

THE MAST

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PLU hosts Cross Country Championships

PHOTO COURTESY OF GOLUTES.COM

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Northwest Conference cross country runners gathered at Pacific Lutheran University to compete in a league championship meet. The weather was atrocious, but athletes powered through and ran as hard as they could.

The women ran 6 kilometers, but didn't go anywhere. The first competitor to cross the finish line was Olivia Mancl, a junior from Willamette. Mancl finished the race with a time of 22:20. The top finishing Lute was first-year Mary Josten with a time of 24:43. Senior Amie Wilson was not far behind her with a time of 25:03. Whitworth took

the women's title back to Spokane with them on the strength of five runners inside the top 11.

The men's race was as exciting as cross country gets with plenty of lead changes early in the race. PLU's Brad Hodkinson, a first-year, spent time at the front of the pack early, but couldn't stay there as he finished fourth. Hodkinson finished the 8 kilometer race at a time of 26:26, and earned first team Northwest Conference honors. Puget Sound's Tyler Shipley won the race finishing with a time 25:48. Willamette grabbed the men's team title.

The condition was less than ideal, but volunteers, coaches and runners all had a great time hosting the Northwest Conference Championship meet.



Top Left: Sophomore Acacia Tobin competes at the Northwest Conference Cross Country Championships, held on PLU's campus.
Top Right: Senior Hannah Walton followed by Shailee Woodward.
Left: First-year Ryan Gutierrez competes for the men's side.

PHOTOS BY BAILEY PLUMB

CHRISTMAS NEWS ALREADY?

Campus ministry decides against Christmas tree



PHOTO BY JESSE MAJOR
Sophomore Madison Thackana takes a photo with her phone at the annual Light Up Red Square event in 2013. After the tree lighting, attendees sang "Joy to the World." Light Up Red Square was an annual Christmas tradition at PLU.

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Hoping to appeal to a larger group of Lutes, the "year of discernment" continues for Campus Ministry as they shake up the traditional tree-lighting ceremony in December.

There won't be a traditional Christmas tree in Red Square this year. Instead, Campus Ministry will decorate the two young trees behind the bell. In addition, the Rose Window in Karen Hille-Phillips Center and the star on top of Harstad Hall will be lit.

"We're gonna switch it up a little bit this year," Interim Campus Pastor John Rosenberg said.

Rosenberg said he wants the ceremony to focus on the "coming of the light."

"That's a pretty old Christian image of Jesus as the light of the world," Rosenberg said. "But it's also an image that appears in other religious expressions as well."

CONTINUED ON PAGE 4

Lutes' Voices

In response to last week's *Mast Magazine*, Lutes voiced their opinions via social media. The Mast Media editorial board met Monday, Nov. 2 and published a response letter. Below, we've selected some of the responses with the hopes of creating a dialogue about The Mast's journalistic choices.

Tweet us at @PLUMast

Carly Stauffer:

"It's moments like this when I'm not necessarily proud to be affiliated with PLU, and I want to be nothing but proud of my school. I think it's unfair and harmful for Lutes to be associated with such negativity and lack of class, as well as very ironic and contrary to our mission statement. Think of the alumni and perspective students, please! We can do much, much better than this tabloid material. Good things never come out of the "any attention (even negative attention) is good attention" philosophy." (Facebook)

Kayli Febinger

"So this is awful and just gross. Shame on you, Mast." (Facebook)

Jessi Marlow

"Don't you think promoting ladies to "man up" to keep up with "the boys" takes away a woman's agency in this situation. I'm disgusted. Also, there are no secrets in this." (Facebook)

@gavjacks

"This isn't a story prospective students should see on the front page @PLUMast" (Twitter)

"they call me elsa"

"@gavjacks @PLUMast I (& Others) felt it lacked any form of morality or activism. It endorses a negative culture with no overall message." (Twitter)

'Twas the night of Halloween...



Photos by Madeline Wentz & Oliver Johnson

Domestic Violence Awareness Month: Shedding light on campus resources

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October is Domestic Violence Awareness Month and Pacific Lutheran University's Sexuality Awareness & Personal Empowerment Team wants to spread awareness and end abuse on campus and beyond Parkland.

According to DomesticAbuseStatistics.org, every nine seconds in the US, a woman is assaulted or beaten. Domestic violence

is the leading cause of injury to women—more than car accidents, muggings and rapes combined. In addition, domestic abuse happens to all genders- 40% of domestic abuse victims are men.

Domestic abuse is physical or emotional violence from a spouse or significant other, and happens every day. Abuse is an issue that happens on college campuses and at homes and it is time abuse ends.

The team includes students that, through presentations and events, aspire to educate other students and the university on topics about consent-giving

and receiving, gender, and how to obtain a healthy relationship.

These workshops taught by PLU's S.A.P.E.T. team provides training to prepare students and members of the workshops to promote a healthy and safe community. The workshops will teach warning signs and skills to help abolish abuse from individual relationships and PLU The Training is a part of Green Dot-the campus-wide violence prevention project.

To learn more about how to have a healthy relationship, promote a healthy

community or participate in an event or training, contact the Women's Center at womenscenterplu.edu, the Sexuality Awareness & Personal Empowerment Team at sapet@plu.edu or Voices against Violence at voices@plu.edu. Together, as Lutes, let's bring domestic abuse to an end.

How to sound smart

A Recipe to The Commons Dining Services

STEP 1 - ALL YOU CARE TO EAT

There are 7 All You Care to Eat (AYCTE) meals every week. But not all meals

are created equal, well, equally filling at least. The Commons offers

AYCTE meals for Sunday brunch and dinner meals Sunday

through Friday. Saturday is the only day in which all

three meals charge 'a la carte.'

STEP 2 - CANT STOP, WONT STOP (EATING)

If you have any

includes the

you can swipe into

times. The only

with smaller meal plans who only have a specific

number of AYCTE swipes per semester.

meal plan that

AYCTE meals,

the meal period multiple

exception is for students



STEP 3 - COME ONE, COME ALL

Anyone can dine in the Commons at any time. Every meal

period accepts payments of cash, card, dining dollars

and Lute bucks. So if you don't have a meal plan,

you can still enjoy an AYCTE meal.

STEP 4 - NO TRAY? YES WAY.

The Commons doesn't offer trays during

AYCTE meals because:

1. You can make multiple trips without needing to pay all at once which eliminates the need for trays.

2. It saves water that would be needed to wash

all the dirty trays as well as the cost to do so.



STEP 5 - KEEP AN EYE ON THOSE DOLLAR SIGNS

Want to keep track

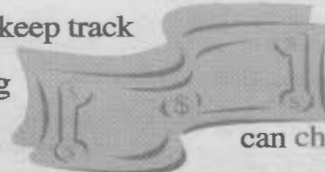
many dining

you have? You

dining dollar balance at any dining location on

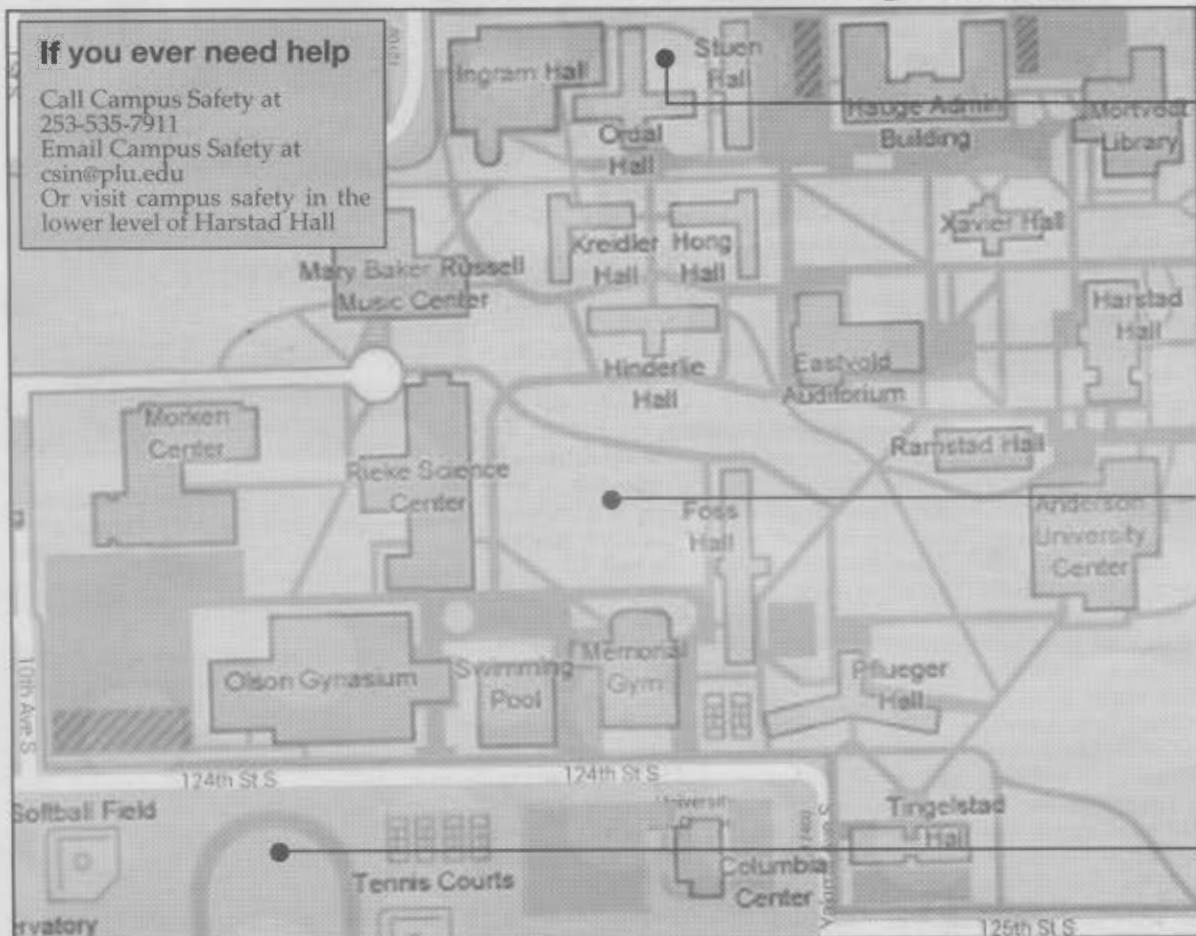
campus at any time. Just ask a cashier to

check your balance.



