

THE MAST

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Rescheduled and Ready to Face-Off:

A Recap of the WA State Senate Debate at PLU

By Gurjot Kang and Raven Lirio
Mast staff

What do tax cuts, healthcare reform, immigration policy and hammers as assault weapons all have in common? The 2018 Washington State U.S. Senate debate at Pacific Lutheran University. The debate, originally scheduled for Saturday, October 6 at 7 p.m., was rescheduled to Monday, October 8 at 12:30 p.m. amid scheduling conflicts from Sen. Cantwell's campaign.

Despite the overcast weather and delayed date, there was a special energy and buzz on-campus as students and Parkland residents gathered to watch the senate debate between incumbent Democratic U.S. Sen. Maria Cantwell and Republican front-runner Susan Hutchinson. The line outside the Karen Hille Phillips Center stretched past Red Square as folks anxiously waited to take their seats.

The debate, moderated by KOMO 4 News Anchor Mary Nam, Q13 News Correspondent Brandi Kruse, and KIRO 7 Reporter Essex Porter, began with both candidates were given 90-seconds to give their opening statements. Questions regarding a variety of issues were asked, and the candidates were each allotted 60-seconds to respond.

The first topic of the debate was one dwelling on the minds of many Americans: sexual assault in the #MeToo era.

Candidates were asked this starting question, "how do we treat sexual assault accusers with respect when they come forward while still protecting people from false allegations?"

In her answer, Hutchinson focused on her experiences with discrimination in the workplace and fighting for equal pay as a former television news anchor.

"I know the #MeToo movement. I was in television news for two decades. I understand fully what that means, and I was a victim of it as so many other women in the workplace," said Hutchinson.

While Hutchinson shared her life story, Cantwell took a different tone by emphasizing the struggles victims of sexual assault, especially Native American women, encounter in coming forward.

"We have to address those cultural issues and put protections in place so these people can be heard...Anyone who is coming forward has a great risk in doing so and we need to make sure we have a process to listen to them," said Cantwell.

Another controversial topic circulating the media over the past few weeks focused on newly appointed U.S. Supreme Court Justice Brett Kavanaugh. Given that the allegations against Kavanaugh date back more than 30 years ago, the candidates

were asked, "should our actions as teenagers be held against us for life?"

Both candidates expressed their frustration over how the senate hearing and FBI investigation for the Supreme Court nominee played out the week prior.

Instead of answering the question, however, the candidates delved into their own thoughts on what went wrong during the interview process for Kavanaugh.

Hutchinson took this chance to speak against the Democratic Party for tampering the interview process. This was the first of many times throughout the debate where Hutchinson voiced her disdain for the Democratic Party in Congress, adding criticism against Cantwell's inability to serve Washingtonians.

She blamed the party for "the national disgrace" of the confirmation hearings and for taking away the privacy of one of Kavanaugh's accusers, Dr. Christine Blasey Ford.

While she emphasized the Democrats use of the hearings as "game for their own political ends," Cantwell made her view on the subject clear when she stated, "I believe Dr. Ford and I believe that it's very important for us to continue to believe people who have corroborating evidence on these kinds of cases."

Another hot **Continued on pg. 5**

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Comic by Monica Payne

NEWS SECTION

The new slug on the block

By Brennan LaBrie

Reporter

After 31 years of living on campus, the Rieke Slug, star of the large dioramas featured in the main hallway of the Rieke Science Center, officially has a name. The official naming ceremony took place at an event hosted by the PLU Chemistry Department called "Name the Rieke Slug!" in the Rieke Lobby on Friday, October 5.

The dioramas, one of which is a magnified forest floor scene centered around the slug, and the other a Washington coast tide pool, are two of six created by former PLU Biology Professor Jens Knudsen for display at the Point Defiance Zoo. They were removed during a remodel in 1982, and installed during Rieke's construction in 1986.

struction in 1986.

In a speech to kick off the ceremony, the Dean of the Natural Sciences Department Ann Auman said the slug has become a "regular part of our lives" for people within the department, as well as the most photographed object in the building. The decision to finally name the slug came about in an attempt to "foster a sense of community in our division and campus."

Over 350 names were submitted by students, faculty and alumni. A "Slug-Naming Committee," made up of three Biology professors, narrowed down the list to seven finalists, which were then voted on by 250 students.

The winning name was "Enriekie" (pronounced Enrique) submitted by student and Biology major Brianna Celix, beating out the runner-ups "Martin Sluther" and "Slug Harstad."

In a speech to the assembled crowd, Celix explained how the name Enriekie is more than just a clever play on words. She chose to look at her own identity and experience at PLU, and chose a name that represented her identity as a "mixed-race, Mexican woman in STEM."

Celix hopes the name will be a "divergence from the monochromatic naming of campus monuments and instead be representative of the diversity we hope to exhibit at PLU, and an encouragement for future, more profound representation of marginalized and minoritized identities within PLU, STEM, and society."

After Celix's speech, two cakes were cut, and booths set up by the Biology, Chemistry, and Grass Roots Environmen-

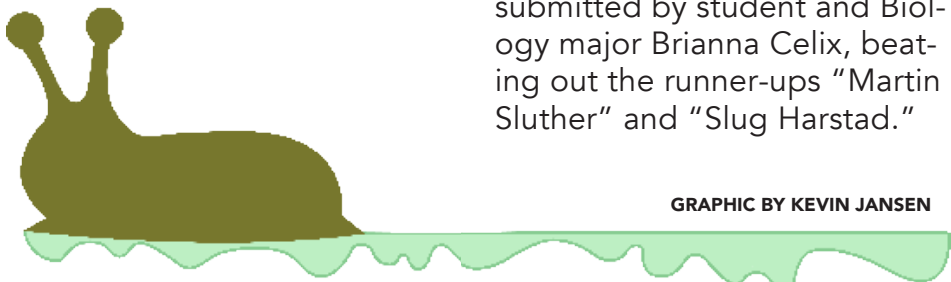


PHOTO BY COLTON WALTER

The rieke slug was officially named Enrique at a ceremony in the Rieke Science Center.

tal Action Now (GREAN) clubs offered slug-related information and fun facts.

