



PACIFIC LUTHERAN UNIVERSITY

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PHOTO BY BEN QUINN

A "closed" sign hangs in the cleared out storefront of Kim's Beauty Studio on Garfield street. Many businesses have closed as Pacific Lutheran University plans renovations to create 'Garfield North,' a combination storefront and apartment complex, on Garfield Street. Construction will begin Jan. 2013.

Renovations will revamp Garfield street

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Garfield Street will soon have a new apartment and retail complex known as 'Garfield North.'

The \$20 million project, funded in partnership with Affinity investments and their investors, will include 104 apartments, new retail spaces and new offices for the human resources department and marriage and family therapy departments. The ground floor will accommodate retail spaces and new office spaces while upper levels house apartments.

Pacific Lutheran University aims to provide opportunities for staff members and other professionals to live near campus instead of in downtown Tacoma or Seattle.

The new complex on Garfield North will feature one- and two- bedroom apartments for rent as

well as studio spaces.

John Kaniss, PLU construction projects manager said he thinks Garfield North will be good for the PLU community. "Once the design gets done, those are going to be cool apartments. If you're living nearby or in Seattle and are tired of the commute, you might want to take a look because they're going to be nice," Kaniss said. "If you're expecting a Parkland apartment complex, that's not what you're getting. It's going to be a really neat place."

The apartment complex will feature an exercise complex, meeting rooms and other perks for tenants. Kaniss suggests balconies could be included on some units.

However, the project will not be costing PLU anything, PLU is supplying the land while the other

**GARFIELD CONTINUED
ON PAGE 3**

Residence halls cut copyrighted themes

Ashley Gill
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When students entered their residence halls this fall, many expected to see familiar themes inspired by screen characters, board games, and pop culture. This year, copyright restrictions have prevented themes to have that pop culture aspect that is easy to identify with.

Last spring, the Resident Hall Association and Student Life jointly made the decision that hall themes could no longer include copyrighted

material. In previous years, residence halls enjoyed themes such as children's book based 'Dr. Stuess' for Stuen, board game inspired 'Hongopoly' for Hong, and super hero focused 'Justice Pfluege' for Pflueger. Themes used in the past now violate newly enforced copyright restrictions. Students now must follow particular guidelines when it comes to the halls' theme.

Emily Meltzer, junior and residence assistant for Pflueger, said she misses the themes from previous years but "the hall themes are still a really fun tradition at PLU."

Meltzer has experienced the previous themes and SoundOff events for the past three years.

"It does show more integrity...that we are not using copyrighted materials."

**Emily Meltzer
junior**

Meltzer's opinion was positive though as she pointed out, "I am actually really happy with

how it turned out this year, and I think it does show more integrity as a university that we are not using copyrighted material."

Sophomore Alex Devine, Pflueger hall activities director, has been involved with the planning of this year's theme, 'Pflueger Presents: The Roarin' Twenties' and various hall events. The change was thrown Devine's way last spring, but before any serious planning took place. "It was just a curve ball. You have to adapt to it," Devine said.

With previous themes, such as 'Justice Pfluege,' the images of comic book

characters were used as decoration throughout the residence hall building. Also the 'Justice League' symbol was used on hall T-shirts. For 'Pflueger Presents: The Roarin' Twenties' theme this year, paintings and cut outs of dancing silhouettes and outlines of black and silver dangling chandeliers can be seen on the windows of the building and in Pflueger's lobby as well. A tuxedo design was used for the hall T-shirts.

**COPYRIGHT CONTINUED
ON PAGE 2**

SPORTS

Men's soccer dominates last weekend, women's soccer ties.

Photo collage, p. 14



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'Trail' leads students to chocolate

Open house encourages social justice conversations, education

Ashley Gill
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An estimated 75 students abandoned the sidewalks of campus last Thursday and traveled the annual Chocolate Trail instead.

For the second year in a row the Women's Center and Diversity Center held a joint open house called "Follow the Chocolate Trail." From 3-5 p.m. on Sept. 13, students went back and forth between the Diversity Center and Women's Center answering trivia, playing games and eating chocolate.

Students dipped marshmallows, drenched strawberries and layered Graham crackers with chocolate from overflowing fountains.

Students simultaneously were able to see how the Diversity Center and Women's Center work together for similar goals.

"I think the most important part of this, the Chocolate Trail, for me, is bringing together everybody," sophomore McKenzie Sumpter said. "It's bringing together all types of people from all different backgrounds, ethnicities, groups, to enjoy a common thing like chocolate."

Open houses have been an annual event since the Women's Center opened 23 years ago, and the Diversity Center was introduced to campus 11 years ago. These events present the centers as welcoming environments for all students, notify students of upcoming events and

introduce the staff.

"It's not just about diversity, it's not just about women," sophomore Nicole Jordan said. "It's about building a community in PLU and providing a resource for the students, a safe place and just support for everyone."

Since the Diversity Center and Women's Center both publicize that they work toward social justice, Jennifer Smith, director of the Women's Center, and Angie Hambrick, director of the Diversity Center, decided during fall 2011 to connect the two centers to highlight that mutual goal.

Follow the Chocolate Trail is a "good time to think about issues of social justice, equity, diversity and sustainability," Smith said.

"I think the most important part of this, the Chocolate Trail, for me, is bringing together everybody."

Mckenzie Sumpter
sophomore

"Chocolate is an easy way to draw people into that," Smith added.

Connecting the open houses allows students to understand resources available at both centers and how they mutually promote social justice education. A goal of the open house is for the centers to be viewed as not only informational, but also safe places to relax, volunteer and meet new people.

Hambrick, director of the Diversity Center for seven years said, "We see ourselves in partnership with other places on campus, like the Women's Center, as being one of many hubs where these types of dialogs and conversations can happen."

The Diversity Center

and the Women's Center collaborate on a series of retreats including the Students of Color retreat on Sept. 21-22, the Women's retreat Oct. 5 and 6, Men's retreat on Oct. 6, the Queer Student retreat Oct. 13, and a Coalition retreat on Oct. 27, which brings together all four groups of students from previous retreats.

The Diversity and Women's Centers also work together to put on the Sex+ series along with Lute Fit and the Health Center.

The first event is Oct. 1 and will address the topic of fetishes.

The two centers also bring authors, documentaries, workshops and other events to campus throughout the year.



PHOTO BY ERICA MOEN

Junior Rachel Paquin, sophomore Katie Ayres and first-years Hannah Jeske and Anna Eide dip items in chocolate at Follow the Chocolate Trail last Thursday. The open house is annually hosted by the Women's Center and the Diversity Center as a way to teach students about resources on campus that promote social justice education.

COPYRIGHT CONTINUED FROM PAGE 1

"It's not so much the name you use, it's how you decorate, what your shirts look like, that is someone else's intellectual property," Devine said.

The issue of copyright is not new to Jeff Olsen Krengel, director of residential programs. In fact, in the past when RAs or RHC members would request to host movie nights in the halls or any other place on campus, the rights to those movies must be bought.

The Federal Copy Rights Act states that when movies are rented or purchased, the rights to show those movies publicly, aside from home viewings, does not come with the movie itself. Purchasing the movie, and purchasing the copyrights for public viewings are separate from one another and must be purchased separately as well.

To match the guidelines set when showing movies on campus, themes, apparel and signage inherited similar restrictions as well.

"To make sure consistency was across the board, we made the change," Olsen Krengel said.

Printing companies that print the shirts could also be liable. They assume the school has the right to use submitted designs, "and rightfully so," Olsen Krengel said.

Although theme policies are becoming stricter, residence halls were still able to carry on the tradition of parodied songs at SoundOff during orientation weekend.

"Most of the halls are hardly using even a percentage of the original lyrics. We felt much more comfortable saying 'Well, since you're basically changing it, you're only using melody as opposed to lyrics, let's be okay with that,' Olsen Krengel said.

Themes this year include "Hinderlore" for Hinderlie hall with an enchanted twist of folk lore and fairy tails. Also "Reach for the Starstad" for Harstad, had an inspirational star and space theme.

Hall directors have found even with the new policy guidelines, students are still able to keep the traditions of resident hall themes alive.

"This is absolutely probably the best year I have seen in terms of creativity, originality, and just excitement," Olsen Krengel said.

