

THE MAST

NOVEMBER 13, 2015 | VOLUME 92, ISSUE 7 | MASTMEDIA.PLU.EDU

Lute running backs outshine Pioneers

KELLEN WESTERING
Guest Writer
westerka@plu.edu

Pacific Lutheran University football found itself playing in a downpour for the second week in a row. This game had all the makings of being competitive, but the Lutes were able to put together a complete game and beat Lewis and Clark 26-7.

Both the Lutes and the Pioneers struggled to put points on the board this year. The teams currently sit at seventh and eighth respectively in the Northwest Conference in yards per game.

Even though the Pioneers haven't won a game, they look much better than last year, due in large part to their new head coach, Jay Locey.

The Lutes struggled to run the football this season, but in this game, the runs added up to a win.

The Lutes got on the scoreboard first with 13:03 left in the second quarter when sophomore running back Mark Gallant scored on a three-yard touchdown run. Gallant went on to score his second touchdown of the day with a 25-yard scamper with 13:41 left in the fourth quarter. He finished the day with 15 carries for 66 yards with an average of 4.4 yards per carry.

This was the best game the Lutes offensive line played this year, Gallant said.

"The O-Line played absolutely incredible today. They owned the line of scrimmage from the very start. Today was by far the best blocking of the season and the exciting thing is almost all of them will be back next year."

Gallant wasn't the only Lute who shined Saturday. First-year running back Elijah Clayton and junior running back Darin Hargrove each had seven carries for 36 yards averaging 5.1 yards per carry.

"It's so fun to play with other great running backs because we are able to rotate every couple plays and it keeps our legs fresh," Gallant said. The Lutes finished the game



with 158 yards on the ground, a season high.

The Lutes' defense held the Pioneers to just 243 yards of total offense and only 46 yards rushing. The Lutes are second in the conference in yards given up per game behind Linfield. They forced the Pioneers to commit four turnovers.

Junior safety Derek Chase, sophomore linebacker Isaiah Watkins and senior corner Reggie Collins all picked off Pioneers quarterback Mike Machado. Junior defensive lineman Moe Rodriguez had a fumble recovery to record the fourth and final turnover of the game.

In his second start, PLU first-year quarterback Walker LaVoy finished the day 14-of-23 passing for 175 yards and two touchdowns connecting with two different receivers. Junior wide receiver Beau Lockmer caught a 25-yard touchdown with 6:41 left in the second quarter and sophomore wide receiver Garrett Hittner hauled in a 30-yard touchdown with 8:41 left in the fourth quarter.

The Lutes return home next week for the final game of the season against Linfield. They'll celebrate both Senior Day and Military Appreciation Day with kickoff set for 1 p.m. at Sparks Stadium in Puyallup.



"The O Line [...] owned the line of scrimmage from the very start. Today was by far the best blocking of the season and the exciting thing is almost all of them will be back next year."

Mark Gallant
Sophomore running back



TOP, MIDDLE: Running back Mark Gallant scored twice on Sunday. (Photo by Angelo Maija)
BOTTOM: Quarter back Jon Schaub drops back into the pocket to make a pass. (Photo by McKenna Morin)

The Red Scare

JEFF DUNN
News Editor
dunnja@plu.edu

Red meats may or may not be the death of you, but there's no need to whip yourselves into a frenzy.

The World Health Organization (WHO) published findings in October suggesting a link between the consumption of certain types of meat and cancer.

Processed meats, like hot dogs, sausages and bacon, were listed as "carcinogenic to humans." Tobacco smoke is under the same list. While red meats, like steak, are listed as "probably carcinogenic to humans."

By "probably carcinogenic," WHO means "based on limited evidence from epidemiological studies showing positive associations between eating red meat and developing colorectal cancer."

The limited evidence means even though a correlation has been observed, other explanations for the link may exist.

Overall, the lifetime risk of developing colorectal cancer in the U.S. is about 1 in 20, or 5 percent, according to the cancer society. By the WHO's calculations having a cold-cut sandwich every day would only raise that to around 6 percent, the Seattle Times reports.

PLU's Dining & Culinary Sous Chefs, Chuk Blessum and Anthony McGinnis said this isn't a cause for alarm here on campus.

"The risks, though real, compared to what we already knew about red meat (the risk of heart disease and diabetes), don't make it seem any riskier than it already is," McGinnis said.

"It should be consumed in moderation, just like all things," Blessum added.

WHO had no specific dietary suggestions, saying in a Q&A on its website that it "evaluates the evidence on the causes of cancer but does not make health recommendations." The main health concerns for the consumption of red and processed meats are still sodium and fat intake, risk factors that contribute to cardiovascular disease and obesity.

Pan-frying and grilling were listed as the most harmful way to prepare the meats, since the high-temperature and flames makes the meat more carcinogenic.

On campus, the Dining and Culinary team has already begun to take steps to reduce the risks that come with eating.

"Over the years, we've taken a lot of measures to reduce the bulk amount of food that is consumed by eliminating trays at All You Care To Eat meals and limiting the portion size of the protein," McGinnis said. "The only cooking practice we use [that makes the meat more carcinogenic] is grilling, so we try to limit the ways we create those carcinogens."

The Dining & Culinary Services team also offers allergy & special diet support, healthy eating seminars and one-on-one nutrition counseling. In addition, vegan and vegetarian options are offered at every meal.

The Dining & Culinary Services team wants to emphasize how important receiving feedback is for them.

You probably won't have to change your diet to avoid the risks of colorectal cancer, but if you do, know that the Dining & Culinary Services team is here to help.

WHAT'S INSIDE



A&C
World-famous conductor performs with Choir of the West pp. 5

NEWS
Roots of Resilience: Progressive activism is not enough pp. 3

FEATURE
Starbucks and PLU both kick Christmas to the curb pp. 8-9

OPINION
The christmas season sends Lutes into Santaphylactic shock pp. 11

SPORTS
Fall Intramural sports champions pp. 15

News pp. 1-4
A&E pp. 5-7
Feature pp. 8-9
Opinion pp. 10-11
Satire p. 12
Sports pp. 13-16

Lute research recognized

MEGAN LONGSTAFF
News Writer
longstmr@plu.edu

Students and faculty from the Division of Natural Sciences ventured to Vancouver, Wash., to attend the Murdock College Science Research Conference.

A total of 23 students presented research this weekend at the Murdock conference. The conference focuses on work done by undergraduate students and emphasizes the advancement of the natural sciences.

"It's really a celebration of the students' accomplishments."

Dean Waldow
Chemistry Professor

"It is really a celebration of the students' accomplishments," professor of chemistry Dean Waldow said. "Murdock really supports a broad interest in having undergraduate students actually doing research."

This is an opportunity unique to students at schools like PLU. Many undergraduates do not get to perform research or do the majority of the work at larger universities because more qualified graduate students take those research positions.

However, at smaller schools there are more opportunities for undergraduates to get their hands on projects.

"Moving into the research where you are actually trying to solve problems is one of the best education tools," Waldow said.

Not only does this conference help them learn in the present, Waldow

said, but the Murdock Conference helps students meet up with graduate schools to further their education.

PLU's research program gives young scientists a foundation for successful futures. Previous students that performed research on campus have gone on to work with Nobel prize winners, gain doctorates and perform research for elite companies and organizations.

Among the projects this year is Waldow's work with seniors Sevryn Modahl, Collin Peterson and Tom Kolibaba. Over the past few months, they've been working on developing new polymers to serve as electrolyte support for lithium batteries.

In basic terms: they are trying to stop your laptop battery from catching on fire.

"It's a great opportunity," Modahl said. "We got to present our research to other schools in the Northwest and we can get their advice and suggestions for moving forward with it."

Also travelling were associate professor of biology Julie Smith and seniors Emily Gunnarson and Ingrid Clark to present ecological speciation in red crossbills.

This opportunity helps students practice for future events, such as next spring when chemistry students will present their work at the American Chemical Society Conference. ACS is a prestigious organization and these students will be displaying their work to some of the top minds in their field.

HOW TO SOUND SMART *About class registration*

It's that time again! The most stressful time of the semester has descended upon us once again. Registering doesn't have to be stressful though - take some tips from The Mast to organize your registration process.

Know when your registration time is



You can find your registration time on bannerweb.plu.edu, under the "registration status." Remember that if you have holds on your account, this can prevent you from registering at the appropriate time.

Meet with your advisor



Your academic advisor is here to help you! Don't take the accessibility of your advisor for granted. At larger state schools, like WWU or UW, it can take several weeks to get in to see your advisor.

Know what you need to take



The best way to find out what classes you need is to view your CAPP report, also available on bannerweb. In addition, your advisor can help you plan out your classes and make recommendations on which classes to take when.

Don't fear General University Requirements



GURs can be intimidating! Taking classes outside your major is part of the University's goal of producing students with a well-rounded education. So, don't fret! Take a step outside your comfort zone and get that GUR out of the way.

Utilize J-Term



J-Term is a great time for students at PLU. The opportunity to focus on just one class (many of which are only four days a week) gives you time to relax. Alternatively, you can use J-term to get that pesky PE credit out of the way (yoga, anybody?).

**NEWER NICER NEARBY
CENTURY
POINT RUSTON AND XD**

Cinemark's XD Auditorium • Cinemark Luxury Loungers

Cinemark's nextGEN Movie Theatre Concept

9 Wall-to-Wall Screens • Stadium Seating
Crew Serve Concession Stand • Reserved and Advance Seating Available

COMING SOON
OPENING NOVEMBER 19TH

N. 51ST ST. & RUSTON WAY IN TACOMA • CINEMARK.COM

What to do at PLU:

FRIDAY

Camas Wind Quintet:
Lagerquist Concert Hall, 3:40 p.m.

International Coffee Hour:
Hong Hall Language Resource Center, 4 p.m.

The Mask You Live In - Film Screening:
Xavier 201 6 p.m.

Steel Pan and Percussion Ensemble:
Lagerquist Concert Hall, 8 p.m.

SATURDAY

Veteran's Resource Fair:
University Center, Chris Knutzen Hall, 11 a.m.

Veteran's Football Game 2015:
Sparks Stadium, 12 p.m.

Lutes Football vs Linfield. Final game of the season:
Sparks Stadium, 1 p.m.

SUNDAY

Danish Sangaften: Scandinavian Cultural Center,
12 p.m.

Mostly Renaissance Concert:
Lagerquist Concert Hall, 3 p.m.

Voices of courage

RHIANNON BERG

News Writer

bergau@plu.edu

Tears of courage filled the eyes of sympathetic audience members and five domestic violence survivors as they told their stories Oct. 30 at the University of Puget Sound.

October was domestic Violence Awareness Month and the YWCA of Pierce County organized "Voices of Courage," an event to share the stories of domestic violence survivors from the Puget Sound area.

"There are people that want to tell their story, but it's not always safe," said Jessica Gavre, the Development Director at the YWCA of Pierce County. "This was a way for survivors to tell their stories that was safe and confidential."

Each of the five survivors met with a storyteller to develop her experiences into monologues. Volunteer actresses then performed those monologues at the event. No original names were used.

"My hope is we've touched people's heart and spirit," storyteller Kimi Irene Ginn said. "It's going to take

all of us to stop the domestic violence in our community and the injustices in our [justice] system."

Members of the Pacific Lutheran University Sexuality Awareness and Personal Empowerment Team (SAPET) attended the event.

PLU's Men's Project Coordinator, Jonathan Yglesias said "It was an incredible opportunity to hear real stories that affected not only people, but the communities they and their

attendee of the event, Sedoni Young said. "They're champions and conquerors."

The U.S. National Domestic Violence hotline reported one in four women and one in seven men who are 18 and older have been victims of severe physical violence by an intimate partner in their lifetime.

"It was really powerful," YWCA volunteer Nerissa Kenan said. "I think it's a really great healing process for the women, seeing that all of these people came out to hear their stories."

An associate board member of the YWCA, Kaitlyn Sill, said it takes up to seven attempts for a survivor to leave their abusive relationship for good.

In her monologue, character Paula said, "It took a long time for me to realize it was abuse. Not all kinds of abuse leave bruises."