According to GREAN Club President Julia Grosvenor, based on its features, Enriekie is most likely from the "black slug" species, an invasive species harmful to our local ecosystem. Despite his feelings potential origins, Enriekie is now officially a member of the PLU community and isn't harmful at all but family.



GRAPHIC BY KEVIN JANSEN

Students rally around Gen-Ed proposal

By Brennan LaBrie
Reporter

Clad in black and lined up outside Leraas Lecture Hall, over forty students surprised administrators and staff arriving at the October faculty assembly.

The students carried signs calling for the implementation of Diversity, Justice and Sustainability (DJS) in Pacific Lutheran University's (PLU's) general education requirements. The silent protesters were greeted with smiles, nods and words of encouragement from some faculty members, while other members inquisitively read the protest signs held by the students.

The protest was organized by Aziza Ahmed and Gracie Anderson, the student representatives to the Ad Hoc General Education Committee. The committee was created by administration in early 2018 and tasked with drafting new general education requirements.

The committee, made up of Ahmed, Anderson, two administrators and eight faculty members, drafted four proposals based off of student and faculty surveys and conversations. These proposals were presented to the faculty assembly in May.

The strongest elements of the four proposals were condensed into one over the summer. The proposal, called the Liberal Arts Foundation, created two Gen-Ed paths for students: the Diversity, Equity and Justice path and the student-selected

path.

The Diversity, Equity and Justice (DEJ) path implements aspects of DEJ into the curriculum of gen-ed courses, such as religion and First Year Experience Program (FYEP) 190.

The other path, the student-selected path, offers students the option to take Gen-Ed courses that relate to their major.

There are many other aspects of the proposal, including shortening the amount of health and fitness (P.E.) credits from four to two.

The overall proposal was met with much criticism from the faculty, says Anderson, and they requested a second proposal from the ad-hoc committee at the September assembly.

Anderson informed the members of Associated Students of Pacific Lutheran University (ASPLU), who were disappointed in what they felt was a rushed decision done without their input or an opportunity for them to argue their case for the proposal. They strongly believed that the first proposal represented the needs and wants of the student body, due to the "overwhelmingly positive responses" from their constituents upon hearing about it.

In addition, the committee agreed that creating a new proposal in the next two months was not possible. Ahmed and Anderson individually organized the protest to, as Anderson puts it, "remind this faculty who this



PHOTO BY BRENNAN LABRIE

Group of student protesters holding posters outside of Leraas Lecture Hall.

conversation is about" and to demonstrate student support for the first proposal.

Anderson gave a speech at the assembly expressing the sentiments of ASPLU and their support of the first proposal. The assembly voted to extend the committee, which was set to terminate this year, into the spring semester.

The committee is currently drafting a second proposal, and in the meantime, Anderson says that you can expect more action on this issue by the committee and ASPLU in the near future.

Senior Hannah Nagy, one of the

demonstrators, expressed the feelings of many of the other protesters in attendance on the proposal.

"I think [DJS] is really important to the Lutheran education in our mission statement, and I think it's important for all students to be more educated in how issues of diversity, justice and equity affect their lives," said Nagy.

To view the Liberal Arts Foundation Proposal students at the rally were in support for, got to:
<https://bit.ly/2PWPzw8>

PLU Prow weathers the storm

By Max Norstrom
Reporter

Standing over 20 feet tall, the Pacific Lutheran University (PLU) Viking Prow continues to breach through current times, standing as a commemorative symbol of PLU's proud history.

The Viking Prow was a gift from an alumna from the Class of 1941, Emilie Pederson and her husband, Ozzie of Tacoma, in memory of their parents who

immigrated to the United States of America. The prow was built by Paul Schweiss, owner of North Island Boat Company, on February 10, 1992. The PLU Viking Prow guarding the Scandinavian Cultural Center entrance is currently under construction.

The 26-year-old prow was beginning to fall apart from the elements, so, Jason Scheroder, the Director of the Scandinavian Cultural Center, proposed the

fix and emerged victorious. Thus beginning the plan to restore the Viking Prow to its glory days by replacing and sealing the Douglas fir boards.

With a new refurbishing underway, the Viking Prow will be going nowhere anytime soon. The prow will continue to gracefully emerge outside of the Scandinavian Cultural Center for years to come.

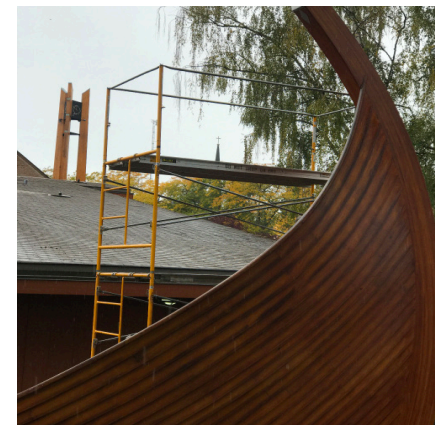


PHOTO BY COLTON WALTER

Construction scaffolding for viking prow outside of Scandinavian Center.

There's something brewing on campus

By Sarah Ward

Copy Editor

Something new is brewing in Pacific Lutheran University's (PLU's) campus coffee shops.

Students returning for fall semester may have noticed a subtle change in flavor in both the standard drip coffee and espresso drinks served on campus.

Over the summer, PLU Dining Services switched their coffee from Seattle's Best Coffee to Dillanos Coffee Roasters (DCR).

For the past five years, Seattle's Best Coffee was an espresso staple in all on-campus coffee shops.

However, in August of 2018, PLU's five year contract with Seattle's Best expired. This allowed PLU Dining Services to diversify the brands of coffee served on campus and transition from Seattle's Best to DCR.

The new coffee has received glowing reviews from coffee enthusiasts and casual coffee drinkers alike.

