

THE MAST

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Support for Veterans on Campus

Kiyomi Kishaba
Opinion Editor

“Do you know where the Mast name came from?” he asked me as we sat down for an interview in his office, tucked away in a corner of Hauge Administration Building. “It’s named after the mooring mast on McChord field.”

The mooring mast was a tall tower where airships locked into the top and transported people on and off the building. Pacific Lutheran University and the US military have harbored a relationship for many years, leading to the historical naming of the school newspaper.

“I imagine at some point you will change the name, which would be a shame because we will lose that history,” Michael Farnum said.

Farnum has been PLU’s Head of Military Outreach for almost six years. This Fall, he and Student Success advisor and Army veteran Eric Ritter debuted a brand new Student Veteran course called the “Student Veteran Leadership Academy.” This Pilot Program aims at helping veterans assimilate into college culture and reach academic success.

An Army veteran himself, Farnum focuses the class on identifying obstacles and showing the students how to overcome them. By discussing communication, writing, and reading across different areas of study, Farnum provides veterans with the tools necessary to excel at PLU.

Similar to the name of the Mast, Farnum holds deep ties to the military community at PLU. After dropping out of school in 10th grade and serving in the military for 23 years, he attended and graduated from PLU with a Bachelor of Environmental Studies and a minor in Geoscience in 2013. Farnum recently earned an MBA in May 2019.

During his time as an undergraduate, Farnum realized PLU had limited resources for veteran students. He wrote to PLU President Loren Anderson about an organization called Vet Corps, in which veterans in college help each other succeed.

As member of the Veteran Conservation Corps, which focuses on environmental conservation work, Farnum had experience in working in veteran communities. With his initiative, PLU began its chapter of the Vet Corps which Farnum ran for two years.

“I know what it feels like to be a poor student, to have

See *Farnum* page 4



Melannie Denise Cunningham shares an embrace after her performance in *Butterfly Confessions* on Nov. 2. Cunningham, the Director of Multicultural Outreach and Engagement at PLU, also served as executive producer for the show, which highlighted the stories of women of color. See *review* on **page 9**. *Photo by PLU MediaLab.*

Late Knight unveils new format and new faces

Brennan LaBrie
News Editor

When lights illuminated the stage for the second episode of Late Knight’s fifth season on November, the audience was greeted by one familiar face and one new one.

Senior Madison Willis, who served as co-host this past Spring alongside Sam Ellefson and hosted solo for this season’s October premiere, was joined by junior Henry Temple at the host desk in the Cave at the Anderson University Center.

This episode reflected the major changes that the show has seen this season. For four years, Sam Ellefson hosted the late night variety show after co-founding it his freshman year. When he graduated in the Spring,

so did most of the show’s co-founders and crew.

Willis became the show’s first host other than Ellefson after initially coming on as a character last year, while Temple joined the show this fall along with a majority of the production and writing teams. This season’s director, junior Ali Struble, took the position this year after serving as lead camera operator last season.

Willis called the October season premiere a “crash test sort of episode,” in which everyone on the team was figuring out their roles in the new rendition of the show, and being shown the ropes by some of the show’s “veterans” like Willis.

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

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

School shooting reminds us of the importance of conversation

EDITORIAL

Kiyomi Kishaba

Opinion Editor

My phone buzzed: *Did you hear about Santa Clarita?*

No, what about it?

I knew what the answer was.

Another shooting.

I felt the familiar pit of anger and sadness form in the bottom of my stomach. I googled Santa Clarita shooting and found familiar images of parents and children clutching each other with tears rolling down their faces. Headlines of school shooting and two dead, three injured ran across the webpage. The feeling of hopelessness hovered like a rain cloud over it all.

My phone buzzed: *I had two panic attacks last weekend at the music festival because I thought it was going to get shot up. I had to make exit plans in my head to calm myself down.*

How is this the world we live in?

This shouldn't still be a conversation. I shouldn't have to sit and write this article with tears in my eyes, thinking about the possibility of an active shooter on our campus. But it is, and I am.

I may be preaching to the choir here, but we need gun control. Children are dying. Parents are grieving, mourning, breaking; how much more does it take to make a change?

I struggle having conversations about gun control with people who disagree with me. I see my argument as common sense, and when they rebut I have little argument besides "you're wrong." Apparently some people value owning guns over the lives of children.

I know when I put it like that I'm villainizing gun owners as "others," which really doesn't help the situation. But what else can I do? I'm a college student who finds the time to go to the occasional activist march, and sometimes posts about politics on her Instagram story. I feel helpless, like I'm too small to make any impact on the real problem. And maybe I am.



Students and parents comfort each other after tragic shooting at Saugus High School on Nov 14th.

Photo by Getty Images

“If we want to change the frustrating reality that we live in, we’re going to have to communicate with each other.”

I will be the first to admit I distance myself from people who hold conservative opinions, or at least avoid talking about touchy subjects with them. But I'm realizing that if we want to change the frustrating reality that we live in, we're going to have to communicate with each other.

This is not a new idea. But I believe we need to rejuvenate the effort to reach across the imaginary divide between political parties and listen. I alone can't fix the problem with angry posts on Instagram, so I need to swallow my pride a little and be open minded to what others have to say.

But not too open minded, because children are dying.

