rally located at the Tacoma Dome. Photo by Gurjot Kang.

help bring in more voices to the nominating process.

“There's a lot of things that make caucus-ing...not a very inclusive practice,” said Artime. “It requires people to spend hours at a caucus site, not everybody has the ability to devote hours during their day to going to these events.

It excludes people who can't physically be there, whether that is because of some sort of health impairment, or whether they live out-of-state.”

Washington State isn't an outlier in wanting to shift toward a more inclusive nomination process.

Since the technical mess of reporting results in Iowa, there has been an increase in calls to change up the presidential nomination process.

One criticism is that the first two states voting in the process don't accurately represent the American electorate; over 90 percent of Iowa and New Hampshire is white. Former presidential candidate Julian Castro has advocated that an ethnically diverse and representative state, like Nevada, should go first instead.

The other large criticism, which Artime mentioned, is that the Caucus system discourages key voters from participating. These voters include out-of-state college students, like those who attend PLU and are unable to travel home for their state's caucuses.

Luckily though, for students at PLU wanting to learn more about the nomination process or become politically involved in other ways, Lute Vote is here to help. Lute Vote is a sub-group of ASPLU that focuses on encouraging civic participation and voter turnout in the PLU and Parkland community.

See **Primary** page 10

Spooked Lutes: Haunted Harstad

Emily Groseclose
Reporter

This month I took to Twitter to find out just how haunted our campus can get. What I found was exactly what I expected: very, very haunted.

Each month, I will pick two stories from students that have first-hand (or second-hand) experiences with the paranormal on our beloved campus. Who says spooky season can't be all year round?

The rooms mentioned in these two stories are separate rooms, but are both on the fourth floor of Harstad in opposite wings. Both rooms have a creepy little door and both students managed to get the door open, later experiencing unexplainable

Tess Olsson '20 lived in Harstad their first year at PLU:

"We had this weird door in our room. It was like a little cupboard and it was pad-locked shut. I had a screwdriver and pretty easily took the padlock off... Everything was fine, there was just some trash in there and nothing weird happened for a few days. One day my next door neighbor opened the door to our room and the little cupboard slammed shut and then bounced back open a little bit. We laughed, knowing the slamming had to do with the door opening, and my neighbor jokingly crossed herself to ward off the 'Harstad ghost.' Immediately after that happened the cupboard door slammed shut. The windows were closed, we hadn't moved the door, nothing had moved except for her hand... My neighbor immediately ran out of our room and we covered the cupboard with a pride flag to ward off the bad vibes (we didn't have any issues after that)."

Cat Tyler '20 has encountered many ghosts, but vividly recalls her very first semester at PLU in Harstad:

"Ok so there is a random mini door in the side of the wall and it was pad-locked. When Joy and I would go to bed it would rattle and knocking would come from the door! It would continue until I yelled at it to go to bed! The lights would randomly turn off, and we would occasionally hear whispering. One day we decided to open it and we broke into the padlock! It was starting to really bother us and we couldn't take it anymore! Turns out it was just a hole in the wall and there was a shoe box in the center of it! We opened it and all that was in it was a dildo!"

Continued from page 9

Primary

The organization has helped register hundreds of students to vote and submitted over 80 ballots for a special election last semester. In spring semester, the organization will be holding more events, including a Super Tuesday Watch Party with the Political Science Department on March 3 at 5 p.m. in CK Hall East.

For the WA primary on March 10, Lute Vote Director Deanna Hobbs '20 encourages students to not underestimate the impact of their vote.

"When Obama was elected we saw how much power the youth vote has and how that can literally alter an entire election," said Hobbs. "You can pick what you care about and you can get some people on board to change the election in positive ways. I think if college students specifically understand their weight and worth, they are more likely to get civically involved."

Hobbs also emphasizes that this time around, WA primary voters must choose one candidate on the entire ballot and sign a political party declaration on the return envelope that matches their pick. The party declaration won't affect the November general election where voters can still choose a candidate from either party.

PLU students can turn in their ballot to AUC 280. Lute Vote will also be holding an event (date to be announced) before the WA State primary where students can drop off their ballots into a large box.

Not Registered to Vote for the WA primary?

- Register to vote online at <https://voter.votewa.gov/WhereToVote.aspx> until March 2.
- Register to vote in person at a local county elections office before 8 p.m. on March 10. Find an office here: <https://www.sos.wa.gov/elections/auditors/>.

Not from WA?

- Go here to learn how to register to vote in your state: <https://vote.gov/>.

