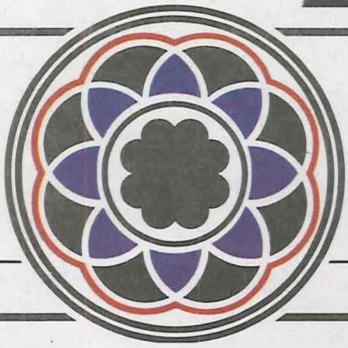




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ROTC wins MacArthur Award

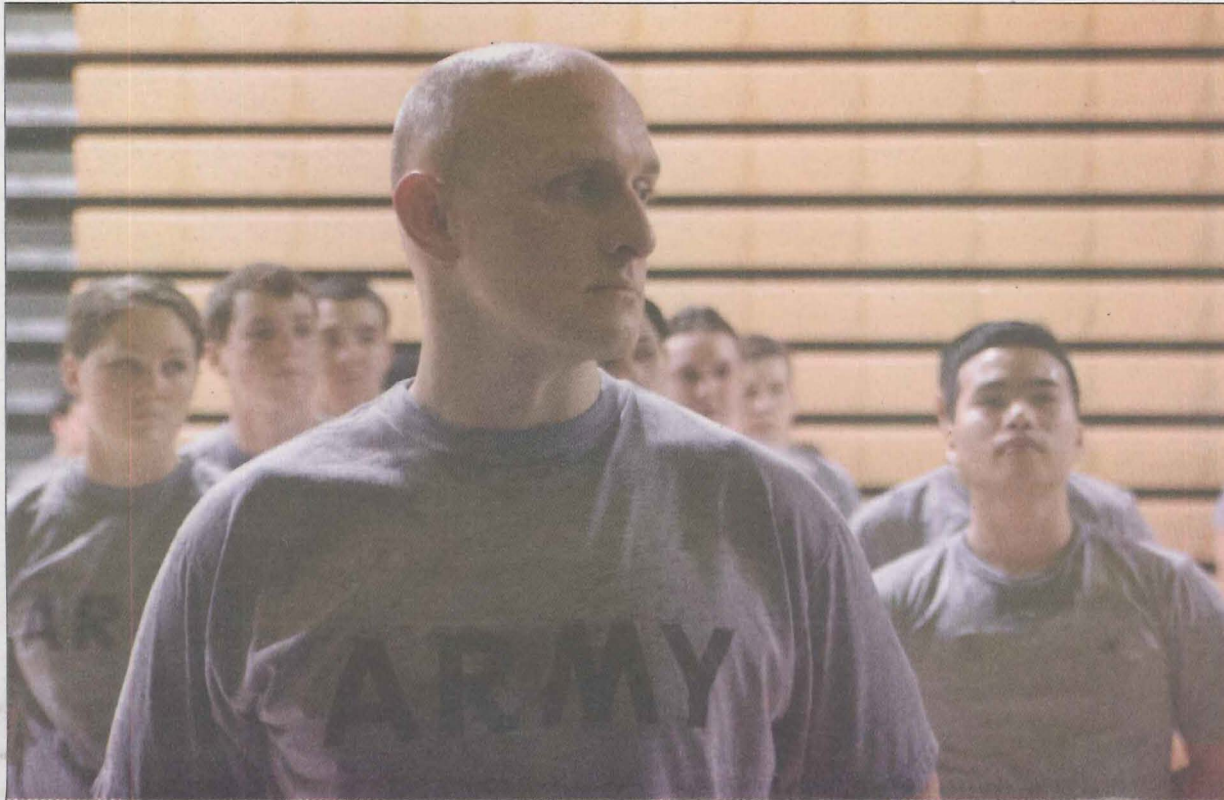


PHOTO BY JESSE MAJOR

Junior Josh Albrecht stands in formation after Physical Training Monday. ROTC earned the MacArthur Award for the third time in four years last Friday.

By **JESSE MAJOR**
Photo Editor

Pacific Lutheran University's Reserve Officer Training Corps program earned its third MacArthur Award in the last four years last Friday. Winning this award demonstrates why the program is one of the top eight ROTC programs out of more than 275 in the country.

PLU previously earned the award for the 2009-10 and 2011-12 academic years, according to Lt. Col. Kevin Keller, who said the award was a huge achievement.

"We are very honored to win yet another MacArthur Award," President Thomas Krise said in a press release.

The MacArthur Award goes to the top program in each of the country's eight brigades.

PLU represents the Cadet Commands Eighth Brigade, which includes 30 units in Washington, Oregon, California, Hawaii, Alaska, Idaho, Montana, Nevada and Guam.

The MacArthur Award is earned based on the programs' academics, the cadets nationwide rank on the National Order of Merit List and the cadets' performance and retention and commissioning rates.

"It feels really good," junior Connor Rowell said. "It demonstrates our continued effort in and out of the classroom."

Keller attributes the PLU ROTC's success to the 90 cadets in the program.

"They are incredibly positive, driven, motivated men and women always pursuing excellence," Keller said. "I come to work every day honored and proud to work with them. I'm lucky."

Earning the award also helps the program recruit more cadets.

"I couldn't have picked a better school to do ROTC at," Rowell said.

When Keller interviews prospective cadets, he tells them if they join the PLU program, they will be in one of the best in the nation. Keller also tells them about the overall quality of the university and about the benefits of its small community.

Seniors mentor the underclassmen in ROTC, something that might not happen at larger universities.

"They are right down with them," Keller said.

Sophomore Georgia Lamb said she feels super fortunate to be a part of it.

"For me personally, the award makes me want to push myself harder," Lamb said.

It is easy being green at PLU

By **LEAH TRAXEL**
Online Editor

Working in the Sustainability Office, particularly in recycling, can be a really dirty job. But since being named number 29 in the top 50 Greenest Universities in America list, the office has been enjoying some recognition for its work.

The award comes from BestColleges.com, which aggregated the data based on the Sustainability Tracking, Assessment and Rating System from the Association for the Advancement of Sustainability in Education (AASE).

"Sustainability is right in the mission statement of PLU," Chrissy Cooley, the sustainability manager, said. "It's not a destination, it's a process, an evolving concept."

One of the things that makes PLU Sustainability stand out is the heavy student involvement. The office houses 3 full-time staff and more than 20 student workers. Senior Princess Reese, the eco-justice advocate, explained that the office's programs and campaigns aim to meet a three-pronged approach.

Reese said PLU operates with three principles: people, planet and prosperity.

"You have planet, which is ecology, which everyone knows about. Then you have the people portion, which is social sustainability, so caring for one another and caring for the community. And then there is prosperity, which is this collaborative effort to integrate systems that

are ecologically sustainable, socially sustainable and financially sustainable."

One of the office's long term goals is to get all the buildings on campus designated Leadership in Energy and Environmental Design (LEED) certified.

The United States Green Building Council determined the certification, and it is marked by several factors including the sustainability of the construction, interior design and or neighborhood development, among others.

"I think we could even take it a step further and look at how buildings can even be good for the environment," Cooley said.

"A lot of students may not know that a building is following LEED design, but they know they're more comfortable in that building," Cooley said.

One such building is Morken, where Cooley spent time while studying for her MBA. She said she enjoyed the building because of the increased amount of natural light.

"I feel more productive, more energized when I'm in that building, and it's nothing that's so outside of the realm of innovation," Cooley said. "These are places that need less cleaning chemicals, they have less carpet, they don't need as much maintenance."

The other LEED buildings on campus are the Karen Hille Phillips Center for the Performing Arts, the Neeb Center and Anderson University Center. While Cooley said many of the

**GREEN CONTINUED
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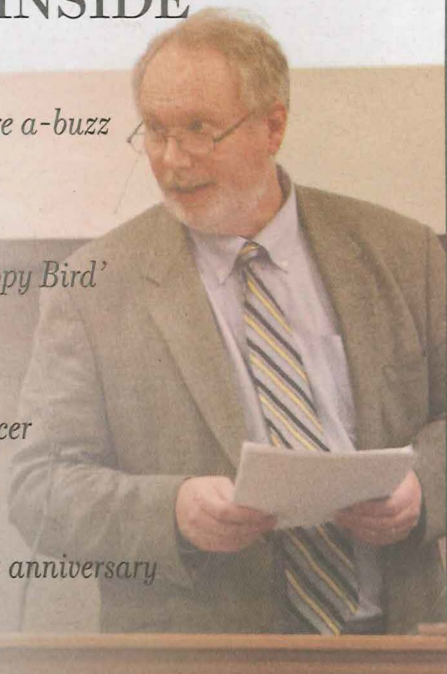
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History lecture focuses on execution

By **TAYLOR LUNKA**
Guest Writer

A 16th century journaling executioner was the focus of the 40th annual Walter C. Schnackenberg Memorial Lecture Wednesday.

Students, faculty, alumni and staff occupied almost every seat in Xavier 201 to listen to speaker Joel Harrington, professor of history at Vanderbilt University.

Harrington specializes in the history of Europe, specifically in the Reformation and early modern Germany.

His research interests lie in social history, children, family and marriage.

Harrington's most recent book, "The Faithful Executioner," was

published in 2012 and examines crime, punishment and ethics in early modern Germany. He began working on the book about four years ago.

The night's lecture focused on Frantz Schmidt, a young 16th-century German executioner.

Schmidt kept a journal for 45 years of stories and scenes of the executions he performed.

In the early 1500s, sons followed in the footsteps of their father's career path.

At age 19, Schmidt began in the execution business helping his father.

Schmidt made sure he exuded "professionalism in execution," Harrington said in the lecture.

Execution methods in the 16th century ranged from drowning, to whipping and wheeling, and

Schmidt performed all of these and more. In his journal, Schmidt described each execution, who was being executed and the reason for the execution.

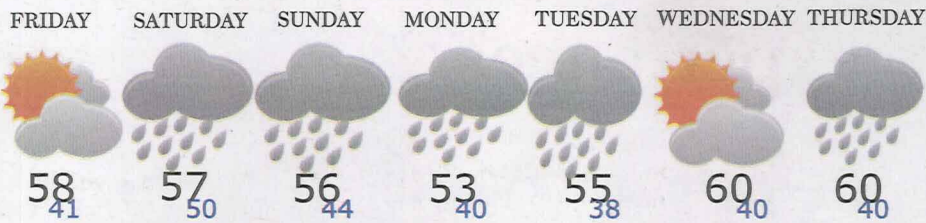
Why or for whom Schmidt was writing remains a mystery.

Harrington's interest in the subject began a decade ago when he came upon Schmidt's journal.

"It's an amazing source, and I thought to myself, 'someone should do something with it,'" Harrington said.

The department of history at Pacific Lutheran University and the Schnackenberg family began the Walter C. Schnackenberg Memorial Lecture series in 1974. Schnackenberg graduated from Pacific Lutheran College in 1937. He taught at the university from 1942-44 and returned in 1952.

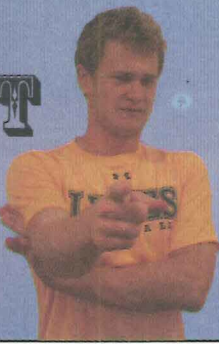
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Student Life cracks down on downloads

By **TAHNAYEE CLENDINEN**
Guest Writer

The rise of online piracy has forced Pacific Lutheran University's Student Life office to take action.

The office sent out an email Feb. 12 detailing the ever increasing problem of online piracy. Students are using the university's network as a direct route to download software, which then gives them illegal access to all types of free media.

"It is really hard to avoid this," first-year Jenna Williams said. "I don't have any, but hey, I mean, we all have that one friend with a million songs and movies on their computer."

What students may not be aware of, is that committing online piracy has very serious repercussions. The Recording Industry Association of America (RIAA) and the Motion Picture Association of America (MPAA) regularly troll the Internet and seek out users who are sharing files via software on their computers.

Because users receive their Internet connection via PLU servers, the administration receives reports about the illegal activity from RIAA and MPAA. Both organizations find

the user's I.P. address, which links directly to a computer or mobile device registered by a student on the university's Internet server.

According to the Office of Student Life, the first time the RIAA or MPAA report a student, PLU will send out an email asking the student to fix the problem.

The second time, the Student Rights and Responsibilities (SRR) office takes over the case and asks the student to fix the problem and demonstrate knowledge of future computer rules and regulations use. The student is also at risk for extensive fines and legal action from outside companies at this point.

The third time the RIAA or MPAA contact PLU, PLU immediately terminates the student's access to the university's network and legal action is a strong possibility.

Piracy fines for downloading copyrighted software, music or movies could total up to \$250,000 per title of downloaded items. In addition to the fine, there could be a prison sentence of up to five years.

"I don't do it," sophomore Emily Jacka said. "But as long as it doesn't damage the entire system, I think it's fine."

First-year Jeankie Aczon also said she doesn't pirate movies or

music.

"We all know it's wrong. I don't do it," Aczon said. "I understand why people do it though. Everything is expensive enough, like textbooks and stuff like that."

Peer-to-peer software, which allows the user to download all types of media for free, has been increasingly beating out providers like iTunes.

Students can take several steps to prevent online piracy.

First, they can uninstall peer-to-peer sharing software. This includes but it not limited to Limewire, BitTorrent and iLivid. Whether someone uses this software once or multiple times, keeping it on a computer allows other users to actively access and take files off of the device.

Second, students should avoid downloading music off of the Internet from sites that promise free and secure downloads. Not only is this illegal, it also leaves the user's computer open to viruses.

Students can check if their activity is against policy, find out more information or get help uninstalling peer-to-peer sharing software from assistance available at the Help Desk in the library.

GREEN CONTINUED FROM PAGE 1

LEED buildings have sustainable features that aren't rocket science, there are other features that almost sound like science fiction.

For instance, Morken and Neeb both use geothermal power, meaning they pull energy from the natural heat of the earth.

Some other plans for the future include becoming both carbon neutral and getting to zero waste by 2020. However, Cooley said the Sustainability Office also has more ambitious goals.

"The more radical goals we've set for ourselves are rethinking culture and how can the community be supporting something that's sustainable and looking out for each other," Cooley said.

One example she used to demonstrate this idea was plastics in the dining area.

"The plastic [a student] uses will outlive them, and they're only using it for a day," Cooley said.

Nick Lorax, the Sustainability Lead, agreed with Cooley.

"There's a lot of different definitions of sustainability, and everyone understands what that means a little differently," Lorax said. "But to reach these broad, sweeping goals we have as a university, we're going to need every single person in the university to participate and do their part."

Students across campus are proud of the recognition.

"It was very nice to see what they're doing is recognized," junior Mia Martinussen said. "It's such an important topic to be good at."

Junior Thomas Kim also expressed his pride for PLU.

"It is such an honor to be part of this university that promotes everyone to be good stewards of this earth," Kim said. "I'm excited for the next decade or two when I grow up and come back to the university and be able to proudly say, 'I'm from PLU.'"

To see how PLU fared in the competition and look at the status report, visit <https://stars.aashe.org/institutions/pacific-lutheran-university-wa/report/2013-03-12/>.

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Alternative spring breaks offer students affordable travel, 'staycation' experiences

By **MARIANNE FLAKK**
Guest Writer

For students who haven't yet figured out what they're doing for spring break, Pacific Lutheran University has some suggestions.

A number of groups and organizations on campus plan PLU's Alternative Spring Break trips.

One, which Ignite arranges, is a trip to Portland, Ore. and Vancouver, Wash. from March 24-28. The trip's purpose is for students to get out of their comfort zones, see the greater community and help people who need it.

"We are going to team up with people from the local community and serve people on the street," PLU alum Emily Branch, one of the leaders for this trip, said. "We will be talking to the homeless, give them food or clothes — whatever they need — and just interact with them."

Ignite has already arranged for living accommodations. Branch said the group of students will live with a family and live as a family. They will cooperate with BridgeTown and Bread & Wine Church, two local organizations that help the community.

Branch said the trip costs \$150, but that might change, and that it is a great way for students to give back to the community and broaden their perspectives. The deadline to sign up is this Thursday.

For those who would like to go to Holden Village for spring break, Campus Ministry has a trip going there from March 25-28. According to the Alternative Spring Break web page, it is a trip for students to experience a week with service and reflective experiences.

Students will work on carpentry, special cleaning, plumbing, electrical work and painting, Tiffany Lemmon, assistant director for the Center for Community Engagement and Services, said.

"I'd recommend this trip for students that are looking for an alternative spring break experience, that want to meet and work with fellow Lutes, spend time with each other outside of campus, away from any distractions such as television, phone or Internet access," Lemmon said. "Any students that want to be in the outdoors, working hard, spending time reflecting and just finding peace and quiet."