I invite you all to consider what I've said, and generate your own thoughts about the situation and about what needs to be done. If you feel inspired to write about your stance or would like to respond to this article, I encourage you to email mast@plu.edu with your thoughts. The Mast will consider your writing for publication in the Opinion section.

Student conduct violations fall as Student Care Network grows

Brennan LaBrie
News Editor

In October, Pacific Lutheran University Campus Safety released their annual safety report, detailing all crimes that occurred on campus property in 2018 compared to the two years prior.

Among the shared statistics, the massive drop in liquor and drug-related student conduct violations from 2017 to 2018 stands out.

Alcohol-related violations fell from 71 to 33 in that period, while drug-related violations dropped 51 to nine.

No arrests were made in the last three years. Instead, students in violation have to follow the student conduct protocol. This involves paying a fine, taking an online class on substance abuse, and writing an essay.

Detective Sergeant Tara Simmelink, director of Campus Safety, was initially surprised by these statistics, and decided to reach out to the Student Rights and Responsibilities (SRR) on the matter. She found that the decrease in drug and alcohol student conduct violations over the past three years correlated with an increase in student care forms submitted in the same period.

Student care forms can be submitted online by any members of the PLU community, from students to teachers to family, who have a concern about a specific student that they feel should be addressed.

Student Rights and Responsibilities receives the form and either reaches out to the student themselves or has an RA, coach, or other individual reach out to them to check in. After they make contact with the student, SRR provides the reporter with updates on the situation in order to “close the loop,” as SRR puts it.

In the 2017-18 school year, the Student Care Network’s first year, there were 1,126 forms received by SRR. In 2018, that rose to 1,191. This school year, the numbers are already “ahead of that trend,” according to Susan Pavur, coordinator for the network.

Simmelink calls this “a proactive approach to student conduct,” in which

students who are struggling inside or outside the classroom are engaged and given resources to help them before they possibly end up in the student conduct system.

“What we realized was that there was an increasing need for students in particular to be cared for, but didn’t meet a clinical standard,” Dean of Students Eva Frey said. “So we created the care network, and we asked the members of this community to uplift people who they felt needed to be cared for in a particular way.”

The network aims to engage students who approach the health and counseling centers but must wait weeks for an appointment while they continue to struggle with anxiety, depression and stress, as well as the students who may be hesitant to approach these resources on their own.

Pavur said that the network has so far “surpassed expectations,” pointing to the steady rise in care forms, the decline in student conduct violations, and positive feedback from students, parents, and staff.

Grace Bingay, president of the Active Minds club at PLU, believes the network has grown thanks to its successful advertising, and that students have embraced the opportunity to help their friends and neighbors in an anonymous way. Active Minds aims to “educate, advocate for, and support those with mental illness among the PLU community.”

Some believe that the program has areas in which to grow.

Bryn Williams, a member of Active Minds, had a care form written for her and was approached by her track coach. She told them that she was fine and was not communicated with again by the care network. Williams is concerned that students, perhaps feeling uncomfortable when approached, might not share their actual mental state and will not be checked on again, even if they need it.

Pavur said the network is open to receiving criticism and suggestions so that it may continue to grow and remain effective in providing support for PLU students.



Between 2017 and 2018, alcohol and drug-related student conduct violations fell dramatically, while student care form submittals rose 1,126 to 1,191 between the 2017-18 and 2018-19 school year. PLU administration sees a direct correlation between these statistics.

“What we realized was that there was an increasing need for students in particular to be cared for, but didn’t meet a clinical standard.”

Dean of Students Eva Frey

Tips from Campus Safety

The Annual Safety Report showed a decline in some campus crimes, rises in others, and some crimes staying about level from years past.

On-campus burglary incidents remained similar to those reported during the last three years with nine total incidents.

Motor vehicle theft on non-residential campus property reached a new high in the three years of given data.

The off-campus public property category showed very little incidents. However, this category only covers public property adjacent to PLU; that is, the sidewalks and streets just off of campus.

The neighborhoods surrounding PLU are outside of Campus Safety’s jurisdiction, but experience frequent criminal activity such as burglaries, car theft and property damage/vandalism that affect PLU students as well.

Simmelink says that car prowls are on the rise, and warns students not to keep valuables, including technology, homework, and school bags that may appear to contain valuables in their cars.

In addition, students should regularly check up on their cars if parked off campus, and try to park them in well-lit areas if possible. Bike theft, of both full frames and parts, has increased recently as well, Simmelink notes, and adds that it is best to use residence hall storage rooms or your house to store your bike to avoid this.

You can read the full Annual Safety Report at:
<https://www.plu.edu/campus-safety/annual-report/>.

Cont. from cover

Farnum supports fellow veterans

no respect for academia and education, and what it feels like to regret those decisions” Farnum said. “I know most of the obstacles they [veteran students] are facing. And I can help them, because I’ve done it.”

For Farnum, the most rewarding part of his current job is working with veteran students one-on-one. His new Student Veteran Course is just the cusp of what he plans to do to help veterans. In the Spring, PLU will begin the Clemente Veterans Initiative for veterans who don’t benefit from the current Government Issue (GI) Bill.

“We are going to reach out to veterans who are marginalized or lacking in higher education, and we’re bringing them here,” Farnum said.

The Initiative is focused on the art and literature of the Peloponnesian, Vietnam, Iraq, and Afghanistan Wars and will be taught using the Socratic Method by Professors Kevin O’Brien and Mike Rings. The veterans will be asked to analyze artwork and literature and tie it back to their experiences in the service.