After the performances, the survivors whose stories had been shared were given the opportunity to stand. Their stories brought more than 75 audience members to their feet with tear-filled eyes.

"Telling my story is me taking my first step. This is me letting go of the past. A new beginning for me," Janelle said.

"Telling my story is me taking my first step. This is me letting go of the past. A new beginning for me"

Janelle Speaker

families exist in."

The YWCA of Pierce County provides safe shelter and comprehensive services for survivors of domestic violence. An associate board member of the YWCA, Justin Leighton, said more than 8,300 domestic violence incidents were reported in Pierce County in 2014, including eight homicides.

"It was so inspirational and so real and emotional," an

You're not alone:

- Last year, 22 percent of the YWCA's clients were between the ages of 18 and 24.
 - Females ages 18 to 24 and 25 to 34 generally experience the highest rate of intimate partner violence
- Resources are available online at ywca.org, on-campus through the Counseling Center and over the phone through National Domestic Violence hotline (1-800-799-7233)

Identifying unhealthy relationships

- Showing jealousy of your friends and time spent away
- Keeping you or discouraging you from seeing friends or family
- Embarrassing you or shaming you with put-downs
- Controlling who you see, where you go or what you do
- Preventing you from making your own decisions
- Destroying your property or threatening to hurt or kill your pets
- Intimidating you with guns, knives or other weapons
- Pressuring you to have sex or pushing you outside your comfort zone
- Pressuring you to use drugs or alcohol

Roots of resilience:

Lecturer calls for more progressive goals in activism

Helen Smith

News Writer

smithhe@plu.edu

"Roots of Resilience" is the theme for this year's Spotlight Series of lectures. The annual Pacific Lutheran University tradition aims to examine

humanity's capacity to overcome.

The most recent lecture in the series titled "Romantic Notions: Soldiers, Spouses and the Limits of LGBT Equality" was given by Seattle University School of Law associate Professor Dean Spade.

His lecture focused on the current goals and milestones in activism, and why the benchmarks are not as progressive as they seem.

Spade argued the goals of current activism only help the most privileged of the disenfranchised. Those who need the most help are still in the same vulnerable positions they were in before these milestones were reached.

He used himself as an example, commenting on how solving all of his problems as a transgender man would do nothing for a

transgender person of color in prison.

Getting laws passed to address these issues isn't helpful, he says - they don't make situations better for people who really need it. Legal action often only affects things just enough to make it look like something has changed without creating a significant difference. This is based off of the assumption that changing things for the most privileged will eventually help the most disenfranchised, which has repeatedly been proven wrong in the past.

Spade argued that by passing certain laws, it gives society the chance to say the problem has been solved, when it really hasn't.

The enforcement of activism through politics serves to expand institutions that are some of the worst agents of oppression like the police force and the military, including the recent immigration reforms which make it more difficult for criminals to cross the border. Spade said these types of results often end up being more divisive than successful.

"Reforms often divide between the deserving and the undeserving," Spade said. "In Obama's recent executive action he said, 'Let's have people who are parents of American citizens have a pathway, so we're going to target the felons not the families.'

In that same piece of executive action he granted a small amount of relief, he also enhanced immigration reinforcement," Spade continued. "Think about which immigrants are most likely to have criminal records: people with darker skin, poorer people, people in more desperate situations, people who live in more policed neighborhoods. We're starting to see the more vulnerable people are getting left out."

Spade's line of thinking revealed a whole new way to look at people who are often considered undeserving of activist help to better their situations and called for a reexamination of who movements are leaving out, and why.

Throughout Spade's talk, he questioned the ways that people normally think of to deal with social justice issues and the goals that activists should be striving for. He called for a closer examination of activists' actions and their effects, who they help, who they leave disenfranchised and what they're doing to help people who need it the most.

"It was a wealth of information," said graduate student Kristen Williams. "I would say he was great; I recommend someone else go out and see him."

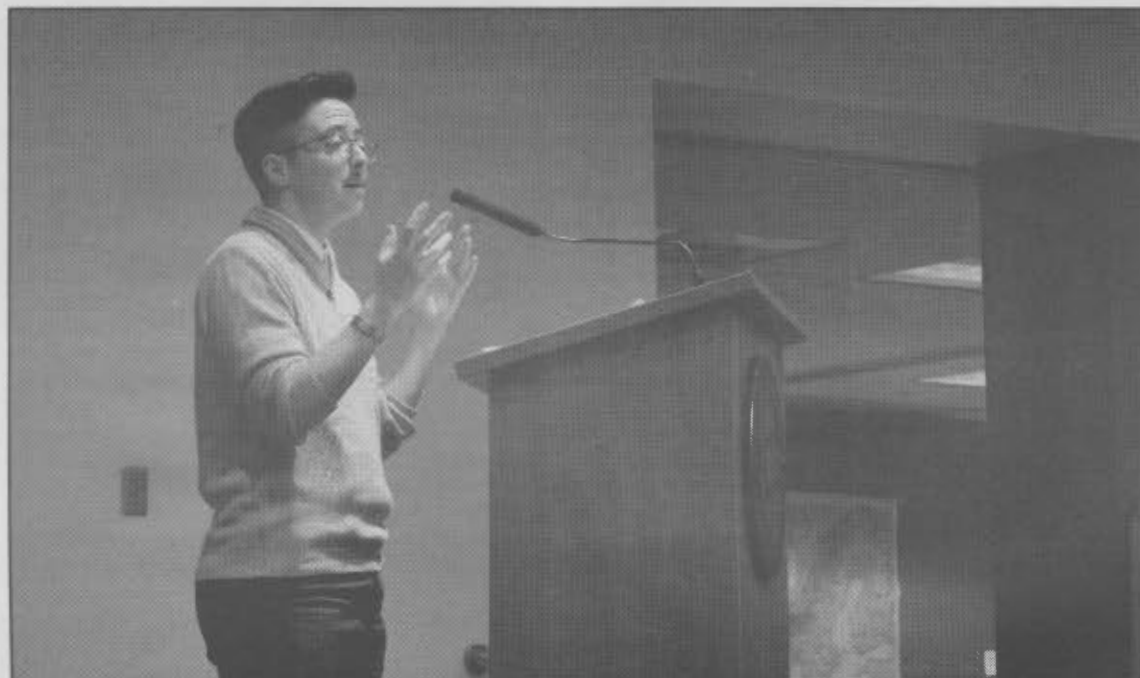


PHOTO BY OLIVER JOHNSON
Associate Professor Dean Spade addressed issues of legal reformation and activism

“These Four Years”

Student documentary premieres at Seattle Central Public Library

JEFF DUNN
News Editor
dunnja@plu.edu

“These Four Years,” a documentary “about college students, by college students,” will premiere at the Seattle Central Public Library this Saturday, Nov. 14, at 3 p.m.

The group of four student documentarians includes seniors Natalie Deford, Evan Heringer,

Jasper Sortum and Grace Takehara. The documentary deals with costs of higher education, and whether or not the ends of graduating with a degree justify the means of paying gratuitous amounts for that education. In the trailer, facts about college students flash across the

screen, scribbled on the backs of Frisbees and the tops of coffee lids; “Average debt levels for all graduating seniors with student loans rose to \$29,400 in 2014.”

“In 2014, students self-rated emotional health dropped to 50.7%, its lowest level ever”

The media lab documentary team promises it will be engaging and relevant to PLU students.

“Average debt levels for all graduating seniors with student loans rose to \$29,400”

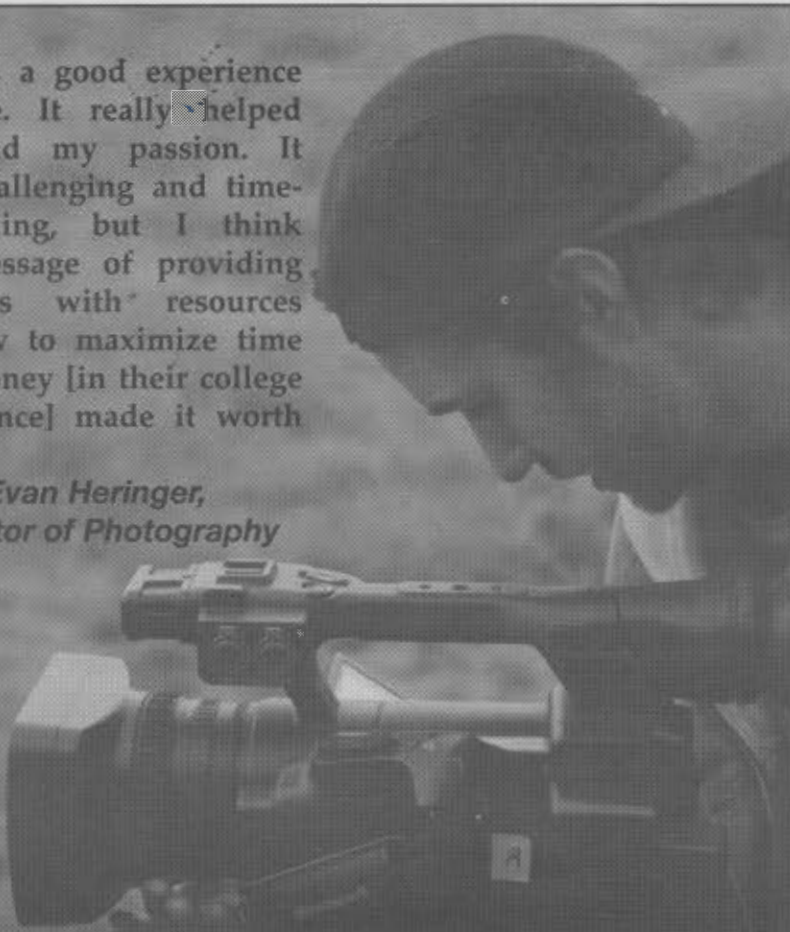
The Institute for College Access and Success

“We are a group of documentary filmmakers who also happen to be college students. With the costs of higher education increasing at unprecedented rates – and recent studies suggesting that many college graduates feel unfulfilled in their post-graduation careers – we explore the stories of current and former students, and introduce you to educators and administrators across North America working to implement education reforms. Ultimately, we aim to answer the question: Are colleges creating environments in which individuals can develop skills and abilities that will allow them to lead happy and fulfilling lives?”

These Four Years Doc Team

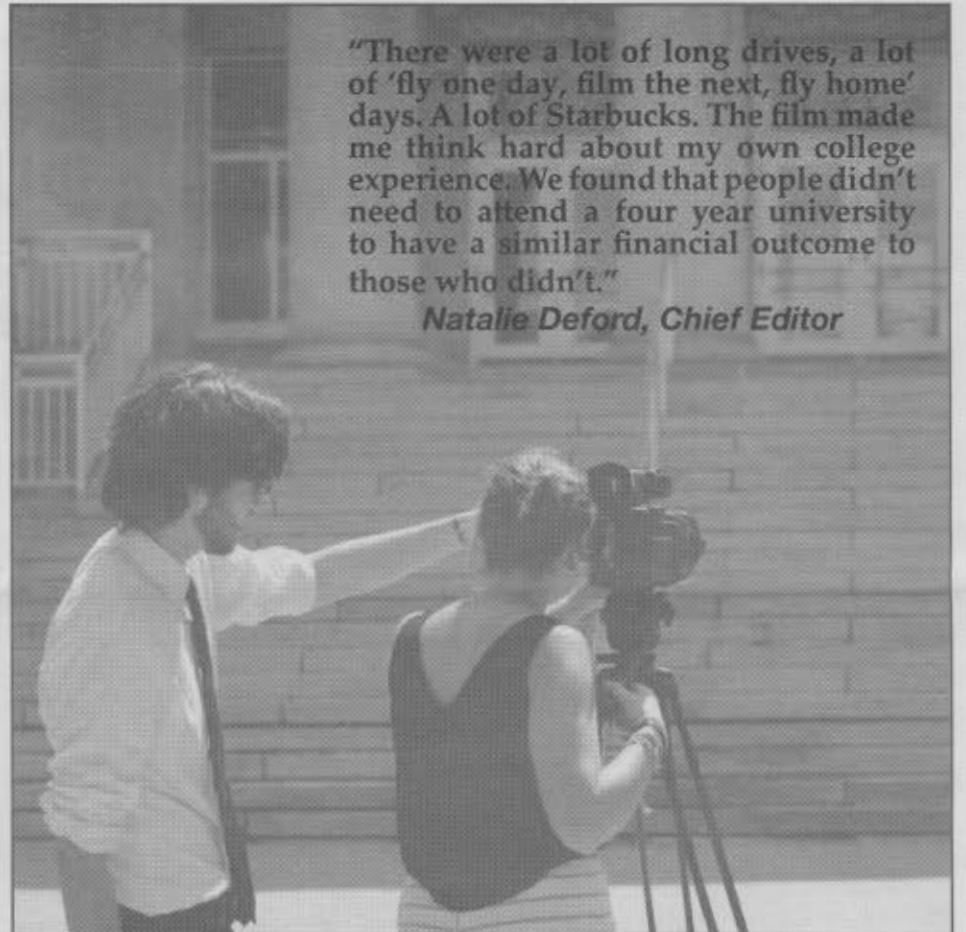
“It was a good experience for me. It really helped me find my passion. It was challenging and time-consuming, but I think the message of providing students with resources on how to maximize time and money [in their college experience] made it worth it.”