This trip costs \$125, which covers all expenses like food, lodging and travel. The deadline to sign up is today.

Outdoor Recreation has planned a trip to southern Utah where the travelers will be hiking, camping and bouldering. On the way home, they will drive through California. The trip will last from March 22-29.

Outdoor Recreation has a tradition of arranging trips for students over breaks. In previous years they have been to Arizona, southern Utah and Canada. They chose southern Utah again for this trip, because it has nice weather and is warmer than Washington, things students tend to want for their spring break.

"It is an awesome opportunity to see areas of our nation, bonding with other students, be active outside and a great outlet," Kelsie Leu, Outdoor Recreation's finance director, said. "And you get to take a break from PLU."

The cost for this trip is \$300, which covers travel and food expenses, so all students need to bring is appropriate clothing. The deadline to sign up is today at 5 p.m.

Residential Life is offering

the option for students to have a meaningful spring break and still stay on campus.

Running from March 21-26 and located here in Parkland, the Staycation will involve students going out in the local community and trying to tackle food issues. Students will be helping in food banks, elementary schools and Trinity Lutheran Church among others.

"We often stereotype people living in Parkland without knowing them and this is a great way to get to know them and the community," Tommy Flanagan, University Congregation president, said. "Also, if you haven't done any volunteering before, this is a great way to start and if you have done it before you will have a lot to offer."

Staycation is a free Alternative Spring Break, and the deadline to sign up is today at 5 p.m.

Students can contact the Center for Community Engagement and Service at service@plu.edu to get in touch with the right contact person for the trip.

What to do at PLU

Ongoing

'In the Garden of Live Flowers. A Fantasia on the Life and Work of Rachel Carson.' March 7-8, 14-15 at 7:30 p.m., March 16 at 2 p.m. Eastvold Auditorium, Karen Hille Phillips Center for the Performing Arts. \$8 general admission, \$5 senior and alumni, \$3 PLU community and under 18-year-olds.

"Us Local People: Sami Vuoinna and Resilience." Come learn about the migratory people of northern Scandinavia and celebrate their culture. Scandinavian Cultural Center, Feb. 6-April 1.

Friday-3/7

Nobel Peace Prize Live Stream. Leraas Lecture Hall, 12:30-3:30 p.m.

Women's Center Chocolate Fest. Women's Center, 2-5 p.m.

Habitat for Humanity Kick-off. AUC Regency Room, 5:30-7:30 p.m.

Battle of the Bands. The Cave, 8-10 p.m.

"Bringing your 'A' game: Men and relationships." Men of PLU, join the Men's Project to discuss a Guy's Guide to Relationships. AUC 201, 3-4:30 p.m.

Saturday-3/8

PLU Athletics Invitational. Track, 6 a.m.-7 p.m.

Double baseball game versus Whitman. Baseball Diamond, 11 a.m.-4 p.m.

Nobel Peace Prize Forum. AUC 133, 12:30-3:30 p.m.

Sunday-3/9

Nobel Peace Prize Forum. AUC 133, 12:30-3:30 p.m.

Habitat Restoration Work Party. Fred L. Tobiason Learning Center, 1-4 p.m.

Organ Concert. Lagerquist Concert Hall, 3-4:30 p.m.

Monday-3/10

Languages & Literatures. AUC 134, 3:45-5:45 p.m.

Tuesday-3/11

"Journey of the Golden Lady," Mutzy's fight to recover family art stolen by the Nazis. Garfield Book Company Community Room, 10:30 a.m.-12:30 p.m.

Ignite! Students come together to worship God and understand God's word. The Cave: 6-11 p.m.

Wednesday-3/12

"So You Want to be an Entrepreneur?" Karen Hille Phillips Center, 5-7:30 p.m.

Thursday-3/13

Powell-Heller Holocaust Conference. AUC CK, 1-4:45 p.m. Scandinavian Center 5-7 p.m.

"8 Things You Should Not Say To Me." Hong Hall Lounge, 5-6 p.m.

PLU Briefs

Forensics brings home bronze

Pacific Lutheran University's Speech & Debate team returned successful this weekend from a tournament in Willamette University in Salem, Ore.

Members Pam Barker and David Mooney, seniors, beat more than 60 international teams for one of the coveted 8 spots in the semifinals.

The PLU team won over international titans like Chinese National Debate team and the University of British Columbia. Barker and Mooney won their semifinal round and represented PLU in the final elimination round where they placed third.

Director of forensics at rival University of Denver Caleb Brooks said Barker and Mooney "were an unstoppable force."

PLU has been in the deep elimination rounds of every single tournament it has attended this year. The team ends its regular season at the University of Denver March 14-16.

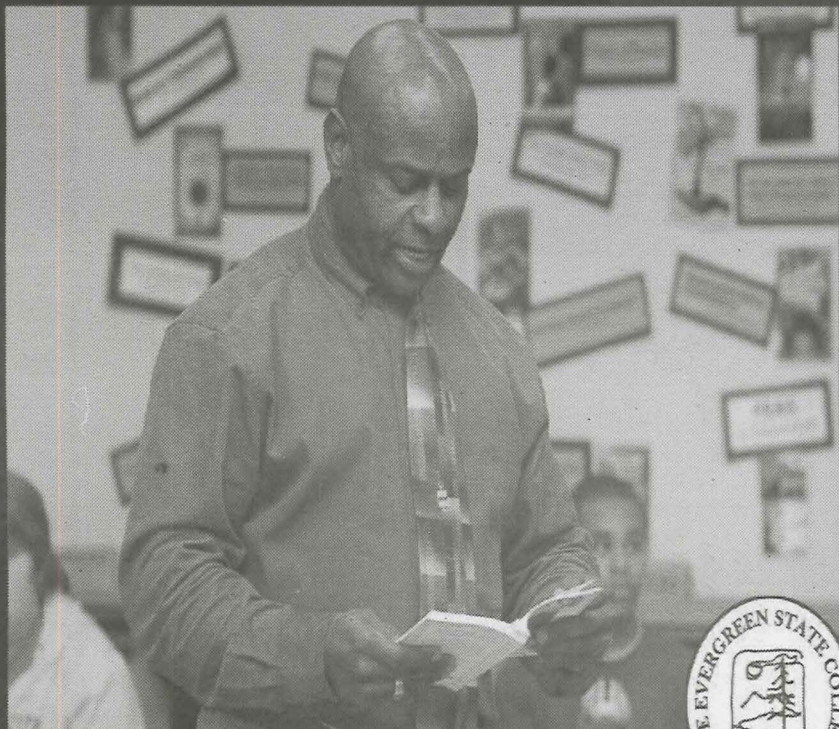
New online privacy guidance

The U.S. Department of Education's Privacy Technical Assistance Center (PTAC) released new guidance Feb. 25, to help school systems interpret the laws and practices of protecting student privacy with online education services.

The guidance summarizes the major requirements of the Family Educational Rights and Privacy Act (FERPA) and the Protection of Pupil Rights Amendment (PPRA) that relate to these educational services.

"As an education community, we have to do a far better job of helping teachers and administrators understand technology and data issues so that they can appropriately protect privacy while ensuring teachers and students have access to effective and safe tools," U.S. Secretary of Education Arne Duncan, said.

For more information about the guidance, visit <http://ptac.ed.gov>.



Eugene Bradshaw (MIT '06), Army Command Sgt. Major (Ret)
7th and 8th Grade Special Education teacher at Lochburn Middle School, Lakewood



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What to do at PLU

Ongoing

'In the Garden of Live Flowers. A Fantasia on the Life and Work of Rachel Carson.' March 7-8, 14-15 at 7:30 p.m., March 16 at 2 p.m. Eastvold Auditorium, Karen Hille Phillips Center for the Performing Arts. \$8 general admission, \$5 senior and alumni, \$3 PLU community and under 18-year-olds.

"UsLocalPeople: Sami Vuoinna and Resilience." Come learn about the migratory people of northern Scandinavia and celebrate their culture. Scandinavian Cultural Center, Feb. 6-April 1.

Powell-Heller Holocaust Conference. March 12-14, Various Locations and Times

The Art of Wayzgoose. March 12-April 9, Univeristy Gallery, 8 a.m.-4 p.m

Friday-3/14

Psychology Department Colloquium Series. Anticipating Stigma: The Double Burden of Homelessness and Race. Carolyn Weisz of the University of Puget Sound will speak. Xavier 250, 2-3 p.m.

French Film Screening. Ingram 100, 5-8 p.m.

Powerful Women in Performance. The Cave, 6:30-8:30 p.m.

Saturday-3/15

Guitar Festival. MBR Music Center, 8 a.m.-8 p.m.

Guitar Faculty Concert, MBR 330 5-6:30 p.m.

Sunday-3/16

Final night for 'In the Garden of Live Flowers.' KHPC, 2-4 p.m.

Monday-3/17

PLU Cheer Tryouts. Olson Gym, 4:45-7:15 p.m.

Lean In: Is Balance Bogus? AUC 133, 6-8 p.m.

Tuesday-3/18

PLU Cheer Tryouts. Olson Gym, 4:45-7:15 p.m.

ASPLU Senate Meetings. AUC 133, 5:30 p.m.- 8:30 p.m.

University Symphony Orchestra. MBR 330, 8 p.m.- 9:30 p.m.

Wednesday-3/19

SEMAG Forum. AUC CK East, 9:15-10:30 p.m.

Women in Flight. Jackie Cochran. Garfield Book Company, 10:30-12:30 p.m.

PLU Cheer Tryouts. Olson Gym, 4:45-7:15 p.m.

Spring Leadership Series. AUC 203, 6-7 p.m.

Thursday-3/20

PLU Cheer Tryouts. Olson Gym, 4:45-7:15 p.m.

Elect Her offers inspiration to get women students involved in government office

By JESSICA TRONDSSEN
Editor-in-Chief

One woman asked 22 other women a question: Do you think we need more women leaders? In unison, all 23 hands raised — yes.

The women, a mix of Pacific Lutheran University students and community facilitators, were participants of Elect Her, a program that encourages and trains female college students to run for student government positions and political offices.

Last Saturday, the PLU Women's Center brought the training to campus.

Pamela O'Leary, an adjunct professor at American University and Trinity Washington University, flew in from Washington D.C. to facilitate the conference.

To start, participants watched a welcome message from Senator Patty Murray, who could not attend the event in person.

Afterward, O'Leary asked participants to identify issues important to them and why they were important. Examples of issues the women shared ranged from disability access on campus to more transparency surrounding PLU's budget.

From there, O'Leary asked participants to use these issues to create a platform explaining why they would run for a political position and an elevator speech declaring why they should be elected.

O'Leary said an elevator speech should contain the position for which a student is running, where the student is from and why she or he is memorable. Most importantly, O'Leary said, it should begin with the student's full name.

"Often we only hear women's first names," O'Leary said. "State your full name."

For the speech to be effective, O'Leary said to pay attention to how each student relayed her information.

"Twenty percent is the words coming out," O'Leary said. "Eighty percent is how you say it."

O'Leary advised students to use language their audience could connect to, while remaining intelligent, confident and accessible in their approach.

Maggie Humphreys, communication chair at the National Women's Political Caucus of Washington, also spoke on the



PHOTO BY JENNIFER SMITH

Participants in Elect Her watched a welcome message from Sen. Patty Murray, which she recorded specially for the event.

importance of the message. Humphreys said women need to have a mentor from the beginning, maintain an authentic self and "get at the table."

In the United States, 18.5 percent of congress members are women, with less than 1 percent — a total of five women — under the age of 40.

written her elevator speech and tested it out on another attendee, O'Leary asked all of the students to partake in a campaign simulation.

In the activity, each woman wrote her name on a ballot. She then had to go out on campus to find people to listen to her elevator speech and collect their signatures as an endorsement for her election.

When the group reconvened, participants listened to PLU junior and Fircrest City Council Member Shannon Reynolds and Pierce County Council Member Connie Ladenburg share their experiences as elected officials.

Associated Students of PLU representatives also shared their experiences with student government. They said they wished more students knew to attend their Tuesday night senate meetings at 7 p.m. in Anderson University Center room 140.

March is Women's History Month. ASPLU primary elections take place March 13.

"Twenty percent is the words coming out. Eighty percent is how you say it."

Pamela O'Leary
Elect Her Facilitator

With these statistics, the United States ranks 80th in the world for women's political representation. According to research compiled for Elect Her, this is because not enough women run, even though they are elected at the same rate as men when they do.

Once each conference participant had

Crime Time: PLU's Campus Safety Blotter

Taken from weekly Campus Safety reports

Alcohol & Drug policy violation- Two incidents of alcohol and drug violations were reported Saturday. One in Tingelstad at about 2 a.m., and one in Harstad at about 10 p.m.

TINGELSTAD: Campus Safety assisted Tingelstad's RA on duty to investigate marijuana odor. Inside a room, officers made contact with several students who had admitted to smoking off campus. After a room search, several bottles and cans of alcohol were discovered along with marijuana paraphernalia. The incident was forwarded to Students Rights and Responsibilities.

HARSTAD: Campus Safety assisted Harstad's RA on duty to investigate a marijuana odor. Several students and non-students came out of the room and cooperated with the search. Three unidentified males fled the scene in an unknown direction. They were friends of one of the students from high school and only provided first names. No marijuana was found but there were two bottles of alcohol. The incident was also forwarded to SRR.

Fire Alarm- A fire alarm went off in Hinderlie Hall on Monday at 11:27 a.m. A source for the alarm going off could not be found, and Campus Safety reset the system.

RFC- An off-duty Campus Safety officer observed a RFC'd male (Restricted From Campus) in the basement of the library. Campus Safety officers and PLU's off-duty sheriff's deputy arrived and escorted the RFC off campus. The male suffers from a mental disability and lives in a group care home near campus. The man was returned to the home and the manager of the home was asked to keep an eye on him.

Theft- A PLU student reported her bike had been stolen Wednesday afternoon outside the library. Campus Safety was able to locate a possible suspect on camera, but no evidence has been discovered.

If you need Campus Safety's assistance, call (253)-535-7441

'TWITCH PLAYS POKEMON'

Thousands of users simultaneously play 'Pokemon Red' in video game social experiment

By **NICOLE LABORTE**
Guest Writer

If an infinite number of monkeys type at an infinite number of keyboards for an infinite length of time, one of them will write the complete works of Shakespeare.

This is the theory behind the video game "Twitch Plays Pokemon," in which an unlimited number of users play a single game of "Pokemon Red."

"Twitch Plays Pokemon" started as a social experiment launched by an anonymous Australian programmer.

Tens of thousands of serious players and trolls alike enter commands to control the in-game protagonist, Red. A computer tries to implement every one of them. From the ensuing chaos, the game is won by sheer luck

rather than skill.

The programmer chose "Pokemon Red" for the experiment, because the game's play style does not demand the player to react quickly, and any delay in the stream would not be completely detrimental to those participating.

The stream launched Feb. 12, quickly becoming popular on Internet sites like Reddit and Tumblr. Communities live blogged events and spawned several memes in response to the natural chaos that ensued from the experiment.

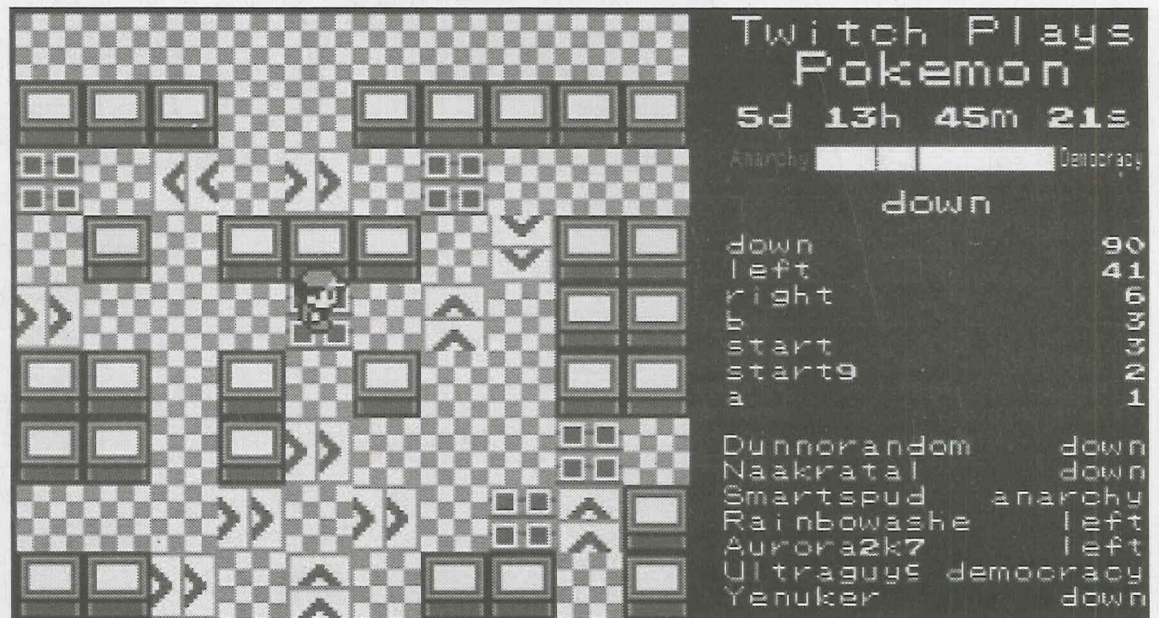
One of the more popular memes, the Helix Fossil, was born due to Red's constant 'accidental' attempts to use the Helix Fossil while in and outside of battle.