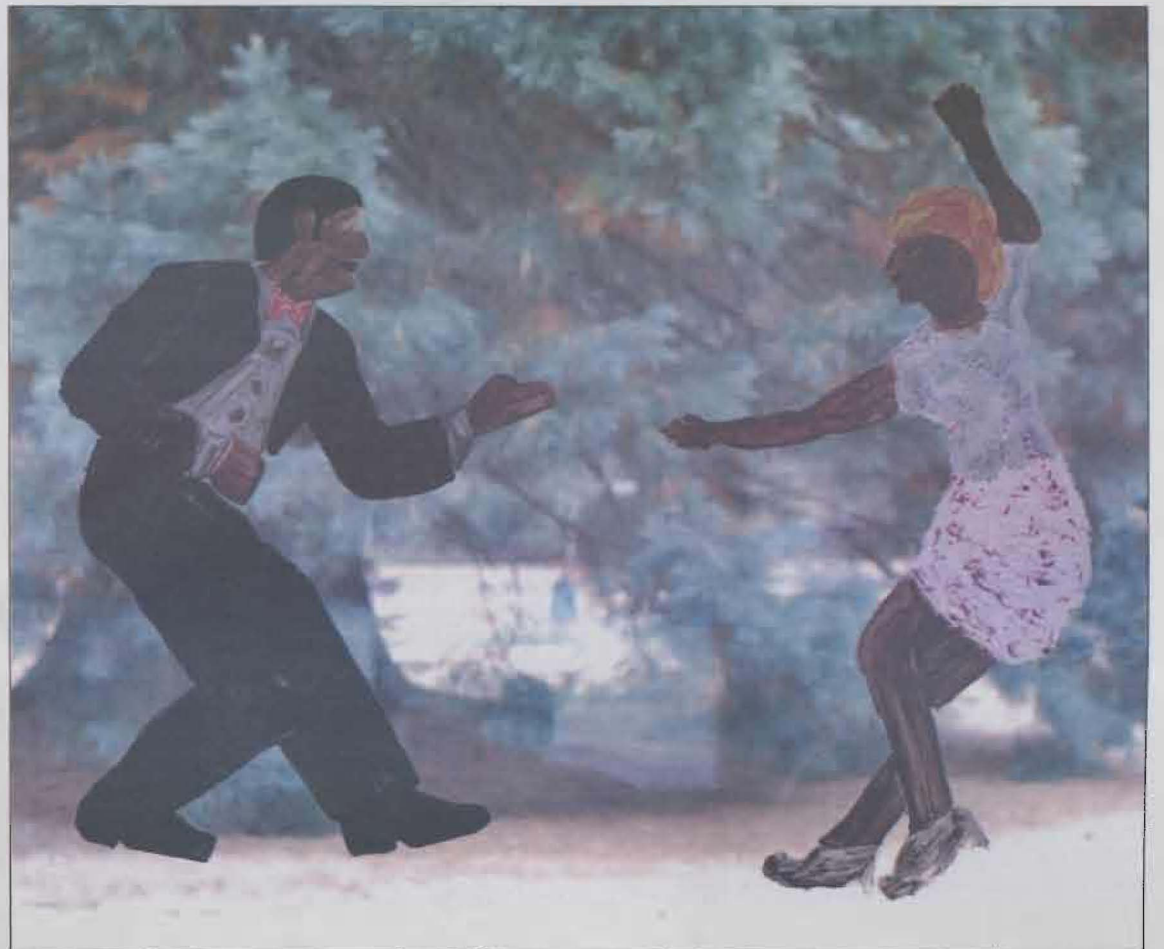


PHOTO BY BEN QUINN

Two figures dancing the Charleston adorn one of the front windows of Pflueger hall as part of their theme of 'P'fancy Pflueger Presents: the Roaring Twenties,' which follows PLU's new mandate for hall themes not to contain any copyrighted materials. "If you did have a theme that involved a copyright, you could get sued. Apparently, Disney has been suing places that have been doing it," sophomore Amanda Brasgalla, a resident assistant for Pflueger, said.

WEATHER FORECAST

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
71 51	68 48	74 48	73 49	68 44	71 47	70 49

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Contact mast@plu.edu for more information.

GARFIELD CONTINUED FROM PAGE 1

business partners, Korsmo Construction and Affinity Investments are providing the funds for the project.

Sheri Tonn, vice president for PLU finance and operations, said of business partners in the Garfield North construction, "Korsmo Construction is an experienced contractor and is very, very experienced at building buildings in Tacoma. Affinity manages a lot of real estate."

Organizers are in the process of obtaining building permits from Pierce County.

"We think it will help stabilize the neighborhood," Tonn said. "We think it will make for a stronger Parkland community and will definitely help attract more students."

Kaniss agrees this addition to Garfield Street will be nothing but "beneficial for the PLU community."

"The whole block will be brand new with new business opportunities going in along that block. That'll spruce up Garfield and make it more vibrant," Kaniss said.

"You know it'll be more fun to walk [Garfield Street]. A so, Garfield will become more pedestrian friendly."

Wider sidewalks and a mid-complex walkway between Garfield and 208th street will allow for a better traffic flow.

"That will be nice then," Kaniss said.

While PLU faculty agrees the addition to Garfield Street will be beneficial, students are divided.

"I think it's going to be great because it will be convenient for someone like me who is out of state and doesn't have a car," first-year Sam Cook said. "I think it will bring the PLU community together."

First-year Sarah Haywood disagreed.

"It could be good to have more living space for college students but at the same time it takes away the smaller community feel when there is a big complex among all the little shops," Haywood said. "It's not going to be as cute and little."

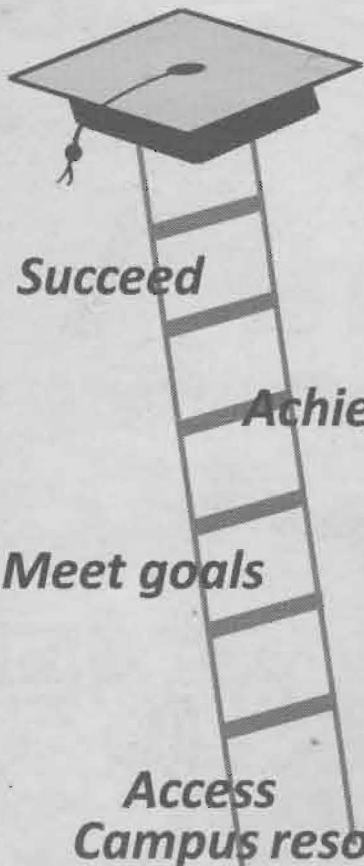
Construction for Garfield North is set to break ground in January 2013 and is scheduled to be completed in 2014.



PHOTO BY BEN QUINN

A poster displaying the projected end-results of Pacific Lutheran University's planned renovations of Garfield North is posted on the vacant storefront of a former hair salon and boutique on the intersection of Garfield and C Street, South. Because of renovations, many businesses closed or relocated. "I stand to benefit [from the renovations], but the current business owners have had a pretty rough go of it," Ed Cedrus, owner and operator of Northern Pacific Coffee Company, said. "Some have been forcefully displaced, there's been some legal issues, there's been some poor settlements, and a lot of these folks have put their blood, sweat, and tears in their businesses for a number of years only to have all of it basically taken away by this development."

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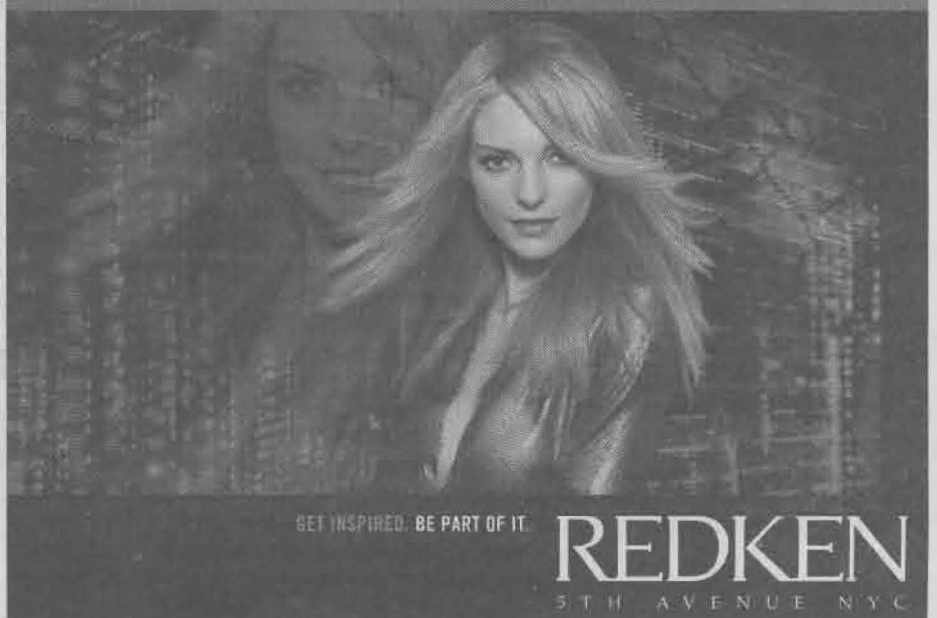
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Fair offers local volunteer options

Jesse Major
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First-year Peyton Schmidt searched for her chance to volunteer in the community at the volunteer fair on Tuesday, Sept. 18.

While walking through the Anderson University Center, she was able to talk to representatives from approximately 10 organizations that offer volunteer opportunities to students like Schmidt.

This would not be her first time volunteering.

Schmidt previously volunteered for L'Arche Farm and Garden in Tacoma, which provides farm and garden work to people with developmental disabilities. After her experience, she was looking for more opportunities to volunteer.

Schmidt attended the involvement fair earlier this fall and didn't find the volunteering options she was looking for.

The volunteer fair was a "great opportunity to find out about volunteer options," Schmidt said. "I really like

helping people and supporting my community in any way I can."

Although she likes supporting her community, Schmidt said she is limited by not owning a car.

Joel Zylstra, director of the center for community engagement and service, said there are many options to volunteer locally and the CCES provides transportations to many events.

Not only are a lot of volunteering opportunities near bus routes, many of them are near campus as well, Zylstra said.

One opportunity includes service through Pacific Lutheran University partner Safe Streets, an organization with a mission of empowering individuals, families, youth, neighbors and organizations to create safe neighborhoods.

Through Safe Streets, students can help promote a positive community around campus, Zylstra said.

Tutoring students at Keithley Middle School is also an option, Zylstra added. When tutoring, he said, volunteers can connect with

the students they are helping and can see the challenges that the children have overcome.

In some Parkland schools, 100 percent of students receive free or reduced lunch, Zylstra said. Students who volunteer may be able to connect a volunteer experience to experiences in the classroom and the broader PLU experience.

"Learning is at the center of volunteering," Zylstra said. "It's one thing to just volunteer for a couple of hours. It's another to think about it in relation to classes."

Junior Laticia Gingras, co-director for CCES, said that as citizens PLU students should contribute to society.

At PLU, students are privileged and should break

out of the 'Lute Dome,' Gingras said. PLU students have the potential to change the perception of Parkland through volunteering, she added.

Want to volunteer but missed the fair?

Contact the center for community engagement and service at service@plu.edu and visit its website at <http://www.plu.edu/service>



PHOTO BY JESSE MAJOR

In the Anderson University Center, first-year Peyton Schmidt talks to representatives from the Food Banks of Pierce County at the volunteer fair on Tuesday, Sept. 18. Approximately ten volunteer organizations visited PLU to discuss local community service opportunities with students.

"Learning is at the center of volunteering."

Joel Zylstra

director, center for community engagement and service

Students hike Mt. Rainier with Campus Ministry

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Nearly 80 Pacific Lutheran University students and faculty trekked up Mt. Rainier Sunday, continuing a long-standing tradition.

President Thomas Krise participated in the hike along with his wife Patricia. "This is glorious," Thomas Krise said. "We couldn't have had a better day up here to keep the tradition alive."

The tradition began in 1896 when the PLU band climbed to Camp Muir with their instruments to celebrate the construction of the new school.