Evan Heringer,
Director of Photography



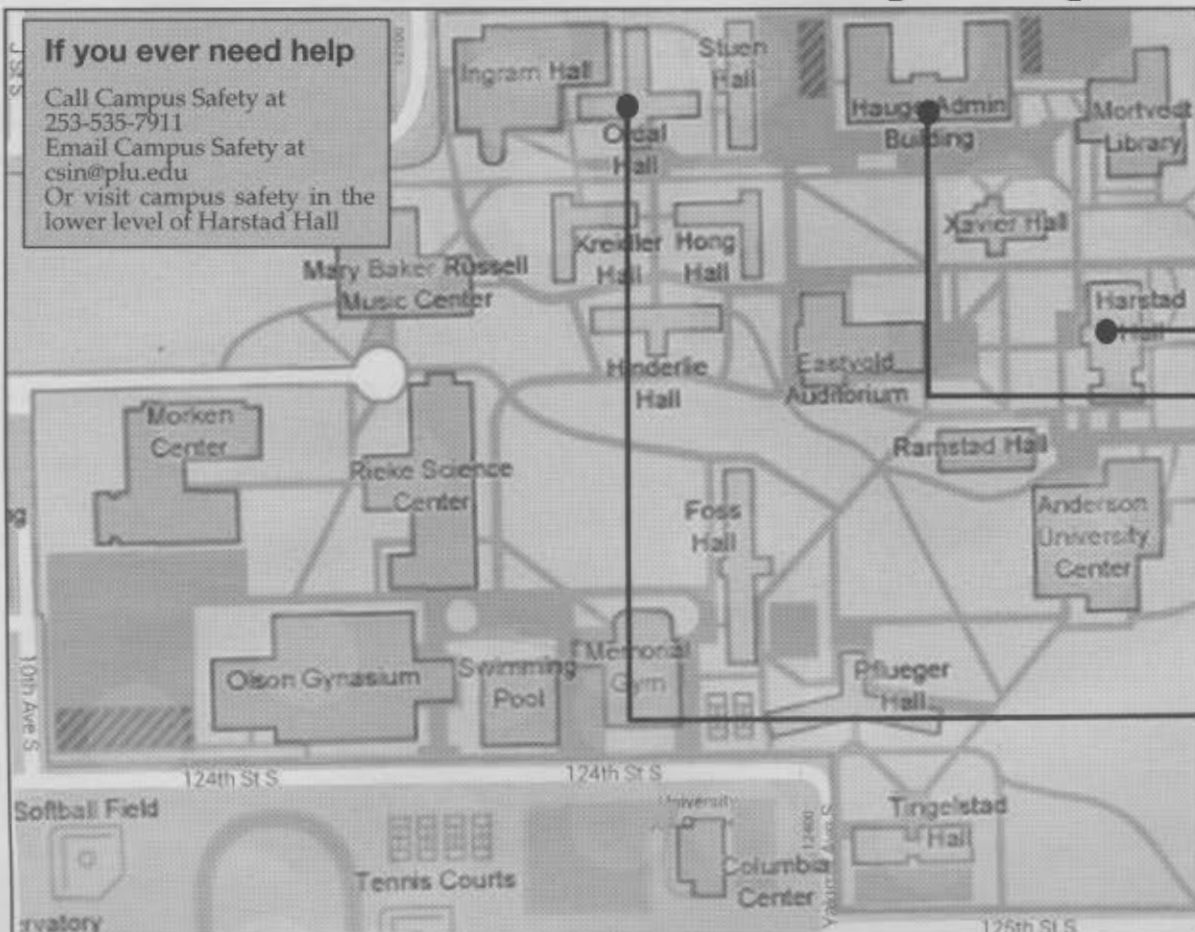
“There were a lot of long drives, a lot of ‘fly one day, film the next, fly home’ days. A lot of Starbucks. The film made me think hard about my own college experience. We found that people didn’t need to attend a four year university to have a similar financial outcome to those who didn’t.”

Natalie Deford, Chief Editor



PHOTOS COURTESY OF thesefouryears.com

CSI: Campus Safety Investigations Taken from weekly Campus Safety reports



If you ever need help

Call Campus Safety at 253-535-7911
Email Campus Safety at csin@plu.edu
Or visit campus safety in the lower level of Harstad Hall

Building Security Violation

A PLU student contacted Campus Safety (CSAF) to retrieve her Lute card that she had tossed out the window and was now stuck on a window sill. She stated that she intended to toss the card outside to a friend so that they could access Harstad Hall by using her card. She was informed that CSAF would not be retrieving the card because of the location/danger and that it was a policy violation to allow someone to access the hall with their Lute card. The incident has been forwarded to SRR.

Medical Aid in Hauge

CSAF was contacted for medical aid by a student who tripped and injured her ankle descending the west staircase. The student was escorted to her room, and informed she could request a special escort to the Health Center if her condition worsened.

Medical Aid in Oreal

CSAF received a report of a medical aid in Oreal involving a student who was suffering from abdominal pains and nausea. CPFR was declined and CSAF escorted the student to the Health Center.

Fall season is **Smash** season

LUCAS SCHAUMBERG
Guest Writer
schaumic@plu.edu

Students walking past the windows of Ordal's first floor lounge on any given Friday may catch a glimpse of Smash Club, one of Pacific Lutheran University's only safe havens for serious gamers.

PLU Smash Club was founded last year for casual and professional play of all versions of the widely popular "Super Smash Bros." video game.

The club will be hosting a singles tournament Friday, and founder Devin Turner is preparing for a large turnout for the rapidly expanding club.

Friday's tournaments are composed of winner and loser brackets. Students square off against each other in heated battle. Smash games typically last about five minutes, though they occasionally reach up to 15 minutes. Victors stay in the winners bracket, while the less fortunate are booted to the

loser bracket. Elimination rounds eventually determine the week's champion.

Turnout for the tournaments has steadily increased. Turner notes that he didn't expect such large numbers when he founded the club last year. He says the club formed organically out of "a love of Smash."

"I know that sounds simple," Turner said. "Honestly that's where it all began, and for me it was all about building a community - a place for people who may not play sports but are still competitive, or just a place to have fun."

Under Turner's leadership, the club has almost doubled in size, keeping its core group of hard smashers while welcoming in newcomers. Even the club's founder is a newcomer to the game.

"I'm definitely not the best person here," Turner said. "We got some guys that blow me right out of the water."

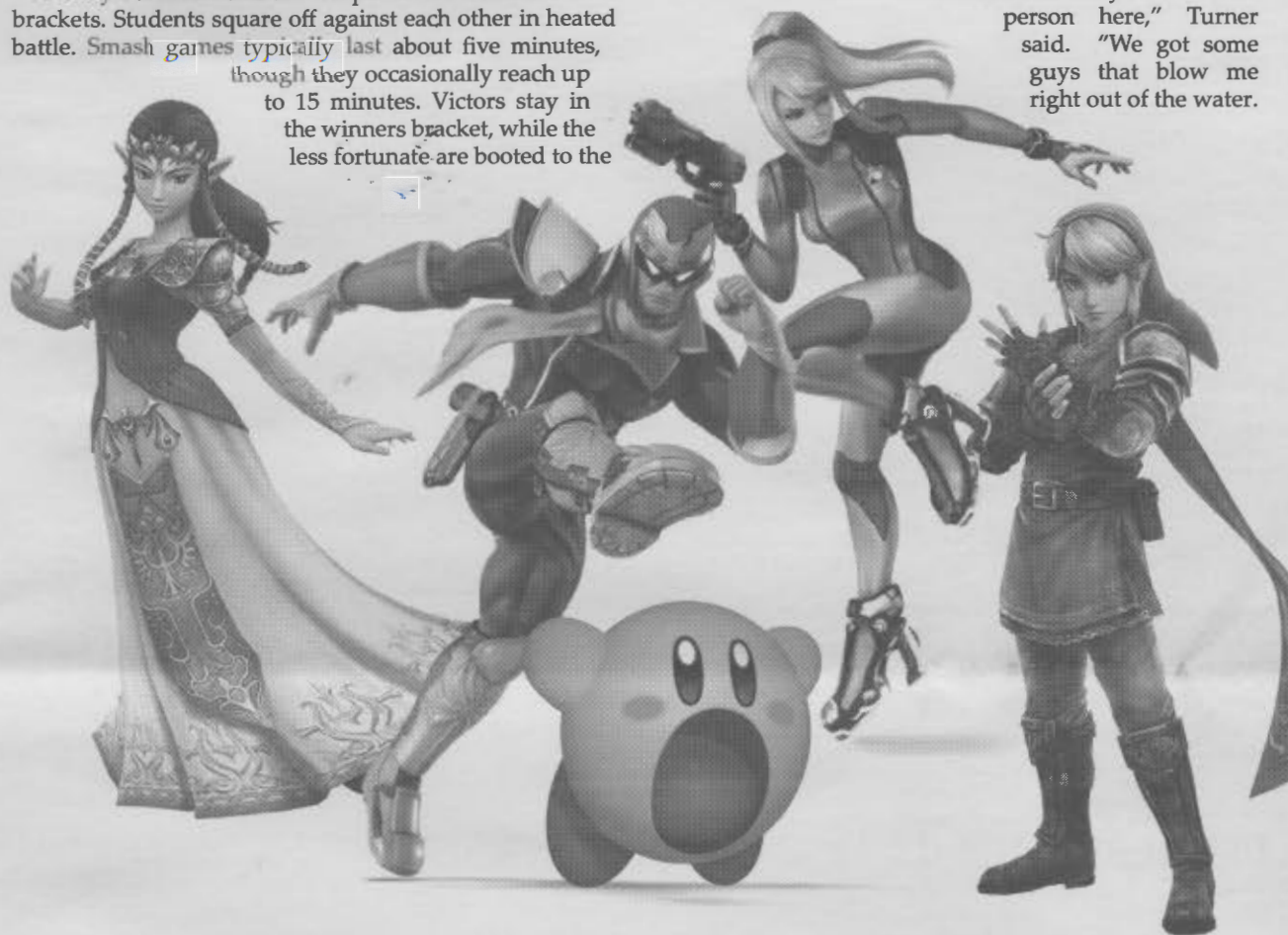
Kyle Bendebel, the club's co-president, hopes to continue the growth after Devin leaves. He's the more competitive of the two, and occasionally enters tournaments "maining" (a term players use to describe their preferred character) as Zero, which matches his up-tempo and offensive based playing style.

Bendebel says people mention to him how much they need to blow off steam after long weeks. He remarks that the fun of playing Smash Bros. seems to help most people here.

"It's such an accessible game," Bendebel said. "It can be competitive, but it really is a party game at its core."

When asked if any moments from the last tournament stick out for him, Turner lights up. He mentions that one player pulled off a move that he considers equivalent to a slam-dunk: Captain Falcon's knee jab.

"The winner knocked his opponent off the map with it in the final game," he said. "It was such a big impact, the guy went flying! Everyone went crazy."