"Seattle's Best was a caffeine fix, but this one is a lot better.... It has more flavor and taste. I am definitely more interested in this coffee because it is a local business. It is more fun. They are unique, and I feel like they

make the coffee here a lot more personal," said PLU Senior and 'caramel americano lover' Emma Poffenberger.

On campus baristas have also noticed positive changes. When PLU switched over from Seattle's Best to DCR, a representative from Dillanos came to make sure the transition to their coffee went smoothly.

"The representative told us that 'if any of you want to come tour our location, just let us know. We would love to make that happen,'" said student barista Joy Ghigleri.

As a casual coffee drinker, Ghigleri said that she likes the slight difference in flavor in her espresso drinks this year and that she has received feedback from students who say that DCR is not as bitter as Seattle's Best.

"I personally notice a difference in the drip...I have had a lot of customers say that they really prefer the new coffee. This coffee is also organic, it's fair trade, its local...we are moving towards being local and more personal," added Lute Cafe barista Cassandra Ingram.

The fact that DCR is a local company strongly factored into PLU's decision to sign a contract with them.

According to Josh Girus,



GRAPHIC BY KEVIN JANSEN

the operations manager for Hospitality Services and Campus Restaurants, financial feasibility, locality and organic/fair-trade standards all influenced the decision to switch.

"When looking at our options, we wanted to make sure that we stayed with organic and fair-trade coffee, which were the standards that we had before. Both Seattle's Best and DCR met these standards...DCR was ultimately the more local option, even though Seattle's Best is owned by Starbucks," Girus said.

Girus also noted that DCR coffee has a smaller carbon footprint than Seattle's Best since it is a small, local company whereas Seattle's Best is a Starbucks product.

Although Starbucks is also a 'local company,' its international scale creates a larger carbon footprint.

As a small company, DCR can pursue what they have coined as "relationship coffee." According to a 2014 article in Edible Seattle, DCR

works to foster personal relationships with the coffee growers who supply their beans.

By doing so, they go above and beyond the labels of 'fair-trade' and 'organic,' and choose to have personal and lasting relationships with individuals along the supply chain, all of whom work to produce the coffee sold by DCR and served at cafes across the nation and on all campus cafes.

In August, PLU signed a five year contract with DCR. When these five years are up, PLU will once again be able to choose whether to renew the contract for another three years or to switch to a different type of coffee.

Until then, DCR coffee is here to stay. Students and faculty sipping on coffee on the way to class can rest assured knowing that the beans in their cup are part of an ethical, local and sustainable supply chain that starts with the growers and ends with their morning caffeine boost.



GRAPHIC BY KEVIN JANSEN

Continued from cover topic both candidates addressed during the debate concerned immigration policy and the future of Deferred Action for Childhood Arrivals (DACA).

When asked by Q13 correspondent Brandi Kruse, "what is your solution to DACA?" The candidates gave their differing opinions on the future for thousands of young DREAMers currently residing in the U.S.

Cantwell emphasized her support for DREAMers, mentioning the three various bills she's voted on in support of undocumented youth over the past couple years, stating what's needed most now is for the president "to get serious about protecting DACA recipients."

In contrast, Hutchinson took this chance to talk against Cantwell and Hutchinson's support Trump's plan for a border wall.

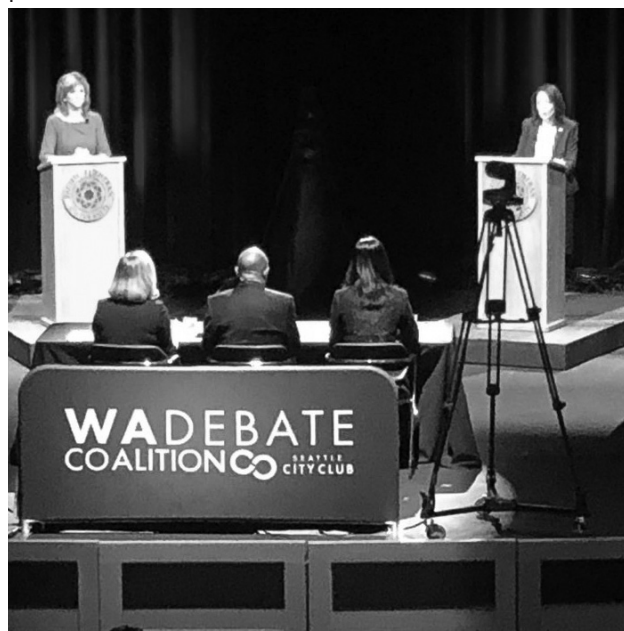
"We need to make sure our border is secure. The fact that we don't have a solution for DACA is simply because of people like Maria Cantwell who refuse to vote for it."

She claimed a physical border wall is necessary to prevent coyotes (drug smugglers) from bringing in "poor unsuspecting individuals who are coming to America thinking they have a promise."

The audience welcomed young people of all ages from PLU and from the neighboring school districts of Bethel, Eatonville, Franklin Pierce and Tacoma Public schools.

The candidates were asked what message they'd like to deliver to young voters who feel tired and discouraged by the present divisive state of politics.

Hutchinson initially didn't speak on the topic when she spoke of "the challenge it is for young people to think before they post" on social media.



The two candidates start their debate with 90 second opening statements.



PHOTOS BY COLTON WALTER

Audience members watch the start of the Washington state Senate Debate in the Karen Hillie Phillips Center. The audience consisted of PLU students, staff, and faculty along with community members.

Cantwell touched on the significance of young people living in an age dominated by information technology, stating "sharing information and working together on ideas where we can collaborate...based on solid scientific information will help us move forward."

Nearing the end of the debate, the candidates were invited to engage in an audience chosen topic: gun policy.

Cantwell spoke of raising the legal age to buy semi-automatic weapons from 18 to 21, banning bump stocks, implementing extreme person laws and pushing for a universal background check.

Hutchinson spoke about the issue and stigma around mental illness when it comes to gun safety.