The hike only became a yearly event, however, when Rev. Nancy Connor and Rev. Dennis Sepper came to PLU. For the past 18 years, Campus Ministry has taken students up to Mt. Rainier every fall. Campus Ministry covers all costs, including transportation and entrance fees.

The trip attracts many first years and international students. This year's turn-out was the best in years, Connor said. The group filled a school bus and two campus ministry vans.

The group drove nearly two hours to reach Paradise National Park where the hike began. Two miles of steep incline followed, leading to Panorama Point.

"I almost thought about not

coming, but I'm glad I did," senior Lina Aas-Helseth said.

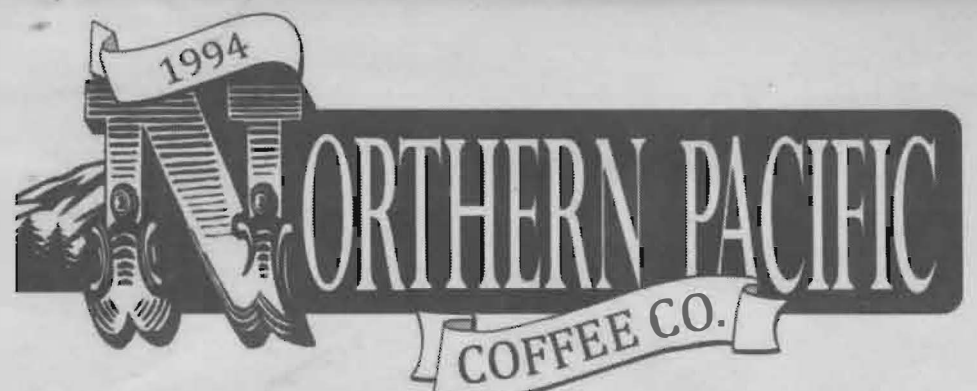
"This is the best weather we've had in the past four years," Connor said. Rain prevented the group from reaching the top during the 2010 hike, Connor said. They were forced to stop at Camp Muir, a quarter of the length of Sunday's hike.

Sights along the way included views of valleys, waterfalls, rivers and the occasional marmot sunning itself on a rock.

Students were cheered on by Campus Ministry staff as they completed the last leg of the journey up to Panorama Point. The hikers were then allowed time to rest and eat snacks and sandwiches provided by Campus Ministry.

At Panorama Point, Connor gathered the group together for a moment of worship. Sophomore Peter Swanson read the invocation, Psalm 121, beginning with, "I lift my eyes to the hills." Clara Eickhoff, another sophomore, led the group in a rendition of "A Mighty Fortress is Our God," the same song played by the PLU Band 116 years ago. After a group photo, the hikers dispersed down the mountain for the swifter downhill trek.

"It's amazing to see God's creation. I feel his presence," first-year Alice Li said after the service.



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First years critique common reading *Author of "Into the Beautiful North" visits PLU*

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Luis Alberto Urrea wowed the crowd at his Thursday night lecture on his novel "Into the Beautiful North," this year's Common Reading Program novel. He spoke for an hour and a half, telling stories to students, professors and community members.

The event was part of the month-long celebration of new President Thomas W. Krise's inauguration. Urrea mixed stories of his life with commentary about the novel.

"Humor is a virus that infects everybody with humanity," Urrea said.

Adela Ramos, assistant professor of English and member of the faculty panel, discussed the book with first-year students.

"On one hand I was

fascinated by him," Ramos said. "He is a wonderful performer and storyteller. I believe that he brought us a new perspective on Mexico."

The discussion at orientation addressed the sexualization of women, but Urrea did not focus on this topic in his lecture.

"I understand that an artist does not want to be dragged into academic questions," Ramos said. "But I would have liked to see him talk about it more openly."

First-year Sadie Lander said she was expecting a "higher reading level" for a college text.

"It was an appropriate story for Common Reading, but there were a lot of different ideas and most of them got dropped during the course of the story," Lander said.

First-year Brendan Stanton, however, "felt that it was a good introduction

to academic reading in college.

"The book was a good choice because it opened up many pathways to discussion and interpretation," Stanton said.

This is the first year PLU has required all students to participate in the Common Reading program.

Previously only International Honors and other

scholarship recipients had to read the book.

The Common Reading program will continue next year with a different novel. Professors are



PHOTO BY JOHN STRUZENBERG

President Thomas W. Krise and wife Patty Krise stand beside author Luis Alberto Urrea during a book signing of "Into the Beautiful North."

Students this year's participants and involving them in the choice for next year's book. Ramos said she did not mind students' critiques.

"That's good that the students come in with high expectations and they can

asking for feedback from this year's participants and involving them in the choice for next year's book.

Ramos said she did not mind students' critiques.

"That's good that the students come in with high expectations and they can

name what they don't like about it," Ramos said. "I loved the experience, being able to discuss the book across campus. It really generated an opportunity to talk about the book together in a way I'd never been able to before."



PHOTO BY JOHN STRUZENBERG

"Into the Beautiful North" author Luis Alberto Urrea addresses students in Lagerquist Concert Hall during a lecture on campus Sept. 13. His book was used for the PLU Common Reading Program.



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PLU PLAYLIST: FALL 2012

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We use music as a marker for memories: Adele or The Smiths for a bad breakup; Fleet Foxes or Bon Iver for a favorite hike; Led Zeppelin or Kanye for a wild night. As we begin this school year, we are

ready to burn moments, images and especially music into our memories. Music released this fall will always bring us back to the "fall of 2012." Here are some releases I'm looking forward to making memories with:

GRIZZLY BEAR - "SHEILDs" - SEPT. 18

This shimmering, harmonious alternative group sounds like a perfect mix of Rubber Soul, Radiohead and the Beach Boys on Valium. This Brooklyn band prepares to follow up their 2008 best-seller "Veckatimist." Prepare for masterful experimentation and harmony.

WHEN TO LISTEN TO GRIZZLY BEAR:

On a rainy day at the coast, on a midnight walk, or during stressful homework



UNITS SOLD: two albums, 96,000 total

THE KILLERS - "BATTLE BORN" - SEPT. 18

This Las Vegas synth band sounds like a combination of The Cure, Springsteen and Eyeshadow. The lead singer, Brandon Flowers, looks to shake off the lackluster results of 2008 album "Day and Age."

WHEN TO LISTEN TO THE KILLERS:

When you're pretending to be in an American Apparel ad while speeding on a Nevada highway in a convertible, or just when you're jogging ten miles



UNITS SOLD: four albums, 3 million total

MUMFORD AND SONS - "BABEL" - SEPT. 25

You've probably heard of the harmonic indie folk-pop darlings Mumford and Sons. Look for them to try and add critical acclaim with their darker follow up album "Babel."

WHEN TO LISTEN TO MUMFORD AND SONS:

While doing homework after a slow day, writing lower-case poetry in a notebook, or wondering why it didn't work out with your exes.



UNITS SOLD: one album, 761,000 copies

TAME IMPALA - "LONERISM" - OCT. 9

Look for this Aussie band to expand on the retro-psych of their 2010 album "Innerspeaker." Think John Lennon with chilled out, psychedelic 1960s rock. It's classic dorm-rock music.

WHEN TO LISTEN TO TAME IMPALA:

When you want to feel like a character in "Dazed And Confused," for a 70s-themed night on the town, or when showing your dad that there is more to music than his beloved Zep and the Who.



UNITS SOLD: N/A

TAYLOR SWIFT - "RED" - OCT. 22, BOB DYLAN - "TEMPEST" - OCT. 11

You have already made up your mind about both of these albums. Almost everyone knows Taylor Swift and her pop-tinged-with country breakup songs. You may also know songsmith Bob Dylan's badly sung, haunting vocals. If you're looking for good breakup music on acoustic, country-tinged guitar, "Red" will surely hold. However, I would recommend the classic '71 Bob Dylan album "Blood on the Tracks," instead. You can take or leave "Tempest."



UNITS SOLD: an amount overwhelming enough to shake your head in awe.

WHEN TO LISTEN TO BOB DYLAN AND

TAYLOR SWIFT: When you want someone to express your bittersweet, lulling lows better than you can, or when staring out at an open country sky wondering what happened

KENDRICK LAMAR - "GOOD KID" - OCT. 22, A\$AP ROCKY - "LONG LIVE A\$AP" - TBA

Pride of L.A. and Dr. Dre portage, Kendrick Lamar looks to make his major label debut a success using the momentum of his prized sing-song flow and beloved mix tapes. A\$AP Rocky looks to be known as the best new rapper in the game. Lady Gaga, Schoolboy Q and Dr. Dre will be featured over Lamar's complex raps and 1990s west coast beats. Producers Diplo and Clams Casino will sponsor A\$AP.



UNITS SOLD: N/A

WHEN TO LISTEN TO KENDRICK LAMAR AND

A\$AP: Before complaining that rap is dead.

Murder in your spare time

Columnist explores new murder mystery and sequels to old childhood classics

Kelsey Mejalaender
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Now that everyone has had a few weeks to settle into college, hopefully you've found some free time. So unless you are working six jobs and taking five classes, you might be looking for a fun book to read. If that's the case, I have a couple of suggestions.

"Confessions of a Murder Suspect" is an excellent title. It's intriguing, dark and gives the book potential to be very twisted. Author James Patterson also wrote the Alex Cross series — soon to be a movie — and is well-established with adult readers.

The story focuses on Tandy Angel, who as the title suggests is a suspected murderer, along with her three siblings. She is accused of a double

is: just because readers see Tandy's point of view doesn't mean she is innocent. The book's summary suggests a psychological explanation: Tandy could very well be a

soon enough. The book goes on sale Monday, so you can kick off your week with some quality murder-mystery procrastination.

If you're looking for something a little less gruesome, I'd recommend "Son," by Lois Lowry. It's the fourth and allegedly final book in "The Giver" series. Some might remember "The Giver" from our grade-school years, but the rest of the series is not as well-known. The sequels — "Gathering Blue" and "The Messenger" — were decent, following new characters' perspectives but dropping hints about the fate of "The Giver's" protagonist, which made the books

overall fun to read.