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

Vandalism at the Women's Center

On a routine patrol Campus Safety noticed a few planks of wood missing from the Women's Center's fence. There is no suspect information at this time.

Medical Aid on Foss Field

A student contacted CSAF for head pain after a soccer ball hit the student in the head. CSAF recommended that transportation was not needed. No further action was taken.

Medical Aid on Track

CSAF provided an ice pack for a student who reported pain from being hit by a soccer ball in the nose.

FROM PAGE 1

Campus ministry decides against Christmas tree

JEFF DUNN
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"We're gonna switch it up a little bit this year," Interim Campus Pastor John Rosenberg said.

Rosenberg said he wants the ceremony to focus on the "coming of the light."

"That's a pretty old Christian image of Jesus as the light of the world," Rosenberg said. "But it's also an image that appears in other

religious expressions as well."

Rosenberg said the ceremony won't have as much of a religious emphasis. There wasn't enough of an "organic" connection between the birth of Christ and the Christmas tree, so the tree was "axed."

"We want to be hospitable and welcoming and celebrate diversity from a whole variety of other religious expressions."

John Rosenberg
Interim Campus Pastor

Rosenberg calls the "light in the darkness" a powerful message, especially during winter in the Pacific Northwest. Short days plague us in the middle of December, and the lights will bring a warm glow to campus.

This isn't the first change

implemented during Campus Ministry's year under review. Most notably, chapel break has become Morning Prayer on Wednesday mornings at 10:30 a.m. in the Ness Family Chapel (in KHP).

"It seemed like a better location for us, given the numbers that we were drawing," Rosenberg said.

In an attempt to connect with students and hear what they want from a Campus Ministry, a survey was emailed out to all PLU students. Additionally, Campus Ministry has revived the Campus Ministry Council.

"Campus Ministry Council is a student-faculty committee that really has some oversight and responsibility for the religious life on-campus," Rosenberg said. "It hasn't met for a couple of years, and we'll be bringing up that data [from the survey] at our meeting."

"We want to be hospitable and welcoming and celebrate diversity from a whole variety of other religious expressions," Rosenberg said.

Lute student wins local award

David Mair
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A senior Lute earned a regional award for his accomplishments in business this fall.

Kyle Parsons won the Puget Sound American Marketing Student of the Year Award.

"I'm very honored. I know it's common to feel undeserving," Parsons said. "Like there's always someone else who could have gotten it. I'm very humbled."

One student from each college in the Puget Sound area is recognized for the PSAM award, if their professors see them fit. Parson's advisors found him deserving in the recommendations they wrote

which brought him to be recognized in marketing in the Puget Sound area. He received the award at a ceremony on Nov.

Parsons is a business major with a concentration in marketing.

He represents the School of Business at Pacific Lutheran University as an ambassador.

He said that he enjoys the atmosphere of the corporate world because marketing is something you can always use, even outside of business.

"I'm a person who likes structure," Parsons said. "I like dressing up."

He also feels qualified for working in business. As of this fall he became certified to chair a committee and test on animals along with being citi trained. These certifications enable him to

legally conduct studies.

Conducting studies is what sparked Parson's interest in marketing research.

His current study involves social media and the correlation with high fashion.

As Parsons sees the horizon of his college career coming ever nearer, two paths diverge after graduation for him.

He would like to someday become a lawyer, making law school a potential next step.

On the other hand, PLU has created a new master's program for marketing that started this year, the Masters of Science and Marketing Research.

This program would "further my knowledge," Parsons said.

Photo courtesy of Kyle Parsons

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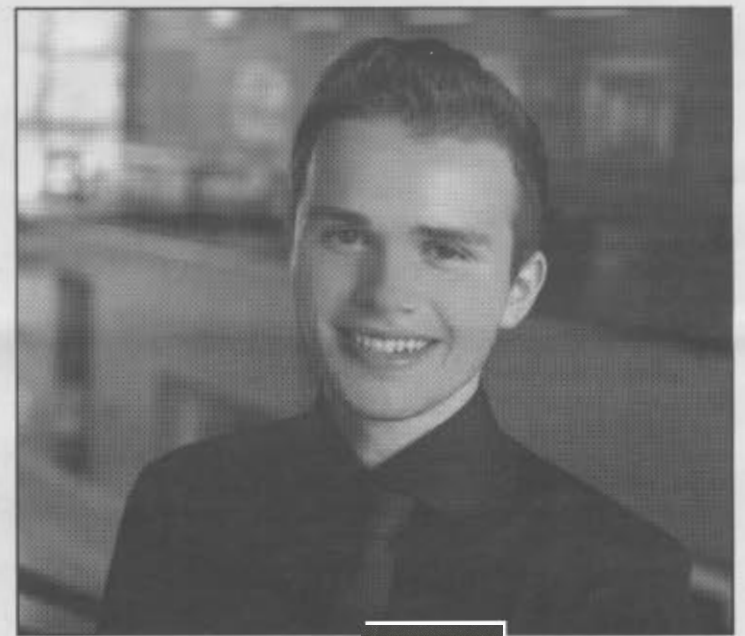
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Community Corner: Tinglestad through residents' eyes

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Editor's Note: This hall was named for former Pacific Lutheran College President Oscar Tinglestad in 1967. Tinglestad was originally a men's dorm but later became co-ed. Nine stories tall, Tinglestad is the tallest building in Parkland. It also houses the most students. The hall is divided into houses so that every two floors share a common lounge area.

This week's community corner approaches Tinglestad Hall through the viewpoints of Sophomore Sam Couch, an RA on the ninth floor, and First Year Rika Boorsma, a third floor resident. The narrative is based on reflections of both students.

Through the window, Sam could see Mt. Rainier in the distance – just his daily reminder that he will someday climb it. The mountain is my motivation, he repeats his mantra in his head. One day, Sam Couch will summit Mt. Rainier. For now, he's summiting Tinglestad.

After finishing his psychology homework, Sam checked on what was happening with his residents. He couldn't help but reflect on how much he had hoped to be the Resident Assistant for the ninth floor of T-stad when he heard that the floor was reopening and how that dream came true.

Sam's love for the hall began when he moved in last year. He loves how diverse the people are. He loves how he can always see a new face in the elevator or walking down the hall. Sure Tinglestad has a reputation for being the loud dorm, but Sam couldn't help but think how social and outgoing and friendly everyone is. It is a place for introverts because the extroverts

can help pull them out of their shell, Sam said.

Tinglestad is awesome, he said to himself.

Sam loves to support everyone around him. One of those people is first-year Rika Boorsma.

Rika took the elevator back down to the third floor after getting a pep talk from Counselor Couch in the Penthouse. Midterms were coming up and she was starting to feel stressed, but Sam is a great mentor and helped reassure her.

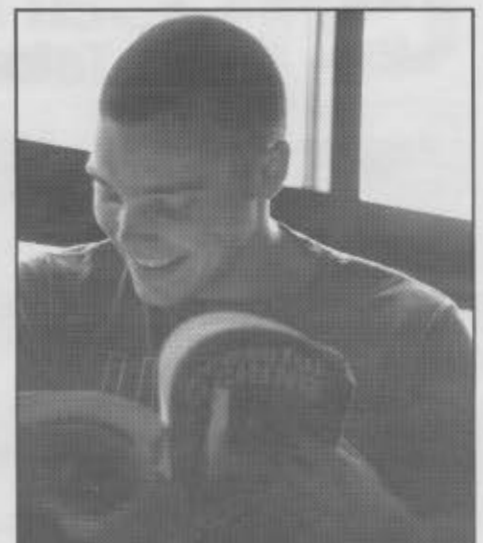
Like usual, a lot was happening on the third floor.

Rika borrowed a scooter from someone who lived in the wing across from her. She was talking on the phone with one hand and attempting to eat a sandwich with the other while on the scooter.

She laughed to herself as she remembered the day that a guy on the other side of the floor was using a milk carton as a pretend weapon to start a war. Everyone played along, but Rika realized she had the same brand of milk carton in her own fridge. She ran to her fridge and the two of them battled out their milk war. He made fun of Rika for her skim milk, but it didn't faze her.

That's the beauty of Tinglestad. You can meet a new person every day and there are never ending possibilities for having a good time. What other place just doesn't question a milk war?

After the exhaustion of the milk carton fight, Rika took the elevator down to the first floor and walked through the lobby



to the front doors. One of her favorite desk workers gave her a big smile. Have a great day, his words echoed. And she smiled because she knew she would.

Tinglestad is awesome, she said to herself.

This is a small glimpse of the 300 resident community. This is a small glimpse of a day in Tinglestad Residence Hall.

PHOTOS BY ELISE ANDERSON

the matrix

personal essays / fiction / art / photos / articles / poetry

the matrix

social justice / equality / passion / sustainability / diversity

the matrix

PLU's social justice magazine is accepting submissions.

Until November 13*, we are accepting submissions relevant to social justice (anything and everything) in the form of academic articles, short fiction, personal essays, poetry, screenplays, photography, visual art, music, and other pieces of art.

**SUBMIT YOUR CONTENT AS A WORD
DOCUMENT OR HIGH-RES JPEG/PNG TO
MATRIX@PLU.EDU.**

Submissions received by November 13 will be guaranteed review for the Fall 2015 edition. Submissions received after this day may still be considered or encouraged for publication for the Spring edition.

PLUtonic & HERmonic share the stage

LIBBY POSTOVOIT
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Known for combining seamless harmonies, raw emotion and fluid choreography, PLUtonic and HERmonic joined forces in a concert this fall to give Pacific Lutheran University an earful. Nov. 3 the groups gathered in Lagerquist to perform Top 40 Hits, choral music, sacred refrains, and some tried-and-true favorites.

PLUtonic and HERmonic have been praised as giving "stellar" performances resulting in their consistent ranking as two of the 10 best college-level a cappella groups in Washington and Canada.



Left to Right: Senior Kyle Mitchell, Sophomore Tevita Tupou Ethan Wiederspan, Sophomore John Doster, Sophomroe Dylan Harm and Senior Dominic DeSoto

The groups choreograph and direct all of their pieces and have arranged the vast majority of the songs they will perform at the fall concert.