Not one presidential candidate deserves your vote

Kendan Bendt
Reporter

The 2020 election race is nearing its tipping point as more and more candidates drop out. While this is certainly a good thing, it also means that we're nearing voting time. This is not as good, as soon we will all once again have to decide between bad and worse. I love the two party system. Every candidate this year stinks, and I'm here to tell you why.

Joe Biden's policy proposals are stuck in 2008, which is fine when you're hiding behind Barack Obama and the promise of hope, but not when you're running for president in 2020. The amount of times he has tried to ride the coattails of Obama's perceived success this election cycle is astounding. I don't know how many times I've heard him mention revamping Obamacare in the debates, but it's a lot.

Michael Bloomberg is a multi-billionaire who joined the race late. Videos of his face accompanied by voiceover actors talking around his policies and making him sound appealing flooded airways, without ever actually explaining what he stands for. I'm not sure what his platform is, other than that I should vote for him. He seems to have a whole lot of money to throw around. I hope voters aren't as mindless as he thinks they are, but whatever people see

on TV they imitate.

Pete Buttigieg is a Democrat Mitt Romney. He seems clean cut, he's a moderate, and yet... he's just so unlikeable. I don't think I've heard a single policy proposal of his that makes me go "wow, I'm so excited for a Buttigieg presidency." He's the most milk-toast candidate I've seen in a long time. Medicare For All (Who Want It) may have sounded clever and original in Pete Buttigieg's head, but he's just young Joe Biden.

Tulsi Gabbard is appealing to many young voters because she's a moderate with a strong voice. However, she hasn't been relevant in months, even before her clash with Hillary Clinton. I'm unsure why she hasn't dropped out yet, seeing as her poll results are acting like she has. I don't have much to say because she's simply irrelevant at this point.

Amy Klobuchar is the voice of Middle-American moms everywhere who want to speak to your manager. I've never heard someone bank so hard on being a moderate that they fail to ever discuss their ideas. She spends her time in the debates either attacking other candidates for being too far left or being Michael Bloomberg (which, to be fair, is a good reason to attack someone).

Bernie Sanders is surging in polls, which is unfortunate, because while ideological variety

is good, his ideas are not. Backing the Green New Deal and his Jobs For All program sealed the deal for me. Two of the worst policies of the decade, and he either signed on to or invented them. Fighting climate change is noble. The Green New Deal is an awful and rambling piece of text designed to sound nice and do nothing. The Jobs For All program is an administrative nightmare and perhaps the worst policy this election cycle.

Tom Steyer is just Michael Bloomberg lite. Oh, and he cares about climate change. Woop-de-doo.

It astounds me that Elizabeth Warren has made it this far by leeching off of Bernie Sanders for ideas and then attacking him in debates and in the media to try and win with plagiarized policies by simultaneously attempting to appeal to moderates and progressives. "I'm not as far left as Bernie, but I'm still totally with you guys!" is not exactly a stirring rallying cry, Senator.

I'm not sure I really need to get into why Donald Trump doesn't deserve your vote-but I will. Even if you look past all the scandals he's been a part of, the way he speaks in public and to the media, and the sham impeachment trial, he's still got terrible ideas that hopefully, next to anyone but Hillary Clinton, make him unelectable in 2020.

ARTS & CULTURE

Despite obstacles, PLU a capella groups crush ICCA performances

Emily Groseclose
Reporter

Pacific Lutheran University's own incredibly talented a cappella groups, HERmonic and PLUtonic, took to the stage earlier this month to compete in the annual International Championship of Collegiate A Cappella West Quarterfinals. PLUtonic, PLU's TTBB (tenor-tenor-baritone-bass) group, tied for 3rd overall along with The Trill Seekers of University of British Columbia-Okanagan.

HERmonic's setlist included *Fire* by Sara Bareilles, *Hymn of Acxiom* by Vienna Teng, and *Bad Guy* by Billie Eilish. PLUtonic's setlist included a

"The support that the two groups have for each other is astronomical and we are all extremely proud of the successes of both groups"

mashup of *Baby I'm Yours* by Breakbot and *Treasure* by Bruno Mars, *Grow As We Go* by Ben Platt, and *Bottle You Up*, an original by PLUtonic's own Will Bentley.

Each group had limited time to prepare for the competition. By the time J-term rolled around, there was only a month left until competition day, and each group had multiple members missing for study away opportunities and Choir of the West's tour.

All of HERmonic's members returned to campus with just three days

to spare, totaling six hours of rehearsal with the whole group before the main event.

HERmonic President Hanna Venera is proud of the group for its accomplishments despite missing half the group at any given time. "I had so much fun performing alongside my aca-family and can't wait to see what spring semester brings," she said.