Viewers jokingly believed that the Helix Fossil was Red's deity, as he was constantly consulting the Helix for advice. This led to

the creation of a fictional backstory of a holy war between the Helix, or "the good" followers, and the Dome, or "the evil" followers.

All successful events and useful Pokemon were considered to be part of the Helix sect, such as the very high-level Pidgeot Pokemon, called "Bird Jesus," that led to many battle victories.

Participants blamed anything unfortunate



While in democracy mode, viewers vote on which direction the character should move.

PHOTO COURTESY OF JOYSTIQ.COM

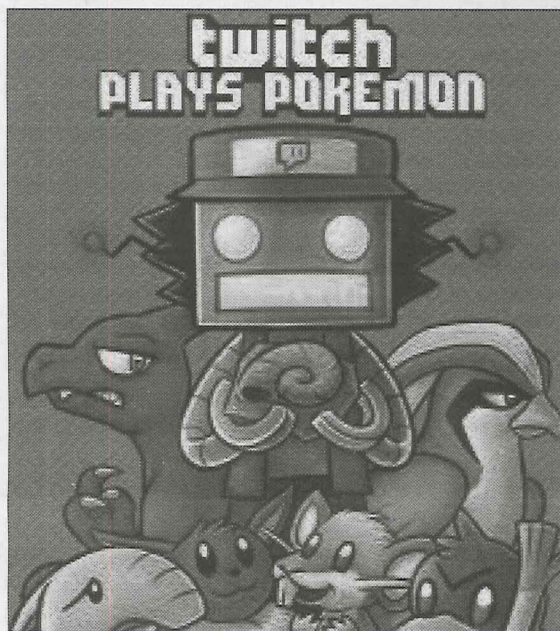


PHOTO COURTESY OF REDDIT USER PURPLEMEW

It took an estimated 658,000 participants 16 days to beat the video game "Pokemon Red" in the Internet social experiment "Twitch Plays Pokemon."

on the Dome Fossil, like the accidental release of important party Pokemon into the wild — known as "Bloody Sunday" — or evolving Eevee into the fire Pokemon Flareon — deemed the "False Prophet" — instead of its more useful water evolution Vaporeon.

With so many participants at one time, including a handful of Internet trolls spamming unhelpful commands, viewers grew frustrated while attempting to complete puzzles to progress. In an attempt to fix this problem, the programmer implemented a democracy-anarchy system.

In democracy mode, viewers could vote on what command the character would follow, like "up4" to move up four times. Anarchy mode was what had existed before — following each command in order regardless of whether it was towards an end goal.

Many of the followers were outraged by the implementation

of this system. Those favoring 'anarchy' mode would riot and spam "start9," a command equivalent to hitting the start button nine times.

This effectively brought the game to a standstill until anarchy was in place again. Depending on what the hive mind wanted to achieve, the command system oscillated between democracy and anarchy for the rest of the game with both positive and negative results.

Sixteen days, seven hours, 45 minutes and 30 seconds after

launching, viewers successfully beat the Elite Four and completed the game.

According to the Twitch.tv site's owners, Twitch Plays Pokemon received more than 36 million views during that time, with a peak of 120,000 simultaneous viewers and an estimated 658,000 participants.

The anonymous programmer continued the experiment with the next in the generation, "Pokemon Crystal," which officially launched March 2.

To watch the game or play along, go to <http://www.twitch.tv/twitchplayspokemon>

Professor criticizes academia in new book

By **LEAH TRAXEL**
Online Editor

Some people live by the adage "Don't bite the hand that feeds you," but Amy Young, associate professor of communication, decided she would push the envelope with her new book.

In her debut full-length book, "Prophets, Gurus, and Pundits: Rhetorical Styles and Public Engagement," Young addresses the faults of the collegiate academic system, namely that academics aren't very skilled at talking to the general public.

"We spend a lot of time in grad school training people to be specialized to the point where it becomes difficult for them to speak to lay audiences," Young said.

Another issue is once they are

no longer students, scholars in the collegiate world frequently become part of a tenure and promotion system that doesn't recognize public scholarship as legitimate.

This means that in order to achieve promotions or tenure, academics must publish work

or research in scholarly journals which aren't likely to be read by anyone but other scholars.

For most academics, this means that time spent seeking tenure or a promotion is working on scholarly projects to be consumed by other scholars.

"You will probably spend that

"We spend a lot of time in grad school training people to be specialized to the point where it becomes difficult for them to speak to lay audiences."

Amy Young

author of "Prophets, Gurus, and Pundits"

time talking to other academics. You will probably not spend that time actively engaged in the community," Young said.

The beginning of the book details the problems and lays a foundation for communication strategies, but the bulk of the book is dedicated to case studies of intellectuals who are successfully communicating their ideas to a broader audience.

Young said she hopes these case studies can serve as potential role models for academics who want to pursue this kind of work.

"The big picture idea is there is enormous potential for academics to engage more effectively with communities and broader publics than their peer groups," Young said. "I think most academics are interested in that work, and my book would be a suggestion for how to do that."

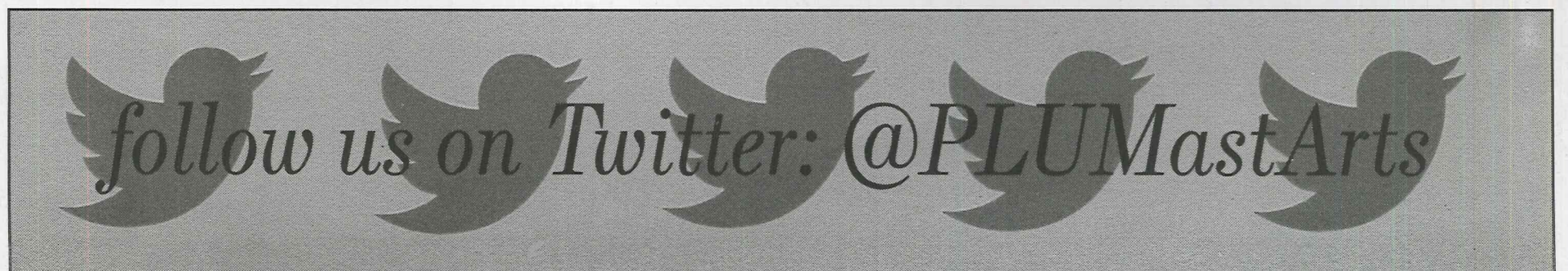
Young said this communication is becoming increasingly important with the political societal issues such as the economy and climate change.

"Scholars are in a position to respond to some of these problems, but we mainly write for each other."

However, Young said Pacific Lutheran University is the exception. For example, in most colleges and universities, a professor couldn't get credit for directing a play or producing other artistic work, but at PLU, these endeavors would count just like writing a book.

"PLU is pretty out in the front of recognizing public scholarship," Young said.

"Prophets, Gurus, and Pundits: Rhetorical Style and Public Engagement" can be found on Amazon for \$38.



Alumni band 'Mister Master' releases album

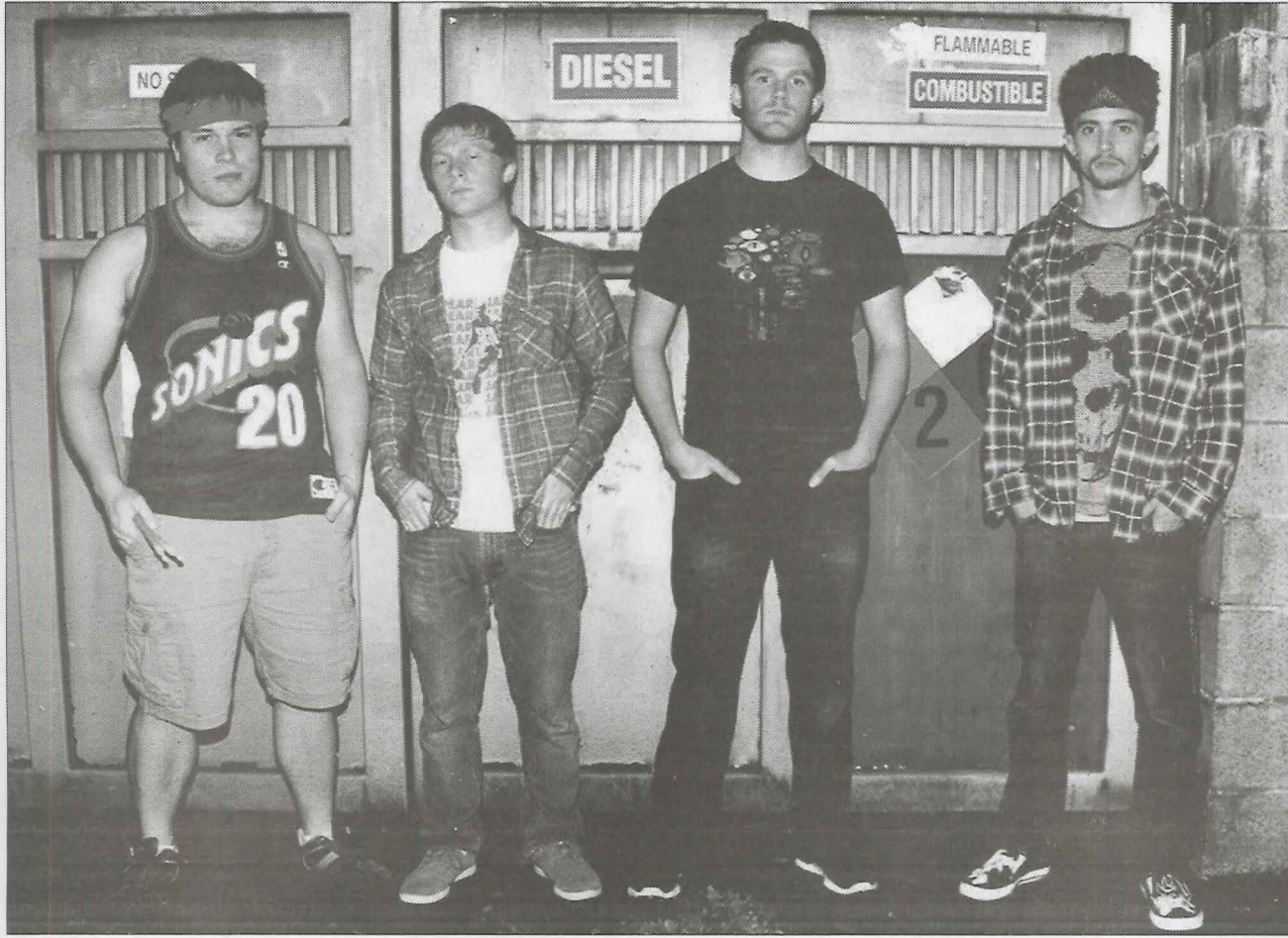


PHOTO COURTESY OF BRANDT PARKE

Members of the band Mister Master pose after a show in Olympia last October. From left to right: Mark Christensen, drums and percussion; Nick Barene, vocals; Sam Grose, bass; Brandt Parke, lead and rhythm guitars.

By **BLAKE JEROME**
Copy Editor

Two Pacific Lutheran University alumni just released their band's debut album, which they hope will launch their music career.

Alum Brandt Parke, lead guitarist, founded the band Mister Master in October 2011 with fellow alum and drummer Mark Christensen.

"It started off as informal jam sessions for the first year and a half," Parke said. "It was a matter of getting together again and again until it slowly fell into place."

In 2012, PLU junior and lead singer Nick Barene officially joined Mister Master along with University of Washington student and bass player Sam Gross.

Parke said the four-person band played numerous small venue shows and benefit concerts around PLU's campus for a year before they began to branch out.

"It took about a year and a half to get some really good songs written and put together. Once we had a solid playlist, we wanted to play shows in the community," Parke said.

Mister Master began performing free shows at Northern Pacific Coffee Company on Garfield Street in order to

build a bigger fan base.

"NPCC really became our home spot," Parke said. "The majority of the crowd was still PLU students, however, there were others as well since NPCC is open to the public."

The band soon found themselves playing to much larger audiences in the Seattle area.

"We needed to have something that we could give to people," Parke said. "We decided to record a short three-song set of our most popular songs."

The album, "From the Shed," was recorded at Don Gunn Studios in Seattle in October 2013 and features the band's most successful songs to date: "Silver Stain," "Destroyer" and "Needin' Reason."

"We recorded three very different songs so people could hear the band's full range, kind of a grunge rock to more funky alternative stuff," Parke said.

Parke also said the fans of Mister Master's music have compared its sound to a cross between Jimi Hendrix and Chris Cornell's Soundgarden, who were both made famous in Seattle.

"We are already talking about putting another album together, as well as producing some merchandise, T-shirts, stickers and that kind of thing," Parke said. "In addition, we are going to put a music video together very soon."

Mister Master is in the process of building a website where it will post show dates

along with pictures and avenues to buy CDs and merchandise.

"At this point, we are happy to give our CDs away

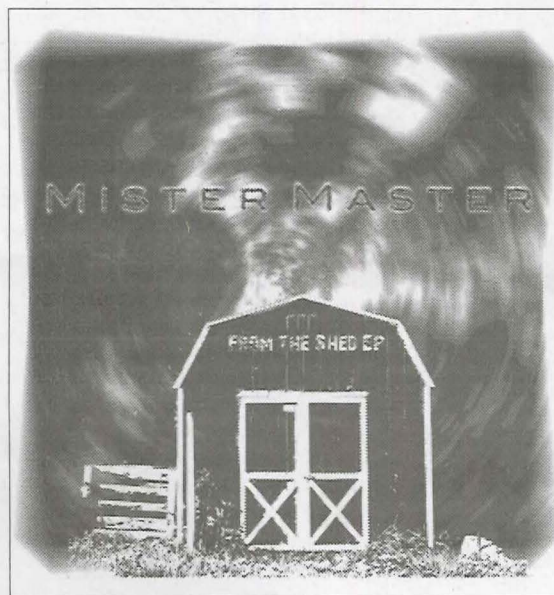


PHOTO BY BRANDT PARKE

Mister Master recorded their first album "From the Shed" in October. Guitarist Brandt Parke described their genre as "blues, funk and rock in a gritty ball of heavy fusion."

to fans just to get our name out there," Parke said. "Sometimes, however, people want to pay for them, which is greatly appreciated. There is a lot of start-up costs that go into creating an album and every little bit helps."

Songs are available on iTunes, <http://www.reverbnation.com> and <http://bandcamp.com> as a free download with the option of donating money for the album.

"We are definitely going for it, but ultimately, our goal is to survive playing music and being able to travel around," Parke said. "We are all best friends, and while Mark and I have always been the foundation of this group, it really is a team effort. We couldn't make our music without everyone."

Mister Master will be playing at NPCC March 15 at 8 p.m. Tickets will be free.

"We put on a great show, we love our fans and we play music that is relatable," Parke said. "We're just looking to have a good time with anyone who will support us."

"Ultimately, our goal is to survive playing music and being able to travel around."

Brandt Parke
Guitarist, Mister Master

"In the Garden of Live Flowers"

Alpha Psi Omega play explores the life of Rachel Carson

By **TAHNAYEE CLENDINEN**
A&E Writer

It is that moment when your alarm clock will go off in five to 10 minutes. Your body awakens a few minutes before you actually need to get up, and your mind is still begging for sleep.

So you close your eyes to get more sleep, and you become stuck in that world between a dreamland and reality.

The play "In the Garden of Live Flowers: A Fantasia on the Life and Work of Rachel Carson" consistently transports you between fantasy and reality, leaving you in that same trancelike state.

The show is about "Silent Springs" author Rachel Carson and her battle to live in reality while fighting the demons that came along with her breast cancer diagnosis. Carson navigates through the hurdles of everyday life while trying to make sense of her delusions.