Thomas & Molly's Music Reviews: Nico & Vinz

THOMAS FLATMOEN & MOLLY UNDALL
Mast Radio Arts & Culture DJs
undallmj@plu.edu

Nico & Vinz are a singing and songwriting duo from Norway. Their music can be described as hip-hop/contemporary R&B. They released their first single, "One Song," in Norway in 2011.

The duo gained international fame in 2014 with their song "Am I Wrong." The song appeared on several international music charts, including the Billboard Hot 100, becoming the highest-charting song by a Norwegian artist since 1985.

They released their EP titled Cornerstone on Oct. 30, including the hit song "That's How You Know," featuring artists Bebe Rexha and Kid Ink. In the song, Nico & Vinz sing about going from being huge international artists to having to return to Norway and start all over again.

The EP features the same catchy EDM sound that made them famous worldwide, and it marks a new beginning for the artists. We have played it on repeat for the last few days and we love it. The lyrics are catchy and beats are contagious. Unfortunately, they do not have any upcoming concerts in the area. But if you really want to see them, you can catch them on Dec. 5 in Chicago.

You can hear Nico & Vinz, and other great artists, on Thomas & Molly in the Morning every Tuesday at 10 a.m. on Mast Radio.

SAB inherits student programming

Henry Smith
Guest Writer
smithhc@plu.edu

Student programming used to be in the hands of PLU's Associated Students of Pacific Lutheran University, but a change of ownership now places student programming under new jurisdiction.

PLU's Student Activities Board (SAB) will be holding its first interest meeting at 6:30 p.m. Nov. 16. SAB is a new student-run organization in charge of programming events like Homecoming, LollaPLUza and Spring Formal. They are

also in charge of weekly events like Highly Unstructured Midweek Procrastination and Late Night Programming.

In past years, this type of programming was done by ASPLU, but SAB has stepped in to be the official organizer of student activities. 2015 is a year of growth for SAB, and the organization has already accomplished feats such as Homecoming and the Involvement Fair.

"We don't just want programming to be supplemental to your PLU experience, we want programming to be a huge part of what gives PLU its identity," said Shiori Oki, director of

SAB. "Our programs are a part of PLU and they're there to take advantage of."

SAB runs a minimum of two programs per week. H.U.M.P. and the Late Night Program are two of the most popular programming.

The Late Night Program's events include things like Laser Tag, Grocery Bingo, and Late Night Breakfast. The schedule for these weekly activities can be found on the PLU Student Activities Board Facebook page and on posters placed around campus. SAB is open to student feedback and encourages students who have ideas for programs to stop by the SAB office in the Lower UC 140.

POP CULTURE UPDATE: 72-Hour Shia Stream

newhive

#ALLMYMOVIES

For those not in the know, Nov. 11 marked the first night of Shia Labeouf's #AllMyMovies event. The not-famous-anymore actor has invited all of his fans and closest friends to join him in a non-stop film festival featuring all of the movies Labeouf has ever acted in. The best part about #AllMyMovies: those not in the theatre with Shia can tune in to the festivities via livestream. However the livestream isn't of the movies, but rather of Labeouf's face reacting to his own films. Those interested in the 72-hour Shia Stream can check it out at newhive.com/allmymovies.



Check in with Thomas and Molly Tuesdays at 10 a.m. on Mast Radio to hear more from them on music and other Arts & Culture stories.

PHOTO COURTESY OF WIKIPEDIA.ORG

Late Knight TV



**PREMIERES
9 P.M.
THURSDAY,
NOVEMBER 19
IN THE CAVE
ARRIVE AT 8:30 P.M.**



*Hosted by first-year
Sam Ellefson*



LIKE YOU'VE NEVER SEEN BEFORE...

WATCH LIVE ONLINE AT MASTMEDIA.PLU.EDU

SUNDAY FUNDAY: PLU church event engages community

BROOKE THAMES
A&C Editor
thamesbe@plu.edu

As a university that seeks to exemplify inquiry, service, leadership and care, Pacific Lutheran University constantly pursues opportunities to impact the community. This weekend, PLU hosts PLU Sunday - a chance for the university to live out its mission statement and forge deeper connections with the greater Tacoma area.

Sunday Nov. 15, PLU joins Eastside Baptist Church for a service geared

toward displaying the university's dedication to community outreach and passion for social justice.

"This is an intentional way for PLU to go out into the community to showcase who we are [and] what we do," said Melannie Cunningham, Director of Multicultural Recruitment. A church founded in the Southern Baptist tradition, Eastside Baptist is an inner-city congregation focused on civil engagement.

"It is a place where there is a lot of music, a lot of joy, a lot of praising of God and a lot of care about the community," said Douglas Oakman, pastor and professor of Religion at PLU.

In alliance with Black Student Union, Cunningham championed communication between PLU and East Baptist to coordinate this event. Oakman was specifically invited to give the sermon at PLU Sunday, mainly due to his background in the African-American church.

"He has a real passion for African-American faith-based worship," Cunningham said. "Looking (at this man who is white), you wouldn't know that he has that fire."

As a grad student, Oakman joined Bethlehem Lutheran Church, an African-American congregation in West Oakland, California. There he

cultivated his career as a pastor and discovered a passion for social justice.

"[I] felt very much so...that diversity is important," Oakman said. "With all that's happened in our society within the last couple years, [I'm] very aware of the kind of unjust treatment of people in our society, especially people of color."

Oakman's experience in the black church, he says, helped him learn how to be part of another culture. His sermon for Sunday focuses on addressing racial ignorance and injustice in American society, promoting love and justice and highlighting the importance of PLU's partnership with the community.

To craft his sermon Oakman drew upon a quotation by pastor Cornel West: "Justice is what love looks like in public." Oakman says he hopes to spread the same sentiment with his sermon on Sunday.

Accompanying Oakman at the PLU Sunday event are some of PLU's own students, faculty and staff. David Deacon-Joyner, Professor of Jazz Studies, will join with recent graduate Sasha Julian to treat attendees with a rendition of Duke Ellington's "Come Sunday." PLU's gospel choir will also share the stage with Eastside Baptist's own company to provide music for the sermon.

"This place rocks with gospel music," Oakman said.

Both Cunningham and Oakman hope Lutes will come out to Eastside Baptist Church in support of the PLU Sunday event. It's not only a chance to connect with the community, but also an opportunity to discuss the meaning of PLU's mission statement in a political, cultural and global scales.

"We want to roll up in big numbers," Cunningham said.

Eastside Baptist Church is located at 3575 Portland Ave E, Tacoma, WA 98404. The PLU Sunday event begins at 10 a.m. Sunday Nov. 15.



The PLU Gospel Choir rehearses songs for the PLU Sunday event.

PHOTO COURTESY OF MELANNIE CUNNINGHAM

Carrington conducts Choir of the West

BROOKE THAMES
Guest Writer
fatlanha@plu.edu

Pacific Lutheran University is known for its music program, which produces a number of award-winning choirs and bands. One of PLU's most prestigious musical groups is making strides once again.

This November, Choir of the West will serve as the featured performers for the 2015 National Collegiate Choral Organization Concert, held in Portland, Oregon Nov. 12-14. NCCO hosts conferences that bring university choirs together to perform for each other and learn about improving their craft.

PLU's Choir of the West is not only this year's featured choral group, but will be led in their performance by Simon Carrington, one of the world's most renowned choral conductors. Carrington is the former conductor of the esteemed Yale Schola Cantorum, and one of the founding members of vocal ensemble The King's Singers.

"Simon Carrington is among the

best in the world at his craft, and preparing to work with him brings the focus and intensity in our rehearsals to an even higher level," said Richard Nance, PLU music professor and Choir of the West conductor.

Carrington now works as a freelance conductor and choral educator, one that is in high demand. Performing under his direction at the NCCO is a special honor for Choir of the West and the PLU community at large.

"The invitation to perform on this prestigious stage with a highly sought after conductor has come to us because our program is growing in national and world reputation," Nance said.

PLU's Choir of the West stands as one of the University's most esteemed musical groups. The choir has completed world tours and won numerous awards for their performances. This year, the group will even appear television as part of the nationwide broadcast of PLU's Christmas concert in December.

Choir of the West was invited to perform with Carrington by special invitation from the NCCO conference organization committee. Nance says he is not only impressed the group's past accomplishments, but also with their

dedication to preparing for this unique opportunity.

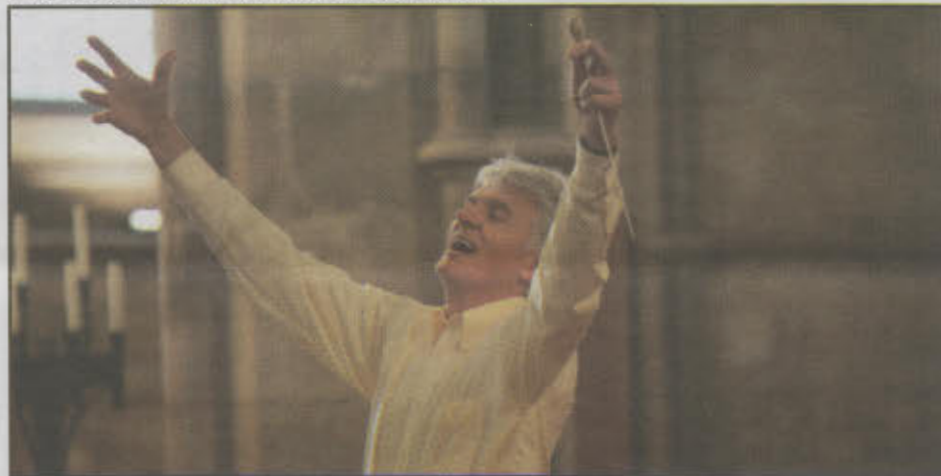
"It has been very gratifying and inspiring to watch the students work so diligently and with such cohesion in preparation for this conference program," Nance said. "I am very proud of my

students and the choir for continuing this tradition of choral excellence at PLU."

The NCCO event will be held at the Cathedral of Saint Mary of the Immaculate Conception in Portland, Oregon, at 7:30 p.m. Nov. 13, for those who wish to attend.



PHOTO COURTESY OF SIMONCARRINGTON.COM



Choir of the West will perform during the nationwide telecast of PLU's Christmas concert Dec. 11. PHOTO COURTESY OF PLU MARKETING & COMMUNICATIONS

H.U.M.P.'s Fall Line-Up

COURTNEY MIRANDA
Opinion Editor
mirandcs@plu.edu

You know when that Wednesday night 8:43 p.m. need-to-study-but-really-don't-want-to feeling kicks in? Pacific Lutheran University has an event for that.

If you come knocking on the doors of the CAVE 'round 9 p.m. Wednesday night, you'll bump right into the Highly Unstructured Midweek Procrastination club, otherwise known as H.U.M.P. While famous for their techniques in professional procrastination, H.U.M.P. provides a safe space for students to express themselves and float in a pool of stress-free activity. H.U.M.P. hosts events such as bingo, movie nights, card games and mid-semester milk and cookies.

"Most students just need a break. H.U.M.P. is a spot for young adults to come and practice good procrastination," said sophomore Lexi Johnson, leader and creator of H.U.M.P.

The club has some big plans for the future. It's offering a chance for students to sing along to Celine Dion's "My Heart Will Go On" at a karaoke night. On Nov. 18, students are encouraged to bring themselves, their closest frenemies and the coolest slang/rap/song they wrote in their diaries circa 2014 for open mic night.

If your aura flashes green and red and you enjoy gift giving a little bit more than the average citizen, H.U.M.P. has planned a procrastination evening for you. Come holiday season, H.U.M.P. will host a gingerbread house building event.

In December, around the time of finals, I'm cancelling a commuter H.U.M.P. to invite students to come and do some meditation - possibly yoga or something spunky," Johnson said.

11 p.m. Whoa, late for you same old yiw commuter? Lmao, don't fret. There is a commuter H.U.M.P. event every second week of the month from 4-6 p.m.

If you procrastinate on Wednesday nights, why not procrastinate together? Grab a friend and park it in the CAVE for a little bit of homework-free fun.