"It is a shame that so many people are in fear in our schools because of the work of people who are mentally imbalanced," said Hutchinson.

On the subject of banning assault-style semi-automatic weapons, which have been used to kill many lives in mass shootings like Parkland, Florida, Hutchinson said "There are a lot of definitions of assault weapons--a hammer could be an assault weapon if used improperly," gaining audible gasps and laughter from the audience.

Cantwell's response to the question of banning semi-automatic assault weapons was simple: "yes."

The historic significance of the Senate debate held at PLU and the opportunity to hear from their candidates first-hand was not lost among the many PLU students who attended the debate.

For PLU junior, and Political Science

major Nikolis Clark, a chance to attend the debate and hear from both prospective candidates for the senate race produced an exciting opportunity.

However, for Clark, going to the debate wasn't just about getting to know the candidates, it was a matter of civic engagement and avoiding apathy in this political climate.

For him, the U.S. Senate Debate was a huge step towards that.

"It's significant to have a debate on campus because these are the people that are the future," said Clark. "College students are the future of the voter base and so an early level of student activism now is like seeds to a forest--it's something for a democracy to grow. As a senator, it's important that your constituents, especially the younger ones that you're trying to get to vote, can...meet and interact with you and see that you're a person and not just a name on a ballot that they aren't gonna fill out."

The Senate Debate at PLU was organized by the Washington State Debate Coalition, an organization founded by the Seattle CityClub in 2016 to expand the public's access to state representatives.

The debate was held ahead of next month's midterm elections on November 6th where political candidates across the state, including Cantwell and Hutchinson, will face off in the polls.

To register to vote for the upcoming midterm elections, you can register in-person at the Pierce County Elections Office or your local elections office until Monday, October 29.

Student involvement soars on record-setting Bjug Day

By Colton Walter

Photo Editor

If you're a student who's somehow managed to avoid noticing the mugs, shirts, app and even the countless beards, odds are you are still impacted by Pacific Lutheran University's (PLU's) Bjug Day of Giving.

Established in 2014, Bjug Day was created in honor of PLU's founder Bjug Harstad. Many of the donations raised on Bjug Day contribute to funding student financial aid.

At PLU, 9 out of 10 students receive some form of financial aid or scholarship money from the university, stemming largely from donations collected on Bjug Day each year. These scholarships can be crucial to students, often making the difference between if students attend PLU or not.

"During my sophomore year, I was able to move off-campus to help take care of my mom because of the extra funding I got as the recipient of the

Faye M. Anderson Van Beek award," said alumni Austin Berman, '18. "Scholarships were the reason I was able to take a summer off of work to go to Norway because of the Rieke Leadership Award."

2018's Bjug Day of Giving brought a record turnout of over 1,000 donors including alumni, employees, parents and even current students.

As promised by the school, the \$393,000 raised in donations were matched. This added up to a total of \$718,000 for student scholarships alone.

Bjug Day also gave donors the opportunity to choose what areas of PLU their gifts went to. Notably, academic divisions received \$114,000 and athletics raised \$66,000.

"We want people to know that Bjug day is inspired by our founder and his journey and that type of commitment," said Andrea Michelbach, Director of Annual Giving. "But what really makes Bjug Day come

alive now is when students are sharing their experiences and talking about what PLU is to them."

This year, students were encouraged more than ever before to get involved and they responded in record numbers. Acting as social media ambassadors, 47 students raised awareness through mediums like Facebook, Twitter and Instagram with the hashtag: #BjugDay.

Hundreds of students took to their devices to play the game "Bjug Harstad's Yukon Gold Rush" for a chance to win a year's worth of free brewed coffee from OMM. Thousands of Bjug beards, mugs and shirts were given away to students and faculty as promotion for the event.

In addition to the university-produced video featuring a reenactment of Bjug Harstad's quest to Alaska for funding, dozens of PLU students created their own encouraging

videos and shared them.

Compared to PLU's first Bjug Day in 2014, this year raised almost six times as much money for the university with over three times as many participants grown over five years. Thanks to the generosity of others, PLU can continue to support its current and future students.



PHOTO COURTESY OF JOHN FROSCH AUER

Students writing thank-you cards to donors on Bjug Day.

Music making it's way through campus

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

November Music Events:

- Nov. 6, 8 p.m. - University Symphony Orchestra
- Nov. 8, 8 p.m. - Steel Pan and Percussion Ensemble
- Nov. 9, 3:40 p.m. - Regency Series: Camas Wind Quintet (MBR 306)
- Nov. 11, 11 a.m. - M. Burch Sr. BME Euphonium Recital
- Nov. 11, 8 p.m. - T. Necessary Sr. BME String Bass Recital
- Nov. 15, 8 p.m. - Keyboard Students Recital
- Nov. 16, 8 p.m. - University Jazz Ensemble (Eastvold Auditorium)
- Nov. 17, 3 p.m. - Woodwind Student Recital
- Nov. 17, 4:30 p.m. - Brass Student Recital
- Nov. 17, 8 p.m. - Lydia Bill Non Degree Recital
- Nov. 18, 12 p.m. - H. Gorham Sr. BME Violin Recital
- Nov. 18, 3 p.m. - University Wind Ensemble
- Nov. 18, 8 p.m. - Guitar Orchestra & Ensemble
- Nov. 27, 5 p.m. - Saxophone Quartets and Jazz Combos (The Cave)
- Nov. 30, 8 p.m. - Piano Ensemble

Breaking blonde: *Legally Blonde* breaks stereotypes

By Kiyomi Kishaba
Reporter

A play normally cast in white and pink adds more color to the stage.

When Justin Huertas received an audition call for a stage production of *Legally Blonde*, he expected the role of Sundeeep, a problematically stereotypical Indian character. To his surprise, he was actually being considered for the lead role of Emmet, a character classically played by a white man.