"Alice in Wonderland" characters make appearances throughout the show, giving the fantasy element of the show a touch of familiarity.

Senior Sarah Makar plays the main character, Rachel Carson. Makar said she is excited for the play to go on, as the show has a message she believes should be heard.

"I would encourage anyone with a curiosity about the woman who had the gumption to stand up against an entire industry to save generations from the poisoning of the environment to attend the show," Makar said. "Rachel's [Carson's] strength is unbelievable, and often her contribution goes unnoticed. Her story is being told."

Carson's book, "Silent Springs," created a large stir when it originally came out. It is about the destruction of nature through the introduction of harmful chemicals to humans and animals alike.

"While everyone is affected by Rachel's [Carson's] work, not many people know who she is," sophomore Hannah Jeske said. "This show will tell the audience her story and how she has changed the world. It also will give powerful insight into what life is like as a cancer patient."

Junior Kayli Felbinger plays the nurse that ushers Carson in and out of various scenes. Felbinger also serves as a major reality check, bringing Carson out of her fantasy state multiple times.

"Anyone who sees this show should know that the play skips around in time and not all of it is real, not all of it is imagined — some scenes are both," Felbinger said. "Let the fantasy of this play wash over you, let it be fun, find the comedy in there and laugh at it — it is there. But let it paint a picture of a very real situation too."

Members of Alpha Psi Omega, the PLU theatre honors society, organized the completely student-run show.

Most members of the cast have taken away different meanings from the show, but all agree that it should be seen by students, community members and faculty alike.

Sophomore Tasha Smith who plays Alice in the show, said the show is an overall crowd pleaser.

"This show is worth attending because it has something in it for everyone. For those who have a passion for ecology, Carson's book, 'Silent Spring,' showed how harmful pesticides can be on plants, animals, humans, and the overall environment," Smith said.

Smith said the play goes beyond just the environment, however.

"For those of us who have been touched by cancer, this story deals with Rachel's [Carson's] ongoing fight against breast cancer," Smith said. "For anyone who's a fan of fantasy, come see the 'Alice in Wonderland' characters come to life in Rachel's [Carson's] imagination. For anyone who simply loves the arts, this show is for you."

For more information, visit the show's event page on Facebook by searching for the show title.

"In the Garden of Live Flowers: A Fantasia in the Life and Works of Rachel Carson"

March 6-8, 14-15 at 7:30 p.m.

March 16 at 2 p.m.

Karen Hille Phillips Center

\$3 students, \$8 general admission

BRINGING BUZZFEED BACK

Personality quizzes dominate the news and entertainment website

By **KELS MEJLAENDER**
Senior Copy Editor

BuzzFeed has moved beyond its signature lists to chart new territory as the ultimate provider of Internet quizzes.

The social news and entertainment website has been hosting quizzes since 2008 according to Fast Company, but in the past few months, its quizzes have been garnering millions of views.

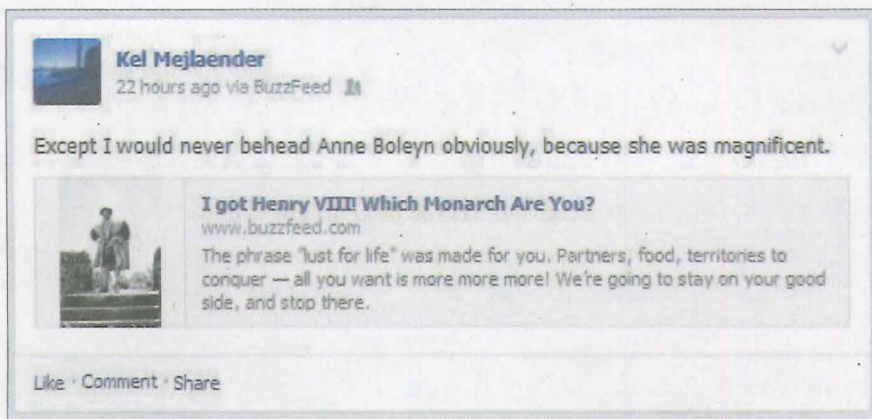
A major factor in BuzzFeed's success has been rooted in its quiz-takers habit of sharing the results on social media sites like Facebook, according to Reuters.

Part of the increasing appeal is also due to how BuzzFeed has been designing the quizzes visually. No longer are BuzzFeed quizzes reminiscent of school exams. Instead, quiz-takers select images, or they click on text so colorfully designed it transcends the written word to land in pictorial territory.

Of course, the topics themselves have to interest Internet users, and BuzzFeed has provided a vast array to ensure that.

In addition to more standard "Which Character Are You?" quizzes, BuzzFeed has featured "What Would Be Your Fate In The Hunger Games?," "What Font Are You?" and "What Kind Of Wedding Should You Have?"

The quiz questions themselves prove interesting, ranging from "Pick a Beyonce," which appeared on the



This screenshot shows Mejlaender's results in the "Which Monarch Are You?" BuzzFeed quiz.

"Which Character From Shakespeare Are You?" quiz, to "What's your dream home?" which is featured on "Which Classic Author Is Your Soulmate?"

Most quiz results also include a short paragraph describing what a user's result means, which can be flattering, spot-on or weirdly inaccurate in the quiz-taker's opinion.

Jordan Shapiro, a contributor for *Forbes*, wrote about why personality quizzes go viral, looking at their history. "Essentially, entertainment quizzes are diluted novelty versions of the psychological personality tests that gained popularity in the 1920s," Shapiro wrote.

He later observes, after noting the incredible popularity of quizzes, "Apparently, we enjoy being categorized."

Senior Emily Walsh said she is obsessed with taking BuzzFeed quizzes.

"I love BuzzFeed quizzes. It's become my new Facebook," Walsh said. "I'm constantly taking

them." Walsh also said she likes that a quiz-taker can't cheat.

"I think they're fun. It's a good stress reliever. And the descriptions at the end are always pretty accurate," Walsh said.

Not everyone is addicted, however. "They're a great time waster for procrastination," junior Richard Olson said. Olson doesn't frequently take the quizzes, because he said the results are often inaccurate for him.

"I wasn't happy with the results," Olson said. "I do want to know how they actually make the quizzes though."

However popular the BuzzFeed quizzes are now, the nature of them may change in the near future.

In an interview with Kate Kaye, a reporter from Advertising Age, NPR discussed how an online format in which people select their varying interests, likes and dreams make it ideal for marketing strategists.

As of March 1, Kaye said BuzzFeed is only tracking the final results of its quizzes, but that it will eventually compile more information to decide where its ads should go and which users should see them.

Regardless of the marketing potential, BuzzFeed's quiz formula seems set to be an enduring fad.

"Entertainment quizzes are diluted novelty versions of the psychological personality tests that gained popularity in the 1920s."

Jordan Shapiro
Forbes contributor

New rules at this year's Battle of the Bands

By **LEAH TRAXEL**
Online Editor

There's a fight scheduled in The Cave tonight, but Campus Safety won't be intervening.

The Battle of the Bands will take place at 7 p.m.

"Each band gets two songs and 10 minutes to do whatever they want," senior David Gordon, the head coordinator for the event, said. "At the end, the audience gets to vote for their favorite."

Gordon, who is also a co-chair for the Associated Students of Pacific Lutheran University Entertainment Committee, said that the event will be very similar to how it's been in the past, with one distinct change.

"Last time we had a problem with people showing up late, but still getting a vote. This year, votes for people who showed up late are going to count less than those who stayed the whole time."

Gordon said they will give different colored voting slips to tardy attendees who wouldn't be able to judge all of the bands side-by-side.

Battle of the Bands wasn't on the event agenda last year, and Gordon said it was disappointing for many.

"It's a fun event that gets a lot of student musicians. There's a little more competition a little more incentive than an open mic," Gordon said, who also said that the event was pretty easy to plan. "You just put the word out to the student body, and you get all these people who are out there and want to play."

The winning band receives a guaranteed playing spot in the lineup of LollaPLUza. The regular auditions for LollaPLUza take place on Monday.

For more information, contact David Gordon.

Battle of the Bands
Friday, March 7 at 7 p.m.
The Cave, AUC

Anime club celebrates Japanese art form

By **NATALIE DEFORD**
A&E Writer

Art, Japanese culture, movies, television series and multiple genres can all be enjoyed at Pacific Lutheran University's Anime Club.

Anime is animation developed in Japan, usually hand-drawn or computer-animated. It is a medium of shows and movies that deal with a wide variety of subject matters and include any genre.

Senior Brendan Farley, Anime club president, is one of the club's two equal-standing officers. He defined the club as a place to come together and watch anime movies and shows.

"It's pretty loose as a club," Farley said. "We just pick a list of series then vote on which series to watch for the next month or however long that series may take."

Examples of shows the club has watched include "Code Geass" — a science fiction show about revolution in an alternate universe — and "Baka and Test," which is a comedy series playing up on parodies of various anime.

Occasionally the club holds 'food nights' with Japanese dishes to eat while watching. Outside of watching shows, the club typically has a monthly movie night.

Some well-known examples of anime movies include the films by Hayao Miyazaki, such as "Kiki's Delivery Service," "Howl's Moving Castle" or "Spirited Away."

The club also goes to anime films when they're in theaters, which is rare. Sometimes they go to conventions too — "like Comic Con, but specifically for anime," Farley said. Sakura Con is a

good example.

"Anime is a major hobby of mine, and I really enjoy doing it," Farley said. "I wanted to manage the club to make it a better experience for others."

Farley became an officer two years ago, but has been a member since he was a first-year.

Farley said he grew up watching "Toonami" until it was taken down, but he didn't identify anime as a separate medium until his senior year of high school when his friend introduced him to the anime show "FLCL" — pronounced 'Fooly Cooly.'

"It was unlike anything else I'd ever seen," Farley said. "I was like 'I gotta get more of this stuff,' and then I joined [PLU Anime Club] freshman year, and I've been into it ever since."

Farley said anime is also appealing as an art form, because it illustrates things that cannot be done otherwise. "It's just a different way of viewing things you've seen before, including sci-fi, fantasy, drama and everything in between," he said.

"Western animation could have the potential to

do that kind of stuff," he said, "but unfortunately what we see is usually limited to cartoons for children or sitcoms ... but anime doesn't have those restrictions."

Farley said one of the overall best things about anime is how unique it is compared to everything else.

"It can be beautiful in terms of animation and appearance but still have lots of thought into character detail," Farley said. "Even if it's totally out there and bizarre, which they tend to be, it still grounds in real world themes, and it's just a great medium to express any kind of concept."

For more information about the Anime Club, email anime@plu.edu.



Kiki, from the anime Kiki's Delivery Service.

PHOTO COURTESY OF CREATIVE COMMONS

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Game over for 'Flappy Bird'

App creator removes infamous game from store

By KATELYNN
PADRON
Guest Writer

Developer Dong Nguyen has canceled his popular app, "Flappy Bird," which was earning \$50,000 per day in ad revenue, according to *The Wall Street Journal*.

"I am sorry 'Flappy Bird' users," Nguyen tweeted mid-February. "22 hours from now, I will take 'Flappy Bird' down."

In the free app, the player must navigate a bird between pipes by tapping on the screen. With each obstacle, the navigation becomes more difficult. When the bird touches one of the obstacles, the game is over.

Nguyen only spent three days developing the simple game. "It is pure. It is all about the game, not about the ornamentation or decoration," he said in his interview with *WSJ*.

Nguyen gave several reasons for pulling the app.

"'Flappy Bird' was designed to play in a few minutes when you are relaxed," Nguyen said in an interview with *Forbes*. "But it happened to become an addictive product."

Many of the 543,000 reviews of "Flappy Bird" in the Apple App Store detail players' frustrating, time-consuming addiction to the difficult game.

"I am now an atheist," one reviewer wrote, according to *BuzzFeed*. "There cannot be a god that allows this game to go unpunished."

Another wrote: "We should send a group of children to an island with no electricity to continue humanity before it's too late."

Nguyen said the addiction was unacceptable.

In addition to being too addictive, Nguyen said he resented how the app changed his lifestyle.

"My life has not been as comfortable as I was before," Nguyen said in an interview with *Forbes*. "I couldn't sleep."

WSJ reported that Nguyen found it difficult to walk around his community in peace.

Nguyen released the app May 2013. Nguyen said he did not promote "Flappy Bird," but it somehow rose to become the most downloaded free app for iPhone and Android within the last three months.

"'Flappy Bird' blew up," senior Lance Mathes said. "I saw it all over social networks." Mathes said his score in the challenging game only reached the 40s.

He said he believes the difficulty of the game is part of what makes it so addicting. "You want to just keep playing and getting a better score," Mathes said.

Consumer demand for the game did not disappear with the app. Some users are selling their devices with "Flappy Bird" online at inflated prices. One seller listed an iPhone 4 with "Flappy Bird" for \$5,000.

Many knock-off games have emerged in the App Store. One imitation called "Flying Cyrus," in which players must direct an image of Miley Cyrus to dodge wrecking balls, is ranked third in the App Store.

Nguyen's other apps, like "Ninjas Assault" and "Droplet Shuffle" have also risen in popularity.

Nguyen said he will continue to produce games. "After the success of 'Flappy Bird,' I feel more confident," Nguyen said to *Forbes*, "and I have freedom to do what I want to do."

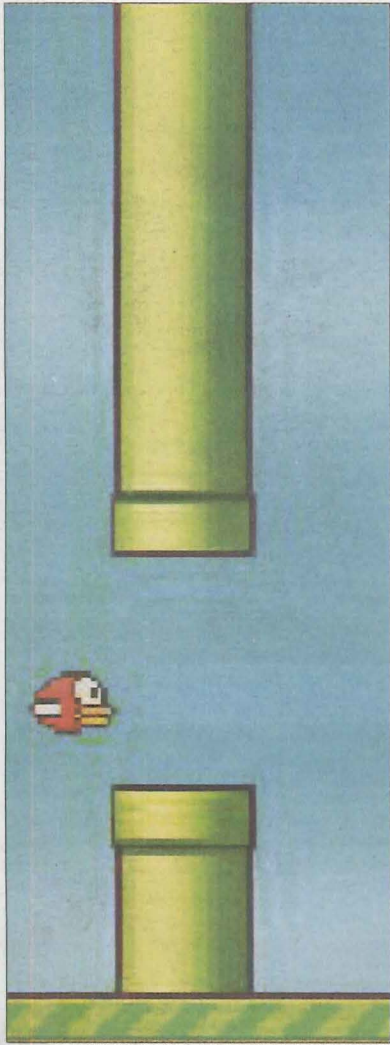


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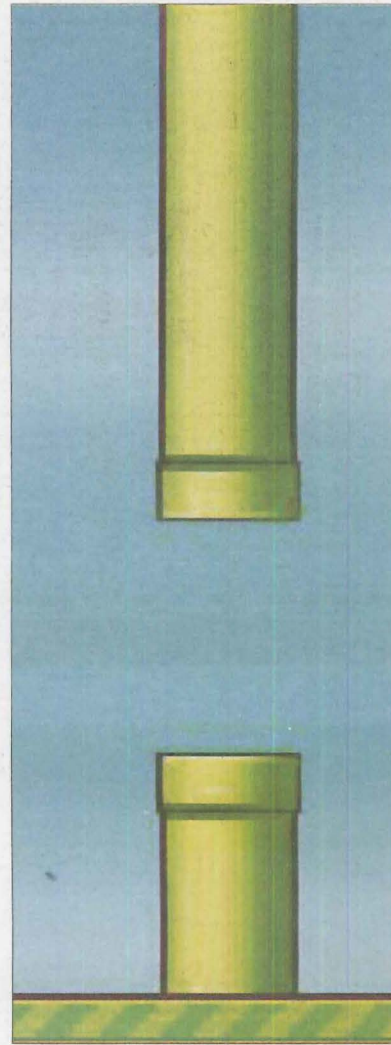


PHOTO COURTESY OF CREATIVE COMMONS

Conquer Tax Season

College students can use a multitude of resources

By JILLIAN STANPHILL
Guest Writer

Tax season has begun, and the deadline of April 15 is quickly approaching.

This can be a daunting time of the year for many people, especially college students who may be filing their taxes for the first time.

But there is no need to fear, as there are abundant resources available to help get through tax season.

The United Way of King County is running a free tax preparation campaign to offer help and guidance through the process.

There are 19 locations across King County for one-on-one help, as well as an easy guided online walk through on <http://myfreetaxes.com/kingcounty> for those unable to make it to one of its sites.

United Way provides easy-to-understand materials and great deduction tips, along with friendly volunteers to ease the stress of filing taxes.