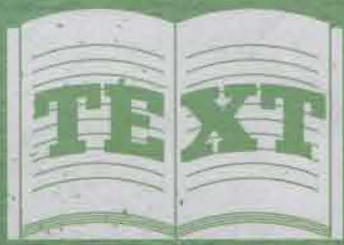
Now, before you cross "Son" off your reading list for being too juvenile for your mature college mind, consider the satisfying reminiscence gained by reading the sequel to an influential children's book. Besides, all of the books in "The Giver" series are extremely short. You could read them all in one day, and then tell everyone you read four books over the weekend — because you're just that good.

Unfortunately, you'll have to wait to brag about your weekend reading because the book will not be released until Tuesday, Oct. 2.

"Unless you are working six jobs and taking five classes, you might be looking for a fun book to read."

homicide — of which her own parents are the victims. Simultaneous patricide and matricide is pretty twisted to most. And the best part

murderer who's suppressed her heinous deed in the depths of her subconscious. Either that, or the butler did it. We can all find out



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Amelia Heath
FOCUS EDITOR
heatham@plu.edu

The hot-button issue of health care in the nation's capital has now hit close to home.

Near the end of spring semester last year, the Office of the President announced that Pacific Lutheran University would no longer offer hard-waive health insurance to students. In its place, the university created the Wellness Access Plan, at a mandatory fee of \$300 per student each year. The plan was created by Sheri Tonn, vice president of finance and operations, Laura Majovski, vice president of student life and dean of students, Matt Freeman, director of the health and counseling centers, as well as Chris Rice, fitness center coordinator, Erin McGinnis, director of dining and culinary services and Laurie Turner, director of athletics.

Tonn said PLU's previous health insurance plan made no money for the university because almost everything was paid out in premiums. With the Wellness Access Plan, the insurance purchased by the university is self-funded. With claims that have a lower cost than the insurance premium, Tonn said, "we could actually get some of that money back" and build a reserve for claims that cost more than the premium. A little more than fifty percent of the student fee goes to the self-funded program and the rest goes to new wellness and nutrition programs.

The plan was created in a little more than one month. Tonn said the university had anticipated an extra

year to create a health plan that would meet the requirements of the Affordable Care Act, which President Obama signed into law March 23, 2010. Tonn said she learned that the U.S. Department of Health and Human Services office in Washington had granted the waiver requested by the Health Association. She received an email from the Office of the President April 26 with a description of the plan.

President Barack Obama signed the Affordable Care Act into law March 23, 2010. Under the act, health care plans must meet certain federal requirements in order to be labeled as "insurance." These requirements will continue to change, covering additional benefits until 2014 or 2015. If PLU were to amend its previous insurance program to meet these requirements, Tonn said, the program would cost students at least \$1,600 for the 2012-2013 academic year and continue to increase as the federal mandates changed. Freeman said the hard-waiver program offered last year cost students and was "limited" in what it covered.

The Wellness Access Plan provides students with free visits to the Health Center and removes barriers to students for services provided at the Health Center, including



PHOTOS BY EMILY LITTERER

TOP: First-year Mary Pruitt listens to music while working out on one of five new elliptical machines at the Names Fitness Center. New equipment at the fitness center was funded by the Wellness Access Plan, a health care plan developed to cover expenses at the Pacific Lutheran University Health Center and provide additional wellness and nutrition programs to students. **ABOVE:** Under the new Wellness Access Plan, students at Pacific Lutheran University are able to receive services ranging from physical examinations to screening for sexually transmitted diseases through the Health Center at no cost. This plan is the university's response to the U.S. Affordable Care Act, which seeks to decrease the number of uninsured Americans as well as the overall cost of health care. President Barack Obama signed the act into law March 23, 2010.

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Federal mandates in a state of change, Pacific Lutheran University is forced to redefine health care for students.

plan to the U.S. in March health and denied College received of the general signed the w March companies examinations, tests, treatments and travel examinations. If a student must go elsewhere for a service, that student can use their primary insurance, bring the receipt to the Health Center and receive reimbursement for the copay or deductible charged. Freeman said taking away service fees will encourage students to get the tests and treatments they need.

is still in good shape will be moved to South Hall.

Emily Edison, owner and founder of Momentum Nutrition and Fitness in Seattle, will provide nutritional workshops and one-on-one consulting to students starting next week. Edison received her Master of Science in human nutrition with an emphasis in sport nutrition at Marywood University in Scranton, Pa. and is a member of the American Dietetic Association. She has consulted for the PLU athletic department in the past.

The Wellness Access Plan is intended to supplement a student's primary insurance. However, some students on campus do not have primary coverage. Students without insurance will not be charged for services at the Health Center and may be reimbursed for out-of-pocket costs if they need to go off-campus for service. Still, Tonn encourages students without primary insurance to use the Health Center website as a resource to find an insurance

program that works for them. The majority of these plans are age-based, meaning traditional students will be able to find programs with lower rates than people who are in their forties or older.

Freeman said the creators of the Wellness Access Plan "didn't want

to shock people," but students and their families expressed confusion and concern when the plan was first announced in April.

In hindsight, Majovski said, benefits of the plan could have been better emphasized.

"When we realized that people had more questions that we hadn't addressed," Majovski said, "we went back and addressed them again and came out with a second communication back out to students and families."

Freeman said he sat down with families who came to him to explain the plan.

"It just takes time to understand all of that and to explain it," Freeman said. "As much as we've tried to get the word out in all of these different ways, health insurance is really confusing."

Now that more information is available, students are more willing to embrace the plan.

"I think the new health care plan is a great system," first-year Matt Cruz said. "It feels great to know that I don't have to worry about any fees or copays whenever I wish to visit the health center."

The university will evaluate the plan at the end of the fall semester and decide on any changes before the end of spring semester. Due to the nature of the plan and the services provided, it will most likely remain a mandatory fee for students.

Guest writer Ashley Gill contributed to this article.

Tonn said PLU's previous health insurance plan made no money for the university because almost everything was paid out in premiums.

and \$400 devices it provides Health charges for ed at the physical not covered by traditional insurance. The university will now offer more nutritional and wellness education, workout classes, fitness consultations and new equipment in the Names Fitness Center. Equipment in the fitness center may now be replaced on a three-year cycle. Old equipment that

Does PLU measure up?

Health Care forced many to change health care policies. Some still insurance plans fit the law's requirements, while others leave students for extra visits and

- Pacific Lutheran University: Wellness Access Plan, \$150 per semester
- Washington State University: Health fee, \$139 per year
- University of Oregon: \$15 per medical visit plus additional service fees
- Seattle University: \$5 per visit plus additional service fees
- University of Puget Sound: \$20 per visit plus additional service fees
- Seattle Pacific University: Optional insurance plan, \$1,560 per year with a \$250 deductible

Facts compiled by guest writer Ashley Gill.

First year frights

Top ten scary first year moments

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Life as a first year can suck. You are the lowest on the totem pole. You get last pick for nearly everything. Meanwhile you are trying to navigate in a stormy sea, surrounded by strangers, without your parents — or your cat — for support. It is frightening business.

Here are the top ten most frightening things about being a first year:

10

Falling off the bed — So you haven't done this since you were four, but you also probably haven't slept in a twin since you were four. Most of us have lofted our beds — and we won't even mention what a fright that was — so it is a bit of a distance if you fall off. When you do, it probably will not leave much of a mark. A small fracture at the most. Better hope your roommate is nice enough to walk you to the health center.

9

Campus Safety — Who's that lurking in the bushes? Well you had better hope it is campus safety. If not, run for the nearest building or blue emergency pole — unless it is the broken one behind the Anderson University Center. And if you are locked out in a lockdown, well, run.

8

Animals in the buildings — Fun little critters have been reported roaming around Harstad Hall, the Anderson University Center and Ramstad Commons. Top that off with the plethora of spiders and bugs in the dorms, and you have a party. Better not be any underage insects there.

7

That unidentified smell in your room — Maybe one of those bats left a treasure on the floor. Then again, maybe one died under the bed. That would explain the smell.

6

Doing laundry — For most of us, college is our first time without mom or dad around to wash all of our nasty clothes. And when you finally go down to the basement in the middle of the night to figure it out, you realize the setting and ambiance are perfect for a serial killer to strike.

5

Green Dot — Hi, I'm a first-year girl, and I have a one in four chance of being raped, so I try to only travel in groups of three. But hey, at least the one in four odds are the same anywhere else. The purpose of the Green Dot presentation was sort of to make you afraid, but to also encourage you to stand up when you see something wrong goin' down. Maybe this scary statistic can get a little bit better.

4

Tinglestad — 'nuf said. All those sweaty jocks from the Rave in the Cave live there.

3

The freshmen 15 — Excuse us: 40. We have food sitting under our beds, all-you-care-to-eat dinner and Sunday brunch. Food is everywhere. And we do not have our mother's judgmental gaze to tell us to stop eating.

2

Condoms in the bathroom — for most of us, this was a funny little phenomenon. In addition to the 'Welcome to PLU!' we got a 'Welcome to Sex!' The world needs more PLU — but not yet. Use a condom.

1

Lockdowns — Not only is rape statistically probable, but danger can spread to campus from the streets of Parkland — and you can get shut out in the cold. Well, if you are outside and a lockdown happens, you can always hide in the bushes. Better hope it isn't raining.

Moral of the story? We love PLU. College rocks.

Common reading commonly forgotten

Shannon McClain
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Among many other first-year students, I read a book this summer as a participant in the Common Reading Program. This year the book chosen was "Into the Beautiful North" by Luis Alberto Urrea.

It is about the journey of a girl and her friend from their small Mexican town to the United States. Their mission: find men and bring them back to defend their town from banditos.

The purpose of the Common Reading Program is to give first-year students a foundation for connecting to a variety of people they've never met.

"It was a nice opportunity to get to know other first years in an academic setting," first-year Haley Ehlers said.

The book was a wonderful way to start a conversation with other first years. It gave us an opening.

We were able to bond over the book, though not in the way that the designers of the program probably expected. I imagine they wanted us to connect by talking about our opinions on different scenes, or what we thought of the ending — you know, really discuss the book like we might do in a classroom. In this aspect the program failed miserably.

"I would rather meet people on my own terms

than awkwardly have to talk about this book to meet people," first-year Isabella Von Trapp said.