With a childhood full of creativity including art, cello, acting, and singing, Huertas found the perfect match for his skills when cast in his high school's spring musical. Switching from an intended cello major to theatre, Huertas fully immersed himself in PLU's program.

Professor Jeffrey Clamp described the program at the time as "the Macgyver school of theatre," allowing Huertas opportunities to incorporate the cello into roles he played, expanding characters such as the Emcee in *Cabaret*, and initiate projects himself.

"He was a very motivated and creative student," Clap said, "surrounded by a lot of motivated and creative people."

However, Huertas found he was never in the spotlight. Roles were limited to "the plucky best friend, the sassy emcee, the observant clown on the periphery"; his race limited him from assuming "the hero, the romantic lead, or the underdog overcoming obstacles."

In high school and PLU, that was simply the way it was, and Huertas didn't question it. Even after being cast in a PLU production of *Legally Blonde* and falling in love with the leading role of Emmet, Huertas put this dream role aside, knowing the character would always be filled by a stereotypical white man.

But after graduating and engaging in

the theater community in Seattle, Huertas recognized the absurdity of these casting trends and rejected the boundaries he previously accepted. He composed his own musical entitled "Lizard Boy", depicting himself as a superhero.

"I've realized the only thing stopping me from playing the hero is my submission to these outdated points of view," Huertas said, "None of the heroes I grew up with looked like me, they were all white guys, so this was my way of creating a superhero who's brown for other kids like me to look up to."

"Lizard Boy" went on to reach great success, winning four of Seattle's Gregory Awards after its premiere in 2015 and the San Diego's Craig Noel Award for Leading Actor in a Musical the next year.

Huertas continued to compose for other adaptations of shows, such as *Howl's Moving Castle*, as he pursued musical theatre roles in Seattle. Huertas earned his dream role of Emmett in the Showtunes Theatre Company's *Legally Blonde*, performing alongside an African-American leading lady cast as Elle, another classically white character.

"We're all the heroes of our own stories," Huertas said, "and that includes people of color, queer people, differently abled people, and non-binary and trans people."

Huertas continues to fight for representation onstage, composing and writing more productions with inclusive roles.

"Why should tall, athletic, straight, white men be the only ones to play heroes on stage?"

To aspiring performers and composers, Huertas says to always keep in touch with your creativity. "Whatever you do," Huer-



PHOTO COURTESY OF PLU MEDIA

Justin Huertas and Alexandria Henderson running lines together for *Legally Blonde*. Both are excited to be breaking the ceiling as minorities in lead roles.

Huertas said, "just stay connected to your art everyday."

Huertas is currently working on *Lydia and the Troll* at Seattle Repertory Theatre and will be premiering *The Last World Octopus Wrestling Champion* at ArtsWest Playhouse & Gallery next June. His next onstage appearance will be in *X-Mas: A Merry Mutant Holiday Spectacular*, a Christmas-themed *X-Men* parody at Pocket Theatre.

It's all in the details art exhibition closes on campus

By Marsia Johnson
Reporter

The SOAC gallery art show "It's All in the Details" featured works from three Pacific Northwestern ceramists.

Artists Kristin Nelson, (kRIKRI studio) Cary Lane, (The Bowlmaker), and Nicole Pepper, (Modhome.ceramics), were featured in this season's theme highlighting unique, modern home decor.

Kristin Nelson's works included her VIT ceramics collection, a collection of mermaid lamps, bud vases, and platter bowl sets.

In the artist descriptions, Nelson said that "Vit" is the Swedish word for white inspired by her art studies in Sweden.

As displayed, Vit is a fitting name with the use of thin vertical stripes, amongst a smooth application of bright colors.

Cary Lane's works included original cups and bowls inspired by nature. Lane's cup collection in her Bowl Maker line have been designed and shipped abroad to be mass produced.



PHOTO COURTESY OF PLU MEDIA

A few of the pieces displayed in the exhibit. These pieces were also featured on fliers for the event.

Nicole Pepper's pieces featured bold collectables such as her feather dish, ring dish, square mod bowl, and zipper case. These items showcased her bold, graphic black and white designs.

You can find more of their work at local craft fairs and at the Seattle Art Museum Gift Shop. Visiting Assistant Professor of Art and Design, Mare Blocker, cultivated the idea of the show and reached out to the artists over Instagram.

Blocker had collected work from all three artists, and actually went to school with ceramist Kristin Nelson.

Blocker intended for the show to exemplify what they could do in their career paths. Interestingly, Blocker chose female ceramist to exemplify the entrepreneurial route students can take in creating home decor.

The exhibition opened on September 19th and was on display until October 24th.

COMING UP...

Student Juried Exhibition

November 14 – December 12

Opening Reception: November 14, at 5pm

The Student Juried Exhibition celebrates the talents of PLU's student artists, featuring exceptional artwork chosen by a guest juror.

Showrunners presents: *The Social Circle*

By Olivia Crocker
Reporter

When she first joined, it was practically an accident. Three years later, she's directing, producing, and co-writing this year's Showrunners sitcom.

Executive Producer, Megan Longstaff first joined PLU's student film production program in 2015 as an actress, having auditioned and landed the second female lead. She went on to act again in 2016. Last year however, she stepped into the role of director and producer, and fell in love.

Longstaff is stepping out of her comfort zone this year with "The Social Circle." Whereas past projects have been dark, or surreal, this year's is a sitcom. Longstaff welcomes the challenge.

"I want to challenge students...even if they could do great in [a familiar role]. I want to give them something new, that they can make their own."

The Social Circle may appear light-hearted, but there is a lot of depth to the story. The main character Jordan, played by freshman Destiny Colville, is entering her senior year. She moves into an apartment with seven roommates, joining late in the year and attempting to blend into the pre-established relationships.

Hilarity ensues but many lessons are learned along the way. The episodes deal with each of the seven deadly sins, and Jordan learns to not only see the strength in others despite their challenges, but in herself as well. Colville appreciates the honest approach the show takes with mental health.

