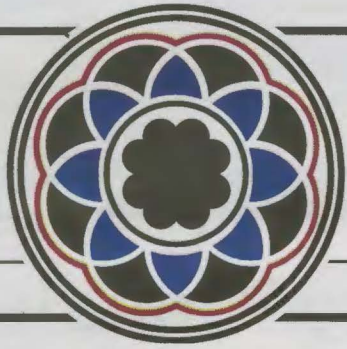




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PACIFIC LUTHERAN UNIVERSITY
THE MOORING MAST

NOV. 22, 2013

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VOLUME 90 ISSUE 9

Habitat for Humanity builds houses, changes lives

Lutes volunteer at local construction project

By **JESSE MAJOR**
Photo Editor

When a struggling mother of two got a phone call at work one day, it left her overwhelmed and in tears.

Melissa Brown explained to her boss, after getting funny looks, that Habitat for Humanity was making her a homeowner for the first time in her life.

"I started bawling at my desk," Brown said. "It's overwhelming. It's exciting."

Brown and her family will move into a new community built by Habitat for Humanity in The Woods at Golden Given, a development near 104 Street and Golden Given Road in Parkland, Wash.

Jason Gauthier, director of volunteer services, said "there's a common misconception that we just give away our homes. Instead, it's much more of a partnership.

Habitat partners with families in need to build and own "simple, decent and affordable homes," Gauthier said.

For Brown, the application process was simple. Brown's neighbor saw the construction at The Woods and told her to try it. She then went online, printed out the application and took it to the Habitat office.

"I was like 'the worst they could say is no.' And they said yes," Brown said.

The process takes 2-4 months. Once a family is approved, it shouldn't take more than a year for them to move into their new home.

Affordable Housing

Habitat works with families that make 30-50 percent of the area's median income.

For a family of four, this could be between \$21,000 and \$35,000 a year.

"If a family of four, making less than \$30,000 a year, goes to a bank and asks for a \$160,000 mortgage to buy their own house, there's probably not a great chance that's going to happen," Gauthier said.

Instead of paying interest on a mortgage, the families will pay 29 percent of their monthly income until the 0 percent mortgage from Habitat is fully paid.

In exchange, the soon-to-be homeowners at The Woods will contribute 500 hours of labor building their houses with the help of volunteers.

"Each family [helps] build their own home, their neighbors' homes and the homes in their community," Gauthier said.

The development will have 30 homes surrounding a central community house, where the community will hold meetings and spend time together.

"I know there's a lot of different programs that they want to build in with tutoring for the kids, and I want to help build that community up — not only using the services, but putting back in, 'cause that's huge," Brown said.

Gauthier said the unique part of The Woods is that every family will know each other.

"Our families aren't moving next to strangers, they're moving next to



PHOTOS BY SAM HOEN

Junior Nicole Johnson (left) talks with Jason Gauthier, director of volunteer services, while volunteering doing construction work at the Habitat for Humanity housing development. The development is located less than two miles from PLU in Midland.

friends that they've had for the last year as they're going through this process," Gauthier said.

PLU Involvement

Volunteers from Habitat for Humanity, AmeriCorps, Thrivent Financial for Lutherans, and Pacific Lutheran University are helping the

families build their new homes.

Joel Zylstra, director of the Center for Community Engagement and Service at PLU, learned about Habitat for Humanity through a friend and realized The Woods was a perfect project for CCES.

"Quickly, I learned that their model

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Outdoor Rec moves from ASPLU to Athletics Department

By **ALISON HAYWOOD**
News Editor

Students wishing to get off campus and explore the outdoors may find they face several challenges in the process.

Students from out of state may not be familiar with the natural attractions Western Washington has to offer, and the price of gas and gear are rarely conducive to a student budget.

Outdoor Recreation is a student-run club that offers regular trips for Lutes to explore nature. Some of their past trips include white water rafting, hiking, spelunking, snowshoeing and skiing.

Formerly organized under ASPLU, Outdoor Rec is now

overseen by the Athletics Department.

The office is now located in the basement of Harstad Hall instead of the ASPLU office.

"It's actually really nice, because now we have like, one central location where all of our stuff is," senior Anna McCracken, personnel director of Outdoor Rec, said. "I'm really happy about it."

Outdoor Rec's budget hasn't changed — it's still approximately \$39,000 per year. It just comes from the Wellness Fund now instead of ASPLU.

"The nice part about that is it allows us to subsidize a lot of our trips. Normally these trips would cost a lot more if we were having to break even," McCracken said.

For instance, the most recent

rock climbing trip Outdoor Rec went on cost approximately \$200 per student, but participants only had to pay \$30, senior Kelsie Leu, finance and operations director of Outdoor Rec, said.

Leu said one of Outdoor Rec's goals for this year was to get more people going on trips, so at the beginning of the year they began planning mid-week trips and multiple trips per weekend. McCracken said so far more than 100 different students have gone on Outdoor Rec trips.

McCracken also said Outdoor Rec is a great way to meet new people. "Every single trip, we always have at least someone who isn't signed up with their friends — they don't know anyone — so there's always a lot of different people to meet," she said.

WEATHER FORECAST

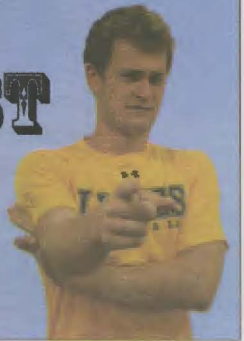
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Ice skating gold medalist sets sights on sectionals

By SAMANTHA LUND
Guest Writer

First-year Jordan Lee left for the ice skating Pacific Coast Sectionals in Oakland, Calif. Wednesday to compete for a chance to go to nationals. The sectionals are her biggest competition yet.

The two-time gold medalist

has had to overcome many obstacles and is now seeing her dreams come true in her skating.

Despite a broken ankle and now an inflamed foot — which she has almost fully recovered from — Lee said she does not plan to quit competing any time soon. Lee had been out of competitive ice skating since May. In her first competition back on the ice in August, she qualified for sectionals. Lee said she was surprised and did not expect to do so well.

Two years ago, Lee sustained an ankle injury that threatened to take her out of her sport forever. Without surgery, it

was unlikely Lee would get to be a competitive ice skater. Lee said that after

many tears and discussions, she could not give up ice skating, so she underwent surgery for her broken ankle.

While out due to her injuries, Lee said she had a hard time staying away from the ice. She continued to go to the rink to help inspire other skaters. Lee said some have told her she was an inspiration to many.

Lee trains at the Sprinker Recreation Center at least two hours a day if she can fit it in with her busy schedule. She often skates in the morning, goes to class, and then returns home to pick up her younger sister — also a skater — and take her to skating practice as well.

Lee's passion is ice skating and it is something she works her life around. "It's the best part of

my day," Lee said. "I love the feeling of it."

Lee said she hopes to major in kinesiology and help athletes avoid injuries in the future. Lee plans on coaching at Sprinker after Pacific Lutheran University and then hopes to go to graduate school. The skater has a full-ride scholarship at PLU.

For 10 years, Lee said her mother, who raised her and her sister alone, has supported the ice skating costs by working full time.

"She's been to all of my competitions," Lee said, "but this time [for sectionals] I'm just traveling with my coach."

Now that her dreams of going to sectionals are coming true, Lee has another obstacle to overcome: the cost. Flying to California and paying for ice time and coaching

expenses is costly, and Lee has started her own fundraiser to help make her dream come true.

The first-time sectionals competitor said she wants to use this first year to learn and get experience. Next year, Lee said she hopes to place in the top eight. The top four go on to nationals.

Lee said she is accepting any donations, big or small, to help pay for her trip to sectionals. The fundraiser is ongoing, even after her trip ends Nov. 23, in the hopes to get all expenses paid for.



VIDEO COMPONENT ONLINE

To donate, e-mail Lee at leeji@plu.edu or go to <https://fundrazr.com/campaigns/2ckD7>.

INTERNATIONAL EVENTS ROCK THE CAVE

By CARRIE REIERSON
Guest Writer

Students crowded The Cave as a diverse showcase of performances unfolded on stage at Global Getdown last Friday evening.

The PLU Diversity Center sponsored the event, and it featured song, dance, poetry, spoken word and various other acts that span the globe, highlighting all kinds of cultural traditions.

The night started with an energetic performance by PLU's step team, Lute Nation, and ended with a rendition of Beyonce's "Love On Top," which Queen Bee, senior David Leon's drag queen persona, sang.

Sandwiched in between these two acts was a wide variety of performances, including a martial arts demonstration, a Native American shawl dance, the musical genres of gospel, jazz, folk and J-pop as well as the Scandinavian Club's lip-synced performance of Ylvis's "The Fox (What Does the Fox Say?)."

In total, 22 different performances spanned two hours. The crowd stayed upbeat, positive and loud from beginning to end.



PHOTO BY EMILY JACKA

First-year Jax Robinson performs with the Dance Team at Global Getdown Friday evening. Global Getdown wrapped up International Education Week with an event in The Cave featuring live performances by various on-campus organizations. Hong Hall's all-hall event, Discoteca, followed Global Getdown with a campus-wide dance featuring international music.

"One of my favorite moments was looking out and seeing a full house of support. It meant a lot to both the performers and myself."

Lauren Mendez
junior, emcee

Junior Lauren Mendez emceed the event and played a major role in putting it all together, along with help from the Diversity Center staff and student volunteers.

"One of my favorite moments was looking out and seeing a full house of support. It meant a lot to both the performers and myself," Mendez said. "I hope the students experienced something new and were interested in learning more

about their own cultural background and others' cultural backgrounds."

At the close of Global Getdown, Mendez asked attendees to stack up their chairs outside of The Cave to make way for Hong International Hall's all campus event, Hong Discoteca.

This dance continued the night's theme of diversity by playing music from all corners of the world, creating what

sophomore Caitlin Dawes, the social justice director of Hong Hall, referred to as "a more mature feel, like a 21-plus club."

This was the second time Global Getdown and Hong Hall's Discoteca were combined into one event, the first being two years ago. Dawes said Hong's Residence Hall Council hoped to draw a bigger crowd by connecting the Discoteca to Global Getdown.

Campus congregation reconciles LGBT members

By **KJERSTI ANDREASSEN**
News Writer

University Congregation became an official Reconciling in Christ church Sunday, welcoming the LGBT community into its student congregation.

Richard Jaech, the bishop of the Southwestern Washington Synod of the Evangelical Church in America, spoke at the church service.

Around 60 people attended — an unusually large turnout, as only 20-30 people usually attend University Congregation.

Nancy Connor, one of the university pastors, opened the service by saying this was “an auspicious moment in the University Congregation’s history.”