Meanwhile, PLUtonic's members were all accounted for just a week before the competition and managed to cram 10 rehearsals into six days.

PLUtonic President Nate Adams was one member that was studying away for J-Term. "I was proud of the group before we even got on stage because that was super fun, but we did so much work before which was amazing as heck," he said.

Despite these obstacles, both groups pulled together fantastic performances and crushed their choreography as well as their music.

Two days prior to their performances, the two PLU groups performed for each other and gave notes to one another to improve their choreography, stage presence, and overall sound. Neither group saw the other perform after this until the performance at 7p.m. that Saturday.

As a member of HERmonic, I can say that the support that the two groups have for each other is astronomical and we are all extremely proud of the successes of both groups at this year's ICCA.



Photo by Jake Young



Graphic by the Academy of Motion
Picture Arts & Sciences

Diverse artists snubbed at 2020 Oscars

Peyton Noreen
Reporter

In a spectacular opening number, actor and musician Janelle Monae sounded the call for diversity in Hollywood. "Tonight we celebrate all the amazing talent in this room. We celebrate all the women who directed phenomenal films. I'm so proud to stand here as a black, queer artist, telling stories," Monae said.

If diversity was the intention of the 92nd Academy Awards, the Oscars still have a long way to go. Far too many talented, diverse artists were snubbed this year.

Cynthia Erivo, nominated for Best Actress in a Leading Role, was the only black nominee in a major category. Additionally, this year saw zero female directors nominated, a disgrace considering that 12 of the highest grossing films of 2019 were directed by women.

There were nine nominees for Best Picture this year including *Joker*, *1917*, *Parasite*, *Ford v Ferrari*, *Little Women*, *Jojo Rabbit*, *Marriage Story*, *The Irishman*, and *Once Upon a Time in Hollywood*. From the beginning, there was a strong sense that either *Parasite* or *1917* would leave with the Oscar, even though *Marriage Story* and *The Irishman* were also strong contenders.

The show made history when *Parasite* won Best Picture, the first foreign-language film to do so. Korean director Bong Joon Ho also collected Oscars for Best Original Screenplay, Best Director, and Best International Film. *Parasite* is a modern masterpiece that everyone should see.

Other notable moments included Joaquin Phoenix winning Best Actor in a leading role for his work on *Joker*, Renee Zellweger winning best actress for *Judy*, Brad Pitt winning Best Supporting Actor, and Icelandic composer Hildur Gudnadóttir being honored for her work on *Joker*. Phoenix and Pitt both used their acceptance speeches to draw attention to injustices. However, Pitt's was far more pointed and concise.

Student production *Man Out of Time* captivates audience

Raven Lirio
Copy Editor

The first whispers of *Man Out of Time* for me arose in a side conversation I had with then junior Gunnar Johnson. He had briefly mentioned his idea to me in passing during a theater event which piqued my interest, but at the time I passed it off as a cool idea that would never be written.

One year later, I sat at the premiere for *Man Out of Time*, thrilled in my seat for the independent musical that was only a figure in Johnson's mind for three years before taking to the stage.

Man Out of Time delivered a fantastic

“At the time I passed it off as a cool idea that would never be written”

storyline that followed a young intern, Sherrie Amberson, played by Noey Tonaltzin, discovering the secrets behind the new facility she was hired to.

The unknown aspects with unreliable narrators that only gave her half truths left the audience on edge as they worked with Amberson to unravel the truth behind an abandoned experiment.

The mysterious nature of the facility further emphasized Johnson's choice to describe the musical as “sci-fi” rather than the traditional

thriller or horror.

The lighting design and effects greatly contributed to the audience experience. Having been performed in the CAVE in the Anderson University Center, the smaller venue led to a more intimate experience.

The use of props like moving rats brought about screams from audience members who believed the effects as real. Lighting choices really helped bring the chase scene in the labyrinth to life which was reminiscent of similar maze scenes in *Phantom of the Opera*.

Overall, set design was extremely impressive, particularly the repurposed use of tin roofs taken from a blown down shed.

The music was well written and many of the solo performances were very emotional and captivating to watch. Tonaltzin's solo about finding the truth for her mentor's sake showed the compassion and frustration of Amberson's character about feeling alone not knowing the truth

Similarly, Brady Grahe's heart wrenching solo as Tom Culter conveyed the anguish, regret and frustration faced by the character who felt betrayed by his best friend.

There were times when the music overpowered singers or duets fell out of sync but overall the musical score was enjoyable and provided an extra depth to the characters.

Along with music, the accompanying sound effects for the Culter machine and gun noises greatly contributed to the sci-fi aspect of the musical and provided an extra surprise when

sudden loud noises were utilized.