"I relate to Jordan. Her struggles are nothing to be ashamed of. It's important to know that you can let other people help you. Jordan learns that, and so have I."

This new direction for Showrunners comes along with a host of new students involved on set, and they certainly need all the help they can get. While last year's production featured five actors, this year brings that number up to eight.

Add to that the extras, tech crew, and many others... the added help is welcomed, but comes with a new challenge—very student involved with the production has their own schedule outside of



PHOTO BY MARSIA JOHNSON; EDITED BY VICTORIA NORMAN
Showrunners cast poses for their promotional photoshoot before the start of their season. This on campus group gives students the opportunity to learn professional skills useful in TV production careers.

filming days.

There are student athletes, performers in the theatre department, as well as some members even studying abroad. As the Executive Producer, scheduling is one of Longstaff's many responsibilities. She says she's up to the challenge.

"My goal is that it doesn't have to be a sacrifice for someone to be a part of Showrunners."

In fact, most members are not present for each filming day. However, participation of any form is appreciated.

Colville is one of the many who balance Showrunners with other acting on campus. Most of her time commitment is spent learning her part and participating in filming. Colville believes that not having an audience to provide live feedback is an added difficulty.

"When you're on stage, you know the reactions from the audience...you know what you're doing right and what you're doing wrong. Filming is more like performing in front of a mirror with your hairbrush. No one is there to tell you how you sound. With filming, we're essentially trying to connect to an audience that doesn't even exist yet."

When asked how to make that connection, Colville references the editors, and says she places a lot of her trust in them.

"I leave it to the editor. I try new things each take. You can be bold with filming, and try things that may or may not work. The editor gets to decide what to keep, what to toss."

Junior Jim Carey, the Director of Cinematography, also spoke of the challenges of filming. He comes from a professional set background, and it has been an adjustment working with this lower budget

Keep up with Showrunners season promotions and premier dates!

Facebook: [facebook.com/plushowrunners](https://www.facebook.com/plushowrunners)

Instagram: [plushowrunners](https://www.instagram.com/plushowrunners)

Twitter: [@plushowrunners](https://twitter.com/plushowrunners)

group.

"We have about three working lights...the camera is significantly cheaper than what you see on a professional set and it actually stops filming every twenty minutes...by far the most important skill to have on set is problem solving."

Carey spoke of filming days where the camera rig was broken, lights weren't working, and a multitude of other problems.

"You can't predict what's going to happen." He enjoys that challenge though. "I'm a hands-on kind of person. Give me a script, and tell me go. I'll go."

While the budget may be different, Carey says Longstaff does a fantastic job with the resources she has.

"We may not have the same equipment, but we work hard and we're proud of the end result."

Carey says he is on set every filming day, but he won't see the finished product until the premier, which is estimated to occur in May. That premier is his favorite part of the whole experience.

"Seeing the work we've all put in go on to the screen is the best feeling."

Students interested in being a part of Showrunners can email showrunners@plu.edu. To see past productions, visit <https://plushowrunners.weebly.com>.



PHOTO BY MEGAN LONGSTAFF
Students learning the ropes of using the cameras. They will take what they learn here and apply them to jobs in professional

Five ways to budget your Dining Dollars

By Solen Aref

Reporter

College. It's known for its reputation of parties, off the charts stress levels among students, and a whole lot of personal freedom. . With the endless variety of choices, and freedom to have anything you, it's hard to know how to budget your Dining Dollars responsibly. That's what we're here to teach you: here are five tips to help you budget your dining dollars here at PLU.

Savvy salads.

Nobody likes a sad salad, but building your own can come with a high price tag. One way to cut that almost in half is to buy your protein at the grocery store, and everything else for your salad at the Commons. You can always find canned tuna, beans or tofu for around a dollar. You can also purchase grilled chicken breasts at a great price in the frozen food aisle. Simply take your choice of protein with you to the commons in a tupperware dish, and add it to your purchased salad to save money on the protein and bring down the overall price.

Free fruit.

How many times have you walked past the fruit stand on your way out of All You Care To Eat meals and not grabbed something?

Taking a piece of fruit on your way out, and having it with your breakfast the next day saves you money and time. According to Livestrong.com, an online website dedicated to encouraging healthy lifestyles, "fruit provides vitamins and minerals such as Vitamin C and potassium. The vitamins and minerals help your body function properly and can help prevent certain diseases and health conditions" (Jessica Brusio). It's one way to start your day off on a healthy foot, and helps you reach the USDA's suggestion of five fruits and vegetables each day.

Less leftovers.

A common practice among Americans is wasting food. In fact, according to the USDA, 30-40 percent of the food supply goes



to waste here in the United States. Instead of biting off more than you can chew (literally) try grabbing a smaller portion than you usually do, and going back for more if you're still hungry. It'll help you be a more environmentally conscious, and save you money while you're at it.

Dressing dos and don'ts.

Dressing is amazing, but can be expensive. Here's a tip to save you some money when you get it for a salad! Pour the dressing into one of the small containers on top of the dressing bar, so that way your dressing isn't weighed with your salad.

Basically you don't have to pay for it this way!

Healthy H2O.

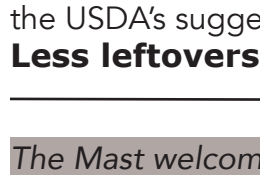
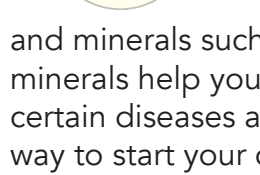
Water is a vital ingredient to a healthy life and usually free on campus; you just can't beat that! Next time you reach for a sugary beverage, consider making your health and wallet happy by going for a water instead.

*Extra tips from other PLU students: Senior Kseniya Larsh says to refer to the meal plan chart to stay updated and see where you're at. To view this chart, go to Campus Restaurants > Quick Links (on the right side) > Dining Dollars.

*First year Sergio Garcia says to not give into peer pressure when you make OMM runs with your friends. If they're all getting something, you might feel like you have to get something with them, even if you have food back at your dorm- be strong and don't give into the pressure!