Farnum hopes to generate supportive discussion, and sees this as a way to both assist these veterans as they unpack their own experiences and create a possible bridge program between PLU and its surrounding community.

At the end of the day, Farnum hopes the courses will help veterans be more active in their communities and expand their own educational success. Through his personal experience, he connects with students and impacts their career as Lutes.



“I want them to achieve their goals and their dreams.”

Michael Farnum

News Flash

Nov. 22, 6:30-8:30p.m. - Global Getdown & Parade of Flags

Nov. 23, 10:00a.m. - SCC Christmas Exchange & Sisterhood Danish Bazaar

Nov. 25, 8:00a.m.-4:00p.m. - 2019 Juried Student Art Exhibition

Nov. 25, 12:30-1:30p.m. - Chemistry Lecture

Dec. 4, 3:30p.m. - Celebration of Light

Dec. 7, 7:30p.m. - Dance Team Winter Showcase

Dec. 11, 10:00a.m.-1:00p.m. - Employer Meet & Greet

Dec. 14, 8:00a.m.-12:30p.m. - Winterfest

PLU celebrates and awards student veterans at assembly

Raven Lirio
Copy Editor

More than one hundred students, staff and faculty filed their way into Lagerquist Concert Hall for Pacific Lutheran University’s Veteran’s Day Assembly on Nov. 11. The hour-long program was created in honor of veteran Lutes to recognize their commitment to serving their country.

Not to be confused with Memorial Day, Veteran’s Day is dedicated to honoring current or retired soldiers and thanking them for their service. This year’s celebration was particularly special as there were more than double the amount of people in attendance from previous years and it marked the first year of PLU issuing a challenge coin to honor PLU’s veterans.

“Challenge coins have been around since probably around the turn of the century,” Director of Military Outreach Michael Farnum said. “Today, the culture is that those coins are given as a reward for excellent performance or some major accomplishment.”

PLU joins various other colleges in Washington that issue coins to veterans including Highline College, Washington State University and Seattle University.

“Here at PLU, I had the Student Veter-



Michael Farnum, Director of Military Outreach at PLU, speaks to the crowd at the Veteran’s Day ceremony in Lagerquist Concert Hall on Nov. 11. *Photo by Raven*

an’s Association design a challenge coin to be given to military veteran students, faculty and staff to continue to develop the comradery of the unit that is PLU and to reward their accom-

plishments of being successful up to this point,” Farnum said. “On the coin we have the Lute Knight, we have all of the branches of the military, Pacific Lutheran University and Student Veteran’s Association stamped on the face of the coin and on the back of the coin we have all the branches again, the rose window and a serial number.”

This serial number is unique to PLU coins in comparison to other colleges and what sets the university apart.

“Colleges in the Puget Sound Region and all over the United States have also struck coins for their veterans, but none of them that I have seen to this point have serial numbers on their coins. The fact that its serial numbered allows us to track it to its owner should it ever become lost and return to us makes it special,” Farnum said.

The event had performances of the Star Spangled Banner and God Bless America from sophomore Lindsey Hansen and the Armed Forces Medley from the PLU Brass Quintet. Farnum and PLU President Allen Belton made gave speeches to those in attendance.

OPINION

Athletes and students jostle for room in Names gym

Kiyomi Kishaba

Opinion Editor

At 5:45 a.m. on Wednesdays, the Names athletic facility overflows.

The small, oddly circular facility is filled with athletes before the sun rises. I am one of those athletes, fighting past tall basketball players to reach those 40 pound dumbbells and waddling with them in hand to find a piece of limited floor space. With my entire swim team, the basketball team, and occasionally rowers sweating through yet another morning workout, the Names gym is too small to fit us all.

I believe we need another athletic facility dedicated for athletes, weight lifting classes, and other large groups. The Names gym has character, but stuffing three athletic teams in there at once leaves no room for other students.

When I went to workout alone last spring, my schedule generally forced me to lift around the same time as the football team. I have nothing against football players, but boy are they loud. And quite numerous. Despite the recent renovation doubling the number of weight racks, all but two were filled.

I shimmied myself into one at the end, busying myself with raising the bar to squatting height. I had headphones on to ignore the sweaty gun show occurring around me, but to no avail. The football team is very supportive of each other, so much so that every rep on chest press from

one athlete was met with encouraging screams from six others.

Don't misunderstand me; I want the football team to scream at each other, and chest bump in the middle of their workouts. I hope every athletic team greets teammates' achievements with chaotic yelling, but I personally prefer not to hear it while attempting to do my own lift. A separate athletic facility, perhaps with soundproof walls, would be a lovely solution to that problem.

“I hope every athletic team greets teammates' achievements with chaotic yelling, but I personally prefer not to hear it while attempting to do my own lift.”

The weight lifting PE class also creates a problem for students. During these classes, the gym is closed. This can be a real inconvenience for students who are busy, which are all of them, and have that specific time available to exercise. If weight lifting classes were held in another gym, where groups reserved times so as not to encroach on others, this issue would be solved.

I recognize the impossibility of this happening early enough for myself or any of my current teammates to reap any benefit, but perhaps we can make the lives of future Lutes less crowded. For now, our sweat will continue to coexist too close together at 5:45 in the morning.