Just like the variety of genres they perform, PLUtonic and HERmonic have diverse membership. A cappella draws in many Lutes who participate in PLU's renowned music program and choirs, as well as students who are otherwise uninvolved in music at PLU.

"PLU has a huge music community, and it's not just limited to choral and instrumental music," said Megan Zink, president of HERmonic. "It can also be a cappella and non-music majors. Anybody can audition. Anybody can sing."

PLUtonic and HERmonic put plenty of effort into their fall concert, and it shows. In less than two months, they have successfully welcomed new members, arranged and learned several pieces, and developed unique group identities. Collaborating together as two fully-formed entities, PLUtonic and HERmonic are a dynamic duo on campus.

"This year especially has been really good," said Kyle Mitchell, president of PLUtonic. "Communication between PLUtonic and HERmonic has been really chill and fun. It's fun to collaborate."

These groups also like to collaborate with alumni, as they called former Lutes in the audience to share the stage at the fall concert.

PLUtonic partnered with alumni to perform Pie Jesu, a hymn written for the group by a former PLU student. HERmonic swayed

to the sound of "And So It Goes," hand in hand with alumni who were in attendance.

Other songs included a PLUtonic performance of "Shut Up and Dance" and a HERmonic Coldplay mash-up.

PHOTOS BY MCKENNA MORIN



Left to Right: Sophomore Sarah Crum, Sophomore Rizelle Rosales, Sophomore Lydia Bill, Tegan Mitchell and Senior Megan Zink

Country music for Country haters

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Country may be one of the most popular and successful genres, but it's no secret style generates lots of hate. Even so, the magic of music is that there is something in every genre for everyone. In honor of the success of Carrie Underwood's new album *Storyteller*, here are some country music suggestions that could appeal to even the strongest of country haters (myself included).

2. Rascal Flatts -

Greatest Hits Volume 1

It's hard to pinpoint one Rascal Flatts album that's amazing, given that their best songs are sprinkled throughout their nine studio albums. Luckily, this greatest hits album compiles many of these songs onto one perfect record. Spanning from their debut album in 2000 to *Still Feels Good* in 2007, Rascal Flatts' *Greatest Hits Volume 1* contains smash singles such as "What Hurts The Most" and "Bless The Broken Road." Tracks like "Mayberry" and "Prayin' For Daylight" are as country as country gets, but the pure plucks of the banjo and heavenly harmonies make them true listening pleasures. "These Days" and "Skin (Sarabeth)" present that tear-jerking country storytelling, while "Fast Cars and Freedom" showcases the surprising funk the genre can carry. While the album only represents the first half of Rascal Flatts' career, it's a great introduction to the group's impressive music.



PHOTO COURTESY OF AMAZON.COM

1. Taylor Swift - *Taylor Swift*

Flashback to 2006, when a young, curly-haired Pennsylvania girl launched a career that would change the world and define a generation. It's hard to believe that anyone *doesn't* have Taylor Swift's first album in their music library. But the singer has transformed so much in nine years it's easy to imagine that no one actually listens to it anymore, especially those who are in favor of her new pop identity or never liked her country music anyway. Taylor's country career may be nearly a decade in the past, but the quality of the music still stands. Even country haters can't resist whipping their hair to the strong strums of "Should've Said No," shedding a tear while singing the sad lines of "Cold As You" or simply dancing around their room to the sassy chorus of "Picture to Burn."

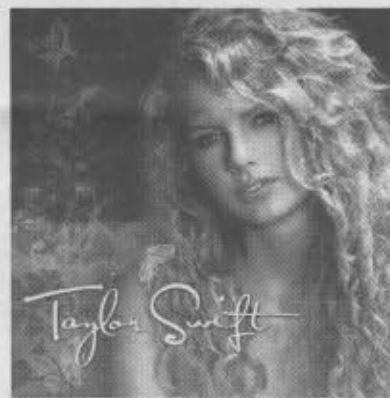


PHOTO COURTESY OF AMAZON.COM

3. BoysLikeGirls - *Crazy World*

Those familiar with BoysLikeGirls will remember the pop-punk boy band that blessed the radio with "The Great Escape," "Hero/Heroine," and "Thunder" in 2006. Six years later the group took an unexpected turn down a country road and didn't look back. With the release of *Crazy World* in 2012 BoysLikeGirls officially introduced themselves as a country-pop crossover band, a transition that was shocking in a strangely amazing way. *Crazy World's* 11 tracks are basically pop songs with an over-arching country theme. Songs like "Life of the Party" and "Shoot" contain that good ol' country twang but are so feel-good it's easy to forget how Southern they actually sound. Other tracks such as "Cheated" and "Stuck In The Middle" are just pop songs in disguise, while "Be Your Everything" and "Leaving California" sound like ballads straight off of a BoysLikeGirls album from 2007. All in all *Crazy World* is a softer country-themed album perfectly suited for those country haters who need just a bit more synth to accompany their banjo.

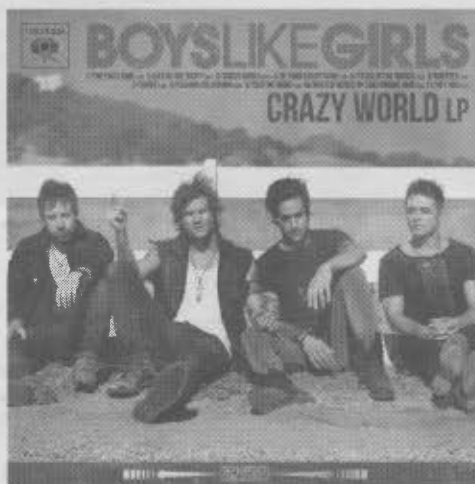


PHOTO COURTESY OF ONEMEDIA.BLOGSPOT.COM

Thomas & Molly's Music Reviews: Låpsley

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

Holly Låpsley Fletcher - better known by her stage name Låpsley - is a singer-songwriter from England. Her single "Hurt Me" was released in late August, a song filled with emotion and sincerity.

Her music can be described as a combination of indie and electronic, and we love it. Låpsley was nominated for the BBC Sound of 2015, an annual poll of music critics and industry figures to find the most promising new music talent.

Låpsley started her tour in the United Kingdom Tuesday, Oct. 27. The only two concerts in the U.S. are in New York. There are a few tickets left for her concert on Nov. 11, so if you are interested we recommend you hurry up and order them.

Låpsley told music website Clash in an interview she's excited for the release of her next album scheduled for release in 2016

"[I'm] just ready to have this piece that I'm very proud of, and I don't have any regrets at this moment in time so I'm really excited about the future," Låpsley said. "I don't feel like people have seen truly who I am as an artist. I've not released a lot of things, and I feel the album shows me fully where I am now."

You can hear Låpsley and other great artists on Thomas & Molly in the Morning every Tuesday on Mast Radio, and read our weekly reviews in the Mast.

Check in with Thomas and Molly Tuesdays at 8 a.m. on Mast Radio to hear more from them on music and other Arts & Culture stories

PHOTO COURTESY OF VICE.COM



PLU showcases Tacoma art talent

HEGE FATLAND
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Ingram Hall is known as Pacific Lutheran University's one-stop-shop for all things art. This fall the University Gallery showcases a collection that is not only unique but produced by fellow Tacoma natives.

Until Nov. 11 the University Gallery in Ingram Hall is presenting special art from the Tacoma community as part of the eighth annual Foundation of Art Award Exhibition at PLU.

The Foundation of Art Award Exhibition is extra special this year because it has been recognized as

one of the most important art awards in the South Sound.

"It's the first time that we have an exhibition that's not our own," University Gallery Director Heather Mathews said. "[The Greater Tacoma Community Foundation] have had it in lots of different places around Tacoma, and this year it worked out that we could host it, which is exciting for us since we have not been able to do it before."

The Foundation of Art award is meant to represent the best new art in the city, and this year's show proves to be different than those of the past.

"They seem to have younger artists this year, [more] recent art by up and coming artists," Mathews said.

The University Gallery usually has six shows a year, and two are reserved for PLU students.

With the other four shows, PLU tries to bring in people or organizations from the community.

Artists like 2015 winning artist Christopher Paul Jordan will be featuring his artwork in the gallery as part of the Foundation of Art Award Exhibition.

Christopher Paul Jordan is a former PLU student, and is a known name to the Tacoma community. Jordan will receive a \$7,500 award as the winning artist this year for his art piece.



PHOTOS BY MCKENNA MORIN



The University Gallery is located in Ingram, Monday-Friday from 8 a.m. to 4 p.m.

How to be a **LASR** DJ in 5 easy steps

MCKENNA MORIN
Mast Photographer
morinmn@plu.edu

Lute Air Student Radio, more commonly known as LASR, is Pacific Lutheran University's own student-run radio station. Broadcasted from the bottom of Anderson University Center, LASR aims to "represent the tastes and musical diversity of the student body at [PLU] and the greater local and global communities." If you've ever wanted to be a DJ or radio personality, here are the five steps to do so according to DJs and LASR leaders Eddie McCoven and Haleigh Missildine.



Sign Up

McCoven: "The first thing is you have to sign up. You have to come to the office hours and talk to one of the station leaders like myself, or email the LASR General Manager at lasrgm@plu.edu [to] let the GM know you're interested."



Training

Missildine: "You then need to do a DJ training on how to run the boards, what you can say, what you can't say, and how to answer a call."



Spinitron

McCoven: "From there you sign up for a Spinitron account. Spinitron is a wonderful piece of software we use to make sure that when you're playing a song on the radio, it shows up on the screen at the same time."



Planning & Playing

Missildine: "After that, you can sign up for a show time. Then you come in, sign in, and then play your show. Most people do it off their laptops, but some play records or cassettes if they want to be cool and crazy. Some people plan out their shows and some just do it as they go."



Promotion

McCoven: "Fifth is promoting it. Make a Facebook page, make a twitter account. Make sure that everyone knows you're doing your show at [what-ever] time. LASR is fun and can be really cool thing."

M EDITORIAL

Regarding Mast Magazine



MAST EDITORIAL BOARD
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On Oct. 30, Mast Media printed its first full edition of Mast Magazine featuring the cover story "Get Drunk Make Mistakes." The Mast Media Editorial Board would like to follow the publication and the resulting conversation with a public clarification.