It's important to not procrastinate on taxes, no matter how tempting putting them off sounds.

The more time and effort you put into the paperwork, the more time you have to edit and

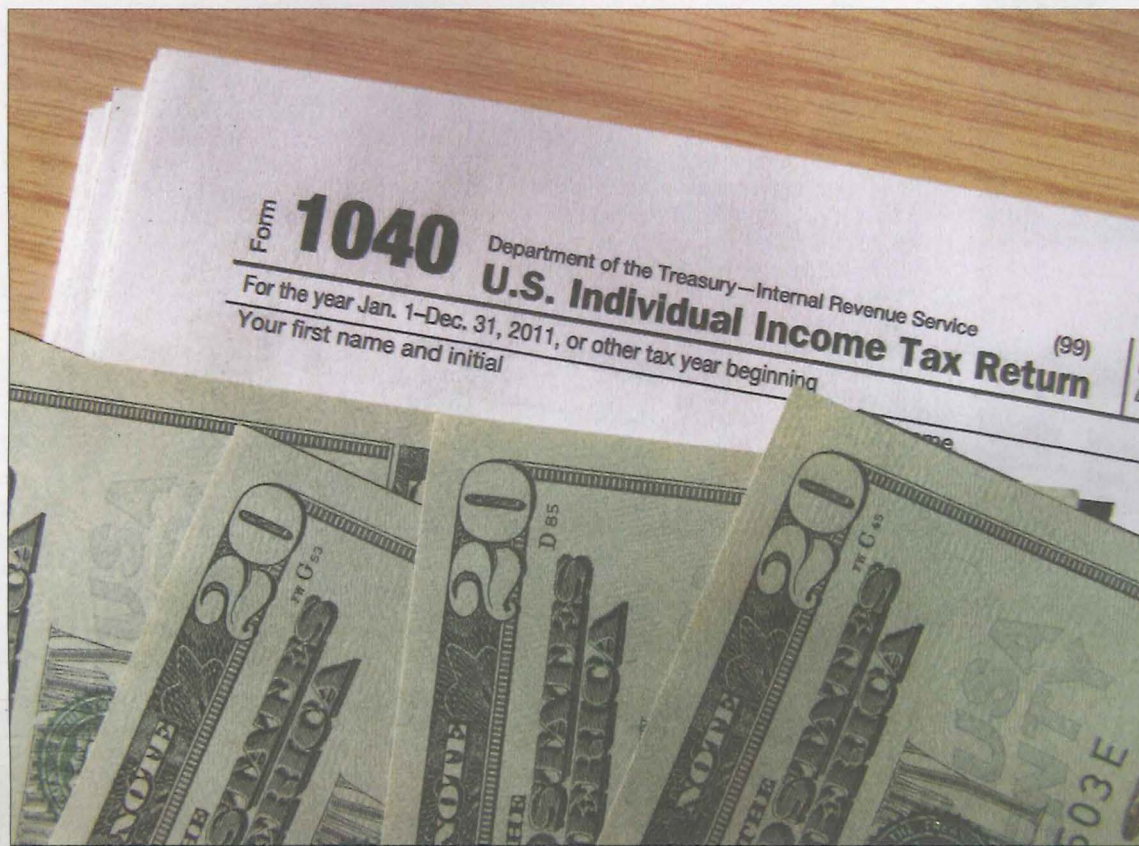


PHOTO COURTESY OF CREATIVE COMMONS

Tax season has arrived, and with it comes the anticipation of the April 15 deadline. There are a variety of resources full of information for college students to take advantage of when completing their taxes.

fix mistakes. This will prevent frustration and maybe lead to a bigger refund check in the future.

College students get special deductions when it comes to education costs.

There are three main educational deductions for college students, but only one can be applied.

The Hope Scholarship Credit is applicable to the first two years

of college and has a maximum credit of \$1,500.

The Lifetime Learning Credit has a maximum credit of \$2,000 and is based on the percentage of tuition.

The Higher Education Expenses deduction has a maximum of \$4,000, but the actual amount in credit will be around \$1,000.

These are also applicable to parents' taxes based on who is paying the tuition and whether or not they claim their students as dependents.

Out-of-state students also need to determine which state to file a return in, or if they need to file in both.

Work study programs are taxable too, so talk to the program coordinator to see how those earnings should be filed.

There are two different types of scholarships and fellowships — those that are qualified and non-qualified.

A scholarship or fellowship is qualified tax-free if it is used to pay education expenses, i.e. tuition, books and required supplies, and at an eligible education institution.

A non-qualified scholarship or fellowship is any expense that is not required such as travel or room and board.

For more information, research the 'Tax Benefits for Higher Education' under IRS Publ. 970.

Taxes may not be exciting, but everyone should give them appropriate consideration and thought by making sure they are filed correctly by April 15.

Students bring the agua to Nicaragua



PHOTO COURTESY OF MARK MULDER

In spring 2013, Mark Mulder, a Pacific Lutheran University marketing professor, led a group of students to Nicaragua to build a well for the village pictured above. This spring break, he will be leading another group of students back to Nicaragua to build another well.

By **SYDNEY FREYER**
Guest Writer

This spring break, Mark Mulder, an assistant professor of business, and 10 Pacific Lutheran University students will travel to Nicaragua to install a well with Living Water International (LWI).

LWI is a global nonprofit organization operating in 26 countries that helps provide communities with safe drinking water to improve overall health.

The global water crisis is an issue Mulder said he was passionate about.

"The global water crisis offers us an opportunity to become active," Mulder said. "From a business standpoint, businesses and nonprofits can have an active role in impacting the world in a positive way."

The idea itself took shape in Mulder's fall 2012 marketing research course.

"We took on the role as consultants for LWI and just answered the sort of questions like, 'how are they able to get connected with college aged students?'" senior Alex Quiner, a trip participant, said of the class.

Since he introduced the project, Mulder's introduction to marketing classes have used their class-based skills to raise more than \$1,500 for the water project by selling merchandise including wristbands and coupon books.

The Pacific Lutheran University project is certainly more than just a team of students.

"It takes a village to bring clean

water to a village," Mulder said. "It's really neat to see that for us, our 'village' is PLU, and all of our community partners supporting this project."

First-years Branden Stallard and Thomas Horn looked to Trinity Lutheran Church in their efforts to get the community involved.

"We told the people about our trip and what we were hoping to accomplish," Stallard said. "And they were really giving and really wanted to help. The whole community at Trinity really opened up their doors to our trip."

Others are visiting Brookdale Elementary for a school assembly about the project.

"They [the elementary students] were excited about the opportunity to bring clean water to people in need," Quiner said.

During their time at Brookdale, the PLU participants will reach every classroom, teaching elementary students a wide range of topics such as hygiene, sustainability and community and peace building.

Parkland Light and Water Company jumped on board as well.

More than 9,000 Parkland area residents received bill stuffers about the project and the PLU and Parkland Light and Water partnership.

Keithley Middle School and Rainier View Christian Church have also helped the group.

Mulder said the individual students going on the trip have

a variety of motivations to share with those in Nicaragua.

"I'm going on this trip because I have been blessed by a lot of generous people in my life and I want to be able to share that generosity and Christ's love with people in Nicaragua," junior Catherine Miolla said.

Senior Rachel Espasandin said her motivation comes from academic studies and a desire to build communities.

"A big part of my focus for going on this trip is peace building and a big part of that is conflict analysis and studies," Espasandin said.

There are a lot of internal campus supporters as well, such as Dining and Culinary Services, HERmonic, Garfield Book Company, Campus Ministry and a team from the Business 190 class's BizVenture competition, who have all given their time and energy to make this project happen.

LWI is already working with the community's leadership team in Nicaragua to prepare for the installation project and ensure the sustainability of the project.

This project is an example of how university reach can extend to remote parts of the world and can support global communities in a variety of ways.

PLU has a history of this outreach and service, and this group of people will blend their service to others with their own learning about nonprofits and social businesses.

The team heads out March 22.



PHOTO BY JOHN FROSCHAUER

Senior Alex Quiner speaks to students at Brookdale Elementary School about the upcoming trip to Nicaragua. The Brookdale students provided him with the shirt he is holding, which he will wear when he travels to Nicaragua.



PHOTO COURTESY OF MARK MULDER

Mark Mulder, a marketing professor, sits atop the rig he used to drill the well for a Nicaragua village in spring 2013.

To donate to the PLU Nicaragua team, visit
<http://www.plu.edu/cleanwatermatters>

Wanderlust:

Traveling doesn't have to break the bank

By **TAHLIA TERHUNE**
Columnist

If you have a passion for travel, a small budget should never hold you back.

Many people have perfected the art of inexpensive traveling. All it requires is a little more planning to save yourself thousands.

I have always had the desire to travel. Recently, I went to Argentina, Uruguay, the Bahamas and Turks and Caicos islands. This summer I will be traveling to Puerto Rico and have begun planning ways to save.

As a college student, I don't have a bank account to accommodate a glamorous travel-the-world type of lifestyle, however, I do have plenty of other resources available to me.

The largest obstacle travelers often face is airfare. Costly airline prices can often be the majority of what you will spend on a trip. This is why if you plan to be a frequent traveler you should consider signing up for a mileage plan.

I recently got my first credit card. Since I plan on flying, I signed up for the Delta Sky Miles American Express card. For every dollar I spend, I earn a mile. This is one way you can earn miles to credit toward your next ticket.

Expert traveler Rick Steves posted an article, "Thrifty 50 Travel Tips," to his website. An important tip he highlights is traveling during the off season. For example in Europe you would want to travel October through April. This would enable you to find lower rates on planes and hotels and experience smaller crowds.

Steves also advises sticking to local restaurants. Avoid those that hang signs reading "We Speak English" in the windows, because those will undoubtedly have increased prices targeting tourists.

You will find lower prices elsewhere, and when in doubt of what to order, just go with the daily special.

An alternative to hotels and house swaps could be hostels. Hostels provide travelers with lodging and inexpensive food with fellow travelers.

According to *Hostelling International USA*, large city hostels



PHOTO COURTESY OF TAHLIA TERHUNE

Sophomore Tahlia Terhune puckers up with a sting ray off the coast of Turks and Caicos islands Jan. 30. Kissing a sting ray is said to bring you seven years of good luck. Meeting the sting rays was part of the snorkeling excursion she went on.

will run anywhere from \$25-\$40 per night while smaller cities can be as inexpensive as \$15-\$20 per night. While you may sacrifice your privacy, you save an abundant amount on travel expenses and have the opportunity to meet all kinds of travelers.

Pacific Lutheran University offers many opportunities for studying away through various locations across the globe. Even just for J-term, roughly 300 PLU students study throughout the world.

This is a great opportunity, and you don't have to worry about planning your trip around school breaks since you will be receiving class credits to learn at your desired location.

"I think that my experience will be worth the knowledge that I can extract from the culture and professors of PLU," sophomore William Lockert, who is debating studying abroad to Norway and Denmark or Australia,

said. "Although, I wish PLU would provide an incentive [to study away]."

My travel to Argentina and Uruguay were mission trips that were organized through my high school. A mission trip is a mobilization of Christian ministry that can vary in time, anywhere from a week to a year.

For this particular trip, I wrote a letter that I sent to my family and close friends. I asked for them to keep me in their prayers for the duration of the trip and if they felt inclined to provide any form of donation for support of my trip.

I was astonished when they provided funds for more than 75 percent of my trip costs. Fundraising is always a viable option for traveling.

You can always find support for your passions if you look in the right places. Whether this is for funding a trip or using available resources such as hostels to save money where you can, you don't have to drain your bank account to see new destinations.

COLLEGE MEMORIES GO BEYOND HOMEWORK

By **SAM HORN**
Sports Editor



College is a prime opportunity to make lasting relationships. I know that I have made friendships with people who I will have a deep connection with for years to come.

My dad always told me that his best friends were from college. After attending Pacific Lutheran University for the last three years, I realize that my dad is telling the truth.

I live life in the moment. I don't focus too intently on the future, just because I want to savor every memory.

In 10 years, I will remember the parties I attended, not the tests I somehow completed. In 10 years, I will remember the late nights hanging out with friends instead of lectures.

In my second year of college, I asked myself if I'd rather be overloading myself with countless extracurricular activities or gaining experience through internships. I chose the latter option.

That has allowed me to not only learn what it's like to survive in the real world, but it has also given me inspiration to motivate my friends to strive for their goals.

I have committed myself to becoming a journalist. I have discovered my true calling. While it is a relief to know what I want to do with my life, it's the memories I will cherish. I can't express how fortunate I am to be surrounded with great friends and professors.

While I make time for arduous study sessions, I also stress the importance of hanging out with friends. My friends have kept me sane. I don't know what I would do without them by my side.

If I was simply a hermit locked up in my dorm every night, I don't know how I would survive. There have definitely been nights when I've been a hermit and buckled down on studying, but I can only do so much.

Last weekend, I guided several of my friends up Mt. Rainier in a snowshoeing escapade. I realized that I had plenty of homework to tend to, but I knew it could wait. My choice to go up to Mt. Rainier was just what I needed.

I had been bombarded by homework, and I knew I could cure my anxiety by exploring the outdoors with some buds. Even though the weather at Mt. Rainier was quite cloudy, it was the experience that left a lasting memory in my mind.

I calmed down and focused on living in the moment by being with my friends. It proved to be a good idea to relieve my homework anxiety by being around them.

All you get is four years. That's it. No more, no less. College is supposed to be the best four years of your existence. In my three years at PLU, this sentiment resonates throughout my blood.

I have enjoyed nearly every moment of the college experience, and I wouldn't trade it for anything.



THE MOORING MAST

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

EDITOR-IN-CHIEF
Jessica Trondsen
mast@plu.edu

BUSINESS & ADVERTISING MANAGER
Bjorn Slater
mastads@plu.edu

NEWS EDITOR
Reland Tuomi

A&E EDITOR
Alison Haywood

BUSINESS EDITOR
Kelli Breland

OPINION EDITOR
Ashley Gill

SPORTS EDITOR
Sam Horn

PHOTO EDITOR
Jesse Major

SENIOR COPY EDITOR
Kels Mejlaender

COPY EDITOR
Blake Jerome

ONLINE EDITOR
Leah Traxel

MAST TV
GENERAL MANAGER
Storm Gerlock

MULTIMEDIA EDITOR
Evan Heringer

NEWS @ NINE PRODUCER
Allison Reynolds

ADVISERS
Cliff Rowe
Art Land

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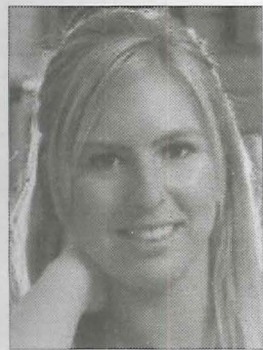
Corrections

Feb. 21 Issue

The page 1 article "A way to stay safe: There's an app for that," misspelled the first name of Jonathan Grove.

Resolve small scale conflict using large scale advice

By SAMANTHA LUND
Columnist



people begin to bother us, and things about us bother them, and eventually something comes up and we are in conflict.

We usually attempt to win and solve the problem with whatever means necessary. What we never do is think about international negotiation in relation to our tiny social problems.

Sometimes winning is less important than understanding and relating to each other. At least give it a try before you do something drastic like cut your sleeping roommate's hair or consistently leave your roommate to stay with a friend.

"In my friend group, we usually deal with conflicts before they become a big deal," first-year Karli Floyd said. She said she has had the same group of friends since sixth grade.

"When there was a conflict that had the potential to escalate, we tried to resolve it as soon as possible," Floyd said. "I value the friendships that I have too much to let something break them up."

Steinar Bryn visited campus last week and

introduced students to a method of dealing with conflict across cultures.

He is a six-time Nobel Peace Prize nominee and a leading scholar in conflict resolution. He urged students to remember two things: things take time and to create a safe place to talk.

Bryn used these methods on large scales with 10 or 20 people from different countries in conflict. In these situations, the conflict is normally a war or suppression.

Though we are in a different situation here on our safe campus, it is easy to get into a fight with someone and feel like you are at war.

You constantly see them on campus and it is impossible to avoid someone forever in such a small university. Your friends might feel like they have to take sides, and in the whole mess there are plenty of casualties.

Not to mention, if you do not sort out your problems, you lose a friend and you have to get over that loss as well. Sounds like a small-scale war to me.

Instead of dealing with

the war and trying to just survive it, give fixing it a try. Understanding Bryn's method can help. He fully believes that talking things out and hearing both sides cannot only help people relate, but can end conflict.