Student transitions to campus-life after study away

Molly Ivey

Guest Writer

Transitioning back to life on campus after a study away experience isn't always the easiest. Just as facing culture shock in a new country is a challenge, so is the reverse.

Having studied away in both Oslo, Norway and Oaxaca, Mexico I know how easy it can be to come back to campus expecting things to be exactly the same as they were before. It is hard to readjust to American culture and lifestyle, something that was once so easy to understand.

Shifted relationships and missing your host country can feel overwhelming, not to mention even beginning to process all that you've learned and discovered.

“We can share the challenges of returning, but also laugh and reminisce on stories from our time away.”

However, you are certainly not alone and the PLU Wang Center offers some incredible resources to help you as you readjust.

One of the most useful resources I've utilized in my returning from study away experiences has been the Returner Reflection Series. Each time I've participated in this series I've done so with other members of my cohort.

Leading us through workshops that ask us to deeply reflect and think about our experiences abroad, this series has allowed me to better process my time away from home. Getting together with my cohort, and enjoying foods from our host-countries, is very meaningful.

As a group we are able to empathize with one another about both the good and the bad.



Ivey stands in front of the hills of Oaxaca, Mexico last Fall. *Photo courtesy Molly Ivey.*

We can share the challenges of returning, but also laugh and reminisce on stories from our time away.

Each session allows me to truly see how my time in Mexico and Norway helped me grow and change as a person. Without the support of the Wang Center I think reflecting on all of this would have been a lot more challenging.

The value that PLU places on global education extends just as much to sending students abroad as to helping them bring these experiences back home. I am so grateful for the work that the Wang Center does to support its students both at home and away.

Never gonna give EU up: The London Chronicles

Gurjot Kang
Reporter

As my classmates and I stood in line with our “Britain Today” professor for a guided tour of parliament, I couldn’t help but notice that most of Westminster Palace was invisible beneath giant towers of steel scaffolding.

In certain areas, this massive structure is quite literally falling apart—a giant metaphor for many British citizens about the current state of their union given the ongoing Brexit crisis.

Back in 2016, 51.9 percent of Brits (17.4 million) shocked the western world by voting for the UK to “leave” the European Union in a public referendum.

More than three years later, some Members of Parliament (MPs) are still singing “Never Gonna Give EU Up,” while others are struggling with how to successfully push forward a withdrawal agreement through both chambers, the House of Commons and House of Lords.

The UK is now gearing up for a general election on Dec. 12. This is the third election Brits will face in the short time span between 2015 and the present. Typically, general elections take place every five years (the next one was scheduled for 2022).

But as MPs continue to struggle with Brexit, voters will go to the polls once again this December, choosing the government they see best fit to serve the needs of the nation.

Andrew Whitehead, Professor at the GEO in London Centre and former BBC news journalist, believes it’s impossible to teach his “Britain Today” class without making sure his students properly understand how Brexit shapes the way “Britain sees its place in the world.”

“It is in part an aspect of an isolationism which also, arguably, is evident in the US as well. You can’t really have classes about Britain Today without giving proper attention to Brexit,” Whitehead said.

As American students, it’s important for us to respect the political climates we’re entering and continue educating ourselves during our time there. It’s one thing to be a tourist in a city, it’s another to be a global student observing and learning from your surroundings.

The significance of learning about Brexit from classes and public life in London doesn’t go over the heads of students participating in the GEO London program.

For Taylor Cole, sophomore Political Science major at the University of Portland, Oregon, her time in the program has been very insightful in widening her perspective on Brexit.

“Before the program I was kind of indifferent, but leaned towards opposing it because I see the world we live in as being a global place... Britain deciding to leave the EU felt like we were going back in time instead of marching forward,” said Cole. “Now I think I recognize better why those who support leave do indeed support it.”

I couldn’t agree more with Whitehead and Cole. If my time studying away in London has taught me anything, it’s that London doesn’t represent the whole of the UK, and similar to back home, where local elections just wrapped up, political views and perspectives here vary heavily from one cultural region to another.



Image of Westminster Palace under scaffolding. Photo by Gurjot Kang.



A sign encourages voters to be active in politics. Photo by Gurjot Kang.

“As American students, it’s important for us to respect the political climates we’re entering and continue educating ourselves during our time there.”

The Mast is a great place to gain experience with Adobe programs, write stories, and hang out with a creative team of student leaders!

Email mast@plu.edu for more info or attend a meeting held **Wednesdays at 7:00pm in Neeb.**

Current available positions:

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- Photographer
- Online Editor
- Graphic Designer
- Photo Editor
- Social Media Editor
- Advertising Manager

Students share thoughts about thanksgiving

Sheridan Moore

Photo Editor



“I spend time with my family, have a Thanksgiving dinner, things like that. We have lots of food and island BBQ,” said Ibau ‘20.



“My family is coming up here from Colorado for Thanksgiving this year, and we usually get together and eat food,” said Lily ‘23.

“We go over to a friend’s house and we do that “cute” thing where we go around the table and say what we are all thankful for. There are always a lot of desserts,” said Peyton ‘23 (left).



“I have a big family and we get along really well, so we have a big lunch together. I’m from Minnesota, so it’s usually snowing. We all eat, and then we go down in this big ravine in the backyard and explore, then come back and eat deserts,” said Destiny ‘22 (right).



I celebrate thanksgiving by, “Going home, hanging out with family, and cooking,” said Alan ‘23.