Student media at any university holds a large amount of responsibility. It's not a marketing tool for its school. Rather, it must highlight the strengths of its

community while it exposes its weaknesses — in an expression of deep care for the university its participants attend and enjoy.

At Mast Media, we love being Lutes. We love that the culture of Pacific Lutheran University promotes "thoughtful inquiry, service, leadership and care." It's why we celebrate Lutes like Nathan Olson, who defied odds as an autistic student in higher education. It's also why we shed lights on potentially problematic issues on campus, like party culture.

our community.

The reporter chose to do this by creatively incorporating multiple events she viewed and stories retold to her into one narrative. We don't advocate participating in any of these activities. We also do not wish to discriminate against those who wish to participate. We apologize for not making this message clear.

We attempted to maintain anonymity of all sources in the story. In photos, we covered faces with Lancelute

There were also concerns about the story "S— Happens." We desired to show the daily struggles of our fantastic Environmental Services staff, not glorify any inappropriate behavior.

We apologize to anyone who felt they weren't given the care and respect they deserve as members of our community due to the content of Mast Magazine.

Most importantly, we wish to use Mast Magazine and the stories in it to point campus conversation toward productive discourse. In this issue, that meant writing about partying and the health and safety issues that follow it, the way students modify their body as artistic expression, the service of Environmental Services Staff and the resiliency of a PLU student.

We sincerely apologize that the stories we told were not more thoughtfully designed in a way which facilitated productive conversation.

As a PLU student organization, we are dedicated to being intentional in our interactions with campus dialogue. In the coming months and the publications that accompany it, we plan on engaging with the student body we proudly belong to through events and stories that help it continue to grow and evolve to a better place.

We hope you will actively share your thoughts and feelings about the things that matter to you as we strive to meaningfully care for Pacific Lutheran University.

SAMANTHA LUND Editor-in-Chief
MATTHEW SALZANO Mast TV General Manager
COURTNEY MIRANDA Opinion Editor
DAVID MAIR News Editor
BROOKE THAMES A&C Editor

STEVEN MCGRAIN Sports Editor
JEFF DUNN Copy Editor
PARIS FRANKLIN Copy Editor
SANNA VARGAS Copy Editor
MCKENNA MORIN Chief Photographer

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LETTER TO THE EDITOR

Student organizations respond to Mast Magazine

Hello Lutes,

We write to you concerned about a variety of things that were published in the most recent Mast Magazine.

The manner in which student life at Pacific Lutheran University was portrayed doesn't reinforce community standards or values. In traditional roles, the media and government both need to collaborate and balance one another. This is one of those situations.

This isn't meant to be personal — rather it's about our organizations' role as conduits for student voice.

Over the past few days, the Associated Students of Pacific Lutheran University and other student-led organizations have been approached by various individuals with diverse concerns. Many were surprised and angered to find both video and photos of themselves in Mast publications. We certainly support First Amendment rights of free speech — when that speech is backed by knowing individuals who consent to their participation in this publication. Just as the university must seek consent from students when it uses their image, we feel the student publication must also seek the same standard of consent.

In addition to unknowingly recording individuals at this party, the

appropriation of the knight helmet to somewhat obscure the identities of students is also of great concern. This symbol is one of the university at large (and particularly athletics). Associations like this one imply

"party creepers," girls being pressured to "man up" and take off their pants, and the concerning title "Get Drunk Make Mistakes" all have serious ramifications that weren't addressed in the article.

actually stand for.

The original intent of the article may have been to initiate dialogue regarding serious issues facing college students nationally: drinking culture and sexual misconduct. That intent is unclear to a reader in the form provided. After consultation with Mast Media, ASPLU, RHA, SAAC, and SAB seek to take this opportunity to transform the conversation into a beneficial dialogue regarding student life and culture at PLU. In order to do so, we are hosting a "Let's Talk About: Party Culture at PLU" session at 7:30 p.m. Nov. 11 in AUC 133, open to all.

We also plan to expand this opportunity of dialogue by encouraging and collecting statements from Lutes about their vision of a healthy community through tabling early next week. We invite you to send us a short description of what a vibrant, healthy, and inclusive community could (or does) look like at PLU. These considerations can be emailed to asplupres@plu.edu or as comments on the ASPLU Facebook page.

This is an opportunity for the entire community to engage in conversation and we look forward to partnering with others to ensure that our community of care is a reality.

Mast Media, ASPLU, RHA, SAAC and SAB seek to take this opportunity to transform the conversation into a beneficial dialogue regarding student life and culture at PLU.

In order to do so, we are hosting a "Let's Talk About: Party Culture at PLU" session 7:30 p.m. Nov. 11 in AUC 133, open to all.

university connections that condone the actions of this group.

Additionally, I'm concerned about the construing of various party games and their implications for how our campus may be promoting unhealthy behavior. The off-hand comments describing

Now that this article has been published, these points need to be used as a starting point for conversations about our community of inclusion and care. From the students at the party to those who were not, there is a real concern about how our institution is perceived and what we

Associated Students of PLU
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ELLIE LAPP Vice President
MARTHA SPIEKER President

Residence Hall Association
ATHENA GORDON
Activities and Outreach Director
TONO SABLAN Social Justice Director
DREW HUFF Sustainability Director
TANNER HENDERSON Vice President
BRE YOUNG President

Student Athletic Advisory Committee
MELISSA DEAN President

Student Activities Board
SHIORI OKI Director

ASPLU to You

LET'S TALK ABOUT: *PARTY CULTURE AT PLU*

Join us for a dialogue regarding issues brought up in the Mast Magazine regarding party culture at PLU

This session will be a collaboration with a variety of organizations on campus that seek to discuss partying as well as student life & culture

What is your vision of a healthy community?

Wednesday, November 11th
AUC 133 7:30pm open to all

Questions, comments, concerns? Email asplupres@plu.edu



Let's talk about sex!

Easy information to swallow: An oral sex and STI discussion

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.

Coming from a public school in a liberal state, I often forget how lucky I am to have taken sexual education courses in such a open place. From 6th - 10th grade, every sex ed unit in health class was the most exciting topic for me because it meant learning new ways to understand my body and to know how to protect myself from pregnancy and STIs (Sexually Transmitted Infections).

I mention this is because it still shocks me when I hear people say that they don't understand why people use condoms for oral sex or that they have no idea what a dental dam is.

If you're one of these people who hasn't had the chance to learn why protecting yourself during oral sex is important, here's your chance now so you can make better educated decisions for your sex life in the future.

First things first, STIs CAN be passed from person to person during oral sex, and I'm not just talking about

herpes. It's easy for gonorrhea, syphilis, chlamydia and HPV to be transmitted from the genital area or anus to the mouth and throat during unprotected oral sex.

There's even a chance HIV could be transmitted if you are giving oral sex, although the likelihood of this isn't as common as the others.

Some of these STIs, such as HPV or herpes, are transmitted through skin to skin contact, so it's good to be aware of the fact that condoms or barriers can offer limited protection if partners aren't careful.

There is a possibility that these may also be passed during mutual masturbation from genitalia or the anus to hands or fingers. In terms of protection for this, gloves are an option used to prevent transmittance.

Another important factor to consider is that not all of your partners may be aware they are infected.

I've had people tell me, "I would hope I got to know someone well enough to know if they're infected," but the problem with that logic is if neither party has been tested since their last unprotected experience, how can you know for sure either of you are clean?

I make it habit to get tested consistently,

even if I use protection. Most STIs do not have visible indicators, and it is not common for noticeable symptoms to arise. Most people may not even be aware they have herpes or HPV until they experience a flare-up.

For your own safety and for the safety of your current or future partners, it's important to routinely have yourself checked.

Now that you know why it's important to keep yourself protected during oral sex, how do you go about carrying this out?

For penis to mouth oral sex, condoms are the safest route. It's just important to know that skin to skin contact with the testicle area still allows for transmittance, as stated before.

If the taste of condoms sounds unappealing, most condoms companies sell flavored ones. Flavors vary from mint to banana to even whiskey flavored, and they're just as effective as non-flavored condoms. Play around with what tastes best to you. If you don't think you'd mind the taste of plain rubber, there are condoms always provided by RAs in resident bathrooms.

For mouth to anus or vagina oral sex, barriers such as dental dams are generally used. Dental dams are used

as a simple stretchy barrier to place over the area of contact. Dental dams are not sold in most stores, but Planned Parenthood clinics can carry them and they can be bought online.

You can also create one by simply cutting the tip off of a condom or a latex glove, then cut down the side and you'll find yourself with a handy homemade dam.

Now, not everyone decides to have oral sex with protection. All of my partners I've given oral or received oral sex from were with people who had been tested recently prior to our sexual engagement.

It's important to keep yourself aware of what risks are out there in terms of unprotected sex and what precautions to take to lower those risks. In terms of oral sex, get tested regularly, communicate with your partners about getting tested as well (especially if you just recently began a monogamous relationship or participate in a non-monogamous one), and use protection when you're unsure if either party has an STI.

Don't let risky behaviors get the best of you. Now that you have the informational tools, take what's been given to you and see what works the best for you.

The next eye witness

A comment on police body cameras

MIKEY LANGNER
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Imagine being able to see exactly what happened every time a police officer has a questionable run in with a suspect. The regulations that require police to wear body cameras are still in the trial and error process, but more agencies are starting to turn to this in the hopes that it will clear up police brutality issues.

Body cameras are increasing in popularity, and a significant figure backing this reform is President Obama. He is a complete supporter of all police working the street wearing body cams. This spring, the Justice Department announced a three year program budgeted for \$75 million, including \$20 million this year to police departments for body cameras and body camera training. Research shows there are 88% fewer incidents of use of force and 59% fewer complaints against officers wearing body cameras.

The uncertainty of not knowing exactly how things happened in cases such as the Michael Brown shooting in Ferguson, Missouri this past year have caused an uproar. There are always multiple sides to a story, and most of them are morphed and stretched to form a story vastly different than what actually took place.

Figuring out which story is true and providing the correct facts

of how things really took place is always a difficult process, especially when every person claims to have seen something different. Body cameras can help eliminate the elements of uncertainty in such cases and even help with a speedy verdict in trials.