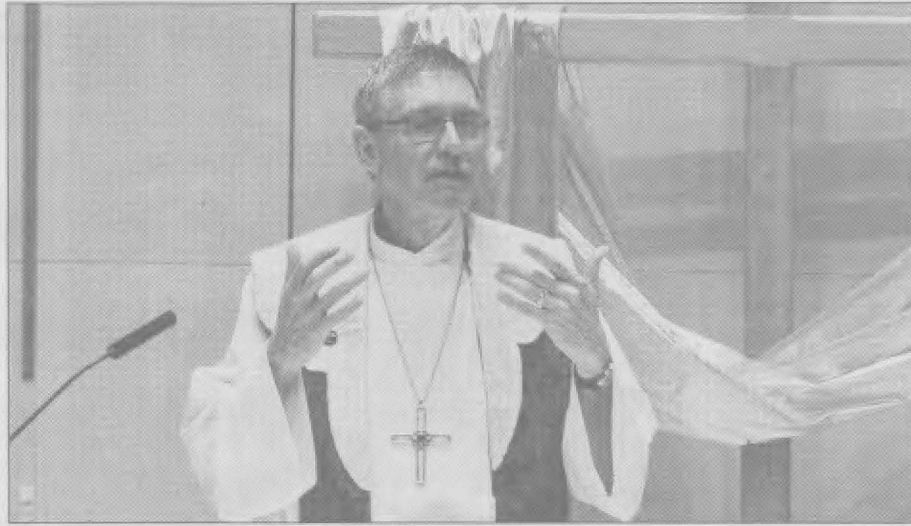
During his sermon, Bishop Jaech said the term ‘reconciling’ represents a goal the congregation has to continue working toward as a process of reconciliation that is not finished. “We carry out God’s work when we welcome people,” Bishop Jaech said.

Bishop Jaech also spoke about his and his wife’s personal encounters with the LGBT community in discovering their son was gay.

He ended by challenging the congregants to welcome everyone, especially those they disagree with.

Reconciling in Christ (RIC) is a program for Lutheran communities that publicly welcome people of all sexual orientations and gender identities. According to the organization’s website, RIC advocates for full inclusion of LGBT Lutherans in all aspects of life in the church.

Pacific Lutheran’s University Congregation is the third of



Richard Jaech, bishop of the Southwestern Washington Synod of the Evangelical Lutheran Church in America, gives a sermon at University Congregation Sunday as the church was officially recognized as a “Reconciling in Christ” congregation.

87 churches in the Southwestern Washington Synod of the ELCA to become an RIC congregation, university President Thomas Krise said after the service.

According to the RIC website, more than 500 congregations and other Lutheran organizations are on RIC’s roster.

Senior Tommy Flanagan, president of University Congregation Council, said former University Congregation president Ian McMichael started the process to become an official RIC church last spring. McMichael graduated last year.

PHOTO BY JOSH ATEN

Veterans experience culture shock upon return home

By **NICK NEELY**
Guest Writer

The Department of Veteran Affairs estimates that veterans comprise 1 percent of the population. According to Pacific Lutheran University’s VetCorps, PLU’s campus provides education to approximately 250 veterans — roughly 8 percent of the student population.

This statistic may surprise many, as ROTC students can be identified by their uniform, yet veterans cannot. Many of them do not want to be identified, either.

“Some soldiers want to be treated as students and no differently, but when you say ‘military,’ people have that tendency to want to treat you differently,” VetCorps Navigator Johnny Gilbert said.

VetCorps is a PLU organization that strives to incorporate veterans back into civilian life through both club involvement and employment.

“A lot of veterans keep their mission-oriented mindset after leaving the military,” Gilbert said. “They view graduation as

their mission and don’t take time to enjoy other opportunities PLU offers.”

Gilbert, a veteran himself of a nine-year tour of service, helps veterans with club involvement.

“People appreciate having soldiers around, but with that military connotation, many don’t think that they will fit in,” Gilbert said.

He also said that a lot of people misunderstand military employment, assuming the military is made up entirely of combat soldiers.

“When you’re not in the combat zone, we’re just like any other office,” Gilbert said.

Most military personnel do not see combat until their unit is ‘alerted,’ Gilbert said. Once a unit is alerted, they receive six months to train and become acclimated for combat. Gilbert said those chosen to be soldiers upon enlisting go through combat training immediately.

Veterans do not receive such an opportunity to acclimate to civilian life during their out-processing procedures, Gilbert said.

His colleague, Shameka Mitchell, works as an employment specialist. Not only does she help veterans find jobs, but she also ‘translates’ their military experience into a resume civilian employers can understand.

For example, Gilbert worked in 13 Echo. This title means nothing to 99 percent of the population, Gilbert said, but 13 Echo is the military’s name for a “glorified surveyor.”

Mitchell also reaches out to employers in the area and finds those who are veteran-friendly.

“Some have the stereotype

about veterans having PTSD [post traumatic stress disorder], or they’re crazy and don’t have any skills coming out of the military,” Mitchell said.

For the last two years, VetCorps ran under the student administration, with two different VetCorps navigators, both PLU students and veterans. With Gilbert as the new VetCorps navigator, the office now works under the Diversity Center.

“The Diversity Center is a good fit,” Gilbert said. “It helps us get the soldiers connected with other students. They feel like they can become a student.”

“It [the Diversity Center] helps us get the soldiers connected with other students. They feel like they can become a student.”

Johnny Gilbert
VetCorps Navigator

Health Center helps students fight the flu

By **KJERSTI ANDREASSEN**
News Writer

Germs and viruses can spread quickly when people live close together, especially on college campuses. For this reason, Pacific Lutheran University offers all students an annual flu vaccine free of charge.

“The pain of getting a flu vaccine is minimal, compared to the pain of catching the flu later on in the school year,” Ross McLeod, health educator at the PLU Health Center, said.

McLeod said he urges students to go get a flu vaccine. He said that especially those with pre-existing conditions affecting their immune system should take the flu vaccine.

According to the PLU Health Center website, PLU uses a dead flu vaccine. Since it contains no

active virus, you can’t catch the flu from the vaccine and the shot itself can’t make you sick.

The website states that with every vaccine there is always a small risk of side effects, but these are extraordinarily rare.

Fortunately, for those who dislike needles too much to consider getting a shot, there are other ways of staying healthy. Washing your hands often and getting enough rest are paramount, McLeod said.

“Get lots and lots of sleep. Sleep is an important one,” McLeod said. “Normally what happens is that when students don’t get enough sleep, they’re more susceptible to the flu.”

McLeod also said that students should get to know what things stress them out, and how to handle them. “Know and control your stress levels, especially around finals,” he said.



PHOTO ILLUSTRATION BY JESSE MAJOR

College students are particularly susceptible to illness, such as colds and the flu, due to a large number of people living close together, high stress levels and a lack of sleep. Washing hands frequently can help prevent illness.

To get the vaccine, students can make an appointment online or by calling 253-535-7377.

The Health Center is open 8 a.m.-5 p.m. Monday-Friday, except for noon-1 p.m. when it is closed for the staff lunch break.

What to do at PLU

Ongoing

Student Juried Exhibition. Check out this display of exceptional student artwork, which was chosen by guest jurors. *University Gallery in Ingram, 8 a.m.-5 p.m. daily.*

Hunger and Homelessness Awareness Week. The National Coalition for the Homeless and the National Student Campaign against Hunger and Homelessness ask that you set aside the week prior to Thanksgiving to donate some time, attention and resources to the less fortunate. *Nov. 15-23. For a complete list of events, visit plu.edu/service.*

Friday

Empty Bowls at Charles Wright Academy. Purchase a bowl for \$10 and receive a bowl of soup donated by a local chef. Proceeds go to the Emergency Food Network, an organization that supplies food banks all over Pierce County. *1-3:30 p.m.*

Poverty simulation. Take part in this interactive role play to learn about how poverty works. *AUC CK Hall. 3-6 p.m.*

Gather — an exclusive student night at the Museum of Glass. Enjoy beverages and bites, drinks and dancing at the Museum of Glass — all for free with an active college/university ID. *Museum of Glass, 6:30-10:30 p.m.*

The Clay Crows perform “Star Trek: Enterprov. Come see PLU’s student improv group for a night of long form improvisation. Admission is free, but donations are welcome. *The Cave, 7:30-8:30 p.m.*

Steel pan and percussion ensemble. *Lagerquist Concert Hall, 8-9:30 p.m.*

Late Night Programming scavenger hunt. *AUC north lobby, 9-11 p.m.*

Saturday

“Doctor Who 50th Anniversary.” Grab your sonic screwdrivers, hop into your TARDIS and join your fellow Whovians in watching the 50th anniversary of this famous TV show, which airs at 11:50 a.m. *Meet in the Harstad first floor main lounge, 11:30 a.m.*

Harp Ensemble Concert. Get caught up on those concert attendances and listen to a variety of music, from Christmas favorites to jazzy arrangements of classics such as “Wade in the Water.” *MBR 306: choir rehearsal room. 3-4:30 p.m.*

Sunday

Guitar Orchestra ensemble recital. Went to the Harp Ensemble concert Saturday but still can’t get enough plucked strings? Get your fix with the Guitar Orchestra the very next day. *Lagerquist Concert Hall, 8-9:30 p.m.*



PHOTOS BY SAM HORN

LEFT: Abigail Blankner, an academic adviser, goes to refill a wheelbarrow with sod while volunteering for the Habitat for Humanity housing development Saturday. Students, staff, faculty and various clubs and organizations on campus have all volunteered at the Habitat site. CENTER: Brendan Rorem, financial consultant with Thrivent Financial for Lutherans and a class of '89 PLU alum, carries a roll of sod to get a house ready for an upcoming dedication. RIGHT: Local high school students were among the volunteers at the Habitat for Humanity site, known as The Woods, Saturday.

HABITAT FROM PAGE 1

was unique. I was intrigued by the idea of building a community rather than a house," Zylstra said. "The icing on the cake was when I learned they were building a 30-home development here in Parkland."

Zylstra said it was easy to get students to volunteer.

About 250 students have gone through the orientation with Habitat for Humanity, a requisite to actually volunteering. About 170 students actually participated with the build.

The project also helps students get out of the "Lutedome" and into the community. "So many students are on campus or living right next to campus — they don't interact with the community of Parkland,

the community they spend 4 or 5 years in," Gauthier said.

Through the build at The Woods, students get off campus, meet the families that will live there and learn what's in the

community.

"You begin breaking down perceptions of what Parkland is," Zylstra said. "We're trying to get students to see Parkland in a different way and to appreciate it for what

it is."

PLU students also helped donate \$10,000 to the project.

The money came from donations, fundraisers, an auction and ASPLU.

"It's been neat to see a lot of different groups and players contribute to this project in different ways," Zylstra said.

Thrivent Financial also donated \$70,000 to the build.

PLU alum and Thrivent Financial consultant, Brendan Rorem, said "the type of people that go to PLU tend to be the kind that care about others. It doesn't surprise me that Lute students and alumni are out contributing."

Brown said it was "awesome" to work with the volunteers. "Everybody is so upbeat and helpful," she said.

"The type of people that go to PLU tend to be the kind that care about others. It doesn't surprise me that Lute students and alumni are out contributing."

Brendan Rorem
consultant, Thrivent Financial
PLU class of '89

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PACIFIC LUTHERAN UNIVERSITY

READING ON THE RADIO

Weekly show is a nerve-wracking and exhilarating experience

By **KELS MEJLAENDER**
Senior Copy Editor

In dim lighting, the last few notes of the previous radio show's song fades away as I snap on headphones, ready to introduce myself as a guest to the listeners of "Call Me Ishmael" on Lute Air Student Radio.

This show will be different though. Instead of just playing music and discussing an array of subjects with the DJs, I'm reading a chapter of my novella, "The Ace of Spades."

Last spring, my friend and now housemate, junior Richard Olson, asked if I would be interested in writing a story to read over the course of a few months on the radio show, "Call Me Ishmael," which he hosts with junior Katie Ayres.

As a fiction writing major, I eagerly agreed, only to spend the next several months debating what to write.

In the end, I settled on a murder mystery.

To make things more

interesting for us, I made my housemates — Richard, Katie and junior Malena Goerl — main characters. I did the same for a former housemate, senior Jessica Welch, and myself.