Most of the bonding I heard regarding the book was shared relief between students who had not read it. Sometimes a student expressed pity if he or she read the book but a new friend had not, because there were several events during orientation devoted to the book that were mandatory. A lot of students thought the reading was optional. Then when they arrived, they were shocked to find that it was essentially compulsory.

Two events during orientation were devoted entirely to the program. A panel of professors gave their opinions about the book and small group discussions followed. Many of us were led by the professor of one of our fall courses. Those who hadn't read the book felt panicky during discussion, not wanting to embarrass themselves in front of their new professors. My main critique of the program is its unclear expectations.

We weren't told that it was mandatory to read the book; it was presented to us as optional.

But overall, the program worked. It gave us something to bond over, something we could use to breach social gaps and start conversations about the fact that we did not complete our first assignment.

Most of the bonding I heard regarding the book was shared relief between students who had not read it.

THE MOORING MAST 2012-2013 STAFF

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Our primary responsibility is to serve the PLU community. This community includes students, faculty, staff, and alumni.

Our primary concern is to assist the larger PLU mission of educating all students for lives of thoughtful inquiry, service, leadership, and care. Our activities in student media are meant to build those skills and traits within our staff.

Our primary role is to discover, report, and distribute information about important issues, events, and trends that impact the PLU community. Our efforts to document and chronicle our collective experience will provide a first draft of university history.

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Letters without a name, phone number and class standing or title for verification will be discarded. Letters should be no longer than 500 words in length and typed.

The Mooring Mast reserves the right to refuse any letter. Letters may be edited for length, taste and errors.

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Sex and Candy

Condom supply should be consistent

Boys, girls, sex... oh my! For some, college is a myriad of temptation and hitherto untouched "forbidden fruit." Regardless of religious affiliation, however, Pacific Lutheran University is relatively progressive in promoting safe sex. Programs like the Sex + ("sex positive") series as well as Health Center services provide a framework for responsible action and healthy conversation about sex. But as with any good policy, the challenge comes with application, in order to establish consistency. Here I see room for improvement.

Residence hall bathrooms across campus all feature nifty little boxes, ideal for the distribution of condoms... or, I guess, Dum Dums? The contents of these boxes are left to the discretion of Resident Assistants.

So in the heat of the moment, a clandestine trip to the bathroom may become a "choose your own adventure."

Condom placement should be mandatory in all residence

hall bathrooms, along with informational material about other birth control methods, STIs and sexual violence. RAs are the primary link between university policy and on-campus students, and should have a bigger role in promoting safe sex.

Admittedly, PLU is ahead of many religiously-affiliated institutions in promoting "sex-positive" culture. I just wonder how PLU's promotion of safe sex hasn't fully trickled down into its most tangible application: personal protection in the hands of students.

Jennifer Smith, professor of women's and gender studies and director of the Women's Center, said she encourages making condoms available in every residence hall. For Smith, it "sends the message that sexual well-being is a value carried across the university," she said. In reference to the Women's Center's supply, Smith adds that "oftentimes, we put stickers on them that say 'Got Consent?'"

If your RA happens to be among those who seemingly value dental decay—or perhaps the abstract artistic statement made by an empty box — over safe sex, know

that condoms are available at both the Health Center and the Women's Center.

Or maybe down the hall, if you're lucky.

My point is: consistency is key.

The ability to rely not only on an institution but on our peers for support regarding sexual health and general well-being is immensely meaningful — and in my opinion likely to be more impactful. A brochure can be well-worded, but it cannot be compassionate. First years in particular need to be directed to important resources, as the flurry of new faces, places and expectations can become overwhelming.

RAs and other student leaders should not underestimate the role they play in resident well-being, and it is imperative that they not shy away from issues of sexual health, even if such discussions are slightly out of their comfort zones. These conversations bridge the gap between policy and personal growth for everyone involved.

Safe sex isn't just individual prerogative; it's a community concern. So let's "get busy."

ASPLU [U should know]

Hillary Powell
ASPLU PUBLIC RELATIONS DIRECTOR
powellhj@plu.edu

believe will best represent the student voice.

ASPLU encourages you to take hold of this opportunity by casting your vote. Senators play a major role within our organization and produce a lot of positive changes to the university.

Our hope is that you vote for the person you feel will best represent you!

Please vote online at <http://www.plu.edu/aspluvote>. We look forward to what this new batch of senators has to bring, and the exciting year ahead.

Until Sept. 21 at 5 p.m. you have the chance to make your voice heard. ASPLU is holding elections to bring in ten new senators, each with unique viewpoints, goals and visions. Fourteen new and returning students are running for senator at large, incoming, or residence hall senator positions.

As a student, this is your chance to vote for who you

Corrections

Sept. 14

1. The outline for the photo on page two should say that construction on Eastvold began in 2011.

2. The "first year food reviews" photos on page seven were taken by Jessie Major.

3. Copy Editor Amanda Seely and Sports Editor Nathan Shoup's names were incorrect on page 12.

Sitcom depicts college diversity

Kelsey Mejlaender
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mejlaekck@plu.edu

Many of us roll our eyes at unrealistic plot lines or characters in television shows. A case-in-point is the NBC comedy series "Community," which depicts an experience very different from student life at Pacific Lutheran University.

The series focuses on students and their lives at a fictive community college. True, Greensdale Community College, is no private university, but one would expect aspects of the typical college experience to translate.

As with most portrayals of college life, "Community" fails to depict students consistently studying. Not seen on "Community" are the late nights of cramming, the stress of tests, and the consequences of not preparing. Then again,

TV is entertainment, so it makes sense that some of the grimmer facets of college don't make the cut.

That the college life

personalities, and yet all have deep bonds of friendship with each other. Of the central students in "Community," two are black, four are white,

by their differences. They all bring a number of unique aspects to their relationships.

Sophomore Allison McClure said the show does "accurately represent the diversity found on college campuses with its character set."

Sophomore Drew Johnson agrees that the show's diversity is its most realistic aspect. "Everyone at PLU has their own quirks and flaws, just like the characters in 'Community.'"

"Community's" diversity encompasses the inclusion of non-traditional students, such as 66-year-old Pierce Hawthorne, played by Chevy Chase. However, "Community" may have missed the reality mark when it comes to this student.

Many of the older students that appear in 'Community' seem not to care

about receiving an education," Johnson said. McClure agreed, saying that Pierce was more of a stereotype than a student.

"Contrary to Pierce, there is a certain respect and dedication shown by our non-traditional students who are coming back to further or finish their education rather than to simply have something to do." McClure said. Of course, polite and academically committed students don't make for the best television, hence "Community's" decision to part with reality.

To an extent, every character on "Community" is an exaggeration. However, this does not diminish the importance of highlighting so many different types of people. In comedies, embellished characters are the rule, but it is the people "Community" chooses to embellish that make it different.

"There are some parts of college that need serious improvement - namely diversity."

"Community" portrays and the college life real students experience do not align is not always a bad thing. But there are some aspects of college that need serious improvement — namely diversity. "Community's" characters come from a variety of socioeconomic backgrounds, express extremely different

one is Chinese, and another is half Polish and half Pakistani. "Community" eschews the traditional and negative portrayal of cliques.

"Community" may just be a sitcom, but it demonstrates a progressive view of the world. Friendships are not forged through their similarities; rather, they are strengthened

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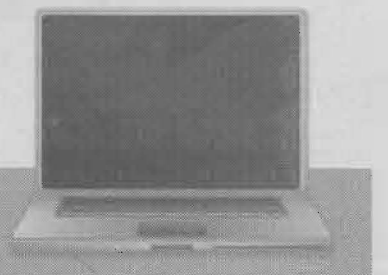
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SUDOKU High Fives

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.

Submit
corrections
and
letters to the editor
to mast@plu.edu



THE ADVENTURES OF FRANK McBADGE;
A COP WHO PLAYS BY THE RULES IN POKER AND COURTSHIP
BUT NOT POLICE WORK
THIS EPISODE: McJUDGE, McJURY, AND McBADGE

by Stewart Berg
bergsm@plu.edu

Universal Crossword

Edited by Timothy E. Parker September 30, 2012

ACROSS

- 1 Movie critic, at times
- 6 "I, Robot" author Asimov
- 11 Turner on a viola
- 14 A-list
- 15 "Throw ___ From the Train" (1987 film)
- 16 Reinking or Miller
- 17 Certain air movers
- 19 William McKinley's wife
- 20 Forensic sampling
- 21 PC key
- 22 Column crosser
- 23 Contributing some chips for a hand
- 27 Ozzie and Harriet, or wrestling holds
- 29 Curly's brother
- 30 Give wolfish looks
- 32 Coral construction
- 33 Rooms renter
- 34 Can't survive without
- 36 Spinal vertebrae
- 39 Mannerly man, briefly
- 41 Blew a gasket
- 43 Went down a chute
- 44 Basketry twig
- 46 Ambulance attendant
- 48 Fallopian

- tube travelers
- 49 Hosiery spoiler
- 51 Evening, at La Scala
- 52 Valuable stone
- 53 Rouses oneself
- 56 Meals, more formally
- 58 "Sis-boom-bah!" alternative
- 59 Reed or Dobbs
- 60 Overhead-engine
- 61 "Am ___ believe ..."
- 62 What some mothers wear, in an epithet
- 68 Buzzing insect
- 69 Have nothing to do with
- 70 Cinema-chain name
- 71 USNA grads
- 72 Musical breathers
- 73 "There's no sight!"

- 9 More plentiful
- 10 Knights' neighbors in chess
- 11 Purchase in a Dutch mall, perhaps
- 12 ___ a positive note
- 13 Goes at like a beaver
- 18 Nativity scene setting
- 23 Spanish friend
- 24 1951 book of Auden poems
- 25 Some court attire
- 26 Shimmer
- 28 Baltic and Adriatic
- 31 Cutting sides
- 35 Spring feast
- 37 Metal fastener
- 38 Surname of two presidents
- 40 You might have a stake

- in it
- 42 Tell actors how to act
- 45 Vehicle on a track
- 47 Up to the task
- 50 Phonograph needle's place
- 53 Grease someone's palm
- 54 Consumed
- 55 Wrestlers in a round ring
- 57 "___ for the Misbegotten" (O'Neill play)
- 63 Part of a stand-up's routine
- 64 Super Bowl highlights, arguably
- 65 UK reference book
- 66 Prefix with "light"
- 67 Nine-digit ID

- DOWN**
- 1 Go "vroom, vroom"
 - 2 Pie ___ mode
 - 3 Involuntary muscle movement
 - 4 Chopin composition
 - 5 Family or school get-together
 - 6 Little rascal
 - 7 Slightest bit of money
 - 8 King Hussein's capital

SHOE STRING by Gary Cooper

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Any I have you now, Mc-Pain In My Retirement Fund!