However, there is an issue with the body cameras being an invasion of privacy because they provide state-owned footage. Does every person want their arrest to be recorded? Are the people living their everyday lives okay with showing up on the footage of an arrest?

When it comes to bystanders being on the video there is always the option of blurring their faces, which is what is likely to be done. The state of Washington has an open records law and the police in Seattle received so many requests of body-camera footage that they released videos to Youtube, and censored them beyond what is required by the state's law.

To this point there haven't been enough studies done to determine whether or not police wearing body cameras would have a positive or negative outcome. However, the very few studies that have been done have had some positive outcomes and many people believe that body cameras are the future of law enforcement.

A body camera on every officer may be the reality in the near future, especially with the government pouring millions into the cause.

The rights are wrong

The term 'women's rights' is a misnomer. Here's why.

CARLY STAUFFER
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I'm a female sophomore in college. I'm also an uptight old man. At least that's what the perceptions about my political ideologies seem to say about me.

Our culture has a tendency to personify stances - that is, to assign genders to ideologies. From this we get the term, "women's rights." "Women's rights," however, does not translate to "the inherent rights of women."

According to this generation, though I am a woman, I do not support women's rights. Our society has largely accepted the meaning of this term to include "reproductive rights," a kinder label for its essential definition: abortion rights.

While I support improvement in maternity (and paternity!) leave, and equal pay for equal work, my pro-life stance seems to eliminate me from saying I support the rights of my own gender. What a way to feel isolated. When my beliefs apparently make me a traitor to my entire sex, I think there's a problem.

Here's the deal: "women's rights" is a misnomer. If you believe in equality of the sexes, then there should not be a right existing for a man and not a woman, and vice versa. Certainly biological differences between the sexes may lead to slightly different applications of the law (i.e. maternity versus paternity leave), but in essence there should be no rights specific to a sex - otherwise, we'd have de jure sexism. "Women's rights," should then also mean "men's rights." We can eliminate gender and call them "human rights." So, human rights? Those I believe in. But women's rights, I do not.

For us divergent females, "women's rights" is an isolating term. As for the men supportive of the liberal causes associated with "women's rights," the term is alienating. And when there are men who do root for women's rights and women that don't, it's clear that the phrase is a misnomer perpetuating a false perception - that ideologies are a matter of

gender. (They're not.) Ideologies are a matter of the mind.

This is an extremely important truth to recognize, as it peels away another layer of the battles of the sexes that so often appears in politics. Here's what I mean: in labeling a desired "right," such as abortion, a women's right, it suggests that abortion is something women are naturally entitled to.

It also implies that the guilty party so evilly hindering women from attaining this entitlement is men. Let another battle of the sexes begin.

While blaming women's apparent lack of rights on men is certainly a convenient argument, that doesn't mean it's a good one. (It's not.) The modern application of the term "women's rights" harmfully suggests that the "old white men" in power are the ones keeping these entitlements from women. But here's the plot twist...some of those "old white men" aren't actually old white men at all. They're people like me!

Perhaps our society's quest for equality would be a little more fruitful if we would stop shooting ourselves in the foot. Pitting men against women hinders achievement of equality and derails the efforts of true feminism. Feminism is about cooperation between the sexes as equals.

When ideologies are gendered, however, a line is drawn between men and women, and we find ourselves one step further from solving the problem. Rather, in recognizing that ideologies are matters of the mind and not matters of gender, we can eliminate the term "women's rights" and, in doing so, remove another barrier between the sexes.

"Women's rights" is a term both misleading and unnecessary. If you support the causes aligned with this term, such as the pro-choice movement, then say so. But don't classify these causes as "women's rights." To do so generalizes women, isolates men and derails the efforts of true feminism. And I refuse to accept the notion that my pro-life views make me a woman hater, a traitor to my own sex, an opponent of equality and human rights. They don't make me an old man. They make me a conservative.

China invests \$5.2 billion; just 13 miles away

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China is looking for a nexus of methanol production and exportation for the United States. They seem to have found it in Tacoma. Backed by a \$5.2 billion investment from China, Northwest Innovation Works (NIW), itself a company owned by the Chinese government, will begin construction of methanol plants along the coasts of Washington and Oregon starting in 2017.

The largest of the plants, which will convert large amounts of natural gas into methanol, would be located in the Port of Tacoma just 13 miles from PLU. The demand for this process has tripled in the last five years alone, and will continue to increase as countries divest from coal and oil based energy.

China in particular, currently the largest world consumer of coal, has ramped up demand on cleaner-burning methanol in an effort to reduce fossil fuel dependency. While the global environment stands to gain from China's increase of methanol consumption, for the tide-flats of Tacoma, the plant's environmental impact remains unclear.

The Clean Air Act (CAA), Clean Water Act (CWA) and the Safe Drinking Water Act (SDWA) do not require methanol monitoring, meaning there is no available database on occurrence of methanol in the environment.

A study done by Duke University, titled "China's growing methanol economy and its implications for energy and the environment," determined that no prediction on the correlation between long-term methane production and air quality could reasonably be made.

The plant's long-term production, as well as the possibility for leaks, has a chance of fouling the air that future Pacific Lutheran University students will breathe.

A recent article in Seattle-based Sightline Daily points out a possibility in harm to the local ecosystem, writing that methanol plants "produce a stew of waste that includes heavy metals, volatile organic compounds and various air pollutants."

Computer modeling of methanol air levels is a shaky science at best. A study in 2011 documenting methanol concentrations over Beijing found levels that were 10 times higher than those predicted by models. Methanol has low rate of evaporative emission which means it poses less danger in the event of a spill.

Proponents of the deal taut the three year construction as a catalyst for the local economy.

"We can have family-wage manufacturing jobs, and build strong and enduring communities while reducing carbon pollution," said Brian Bonlender, the director of the Washington state Department of Commerce, in an August statement. Powering the plants requires huge amounts of natural gas to be piped in from Canada, which will stimulate investment in the required infrastructure as well.

The potential creation of as many as 1,000 jobs over three years, as well as the supposed millions of dollars in tax revenue would reconfigure the already expanding cityscape of Tacoma. Future PLU students are already projected to live in a denser and more populous Tacoma. Their views of Commencement Bay will be filled by mammoth freighters hauling methanol on a slow crawl to Dalian, China, 5,295 miles away. Students will certainly face more traffic congestion to reach the city as well.

PLU might stand to gain something from these plants. China's partnership with Tacoma will continue to strengthen an already robust economic link, recently highlighted in President Xi Jinping's visit last week. It's not implausible to imagine a strengthened link between PLU and China resulting from the plants as well.

The rage on wage



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For the past few years, cities like San Francisco, Los Angeles and Seattle have approved a raise to their minimum wages. In Tacoma, this decision will raise the hourly rate from roughly \$8 to a bold \$15 over the next three years. The issue is polarizing to many. While some see the initiative as a way to increase revenue and spending power, the raise's speculated consequences on the job market make \$15 seem a lot less appealing.

One group that would definitely be harmed by the raise is the people who are currently employed. Though their pay rate would jump to double the federal wage, most employees' job security would be jeopardized.

"There will be people who lose their jobs over this. I don't think there's any question about that," said Norris Peterson, Pacific Lutheran University's Chair of Economics.

While large corporations may have an easier time affording an increase in their workers' pay, smaller companies would have to decide whether or not to fire workers and reduce the number of hours they give their employees. Thus, with fewer hours, these workers' incomes will roughly stay the same as it was before the wage raise. It doesn't make sense to raise the minimum wage if the consequences are likely endangering jobs and shortening work hours if people's income stays the same or drops.

Those who are trying to enter the job market are also going to be seriously affected. This raise in minimum wage makes it a lot easier for hirers to pick

their employees based on prejudices.

"That's a recipe for disaster," said Peterson. "This gives employers a license to discriminate on any margin they feel like, just because they can."

Additionally, people who held back entering the workforce for \$7 an hour will likely try to get jobs that pay \$15. This increases the number of people trying to enter the workforce, making it harder for anyone to be employed. PLU Economics Professor Lynn Hunnicutt expressed how people looking for jobs will have it the hardest.

"If the minimum wage goes up we should not be surprised that companies will try to get by with fewer workers," she said.

Entry-level jobs, typically reserved for high school or college students, would be handed to overqualified adults. Even businesses that offer attainable jobs wouldn't hire an inexperienced high school student for \$15 an hour when there's a surplus of grown adults with greater professional experience. Raising the minimum wage would cripple people trying to push their way into the labor force.

This unprecedented wage jump will be brimming with negative consequences for the job market. While a sudden jump to a \$15 wage seems great on paper, it's not realistic. Both Professor Peterson and Professor Hunnicutt say that a better solution would be raising the wage to \$11 or \$12 in cities like Seattle. This is a more practical figure and wouldn't hurt the job market like a devastating \$15 wage would.

Appreciation or appropriation? Halloween costume edition

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At Pacific Lutheran University, everyone knows that social justice is an important part of being a member of the PLU community. As a Lute it's important to honor that by acting in a way that respects the diversity on campus. In this way, Halloween is especially tricky. Often people take the holiday as an excuse to dress up as whatever they want, even if they're being

culturally appropriative. A Halloween costume turns into cultural appropriation when a person adopts elements of a culture different from their own. A particularly difficult part of explaining cultural appropriation is that many people don't see an issue with borrowing trends or styles from other cultures; they think that portraying a person from another culture is harmless. But the way that people dress up as people from other cultures is often stereotypical. Costumes can also decontextualize things that are meaningful to a group of people.

For example, Native American headdresses, or war bonnets, were most often worn into battle or for other ceremonial occasions. But as people have been starting to wear them more and more often during Halloween and to music festivals, some people don't associate head dresses with their ceremonial origins anymore, and just see them

as accessories. Typing Native American headdress into Google inevitably comes up with pictures of white people at Coachella. This is what cultural appropriation can do to important cultural traditions, and it's why Lutes have to avoid it this Halloween season.

Just in case it's still a little difficult to tell what's appropriation and what's not, here are some things to avoid:

1. Don't darken skin color (ie. blackface). Race is not a costume. Even if you are dressing up as someone from a different race, it is possible to do that without incorporating race into the getup. Try and copy a famous outfit that person wore to a recognizable event that's easily. If you want to go as Nicki Minaj try a pink wig and a dress that looks like her outfit at the Video Music Awards in 2011 everyone will know who you are.