OPEN

WED @ 9

MIC

IN THE CAVE

NIGHT

contact programs@plu.edu for questions

PHOTO COURTESY OF LEXI JOHNSON

THE OUTCRY: IS



"I wouldn't ever think it was that big of a deal. I don't really see why people are freaking out about it."

-Ashley Frobington, First-year



"I think it's quite an overreaction... to say that [Starbucks] is ruining Christmas. I think Christmas is over-commercialized anyways so I don't see the problem with pulling some snowflakes [off the cup]."

-Mark Harper, Sophomore



"I think it's kinda silly. They're changing their cups to red, which is Christmas-y in itself. Plus their [mermaid] is already green, so you've got red and green."

-Brittany Bates, First-year



"I don't mind it. I don't necessarily think that a corporation should have a religious affiliation."

-Matt Macfarlane, Junior



SAMANTHA LUND
Editor-in-Chief
BROOKE THAMES
A&C Editor
mast@plu.edu

At the beginning of this month they sparked national outcry. Only a few days ago Donald Trump suggested boycotting them. Now these little red cups are the beginning of a movement.

We've all seen them each year around the holidays: Starbucks's seasonal red cups to celebrate the holidays rolled out at the end of October. This year's decoration-free Christmas cups caused quite a stir. Customers who preferred the traditional Christmas cups are now waging war on Starbucks. With social media campaigns, boycotting and direct confrontations, Starbucks customers are making their voices heard.

IT JUST A CUP?



"Part of me says it's kinda funny. I'm a Christian and I never associated snow globes and snowflakes and all that stuff with Christmas. It's kind of comical to me."
-Joe Perez, Junior



"Personally, I think it's ridiculous. I think people are getting way too hurt over the fact that they wanted to do the simplistic design. I think it's really unnecessary. It's not 'gonna make your Christmas experience any different."
-Winter Manisto-Saari, First-year



"MOVE ON! MOVE ON, MOVE ON, MOVE ON, MOVE ON! The end."
-Yadira Avendano, Sophomore



"I don't think Christmas is very corporate in itself in America. So, I think it's just one way of moving away from corporate America."
-Luke Ruiz, South Hall and Kreidler Hall Resident Director

Let us know what you think about the new red cups by tweeting: @PLUMast

Starbucks vice president Jeffery Fields said the company "wanted to usher in the holidays with a purity of design that welcomes all of our stories," according to CNN.

On the other side, Joshua Feuerstein, a former pastor who calls himself a "social media personality" posted a video to Facebook on Nov. 5 saying Starbucks removed "Christmas from their cups because they hate Jesus." Feuerstein also encouraged customers to say "Merry Christmas" instead of their actual names to force baristas to write "Merry Christmas" on each cup.

Along with protests and movements, upset customers have taken to social media with the hashtag #MerryChristmasStarbucks.

In comparison, those supporting Starbucks have taken to social media as well. In support of the basic red cup with a slight ombre design, customers have been posting pictures of their cups with the hashtag #ItsJustACup.



OPINION

WARNING: SATIRE AT PLAY



“Santaphylactic” Shock

JULIA GROSVENOR
Opinion Writer
grosvejm@plu.edu

Some bummers students and staff appear to be allergic to all signs of Christmas before Thanksgiving.

Pacific Lutheran University's Health Center is become overrun with patients exhibiting bizarre symptoms.

"It all started November 1 when a student came in saying, and I'm not kidding here, 'I'm going to claw my eyes out if I see another Christmas ad in the next three weeks.' In all my years in the

medical field, I've never seen such an overreaction," resident nurse Shawna Tweap said.

Dozens of cases rushed in as the week went on. The most common symptoms included groaning, eye rolling, acute awareness of the days left until Thanksgiving and aversion to fun. The most severe cases include claims of "literally dying" with a lack of actual death.

Despite their poor condition, many of the affected were still able to give their input on the issue. In fact, all of them really wanted to say something.

"Old Main Market has already started serving eggnog lattes. Do they have no respect for the

pumpkin spice latte?" professor Craig Middlebrooks said.

"I thought I was fine until my roommate starting playing 'All I Want For Christmas Is You' as she took down the Halloween decorations," sophomore Marcia Langman said as she wiped her eyes. The reporter noted she wasn't actually crying.

Doctors were quick to assure residents that the patients were not contagious, but they did become more annoying when put in a group together.

"If you're kind of a passive person who doesn't feel strongly about this issue, you might find yourself nodding along or even

agreeing with someone who is having a severe reaction," campus physician Dr. Nightgard warned. "This is what we in the medical field call being a pushover, but it's not an actual allergy. We advise that if this happens to you, immediately walk away from whomever you were talking to."

There is no confirmed cause for the allergy at this time, but researchers suspect that, like many allergies, it is worsened by prolonged exposure to irritants. Triggers to avoid include craft stores, coffee shops and any sort of media that broadcasts holiday-centric advertisements.

"The good news is that we know

it's only a seasonal allergy," Dr. Nightgard said. Researchers calculate a full recovery by December 1.

Unfortunately, despite the doctor's advice, some of the patients ended up being put in the same room and were allowed to talk to each other, leading to lots of emphatic whining and rationalizing.

"It's not like I hate Christmas — it's super fun and all — but there's a line that's been crossed. Can you not at least wait until Thanksgiving? One holiday at a time please," Langman said.

"Bah! Humbug," Middlebrooks replied.

ANNIE BUNCH

Cartoonist

bunchal@plu.edu

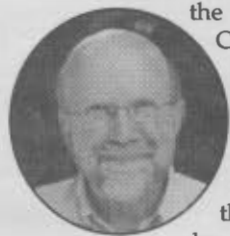
Annie is a first-year student originally from Portland, Oregon. She loves the visual arts and is happily attending PLU in pursuit of studying art history and studio art.

#Mondays



Thirty minutes of Sabbath

JOHN ROSENBERG
Interim Campus Pastor
rosenbjp@plu.edu



One of the draft recommendations in the recently completed Campus Ministry Review is devoted to the weekday chapel schedule. The review team recommended that the Campus Pastor be responsible for planning and leadership for Wednesday chapel opportunities while maintaining the scheduled "chapel break" periods on Mondays and Fridays.

This naturally raises the question of what might happen during the Monday and Friday "chapel time" slots from 10:30-11:00 a.m. when there is no formal "chapel" scheduled. I've been mulling this over and talking with interested students, faculty, administrators and staff for the past few weeks. Here are a few thoughts

I'm sharing in the interest of continuing the conversation.

We've already made several significant changes. The name change from "Chapel" to Morning Prayer is an effort to reframe and rename a time and a program that's accumulated a good deal of baggage over the years. We wanted to put some distance between the opportunity for weekly corporate prayer as a university community and a sense of guilt and obligation that was a byproduct of mandatory chapel attendance.

In order to do that, we've drawn on a long-standing tradition of daily prayer in the church, using a simplified Morning Prayer (Matins) liturgy. There are enough other places in the life of the university where attendance and performance are measured and recorded. Worship and especially prayer doesn't need to be another one of them.

Everyone is invited to Wednesday Morning Prayer. But we operate out of the assumption that everyone here is an adult and needs to balance that opportunity with all the other opportunities, duties and

obligations that are part of their daily lives. No obligation. No guilt. Morning Prayer is about grace, not law.

The second change has been location: from Lagerquist Concert Hall (which holds approximately 530 people) to Ness Family Chapel which holds between 50 and 60 if we squeeze in tight. Don't get me wrong, Lagerquist Hall is an amazing space. The acoustics are outstanding and it's home to one of the world's great pipe organs. But it's space which lends itself more to performance than to corporate worship.

Given the attendance at chapel over the past few years, its size contributes to a sense of isolation rather than community. The Ness Chapel is designed for worship. If our regular attendance grows beyond 50, we'll need to think about different space. But, as the saying goes, we'll cross that bridge when we come to it.

This brings us back around to the question of what might happen during those Monday and Friday "chapel times." I've started thinking of them as "30-minute Sabbaths." You may remember that the Sabbath first appears in the opening

chapters of Genesis when God decides that after six straight days of creating the cosmos, even He needs to take some time off for rest and rejuvenation.

At PLU, we often ask ourselves, "What will you do with your one wild and precious life?" That's a big, important question. Here's an admittedly smaller but still important one: "What will you do with the gift of a 30-minute sabbath three times a week?" Take a walk? Meditate? Practice yoga or tai-chi? Have coffee and conversation with a friend (including the Campus Pastor on Mondays)? Spend some quiet time in Ness Chapel?

There will undoubtedly be additional opportunities to engage a variety of spiritual practices during "chapel time" as Campus Ministry evolves during this time of transition. But for now, do yourself a favor and figure out a way to take advantage of the 30-minute Sabbath already built into the schedule every Monday, Wednesday and Friday. Remember, even God takes time off.



EDITOR-IN-CHIEF
Samantha Lund
lundsr@plu.edu

OPINION EDITOR
Courtney Miranda

NEWS EDITOR
Jeff Dunn

A&C EDITOR
Brooke Thames

SPORTS EDITOR
Steven McGrain

COPY EDITORS
Paris Franklin
Hannah Soltis

CHIEF PHOTOGRAPHER
McKenna Morin

CHIEF DESIGNER
Colton Walter

MAST RADIO PRODUCER & PROGRAM DIRECTOR
Eddie McCoven

MAST TV GENERAL MANAGER
Matthew Salzano
salzano@plu.edu

EXECUTIVE PRODUCER
Genavie Boots

ASSISTANT PRODUCERS
Jake Bilyeu
Sarah Giomi

EQUIPMENT & TECHNOLOGY ENGINEER
Samuel Altenberger

ACADEMIC ADVISER
Joanne Lisosky

THE MAST
Pacific Lutheran University
12180 Park Ave S.
Anderson University Center Room 172
Tacoma, WA 98447

POLICIES AND PROCEDURES

The responsibility of *The Mast* is to discover, report and distribute information to its readers about important issues, events and trends that impact the Pacific Lutheran University community.

The Mast adheres to the Society of Professional Journalists Code of Ethics and the TAO of Journalism.

The views expressed in editorials, columns and advertisements do not necessarily represent those of *The Mast*

staff or Pacific Lutheran University.

Letters to the Editor should be fewer than 500 words, typed and emailed to mast@plu.edu by 5 p.m. the Monday before publication. *The Mast* reserves the right to refuse or edit letters for length, taste and errors. Include name, phone number and class standing or title for verification.

Subscriptions cost \$25 per semester or \$40 per academic year. To subscribe, email mast@plu.edu.

Let's talk about sex!

Let's get physical: Common myths surrounding virginity

The weekly "Let's talk about sex" series will look into a different topic about sex and sexuality in an effort to raise awareness, bring education and be a forum for discussion. To write in and share your opinions and stories, email mast@plu.edu.

Disclaimer: this article won't discuss the moral or religious decision-making process involved in deciding whether or not to have sex. Rather, this article aims to educate readers, particularly female Lutes, about why virginity is a physical myth and a social construct.

To give the following advice some context, I feel that it's beneficial for you to know the backstory of losing my virginity. I'm a girl and I had sex for the first time when I was 16. After thinking about it for a few months, I made the decision to have sex with a male friend who had more experience than I did. To be perfectly frank, I had sex because I wanted to. I used protection, had an honest conversation with my soon-to-be partner and made sure that I was doing it for the right reasons.

Myth #1: Sex causes the "cherry" to "pop."

In both sexes, losing your virginity doesn't constitute abrupt physical change. Upon entering puberty, the human body begins to prepare itself for the reproductive functions that are necessary for sexual intercourse to occur. Having sex does not cause any

permanent changes in the male body, and only one piece of the female body is slightly, if at all, altered. This brings us to a common piece of information: there is no such thing as "popping" a "cherry."

The physical piece of tissue called the vaginal corona — also known as the hymen or cherry — can't break. Why? It's not a solid piece of tissue in the first place. In fact, if a hymen was to be completely intact, it wouldn't allow for menstruation to occur. This important sign of sexual maturity is — hopefully — reached before a woman is vaginally penetrated: a woman must have already reached her first period in order to produce the proper hormones to aid in lubrication and expansion of the vaginal opening.