Surviving with celiac in The Commons

Jenna Muller

Guest Writer

Eating at the commons while maintaining a balance of both proper nutrition and variety is difficult enough, but allergies, intolerances, and restrictions can greatly complicate this situation even further.

As someone who was diagnosed with celiac disease three years ago, I am well-equipped with the necessary knowledge to help me navigate restaurant and cafeteria settings: knowing what foods are naturally gluten free, which surfaces are more prone to cross-contamination, and why sometimes, it’s best not to risk it and just go with a salad.

Sometimes, though, it can be tiring to know that some of the people serving my food don’t know the severe consequences of cross-contamination. One careless touch with gluten-traced gloves, and I’ll have a stomach ache for the rest of the day.

Since I can’t always hover over the making of my food, a certain amount of trust is involved. I definitely can trust a few staff-members at the Commons, because they’re regularly very careful when handling my food.

But, I have had to stop a few people on occasion and have them re-make my food because they didn’t change their gloves after touching an item containing gluten.

Since this has happened multiple times in front of me, I can only imagine that it has happened at least as many times in the back kitchen.

It is absolutely imperative that people with dietary restrictions, like celiac disease, to consume foods that will give them nutritional value and variety.

Celiac disease greatly impacts my immune system because a lot of gluten-free alternatives skimp out on necessary vitamins that are naturally provided in regular bread that contains gluten.

Therefore, it is necessary for the Commons, on days when most or all main dishes provided contain gluten, to also ensure that there are sufficient options from all food groups that everyone can eat.

Creating your own major is easier than it seems!

Mathilde Magga

Guest Writer

I decided to create my own major because my two main interests, Holocaust and Genocide Studies and Native American and Indigenous Studies, were only minors at PLU.

I added them as minors right away, but it felt wrong to have my biggest passions as only minors.

I did not know that creating my own major was a possibility until I met another student who was doing this, Jess Alley. She helped me create my individualized major proposal.

Once I began the process, and had multiple professors who helped me finish it, it was definitely achievable.

However, I think that Pacific Lutheran

University needs to do a better job to show students that this is an option.

Often when I talk about my major, people are surprised and ask “Is that even possible? How did you do that?”

I am so happy that I ended up doing this because I got to pursue my true passions, which I feel like every student should have the possibility to do.

Students that might just choose a random major, because they do not feel like any major truly fits them as a person, should know that as long as you are willing to work a little bit extra and find faculty who are willing to support you (which is pretty easy at this school), they could do so much more.

It is an amazing opportunity that more people should take advantage of!

Simple Sudoku

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

ARTS & CULTURE

Cont. from cover

Second episode of *Late Knight* a success



Madison Willis and Henry Temple

Photo by Late Knight

“There were a few bumps and scratches and a few times I was thrown on the stage and told, go! And I was like cool, I can handle that,” Willis said. “And it was fun.”

The *Late Knight* team, led by Struble, began the fifth season with a new vision for the show’s look and format.

This season will have multiple hosts for most episodes, partially inspired by the large enthusiasm to share the role among the team members.

“We have so many talented people on campus as well as on our team that I wanted to diversify our media by having various hosts.”

“We had a few meetings and asked ‘who wants to be host?’ Everyone raised their hands,” said Temple, who did not anticipate becoming host when he signed onto the show.

The general plan is to have two hosts every other episode, with the sole host being joined by a new host who takes over the show for the following episode.

“When watching the show in the past, I understood why there was one host for all four seasons of the show, but I didn’t necessarily want to continue that,” Struble said.

“We have so many talented people on campus as well as on our team that I wanted to diversify our media by having various hosts.”

The show has also shifted much of its focus to digital shorts that play during commercial breaks, which Temple attributes to the filming and editing expertise of Struble.

Some aspects have stayed the same. For one, despite each crew member having clear titles on show night, over the course of each month everyone contributes to the writing and filming of sketches and live segments.

Each episode continues to have a musical guest from the PLU or local community, and a game segment involving the show’s guests teamed up against each other.

Willis adds that this year’s team is focusing more on the PLU community in its choices of interviews and musical guests to “make it more relevant to the PLU audience.”

The next episode of *Late Knight* takes place in the Cave at PLU on Dec. 6 at 8:30p.m.

Swingin’ on campus

Kiyomi Kishaba

Opinion Editor

Lights shone down on the smooth black floor, illuminating dancers laughing and spinning their way to a jazzy tune. Amongst the couples stepping in time, a girl flew.

Nicole Waldron, a junior business major, has been swing dancing for almost four years. As president of PLU’s Swing Club, she creates a space for students to learn and practice the exciting dance.

On Friday nights in the Columbia Center from 6:00-8:00 p.m., Waldron hosts the club and invites students to take a break from studies to just dance.

“I love it because of the really welcoming community of people, and swing dancing is just really fun,” Waldron said.

In the first half-hour of the night, Waldron offers a short lesson on the basics of east-coast swing. Afterward, newcomers can join in the dancing and practice with students of various experience

levels.

Swing Club Vice President Cade Lilley danced with Waldron, performing a lift with ease and tossing her through the air. From simple steps to aerial lifts, the Columbia Center sparked with Lutes twirling and chatting as various songs played through the speakers.

“Dancing is something I’ve always wanted to do,” Lilley said. “Swing dancing can be picked up quickly and the best part is there is always something new to learn.”