In "The Ace of Spades," we become Dick Olston, Katherine Arys, Melanie Garelle, Jessy Walsh and Chels Laender. I invented a few purely fictional characters for the story too — rich college kid Cole Mitchell, his stepbrother Kent Saville and the caretaker of the family's new mountainside mansion, Pete Paulson.

During the first chapter, the seven college students arrive at the mansion for a vacation. But a winter storm leaves them isolated, cut off from Internet access and upending the already weak cell service.

When they get bored trapped inside the house, they decide to play the game Murderer.

While playing the game, which involves hiding throughout the dark house as one person with the ace of spades card tracks everyone down and "kills" them,

someone actually kills Kent Saville.

In the second chapter, the panicked friends realize the murderer must have either been one of them or the caretaker, Pete.

They try to develop a buddy system and collect evidence for when they are able to contact the police.

However, the murderer manages to corner Chels Laender — who took the pictures of the crime scene — and kill her as well as destroy her phone and the evidence on it.

In the third chapter, which Richard, Katie, Malena, Jessica and I will be reading on tonight's "Call Me Ishmael," the characters gather together to determine which of them has the most motive and means to be the killer.

There have been many unexpected challenges and pleasant surprises going through this process.

Reading the story out loud has been both a nerve-wracking and exhilarating experience.

The challenge lies in needing to voice multiple characters, since we don't have eight different people to read. Making the voices sound different is certainly not one of my specialties, and it doesn't help that I'm also the narrator.

Scheduling has also been crazy, because for five busy college students, saving that one hour every couple of Fridays to



PHOTO COURTESY OF RENAISSANCEMANSION.COM

In "The Ace of Spades," the characters solve a murder mystery in a mountainside mansion.

meet and read a story together is next to impossible. Indeed, Jessica has only been able to attend the first reading.

Regardless, I've never had more fun writing a story. The research has been fascinating.

I've learned a few mundane things, like how generators operate, but I also know the complicated history of society's obsession with murder mysteries.

The rather gruesome murder of a little boy named Francis "Saville" Kent — yes, that name should sound familiar — in the 1800s captured public attention through the press.

The story sprung a wealth of murder mystery games and novels, leading to classics like Arthur Conan Doyle's "Sherlock Holmes" and the many Agatha Christie mysteries.

My novella may be a more humble addition to the rich history of the murder mystery, but it's certainly been fun to write, read and have others hear.

Incorporating the various quirks of my friends into the characters and sharing this experience with them will make "The Ace of Spades" one of the highlights of my senior year.

Listen to "Call Me Ishmael" Fridays at 7 p.m. at <http://www.plu.edu/lasr/> and like "Call Me Ishmael" on Facebook for updates.

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Author Peter Geye visits PLU

By **TAHNAYEE CLENDINEN**
A&E Writer

As part of Pacific Lutheran University's Visiting Writer Series, author Peter Geye gave a reading that captivated students and community members alike in the Scandinavian Cultural Center Nov. 13.

Geye was born and raised in Minneapolis. After attending the University of Minnesota, University of New Orleans and Western Michigan University, Geye decided to continue living in Minnesota.

This setting became the backdrop for his book, "The Lighthouse Road."

Geye read from his second novel while at PLU.

"The Lighthouse Road" details the life of Thea Eide, a Norwegian immigrant and skilled cook, her son Odd Einar Eide, a fisherman involved in a secret romance, and a number of other characters.

The book spans more than 40 years, and Geye wrote it in non-chronological order and which he divided by chapter multiple perspectives.

Throughout the reading, the audience was silent save for the occasional gasp or word of approval.

After his reading, Geye gave a short speech about his inspirations for the settings and characters in "The Lighthouse Road."

During the subsequent Q-and-A session, the audience asked several questions, with more cropping up as the session continued. Geye said he was happy to answer them.

A quiet voice in one of the corners of the room asked the first question: "what inspires you to write?"

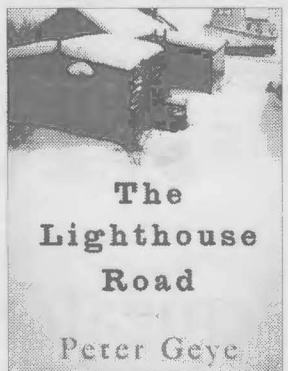
"The seasons, the weather and the way that those things influence the people around them gives me inspiration," Geye said. "The lists of things that inspire me are endless."

A loud voice from among the crowd later asked, "how do you choose what to put in your stories?"

"I believe that something should tell you that it will be in the story rather than trying to put or fit it into the story," Geye said.

Many of the students who attended the reading said they were pleased with Geye's appearance as they filed out of the room.

Sophomore Caila Fautenberry, who attended the lecture as a representative for the Garfield Book Company, said she liked many aspects of the event. "It



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was really interesting," Fautenberry said. "He seemed really passionate about his work."

Though Fautenberry was there because of her affiliation with the Garfield Book Company, many other students and community members came for different reasons, including their majors and recreational choices.

Sophomore Kristina Kusel said she attended because she is a member of PLU's writing club, The Mark.

Geye had visited one of The Mark's meetings earlier that week.

"He came to our meeting and was so inspiring," Kusel said. "He taught us that you can write your story and not have to stick to a certain criteria and be conventional."

Peter Geye's visit marked the last of three events of the Visiting Writer Series for this semester.

To 'Sin by Silence'

Documentary gives voice to consequences of domestic violence

By UNA HAAVE
Guest Writer

Through the documentary "Sin by Silence" and the subsequent discussion led by guest speaker Brenda Clubine, members of the Pacific Lutheran University community learned about the complexities of domestic abuse Nov. 12 in the Scandinavian Cultural Center.

Voices Against Violence, a PLU group that focuses on bringing awareness about power-based personal violence, partnered with the sociology department to bring the documentary and Clubine,

a domestic abuse survivor, to campus.

After having served 26 years in prison for killing her abusive husband in self defense, Clubine finally got the chance to tell Pacific Lutheran University students her story.

She also talked about the misconceptions of domestic violence.

"In a 6-month period I had filed 42 police reports," Clubine said. "Did it matter? No. Because by the time I was on trial, fighting for my life, they said that the victim wasn't on trial. I was."

The film, "Sin by Silence,"

portrayed a legal system that does not fully comprehend the complexities of abuse.

"I had a restraining order. I'd pressed charges. I had hospital reports. I had eye witnesses. I had all those things, and none of it mattered," Clubine said. "Why? Because our system wasn't set up to work yet."

In an attempt to improve this system, Clubine founded Convicted Women Against Abuse (CWAA), the first inmate-initiated and inmate-led group in the U.S. prison system.

She said she created this group to encourage women to share their stories about domestic abuse so they could help other women in the same situation and stop the cycle of violence that often develops in abusive relationships.

Thanks to the efforts of CWAA, laws for battered women have changed since Clubine was convicted in 1983.

Clubine, however, said she is still not happy with where society is today. "Do we have a lot of work to do? Yes, we do. Can we all be a part of that work? Absolutely," she said.

After the screening, Clubine walked up to the stage and received a standing ovation from the audience. "I'm a survivor," she said.

On tables outside of the Scandinavian Cultural Center were recent pictures of the women in the CWAA and information on how to write to them.



PHOTO COURTESY OF SINBY Silence.COM

Brenda Clubine, a survivor of domestic violence, spent 26 years in prison for killing her abusive husband. She is now an activist for domestic violence awareness.

"I'm going to ask each one of you, if nothing else, to pick up one of those pieces of paper and write those women, and let them know that you heard their voice tonight," Clubine said. "That means a lot to them when they have nothing else."

Junior Kaitlyn Elms and first-year Katie Hilliker both expressed interest in writing. "I think that they're truly brave to even be in a group like this," Elms said. She said she felt there is a lot of stigma associated with those who have been in prison, but that people rarely ask why they are actually there.

"What would have happened if they hadn't acted? They probably would have been the ones killed," Hilliker said.

Clubine also talked about the importance of avoiding abusive relationships.

Everyone attending the event received red flags as they entered the Scandinavian Cultural Center. Clubine spoke about these red flags, and the importance of paying attention to red flags in a relationship. At one point she asked the audience to raise their flags.

"Look at all the red flags, everybody. You all see those? I didn't. I missed them," Clubine said. "Red flags are the things that we need to pay attention to in a relationship."

Clubine concluded by reminding everyone to stand up against violence and be a part of the solution.



PHOTO COURTESY OF SINBY Silence.COM

In an image from the documentary, "Sin by Silence," a female inmate is led around a prison area.

Movie Stereotyping:

Derogatory characterizations have negative societal effects

By TAHNYAEE
CLENDINEN
A&E Writer

The pop culture of our time has become overrun with stereotypes. They are force fed to us on screen, over the radio and through offensive humor.

The worst offenders are Hollywood filmmakers who have highlighted the same stereotypes over and over again, imprinting them onto unsuspecting viewers.

Some of the most common stereotypes on screen are the dumb blond character, the really smart Asian character and the portrayal of minorities as criminals or thugs.

Sophomore Courtney Lee, who is blond-haired, said she has noticed some of the effects of movie stereotypes, such as how

"Legally Blonde" has changed the way blond-haired people are treated in general.

"Movies like 'Legally Blonde' have absolutely contributed to the stereotype," Lee said. "In that movie she [Elle Woods] tries to fit in, but she can't initially, because she's not smart enough, and still deviates towards other stereotypical things like makeup, hair and boys."

In other movies, we've all seen that Asian character that has an unbelievably high IQ and totally unreasonable parents.

This has, in turn, affected the way many Asian-Americans assimilate into real life situations.

Sebastian Smith, a researcher with the AFP global news agency, said, "what makes Asian-Americans' problem unique is that they are trapped in the cliché of having to be clever — clever

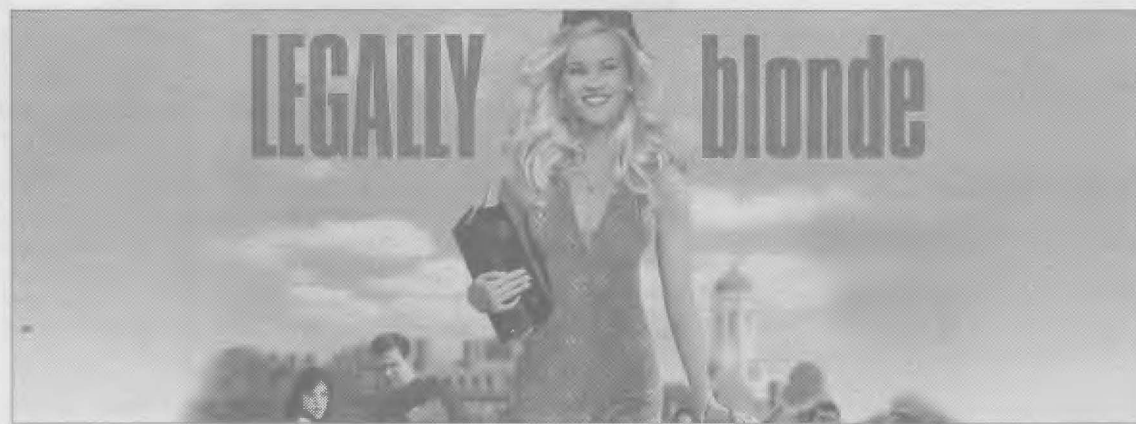


PHOTO COURTESY OF SCRIPTSANDSCRIBES.COM

"Legally Blonde" is an example of stereotyping in film. Sophomore Courtney Lee said that she believed "Legally Blonde" has changed the way blond-haired people are treated in general.

to the point of being nerdy, out of touch and unable to represent mainstream American life."