GRAPHICS BY KEVIN JANSEN



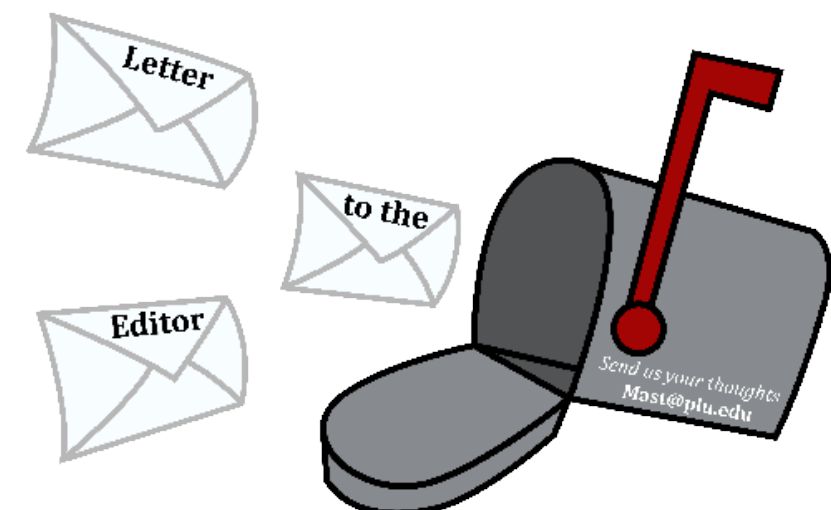
The Mast welcomes 'Letters to the Editor' and comments on our website. We run as many letters as possible, space permitting. The views expressed in these letters and in personal editor responses are the opinions of the author and do not necessarily reflect the views of the newsroom staff or the organization, The Mast. Write and send Letters to the Editor at mast@plu.edu

Student debt is bigger than a TV show

Dear Editor,

The desperate state of student debt demands a better solution than a game show. ('The new solution for student debt' by Chloe Wilhelm, The Mast, Oct. 1, 2018) Calling those who represent you in Congress is the beginning. Writing to them and the newspapers is a second step. Visiting them and following through is the way to make this happen. Voting matters, but we don't need to wait for elections to speak up for justice for all. RESULTS (results.org) has been doing this work for 38 years and offers 18-30 year olds the Real Change Scholarship to learn to advocate to end hunger and poverty. So speak up to your representatives in Congress and help create a better world.

Willie Dickerson



GRAPHIC BY KEVIN JANSEN

Read, watch and listen to the news

By Ben Leschensky

Online Editor

College students are busy. Between classes, studies, extracurricular activities and social events, our time is very limited. Still, it is important for all students to make time for being well informed on what's happening in the world today.

While we may not have much wiggle room in our schedules, we should all make time for staying caught up on the news, both local and national. Whether this means watching newscast on TV, reading the newspaper, or catching up with online news sources, it is of the utmost importance that students stay informed on what is happening outside the PLU bubble.

The Brett Kavanaugh nomination for the United States Supreme Court dominated headlines for the past couple of weeks. However, there are students on campus that haven't heard anything about his nomination and the controversy surrounding it. When I asked students about whether or not they had been following the hearings, some responded by asking "what hearings" and "who is Kavanaugh?"

This is unacceptable for college students today. As future members of society, we have a responsibility to stay informed on what is happening in our country. The Kavanaugh confirmation will not only affect our lifetimes, but also the lives of our children.

In my opinion, students can easily find time in their schedules to read the news. They just have to make the conscious choice to do so. In an age driven by social media and time-consuming apps, we are easily drawn to scrolling through our various feeds or looking at memes. If we read the news during this time, how-



ever, we'll be more aware of issues facing our country.

I'm not advocating for 24/7 news exposure during our free time; balance is important. But I do believe that we need to start pulling our weight and staying caught up on important issues. We attend a liberal arts school to become well-rounded citizens, but if we're uninformed, what's the point?

So, the next time you open your phone, consider reading the news instead of social media. Memes can take the back burner this time.

Get your Halloween haunt on in Hinderlie

By Chloe Wilhelm

Opinion Editor

If you're looking for suspense, scares, and screams, then Hinderlie Hall's haunted house event is the perfect Halloween destination.

The annual event, which will be presented by Hinderlie's Residence Hall Council, is a signature event at Hinderlie – much like Tingelstad's Carnival or Ordal's Casino Night.

Each year on Oct. 31, Hinderlie's first floor lounge is transformed into a spooky haunted house, with each year featuring new scares and surprises.

"We stage an entire setup of a haunted house in our main lounge," said Joey Grabowski, Hinderlie Hall RHC president.

"The makeup of the haunted house is different each year." Grabowski said that there are new features added to the haunted house all the time, this year includes a brand-new zombie section.

Since the haunted house is open to

both PLU students and the community, the event is accommodating for everyone, ranging from young kids to college students.

Grabowski said that the haunted house begins with a short tour to learn about the audience and determine how scary the event should be.

"Acting in [the haunted house] is a really great way to be creative," Grabowski said. "It's a really good experience to have."

While people usually spend between six and eight minutes in the haunted house, Grabowski said that there is a lot to explore.

"My favorite part [is] definitely the mad scientist section," he said. "It's really cool to see how people react."

Grabowski recommended that students should stop by Hinderlie on Halloween to visit and explore the haunted house.

"Overall, it's a great experience," he said.

The haunted house event will be on Halloween night from 6 p.m. to 8 p.m. Halloween night in the first floor lounge of Hinderlie Hall.





PHOTO BY DREW FORBES

Senior Parker Trewet addresses the team before the game. The Lutes improve to 3-0 at home after last Saturday's victory.

By **Chloe Wilhelm**

Opinion Editor

PUYALLUP, WASH. – With a 33-20 victory, the Pacific Lutheran University football team easily defeated Willamette University on October 20 at Sparks Stadium.