Murphy O'rishman, AKA: The Drug Smuggler, Suspected of drug smuggling

CRASH!

You got me, but I'll be back on the streets before you can say, "Murphy O'rishman is back on the streets."

Not so leisurely-paced, Scum-Sack. Because these sure do look like the Super-Drugs I've been hearing so much about.

You just pulled that from your pocket! It'll never stick in court!

Sweet Sally! You're as crooked as a coastline! I'll see you in hell, McBadge!

It's already here, you better pray for a mistrial... or should I say... mistire.

Keep a seat warm for me.

The Mooring Mast censored this image of a McBadge bullet slicing O'rishman's head in half!

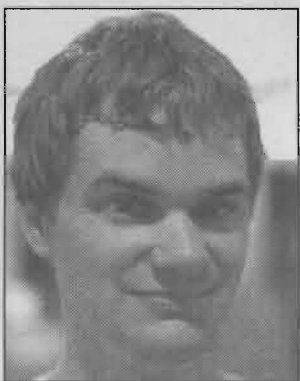
The Mooring Mast censored this image of O'rishman dead. The top half of his head rested atop his feet.

THE END

sidewalk

Should it be mandatory for condoms to be stocked in residence hall bathrooms?

TALK



"Probably. If they're in some halls and not in others you might as well have them in all."

John Scheving, senior



"I certainly wouldn't object to it. Making them mandatory seems like a useful thing for everyone."

Courtney Wagner-Robinson, senior



"No, people can get them on their own. It's important for people to have them, but mandatory is a strong word."

Nick Barene, sophomore



"Yes, it's good just to have another resource. Any way we can help prevent STI's and unplanned pregnancies lines up with PLU's values."

Perri Pettit, sophomore

SPORTS SCHEDULE

Football	Volleyball	Men's Soccer	Women's Soccer	Cross Country
Upcoming Games Sept. 22 Bye Sept. 29 vs. Linfield, 12:30 p.m.	Upcoming Games Sept. 22 vs. Lewis and Clark, 7 p.m. Sept. 21 vs. Linfield, 7 p.m.	Upcoming Games Sept. 23 vs. Willamette, 2:30 p.m. Sept. 22 vs. Linfield, 2:30 p.m.	Upcoming Games Sept. 23 vs. Linfield, noon Sept. 22 vs. Lewis and Clark, noon	Upcoming Games Sept. 29, PLU Invitational, 10 a.m.
Previous Games Win (28-14): Sept. 15 vs. Redlands Loss (37-3): Sept. 8 vs. Calif. Luth.	Previous Games Win (3-0): Sept. 15 vs. Willamette Win (3-1): Sept. 14 vs. Willamette	Previous Games Win (5-0): Sept. 16 vs. George Fox Win (2-0): Sept. 15 vs. Pacific	Previous Games Tie (1-1): Sept. 16 vs. Pacific Tie (2-2): Sept. 13 vs. Puget Sound	Previous Games Sept. 15, Sundodger Invitational, MXC (17th), WXC (16th)

Lutes improve season mark to 1-1 Pacific Lutheran knocks off no. 25 Redlands on the road

Steven McGrain
GUEST WRITER
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After falling to previously no. 11 California Luther anlast weekend, the Pacific Lutheran football team defeated No. 24 ranked Redlands Bulldogs in Redlands, Calif. last Saturday, Sept. 15. The team knew they were going to Disneyland on Sunday, but they were all business on Saturday, knocking off the ranked Bulldogs by two touchdowns. Despite dropping the season opener, the team showed confidence throughout the week.

"It was crucial to have a good week of preparation for Redlands, and it is big confidence-booster coming out of preseason play with a 1-1 record," sophomore wide receiver Danny Herr said. Herr recorded two receptions for 31 yards on Saturday.

The Bulldogs' starting quarterback Chad Hurst did not play due to injury. Backup junior quarterback Will King started the game under center for Redlands.

With a backup quarterback, Redlands marched down the field on the game's opening drive. On the fourteenth play of the drive, junior cornerback Jonny Volland read a wide receiver bubble screen and intercepted King on the Pacific Lutheran three yard line. This was the only time Redlands sniffed the end zone in the first half.

Following the turnover, the Lutes got their chance to score. Coach Scott Westering dialed up a speed option between sophomore quarterback Dalton Ritchey and junior running back Brandon James. James picked up 37 yards on the play.

The Lutes ran for 189 total yards Saturday.

Much of the success in the outside running game was due to the exceptional blocking by sophomore receivers Herr, Kellen Westering and junior Jon Zeglin.

Sophomore wide receiver Austin Hilliker said that coaches Dane Looker and Gavin Stanley "emphasized a lot of attention on cut blocking this week."

The Lute's opening drive was stalled, however, when Ritchey targeted sophomore receiver Kyle Warner on a curl route, but senior cornerback Brandon Morris of the Bulldogs broke up the fourth down pass attempt.

PLU scored first at the end of the first quarter after junior free safety Sean McFadden forced a Bulldog fumble on the Redlands 26 yard line. Two plays later, the speed option worked again, and with a seal block from Westering, Brandon James was able to

rush 18 yards to put the Lutes in front 6-0. Senior kicker Nick Kaylor pushed the lead to 7-0.

The Bulldogs ran only two plays on their next drive before PLU senior outside linebacker Erik Hoiium picked off King's pass and scored from 44 yards out. It was the first touchdown for the Lutes defense this season.

The defense then forced the Bulldogs to punt after four plays. After receiving the punt on their own 23 yard line the Lutes needed only 88 seconds to travel 77 yards, furthering the lead to 21-0. Quarterback Dalton Ritchey connected with Kyle Warner on a post route from 30 yards out.

The Lutes scored one more time in the second half on an 11-yard pass from Ritchey to sophomore tight end Lucas Sontra during the fourth quarter.

Redlands did manage to put up 14 points on a defense

that shined all night. The Lutes held the Redlands offense to 288 total yards, forcing four turnovers and sacking King three times.

"We made a lot of mistakes the previous week against Cal Lutheran, we corrected them and it was apparent on Saturday," senior defensive end Thomas Haney said.

The Lutes are idle this week, but play host to the No. 3 Linfield Wildcats at Sparks Stadium on Sept. 29. Pacific Lutheran has lost the last 10 games against the Wildcats but isn't backing down.

"We understand the challenge that Linfield presents to us but we are going to prepare in the only way we know how and that is continuing to improve in comparison to ourselves and we will let the game take care of itself on the 29th," sophomore safety Greg Hibbard said.



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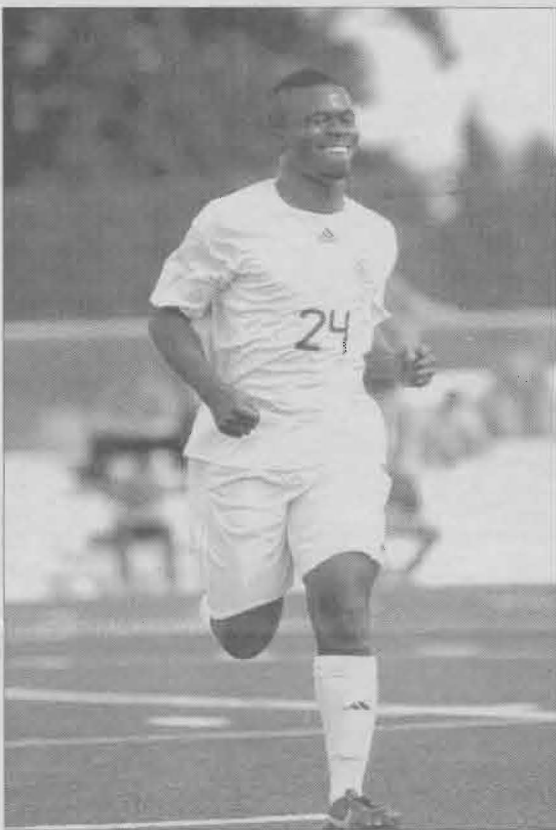
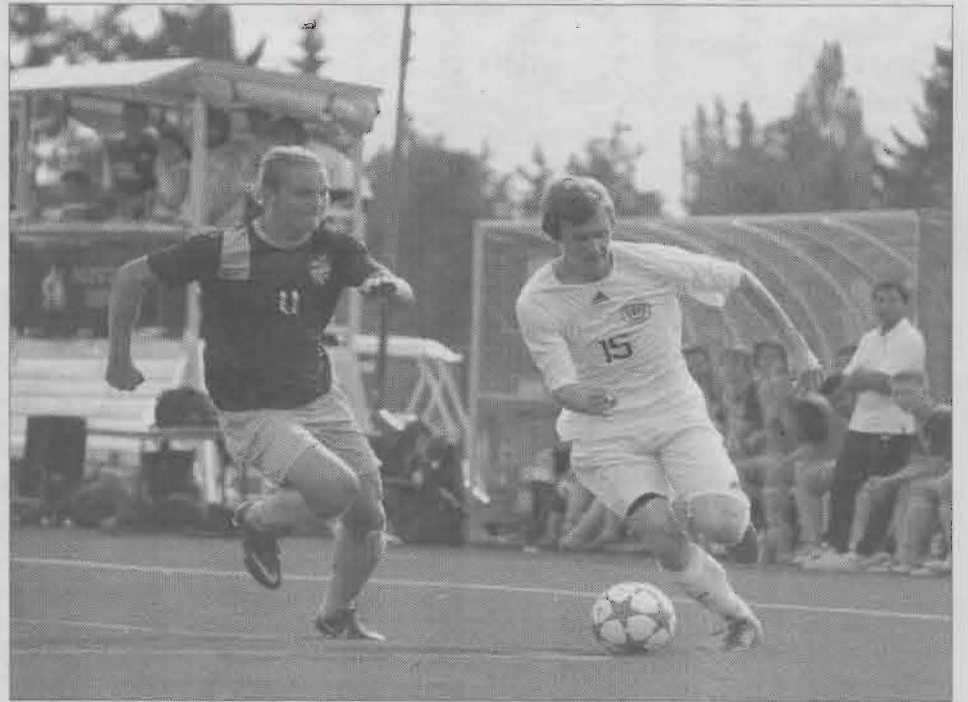
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MUST HAVE VALID PLU I.D. FOR STUDENT SPECIALS.