2. Don't copy specific hairstyles, like cornrows or dreadlocks. These are ways

that black women style their hair, which they're often ostracized for, yet when they're appropriated by white women they're often see as trendy. An example of this is when Zendaya got called out on wearing dreadlocks on the red carpet, while Miley Cyrus appropriated that hair style at this year's MTV Video Music Awards, and got away with it without incident.

3. Don't dress up as generic depictions of other cultural groups. These costumes inevitably spread stereotypes about those groups of people. It's not okay to just put on a sombrero, or a headdress, or a headscarf and call it a costume. These are actual people who exist in the world and to stereotype who they are as people is demeaning and further narrows the scope of how they're seen by other people.

These are just a few among many tips to stay respectful this Halloween season. However, possibly the most valuable one

is that being unsure whether or not something is appropriate is a good indication that it shouldn't be done. Rather than taking the chance on it, play it safe.

Remember that culturally appropriative costumes have real implications for the people whose cultures are appropriated. Even when someone doesn't mean any harm through a culturally appropriative costume, the fact is that it doesn't matter.

Good intentions don't change the effect. Negative stereotypes don't decide to spread themselves on a case by case basis; it happens whether people want it to or not. A good way to steer clear of this is to dress up as something completely harmless. There are plenty of perfectly good costumes out there that don't have anything to do with cultural appropriation at all. Rather than going as sexy Pocahontas, try a cat instead.

#CocksNotGlocks

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Governor Greg Abbott of Texas, recently signed a law that will be enacted during the beginning of the 2016 fall semester for college students, allowing for concealed weapons and firearms on campuses in Texas.

Public universities will be prohibited from outright banning firearms with the aim to normalize gun carry in light of the recent Oregon shooting. Due to the nature of the law, many students are upset and aim to

protest against it the only way they can: with dildos.

"#CocksNotGlocks" is a student-based protest that finds allowing concealed weapons on campus a higher risk than what it's worth.

Many students are disgusted by the nature of Texan laws that only just recently (in 2008) allowed for the purchasing and owning of dildos, despite their non-violent nature, but absolutely supports the owning and possession of firearms on a college campuses. Do these students have a right to be upset?

Short answer: yes. But that doesn't take away from the

fact that if a student feels safer possessing a concealed weapon, they should be allowed to carry it.

It may seem appalling for such a law to have been passed after another school shooting that resulted in the death of students, but some people would legitimately feel better knowing they have a way to protect themselves.

Everyone's definition of what it means to feel safe and how to go about it is completely different. Therefore, I understand where the law's supporters stand; students should be allowed to carry a weapon if it means feeling safer. If a shooter truly intended

on hurting other people, laws against carrying guns would not matter by any means.

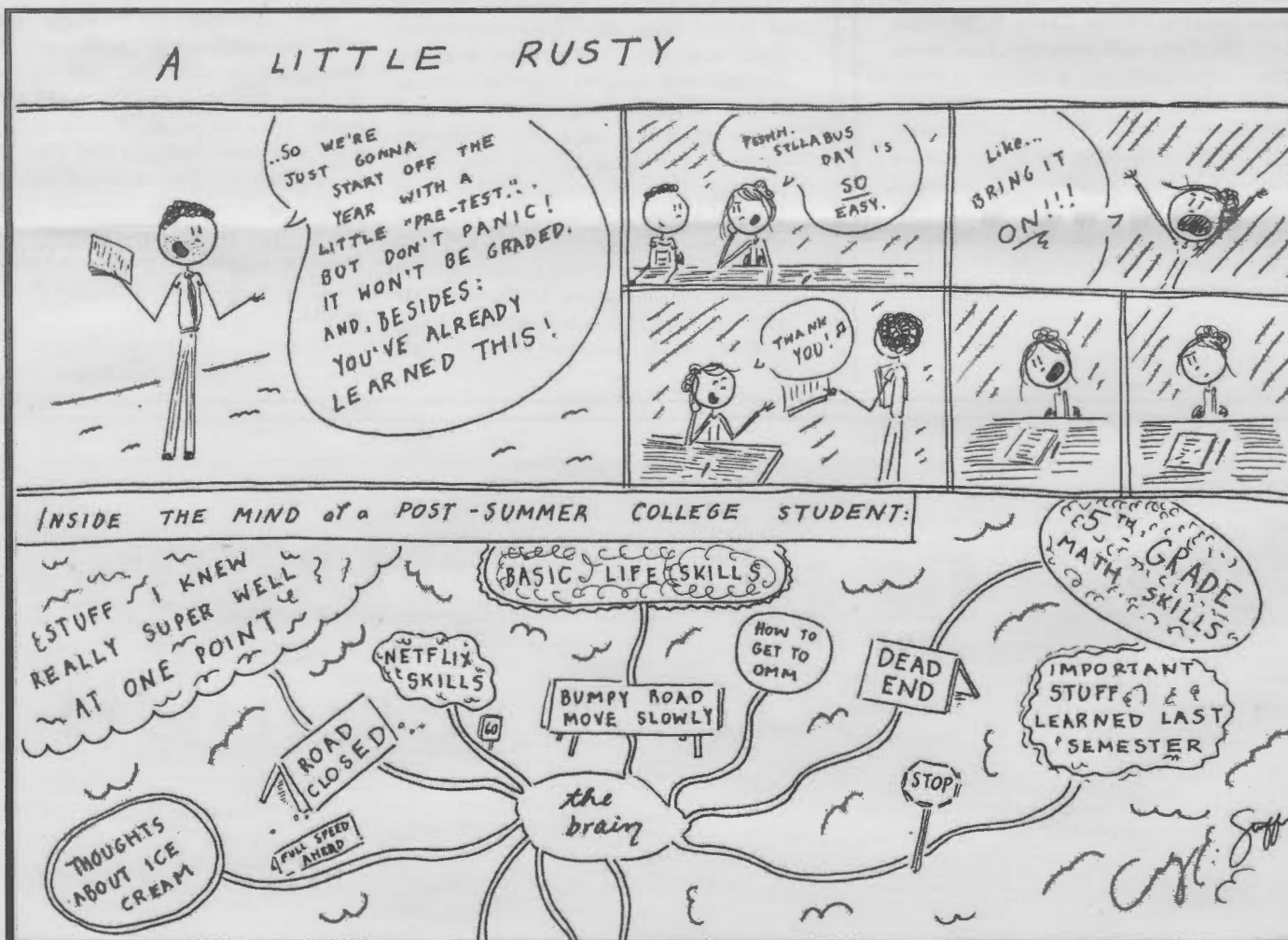
With that being said, I also agree with the protesting students. As adults, students should be allowed the freedom of sexual expression (within appropriate terms).

Before 2008, it was a felony to own more than 6 dildos in Texas. It shouldn't be shameful for someone to fully embrace their sexual self. Talking and expressing allows for mindful discussions about sex that are generally beneficial for students our age. Why censor full grown adults from doing so?

It's easy to simply say that seeing another person's dildo in a public space is uncomfortable for other students, but seeing someone with a gun or knowing someone is carrying a gun can also be unnerving.

As stated before, feelings of safety vary for each individual, but if someone truly had the intent to harm others, the inability to carry weapons would not change that outcome. Therefore, as long as safe and healthy habits are used with either item, both groups have a right to carry what they'd like, whether it be firearms, dildos, or both.

Little Carly's Corner



CARLY STAUFFER
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My name is Carly and I'm a Physics major here at PLU. I'm a total nerd, in love with Olympic National Park, and enjoy singing in University Chorale, writing, learning, acting and spending time with family (and Jesus!). While I somehow manage to look as though I've got my life pretty under control, I generally feel like I'm awkwardly stumbling around, trying to figure out life...just like Little Carly. Enjoy!



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Steve's Stance: Celebrate Good Times

STEVE MCGRAIN
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After being successful in something, we tend to celebrate with others.

A celebration in sports comes in different moments all throughout a game. A touchdown, a home run, or a goal are reasons to get excited.

But, what is the most disrespectful celebration in sports?

A defensive player could sack the quarterback and do a belly roll. A basketball player could toss up an alley-oop to his center running down the right side for a thunderous dunk.

In soccer, a corner-kick can travel into the box for a header, resulting in a goal and the forward flying around the field with his arms out or with his jersey over his head.

There is always a winner and

a loser in life.

In sports, a drastically different feeling can happen in a matter of seconds.

The high and low between Seattle's Quarterback Russell Wilson throwing a game-winning touchdown pass to Wide Receiver Jermaine Kearse to advance to the Super Bowl in overtime compared to throwing a pass to Patriots cornerback Malcolm Butler to lose Super Bowl 49.

It doesn't matter a fanatic's perspective on the play-call in the Super Bowl. To attend both games, the ultimate high of defeating Green Bay and jumping, crying, hugging fellow 12s in celebration to slouching down in my seat, head in my hands with tears falling down my face in disbelief, while New England fans jump for joy.

Is it a basketball player?

Who made the game-winning shot, putting his finger over his mouth to silence the arena to signify home

team's faithful fans to go home, it is over.

Or is it tennis?

After a match the victor usually turns to the crowd with a fist-pump and yells or even drops on to the court, all while the loser has to wait on the other-side of the net to shake the victors hand. I'm always impressed with this act because there is no way I want to shake someone's hand that just beat me.

Call me a sore-loser, but this is definitely one of the worst sports celebrations. Does Roger Federer really want to meet an opponent at the net to congratulate them?

I think all of these aforementioned sports are the losers though, because baseball is the winner for the worst celebration.

In the playoffs this year, Toronto Blue Jays' left-fielder Jose Bautista has hit two home runs off of pitchers, everyone knew once it

came off the bat that it was going to be souvenir.

The celebrations ensued. Since Bautista knew it was going into stands 400+ feet from home-plate, he did a bat flip before rounding the bases. Displaying the arrogance of his power is completely deserving because he got the best of the pitcher.

But this isn't the worst part of hitting a home run. The batter gets to round the bases at his own leisure, while the crowd goes wild. All the pitcher does is stare in denial and try not to look at the victorious player rounding the bases, then asks for a new baseball because the tattooed one is in someone else's possession.