Depending on the elasticity of the corona, it's possible for a woman to never have her "cherry popped," even during sex. There are also a variety of other non-sexual activities that may cause the hymen to stretch to the point of "breaking." Athletics, especially activities such as horseback riding or cycling, are a common cause for bleeding. Routine medical examinations and even tampons are other possible causes of a ruptured hymen.

Having a hymen does not a virgin make. Nor does having a broken hymen make for a non-virgin.

Myth #2: First-time sex is always awful and — painful for the girl.

There are many reasons that can cause a girl to have an unpleasant first time. The most common cause of bleeding during inaugural sexual experiences is more often attributed to a lack of proper lubrication and a lack of experience than a physical flap that tears upon entry.

Fear is also a big factor in the discomfort that comes with the first time. Fear can cause both males and females to tense up and not fully enjoy the experience. This may make sex slightly painful, or possibly just slower or more awkward than anticipated, but it's easily avoidable — experience of both partners is always a factor in sex. Communication before the event about what each person likes can make sex more pleasurable because there's less "shooting in the dark."

Girls who are comfortable in their own body are also likely to enjoy themselves more. Instead of focusing on how they look or sound, they can actively participate without reservations. Sex is a process that humans are biologically programmed to do, so there's no need to overthink it.

Myth #3: You will always remember your first.

If you're lucky enough to have found the love of your life and plan on having sex with only them for the rest of your life, more power to you. If you're one of those experimenting with sex for the first time, this is simply not the case. There's an incredible amount

of pressure on having a "special" first time. If that's what you're after, then by all means be sure to evaluate the quality of your relationship with your partner before having sex. But please, don't feel the need to focus on how things should be. Chances are, your first time will be a blip on your sexual radar in a few years.

To my surprise, having sex was not painful or scary, most likely due to my mental and physical preparations. After our incredibly fun evening together, my first partner and I never had sex again. I didn't regret it at the time, and I don't to this day. In fact, I still have a healthy friendship with the man who claims my first time. Since this first incidence of sex in my life, I've had a steady string of other partners come and go. They've consisted of friends, boyfriends and dates; anyone who I felt deserved to give me a positive sexual experience. I've yet to regret a single encounter thus far.

The point of this narrative is to show a different story than students usually hear about the loss of virginity. To me, this "loss" was losing nothing more than a title that I did not grant any merit to. I was no better or worse for having it. I knew that I was ready for sex, so I made the proper arrangements to experience it for myself. Sex is an incredibly personal journey, and if you're ready for it, it can be enjoyable and fulfilling for all parties involved.

Don't judge a Fiorina by her face

Society obsesses over appearance – kills feminism

CARLY STUAFFER
Opinion Writer
stauffce@plu.edu



If you ever feel like you need a little more hypocrisy in your life, you can always count on the mainstream media to have your back.

I can't count the number of times I hear Hillary Clinton supporters bemoan the tragedy of how she's reduced to her looks by men and the media.

Women mourn the outright injustice of it all: men in power are apparently worthy of being judged by their minds – the stuff that actually ought to be judged. Females, on the other hand, are typically critiqued first and foremost on their outfits, their makeup, their smile – anything, if seems, but their intellect. "This is a man's world," women shake their heads and grumble.

And it's the men's fault, right? Boo, men! You guys are clearly the opponents of feminism, holding us back from achieving harmony and realizing our full potential.

Not so fast.

Enter the women of "The View," who

conveniently provide me with a fascinating counter-argument – thanks, ladies.

As you may recall, Carly Fiorina was recently "The View's" new favorite punching bag. The women, among them Joy Behar, Raven Symone and Whoopi Goldberg, said Fiorina looked "demented" when she smiled, and her face would make a great Halloween mask.

I fully understand not everyone agrees with Fiorina's conservative policies. This, isn't the proper way to show disapproval of a person. When Donald Trump insulted Fiorina's looks, it was sexism. When these women did the same, they called it "comedy." I don't know about you, but the degradation of a person based on appearance doesn't make me want to laugh.

People with great visibility wield great power. The women of "The View" abused this power. By critiquing Fiorina in this manner, they tell us that attacking other women is entirely permissible. They tell us if you want to get under a woman's skin, you need only attack her looks as though they are all that matters. They tell us not to root for the members of our own gender who challenge the status quo and strive for leadership in male-dominated politics, but to pick them apart. They tell us to turn off our moral compass, forget respect and essentially abandon real feminism.

Feminism is supposed to be about the treatment of women as intellectual equals. Yet you only need to turn on the TV to see what happens when a group of women of one ideology dislike their divergent female counterpart: throw her intellect out the window and call her ugly.

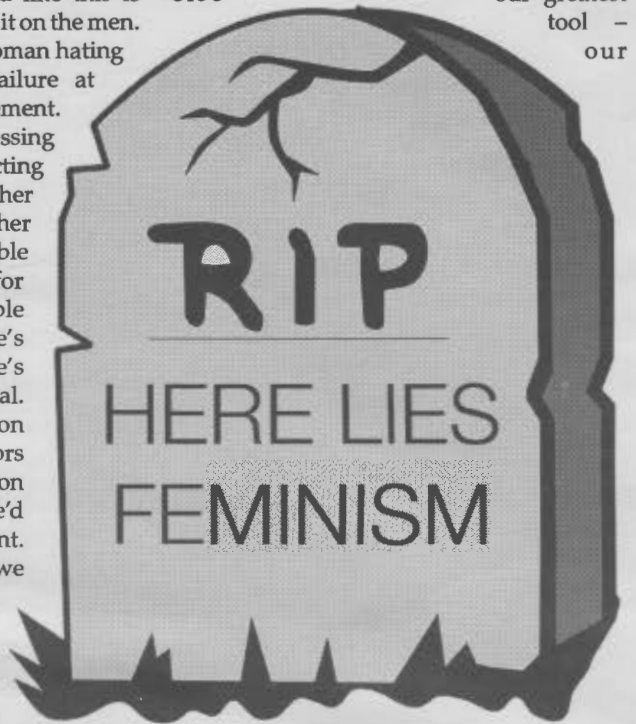
When such phenomena like this is witnessed, we can't just blame it on the men. Rather, it's this woman vs. woman hating that proves our society's failure at peaceable, respectful disagreement.

Apparently, harnessing society's attention and directing it solely on the matters of her mind and the quality of her character is a nearly impossible task for all, but especially for a woman. However, to be able to focus on the content of one's character rather than one's sex or appearance is crucial. Because of this, Hillary Clinton isn't doing women any favors when she implies a great reason to vote for her is because she'd be the first female president. "Congratulations, Hillary," we all proclaim. "You have a uterus!"

What we ought to care about are the thoughts and ideas and solutions a person

has that make her unique from any other individual.

Sure, she also has a face. But if we live in a country that preaches liberty and justice for all, and if we want our country to succeed and unite and again do great things, then we need to recognize and respect above all else our greatest tool – our



Have an opinion you'd like to share? See an article you want to respond to? Email *The Mast* at mast@plu.edu and have your voice heard!

It's all Greek to me

MONICA PAYNE
Opinion Writer
paynemk@plu.edu

"I, of my own free will and accord, in the presence of God and of these witnesses, do hereby solemnly declare that the views of Pacific Lutheran University as they have been explained to me accord entirely with my own views; and I solemnly as a member of this university will faithfully adhere to those principles endeavoring in every way to perfect myself morally, intellectually, and socially, endeavoring also to act towards others according to that high standard of conduct required by the university."

-PLU Fraternity Pledge of Oath via Delta Upsilon International Fraternity

I anticipated the presence of sororities when arriving on the university scene. I expected exclusive guilds where only those who can sacrifice the most will rise above the rest and be awarded with the prize of social security and sisterhood.

But Pacific Lutheran University is not that kind of place. Certainly the prestigious palace of education I've committed my next four years to wouldn't allow the disturbing rituals of the common four-year establishment, right? Perhaps, but who's to say the students of PLU don't live in their own version of a frat house.

When I think of those groups, I see them as friendly individuals who are not afraid to showcase their letters to prove that they've been tested into the club. Lutes may not sport Greek symbols, but not a day goes by without seeing Sir Lance-a-Lute plastered across someone's chest. We do pride ourselves as a band of friendly folk, don't we?

That's all fine and dandy, but there was no pledging in

PLU's registration process. No test of limits, no huge sacrifice. Or was there? We may have not promised to do some humiliating or potentially dangerous act, but we made our own sacrifices to be granted entry.

Laura McCloud, assistant professor in the social sciences department and a former Gamma Phi Beta sister, told me that many of the commitments she made to her sorority sisters, money and time were hugely involved. What are two things that every Lute has given to the university? Their time and their money.

So that's it, I have cracked the code. We have all been pledged into a secret Greek society posing as Norwegian so as to not be detected by the anti-frat groups. I don't know about you, but I'm ready to drink to that! Case closed, that's a wrap, see you at the next house meeting everybody.

Okay, I'll drop this ludicrous idea. Money is no small issue and most of our time goes to the university, but who in their right mind would believe such

a peaceful, beautiful place could ever come close to the Greek system?

PLU is a sanctuary for acceptance, which McCloud says is an issue with sororities and fraternities.

"Exclusivity breeds inequality," she says, and at PLU, inequality is to be avoided at all costs.

And those "best friends forever" that you are promised after you are – potentially – hazed to the point of humiliation could've been anyone without the price tag attached. McCloud said that her best friends in undergraduate school were mostly from her dorms and in her major, not so much her sorority.

What does this mean? It means there are places where the familial bonds of the Greek system exist without the involvement of the system itself, such as PLU.

USA Today writer Aja Frost wrote in his viewpoint article, "The Time Has Come to End Frats," that "fraternity mission statements talk about leadership, philanthropy, community service,

character and brotherhood." PLU's mission involves all these things, as well as so much more. Best of all, there's no drinking quota! Plus the students of PLU sacrifice for the identity they'll have in the future rather than their present one and, to some, that's a sacrifice that leads to nothing but a successful future.

There's no reason for the existence of sororities/fraternities. Their positive traits can easily be replaced and their negative traits will die along with them.



SPORTS

Men's Basketball predicts NBA results

DYLAN FOREMAN
Sports Writer
foremadf@plu.edu

The NBA basketball season kicked off and the Pacific Lutheran University men's basketball team is already making predictions about how it will go.

Here's the quick recap of how last year's season went. Point guard Stephen Curry won the Most Valuable Player award.

Golden State cruised to an NBA championship victory over LeBron James and the Cleveland Cavaliers.

According to the team, there's a great mix of people who have the chance to be the breakout star this year. However, it seems relatively unanimous that either the Warriors or the Cavaliers will win in the NBA Finals.

Also, it seems clear that we could have a mirror race for the MVP from last year between Stephen Curry, LeBron James and James Harden.

With all the roster changes, emerging superstars, injuries and comebacks, this season could shape up to be an exciting one for basketball fans.

Senior captain Shane Jacob

NBA champion: "Cavaliers will win the finals. Once Irving comes back they will be the best trio in basketball and will have an easy time going through the East."

Breakout Star: "Victor Oladipo of the Orlando Magic."

MVP: "Stephen Curry because no one can guard him and he's going to average 35 points."

Senior captain Bryce Miller

NBA champion: "Toronto Raptors will win the finals because there is only one other team in the east that can beat them and I predict injuries will again cripple the Cavaliers."

Breakout Star: "Jahlil Okafor."

MVP: "James Harden, he will lead the NBA in scoring this year and his team will make the playoffs behind his dominance on offense."

Sophomore Zach Wallin

NBA champion: "Warriors will win because they are the hungriest and have the best roster."

Breakout Star: "Tony Wroten" Philadelphia 76ers who is also a Seattle native.

MVP: "Anthony Davis because he can average quadruple doubles in points, rebounds, assists and blocks."

First-year Tyson Birrer

NBA champion: "Warriors, they will repeat because Stephen Curry is unstoppable and they have too many weapons."

Breakout Star: "Seth Curry. I've watched him in summer league and he has the same abilities as his brother [Stephen Curry] just hasn't gotten the opportunity."

MVP: "Stephen Curry, he literally can't be guarded. Best shooter on and off the dribble and an amazing passer."