The first act ended with a bang as audience members were met with a surprise and sat stunned in their seats still processing the end of the act. Many audience members quickly turned to each other to discuss what exactly they saw or thought about the scene that just unfolded before the intermission.

The ability for the show to bring together people so rapidly and captivate audience members was truly spectacular.

Given the limited budget of the performance, there were other effects that could have been added given more time but since the set and production were created in just under a

“*Man Out of Time* was well-written, enjoyable and most of all memorable”

month, the result was impressive. It was hard to believe that everything on stage was student run and produced.

Considering all aspects, *Man Out of Time* was well-written, enjoyable and most of all memorable. The surprises, jump scares, plot twists and dynamic characters really left an impression on me.

As Johnson's friend, being there to support him was second nature, but as a theater lover it was truly an evening well spent.

Ford v Ferrari fails to race its way to the top of great cinema

Nolan James
Arts & Culture Editor

Ford v Ferrari was unfortunately overshadowed by some major cinematic works in 2019. It truly is a great film but this one slipped to the back of the pack.

The movie was nominated for Best Picture at the 92nd Academy Awards, which it is not undeserving of, but it is perhaps the least noteworthy of the bunch. Despite this, it succeeds in pretty much every regard. It is a truly amazing visual experience, which cannot be said for every film that stood out more than it.

The racing scenes in particular are extremely well-shot. They are smooth and cathartic, like sailing down an empty highway, the wind blowing through your hair. Or they are panicked and sudden, nearly stopping your heart, like having the wheel lose control on a blindingly snowy day.

These scenes do not happen in the movie, but it evokes such emotions through the camera work. It is there with the racers and with the

cars throughout it all, the crystal clear visuals and precise audio capturing every action and every emotion.

The film is at its best when it is filming the racing, and the cinematography can speak for itself. We will never know what the late Ken Miles felt as he drove his final race, but *Ford v Ferrari* gives us what must be a taste of it.

This is not just another racing movie. It is a character piece, an analysis of these real people and the legacy they left behind. The acting is phenomenal, although that is to be expected from Christian Bale and Matt Damon at this point in their careers, but the real star is the cinematography.

Director James Mangold, who previously directed a masterpiece with 2017's *Logan*, and cinematographer Phedon Papamichael capture an emotional experience bolstered by the stand-out performances, but which would be chilling without.

Sadly, *Parasite* was too good and *Joker* was too important, so this film didn't stand a chance at the Oscars, but it is certainly great cinema.



Graphic by 20th Century Fox

Parasite receives racist backlash after major Oscar win

Raven Lirio
Copy Editor

The 92nd Oscars Academy Award Ceremony marked a historic feat as the Korean foreign film *Parasite* took home four awards for Best Picture, Best International Feature, Best Director and Best Original Screenplay. Director Bong Joon-ho tied with Walt Disney for the most Oscars in one night, and became the first foreign film to win in the Best Picture category.

The film's victory served as inspiration for foreign filmmakers hoping to make it in the American film industry. However, despite all these accomplishments, a number of borderline racist responses arose from not only the Academy, but also the general public on Twitter.

One such instance was at the end of the night when it was producer Miky Lee's turn to give her speech for winning the Best Picture. The camera pulled away and the microphone was cut off early to end the show, despite the Academy historically letting the winners of Best Picture talk as long as they needed.

Audience members, including Tom Hanks and Margot Robbie, shouted "Up, up, up!" in protest to attempt to get the camera back on the *Parasite* cast and crew. This brought huge outrage on Twitter and other platforms as it was a huge disrespect to the makers of the film.

In addition, on The Academy Official Twitter, @TheAcademy, fans expressed rage over the

use of quotes from speeches as official twitter photos, or rather the lack of quotes from the *Parasite* team.

Leading Actor Joaquin Phoenix was quoted, "When he was 17, my brother wrote this lyric. He said run to the rescue with love and peace shall follow."

Similarly, Leading Actress Renée Zellweger was quoted, "Our heroes unite us. The best among us who inspire us to find the best in ourselves."

In comparison, Joon-ho's quote was the bro-

In a rally in Colorado Springs, President Donald Trump made his own side commentary about the win, saying, "And the winner is a movie from South Korea. What the hell was that all about? We got enough problems with South Korea with trade. On top of it, they give them the best movie of the year?"