Now if you are a one-sport athlete then there will only be a certain number of examples to pin point of an opponent expressing exuberance due to your misfortune celebration of the good times.

The Mast Monday Night Football pick 'em

Editor's Note: Pacific Lutheran's student body picks who will win and why. This poll began Week 2 and there wasn't an issue for two weeks. This is reason for five games.

Hayden McCartney is human and has relinquished his first place spot with a loss after picking the Giants over the Eagles in Week 6.

Chicago Bears travel to warm San Diego for a Monday Night Showdown.

The Bears welcomed back wide receiver Alshon Jeffery last week in their loss at Minnesota.

They were able utilize him early and often, but fell in the fourth quarter due to Vikings kicker Blair Walsh kicking it a field goal to win as time expired.

Chargers received the same treatment after their game at Baltimore. San Diego was able to put up a lot of points -29- in the loss. Ravens kicker Justin Tucker also kicked a game-winning field goal.

San Diego will welcome Chicago because they have the firepower to throw the ball over the field against a weak secondary.

This game will be decided by

which team turns the ball over most often, expect both teams to light up the scoreboard.

BEARS AT CHARGERS

D.J. Winter
Pick: Chargers
Record: 3-2

"I'll take the Chargers because they have a decent defense and Phillip Rivers is still a pretty good quarterback."

Nicoya Benham-Marin
Pick: Chargers
Record: 2-3

"I've got California in my blood and they had a higher expert pick on fantasy."

Juston Lind
Pick: Chargers
Record: 3-2

"Two teams that have struggled this season. I give it to Chargers because I think the Bears will have a hard time making up for losing Matt Forte in the backfield."

Tahlia Terhune
Pick: Chargers
Record: 3-2

"I'll go with the Chargers. I feel like their offense will pull through and Rivers is more consistent than Cutler. Neither defense is great, but I think the Bears are worse."

Traeger Jarrad
Pick: Chargers
Record: 4-1

"It's already written in the stars who will be the victor. I am from San Diego so I have to support my team."

Hayden McCartney
Pick: Chargers
Record: 4-1

"Don't like the Bears without running back Matt Forte and Rivers for San Diego has been playing really well lately, despite coming out on the losing end of games."

Kailyn Osaki
Pick: Chargers
Record: 2-3

"Flipped a coin on this one. Taking the Chargers at home."

Fantasy Football: Week 9

RECAP FROM WEEK 8: Another week in the NFL, Dallas Cowboys star wide receiver Dez Bryant returns, but against the Legion of Boom. After saying he was going to retire after the season, Ravens wide receiver Steve Smith Sr. suffers a torn ACL. This week you should consider:

QUARTERBACK: Drew Brees, New Orleans Saints

After posting a stat line of completing 40 of 50 passes for 511 yards and 7 touchdowns, this offense will not stop anytime soon with Titans up next.

RUNNING BACK: Ronnie Hillman, Denver Broncos

Yes, this is difficult considering there is a running by committee in Denver with CJ Anderson recording 101 yards and a touchdown last Sunday night, Hillman is still the clear-cut starter heading into Indianapolis.

WIDE RECEIVER: Dez Bryant, Dallas Cowboys

Continuing to find chemistry with Quarterback Matt Cassell will only improve their passing game. Last week was difficult against Richard Sherman and the Legion of Boom.

FLEX: Jeremy Hill, Cincinnati Bengals

The Bengals continue to steam roll through the NFL and next week should not stop them. Cleveland will make the trip the Cincinnati, the Browns defense gives the second most points in Fantasy to running backs.

TIGHT END: Vernon Davis, Denver Broncos

The fact of the matter is Peyton Manning's receivers look tired and Davis will be able to find open space all over the field against the Colts, whose defense has looked non-existent all year.

DEFENSE/SPECIAL TEAMS: Denver Broncos

Broncos are undefeated thanks to their defense, play them against the Colts.

KICKER: Blair Walsh, Minnesota Vikings

I realize the St. Louis Rams have a stout defensive line, but running backs have ran all over them in the first half of the season. With this in mind, Blair Walsh should get a lot of opportunities.

TEAMS ON BYE: SEAHAWKS, LIONS, RAVENS, TEXANS, CHIEFS, CARDINALS

Student-Athlete Spotlight

An interview with Michaela Edgers



PHOTO BY BAILEY PLUMB: Edgers elevates to spike the ball against George Fox.

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Michaela "Mack" Edgers is a senior middle blocker on the volleyball team and a center on the women's basketball team. I sat down with my teammate to ask her your questions.

Mast Media: How tall are you?
Michaela Edgers: I am 6'4", but you can look that up on the rosters.

MM: Which sport is your favorite and why?

ME: My favorite is basketball, but if you ask which sport is my favorite to play, that is a secret.

MM: What are your plans after college?

ME: I am currently applying to graduate school for veterinary medicine and I hope to get accepted this fall and attend next fall and go into the field of wildlife medicine and hopefully work at a wildlife preserve.

MM: Where would you want to work on a wildlife preserve?

ME: I would really like to work outside of the country, travel abroad and do something with large animals in Africa, but I think I would be happy just about anywhere.

MM: What animal are you most excited to work with?

ME: Probably lions and elephants if I get to that, but I really like dogs and cats too so that will be fun.

MM: You went to high school in Illinois; what is the biggest difference between Illinois and Washington?

ME: Easily the geography. In Illinois you can see for miles and here you can't see 20 feet in any direction because trees are everywhere, and mountains.

MM: What is your favorite thing about playing volleyball at PLU?

ME: I love my teammates so much, there is so much energy and so much friendship and we just get along really well.

MM: What's your favorite part about playing basketball at PLU?

ME: Probably my teammates again, but it is funny because basketball has a very different dynamic than volleyball. Where volleyball is really fun, happy and upbeat, basketball is down to business and you get a lot of solidarity in just how hard we work and how dedicated we are to the sport.

MM: What is the weirdest thing about you?

ME: I really like to crochet, and will do that in my free time just for fun, so if you need a blanket let me know.

MM: We hear that you like baking, what is the best thing you bake?

ME: My best dish is probably apple crisp if we are talking about dessert and I make a really good stuffed chicken lemon thing that is also very tasty.

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

Could daily fantasy sports help Pete Rose?

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Baseball's hit king could be receiving a second chance in the eye of the public.

Pete Rose is back in the spotlight, courtesy of Fox Sports. Rose gives his take as analyst for Fox coverage of Major League Baseball. Pete Rose comes off as a crotchety old man, whom most find humorous.

Controversy has surrounded Rose for most of his life. After 15 years of denial, Pete Rose admitted in 2004 that he had bet on baseball.

Documents were found that proved Rose had bet on games he both played in and managed. Rose's actions have disgraced his legacy more than even he could have imagined.

Former Commissioner Bud Selig placed a lifetime ban on Pete Rose from the game of baseball. Rose's action were deemed unforgivable by the man in charge during that time. Selig retired in 2014, and in 2015 Pete Rose has appeared on television sets at major baseball events.

New Major League Baseball commissioner Rob Manfred is trying to modernize America's pastime. We've seen pace of play initiatives go into effect to make games move quicker. We've also witnessed a new home run derby format, which turned out to be highly entertaining.

Manfred is also a supporter of sports betting.

"Gambling in terms of our society has changed its presence on legalization, and I think it's important for there to be a conversation between me and the owners about what our institutional position will be," Manfred said in an interview with Outside the Lines, a show on ESPN.

Manfred has had hearings regarding the punishment handed down to Pete Rose. Rose could be reinstated after years of being banned from the game he loves.

Pete Rose is undoubtedly a Hall of Famer. His numbers speak to how great he was.

If re-instated, Pete Rose will be immortalized, after being dead to many of his peers.

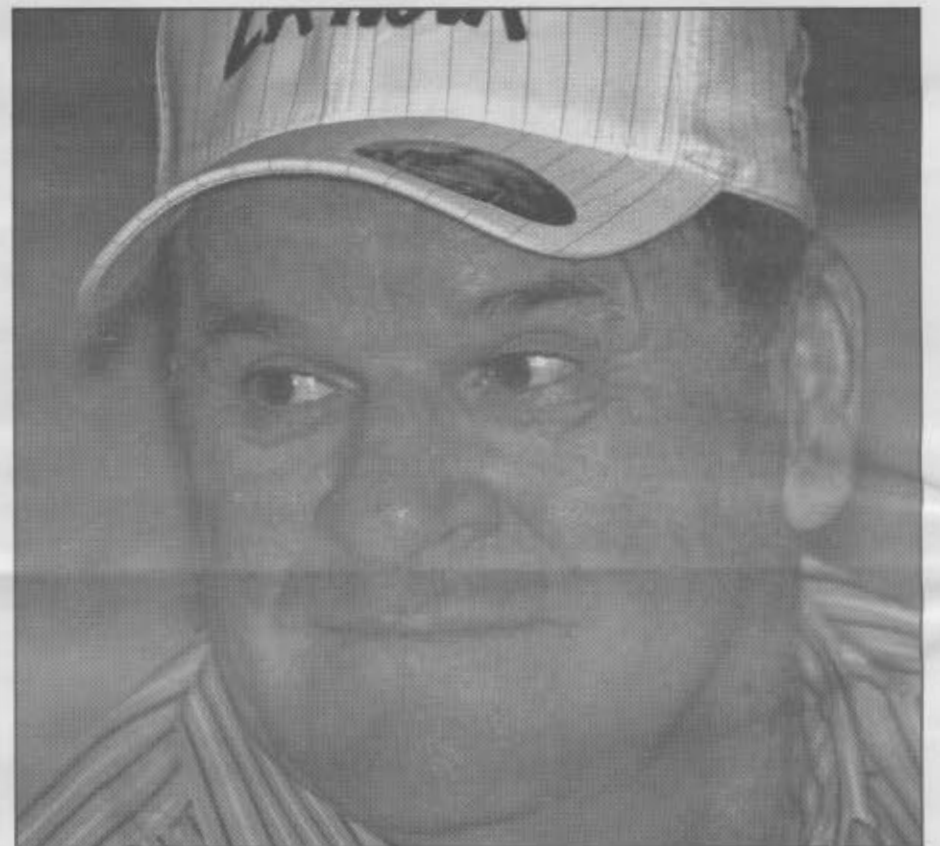


PHOTO COURTESY OF LORI BRANHAM

Offensive woes hurt Lutes football

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It was a wet day at Baker Stadium in Tacoma, Wash. The scene was set for the classic crosstown rivalry showdown between the University of Puget Sound Loggers and the Lutes.