Junior captain Brandon Lester

NBA champion: "Cavaliers will win with ease. Team gets healthy and sweeps the Clippers in the finals."

Breakout Star: "CJ McCollum from the Blazers."

MVP: "LeBron James because he is easily the best player on earth today."

The Mast Monday Night Football pick 'em TEXANS AT BENGALS

Cincinnati comes into this game still undefeated and looking to dethrone New England in the American Football Conference.

Houston on the other hand, has found their starting quarterback Brian Hoyer, but their losses are starting to pile up as well.

Bengals' tight end Tyler Eifert has become another receiving threat for quarterback Andy Dalton. Eifert recorded three touchdowns last Thursday.

Cincinnati went from a running by committee with Jeremy Hill and Giovanni Bernard to having Hill take

over as the lead back.

On paper, the Texans look like a legitimate contender in the National Football League.

Head Coach Bill O'Brien cannot catch a break on the offensive side of the ball.

Pro Bowl running back Arian Foster has gone down with another knee injury. Former number one draft pick Jadeveon Clowney is hurt once again.

This contest will stay close midway through the second, but Bengals are too much for Houston.

D.J. Winter Pick: Bengals Record: 3-3	"I'm going to go with the Bengals. They're on a roll and the Texans don't have a good quarterback to beat them."
Nicoya Benham-Marin Pick: Bengals Record: 2-4	"I have to go with Cincinnati. They're undefeated."
Juston Lind Pick: Bengals Record: 3-3	"Cincinnati is looking to keep their winning streak alive. They are clicking pretty well while the Texans have struggled this season."
Tahlia Terhune Pick: Bengals Record: 3-3	"The Bengals because they're undefeated and on a roll."
Traeger Jarrad Pick: Bengals Record: 4-2	"Now, usually, I would say Texans because it seems American, but I'm going to go with the Bengals due to it being Halloween recently."
Hayden McCartney Pick: Bengals Record: 4-2	"Cincinnati is looking very strong and they're playing at home. Texans have had quarterback problems, along with an underperforming defense."



Tell us who you think will come out on top on Twitter!
@PLUMast

Fantasy Football: Week 10

RECAP FROM WEEK 9: Packers lose again, while Panthers remain undefeated. Cincinnati Bengal's tight end Tyler Eifert has a three touchdown performance against Cleveland. Will quarterback Johnny Manziel continue to start for the Browns? Seahawks welcome Arizona for Sunday Night Football. This week you should consider:

QUARTERBACK: Andy Dalton, Cincinnati Bengals

Dalton has been throwing it all over the field against some of the best defenses in the National Football League. Texans are atrocious, play him.

RUNNING BACK: Justin Forsett, Baltimore Ravens

Without wide receiver Steve Smith Sr., look for Baltimore to hand the ball off more to Forsett.

WIDE RECEIVER: Davante Adams, Green Bay Packers

A slow start for Adams after his ankle injury, but he finally found his groove. Packers head to Detroit, who should be no match for Aaron Rodgers.

FLEX: Jeremy Langford, St. Louis Rams

No one knows what happened to the front seven of the Rams, and this should be Langford's last starting gig before Matt Forte comes back from his knee injury.

TIGHT END: Delanie Walker, Tennessee Titans

He is easily becoming rookie quarterback Marcus Mariota's favorite target and after posting two touchdowns last week against New Orleans, he'll remain a lock as one of the top eight tight ends for this week.

DEFENSE/SPECIAL TEAMS: Denver Broncos

A rough loss to the Colts last week, but with Kansas City trying to find their identity, this secondary should be able to intercept quarterback Alex Smith a few times.

KICKER: Kai Forbath, New Orleans Saints

As long as quarterback Drew Brees and company continue to light up the scoreboard, their kicker will get many opportunities to put the ball through the uprights.

Heartbreak for Men's Soccer on Senior Night

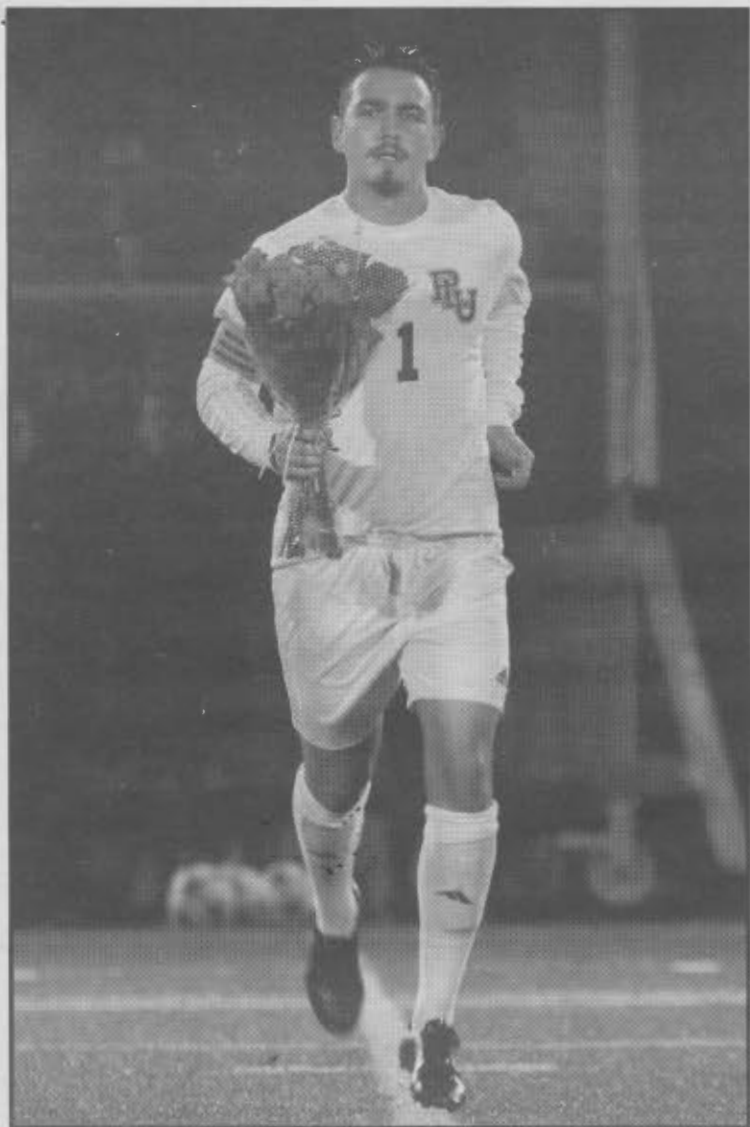


PHOTO BY BAILEY PLUMB: Senior goalie Mike Arguello as he was honored during Senior Night. Arguello gave up 10 goals in 14 Northwest Conference games with five shutouts.

JAKE BILYEU
Sports Writer
bilyeujc@plu.edu

The Pacific Lutheran University's men's soccer team season came to an unexpected end Saturday night as the team lost 2-1 to cross-town rival University of Puget Sound.

The Division III Men's Soccer Bracket was released Monday, and the Lutes were absent from the list of teams that made the tournament.

Even with a win, PLU's team wouldn't have been awarded the Northwest Conference Championship. But, a win might have allowed the Lutes to snag an at-large bid for the tournament. Now, instead of preparing for next week, the team is preparing for next year.

The loss also dropped PLU's conference record to 11-3, and their overall record of 15-5, just one win shy of setting their all-time record for wins in a season.

The Lutes were rolling through their opponents as they went undefeated for an entire month. After playing at such a high level for so long, the team would inevitably fall from their peak at some point. They, along with head coach John Yorke, just didn't expect to fall as fast as their rival Loggers stood up to the task of winning a tough road game.

"UPS took us out of our game, and we played panicky," Yorke said. "We weren't very good tonight."

That energy went far during the first few minutes of the game. Eddie Na took the first point of the game in the 12th minute with a successful penalty kick,

giving him 12 goals throughout the season and giving the team a 1-0 lead.

Even with an opening goal, the Lutes weren't able to maintain their lead. UPS roared back in the 27th minute with a goal from Josh Sonico, assisted by Sam Zisette. The score brought a wave of silence over the crowd as both teams went into halftime tied at 1-1.

It didn't take long into the second half for UPS to score again. Logger Ezra Kraus fired a shot from 20 yards out which flew past the Lute defense to the back of the net, giving his team a 2-1 lead and shocking the Lutes with their first deficit in more than a month.

The Lutes did outshoot the Loggers 12-9 for the game, but the second goal clearly affected them. They were only able to fire off two shots in the entire second half.

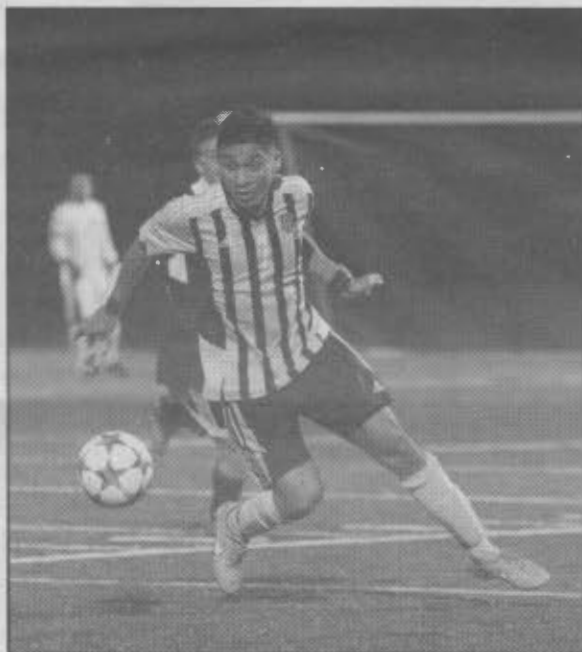
The Loggers maintained their control until the end, giving them a 2-1 win and putting the Lutes post-season hopes in limbo.

Although this wasn't the end to the season the team was looking for, they might just have to settle.

Coach Yorke has formed plenty of great memories over the years with his seniors. Even though the team may not have reached their full potential this year, he still won't let the loss affect him too much.

"Looking back, we've had a very successful four years," Yorke said. "One game doesn't define their careers here."

Saturday night was Senior Night for the Lutes. PLU honored seniors Mike Arguello, Jordan Downing, Todd Hoagland, Troy-Mikal Olinger and Kyle VanderWaal.



PHOTOS BY BAILEY PLUMB: Far right: Sophomore Eddie Na (9) hugs senior Troy-Mikal Olinger (10) after scoring a penalty kick. Na was second in the league with 12 goals. Middle: Junior Diego Aceves attempts to make his move around the defender, he was fourth in the league with six assists. Left: Senior Jordan Downing (16) looks to lead his forward with PLU on the attack.



Student-Athlete Spotlight

An interview with Shailee Woodard

CARA GILLESPIE
Sports Writer
gillesce@plu.edu

In this week's Student-Athlete spotlight, The Mast sat down with junior cross country runner Shailee Woodard. Shailee is a captain for the Cross-Country team and recently ran in the Northwest Conference championships.

Mast Media (MM): What is your favorite memory of running at PLU?

Shailee Woodard (SW): Every chance I get to compete with my teammates. Which is funny because I always feel as though I hate the racing part the most. Just being with them and spending time with them, not necessarily during the race but after the race when you feel accomplished, proud of each other, proud of my teammates and the relief of it being over and the accomplishment.

MM: What is it about running that motivates you to put yourself through that much torture?

SW: It's the ultimate test of personal will. I love the fact that

it is so driven by your effort. I'm not a big skills person - hand eye coordination ZERO - skills sports don't come very naturally to me but running is 100 percent correlated to the effort you put into it, which I love. As long as you put in the effort, you'll continually get better and it is so rewarding. It's so hard but you feel so bad a-- for putting yourself through something so hard.

MM: You recently battled back from an injury. What has been the most challenging part of that for you?

SW: This is like my fifth time being injured. I've been injured almost every season. Normally it isn't that bad, I just rest for a couple practices.

My first bad injury happened when I was a senior in high school. That one probably affected me the most mentally. I had been running since the beginning of high school and all of the sudden I couldn't run for like two months. Just losing that identity, I thought "can I even call myself a runner? I don't even feel like a runner, I don't deserve the title."