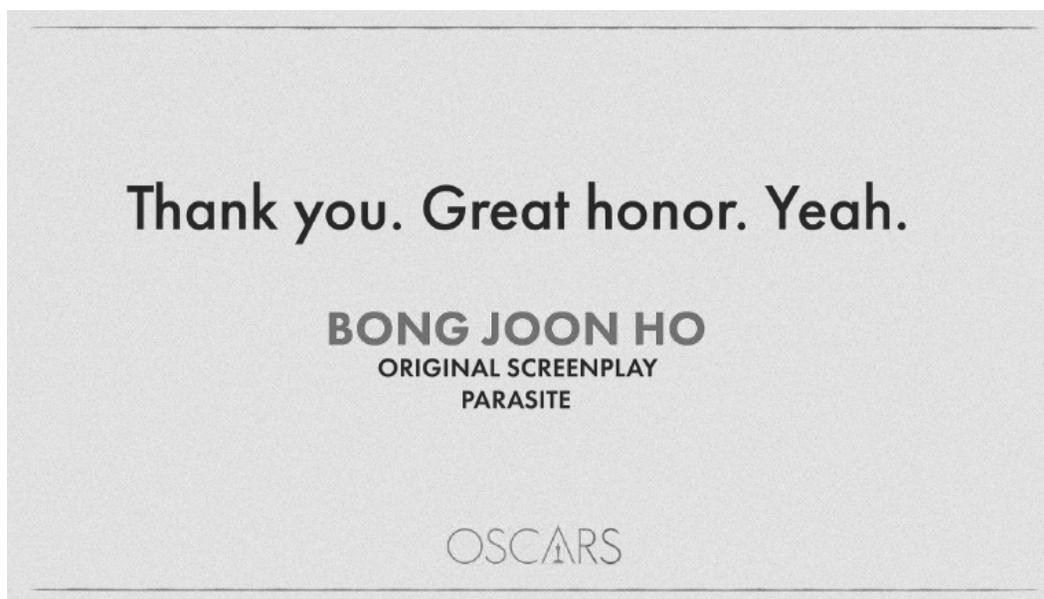
While it is not unusual for Trump to voice his criticism of media, these particular comments sparked further anger as the combination of issues from the Awards added to create a hostile climate between those in support of the foreign film and those against a non-English film being featured in American cinema.

In response to Trump's comments, the North American distributor of *Parasite*, Neon, simply replied, "Understandable, he can't read."

With the mix of both positive and negative attributes of the evening, it is undeniable that it was a night to remember for the makers of *Parasite*. The team was just honored to be present and even more humbled by the award.

"Once you overcome the 1-inch tall barrier of subtitles, you will be introduced to so many more amazing films," Joon-ho said.

While overcoming the language barrier was the first hurdle, foreign films must now overcome the prejudice of the American Industry as the precedent of a non-English Best Picture paves the path for more international best features in the future.



Graphic by the Academy of Motion Picture Arts & Sciences

ken English phrase, "Thank you. Great Honor. Yeah." This was seen again when producer Kwak Sin Ae was quoted, "I'm speechless."

The lack of content to these quotes, despite having had an English translator for both speeches, left many fans stunned and hurt by the further disrespect given to the makers of *Parasite*.

Music making its way through campus

The Music Department at PLU presents a large variety of concerts throughout the year. These events are hosted in either the Mary Baker Russell Music Center (LCH or MBR 306), or the Karen Hille Phillips Center for the Performing Arts (KHP). Admission is free to PLU students, unless otherwise noted.

February and March Music Events:

- Feb. 29, 8p.m. - Choral Union (LCH) (\$5-17)
- Mar. 1, 3p.m. - Richard D. Moe Organ Recital Series: Erica Johnson, Organiast (LCH) (\$5-17)
- Mar. 2, 7:15p.m. - Kelly Kuo Voice Masterclass (MBR 306)
- Mar. 5, 8a.m. - Choral Invitational (LCH)
- Mar. 6, 8a.m. - Choral Invitational (LCH)
- Mar. 7, All day - Washington Day of Percussion & Pan Celebration (LCH) (\$10-15)
- Mar. 8, 5p.m. - Chase Alm Sr BME Voice Recital (LCH)
- Mar. 10, 8p.m. - University Symphony Orchestra: Student Showcase (LCH) (\$0-10)
- Mar. 14, 12p.m. - Paige Balut & AJ Moore Non-Degree Recital (LCH)
- Mar. 14, 3p.m. - Thomas Mallos Non-Degree Sr. Recital (LCH)
- Mar. 15, 12p.m. - Olivia Crocker Jr BM Piano Recital (MBR 306)
- Mar. 15, 3p.m. - University Wind Ensemble (LCH)
- Mar. 16, 8p.m. - University Jazz Ensemble (KHP) (\$0-10)
- Mar. 18, 8p.m. - Regency Series: Regency Jazz Ensemble (MBR 306) (\$0-10)

February Sudoku

	3		5			1		8
1				6			9	
		8			4			5
	8				5		1	2
2		6	7		1			
	1			4		8	6	
4								6
		3			7			1
9		2	1		6	5		

Sudoku by Raven Lirio

SPORTS

Women's swim team places third after undefeated season at the Northwest Conference

David Walter
Reporter

The Pacific Lutheran University swim team recently capped a strong performance at the Northwest Conference (NWC) Championships at King County Aquatic Club. The women's team closed out the championships by placing third overall and winning the 100 yard fly.