The first quarter was slow for both teams, but the Lutes (3-3, 2-2 NWC) picked up near the end of the second quarter and made a touchdown and a field goal, giving them a 10-0 advantage going into halftime.

Willamette University (1-5, 0-4 NWC) started the second half strong with an 80 yard touchdown pass, but the Lutes quickly put more points on the board with another touchdown, leaving the score at 17-6.

PLU's strength continued throughout the third quarter with a 61-yard touchdown to senior wide receiver Brady Winter. Willamette was able to rack up a second touchdown, but

Willamette vs PLU: Football wins at home

it was not enough to challenge the Lutes' 30-12 lead.

During the fourth quarter, Willamette scored a touchdown at the ten-minute mark, but was unable to cut the deficit before the Lutes kicked a field goal in the last thirty seconds with a winning score of 33-20.

Head coach Brant McAdams said he was happy with the team's hard work.

"Today was a slow start, but they did a good job at hanging on," he said. "After a while, good things start to happen."

McAdams said that they will continue to work hard throughout the rest of the season.

"We know there's always room for improvement, and we're going to continue to focus on the process," he said.

The Lutes will play their next game against Linfield College in McMinnville, Oregon on October 27.

Cross country runs for Northwest Conference Championship

By **Isaiah Shim**

Sports Editor

The Pacific Lutheran University men's and women's cross-country teams have had individual triumphs— now they look to experience success together this year. With 2 second place finishes, both teams are hoping to build momentum with Northwest Conference Championships rapidly approaching.

Head coach Adam Frye is confident in his team's ability, saying that this has been "the most fit group, top to bottom" that he's had since his arrival in 2016. "The overall fitness and preparation for both teams has been really solid," said Frye.

Frye has high expectations for the teams this year, stating that he expects

senior captains Kyle Rapacz and Sammi Sponenburg to have a big impact as the post-season approaches.

Rapacz is excited for NWC championships and all of the extra care it takes to prepare for postseason meets. "This part of the season is always a lot of fun for the athletes as we start to taper our training," said Rapacz.

Sponenburg also acknowledges the importance of this time frame as "it allows us to feel rested, healthy, and ready to run our best race at the championships."

Team chemistry is an aspect that both captains said was very strong within the



PHOTO BY MCKENNA MORIN

The men's cross country team running before a football game. The men ran from campus to Sparks Stadium to deliver the referees the game ball.

teams, each saying that they are expecting underclassmen to have big roles as postseason meets approach.

Even though cross country is an individual sport, Rapacz believes team chemistry is just as important as any team sport. "At the end of the day it comes down to which team has the five highest finishers."

Sponenburg agrees, stating that "having relationships with your teammates allows you to build trust which allows you to be a stronger team as a whole."

PLU women's soccer goes for the goal

By Hannah McCauley

Reporter

The Pacific Lutheran University women's soccer team is looking towards the conference title, and they aren't going to let anyone stand in their way. This season, they have achieved a 4-3 victory against University of Puget Sound, a 1-0 win against Linfield, and conquered Whitworth 2-0 on their own grass.

PLU women's soccer is known for its talented and hard-working players who have won multiple National Collegiate Athletic Association national championships.

This year's goals for the team are no different. According to Rachel Ross, PLU senior and student-athlete, "we are looking to win the conference title and make it to the NCAA tournament for a third straight year."

According to Seth Spidahl, head

women's soccer coach, the schedule this season is the toughest of all his years coaching at PLU. The hard work is paying off with only 3 losses out of 14 games so far.

Spidahl is proud of the team and says, "they train and play with passion, they are great teammates to each other and they represent what PLU is all about."

Some changes to women's soccer this season include the many new faces on the team. Ross says, "this season has been unique in the way that we have had to rely on each other even more."

The PLU women's soccer team continues to gain momentum this season, taking on challenging teams and coming away with victories.

Senior goalkeeper Natalie Robinson says, "having coaches and friends who believe in you, sometimes more than



MAST ARCHIVES

The women's record is 8-2-2 in the conference, only trailing first place Puget Sound by three points.

you believe in yourself, and give you confidence and who challenge to make you a better person and athlete is something that has been invaluable to me."

Remaining games this season:

Oct. 27, 12 p.m. vs Lewis and Clark

Oct. 28, 12 p.m. vs Pacific

Oct. 31, 4 p.m. vs Puget Sound

Nov. 3, 11 a.m. at Willamette

Men's soccer kicks into gear

By Brennan LaBrie

Reporter

The Pacific Lutheran University men's soccer team had a successful weekend at home, beating Whitworth University 1-0 on Saturday, October 20, and tying with Whitman University 2-2 the day after.

This puts them at 8-2-1 in the conference and 12-4-1 on the season, trailing only Willamette in the conference rankings.

The team's performance this weekend, as well as Willamette losing one game and tying another, narrows the gap between the two from four points to one—a difference of one tie. PLU is one win away from their pursuit of Willamette for the conference title, which is better than their record last year. They ended up matching Willamette's record at the end last year, but a tie breaker placed Willamette ahead.

This year, senior Joe Sammartino and his team have their eyes set on the conference title and a trip to the national tournament once more. To do this, they must win their final three games, including a rematch against Willamette on



MAST ARCHIVES

The men's soccer team celebrated after a victory after a game against Trinity in 2015.

October 28. The two teams met back in September, with Willamette coming out on top 3-1.

"We believe that we can do it," says Sammartino, adding that the team has been focusing extra hard at practice in order to achieve their goal.

Although the team is trying not to focus on Willamette's record and are "just focusing on what we can control," Sammartino admits the memory of last season's conclusion motivates the

returning players in their pursuit of the national tournament. "We're the best team in the conference," says sophomore midfielder Keegan Dolan, "We just have to show it."

Sammartino and Dolan invite all students and faculty to come and support the men's soccer team at their final home game and conference match at PLU on Saturday, November 3 at 12 p.m.

"We could win a conference championship that day, if it works out right," Sammartino added.