First-year Emi Smith said she has been faced with the stereotype and backlash when she couldn't rise to meet the unreasonably high standards set for her.

"I remember in math class when we had a big project to do, everyone wanted to be my partner," Smith said. "They were all disappointed and withdrawn after they figured out that I

was just as bad at it [math] as everyone else."

The last stereotype — of the minority leading the criminal lifestyle — is the most common out of all three.

"It's disgusting," first-year Ladedra Hill said. "She said that in movies, people will see minorities committing crimes, doing drugs or who are pregnant with attitudes."

"I've been talked down to or treated badly because of stereotypes," Hill said. "Just

because it happens in movies doesn't mean its like that in real life."

Maybe someday Hollywood will be able to break away from stereotypes and realize all of the negative effects they have on our society.

Until then, people who do the stereotyping will continue to get the wrong first impressions, and those who are stereotyped will continue to be treated differently because of them.

Maybe someday Hollywood will be able to break away from stereotypes and realize all of the negative effects they have on our society.

LUTE NATION TAKES OVER

Step team performs, reaches out to the community

By NATALIE DEFORD
A&E Writer

Step boots, stomping and clapping can always be seen and heard from the steppers on campus, but Lute Nation is far more than just a step team.

The members said they are focused on collaborating, building a team, reaching out to the community and expanding the name of Pacific Lutheran University.

"Lute Nation is building a team," senior Jessica Resop said.

She said her favorite part is the team bonding and that a big part of Lute Nation is learning everyone's strengths and weaknesses as a team. There are no tryouts, but rather all levels work together and welcome everyone. Anyone can join.

Resop defined stepping as creating a rhythm with hands, feet and legs. She said a Lute Nation performance is when all members come together for a big, "conglomeration of parts." But they are not just a step team.

Two first-years, Azana Hyneman and Roland Andrew Cruz Jr., as well as sophomore Yannet Urgessa, said Lute Nation has a greater purpose.

All three joined Lute Nation this year and had never stepped before.

They said there are challenges and obstacles, but they have been able to figure them out with their teammates. They also focus on giving back to the PLU community.

Hyneman said Lute Nation is a, "community-based step-team." Cruz elaborated by saying



PHOTO COURTESY OF SAMANTHA HAGER

Members of Lute Nation, the Pacific Lutheran University step team, gather for a photo at the annual Pierce County Hunger Walk in Steilacoom Park.

the team's goal is to spread PLU's name to the community. "Everyone has heard of the big schools," Cruz said, "but it's our job to get PLU out there."

Cruz said his favorite part is, "when each member learns a particular part of a step." He also said that the most rewarding part is seeing it all come together.

"You can say that about life in general," Cruz said. "It's important to know how to work together as a team for a common goal — life is all about team building."

The big motto for the team is, "scholars before steppers." Members are required to maintain a 2.0 minimum GPA, but they are encouraged to shoot

for higher.

"We can't be beneficial if we are not successful," sophomore Jonathan Adams, a Lute Nation stepper, said.

Adams said his favorite Lute Nation aspect is the diversity on the team. "It's really cool how we're all different and still connect," Adams said. "Everyone wants a place to fit in and feel welcome." He said the team welcomed him in with open arms.

Adams said his personal goal is for members to, "stay focused and remember why you're on the team — we perform, but that's just not what we're based on." He said he hopes members can, "maintain the idea that you are a

stepper — people know who you are so you have to represent."

Senior Mamie Howard is the president, captain and founder of Lute Nation and has been stepping for four years. This is the third year of Lute Nation. "It's so much more than being a performance team," Howard said.

Hyneman said Lute Nation gives back to the community by encouraging younger students they can go to college. "It's a big thing to encourage kids to go to school," Hyneman said. "I think that's important."

Urgessa said Lute Nation reaches out to many elementary and middle schools. Adams said, "we explain that if you work hard

and find something you love to do that you can get anywhere." He said they also each explain their lives and how they got to where they are today, showing that anybody can get to college.

Howard, while working at schools, said she has seen the transition of kids who didn't normally care about school begin to care after seeing Lute Nation come to town.

She said her favorite part is seeing youth inspired in this way.

Lute Nation strives to work with and perform for all students regardless of socio-economic class, instead of just students privileged to go to specific schools. This is one of the many reasons the team chose to perform at Lakewood's Boys and Girls Club Nov.12.

"They might not see things like this or even think about college, and we want to change that," Howard said.

Lute Nation is also trying to collaborate with more teams, groups and organizations on campus. Howard said they are happy to help with trying to reach the community in any way, and PLU is always going to back such an effort.

"We're always looking for new ways to collaborate," Howard said. Howard said Lute Nation will appear in Dance Ensemble this spring and they will be working with dancers.

More information and upcoming events can be found on the team's Facebook page, Lute Nation (Fans).

"Everything we do is geared toward the community," Howard said.

Photo Spotlight on 'Proof'



PHOTOS BY JESSE MAJOR

TOP LEFT: Robert, played by first-year Kyle Stocker, pours a drink for Hal, portrayed by first-year Josh Bozich. They performed in the Vpstart Crow production of 'Proof' on Nov. 15 and 16 in the Karen Hille Phillips Center for the Performing Arts. The show was directed by junior Mitchell Helton.

TOP RIGHT: Hal, played by Bozich, argues with Catherine, who is played by senior Sarah Makar, about the authenticity of a proof.

BOTTOM RIGHT: Stocker performs a soliloquy before his character, Robert, dies.



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ACCOUNTING FOR DUMMIES

Be smart about after-Thanksgiving sales



PHOTO COURTESY OF CREATIVE COMMONS

Customers join long lines at Best Buy in 2007 to take part in Black Friday sales. Whether shopping in-store or online, customers should still be sure to look for the best sales, set a budget and stick to it.

By **BJORN SLATER**
Business and Ads Manager

Turkey is what's on my mind for the time being, but many consumers go crazy weeks in advance for what has become a holiday of its own for bargain-hunters nationwide: Black Friday.

It may be fun to follow the crowds and compete for door-buster deals at midnight, but there are some steps that the more frugal Black Friday fiend can take to gain an edge on the competition.

Consider possible risks

Fighting the tide at midnight can lead to some great deals, but there are plenty of risks associated with being around so many people.

Although it may not be the first thing on consumers' minds, there are criminals out there who may do anything, from stealing purchases

straight from honest shoppers' arms to picking their pockets in the crowd.

This risk can be averted by taking advantage of online deals. Many retailers offer similar, sometimes better, deals on their websites.

Some of these deals in recent years have included reduced or no-cost shipping, although Yahoo Finance reports that some of these still included stipulations for a minimum purchase.

Social networking sites are another excellent online resource. By simply "liking" a retailer's Facebook page or including a certain hashtag on Twitter, consumers can earn both in-store and online discounts.

To mitigate the risk of criminals for consumers who do choose to venture out, whether at midnight Thursday or throughout Friday, consumers might want to consider bringing cash and locking their wallets in the car.

This does two things. First, it eliminates the risk of consumers having their identity stolen if thieves were to get their hands on a wallet full of debit and credit cards. Second, it ensures consumers will be able to fund their purchases.

Card readers do fail, and the sheer number of shoppers may be enough to wear out old or faulty machinery. However, cash will still be accepted in-store, and if a machine does go out, consumers who rely on cash may find themselves at the front of the line with smug looks on their faces.

Set and keep a budget

Whether in-store or online, it is important to have a budget and stick to it at all costs. Especially with the advents of online shopping and credit cards, it doesn't take much to get carried away and spend more than intended.

For people who suffer from

impulse-buy syndrome, they should think about whether the purchase will bring a bout of post-purchase regret.

Pay attention to online sales

Additionally, don't forget about Cyber Monday. To promote online shopping, retailers offer deals to people who shop the online stores the Monday after Thanksgiving.

There's no point in going out on Black Friday if there will be a better deal on the desired product three days later, so it is important for consumers to do research beforehand to see which items have the best deals on which days.

Last year, comScore, a leading tech analytics company, reported that Cyber Monday spending had hit \$1.465 billion, up about 17 percent from 2011. If this trend continues, I think it's fair to assume that retailers will keep the deals coming on Cyber Monday this year.

Stay comfortable

Overall, the best part about Black Friday and Cyber Monday is the great deals offered both days. Consumers who are looking for the best of the best will need to do a little research on competing retailers to compare deals and look for the best discounts.

But equally important as saving money is being comfortable. Online shoppers, keep an eye out for that next pair of bunny-ear slippers, and in-store shoppers, make sure to wear some good walking or running shoes to keep up stamina as the hours inevitably slip by.

As for me, I'll be most comfortable staying home to enjoy the Macy's Thanksgiving Day Parade, not getting trampled over a discount video game at Best Buy that I can wait to buy online.

Did I mention I hate shopping in person?

'Lean In': A look at likeability in the workplace

By **KELSEY HILMES**
Guest Writer

It's a strange moment when a professor sits in front of a room full of students and asks, "what makes a professor likeable?"

But sure enough, in the middle of the latest installment of the leadership series Lean In, that's exactly what Mary Ellard-Ivey, associate professor of biology, wanted to know.

The event Monday night called on professional women to ask "does everyone have to like you?" It was based on "Success and Likeability," chapter three of Sheryl Sandberg's book "Lean In."

The panel-led discussion focused on the research-supported idea that successful women are liked less by people of both genders. This, Sandberg ultimately argued, can interfere with a woman's willingness or ability to succeed in the workplace.

The event began with a short introduction of research about gender, business leaders, and leadership stereotypes from Women's Center Project Administrator Jennifer Warwick. The first piece of research she explained indicated that the words used on the packaging of children's toys supported gender

norms.

On traditionally female toys, words like "mommy," "magic" and "hair" appeared most often, whereas on traditionally male toys, the words "battle" and "power" appeared most frequently.

She explained the gender stereotypes reflected in the traditionally male toys are associated with words we believe to be qualities of a leader.

The long term effects of this could mean that women who are in leadership roles are seen as less feminine and therefore less likeable.

Panelists included Ellard-Ivey, as well as the Director of Multicultural Recruitment Melannie Cunningham, Senior Adviser to the President Kristin Plaehn and Director of Athletics Laurie Turner. They shared their thoughts on being "liked" as women in the workplace.

Cunningham suggested that while she didn't need people to like her, she wanted to be considered likeable.

The rest of the panel generally agreed. Ellard-Ivey said she wanted her colleagues and students to like her, but she considered likability in the workplace a measure of effectiveness in her job, rather than her as a person.

"I know they must like me as a colleague, because they keep asking

me to do stuff, and if I was ineffective at my job, they wouldn't," she said.

She then asked the audience if a likeable professor was always considered a good professor. A slew of students raised their hands to offer opinions.

Turner offered her own idea of what it meant to be likeable in the workplace. At the time she entered her job in the athletic department, Title IX, the law that demanded equity for women in school sports, had just been reexamined.

As the only woman in her department, and later the youngest athletic director in the country at a school with a football team, she said she knew that many of the changes for sports equity she went on to make wouldn't always be liked.

"If everyone liked me, I wouldn't make the progress that needed to be made," Turner added.

After students broke off into small groups with an array of professional faculty and staff, they discussed their own ideas of whether or not they wanted to be liked in their future careers.

When the room regrouped, panelists asked students to think about what it meant for them to be liked as a professional and as a leader, and what they wanted to be liked for.