For the men's side they also had a memorable weekend by shattering two school records and placing sixth overall.

"We were fired up going into championship weekend" said junior Seth Koivisto. Swimming is one of those sports where your regular season doesn't matter as much as the final meet, and your work all season culminates in one championship-level performance.

"We had a great taper and all of us were ready to put some season and personal best times and hopefully score for the team" he said. Despite the results on the scoreboard, the Lutes have every reason to be proud of this season.

Junior Hayden Mortensen placed All-Conference laurels in the 200-yard backstroke. Alex Johannessen finished 4th in the 100 yard freestyle with a time of 46.11 to give him All-League honors and break a school record.

"We may have come in sixth, but I doubt there's ever been another sixth place team to earn a silver medal on four (out of only five) relays" said Koivisto.

"As a full squad (men and women) we broke four records over the course of the meet: two men's relay records, one male individual and one female individual" he said.

Koivisto also said that this kind of effort describes the mentality and overall character of this year's squad.



Photo courtesy GoLutes.

"I think that shows we have heart" he said. "Even when we've been counted out of contention for a title we were still putting away incredible swims."

Speaking of that women's team, they finished their regular season undefeated, boasting a 9-0 record heading into the NWC Championships. Although undefeated, the postseason is always unpredictable and can be tough to prepare for.

"The team mentality going into conference was staying tough. Four days of racing is rough mentality and physically, but when we race for the team instead of ourselves the challenge becomes something to face together, not separately" said Junior Kiyomi Kishaba.

Kishaba finished fifth in the 200-yard backstroke, landing her All-Conference honors with that performance. It was performances like Kishaba's and others that helped the women's team place third overall in the championship

meet.

"Our team fights for every last point. The women's squad entered conference undefeated, which shows how tough every girl on our team is" Kishaba said.

"It's hard to race the last day of conference when our bodies were past the point of exhaustion, but we reminded ourselves that everyone else is tired too. At that point, it's mental toughness that gets us to the wall first."

Although this was the last swim meet for a majority of the swimmers, a handful of the team's members will have one more opportunity to qualify for the NCAA tournament, or try to break a school record at the Puget Sound Last Chance Invitational.

If any of the team members were to qualify for nationals, they will head off to Greensboro, North Carolina in a few weeks for the NCAA Division III Championships which will take place March 18 through March 21.

March Home Events

March 1

Men's Tennis vs Whitworth University, 10 a.m.

March 7

Rowing @ PLU Invitational, 9 a.m.

Baseball vs University of Puget Sound, 11 a.m.

Men's Tennis vs Otterbein University, 1 p.m.

Baseball vs University of Puget Sound, 2 p.m.

Women's Tennis vs Otterbein University, 5 p.m.

March 8

Women's Tennis vs Lewis & Clark College, 10 a.m.

Baseball vs University of Puget Sound, 12 p.m.

March 14

Rowing @ Logger Invitational, 9 a.m.

Track and Field @ PLU Open

Men's Tennis vs Willamette University, 1 p.m.

March 15

Rowing @ Lamberth Cup, 9 a.m.

Men's Tennis vs Pacific University, 10 a.m.

March 21

Baseball vs Linfield College, 11 a.m., 2 p.m.

Softball vs Linfield College, 12 p.m., 2 p.m.

March 22

Softball vs Linfield College, 11 a.m., 1 p.m.

Baseball vs Linfield College, 12 p.m.

March 25

Baseball vs George Fox University, 3 p.m.

March 28

Softball vs Whitworth University, 12 p.m., 2 p.m.

March 29

Softball vs Whitworth University, 11 a.m., 1 p.m.

*All home rowing events are held at American Lake in Tacoma, WA

*All home tennis events are held in the Sprinker Rec Center in Tacoma, WA

Tennis starts strong, Eliasson captures conference player of the week



Sophomore Hampus Pers Eliasson earned Northwest Conference Player of the Week back on February 10. *Photo by Matt Perea.*

Hayden Mortensen
Reporter

Lutes tennis started their seasons with two Northwest Conference (NWC) players of the week, and the men's squad carries an undefeated streak.