As young adults, we process things through talking about them and relating to other people. That is why PLU confessions pages and PLU compliments pages on Facebook are so popular — you want to know there are people out there like you.

Same with conflict. If you talk about your side and where you are coming from, the two sides might realize they are not very different. Or even better, they will realize that the whole conflict stemmed from a misunderstanding.

If talking it out and trying to relate does not help, some other methods to try could be to bribe them with cookies to be your friend again, tell them they are pretty, name your first born after them, sing them a song, set up a boxing ring and fight your problems out or just throw a tantrum and do not text them until they apologize — not childish at all.

Pacific Lutheran University is full of students from different backgrounds and different upbringings living together.

But just because we all go to the same school and live with one another does not mean we are all meant to be best friends and always get along. It is hard to live with people and see them every day, all day in any situation.

Hopefully we make some friends we enjoy spending that time with, but even those relationships are not going to be completely stable and perfect.

Things about the other

Please
recycle your copy of
The Mooring Mast



A message of hope for a changing church in a changing world

By JULIA WALSH
Guest Writer

but the Church is still up to the gilded Papal tiara in problems.

Some of these include women in the priesthood, pedophile priests, issues surrounding birth control, AIDS, gay rights, the rise of Islam, the sheer poverty of Catholics throughout the world, the memory of Church inaction during the Holocaust and official support of repressive regimes that killed hundreds of thousands of people, just for starters.

Pope John XXIII, initiator of the Vatican II in 1961, hoped to "open the window, to let in the Holy Spirit." Partially, the Council fulfilled his hopes.

But he died before the Council was concluded, and his successors — Pope Paul VI, Pope John Paul, Pope John Paul II and Pope Benedict XVI — did not continue the liberalizing

agenda in its fullest sense. The changing Church was not changing fast enough, and I for one doubted any meaningful change would happen during the reign of the archconservative Pope Benedict.

Then, on Feb. 11, 2013, Benedict XVI announced retirement. I was utterly blown away by the news as a student of history, as he was the first pope to retire from office — rather than die — in more than 600 years.

He left office and made room for someone else to take the Chair of Peter. From a man who once slapped a British journalist for being too pert with him, I found that shocking.

And yet, when Pope Francis was elected in the weeks following Benedict XVI's retirement, I was prepared to hate him. Surely a man who was that powerful for so long in Buenos Aires had connections to the fascist junta in that country which killed thousands of people in the 1970s.

Argentina is famous in my mind for the evils of Juan Peron, for the capture of Adolf Eichmann, for the country's concealment of fascists in hiding from all over Europe after the Second World War.

It seemed little change and not much of an "open window," could be expected of a man from that environment.

I was wrong then. I am rarely so glad to be wrong. Pope Francis has proved to be everything anyone who wishes that good things come out of the Catholic Church could ever hope for. He washed the feet of the downtrodden. He was asked about gay rights and responded, "Who am I to judge?"

He kisses babies and plays nice with the powerful but also dressed like a common priest to go feed Rome's poorest of the poor.

He is, as far as anyone can tell, engaged in a most thorough housecleaning.

The UN still condemns the Vatican policy regarding sexual abuses, and people worldwide are still being prevented from life-saving prophylaxis under the guise of religious conviction.

The Church is not perfect and the Pope is not perfect, but he has been a breath of fresh air after decades of papal firsts and Church stagnation.

So happy anniversary, Pope Francis. Many happy returns. May you live long enough to enact your vision as fully as possible.

Pope Francis has proved to be everything anyone who wishes that good things come out of the Catholic Church could ever hope for.

Sustainability

Waste in the landfill, not in the trash

By MADDIE BERNARD
Guest Columnist



As I mindlessly tossed my used coffee cup into the garbage after class one day, something caught my eye as I began to walk away.

I looked back at the familiar beige Pacific Lutheran University garbage cans that are divided into three sections: cans and bottles, paper and landfill.

"Landfill," I thought, "that is really interesting. My coffee cup is not simply going into the trash, but into a landfill."

This may sound naive, but I had never really made the connection that I was directly throwing my coffee cup into one of America's multiple landfills. Many people, myself included, think that once we discard our trash it just vanishes and is not our problem anymore.

"You just think that trash goes away," first-year Jeremy Jackson said. "But when you see 'landfill' on the garbage can, then you think 'Wow, this is going straight to the landfill.'"

There are 1,754 active landfills in the United States. If you took all the trash from the U.S. landfills and piled it into one massive landfill, it would be 32 times larger than the Great Pyramid of Giza in Egypt.

The harsh reality is, trash is still our problem even though we personally may not see it. It is important to realize that we are all contributing to landfills and to reduce our waste.

According to the Environmental Protection Agency, in 2012 alone, Americans threw out 251 million tons of garbage. About 36 million pounds put into landfills was food waste.

Most food waste is biodegradable and should not end up in a landfill. Instead it should be in a compost pile. Composting is a great way to reduce our waste, and give back to the earth at the same time.

When organic material decomposes, it creates a rich and fertile soil. Landfills, however, pollute the earth by sometimes leaking toxic material.

Another way to reduce the amount of waste in landfills is to throw away less food. While PLU offers wonderful all-you-care-to-eat dinners, it is easy to take more food than you need and end up throwing extra food away. This extra food often ends up in landfills where it does not belong.

As college students, we can make a difference. Do not take more food than we can eat and be conscious that our trash and excess food will end up in a landfill. I think PLU reminds students of this every day by substituting the word "trash" for "landfill" on most garbage cans.

"Trash just isn't a good word," sophomore Courtney Lee said. "'Trash' is something you are getting rid of, whereas 'landfill' means that you are literally putting your garbage into the earth."

For some PLU students, substituting the word "landfill" for "trash" on garbage cans does not make much of a difference in their lives, but it is a nice daily reminder of our individual responsibility to reduce our waste and save our planet.

The next time you go to throw something out, be mindful about the word on the garbage can because you can prevent waste from going into a landfill.

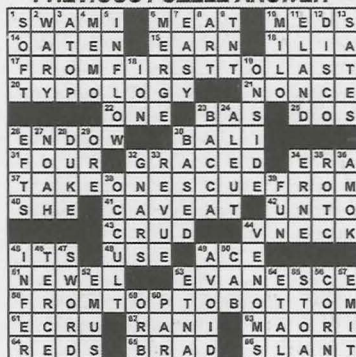
The Mast
will return
to stands
March 21

Universal Crossword

Edited by Timothy E. Parker March 2, 2014

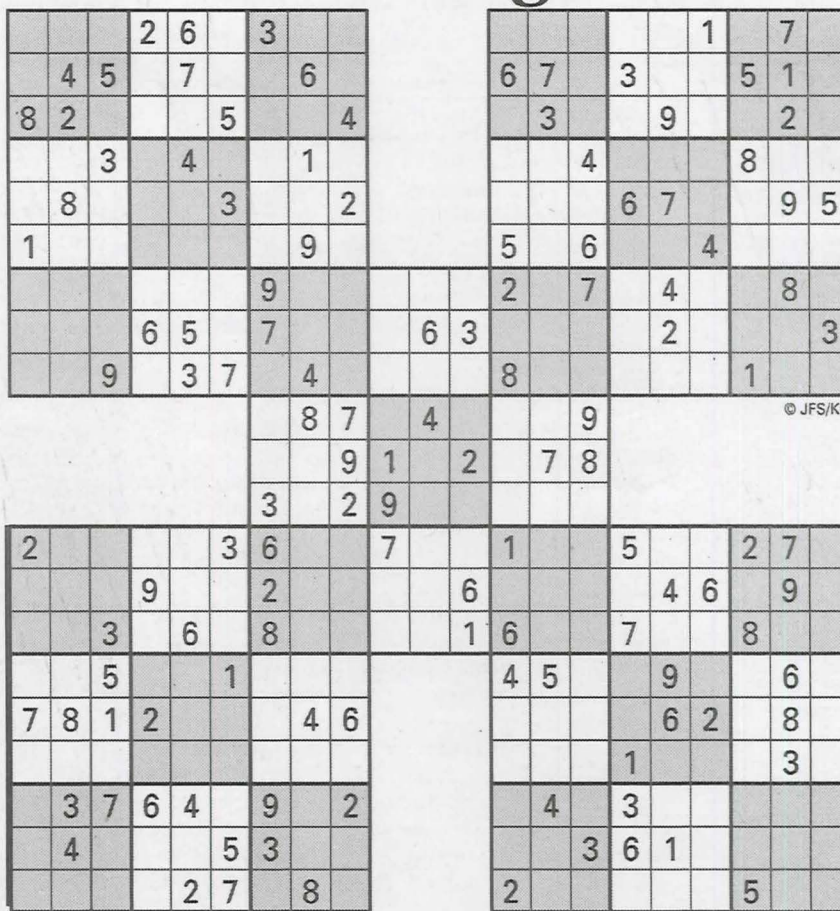
- ACROSS**
- 1 Highland Games pole
 - 6 Relative of a raccoon
 - 11 Opposite of ruddy
 - 14 Get to yes
 - 15 Filled, as a ship's hold
 - 16 A Mendes of Hollywood
 - 17 "What do we have here?"
 - 19 Bert Bobbsey's twin
 - 20 Bridges or Brummell
 - 21 Concerning the eye
 - 23 Artist's workplace
 - 27 Kind of pie
 - 29 Some underwear
 - 30 Mono alternative
 - 31 Put some in the pot
 - 32 Australian gems
 - 33 Steinbeck's "Cannery"
 - 36 AK or HI, once
 - 37 Bawl out
 - 38 Symptom that involves shivering
 - 39 Poetic "previously"
 - 40 California border lake
 - 41 Matter-of-fact writing
 - 42 Humbler in spirit
 - 44 Stamped and sent
 - 45 Kind of concert
 - 47 Sophisticated
 - 48 Shoe ties
 - 49 Wee bit
 - 50 "What was ___ think?"
 - 51 By a factor of 10 X 10
 - 58 Persian Gulf commodity
 - 59 Basket-maker's willow
 - 60 Person to respect
 - 61 Create a lawn
 - 62 ___-walsy (friendly)
 - 63 Fat-laden
- DOWN**
- 1 Ripken of baseball
 - 2 "It's ___!" (thumbs-up reply)
 - 3 Car protector
 - 4 Early night, to a poet
 - 5 St. Louis Cardinal, informally
 - 6 Cloudless
 - 7 Diamond Head locale
 - 8 "Without further ___"
 - 9 ___ Aviv
 - 10 Not al fresco
 - 11 Competed in the Olympics
 - 12 To be of use
 - 13 Pelosi of politics
 - 18 Apiary denizens
 - 22 "A Descent Into the Maelstrom" author
 - 23 Taper off
 - 24 Copier cartridge filler
 - 25 Feature of the Arctic
 - 26 Ogle
 - 27 Done to death
 - 28 Clutched
 - 30 Trail left by an animal
 - 32 Artist's pigment
 - 34 European blackbird
 - 35 Neglected, as a lot
 - 37 Munro's nom de plume
 - 38 Seed's outer covering
 - 40 Earl Grey purveyor
 - 41 Celebratory events
 - 43 WSW's opposite
 - 44 Dust particle
 - 45 Mishmashes
 - 46 Backyard part
 - 47 Fret
 - 49 April 13th, e.g.
 - 52 "Anytown,"
 - 53 Zippo or nada
 - 54 Sick-day cause
 - 55 ___ to Billie Joe"
 - 56 Permit
 - 57 Like Chianti

PREVIOUS PUZZLE ANSWER



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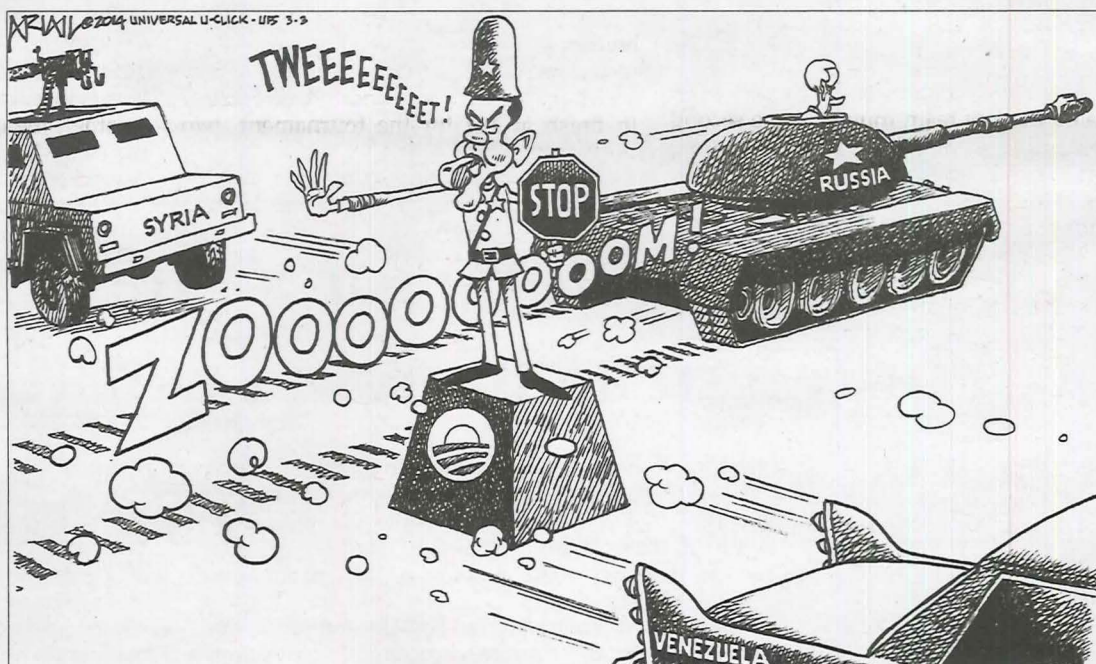
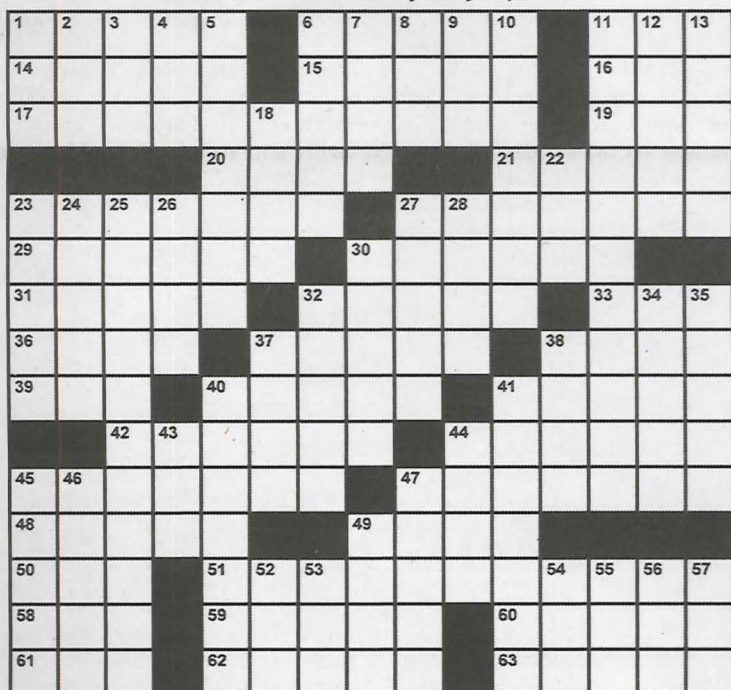
SUDOKU High Fives



© JFS/KF

HOW TO PLAY: Sudoku High Fives consists of five regular Sudoku grids sharing one set of 3-by-3 boxes. Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition. The numbers in any shared set of 3-by-3 boxes apply to each of the individual Sudokus.

MATURE IN BACK By Holly Copeland



PLU discusses conflict resolution

The Mast asked in a poll starting March 4 how students handle conflict. Join the conversation at <http://mastmedia.plu.edu/> in the Opinion section.

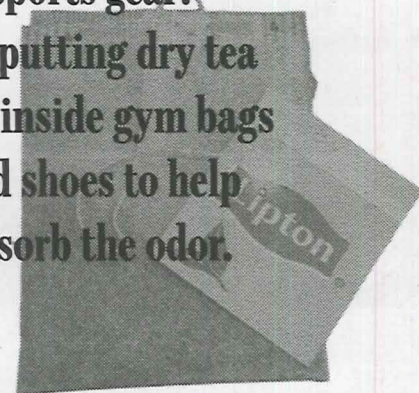
When conflict arises with peers, co-workers and/or friends, how do you handle the situation?