Swing dancing is not typically a college student’s pastime. Waldron believes this new interest stems from young people looking for ways to be involved and engaged.

“People are trying to find different places to stay active,” Waldron said. “I feel like swing dancing offers a really fun and active way to interact with friends.”

Lilley echoed Waldron’s sentiments. “Swing dancing is something that everyone should experience.”



Swing club practices in Columbia Center. Photo by Kiyomi Kishaba.

Butterfly Confessions: beautiful and emotional storytelling

Hannah Montgomery

Editor-in-Chief

A large audience of Pacific Lutheran University students and community members gathered in the Anderson University Center to witness *Butterfly Confessions*, a stage play consisting entirely of women of color, on the first weekend of November.

The stage play was written by Dr. Yetta Young, who traveled to Tacoma to attend, and was unlike any performance I have ever seen.

The set was simple. Warm light illuminated fabric draped across the wall. Every actress was dressed in black and red, their accessories changing from one scene to the next as they became different characters.

The play, directed by senior Communications major Madison Willis, consisted of 15 scenes each of which was unique. The stories seamlessly transitioned from comedy to sorrow as an actress delivered her monologue on stage. The sheer amount of talent and bravery required to perform such impactful stories awed me.

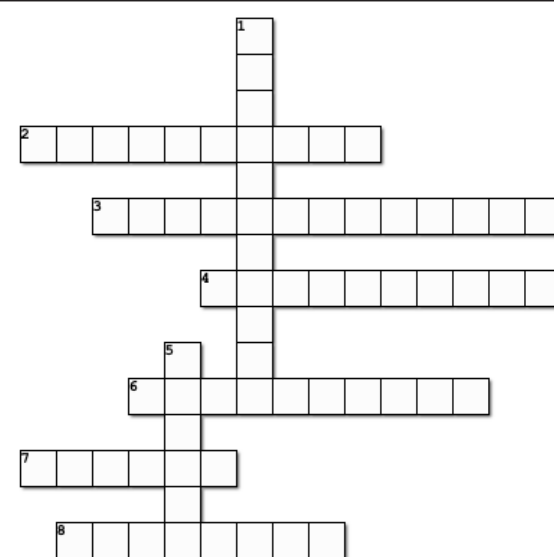
As I sat in the audience, next to my mother, I absorbed the messages each woman shared: protect your heart and your body, support survivors of sexual assault, embrace your inner strength and power, and inspire others to do the same.

The room was filled with applause as the cast and crew took to the stage after the last scene finished. Cheers and laughter erupted throughout the space when Executive Producer and actress Melannie Denise Cunningham awarded each member of the production with their own framed image of a butterfly.

I enjoyed this production immensely and I would love to see it performed annually so every PLU student and community member has the chance to witness its power.



Cast of *Butterfly Confessions* performs on stage. Photo by PLU MediaLab.



Crossword by Nolan James

Down:

1. Who wrote *A Comedy of Errors*?
5. Molly Ivey studied away in which Mexican city?

The Mast November Crossword

Across:

2. Who is the Mast's London correspondent?
3. Who hosted the first episode of the new *Late Knight* season?
4. Who wrote *Butterfly Confessions*?
6. What show does *A Knight to Remember* document?
7. On which night of the week does swing club meet?
8. What music hall is the *O Nata Lux Concert* in?

PLU Theatre Department adapts Shakespeare classic

Zayde Vetter

Guest Writer

Set in 1920s Hollywood, Pacific Lutheran University's production of *A Comedy of Errors* brought a whole new meaning to seeing double as two sets of twins entangle themselves in confusion. From the slapstick humor to the witty banter, audiences and actors alike enjoyed the comedic elements scattered throughout the show.

While *A Comedy of Errors* proves to be physically demanding for the actors, technical elements displayed a precision that was as crucial to the plot as the words from the script. A notably unique

feature in this production was the live sound effects accompanying the action on stage.

In conjunction with the over-exaggerated and silly physical action in the performance, toy instruments and noise makers added an extra element of playfulness. This required close attention to placement and timing.

Another critical aspect of this show was the tones created with lighting. As characters exchange dialogue with one another, internal monologues breaking the fourth wall required a drastically different tone from the rest of the action.

Here, the lighting created



Two sets of twins point at each other during *A Comedy of Errors*. Photo from Facebook/PLU Theatre and Dance

a picture where the entirety of the stage dulled into a blue-gray and the speaking character was emphasized with a lone spotlight.

This effect created comedic effects as characters flowed in and out of internal monologues, revealing their disdain, passion, frustration, or mischievous plans for the

rest of the performance.

A Comedy of Errors was a technically involved show that allowed actors and tech crew to showcase the talent they possess within the department. As put by a theater-goer of the night, "I could tell they were having fun, so I just had to have fun with them!"