The Feb. 10 NWC honors gave the players a great confidence boost.

Taylor Stokes, the women's recipient, was moved to tears. "I have been putting so much effort into going to the gym a lot, tennis, and school and I feel like it's finally starting to pay off," she said. Stokes earned the NWC recognition by winning both her singles and doubles matches against the Puget Sound Loggers. After a rocky 2018 season, Stokes committed herself to improvement. Now a junior, Stokes said, "I think I'm starting to finally get the swing of things. No pun intended..."

Hampus Pers Eliasson, the sophomore from Gothenburg, Sweden, was the men's recipient. He expressed gratitude and said, "We as a team made it happen, tennis is far from an individual sport on this level and I am proud of all the boys." Pers Eliasson remains undefeated in all of his singles and doubles matches.

The men's team's undefeated run has also been impressive. Pers Eliasson said they are set apart this year by their attitude and fighting spirit. Men's coach, John Campbell, said, "We have competed well as a team up and down the line-up... We want to be in the moment and focus on the process and not the results."

The players and coaches from both teams gave similar sentiments toward process-based growth. Cheri Campbell is starting her second year as the women's head coach and she said, "After completing my first year of coaching and seeing how tough the competition is, we've put in more effort on fitness, footwork, and strategy."

Cheri Campbell is also an asset to tennis because she is currently a PLU mental health counselor too. The Lutes have consciously been working on their mental health this season as one of their primary focuses.

Tennis' morale is incredible because competing solely off-campus is isolating. Such isolation can be unifying though. Cheri Campbell stated how fortunate she is to have such a positive team. Stokes said, "Even if we're not the most winning team, the PLU community can count on us... to put our hearts into every point we play."

Tennis has proved to be two of the more winning teams, however, with a 4-0 men's squad and 3-1 women's squad. Their process-based growth seems to be working.

"We as a team made it happen, tennis is far from an individual sport on this level and I am proud of all the boys." - Hampus Pers Eliasson

Table tennis club in full swing in Pflueger first floor lounge

Brennan LaBrie
News Editor

On a recent Wednesday night, the distinctive pings and pongs of a table tennis match could be heard ringing through the first floor of Pflueger Hall.

Inside the main lounge, Mathew Jugovic and Rosario Yoson stood on opposite ends of the lone ping pong table, volleying the small ball back and forth with precision and skill as senior Fez Alshabanat observed attentively.

This was a rather small meeting of the PLU Table Tennis club, Jugovich, the club's president, told me between games.

On most Wednesday nights, the club attracts around 6-8 people. When they get enough people, they split up between the first and second floor lounges.

Jugovic, a sophomore, started the club this past summer, after realizing that he wanted to take the sport he picked up last year with his friends in the Tingelstad dorm more seriously.

In September, he hosted an interest meeting, turning out a solid amount of people, and followed that up by bringing a ping pong table to the Fall involvement fair, where he got over 50 signatures on his interest form.

Twenty-one people showed up to the first meeting in Tingelstad, and Jugovic realized that one table wouldn't cut it. After that, the club moved across the path to Pflueger Hall, whose lounges could hold more tables.

Yoson showed up to the club's first meeting, and is now its Vice President.

She had played table tennis casually with friends in her childhood, and was excited to take it to the next level.

"It's very simple and you can meet people that you normally wouldn't anyways," she said. Jugovic added that the game has connected him with people decades older than him as well as fellow college students.

Alshabanat is a regular at the meetings. He played avidly in grade school, but lacked a community to play with until this past fall.

"It's great that there's a community on campus that enjoys it as much as I do," he said.

Jugovich and Yoson aim to increase their average number to about 16 people per meeting, allowing them to turn their meetings into more tournament-style affairs.

This would require more advertising for the club, a task that falls into Jugovic's hands as president.

Recently, the club raised \$95 during Bjug Day, bringing a table to play on to the AUC to promote their club. They plan to do the same thing at the Spring Involvement Fair.

The fundraising duties are shared by Jugovic, Yoson and the club's treasurer, Ashwin Deodhar. Jugovic said that he created these positions to expand leadership opportunities for students, giving them both experience and a solid addition to their resumes, all while learning a new sport.

You can join the PLU Table Tennis Club by showing up at the first floor Pflueger lounge every Wednesday from 7-8 p.m.