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The real cost of fantasy sports

By **PETER MUELLER**
Guest Writer

In the early 1980s, a group of baseball statistics geeks created fantasy sports. Their system allowed individuals to construct teams with players from across a respected league and pit them against their friends' lineups. Points were calculated by an individual's lineup performance.

Today, the socially competitive phenomenon of fantasy sports has invaded the fields of cubicles across the United States.

Competitive leagues with cash prizes are rising in popularity, and with them come the fees for joining these fantasy leagues. The fantasy

sports market has more than tripled in size since 2004, and has analysts expecting more rapid growth to come, ESPN reports.

Rarely will one overhear people in class discussing their fantasy baseball lineups though, because in the U.S., football is king.

Football rules the competitive purgatory of fantasy sports with a total of 72 percent of all fantasy sports involvement. This year, there are more than 35 million Americans participating in fantasy sports.

It may be surprising to look at who comprises these 35 million Americans.

The average participant is a 41-year-old white male,

making roughly \$92,000 annually, who has a family and owns a house, according to the Fantasy Sports Trade Association (FSTA), a company that measures the fantasy sports market.

Yet middle-aged family men aren't the only ones getting involved. In fact, women account for 25 percent of the market, a percentage that is slowly growing. FSTA reports that the under-18 demographic is the fastest growing demographic.

With 35 million participants spending an average of \$111 annually on fantasy sports, and with a growing percentage of Americans owning a smartphone, the fantasy sports market is now a \$1 billion dollar industry and growing.

Back in 2008, fantasy sports was an \$800 million industry. After experiencing an average growth rate of 5 percent over the past five years, FSTA predicts the market to bring in more than \$1.2 billion this year.

There are two answers for where this money comes from: ad revenue and league entry fees.

FSTA found that only 7 percent of fantasy players used one website to compile information, while 48 percent of players use four or five websites. These players also log an average of 25-30 hours per week on fantasy websites. This has advertisers rushing



PHOTOS COURTESY OF CREATIVE COMMONS

to capture ad space and, with the low barriers of entry into the market, entrepreneurs are looking to catch a slice of the ad revenue being dished out.

Many are concerned with the rapid growth in fantasy sports and its legal gambling nature. Back in 2001, the nation was obsessed with online poker and posted the same feverous growth as fantasy sports did. Lawmakers later ruled online poker illegal in 2002, destroying the online poker market with one swift blow.

Today, many fantasy sports players are registering for pay-to-play tournaments, such as the Fantasy Football Players

Championship. Many of these pay-to-play tournaments have fees of more than \$1,000 with payouts of up to \$1 million.

Some worry that the gambling-like structure of fantasy sports will attract negative attention from lawmakers and meet the same fate as online poker.

For now, it seems fantasy sports is becoming more embedded in American culture, and with an expectation of becoming a \$1.7 billion industry in 2015, fantasy sports show no signs of slowing down.

For more on Fantasy Football, see Nick's Picks on page 16.



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Wanderlust:

Leave the big city bustle behind

By SAMANTHA LUND
Columnist

I had never been more excited than when I got the chance to take a trip to Europe in high school. Not because I knew any of the languages or because I liked the food or could even tell you about European culture.

The only reason I was excited was because a tiny piece of Europe was Paris — the city of love and wonder that every romantic comedy I had ever watched ended in. I wanted to see the Eiffel Tower and the “Mona Lisa,” and that was all I could think about.

What people do not talk about as much are the smaller cities and towns that are everywhere.

On my trip, I spent many days in smaller cities in France, Germany and Spain, and I formed most of my memories in them. At the same time, the smaller towns were just stepping stones until I got to Paris.

Then I got there. Oh boy.

It was crowded, nobody cared to help me find my way around and I got lost — a lot. Paris was beautiful and made for some really good pictures, but at the end of the trip, I had more fun in the smaller towns.

At one point in my travels I ran into another family from America, and we helped each other find where we were supposed to be. We were all staying in Heidelberg, Germany.

Once we got there, we were greeted with friendly faces, and we all ended up getting lunch together. The people who lived in the city were kind and made sure we all had a good time. We were even invited to a party. It



PHOTO COURTESY OF SAMANTHA LUND

Sophomore Samantha Lund stands in front of the ruin Schloss Heidelberg in a small town in Germany.

seemed like strangers wanted to make us feel at home.

In Germany, the guests always have to take the first drink of their beers before the party can begin. In small towns, people will teach you the customs and want you to have a good time. And with us, they did.

Small towns usually have less traffic, are less crowded and you get the chance to take a step back, breathe and look at the world around you without having to be constantly moving.

I realized that even though it was not my dream of Paris, it was much, much better.

The big cities like Barcelona, Paris and London are all beautiful and worth the trip, but the smaller cities should not be looked over. Small cities

are where I met the most people.

Travelers should take the opportunity to soak in the culture rather than worrying about seeing all the sights.

The culture comes from the everyday people and their lives, not from looking at a big building or a painting. Those things are wonderful too, but they are not the true culture. That would be like someone from Germany coming to America and visiting New York and saying that is the culture.

Excuse me, but no. We are not all thin models who live in small apartments. We are not all working on our “big break.” We do not all spend our time in the Empire State Building, just like the French do not spend all their time staring at the “Mona Lisa.”

Take care during finals

By TAHLIA TERHUNEE
Columnist



November is flying by, and December is on the horizon, which can only mean one thing for Pacific Lutheran University students: finals are just around the corner.

Professors are trying to finish covering class material and students are beginning to realize they only have a limited amount of days to get the best grade they can.

With the realization of how close finals season is upon us, I began to get stressed. Finding time during my weekends has become a rare

luxury, and I cannot imagine how I will begin to squeeze in time to study for finals.

It's the same thing every year. Finals sneak up and next thing you know, the third floor of the library is packed and students fill study rooms. The panic ensues when students realize they may not be as prepared as they think, or they feel as if they couldn't be prepared enough.

I know I'm not alone in this chaotic period of time. NBC News reported on a survey conducted by the *Associated Press* that nearly one in every five students said they feel stressed all or most of the time.

No wonder finals become an added level of stress to our weekly routines. Students from all across the PLU campus had a variety of answers when reflecting on how they handle their finals. Answers ranged from sobbing in the shower and questioning life to flash cards for reading, writing and verbalizing material.

Sophomore Sara Suznevich said, “I drink coffee, delete all my social networks from my phone, third-floor-it in the library for a week and try to go home for that weekend to study better.”

Having techniques that work for you will boost your confidence during finals week and enable you to not feel as rushed or stressed. However, it is important to remember to

take a breather.

One student said her planner gets so overwhelmed with to-do lists and study sheets that she has to plan for times to relax and get sleep. Acknowledging that you need to be refreshed through relaxing, healthy eating and sleep will make a critical difference in your performance throughout finals.

In the midst of studying, the importance of taking care of ourselves is easily lost. Rewarding yourself after a hard day's worth of studying is important. Set a goal for yourself so if you study, you get to do something you enjoy that evening.

Having perks will boost your motivation and create positive affirmation in study habits. Once you acknowledge your hard work, you should compliment yourself on what you've accomplished. Positive self-speech is a great way to gain confidence.

U.S. News has a suggested top five ways students can prepare for finals, the first being to plan your schedule. I find that time always slips away the closer the clock ticks toward finals.

Preparing your schedule and physically seeing what needs to be done helps give you focus. Setting reasonable expectations is another highly encouraged suggestion.

This doesn't apply just to finals but to your schedule as well. Don't overload your schedule — give yourself some flexibility.

Other important factors included on the list were to take care of yourself physically, eat well and utilize the resources available to you.

At PLU, we can find an abundant amount of resources available. Professors hold office hours, and though they may seem daunting at first, students should take advantage of them. Professors are there to help us and are more than willing to do so.

If something is foggy or unclear, take it up with your professor. There is also the Academic Assistance Center located in the library, room 124. They have tutors for a range of subjects and can also offer help in time management, critical reading, note taking and study tips.

Students need to take a breather and not let finals get the best of them. By organizing your schedule properly, you'll save yourself the trouble later on. Know what needs to be done and know that you deserve some time to yourself.



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Sustainability

Reduce food waste this holiday season

By SHANNON MCCLAIN
Guest Writer



The holiday season brings gifts, time with family and, of course, lots of food. Along with the season comes a prolific amount of waste.

According to the Worldwatch Institute, we generate an additional 5 million tons of household waste between Thanksgiving and New Year's Eve in the United States.

Included in this figure is food waste, the amount of which equals three times that of what we waste during the rest of the year.

That is an enormous amount of food waste considering we waste an average of 34 million tons of food each year.

So this year, try some of these tips to reduce your food waste this holiday season in preparation, serving and cleanup.

1. BE REALISTIC

Be realistic when planning the meals. Think about how much food will actually be needed or eaten during that specific meal.

Of course there may be the desire to have leftovers, but it becomes a problem when there are so many leftovers the food will go bad before it can all be eaten.

Don't cook more than is

necessary in fear you will run out of food. Look to the past to determine which dishes served too much, too little and just enough.

Also, check the recipe to make sure the yield or quantity is right. You may make way more than you need on accident by just following a recipe that isn't adjusted to your particular gathering.

2. PLAN AHEAD

Plan out everything you will need for your meal at home. Then, bring your shopping list to the store with you.

In my family, before we shop for a holiday dinner like Thanksgiving, we make out lists of the ingredients we will need.

By making a shopping list at home, you can look in your pantry and fridge to see what ingredients you already have. This eliminates the problem of buying unnecessary multiples of certain ingredients. It also helps put a stop to impulse buys. Stores use the holidays to entice buyers to purchase things they don't actually need.

3. REASONABLE PORTIONS

"During holiday meals," junior Meagan Schultz said, "my family commonly serves larger portions than they would at an everyday meal."

Take portions of food that are reasonable for you. When you serve yourself, make sure that it is close to an amount you are able to eat.

If anything, err on the side of smaller, rather than larger. You can always go back for another

serving, but you generally can't give back food that has been half eaten.

To help encourage people to take smaller servings when you are hosting, use smaller plates and serving utensils.

By having guests serve themselves, each individual can choose an accurate serving.

This, coupled with smaller plates and serving utensils, can reduce the amount of food that gets left on plates uneaten.

4. LEFTOVERS

If you do have leftovers, make sure they are properly and promptly stored after the meal. Generally, hot food should not sit out for more than two hours, according to the U.S. Department of Agriculture.

After each individual dishes up his or her food in my house and before we begin eating, we try to put away as much food as we can. That way, we can enjoy our meal without worrying about food being left out.

In addition, if you have more leftovers than you can feasibly eat within the next few days, make sure you send some home with your guests.

5. DONATE FOOD

If you do have a lot of extra canned foods, local food banks are always looking for donations. Donations can be in the form of canned or dried foods or money. This is not only great for preventing extra food from sitting in your pantry and spoiling, but it contributes to the thoughtful nature of Thanksgiving.

Take into account the whole story of 'Thanksgiving'

By KELLI BRELAND
A&E Editor



Wampanoag tribe. The colonists received food and resources as well as hunting and agricultural lessons, while the Wampanoags received protection from enemy tribes.

This transactional relationship between the colonists and the Wampanoags sparked a three-day feast and celebration that we now refer to as the first Thanksgiving.

Yet the story does not end with a happy celebration of peace, prosperity and exchange. In the following five decades, colonial expansion and political tensions chipped away at Plymouth's relationship with the Wampanoag tribe.

During King Phillip's War, which lasted from 1675-1676, the Plymouth colonists fought against the Wampanoags, who had joined three other native nations. The war almost completely wiped out the Wampanoags.