- 83% Start a yelling match. 101 votes
- 10% Try to talk with them about the issue. 12 votes
- 4% Ignore them until the problem goes away. 5 votes
- 1% Other. 1 vote
- 1% Act like there is no problem. 1 vote
- 1% Do whatever it takes to win the argument. 1 vote
- Total votes 121

Results as of Wednesday at 7 p.m.

Life Hacks

Smelly shoes or sports gear? Try putting dry tea bags inside gym bags and shoes to help absorb the odor.



SPORTS SCOREBOARD

Baseball

TEAM	WINS	LOSSES	CONFERENCE	STREAK
Linfield	10	2	3-0	Won 5
PLU	7	4	2-0	Won 2
George Fox	12	2	2-1	Lost 1
Puget Sound	4	6	2-1	Won 1
Whitman	9	5	1-2	Lost 1
Lewis & Clark	4	5	1-2	Won 1
Whitworth	3	5	0-0	Lost 2
Willamette	6	6	0-2	Lost 2
Pacific	3	5	0-3	Lost 4

LUTES' UPCOMING GAME: March 8 vs. Whitman, 11 a.m.

Men's Tennis

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

LUTES' UPCOMING GAME: March 18 vs. Whitman, 3:30 p.m.

AROUND THE LEAGUE...

BASEBALL: Pacific Lutheran University junior Chris Bishop threw the first nine inning no-hitter in PLU baseball history Saturday in a Northwest Conference road win over Willamette. Bishop threw 108 pitches and allowed only two base runners.

TRACK & FIELD: Pacific Lutheran University junior Tevon Stephens-Brown opened the 2014 spring season with a pair of top-three finishes in his three events at the Erik Anderson Icebreaker. He won the shot put and finished third in the hammer to go with a 13th-place throw in the discus.

MEN'S GOLF: Linfield junior Taylor Klopp posted the lowest round on both days of the PLU Invitational, including a career-low 70 on Day 2, to capture medalist honors with a two-under-par 142. The junior netted birdies on each of the par-5 holes for his second career medal and 24th career top-five finish.

Statistics found at <http://www.nwcports.com/landing/index>.

Softball

TEAM	WINS	LOSSES	CONFERENCE	STREAK
Whitworth	14	3	7-0	Won 7
Linfield	6	0	6-0	Won 6
Pacific	8	2	3-1	Won 1
George Fox	9	2	3-2	Lost 2
Lewis & Clark	5	6	2-4	Won 2
Willamette	2	6	1-5	Lost 1
PLU	1	8	0-5	Lost 8
Puget Sound	0	5	0-5	Won 1

LUTES' UPCOMING GAME: March 8 at Willamette, noon

Women's Tennis

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

LUTES' UPCOMING GAME: March 8 vs. George Fox, 1 p.m.

Lutes cap rainy weekend with PLU Invitational team title

By TYLER SCOTT

Director of Athletic Communications

The Pacific Lutheran men's golf team totaled the low team round for the second consecutive day, as the Lutes' A squad won the PLU Invitational tournament title on a rainy Sunday afternoon at The Home Course.

The PLU A squad dominated the top of the leaderboard, as sophomore Seth Nickerson, sophomore Justin Lee and senior Dustin Hegge all finished in the top five and sophomore Kelekolio Moore tied

for sixth.

Linfield's Taylor Klopp took medalist honors as the only golfer to card a score under par at the par-72, 6,847-yard course.

Klopp posted a two-under 70 on Sunday to finish at 142 for the tournament, two under par.

Nickerson was the Lutes' top finisher with a second-round 71 to finish with a one-over 145 on the weekend. Drew Groshong finished third for Lewis & Clark (147), while Lee placed fourth (149) and Hegge took fifth (150).

Moore was part of a five-way tie for sixth place with a total score of 151, and

Tim Livermore rounded out PLU's top team at 152 to tie for 11th.

"I was extremely pleased with all of the guys on our squad," PLU head coach Kris Swanson said. "We didn't have the best weather, the course was set up tough and it played long. Considering all that, they played at a championship level."

With this strong start to the season, the Lutes' confidence should be strong.

With a total score of 595, the PLU A squad finished at 19-over-par for the weekend. Puget Sound's A squad took second (613), followed by Linfield (614) and PLU's B team (624). Lewis & Clark

took fifth (640), followed by Puget Sound's B team (657) and George Fox (690).

Sophomore Ryan Fenton led PLU's B squad with a total of 151 to tie for sixth. First-year Thomas Huddleston tied for 17th at 158, with sophomore Zach Martinson tying for 20th (160), senior Sam Hodge tying for 22nd (161) and senior Alex Liljestrom taking 28th (165).

The Lutes return to action this weekend, heading to Fircrest for the UPS Invitational on Saturday and Sunday.

Sam Horn contributed to this article.

Chris Bishop tosses first nine inning no-hitter in PLU baseball history

By TYLER SCOTT

Director of Athletic Communications

Pacific Lutheran won a pitchers' duel in the opener, but junior Chris Bishop stole the spotlight in the second game when he pitched the first nine inning no-hitter in program history to lead the Lutes to a Northwest Conference doubleheader sweep of Willamette Saturday afternoon at John Lewis Field.

Bishop struck out five and allowed only two baserunners in the game, walking one in the second inning and hitting a batter in the third.

He finished the afternoon with 108 pitches and induced back-to-back strikeouts to seal the deal and spark a celebration on the mound with his teammates.

Bishop's no-hitter is the second in program history and the first to cover a full nine inning contest. Joel Barnett tossed a seven inning no-no against Corban (then Western Baptist) during the 1993 season.

For the 5-11 junior out of Rochester, Wash., Saturday's gem not only earned a spot in the record books but also helped the Lutes open NWC play in strong fashion on the road.

The Lutes scored a season-high 10 runs to support Bishop, with nine proving unnecessary.

Junior Collin Nilson cranked his second home run of the day as part of a 3-for-4 effort that included four runs batted in during the big PLU win.

Senior Alec Beal added two RBI on a fourth inning single, while junior Clay Trushinsky, sophomore Tyler Thompson and senior Dominick Courcy each drove in a run for the Lutes. Courcy and Thompson scored two runs apiece in the win.

PLU took the lead in the top of the first when Courcy reached base on an error, advanced on a sacrifice and scored on Thompson's groundout to third. The Lutes added two more in both the third and fourth innings before tacking on runs in the sixth, seventh and ninth frames.

TREVOR LUBKING FANS SIX BATTERS ON WAY TO VICTORY

By SAM HORN

Sports Editor

Junior Trevor Lubking struck out six batters, much to the delight of Mast Sports Pick 'Em contestant Kyle Peart.

While Lubking's pitching prowess doesn't guarantee Peart a certificate yet, it is a step toward the Promised Land.

Peart is now ahead of the pack, which is what he has wanted to do since Day 1. The burly senior has a competitive spirit.

Switching our attention to this week, I asked the Pick 'Em participants who will win this weekend between the Toronto Raptors and the Minnesota Timberwolves.

If I had asked this question a couple of years ago, you would have thought I was mentally insane. A couple of years ago, these two teams were irrelevant in the basketball world and nobody would have the slightest interest in watching the game.

Times have changed though.

The Timberwolves now have the future Kevin Garnett in Kevin Love. Love is having arguably one of the best seasons for a forward in the history of the NBA.

And he's only 25.

On the other side, the Raptors are equipped with a premier shooter in DeMar DeRozan. He may not be a household name, like LeBron James or Kevin Durant, but he is averaging nearly 23 points per game.

This matchup is tantalizing, in that two up-and-coming teams will square off against each other.

It should be a classic.

Who will win between the Minnesota Timberwolves and the Toronto Raptors?

Kyle Peart (1-1)

Prediction: Timberwolves

Alan Bell (0-2)

Prediction: Timberwolves

Cale Powers (0-2)

Prediction: Raptors

Drew Oord (0-2)

Prediction: Timberwolves

Michelle Hogan (0-2)

Prediction: Timberwolves

SAM SAYS...

Football doesn't negatively affect the brain like people think it does

By **SAM HORN**
Sports Editor

Many think participating in football is a death sentence. Think about it: players run full speed on a field trying to knock each other's brains out of orbit.

While it is a dangerous game that can cause concussions, research has shown that this game benefits youth in today's society.

Sandra Bond Chapman founded the Center for Brain Health at the University of Texas, where she is a professor of behavioral and brain sciences. Chapman has been involved in brain research for more than 30 years and knows a thing or two about traumatic brain injuries.

Chapman stressed at the 2014 American Football Coaches Association convention this past January that "the benefits of football to health and well-being far, far exceed the risk of permanent brain damage."

According to Chapman, football

enhances many aspects of life.

It inspires optimization for emerging potential, prevents and mitigates risks of developing lifelong addictions, supersedes need for negative risk-seeking with positive thrills of camaraderie and purpose, strengthens commitment to school work, provides regular exercise to stay physically and mentally fit while elevating mood and improves sleep habits.

In short, football provides one of the strongest protections against unhealthy risk-seeking behaviors, like experimenting with drugs or alcohol.

On the other hand, football has its setbacks. Concussions are a risk in football. When a player goes back into a game after suffering a concussion, he is three times more likely to get another concussion.

But concussion prevention and care has improved.

Chapman works with more than 130 scientists at the Center for Brain Health, which is releasing new medical statements

nearly every year.

The group of specialized scientists is working on increasing the connectivity between the temporal lobe and the frontal lobe in the brain in order to increase the brain's productivity.

The temporal lobe is the learning and memory center of the brain, while the frontal lobe transforms and applies content in the brain.

University of Washington Associate Professor Eric H. Chudler, executive director of the Center for Sensorimotor Neural Engineering, said the main goal of the Center for Brain Health is to focus on brain plasticity and performance.

Brain plasticity describes how experiences reorganize neural pathways in the brain. Long lasting functional changes in the brain occur when we learn new things or memorize new information.

"The brain is so much more amazing than we ever dreamed possible, so our mission at the Center for Brain Health

is truly to maximize human cognitive performance," Chapman said.

Craig McCord, the defensive coordinator for Pacific Lutheran University's football team, sent the link to Chapman's video to the entire football team. He wanted to enhance everyone's understanding of concussions.

Having been on the football team at PLU for nearly two years, I have witnessed multiple teammates experience concussions.

I've only gotten one concussion in my nine-year athletic career, and it was quite minor.

Still, understanding concussions and their severity is important if you want to lead a fruitful life.

Too many athletes get too focused on getting back into the game, because they want to help their team win, but they need to realize that if they get a concussion, they'd be doing themselves a favor if they stood on the sidelines.

Lutes lose to dominant Pacific Boxers tennis team

By **JOHN TVETER**
Sports Writer

After a rough first weekend of conference tennis matches, Pacific Lutheran University returned home Feb. 28 looking to turn things around.

Unfortunately for the Lutes, the Pacific Boxers had other plans, running away with the match early and skunking the Lutes by a final team score of 9-0.

The day began with the doubles matches, and the Lutes put up a fight. Junior Spencer Herron and sophomore Jake Yannello hung tough in the No. 2 doubles matchup before falling 8-5.

The No. 3 doubles pair of first-years James Okubo and Sam Stadter also lost by a slim margin, 8-6.

As the singles matches began, the Lutes

were looking to get their first singles win of the year.

They were swept in singles matches against both Lewis & Clark and George Fox the previous weekend. The Boxers served up a similar meal of defeats for the Lutes.

Angel, Yannello, Okubo, senior Neal Berg and sophomore Brancon Bulaclac all fell to the Boxers in straight sets. The lone match that went to a third set was that featuring Stadter.

Stadter won the first set, but was unable to capitalize as his opponent battled back to win the next two sets. Stadter lost 3-6, 6-3, 6-4.

"We were hoping to start this weekend on a good note, but unfortunately we didn't. The good news is we have another chance tomorrow to turn things around," Yannello said.

Singles competition

1. Battaglia, Giancarlo (PAC) def. Angel, Sam (PLU) 6-2, 6-2
2. Zuroske, Troy (PAC) def. Stadter, Sam (PLU) 3-6, 6-3, 6-4
3. Faith, Brennan (PAC) def. Yannello, Jake (PLU) 7-5, 6-3
4. Bulling, Lorne (PAC) def. Okubo, James (PLU) 6-2, 6-3
5. Suklje, Alen (PAC) def. Berg, Neal (PLU) 6-3, 6-1
6. Wininger, Clark (PAC) def. Bulaclac, Brandon (PLU) 6-0, 6-0

Doubles competition

1. Battaglia, Giancarlo/Zuroske, Troy (PAC) def. Angel, Sam/Berg, Neal (PLU) 8-3
2. Faith, Brennan/Frazier, Grayson (PAC) def. Herron, Spencer/Yannello, Jake (PLU) 8-5
3. Bulling, Lorne/Wininger, Clark (PAC) def. Okubo, James/Stadter, Sam (PLU) 8-6

MEN'S TENNIS CLAIM FIRST WIN OF THE SEASON AFTER OUTLASTING WILLAMETTE

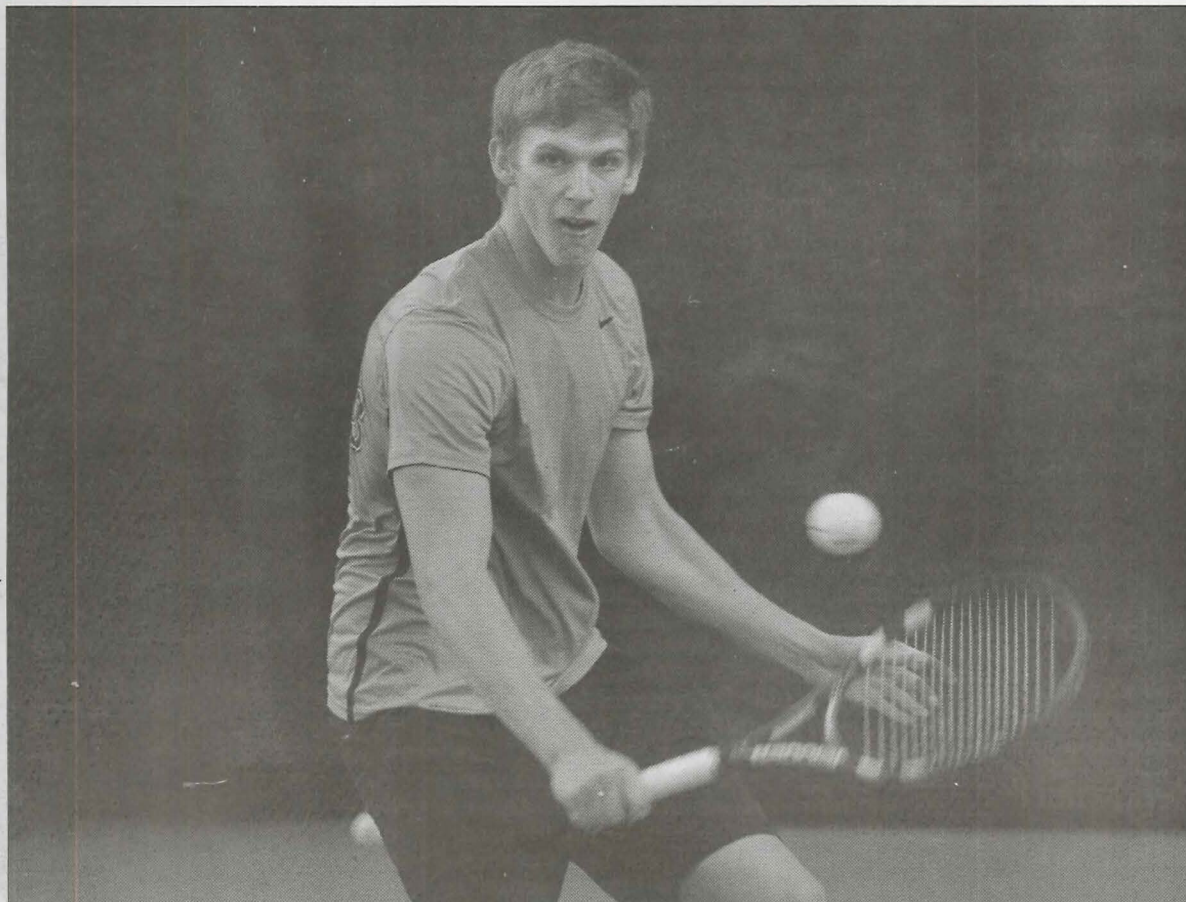


PHOTO COURTESY OF PLU ATHLETICS

Junior Spencer Herron returns an opponent's forehand. Herron helped the Lutes record their first win of the season as he outlasted Willamette's Gunnar Lee in three tense sets. Herron barely won the first set, lost the second set and triumphed in the last set. Herron is now 1-0 in singles matches on the season.