Music making its way through campus

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

Winter Music Events:

- Nov. 22, 8p.m. - Steel Band & Percussion Ensembles, (LCH)
- Nov. 23, 3p.m. - Woodwind Students Recital (LCH)
- Nov. 23, 4:30p.m. - Brass Students Recital (LCH)
- Nov. 23, 8p.m. - Nick De Los Santos Non-Degree Sr Recital (MBR)
- Nov. 24, 12p.m. - Jeeny Chung Sr BME Violin Recital (LCH)
- Nov. 24, 3p.m. - University Wind Ensemble (LCH)
- Nov. 24, 8p.m. - Guitar Orchestra & Guitar Ensemble (LCH)
- Dec. 3, 5:30p.m. - Saxophone Quartets & Jazz Combos (AUC)
- Dec. 6, 8p.m. - Piano Ensemble (LCH)
- Dec. 7, 12p.m. - Sølvvinden Flute Ensemble (LCH)
- Dec. 7, 3p.m. - Gillian Dockins Sr BA Capstone Presentation (MBR)
- Dec. 7, 8p.m. - O Nata Lux, A PLU Christmas Concert (LCH)
- Dec. 8, 2p.m. - O Nata Lux, A PLU Christmas Concert (LCH)
- Dec. 8, 7p.m. - PLU Ringers (Trinity Lutheran Church)
- Dec. 9, 7:30p.m. - O Nata Lux, A PLU Christmas Concert (Benaroya Hall)
- Dec. 10, 6p.m. - Chamber Music Kaleidoscope (LCH)



Photo from Facebook/PLU Theatre and Dance

Alumnus releases the legacy of Late Knight

Nolan James

Arts & Culture Editor

As Pacific Lutheran University enters a new era of its popular comedy show *Late Knight*, it is important to reflect on what made the show such a major part of the school's culture. Thankfully, PLU alumnus Collin Geffrey captured the final moments of the original cast and crew in his documentary *A Knight to Remember*, which premiered Nov. 9 at PLU.

The documentary is a passion project, a love letter to Geffrey's work and to his colleagues at *Late Knight*. As such, it is far more successful as a documentary than it needs to be.

The editing is advanced and the footage shot in preparation for this documentary is stitched together with skill. As a result the pacing was excellent and almost every scene felt necessary and strong.

The personalities of all the individuals shone through and the documentary revealed a group of passionate individuals who treated one another like family.

What I find most memorable is the comedy in *A Knight to Remember*, which is supported by the people who worked on the late night comedy show extensively. The documentary provided an enormously entertaining and deeply insightful look into the community of *Late Knight*.

The documentary was not without its flaws, of course. *A*

Knight to Remember occasionally sunk into melodramatic territories. At times, the dialogue was clichéd and even cheesy but such lines were few and far between.

The documentary's greatest weakness was the music was not well-integrated into the film, often fading too quickly and too soon.

However, for a passion project from such a young individual, *A Knight to Remember* far succeeds expectations.

Ultimately, the documentary is a nostalgia-filled, shockingly humorous, and well-put-together portrait of a moment in time that affected so many people in the PLU community.



Photo by Collin Geffrey

SPORTS

PLU athletics makes gains and losses in Fall season

Hayden Mortensen
Sports Reporter

Women's Soccer had another dominating season. Sixteen wins, three losses, and two ties gave placed the team in first in the Northwest Conference. This is the fourth year the team has achieved such a feat.

Senior players are accustomed to attending the NCAA Division III National Tournament, as this year was their third appearance there.

The Lutes' first game in the tournament took place in Abilene, Texas on Nov. 16. There the team played against Trinity University Tigers from Texas. The hard-fought game went into overtime with a score of 1-1.

The Lutes unfortunately did not rise when the dust settled. Their post-season ended when they lost to the Tigers 2-1.



Photo courtesy GoLutes

Hayden Mortensen
Sports Reporter

PLU volleyball has finished either first or second in the Northwest Conference since 2006. Unfortunately, this season was not one of them. Ending with an overall record of 17-11 and a 10-6 record in conference, finishing tied for second in conference.

In fact, the Lutes and three other teams shared the same in-conference record, with the Whitworth Pirates winning the title outright. PLU's overall Fall season record placed them under the Pacific Boxers ranking by a hair, putting them third overall in the conference.

Senior Defensive Specialist Emma Peters said that the conference was more competitive this season. However, the team rose to the challenge through hard practice and facing adversity head on.

"We saw continued growth with all the players throughout the season," said Head Coach Kevin Aoki. "The main struggle we had was overcoming the injury to one of our leading players Lauren Wilson. Once we figured out our lineup without her we played so much better."

Four-year veteran and senior Danielle Skibiell said she had to learn to play a new position for her last season on the team.

"I am so proud of the way this team fought through every game despite the injuries, lineup changes, and challenges within our own personal lives," said Skibiell.

Aoki is happy with his team and is hopeful for the future.



Photo courtesy GoLutes

David Walter
Sports Reporter

The Pacific Lutheran University's cross country team is having a season to remember, despite the adversity the team has faced. The Lutes put together a strong performance at the Northwest Conference Championships (NWC) in Fort Steilacoom, with the men finishing second overall and the women finishing sixth. The team then regrouped and prepared for regionals on November 16.

"Thinking about everything my team, as a whole has accomplished, we are all doing our best to perform the best we can," freshman Sarah Paquet said. "Teammates of mine were able to create life-time personal records, so I am not worried that we all will do the best we can again at the next race."

Paquet finished third overall at the conference, which boosted PLU's women's cross country team to sixth place finish at the NWC championships.



Photo courtesy GoLutes

"Personally I have surprised myself by making very big personal records. After spending most of high school and a little bit after high school training for marathons, I did not expect to run as fast as I am now," Paquet said.

The teams traveled down to Claremont, California to compete in the NCAA Division III West Regional.