Now, in modern times, we need to take this historical information into account as we consider how we view our beloved holiday, Thanksgiving. This single event was a positive product of colonization, as it resulted in benefits for both the colonists and the natives for a certain period of time.

But it's the other moments in history — moments of war, sickness and death — that caused and were effected by the first Thanksgiving that we need to take into account.

We need to look at the whole picture before, during and after the Plymouth colonists feast with the Wampanoag tribe. Just focusing on the Thanksgiving moment disregards these important moments of history in a way that some people even find disrespectful.

In fact, there are modern day movements in the United States called "Unthanksgiving Day" and "National Day of Mourning." According to one website, <https://www.facebook.com/pages/National-Day-of-Mourning/138480962838984?nr#>, "the organizers consider the national holiday of Thanksgiving Day as a reminder of the democide and continued suffering of the Native American peoples."

Whether you believe in Thanksgiving or Unthanksgiving, one thing remains clear — it is important to remember we have this holiday because of a 400-year-old history of collaboration between two groups of people.

As you cut into your slice of succulent turkey this year, take away the positive aspects of Thanksgiving, but don't ignore the suffering, war and conflict that preceded and came after the first Thanksgiving as a result of colonization.

The word "Thanksgiving" usually brings up images of steaming turkey, buttery mashed potatoes, festive cornucopias and happy pilgrims sharing a meal with "the Indians." Corporate marketing, elementary school classrooms and cultural traditions often spread and reinforce this joyful modern day connotation of our celebrated historical event's name.

As a society, we focus on the positive aspects, and in many cases, we don't really look past the decorations and Thanksgiving Day sales at all.

But these connotations and traditions take into account only a fraction of the issues and events that surrounded the real first Thanksgiving.

This year, be thankful that you were not a pilgrim of the Plymouth colony. This Puritan colony, located in what is now Massachusetts, was founded in 1620.

Plymouth's first governor, Edward Winslow, declared the first Thanksgiving in the early 1620s, although it was not an official holiday until the late 1860s. According to the writings of Winslow and other salvaged primary documents and artifacts, life in the colonies was far from picturesque at the time.

Consider the fact that 104 colonists embarked on the Mayflower in September 1620. After enduring a grueling, 66-day journey across the Atlantic Ocean that killed two passengers, the survivors landed near Plymouth Rock, Mass.

During the first winter alone, almost half of the remaining 102 colonists perished from cold, sickness and starvation.

Research conducted by physical anthropologists at the Smithsonian Institution confirms that conditions across the colonies were so bad that the Jamestown colony, which was the original destination of the Mayflower, had to resort to cannibalism to survive.

To continue living, the undernourished and unprepared Plymouth colony formed a pact with the local

LETTER FROM THE EDITOR

The introspection of an introvert

By RELAND TUOMI
Copy Editor



I have often found myself in situations where I ask myself, "am I normal?"

Like last Friday, when my roommate invited me to Seattle to visit friends at the University of Washington and have a girls' night out. I thanked her but said I had a lot of studying to do and couldn't.

After much pleading and promising we would be back in time on Saturday to do homework, and with me continuing to give her excuses for why I couldn't, she drove off, and I proceeded to play "Sims 3" for the next six hours.

Afterward, as I lay in bed thinking about my Sims family's triplets, I began to wonder what my roommate and her friends were doing.

I was pretty sure they were having fun together, so I didn't know why I didn't want to go.

My reason of having too much homework was true, but that's not really why I didn't want to go. Staying home and relaxing by myself with some music and computer games just sounded more fun at the time. So, I asked myself: Am I normal?

If a similar situation has happened to you, where the idea of spending a Friday night with a bunch of cool and fun people does not sound like fun at all, then you are probably introverted, just like me and 50 percent of America, according to <http://introverttreat.com>.

Being an introvert is nothing to be ashamed

of. Introverts like to relax and recharge by being alone, maybe by watching a movie, reading a book or playing video games.

An introvert's counterpart is the extrovert. Extroverts find solace in being around people and socializing. That doesn't make introverted people less happy and extroverts more so, it just means they're different.

"There are plenty of happy introverts and sad extroverts out there," Amber Williams, an associate counselor in the Counseling Center, said.

Williams also explained to me the intro/extrovert nature is not pathological or psychological, but a personality trait. And just like knowing if someone's favorite color is yellow or if they like baseball, it's impossible to know if someone is introverted or extroverted just by looking at them.

There is a difference between introversion and isolation, however. Williams explained an introvert likes to be alone to relax, whereas isolation means cutting people off and never wanting to be with anyone. Make sure to interact with others and go to class if this sounds familiar.

It's important to remember that introverts are no better than extroverts, just different. People with different personality traits can obviously remain friends — just look at my roommate and me.

If you have more questions about introversion and extroversion, contact the Counseling Center at councen@plu.edu or call 253-535-7206.

Life Hacks

Use an abnormal font when taking notes on the computer. Some studies suggest you will remember them better.



What do you do to relieve stress during finals?

What do you do to relieve stress during finals?

Votes: 43

- Go to the gym 28%
- Nap 28%
- Go out with friends 19%
- Watch TV 14%
- Other 12%

Results as of Thursday at midnight.

The Mast asked students in a poll starting Nov. 19 what they do during finals week to prevent stress from taking over during finals week.

Join the conversation at <http://mastmedia.plu.edu/> in the Opinion section.

SUDOKU High Fives

7	5	9						4
				9	5	3		
			8	6	5			9
1				2				4
	2							8
9	3				6			2
8	6		3	1			5	6
			7	8				
							3	
1	6	4					1	
				7		5	6	4
				5			9	1
			3	8	4			
				4	9			1
6				8	7			
						8		
4	5	1			6	3		
					4	1	8	
	7		9				7	
								3
	2		8	5	3			
				1	2			9
	6		9					
9	3	4				8		2
	7							
				2	1	3		
								6

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.

Universal Crossword

Edited by Timothy E. Parker November 24, 2013

ACROSS

- Half of a Western U.S. city?
- The golden calf and others
- "Born as ..."
- Add more lubricant
- Flap in the fashion industry
- Victory
- Factor in a wine rating
- The Wright thing was done there
- Warhol genre
- Bro kin
- Jacket for a seed
- "Hunger never saw bad bread," for one
- This and this
- Rose bouquet insert
- Fitzgerald of jazz
- ___ Cruces, N.M.
- Awakens rudely
- Event with a leaderboard, slangily
- Blimp, e.g.
- Internal rupture
- A country's output, for short
- Common mixer
- Press member at Wrigley Field?
- One attracting considerable interest?
- Devalue
- Facility
- Cote sound
- Assets aplenty
- Adolescent infatuation
- Certain Arabian
- Got the fare down
- Fine-feathered duck
- Trip around the world
- "The IPCRESS File" author
- Deighton
- Band of deputies
- Twig digs
- Call it a day on the set
- "Dynamic" prefix
- Feature of a tied shoelace
- Capital founded by Pizarro
- Wake-up calls
- Kind
- Symbols of freshness
- Kia model
- "Shall we?" reply
- Underhanded
- Far from oblivious
- New Zealand birds
- Place for a convict's bracelet
- Skeptic's exclamation
- Artistic grouping
- Revealing photo?
- Marvel's thunder god
- 1976 hit for KISS
- Moisturizer ingredient
- It's not clear
- Crocheting need
- Beatles hit: "Day ___"
- Letters for an ex-superpower
- Gone to seed
- Certain detergent
- Fight verbally
- Shaver's bane
- All over again
- Record tracks
- Crips' gang adversaries
- Prayer book selection
- Flower part
- ___ cuisine
- Colorado resort
- Bodybuilder's unit
- Advertising award
- Be concerned
- Activity centers
- Cut and paste
- Watches the kids
- Terse agreement
- Preposition in poetry

DOWN

PREVIOUS PUZZLE ANSWER

F	A	T	S	S	L	A	T	A	B	A	S	E
A	U	R	A	P	A	R	A	L	O	N	E	R
U	R	A	L	O	P	I	N	I	O	N	A	T
N	O	D	O	W	N	P	A	Y	M	E	N	T
A	R	E	N	A	S	S	A	P	H	A	D	
E	A	R	S	H	O	T	W	H	E	R	E	
D	R	I	V	E	O	F	F	T	O	D	A	Y
P	E	E	V	E	D	T	E	A				
R	E	D	Y	E								
E	M	U	O	P	S	A	R	R	O	Y	O	
C	U	T	R	A	T	E	P	R	I	C	E	S
S	P	I	R	I	T	L	A	M	P			
H	I	N	G	E								
E	G	G	E	D	S	E	R	E				

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11/24

LITTLE ONES By Mary Jersey

1	2	3	4	5		6	7	8	9	10		11	12	13	
						15						16			
						18						19			
						21		22				23			
						24		25				26			
						27	28	29	30			31			
						32						33			
						34						35	36	37	38
						39						40			
						41						42			
						43						44			
						45						46			
						47						48			
						49	50	51				52			
						53						54			
						55						56	57	58	59
						60						61			
						62						63			
						64						65			
						66						67			
						68						69			

SPORTS SCOREBOARD

Men's Basketball

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

LUTES' UPCOMING GAME: Nov. 29 vs. St. Mary's (Minn.) 8 p.m.

Head Coach Profile: Steve Dickerson



Steve Dickerson is entering his eighth year as the head coach of the Lutes men's basketball program. Prior to serving as the head coach, Dickerson was an assistant and associate head coach for PLU for three years. Before moving to Tacoma, Dickerson was a high school basketball coach in Columbus, Ohio for 33 years and compiled more than 200 wins. Entering the 2013-14 season, Dickerson owns a 71-96 overall record while at PLU.

PHOTO COURTESY OF PLU ATHLETICS

AROUND THE LEAGUE...

VOLLEYBALL: Pacific Lutheran University junior Samantha North earned American Volleyball Coaches Association Second Team All-America honors. North, a setter, averaged 10.48 assists, 2.05 digs and 0.73 kills per set with a .202 attack percentage this season.

VOLLEYBALL: Pacific Lutheran University senior Bethany Huston, a middle blocker, was named to the AVCA All-America honorable mentions list. Huston finished the season averaging 2.28 kills per set with a team-leading .303 hitting percentage and 92 blocks.

FOOTBALL: Pacific Lutheran University and Linfield will meet this Saturday in a Division III Football Championship first-round matchup at Maxwell Field. This will be the seventh time these two teams will meet in the postseason in the past 35 years. Kickoff is set for noon.

Statistics from <http://www.plu.edu/sports>

Women's Basketball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
George Fox	2	0	0	0-0	Won 2
Whitman	2	0	0	0-0	Won 2
Puget Sound	2	1	0	0-0	Lost 1
Lewis & Clark	1	1	0	0-0	Won 1
PLU	1	1	0	0-0	Won 1
Whitworth	1	1	0	0-0	Lost 1
Pacific	0	0	0	0-0	N/A
Linfield	0	2	0	0-0	Lost 2
Willamette	0	2	0	0-0	Lost 2

LUTES' UPCOMING GAME: Nov. 29 at Western Washington 7:30 p.m.

Head Coach Profile: Jennifer Childress



Childress is entering her first year as head coach at PLU. Before serving as the head coach of the women's basketball program at PLU, Jennifer Childress was an associate basketball head coach at Western Washington University from 2006-13. During Childress' time at WWU, the Vikings had 145 wins compared to just 50 losses. Before coaching at WWU, Childress was an head assistant coach at Cal State-San Bernardino.