By **GIANCARLO SANTORO**
Sports Writer

The Pacific Lutheran University men's tennis team sent the Willamette Bearcats back to Oregon with a loss after claiming a 5-4 win Saturday at the Sprinker Recreational Center.

Junior Spencer Herron defeated Willamette's Gunnar Lee in the final match of the weekend in three sets to earn PLU its first victory of the young season.

The win improved the team's record to 1-3 overall.

"Of course it's always nice to get a win, but it's even better to get some of these hard-working young players some of their first victories of the season," PLU head coach Rocky Poulin said. "We can build on this."

In addition to getting the team headed in the right direction, the win proved to be especially significant for Herron, as it was his first singles match in two years.

"I like the pressure," Herron said. "When you are the last one playing you have a good audience, it makes for an exciting match."

Willamette kept it close throughout with some good tennis, but with the loss, the Bearcats fall to 1-5 overall, tied with PLU in NWC play with a 1-3 record.

Herron's teammates, first-year Sam Stadter and sophomore Jake Yannello, also claimed their first singles victories of the year, outlasting Willamette's Will Cooper and Devn Abney respectively.

"It feels really great to get the first win under my belt," Stadter said. "I was a little nervous, but I knew I could beat him [Cooper]. I need to improve on my focus when I'm on the court, though, because it's hard keeping that concentration for a long period of time."

The end of the contest was almost soured for the Lutes after losing their first doubles match to Cooper and Abney, but Herron and Yannello, as well as Stadter and first-year James Okubo, rebounded to win the final two matches.

PLU will be back in action March 14 when they play Whitman College at Sprinker.

John Tveter contributed to this article.

Gay athletes finding the courage to come out

By **GIANCARLO SANTORO**
Sports Writer

Athletes Jason Collins and Michael Sam have something in common. Unfortunately, the similarity they share is something that has not been universally accepted. It is one that millions are fighting for on a daily basis.

In the past year, these individuals chose to risk it all by making arguably one of the biggest decisions of their lives. They both announced they were gay.

Despite both men being on opposite ends of their professional careers and from different generations, they share the common desire to make something out of their lives.

Like the rest of us, they want to make a name for themselves.

But considering Sam has yet to be drafted into the NFL and the 35-year-old Collins is nearing the end of his career after signing a 10-day contract with the Brooklyn Nets, these men have already done what millions have only dreamed.

Unfortunately for many who have come out, their dreams can, and have, turned into nightmares.

Pacific Lutheran University senior Lucas Kulhanek, a former Pierce County representative of The Gay, Lesbian & Straight Education Network (GLSEN), noted the difficulty that gay athletes face when deciding whether or not to "come out."

"If I was a gay athlete, I would have to think about the consequences that would occur and also the benefits," Kulhanek said. "Ultimately, they are paving a path for future gay athletes, which is a difficult and brave thing to do."

Both Collins and Sam's statements have rightly been met with a wave of support.

But on the other side, many have asked, what is the world coming to? The answer, in short, is that it's becoming more tolerant.

Senior Amy Wooten, president of PLU's Student-Athlete Advisory Committee (SAAC), has been working hard to spread an attitude of tolerance around PLU.

"This year it has been my goal to make sure SAAC is doing everything they can to show that we are a welcoming and inclusive environment to anyone and everyone in the PLU community," Wooten said. "We as a committee want to foster the notion that it doesn't matter

what your sexual orientation is. If you're our teammate, then we will respect you."

With the recent failure of the anti-gay bill proposed to the Arizona legislature last week, more and more people like Kulhanek and Wooten are actively standing up against sexual discrimination.

"Whether it's topics on religious affiliation, ethnicity or even sexual orientation, it really all comes down to respecting your teammates and respecting the game you play," Wooten said.

Although Collins and Sam are by no means the first professional athletes to open up about their sexuality, they are joining a select list that is growing by the day.

In Collins' case, he has already made history by becoming the first openly gay player to compete in an NBA game.

And in truth, it's about time. "I honestly think it was bound to happen at some point, and it is extremely beneficial to society as a whole," Kulhanek said. "Exposure is what humans need and homophobia gets addressed through exposure and advocacy."

A common argument some critics make when athletes come out is that media attention actually does more harm than good to the athlete.

It has been said that focusing on gay athletes coming out actually brings more negativity than acceptance.

While that may be true in some circumstances, positive media attention can also encourage others to conquer their fears.

"Gay athletes need to come out on their own terms," Kulhanek said. "They need to decide when the best time is for them because many people struggle with coming out based on the situation they are in."

Luckily for the millions who live in fear of ridicule and discrimination based on their sexual orientation, organizations are popping up around the country to help gay and lesbian people feel accepted.

"SAAC is the voice of the student athletes, and I believe that the topic of sexual orientation isn't going to go away if we ignore it," Wooten said. "That's why we have found that adopting campaigns like the 'You Can Play Project' is important. No one should ever feel excluded or uncomfortable to be themselves in their own environment."

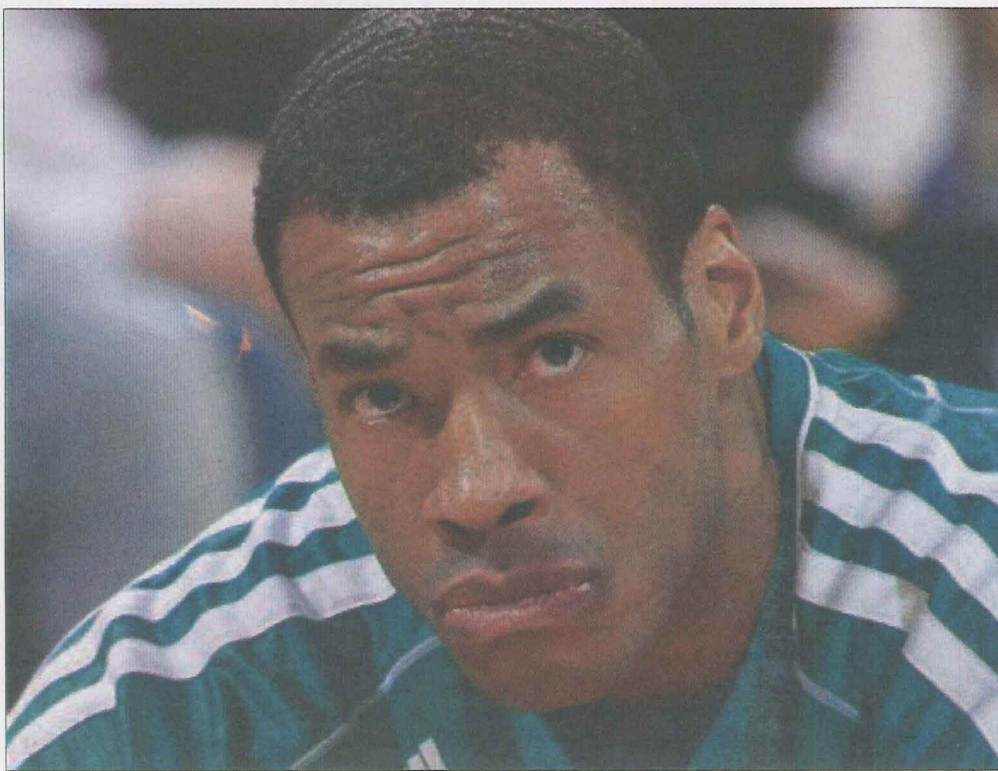


PHOTO COURTESY OF CREATIVE COMMONS

TOP: Jason Collins has received mostly positive feedback after he announced he was gay last year.
BOTTOM: Michael Sam could be the first openly gay player in the NFL if he gets drafted this May.

LGBT activist visits Pacific Lutheran University

Former University of Maryland wrestling star speaks out against homophobic language

By **SAM HORN**
Sports Editor

Hudson Taylor is on a mission to educate people about the dangers of homophobia in sports.

Four hundred students packed into Olson Gymnasium Monday to hear what Taylor had to say about his perspective on the homosexual community.

Taylor is a Lesbian Bisexual Gay Transgender activist, and he speaks out against homophobic slurs used not only in athletics, but also in everyday life.

He explained that he wasn't always a supporter of the LGBT community.

He didn't really understand the group's mission until he witnessed homophobic language occurring in the locker room at the University of Maryland where he wrestled. That's when he said he decided to make a difference.

"I believe that if you are silent

in the face of oppression, you are culpable for that oppression... There are everyday instances when people should speak out when they're currently not," Taylor said.

Taylor stressed the importance of being aware of how you speak. Using homophobic language can be insulting and should be avoided.

Taylor said he believes getting professional athletes to speak out

"We're really trying to get it into our athletes' minds that we want to be an inclusive department."

Amy Wooten
Student-Athlete Advisory
Committee

against homophobic slurs can be very powerful because they are so influential.

"Getting a professional athlete or a college athlete to do the same [speak out against homophobia] could make a major difference," Taylor said.

Amy Wooten, the Student-Athlete Advisory Committee president, said she wanted PLU to host Taylor after watching him speak at the University of Washington Leadership Summit last year.

"We've already started to implement Hudson's message this year with the 'You Can Play' video, and we'll be running an inclusion poster campaign coming out this week," Wooten said. "We're really trying to get it into our athletes' minds that we want to be an inclusive department."

In the end, there's no magic trick in ending homophobic language. It can only end by speaking out and taking action.

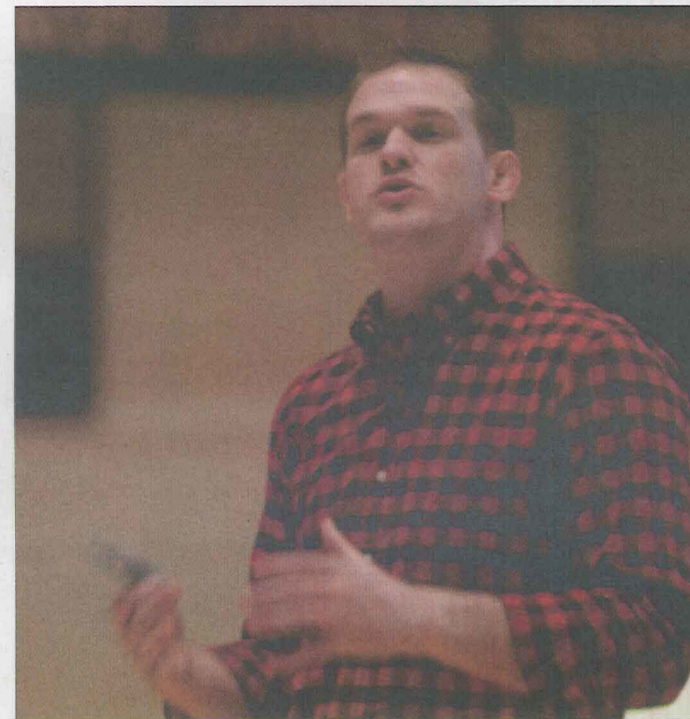


PHOTO BY JESSE MAJOR

Hudson Taylor expressed how he was raised in a Christian home and it was looked down upon to speak out against homophobia. However, Taylor wasn't the typical Christian.

PLU alum resurrects soccer career

Andrew Croft '09 will travel to Chicago

By **SAM HORN**
Sports Editor

Sometimes all it takes is one moment to understand your true calling in life.

When Pacific Lutheran University alum Andrew Croft was in Uganda in 2012, he was able to appreciate how soccer made an impact on a global level.

That was enough reason for Croft to resurrect his soccer career.

Croft quit the PLU soccer team his junior year, because he said he made some bad decisions that left him unprepared for the year's upcoming training camp.

Croft said not a day goes by that he doesn't regret making that decision.

"Since that day, I have really done some amazing things," Croft said. "I don't think that a couple bad decisions can stop you from chasing your dream, and I have had some very special people

in my life that have helped me realize that."

In December 2012, Croft trained with the Tacoma Stars, Washington State's only professional indoor soccer team.

He lived in Seattle at the time, so Croft had to drive one and a half hours to and from Tacoma three times per week to train and play.

Now, Croft plays for the Tacoma Galaxy. The undefeated Galaxy recently won the 2014 Northwest Division Title of the Premier Arena Soccer League (PASL).

As the team's goalkeeper, Croft has aided the Galaxy in attaining an unblemished record in its inaugural season in the PASL.

Now that the Galaxy have been named champions, the team will travel to Chicago's Sears Arena March 15-16 to compete with other top PASL teams from around the Nation for the PASL Premier National Title.

"It feels incredible to

be headed to Chicago with the Tacoma Galaxy," Croft said. "It has always been my dream to play in a national tournament and to be able to represent the Northwest with my teammates — who are some of the best I have ever played with — as the best of the best in indoor soccer is a great feeling."

Croft said he probably wouldn't be where he is without the support of his wife, Tafara Pulse. Pulse is a professional women's soccer player who plays for the Seattle Sounders women's team.

"She pushed me to get back in shape and push through any negative thought I would have about not making it," Croft said. "If it wasn't for her, I wouldn't have even taken the idea seriously. She is my biggest inspiration and supporter."

For now, Croft has his sights set on capturing the elusive PASL title, realizing he has found his true potential in soccer.



PHOTO COURTESY OF JEFF HALSTEAD

Andrew Croft blocks a shot to prevent the soccer ball from reaching the back of the net. Croft's team, the Tacoma Galaxy, will be headed to Chicago in mid-March to compete for the Premier Area Soccer League National Title.

Lutes softball team riding eight game losing streak

By **NICK BARENE**
Sports Writer

GAME 1

The Lutes softball team was unable to earn a victory against the visiting Whitworth Pirates in its weekend double header, losing 4-3 in the first game and 4-2 in the second.

In the first game, the Lutes came out swinging the bat well. Senior Spencer Sherwin led the game off with a triple. First-year Thalen Masada then drew a walk and stole second base.

With Sherwin and Masada aboard, junior Kelsey Robinson smacked an RBI double into right-center field to give Pacific Lutheran University an early 2-0 lead.

In the third inning, senior Katie Lowery hit a single to center field, scoring Masada and increasing the PLU advantage to 3-0.

That would be the end of the scoring for the Lutes.

The Pirates came out in the fourth inning and put a run on the board. In the fifth inning, they tied the game at three on a two-RBI double to left field by Megan John.

Whitworth scored the game winning run in the sixth inning on a bunt single by Brittany Connor.

In the bottom of the seventh inning, Masada was able to reach base safely with only one out. However, the next batters were retired and the win went to the Pirates.

Robinson (1-3) took the loss. She allowed three earned runs on seven hits alongside one walk and three strikeouts.

Makayla Lefever (2-0) got the win, giving up just one earned run on six hits to go with her four strikeouts.

GAME 2

In the second game, the Pirates opened up the scoring in the top of the first. The team took a 1-0 lead on a single by Julia Johnson.

In the bottom half of the first inning, Sherwin got the Lutes back on track, leading off the inning with a solo blast over the outfield wall. It was her first homerun of the year.

In the top of the third inning, the Pirates struck again on Julia Johnson's two-run homerun, giving Whitworth a 3-1 lead.

The Lutes would get a run back in the sixth inning. Robinson reached base on a single, followed by senior Lindsey Matsunaga on a fielder's choice.

A bunt single by Lowery loaded the bases for first-year Kailyn Osaki, who smacked a base hit down the right field line to score Robinson from third.

But the next three Lute batters were retired, and the PLU rally was short lived.

The Lutes stranded seven base runners in the game and totaled 14 for both games combined.

The Pirates scored another run on a scoring error, and they cruised through the bottom of the seventh to victory.

Junior Leah Butters (0-4) allowed three earned runs on nine hits with no walks and three strikeouts in her complete game effort.

Madi Perez picked up her seventh win for the Pirates, pitching four innings. She gave up one earned run on four hits, with three walks and two strikeouts.

Whitworth's Riley Fritz earned her first save of the year in relief.

The Sunday's games of the weekend series were cancelled due to rain. The Lutes fell to 1-8 overall, 0-5 in the Northwest Conference. Whitworth moved to 14-3 overall, 7-0 in NWC play.

The Lutes' next game will be against Willamette March 8. PLU is riding an eight-game losing streak into the game.



PHOTOS BY JESSE MAJOR

LEFT: Senior Lindsey Matsunaga throws out a runner from her infield spot. Matsunaga leads the team in fielder assists with 21. RIGHT: Junior Leah Butters pitches to a Whitworth batter. Butters couldn't get into a rhythm, as she gave up four runs on nine hits. It was the fourth loss of her 2014 season.