"It felt like I was playing in a shower," said junior running back Kyle Madsen. "It was so hard for either team to get their footing down."

Three of the Loggers' four wins have come within single digits, whereas the Lutes are on the opposite end of the spectrum:

Three of the five losses for the Lutes have come within single digits.

Even though both teams' records looked vastly different, this game was going to be competitive. Plus, anything can happen in a rivalry game.

It was a very sloppy first half as both teams struggled on offense. The first points of the game didn't come until the 14:43 mark in the 2nd quarter when Lutes Junior linebacker Isaiah Watkins sacked backup Loggers quarterback Tanner Diebold in the end zone for a safety giving the Lutes a two-point advantage. Throughout the first half the Lutes offense had the ball in the

red zone two different times but couldn't convert.

When the second half started the Lutes ran out onto the field to start their first possession but starting freshman quarterback Cole Chandler was nowhere to be found. The third string freshman quarterback Walker LaVoy from Big Timber, Montana would be under center for the rest of the game.

Much like the first half, both teams struggled offensively until the 4:25 mark in the 4th quarter, when the Loggers scored on an 18 yard touchdown pass from Hans Fortune to Brennan Schon to give them the lead 6-2. They went on to miss the two-point conversion.

The Lutes had one final drive to score the game-winning touchdown.

After taking possession on their own 32-yard line, the Lutes picked up three first downs and moved 55 yards down the field in 12 plays.

On 4th and 10 on the Loggers' 15 yard line the Lutes failed to convert and the ball went back to the Loggers who took a knee to end the game, winning 6-2.

The Loggers hadn't beaten the Lutes since 2005.

"Today was a tough one to swallow. I'm really proud of the way so many guys competed today. The thing

I love about this team is it never matters what our record is, we love each other and will always strive for excellence," said senior Captain Chase Houser.



PHOTOS BY JASON BOREAN: (Left) Lutes' offensive line preparing for the upcoming play. (Right) Sophomore Kris Singstad (98), juniors Ben Welch (12) and Marc Gallant (22) lead everyone out on to the field.

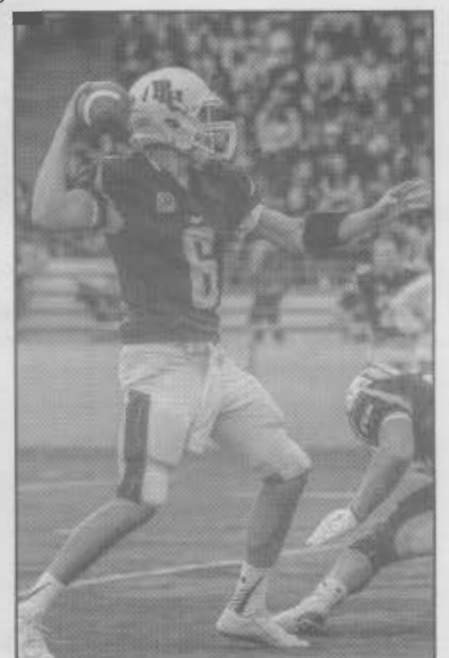


PHOTO COURTESY OF JASON BOREAN: First-year Cole Chandler (6) is the second quarterback for the Lutes to fall to injury during this season.

Na records hat-trick, Soccer wins 8-1

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Pacific Lutheran University's men's soccer team finished up their road schedule for the 2015 season with two wins against conference foes Pacific and George Fox last weekend, improving their conference record to 11-2, and putting them just one point behind conference leader, Whitworth.

"The second time you play someone, especially on the road, can be difficult," head coach John Yorke said. The team's Saturday match with Pacific got off to a shaky start.

While the Lutes kept control of the pace of the game, outshooting the opposing Boxers 19-3, they struggled to capitalize on Pacific's vulnerable defenders.

The tone of the game changed

in the final minutes. As things heated up late, Pacific's Matt Kimball was red carded in the 86th minute.

This swung the momentum in the Lutes' direction, and they capitalized when sophomore Joel Frykholm kicked in a goal from 13 yards off of a pass from Diego Aceves with a minute to go to give the Lutes the 1-0 win.

"We were not consistent in our decision making in our attack and tried to force too many balls into places that were not available," Yorke said. "In the end, it was a great finish by Joel on a great pass from Diego, and an excellent fight by our team to get the result."

The Lutes followed up their tough win Saturday with a powerful offensive attack, the likes of which the team hadn't seen since 2011.

Thanks to Frykholm, senior Troy-Mikal Olinger, sophomore Eddie Na, first-year Hunter

Clarke, and sophomore Rene Ramos, the team scored eight goals as they cruised to an 8-1 victory over George Fox Sunday afternoon.

"It wasn't the eight goals themselves that were impressive to me, but that we had the resolve to do the things correctly that allowed us to score those goals," Yorke said.

Na had his most productive game of the season for the Lutes. Along with two assists, Na scored three goals of his own in what became the team's first hat-trick of the season.

"Eddie Na had a great game today," Yorke said. "Our midfield of Diego, Joel, Troy and Bennett really set the tone of how the day would go."

Next up for the Lutes is their senior night game, where they will host UPS, third in conference, Saturday at 6 p.m.

A win would raise the



PHOTO BY BAILEY PLUMB: Lutes Goalkeeper Mike Arguello (1) has allowed four goals during the Lutes seven game winning streak.

team's total on the year to 16, which would set a school record. Should the team climb into the national rankings, the win could send them to the playoffs as well.

"UPS is an outstanding program with great coaches and

some dangerous players," Yorke said. "Both teams will be ready to play next weekend and it should be a fantastic game."



PHOTO BY BAILEY PLUMB: Senior Troy-Mikal Olinger (10) scored the second of the eight goals on Sunday.



PHOTO BY BAILEY PLUMB: Sophomore Eddie Na (9) celebrates with Junior Diego Aceves (7) and Sophomore Jacob Beck (2). Na has scored seven goals over the last four games.

The Regulators

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Intramurals have been around since 1913 and they are a staple of university athletics.

At Pacific Lutheran University, intramurals are offered in a variety of sports including volleyball, football, soccer, softball and basketball. Some sports are so popular they are offered multiple times a year. Each sport has a season and any student at PLU can sign up to play.

It wasn't that long ago when PLU intramurals were an unorganized, unregulated organization.

Coordinator of Recreation Rob Thompson was hired by PLU to create and oversee programs like Outdoor Rec, the Bike Coop, and intramurals. Something he has been working on is straightening up and improving intramural sports.

A big feature that Thompson has created is the position of intramural referees.

Before Thompson became coordinator, intramural sports had no referees and it was a free-for-all for athletes.

"Without refs it's really whoever has the loudest voice usually gets the calls," Thompson said. This organization, or lack thereof, kept attendance and enjoyment low in intramurals at PLU.

Ever since the implementation of referees, or as Thompson now calls them

"regulators," attendance has been up. "We've seen a huge difference in attendance. Just three years ago we were at around 450 students," Thompson said. "Last year we had 782 students play intramural sports, and this year we are on pace to grow even more."

The rules are also a bit different for intramurals as they are for varsity sports.

"We really adapt so they have similar rules, but not nearly as many. We just really aim to simplify the rules to a point where someone who hasn't played can come right in immediately and feel comfortable."

Fewer rules and a friendlier atmosphere are key pieces to the enjoyment of intramural sports.

A new title has also been created in intramural sports this season. Student referees are now called "regulators," a change that can be seen on the shirts of

Thompson's employees.

"I wanted it to be a bit different and the word 'referee' was a bit boring to me. I'm also a fan of '90s hip-hop and may have been listening to Warren G & Nate Dogg when designing the shirts."

With new titles and a growing list of offered sports every year, intramurals have become a welcomed diversion for student athletes at PLU. The new winter season is coming soon and all PLU students are encouraged to try their hand at their favorite sport.

"May have been listening to Warren G & Nate Dogg when designing the shirts."

Rob Thompson
Coordinator of Recreation



PHOTO BY EMILY MCCONNELL: Senior Christian McConnell (left) and Junior Stephanie Compton (right) display the back of Intramural Referee shirts

THE LUTES SET LIST

Football:

at Puget Sound, Lost 2-6

Women's Soccer:

vs Whitman, Won 2-1
vs Whitworth, Won 2-1

Up Next: at Lewis & Clark, Saturday, 1 p.m.

Up Next: at Linfield, Saturday, 12 p.m.

Men's Soccer:

at Pacific, Won 1-0
at George Fox, Won 8-1

Volleyball:

vs Willamette, Won 3-1
vs George Fox, Won 3-1

Up Next: vs Puget Sound, Saturday, 6 p.m.

Up Next: at Linfield, Friday, 7 p.m.

NORTHWEST CONFERENCE STANDINGS

Football

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Linfield	7	0	0	5-0	Won 7
Whitworth	7	1	0	4-1	Won 1
Puget Sound	5	2	0	4-1	Won 3
Pacific	5	3	0	3-2	Lost 1
Willamette	2	5	0	2-3	Won 1
George Fox	3	5	0	1-4	Lost 3
LUTES	1	6	0	1-4	Lost 1
Lewis & Clark	0	7	0	0-5	Lost 7

Women's Soccer

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



PHOTOS BY BAILEY PLUMB: (Far Left) Senior Hannah Walton runs in the NWC Championships. (Left) Freshman Chloe Epker (6) tries to tip the ball over the blocker (Right) Freshman Bo Frohock approaches the finishline at NWC Championships. (Far Right) Senior Emily Hanna (10) playing her final weekend of soccer at PLU.



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	15	1	1	11-1-1	Won 3
LUTES	15	0	4	11-2	Won 7
Puget Sound	9	7	2	7-4-2	Lost 1
Linfield	9	0	10	5-8	Won 1
Pacific	6	11	1	4-8-1	Won 1
Willamette	5	11	2	4-8-1	Lost 1
George Fox	6	10	3	3-7-3	Lost 1
Whitman	3	12	2	2-9-2	Lost 2