PHOTO COURTESY OF PLU ATHLETICS

Men's ultimate Frisbee team competes in Oregon Fall Ultimate Disc Games Tournament

By **SAM HORN**
Sports Editor

In one of its only fall tournaments in 2013, the Pacific Lutheran University men's ultimate Frisbee team left Oregon without a single win. Placed in Pool B in the Oregon Fall Ultimate Disc Games Tournament Nov. 16-17, the men's team squared off against the University of Washington, University of Oregon, Lewis & Clark and the Oregon State B team.

Since the PLU team was competing against Division I schools with loads of talent, the result is not too surprising. Large schools actually recruit ultimate frisbee players, whereas small schools, like PLU, can only hope to obtain enough athletic players for the next season.

Teams played the games in the tournament to 13 points, and one team had to win by two points. The time limit of these matches was 85 minutes. Whitman Alumni, University of Utah and Eugene were the only undefeated teams in the tournament.

Game 1: PLU — 10, Lewis & Clark — 11

Game 2: PLU — 8, University of Washington — 13

Game 3: PLU — 9, Oregon — 13

Game 4: PLU — 11, Oregon State B — 13

NEW YORK RANGERS SQUEEZE BY MONTREAL CANADIENS

Will the Texas A&M Aggies or the LSU Tigers win this Saturday in college football?

By **SAM HORN**
Sports Editor

The Montreal Canadiens just couldn't do it. They couldn't pull out the win, falling 1-0 against the New York Rangers.

In the second period, Ryan Callahan scored his sixth goal of the season to give the Rangers the lead for good. Brad Richards was credited with the assist, his 10th of the year.

The Rangers dominated the game, even though the score might not have shown it. New York had 34 shots on goal, while the Canadiens could only muster 22 shots.

I suppose sticking with America on this pick paid off. Nice call Kyle Peart and Dalton Ritchey. Way to be passionate about your country.

For the final Pick 'Em of the fall, I asked the contestants about the upcoming Texas A&M-LSU game. More specifically, I asked them who they thought would win.

Everyone chose Texas A&M except for Drew Oord, who went out on a limb and chose the Tigers of LSU.

The two collegiate football teams are fairly even. LSU boasts a 7-3 record, while the Aggies have a 8-2 record. Not much difference on paper.

Concerning the actual players themselves, the Aggies have the advantage in one category above all else: the quarterback position.

Johnny Manziel was the first quarterback to ever win the Heisman Trophy, even if he was a redshirt freshman last year. We'll still give it to him.

Manziel has had another successful season in 2013, mainly because of Mike Evans, the standout wide receiver.

Evans is second in the country in receiving yards per game (126.3). Evans is sure to be a first round NFL draft prospect next year and has helped Manziel post mindboggling numbers in the passing game.

Manziel ranks sixth in the nation in passing yards (3,314) but is third in the country in passing touchdowns (31). He only sits behind Oregon State's Sean Mannion and Derek Carr of Fresno State.

While the Tigers' defense will be targeting Manziel, they have a talented quarterback of their own: Zach Mettenberger.

The quarterback has efficiently managed LSU's pro-style offense, throwing for 20 touchdowns. The Tigers won't solely rely on Mettenberger though. Head coach Les Miles has other plans though.

The Tigers will run a balanced attack against the Aggies' defense. Not only does LSU have a game manager in Mettenberger, but it also has one of the premier running backs in the country: Jeremy Hill.

Hill has averaged 107.1 rushing yards per game this season, and that's saying something as the Tigers play in the defensive-minded Southeastern Conference.

Both teams have talented NFL prospects on the offensive side of the ball, which should make for a closely contested game.

If the Tigers do end up winning, Oord will win the Mast Sports Pick 'Em. If the Aggies win, though, then there will be a four-way tie for first place.

If that does happen, then I guess my hand will become tired because I will be writing so many certificates.

For the sake of my hand, I hope LSU wins.

Drew Oord (3-5)
Prediction: LSU

Oord is the only contestant to pick LSU. Let's see if that choice pays off in the end.

Andre Tacuyan (3-5)
Prediction: Texas A&M

Tacuyan is sticking with Texas A&M and is hoping they will provide him with a win.

Dalton Ritchey (3-5)
Prediction: Texas A&M

Being that Ritchey is the quarterback for the Lute football team, he is a fan of Manziel and his effortless throws.

Kyle Peart (3-5)
Prediction: Texas A&M

Johnny Manziel has captivated many fans in his two years in the college football landscape. One of those fans is Peart.

Kara Sherman (3-5)
Prediction: Texas A&M

Sherman might be unsure of her pick, but I think deep down inside she knows Texas A&M can win this highly anticipated game.

Valery Jorgensen (2-6)
Prediction: Texas A&M

Jorgensen thinks Texas A&M will win. I can't fault her for this pick, as Manziel is having a heck of a season.

Max Totaro (2-6)
Prediction: Texas A&M

Totaro can't go against Manziel but does think that LSU has the potential to pull off the upset.

Game time is set for 12:30 p.m. this Saturday. CBS will air the game.

SAM SAYS... Let's hand out some grades

By SAM HORN
Sports Editor

The season is over for most of Pacific Lutheran University's fall sports.

With the exception of the Lutes football team, which plays Linfield this Saturday in the first round of the NCAA Division III playoffs, every team has completed its season. PLU was well-represented by how many fall athletes received All-Northwest Conference honors and how the Lutes volleyball team competed in its third consecutive postseason match.

Now that the fall season is over, it's time to look back on the triumphs demonstrated in each team's season.

Let's hand out some grades.

Football (8-1 overall, 5-1 NWC)

The football team has met all expectations presented before it at the start of the season.

First of all, the team has improved its running game from last year.

In 2012, PLU averaged more than 130 yards on the ground. This season, that statistic significantly improved. PLU has averaged almost 180 rushing yards this season en route to an impressive 8-1 overall record.

The Lutes have also improved on the defensive side of the ball. This season, the Lutes only gave up about 303 total yards per game.

Even though the defense is senior laden, junior Joel Anthony led the team and Northwest Conference in sacks with nine. This defense will be good for a while. If the Lutes didn't allow Linfield to score on four separate occasions when the two teams squared off in early October, then I would give them an A.

No doubt about it.

GRADE: A-

Volleyball (19-6 overall, 15-1 NWC)

The postseason has not been kind to the PLU volleyball team.

History repeated itself this year, when the Lutes volleyball team lost in the first round of the NCAA Division III tournament again.

This team dominated in the regular season, as evidenced by its high hitting percentage and undefeated record at home. In addition, the Lutes have one of the best setters in the nation in junior Samantha North.

North was second in the Northwest Conference in assists per set (10.48). North recently received All-American Second Team recognition for her efforts.

The Lutes didn't reach their full potential this year because of their disappointing postseason stint, but there's always next year.

GRADE: B+

Women's Soccer (11-4-5 overall, 9-2-5 NWC)

Head coach Seth Spidahl has had a major impact on the Lutes' success this season.

Even though the Lutes didn't do so well in Spidahl's first year last season, they were able to enjoy a much more successful season in 2013.

Last year, the Lutes finished 6-5-7 overall and sat in sixth place. This year, the tides have turned. The Lutes ended the season riding a three-game winning streak and finished with an 11-4-5 overall record.

This is the first time since 2005 the Lutes have finished in third place in the Northwest Conference.

Now that's what I call improvement.

GRADE: B+

Men's Soccer (13-4-3 overall, 8-4-2 NWC)

2013 spelled success for the men's soccer program. In its 12th season under head coach John Yorke, the men's soccer team started out the season on a 12-game unbeaten streak.

However, in mid-October, the Lutes struggled to find a win. They lost four straight games after winning or tying their first 12 games.

The Lutes were lucky to have senior Derek Johnson, who scored 13 goals to lead the team.

Even though this team graduated eight seniors, it will be in good hands for a while.

First-year Rigoberto Loreto led the Northwest Conference with nine assists. Although the Lutes didn't make the postseason for a third consecutive year, the men's soccer program should be proud of what it accomplished on the field.

GRADE: B

All-Northwest Conference First Team Awards

FOOTBALL

- Niko Madison (running back/junior)
- Kyle Warner (wide receiver/junior)
- Tevon Stephens-Brown (guard/junior)
- Mychal Tulasasopo (defensive tackle/senior)
- Jordan Patterson (linebacker/senior)
- Sean McFadden (safety/senior)

VOLLEYBALL

- Samantha North (setter/junior)
- Anber Aguiar (libero/junior)

MEN'S SOCCER

- Derek Johnson (forward/senior)
- Giancarlo Santoro (forward/senior)
- Joe Rayburn (goalkeeper/senior)

WOMEN'S SOCCER

- Kaylie Rozell (forward/first-year)

All-Northwest Conference Second Team Awards

FOOTBALL

- Dalton Ritchey (quarterback/junior)
- Kellen Westering (wide receiver/junior)
- Chris Edison (guard/senior)
- Joel Anthony (linebacker/junior)
- Ben Kaestner (linebacker/senior)
- Connor Cummings (cornerback/junior)
- Greg Hibbard (safety/junior)

VOLLEYBALL

- Bethany Huston (middle blocker/senior)

MEN'S SOCCER

- Taylor Jackson (defender/senior)
- Diego Aceves (midfielder/first-year)

WOMEN'S SOCCER

- Blake Warner (defender/junior)
- Kelly White (defender/first-year)

All-Northwest Conference Honorable Mention Awards

FOOTBALL

- Lucas Sontra (tight end/junior)
- Sam Lavis (defense end/senior)
- Jonny Volland (cornerback/senior)
- Va'a Logotala (fullback/senior)
- Dalton Darmody (linebacker/senior)

VOLLEYBALL

- Amy Wooten (middle blocker/junior)
- Haley Urdahl (outside hitter/senior)

MEN'S SOCCER

- Kevin Wein (defender/junior)
- Bryce Archambeault (midfielder/senior)
- Troy-Mikal Oligier (midfielder/sophomore)
- Joe Olenginski (midfielder/senior)

WOMEN'S SOCCER

- Mariah Rasmussen (defender/senior)
- Kailey Lyman (midfielder/sophomore)

Women's basketball steals one from Western Oregon University

By JOHN TVETER
Sports Writer

The Pacific Lutheran University women's basketball team has a motto this season — "Mission Possible." This helps the team keep the attitude that it can do anything.

The Lutes stayed true to their motto Sunday as they played the Wolves of Western Oregon University, an NCAA Division II school.

After losing a close game to Evergreen State the night before, it would have been easy for the Lutes to hang their heads and accept the fact that they were supposed to lose.

They didn't though.

The Lutes were down by five points at halftime, and came out firing in the second half.

PLU took the lead shortly into the second period, but the Wolves refused to go away.

After a Western Oregon basket, the Lutes' lead was cut to four points with 1:25 to play.

The Lutes maintained their composure and calmly knocked down 9-for-10 free throws in the final seconds to seal the 66-56 victory and even their non-conference

record at 1-1.

The win was the first career win for head coach Jennifer Childress, who is in her first year as head coach at PLU.

"This was such a great win for us," senior Samantha Potter said. "It sets the tone for the rest of our season. A win against a good Division II team like Western Oregon will only push us to work harder. We talk about 'earning four' and this is a stepping stone toward our goal."

The definition of 'earning four' means the top four teams in the Northwest Conference advance to the conference tournament at the end of the regular season.

The tenacious tandem of Potter and fellow senior Shelly Kilcup, who each contributed 19 points and 12 rebounds, led the Lutes.