That was difficult because I didn't realize how closely related to my identity running was. This time

with my injury I was able to keep going to all the practices and lead the girls through the warm up. I think that helped me mentally stay with the team.

MM: Do you think that you will continue to run after you graduate from PLU?

SW: Definitely. I don't know what I would do with myself if I didn't run. It's very easy to not run once or twice. It isn't as if I'm super excited everyday to get my run in. There's definitely the "I want to be lazy and not run," but knowing how it feels to be injured, and knowing how it feels to go a long time without running, it's so hard. Definitely will be a lifelong runner - until my knees give out when I am in my 60s or 70s - and then I will just run a couple of miles a day, or a couple days a week.

MM: What is the farthest you have ever ran?

SW: 13 miles. Once you hit seven miles, everything hurts the same after that.

Check out @golutes or search #AskALute on Instagram to submit your questions for next week's student athlete Q&A.

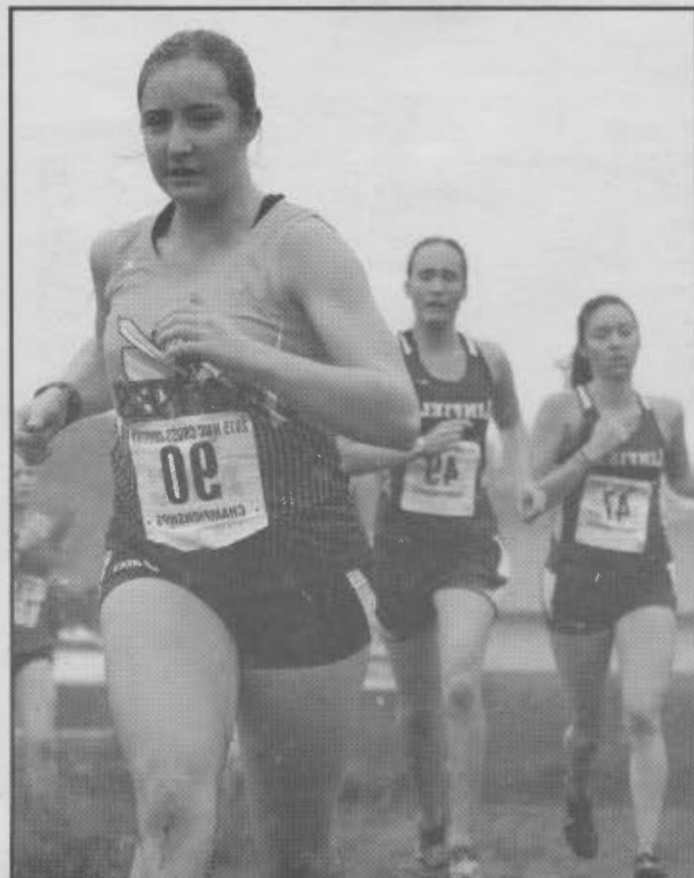


PHOTO BY BAILEY PLUMB: Junior Shailee Woodard running at the Northwest Conference Championships.

CHAMPIONS OF THE FALL

Victorious Fall Intramural participants

CARA GILLESPIE
Sports Writer
gillesce@plu.edu

The fall intramural season wrapped up this month leaving Pacific Lutheran University with a new class of intramural royalty and a new crop of Intramural All-Stars.

The recently finished competitions include doubles tennis, flag football, ultimate Frisbee, volleyball and soccer.

Once the season concluded, teams voted on players to participate in a Pro Bowl and All-Star game for football and volleyball.

It isn't too late to join in the fun. The new season kicked off on Nov. 4 and will continue until the final badminton match on Dec. 8. The current season includes badminton, men's basketball, co-ed basketball, volleyball, soccer and dodgeball.

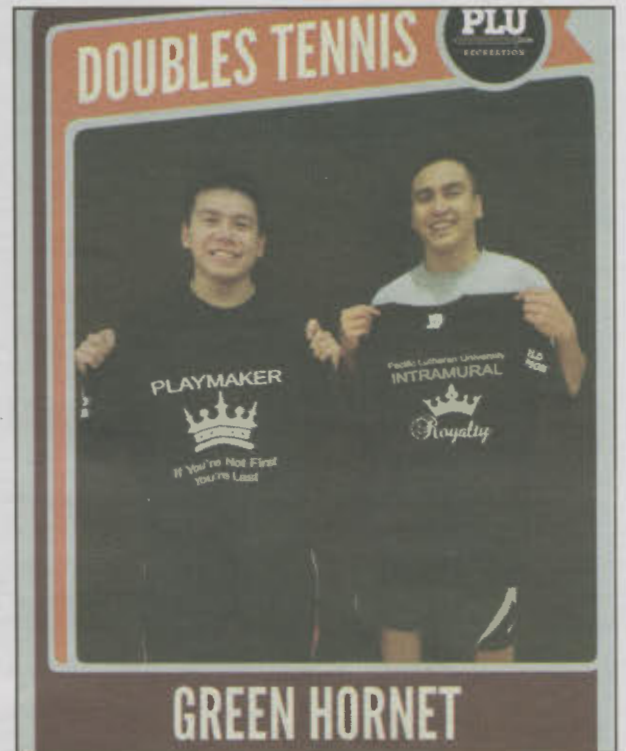
Players can still join a team. Just go to imleagues.com to create an account and register to join. Students, faculty and staff can also see what is happening in the world of PLU recreation by downloading the RecIT app and signing in using their IM leagues account.

Soccer



The 2015 fall intramural soccer championship went to Ballz to the Wallz after a hard fought match.

Doubles Tennis



Seniors Jimmy Nguyen and Anthony Ryan, known as Green Hornet, took down Full Metal Racquets to become Intramural Royalty. They concluded the season with a 6 -1 record.

Flag Football



The Pen 15s came out on top during the fall season, despite their second place ranking in the regular season. The Pen 15s finished out the season with a 7-1 record.

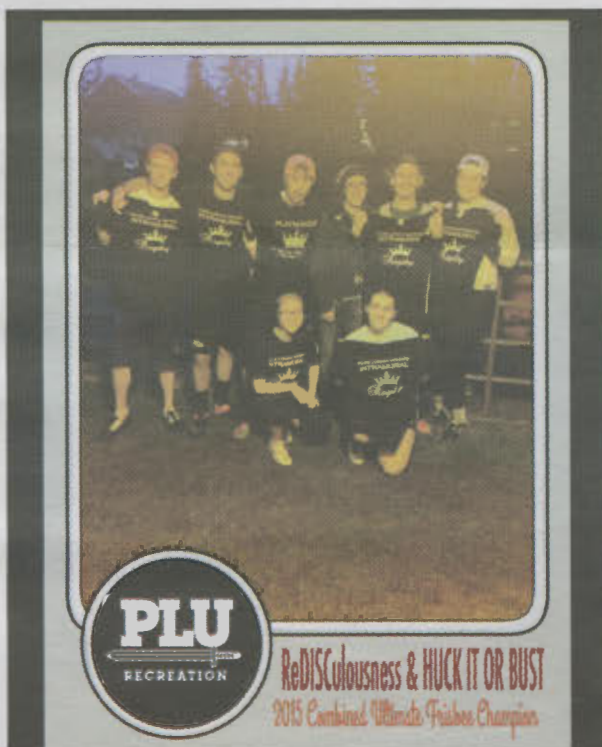
For more information about Intramural Sports, contact Coordinator of Recreations Rob Thompson at thompshr@plu.edu.

Pro Bowl



After the regular season, All-Stars were selected and formed into East vs West opponents. West won the Pro Bowl.

Ultimate Frisbee



After a season of varied attendance, ReDISCulousness and Huck it or Bust decided to join forces to overcome their opponents WeWantDiscs! and Disky Business.

Volleyball



Birthday Sets took the fall intramural season by storm with a perfect 9-0 record.

Senior Tanner Bogart went to Instagram to express his sentiments: "They said it couldn't be done 32-0, the perfect season. Hours of practice, 4:30 a.m. lifting, 100-mile bike rides all for the shirt and the love of the game. I can't tell what the future will hold for each person but we came and conquered."

All-Stars



The volleyball All-Star Game was won by the West.

Intramural Sports seasons

CURRENT SEASON

- Badminton
- Men's basketball
- Co-ed basketball
- Volleyball
- Soccer
- Dodgeball

JANUARY TERM

- Men's basketball
- Co-ed basketball
- Volleyball
- Indoor soccer
- Dodgeball

SPRING SEASON

- Water polo
- Softball
- Dodgeball
- Volleyball
- Beach volleyball

THE LUTES SET LIST

Football:

at Lewis & Clark, Won 26-7

Women's Soccer:

at Linfield, Tied 0-0
at Pacific, Lost 1-2

Up Next: vs Linfield, Saturday, 1 p.m.

Conference Finish: 2nd place

Men's Soccer:

vs Puget Sound, Lost 1-2

Volleyball:

vs Puget Sound, Won 3-1
at Linfield, Won 3-0

Conference Finish: 2nd place

Conference Finish: 2nd place

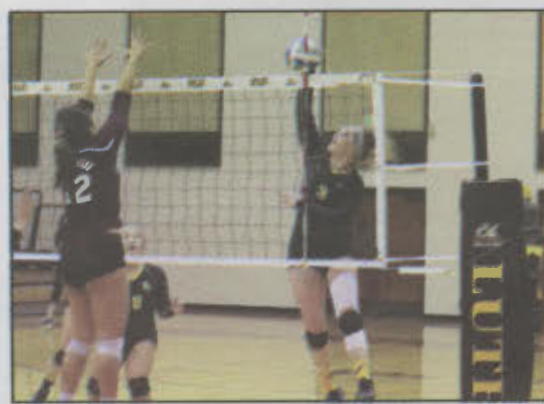
NORTHWEST CONFERENCE STANDINGS

Football

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Linfield	8	0	0	6-0	Won 8
Whitworth	8	1	0	5-1	Won 2
Pacific	6	3	0	4-2	Won 1
Puget Sound	5	3	0	4-2	Lost 1
LUTES	2	6	0	2-4	Won 1
Willamette	2	6	0	2-4	Lost 1
George Fox	3	6	0	1-5	Lost 4
Lewis & Clark	0	8	0	0-6	Lost 8

Women's Soccer

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Puget Sound	16	0	4	12-0-4	Won 10
LUTES	15	3	2	11-3-2	Lost 1
Willamette	9	9	2	9-6-1	Lost 1
Linfield	10	5	4	7-5-4	Won 1
Lewis & Clark	11	8	1	7-8-1	Lost 1
Whitman	3	11	6	3-7-6	Won 1
Whitworth	6	11	3	4-9-3	Lost 3
Pacific	4	14	2	4-10-2	Won 1
George Fox	5	13	2	3-12-1	Lost 5



PHOTOS BY BAILEY PLUMB: **Left:** Junior Kelly White (4) clears the ball from the Lutes' side of midfield. **Middle:** Senior Lucy Capron (4) spikes the volleyball over the net against Puget Sound. **Right:** Sophomore Bennett Bugbee (4) looks to pass against the Loggers last Saturday.



Volleyball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Whitworth	18	6	0	12-2	Won 8
LUTES	16	7	0	10-4	Won 5
Willamette	13	9	0	9-5	Lost 2
Linfield	10	13	0	7-7	Lost 2
Lewis & Clark	9	12	0	6-8	Lost 1
Puget Sound	9	13	0	6-8	Won 1
Pacific	8	14	0	5-9	Lost 4
George Fox	7	15	0	4-10	Lost 1
Whitman	6	14	0	4-10	Won 2

Men's Soccer

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Whitworth	16	1	1	12-1-1	Won 4
LUTES	15	5	0	11-3	Lost 1
Puget Sound	10	7	2	8-4-2	Won 1
Pacific	7	11	1	5-8-1	Won 1
Willamette	6	11	2	5-8-1	Won 1
Linfield	9	11	0	5-9	Lost 1
George Fox	6	11	3	3-8-3	Lost 1
Whitman	3	13	2	2-10-2	Lost 2