PLU soccer programs have strong weekend



TOP LEFT: First-year forward Jamie Hoffman battles for the ball with Pacific's Alex Arrington. The Lutes tied Pacific 1-1 ending a four-game losing streak to the Boxers. Photo by Jesse Major. **TOP RIGHT:** First-year Jordan Downing dribbles on George Fox's side of the field amongst the 5-0 romping Saturday. Photo by Thomas Soerenes. **ABOVE LEFT:** Sophomore forward Emmanuel Amarah grins during the Lutes 5-0 defeat of the visiting George Fox Bruins Saturday. Photo by Igor Strupinskiy. **ABOVE CENTER:** First-year Lauren Larson battles for the ball during the Lutes 1-1 tie with Pacific Sunday. Photo by Jesse Major. **ABOVE RIGHT:** Junior forward Derek Johnson shoots on goal in the first half of last Saturday's 5-0 victory. Photo by Igor Strupinskiy. **RIGHT:** Johnson celebrates a goal early in last Saturday's game. Photo by Igor Strupinskiy.

The men's and women's soccer teams both had very successful weekends. The men's team defeated George Fox 5-0 Saturday, Sept. 15 and beat Pacific 2-0 Sunday, Sept. 16. The women's team ended a 27 game losing streak dating back to 1998 against Puget Sound with a 2-2 tie. The following day the Lutes ended a four game skid against Pacific with a 2-2 tie. **PLU 5-0 vs. GEORGE FOX:** Sophomore forward Emmanuel Amarah scored twice for the Lutes. Pacific Lutheran scored four times in the first 31 minutes. **PLU 2-0 vs. PACIFIC:** First-year forward Jordan Downing found the back of the net with 15 minutes left in the first half. Senior midfielder Brenden Cohen provided the insurance goal ten minutes into the second half. **PLU 2-2 vs. UPS:** First-year Lauren Larsen scored twice in the first 14 minutes of the game but UPS scored twice in the final 20 minutes to force the draw. **PLU 1-1 vs. PACIFIC:** Sophomore defender Emma Wayerski scored in the 61st minute on an assist from junior forward Samantha Benner to tie the game.

Cross-Country team runs in Sundodger Invitational

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The Pacific Lutheran men and women's cross country teams traveled to Seattle to run in the Sundodger Invitational last Saturday, Sept. 15.

Temperatures indicated the name of the race on the clear, brisk Saturday morning.

The cross-country team was one of seven Northwest Conference schools to compete. Nineteen total schools entered the women's race while 22

schools competed in the men's race. Typical of the sport, the Lutes competed against various community colleges, NAIA schools, Div. II schools and Seattle University, the lone Div. I school in the race.

In last year's Sundodger Invitational, the men placed 14th out of 21 schools. The men's team finished 17th overall on Saturday. The men's race spanned 8,000 meters.

Among the top men's finishers were junior Alan DenAdel, who placed 15th with a time of 25:30:13 and

senior Kolter Grigsby, 54th overall in 26:17:26. Other scoring members of the PLU squad were senior Jordan Steves, who finished 145th in 27:39:12, followed by junior Kyle Smith, 177th in 28:28:62, and junior Eric Herde, 198th in 29:02:59.

Other PLU runners included senior Joseph Mungai, 214th in 30:15:77, senior Matt Beal, 216th in 30:24:93 and first-year Andrew Jensen, 222nd in 31:39:00.

A total of 236 men competed in the race.

In last year's Sundodger Invitational the women finished 14th out of 17 schools. They finished 16th over all on Saturday. The women's race covered 6,000 meters.

First-year front-runner Amanda Wilson placed 67th overall with a time of 24:02:48. Sophomore Amanda Seely finished 69th with a time of 24:05:93. Other scoring members were first-year Lauren Knebel, who placed 80th in 24:12:46, first-year Madison Guscott, 176th overall in 26:11:92 and

sophomore Jennifer Arbaugh, 181st in 26:24:10.

Other contenders were junior Alyssa Rowland, 183rd in 26:27:78, senior Chiara Rose-Witt, 189th in 26:43:91, first-year Karissa Jackson, 194th in 27:07:25, and first-year Tara Glynn, 213th in 32:24:77.

A total of 213 women raced. PLU will host its annual cross-country invitational Saturday, Sept. 29 at 10 a.m., the only home meet of the season.

SHOUP SHOTS

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1. Don't drink and draft

This could be the cardinal sin of fantasy football. It could cause the car wreck that would be your fantasy football season.

Regardless of how many cold ones you've had you should be fine through the first couple of rounds. Most leagues show you the best players available. However, once you start getting to round eight the "belligerent busts" start showing up. You feel like Terrell Owens is going to have a good year? T.O. is not in the league right now. Oh, the Browns kicker, Phil Dawson, will surprise people this year? Dawson is owned in less than four percent of all ESPN leagues.

Matt Hasselbeck is going to lead the Titans to the Super Bowl?

No.

Please draft responsibly.

2. Never draft a Cleveland Brown

To be fair, rookie running back Trent Richardson has performed pretty well in his first two games in the NFL. Richardson ran for 109 yards and a touchdown Sunday. But Browns jokes are too easy.

Drafting a Browns player would require following one of the NFL's worst teams. Rookie quarterback Brandon Weeden threw four interceptions in week one. It is tough to score fantasy points when the Brown defense is on the field the whole game.

And don't even think about picking up the Browns'

'defense. It is owned in just over four percent of all ESPN leagues.

What can a Brown do for you?

Not much.

3. Avoid auto-drafting at all costs

Auto-drafting all but forfeits any chance of winning your league. Players that are missing substantial time because of injury are left in the "best player available" lists and you will get stuck with a couple of the injured.

And you, the "informed drafter," should know that those lists are merely someone else's opinion. Yessome people paid a lot of money to make those lists, but no champion follows that template.

Call in sick. Say your dog at your homework. Claim you "completely forgot about that dentist appointment."

If you are going to enjoy your fantasy season, you had better be planted in your chair when that draft starts.

4. Kickers and defenses have more value than you think

For some reason, the stereotype exists that you need to wait until the last couple rounds for these two roster spots.

Not at all.

Nothing drags a team down like a kicker who can't kick or a mediocre defense. Games are decided by field goals.

In one of my leagues last week, I won purely because the Raiders' defense had negative seven points.

An opportunistic defense and a consistent kicker are

The do's and don'ts of fantasy football

two intricate parts to any championship team.

5. There is no need to take two quarterbacks early

The quarterback you draft first only has one bye week in the whole season. You don't need to draft a quarterback to fill that one week.

You are not drafting quarterbacks that you think are going to be benched by their coach. Sure, injuries happen, but that is what the waiver wire is for. Drafting a second quarterback in the early or even middle rounds only prevents you from drafting a running back or wide receiver that will score points for you weekly.

A second quarterback will collect dust on your bench all season.

In my second league, a friend drafted Drew Brees at six overall and Cam Newton at 22 overall. Not only was I shocked that someone would do that, but I was pretty upset because I was planning on taking Newton at 23 overall.

Call it karma. Call it irony. But that double-quarterback-drafter is 0-2.

6. Don't draft your team around a predetermined name

There are 16 teams in the NFL. Each team has 53 players on their active roster. That is a lot of names.

If you think of a witty team name that you love but the player isn't going to contribute to your team, don't draft him.

"Take it to the Hauschka," named after Seahawks kicker

Steven Hauschka, is a fun name, but he is owned in barely over one percent of all ESPN fantasy leagues. Don't draft him unless you are content with your team being named after a player not on your roster.

"Cleaning out my Clausen," is another example. Jimmy Clausen is a backup quarterback for the Carolina Panthers and in all likelihood will rack up zero fantasy points this season.

However, if you have a good player with a name you can work with, go for it.

7. Commit to your league

If you are invited to a league, you are invited for a reason. Your friends want you to play.

Don't be the person who breaks these rules, finds themselves in the cellar of the league, and gives up on the season halfway through.

It is significantly more enjoyable for everyone in the league if all the members are actively participating. It establishes parity in the league: there aren't a couple of teams that can't even compete weekly, and there aren't a couple of teams that run away with the league.

8. Ignore Saints receivers

For many of us this is always a touch decision to make on draft day. The Saints are an air-it-out offense and Drew Brees is the all-time NFL leader in career passing yards.

Another seemingly interesting part of Brees's game though is that he likes to

throw to a different receiver, running back or tight end every game. If he could throw to his lineman, he would.

Marques Colston, the Saints best known wide receiver, may have 110 receiving yards on Sunday. But it might be the last time he does that for a month.

The name of the game in fantasy is consistency, and the Saints wide receiver statistics are as consistent as the Washington weather.

9. Your team name must be memorable

There are few things in fantasy football more annoying than looking to see who you are playing this week to find that you are playing "Team Jones."

Your reputation within your league only goes as far as your team name will take you. And I can tell you "Team Jones," isn't receiving many popularity points within its league.

10. If you win, brag

There is no excuse not to brag in fantasy football.

In the rare event that I can't pull off a victory on a given week, I am going to avoid the person who beat me. You may already know, however, that when I am triumphant, I will go out of my way to remind that person I beat them.

The league champion has bragging rights for an entire year. There are few things better than reminding your friends for a calendar year that you beat them in fantasy football.

Go. Win. Brag.

The Mast Monday Night Football pick 'em

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Going into last week, Peyton Manning was 9-1 all-time playing on Monday Night Football. But Manning had also never had to recover from a serious neck injury that forced him to sit out a whole season.