Katelyn Smith, also a senior, contributed four assists and a block, while Kilcup paced the defense with three steals.

The Lutes relied on their quality free throw shooting and rebounding for the win. PLU out-rebounded Western Oregon 39-31.

The Lutes returned to action Thursday at 7 p.m. when they hosted Claremont Mudd-Scripps, a Division III school from California.

PLU: 66

Point leaders:

- Samantha Potter — 19
- Shelly Kilcup — 19
- Katelyn Smith — 10
- Megan Abdo — 8
- Kara Sherman — 7

Rebound leaders:

- Shelly Kilcup — 12
- Samantha Potter — 12
- Katelyn Smith — 6

Assist leaders:

- Katelyn Smith — 4
- Andrea Adams — 3
- Megan Abdo — 2

WESTERN OREGON: 56

Point leaders:

- Dana Goularte — 15
- Chantel Divilbiss — 11
- Jordan Mottershaw — 8
- Elise Miller — 7
- Melissa Fowler — 5

Rebound leaders:

- Dana Goularte — 12
- Melissa Fowler — 7
- Katie Goddard — 2

Assist leaders:

- Elise Miller — 3
- Dana Goularte — 1
- Chantel Divilbiss — 1

Swartout sinks three-pointer to seal the deal for men's basketball

Lutes paced by Isaksen's team-leading 15 points

By NICK BARENE
Sports Writer

The Pacific Lutheran University men's basketball team beat Schreiner in its first game of the regular season in thrilling fashion. Sophomore Erik Swartout hit a buzzer-beating three-pointer to win the game for the Lutes, 76-75.

The Lutes came out of the gate playing hard and led throughout the first half, playing to a 40-30 halftime lead.

In the second half, the Lutes held a 58-41 lead with 9:08 to play. However, the Schreiner Mountaineers went on a 28-9 run that brought them all the way back. They made 12 free throws during that run and took a 73-70 lead with only 16 seconds remaining.

With 10 seconds left, guard Arvid Isaksen, a senior, was fouled but still hit his shot, and went to the free throw line. He converted his shot from the stripe to tie the game at 73-73.

On the other end of the floor, the Lutes fouled Mountaineer guard AJ Myres, who converted his free throws to give Schreiner a 75-73 lead.

Then with just three seconds left, Swartout hit a three-point shot at the buzzer to seal the game for the Lutes.

"We set up the play perfectly and Seth [Anderson] made a great pass," Swartout said. "Once I caught it, I looked at the clock and knew I had time. I just did my best to make a play for my team."

Swartout said he wasn't thinking about the pressure to perform in clutch moments.

"You have to let all that go and just play," Swartout said.

Head coach Steve Dickerson said he was pleased with the win, but was also aware of a few mistakes.

"We played so well for 30 minutes and then let it get away. The guys, however, hung in and showed their resiliency," Dickerson said.

Isaksen led the Lutes in scoring with 15 points and added four rebounds.



PHOTOS BY JESSE MAJOR

TOP RIGHT: Forward Austen Wilson, a junior, played a total of 12 minutes against Schreiner. He scored four points in the game. BOTTOM LEFT: First-year Brandon Lester makes a quick pass to a teammate for a shot attempt. Lester has started every game so far this season. BOTTOM RIGHT: Senior Kai Hoyt focuses on making his free throw. Hoyt was 1-for-2 from the charity stripe on the evening and finished the game with only one point.

Lutes men's basketball squashes Trinity

By NICK BARENE
Sports Writer

The men's basketball team earned its second victory of the year with a 67-49 win over Trinity at the Doug McArthur Classic, which was hosted by Puget Sound.

The Lutes shot nearly 50 percent from the floor on their way to a decisive victory. Twelve different Lutes scored points for the team, and guard Daniel Landram, a junior, led the team with 12 points. Fellow guard Arvid Isaksen, a senior, paced the team with 12 rebounds.

The Trinity Tigers actually led early in the game, leading 13-6 just eight minutes into the contest. For those first eight minutes, the Lutes shot just 32 percent from the field. Then, Pacific Lutheran University caught fire.

The Lutes scored 12 of the next 17 points, and fought to take a 26-24 lead heading into the locker room at halftime.

In the second half, Trinity pulled within three points, threatening to take the lead. The Lutes slammed the door shut though, going on a 13-point run and didn't look back.

"Playing 12 guys against Trinity as efficiently as we did tells me that we have some very good depth," head coach Steve Dickerson said.

Player Jonathan Wilt led Trinity in both points and rebounds with 11 and eight, respectively. PLU held Trinity to just 33.3 percent shooting (18-of-54) and managed to out-rebound the Tigers 44-to-26.

Dickerson was content with the all-around effort of his squad.

"It was a total team effort this past weekend, and that was the impressive part," Dickerson said.

The Lutes improve to 2-0 on the season, while Trinity falls to 0-2. The Lutes will face a challenging Northwest University squad in a non-conference matchup in Kirkland Tuesday. The Lutes will open home play Nov. 29 against St. Mary's (Minn.) and will begin Northwest Conference play Jan. 3.



PHOTO BY JESSE MAJOR

Guard Daniel Landram, a junior, finished the night with 12 points. He showed his prowess from beyond the arc against Trinity, as he was 2-for-5. After playing two games this season, Landram ranks second on the team with an average of 11.0 points per game.

PLU men and women swim teams keep rolling, defeat Linfield

By **GIANCARLO SANTORO**
Sports Writer

The Pacific Lutheran University swim teams kept their unbeaten records intact after dominating performances saw the men win 166-32 and the women win 158.5-46.5 against Linfield last Friday.

Coming off of two wins against Pacific and Lewis & Clark the previous weekend, both the PLU men and women improved their records to 4-0 overall and 3-0 in NWC. Linfield men and women fell to 0-3.

"I think they [the PLU swim teams] showed really well, being as tired and beat up as they have been all week," PLU head coach Matt Sellman said.

"We had some really tough races, and I don't think I could be more pleased with how they did, considering how hard I pushed them in training."

Picking up where they left off from last weekend, senior Kina Ackerman and sophomore Hanna Armstrong both put up strong performances and ended the night with three event victories apiece.

Ackerman won all three of her solo events, finishing with top times in the 200 breaststroke (2:33.60), the 200 butterfly (2:20.28) and the 1000 freestyle (11:11.88).

In addition to helping win the 400 freestyle relay, Armstrong also swept her solo events, winning the 200 (1:58.88) and 500 freestyle (5:23.54).

Fatigue did not seem to be an issue for the men's team either.

First-year Joseph Bowley led the men with three event victories, sandwiching a win in the 200-yard freestyle (1:50.54) between wins in the 400 medley relay and the 400 freestyle relay.

"It's cool to have our team doing this good so early in the season," junior Rachel Althaus said. "We are all sore because we had a tough week at practice, but the team is really cohesive right now, and everyone is working hard."



PHOTOS BY JESSE MAJOR

TOP LEFT: Junior Kevin McKay paddles through the water en route to finishing third in the 200-yard freestyle with a time of 1:56.85.
TOP RIGHT: Sophomore Justin Murrell briskly swims through the water. Murrell placed first in the 1000 freestyle with a time of 10:45.36.
BOTTOM: Senior Kina Ackerman finished first in the 200-yard butterfly with a time of 2:20.28. She beat out her second-place opponent, first-year Sarah Ameny, by just over two seconds. Ameny's time was 2:22.16.

Lute swimmers sweep Willamette, close out 2013 undefeated

By **GIANCARLO SANTORO**
Sports Writer

The Pacific Lutheran University swimmers closed out 2013 undefeated in Northwest Conference dual meets after the Lute men and women outswam Willamette 148-57 and 164-40 respectively Saturday morning.

With the Lutes' second win in two days, both teams boast perfect records after improving to 4-0 in NWC and 5-0 overall.

The Willamette men and women have yet to win in NWC meets, dropping to 0-4 overall.

"I think winning is important," PLU head coach Matt Sellman said. "Going into the Thanksgiving break with an undefeated record is important. It's fun and it's something that they can look at and smile about."

The Lute men started and ended strong.

Sophomore Brian Ruggles, junior James Whaley and first-year Hunter Cosgrove all won two or more events. Ruggles won his solo events in the 200 freestyle (1:49.9) and the 100 freestyle (48.67), while Cosgrove also won a pair of solo events, placing first in the 1000 freestyle (10:28.09) and the 500 freestyle (5:00.9).

Whaley joined junior Corban Elliot, first-year Joseph Bowley and Ruggles to win the 200 medley relay (1:41.58), combined with solo efforts in the 50 freestyle (22.95) and the 100 butterfly (55.4).

"We are really good at motivating each other," Elliot said. "We make sure that everyone stays on task and trains just as hard during the break."

Sophomore Hanna Armstrong continued to lead the way for the women, joining junior Michelle Hogan, first-year Morgan Commander and sophomore Natasha Sioda to win the 200 freestyle relay (1:42.6), in addition to

claiming two solo events in the 1000 freestyle (11:24.28) and the 50 freestyle (25.88).

Hogan added another relay win in the 200 medley (1:55.67) with help from Sioda, first-year Therese Ackman and senior Kina Ackerman.

Ackerman also placed first in the 100 breaststroke (1:11.14), while first-year Darcie Booth won the 200 freestyle (2:02.0) and the 500 freestyle (5:36.56).

With the win, PLU will have three weeks to rest and prepare for the Husky Invitational in Federal Way Dec. 6.

"Our ultimate goal is to be preparing well and using these meets to rehearse for the big time in our conference championship in February and nationals after that," Sellman said.

PLU will have its next dual meet Jan. 17 on the road against Whitman.

Nick's Picks: Fantasy players to watch this week

By **NICK BARENE**
Sports Writer

WHO'S HOT

NICK FOLES - Nick Foles of the Philadelphia Eagles scored another 21 fantasy points this week, continuing his recent run of success. It looks like Foles will remain the starter, even after Michael Vick returns. In his last three games, Foles has thrown for over 900 yards and 10 touchdowns.

ARIZONA CARDINALS DEFENSE - The Arizona Cardinals defense has been playing well lately. The Cardinals are now tied for second place in the NFC West with the San Francisco 49ers and are very much in the hunt for the second wild card spot. Their defense is tough and is owned in only 60 percent of leagues, so many managers will find them available on waivers this week.

ANTONIO GATES - Antonio Gates of the San Diego Chargers has had a solid year thus far. The Chargers are an improved team this year and are looking like a threat on offense. Gates has scored only three touchdowns this year, but has had the ball thrown his way often. He has totaled 664 yards through Week 11.

WHO'S NOT

RAY RICE - Ray Rice of the Baltimore Ravens hasn't had the kind of season one comes to expect from a player of his caliber. Although he rushed for 131 yards and one touchdown against the Chicago Bears in Week 11, he is averaging just seven fantasy points per game. Owners should consider trying to trade him or demote him to the bench.

DOUG MARTIN - Doug Martin of the Tampa Bay Buccaneers hasn't been able to build upon his successful season last year. He has rushed for less than 500 yards and just one touchdown this year. Some owners have tried to hang on to Martin, hoping that he'll be able to turn the corner. However, it appears that it's time to cut bait on Martin and send him to the bench or the trading block.

STEVIE JOHNSON - Stevie Johnson of the Buffalo Bills has not been able to stay healthy, and the time he has played has been largely fruitless. He is ranked 41st in fantasy points among receivers this year and is a starter in just 15 percent of leagues. He may be worth a bench spot to be used in a pinch, but he is not a weekly starter.