The women finished tenth out of 18 teams and the men finished thirteenth out of 15 teams. Paquet barely missed the cut for a spot in the championships, finishing fifteenth out of 126 runners individually in the 6k run.



Photo courtesy GoLutes

Hayden Mortensen
Sports Reporter

Men's Soccer is on a roll with a three-year streak of first place finishes in the Northwest Conference (NWC).

The Lutes put up their best record of those three years during the Fall season. They finished 14-5-2 overall, with an 11-1-2 record in conference. The team also finished first in the conference.

The team prepared for the NCAA Division III tournament as this year is their second consecutive appearance. The first game was held in Chicago, IL on Nov. 16 against the North Park University Vikings.

Sadly, the Lutes time in Chicago was short lived. They were blown away in the windy city with a 6-1 loss against the Vikings. See *PLU Athletics* page 12

David Walter
Sports Reporter

The Pacific Lutheran women's rowing team had a strong Fall season and looks to build on this success during the Spring.

"I think the biggest thing the team will be taking forward to Spring season is focus," said junior rower Harper Bolz-Weber.

The four-time Northwest Conference champion team recently finished its Fall season at the Head of the Lake Invitation at the University of Washington. Despite being the only division three university at this invite, the rowing team finished fifth overall.

"Division three is not a handicap," Bolz-Weber said. "If anything, being the only D3 crew at some races and still competing at the same level and intensity shows that we have worked just as hard as the other schools, if not harder given our more limit-



Photo by Isaiah Shim

Isaiah Shim
Sports Editor

The Pacific Lutheran football team has room to improve. They finished their season on a high note with a convincing 45-20 victory against Willamette University.

Unfortunately, it was only their second win of the season. Finishing with a record of 2-7, 1-6 in conference, the Lutes finished seventh in the Northwest Conference.

On the field, the biggest question mark was the position of quarterback. Over the course of the season, there were three different people starting at quarterback.

Injuries also plagued the team all season, including leading tackler Junior Chase Rhinelander.

After Rhinelander, many of the starting defensive back core suffered from various injuries, hindering their overall performance.

The offense held its own though as they were top 25 in the nation in red zone efficiency.



Photo by Isaiah Shim

All-Northwest Conference Athletes and Coaches

First Team

Men's Cross Country
Chris Nussbaum

Women's Cross Country
Sarah Paquet (right)

Football
Cody Brown

Women's Soccer
Alyssa Carter
Cassidy Crosswhite
Brianna Hunting
Leah Magee (right)
Meghan Michels
Tasha Tennyson

Men's Soccer
Cole Weaver
Ryan Griffith
Zak Gregg
Emmanuel Saah
Keeton Heggerness
Jackson Moore

Volleyball
Danielle Skibiell

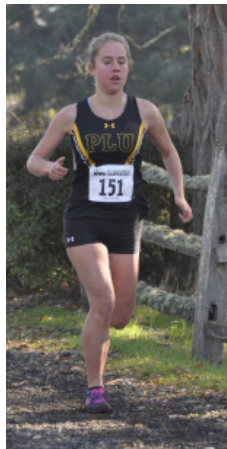


Photo courtesy GoLutes



Photo by Isaiah Shim

Second Team
Football
Logan Black (right)

Men's Cross Country
Ryan Stracke

Women's Cross Country
Sulin Degollado

Men's Soccer
Jared Butler

Women's Soccer
Ellie Johnson

Volleyball
Halle Hetzler

Freshman of the Year
Zak Gregg, Men's Soccer
Halle Hetzler, Volleyball
Ryan Stracke, Cross Country



Photo by Isaiah Shim

Offensive Player of the Year
Zak Gregg, Men's Soccer

Defensive Player of the Year
Brianna Hunting, Women's Soccer (below)

Coach of the Year
Seth Spidahl, Women's Soccer
John Yorke, Men's Soccer



Photo by Isaiah Shim

Honorable Mention
Football
Nicholas Bautista
Hunter Briggs
Alex Brost
Chase Rhinelander
Tristan Thomas

Women's Soccer
Kelly Brown
Men's Soccer
Rainier Schlekewey
Volleyball
Emily Dulaney

November Sports Events

Nov. 22

Men's Basketball vs Chapman University, 6 p.m.

Nov. 23

Men's Basketball vs Warner Pacific University (Ore.), 4 p.m.

Nov. 23-24

Men's and Women's Swimming @ George Fox Invitational, 9 a.m.

Nov. 26

Women's Basketball vs Northwest Indian College, 7 p.m.

Men's Basketball @ The Evergreen State College, 7 p.m.

Nov. 30

Men's Basketball vs University of Wisconsin-Eau Claire, 3 p.m.

*All home basketball events are held in Olson Gymnasium

December Sports Events

Dec. 6

Women's Basketball vs Northwest Christian University, 7 p.m.

Dec. 6-8

Men's and Women's Swimming @ Logger Invitational, 9 a.m.

Dec. 6

Men's Basketball @ Portland Bible College, 7 p.m.

Dec. 14

Women's Basketball vs Northwest University, 6 p.m.

Men's Basketball @ Northwest Christian University, 4 p.m.

Dec. 20

Men's Basketball vs Northwest Indian College, 7 p.m.

Dec. 21

Women's Basketball vs University of Wisconsin-Oshkosh, 4 p.m.

Dec. 22

Women's Basketball vs Trinity University (Texas), 4 p.m.