Kingma's prolific senior season launches men's team

Brennan LaBrie

News Editor

The Lutes needed to win last Friday night against Pacific University in order to secure the fourth seed in the NWC playoffs. And as they have all season, they needed senior forward Leighton Kingma to help lead them to victory. And he did just that, scoring a team-high and season-high 26 points en route to a 91-78 victory and the Lute's third postseason appearance in 57 years.

Kingma's had an outstanding season, leading his team in most major stat categories. He finished in the top six in the Northwest Conference (NWC) in points per game, rebounds, field goal percentage and three point percentage. During a five game win streak against conference opponents in January, Kingma was named NWC athlete of the week two weeks in a row, the first time he's received that honor.

Is it the best season he's ever had?

"Yes," he responded, "because I feel like I'm contributing a lot individually and it's leading to team success, and that's the most rewarding thing."

When pressed on the question, he admitted that he's proud of his rebound numbers, primarily because of how they're helping his team. Since middle school, the 6' 7" forward has specialized in being the big guy shooting three point shots from the wings of the court since middle school, especially after continuing to grow throughout high school.

Head coach Chad Murray called Kingma an "outstanding" three-point shooter and one of the best in the league. Both Murray and Kingma knew that other teams would be ready for Kingma to shoot a lot of three-pointers this season and guard him accordingly. So, this past off-season, Murray and Kingma's father, a former football player at University of Puget Sound, encouraged him to break out of his comfort zone and try new things.

Kingma was happy to expand his role on the court to fit his team's needs, especially with younger players stepping up as solid three-point shooters. Murray said that Kingma has excelled at playing closer to the basket this season, shooting more two pointers and amassing more rebounds.

"Those are two things that have evolved over time for him and when you combine that with his three-point shooting, that makes him a handful to deal with for opposing teams," Murray said.

Kingma said he is most proud of his three-point percentage this year, considering the fewer attempts he made.

"Trying to keep my percentages high and be a really efficient payer is what I take the most pride in," he said. "When the ball is getting in my hand and I'm able to get a shot up, I like it when it's going in, and I'm a pretty harsh self critic when it isn't going in."

Kingma, a standout player at Sehome High in Bellingham, played his first year at Whitman University, the perennial conference champion (third this year). However, he found himself deep on the depth chart and not finding almost any time on the court.

"I knew I could contribute more," Kingma said, adding that with no JV in college, it's hard to improve with little to no playing time. He liked Whitman and was a strong student, but felt that better athletic opportunities awaited him elsewhere.

PLU was one of his top three choices coming out of high school, even while being pursued by every team in the conference. He had established a relationship with a former assistant coach, which finally pushed him towards PLU. Kingma became an instant contributor to the team, which went 12-13 and 4-20 his first two years.

However, many young players were recruited last season, and during summer league play this past year in Bellevue, Kingma and his team-

mates saw the improvement taking place and felt hopeful.

"We felt pretty good, we knew it was going to be a good year," he said.

Many in the locker room, especially younger players, were worried, however, after conference play in January started off with three consecutive losses. Veteran players like Kingma reminded them that the teams they lost to, Whitman, Whitworth and Linfield, are the best in the league, and as long as PLU beat all the other teams in the conference, the fourth place spot was theirs for the taking. They ended up doing just that, commencing their five-game win streak that week.

"It was an awesome feeling," Kingma said. "I mean, everyday coming into practice everyone had a smile on their face. We just knew that we were doing something really cool that we haven't done in a long time."

Kingma accredits the team's success to their focus on rebounds, a category in which they rank third in conference, and their "tough" defense, which has worked to slow down and throw off the fast-paced offenses in a game Kingma said is speeding up all the time.

Kingma's success this season is especially rewarding to him considering he didn't feel he trained enough in the off-season, as he was juggling studying for the dental school exam, job shadowing for 4-8 hours a week, and working weekends on top of that. Oh, and completing his coursework for his chemistry major as well. Kingma is still waiting on responses from dental schools for after he graduates.

When Kingma graduates in the Spring, the Lutes will lose their top shooter and a valuable leader, Murray said.

"He'll be really hard to replace," Murray said. "He has come to realize how important his relationships with his teammates are and how it impacts winning. He's been incredible with our younger players this year, being available and willing to establish a bond with them that will carry on after he graduates."

Kingma is not worried about the team's chances of repeating their success after he's gone. There are many younger players who he believes haven't gotten many opportunities yet, but believes will be more than capable to step up and take the reins of the team next year. Before getting too wrapped up in the future, however, Kingma and Lutes have a playoff game to win this weekend.



Kingma leads the team in scoring, averaging 16.6 points per game. He helped the men's basketball team qualify for the Northwest Conference tournament for the only the third time in the program's history. *Photo by Bailey Plumb.*