Now he is 9-2.

Peyton threw three uncharacteristic interceptions in the first quarter and couldn't quite mount a second-half comeback as his Broncos fell 27-21 to Atlanta.

The neck injury did not prevent the majority of our league from choosing Peyton and the Broncos in Monday's game against the Falcons however. Four of the seven contestants went with the Broncos on the road. Some were more confident than others.

"Peyton is back in walk a walk over the Falcons," head men's basketball coach Steve Dickerson said.

Not quite.

One week into "The Mast Monday Night Football pick 'em league," one of the more intriguing matchups of the season presents itself. The Green Bay Packers literally come to town to take on our own Seattle Seahawks.

The Seahawks looked solid last week in a 27-7 rout of the visiting Dallas Cowboys. The Packers won a big home game against their division rival, the Chicago Bears, 23-10.

Are the members of our league going with their head, or their heart?

Do they believe the Seahawks can compete with the powerhouse Packers? Or do they agree with Vegas and believe the Seahawks will fall? The Packers are six point favorites in Vegas.

Either way it will be a fun game to watch. Are you ready for some football?

Our league is.

Green Bay at Seattle

Stacey Hagensen

pick: GB
record: 1-0

Shane Gutierrez

pick: SEA
record: 1-0

Geoff Loomis

pick: SEA
record: 1-0

Lance Lute

pick: SEA
record: 0-1

Allison McDaniel

pick: GB
record: 0-1

Dalton Ritchey

pick: GB
record: 0-1

Steve Dickerson

pick: SEA
record: 0-1

Since her softball career ended, Hagensen has debated starting a career as a football analyst. Bad news for Seahawk fans if her softball skills carry over to predicting football games.

Gutierrez has decided he will choose games based on how many compliments he gets for his hair the previous week. An odd number of compliments means he is picking the home team. Yes he counts.

There are no ejections in "The Mast MNF Football pick 'em league" but Loomis was nearly ejected from his own house when the Broncos began to mount a rally on Monday.

Lance Lute was so excited about PLU's win at Redlands last week he originally chose the Lutes this week. He chose Seattle but only because Centry Link Field is closer to Sparks Stadium than Lambeau Field.

McDaniel arguably took last week's loss the toughest. Rumor has it she hid in her room and read football blogs all week. It could be a difficult week for McDaniel if the Packers lose.

The Seahawks took a look at Ritchey over the summer but eventually went with Russell Wilson. He chose the Packers purely out of spite.

Rumors are swirling that Dickerson has teamed up with women's head basketball coach Kelly Robinson. If this is true, how are disagreements settled? Heated one-on-one games in Olsen?

Baseball field receives facelift

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Out with the grass, in with the turf.

The Pacific Lutheran University baseball field is undergoing construction to add a FieldTurf infield.

The change from a natural grass infield is one of many changes occurring on campus, including new equipment in Names Fitness Center.

"Everyone in athletics is excited about the facility upgrades," Geoff Loomis,

who is starting his tenth year as baseball head coach, said.

Discussion about a new infield started in 2011. PLU will join Linfield as the only other school in the Northwest Conference with an artificial infield. With the turf installed, practices can be held year-round, providing a place for community baseball teams to practice during the summer.

Playing sports in the Northwest can prove to be a challenge — it is no secret that the winter and spring bring rainy days and muddy fields. Playing in this weather can be an obstacle for most outdoor sports, forcing practices inside or cancelling them altogether.

"In the past we've had to spend the majority of January, February and March practicing indoors," Loomis said. "We fully expect that the new infield will allow us to be outdoors daily, which will free up space in our indoor facilities."

Turf fields have advantages over natural fields. While an afternoon of rain can leave a field muddy and slippery, a turf field enables the water to drain faster and allows the players to play and practice without interruption.

"Playing on turf is just a



PHOTO BY THOMAS SOENENES

Construction continues on the PLU baseball field last week. The project was supposed to be completed in time for the baseball team to begin fall practices Sunday, Sept. 30. Minor delays in the project have put that date in jeopardy. The baseball field acquired the shown grandstands last fall.

"Playing on turf is just a different feeling than playing on a natural field. It will excite every single player on the team"

Max Beatty
senior

different feeling than playing on a natural infield," senior pitcher Max Beatty said. "It will excite every single player

on the team and I'm even guessing it will excite others in the league." The fall practice schedule

for the PLU baseball team is scheduled to begin immediately following the completion of the installation.

Lutes sweep weekend

Volleyball team beats 2011 Northwest Conference champions, Whitman

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The Lutes dominated Whitworth last Friday, Sept. 14 and enjoyed a larger victory in a nearly flawless performance Saturday night against the Whitman Missionaries.

After beating Whitworth 3-1, the Lutes showed no mercy in sweeping the Missionaries 3-0.

A crowd of 550 fans packed Olsen Auditorium on Friday to watch No. 20 Pacific Lutheran knock off defending conference champion

Whitworth. Cheers filled the stadium as sophomore setter Samantha North regularly connected with junior outside hitters Allison Wood and Haley Urdahl and junior middle blocker Bethany Huston.

"We passed and served well which sets up everything else for our setters and hitters," head coach Kevin Aoki said. "Being able to spread the ball around to all the different hitters makes it that much more difficult for the defense to guard anyone person."

The Lutes continued to take command in all three sets Saturday, outscoring the Missionaries 25-12, 25-17 and 25-14 with only four hitting errors all night.

The Missionaries hung in with the Lutes early in the second set, gripping onto an 8-8 tie. The Lutes responded by scoring eight of the next 11 points, jumping out to a 16-10

lead. Aoki attributed the Lutes' performance on Saturday to passing and setting by the Lutes' defense and the distribution of kills.

"I don't want one person to get 25 kills," Aoki said.

The defensive passing set up outside hitters Urdahl and senior Kelsey Pacolt—both finished with nine kills.

Sophomore setter Samantha North set up the offense, finishing with 38 assists and chipping in with five kills

of her own. "I connected to Sam really well, her sets were really good," Urdahl said. "I think our defense and our passers did a really good job passing which always sets me up for a good attack."

Urdahl said her mental toughness and persistence assisted her game, never letting a mistake to her head. The Lutes continue their

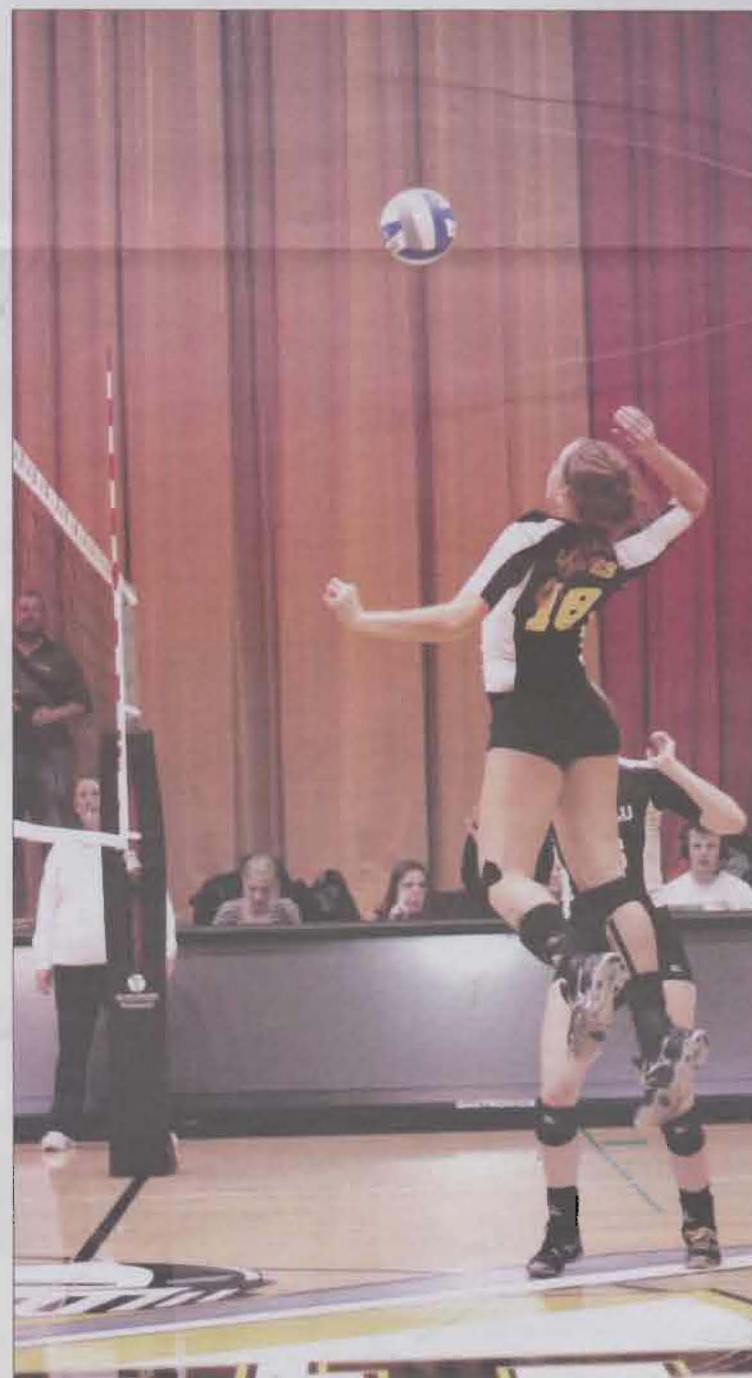
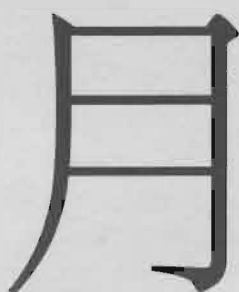


PHOTO BY JESSE MAJOR

Junior middle blocker Bethany Huston attacks an assist from sophomore Samantha North in last Friday's 3-1 win over Whitworth. The Pirates won the Northwest Conference last season. Huston finished the game with ten kills. North finished with 44 assists.

Upcoming home games
Oct. 5 vs. George Fox
Oct. 19 vs. Linfield
Oct. 20 vs. Lewis & Clark

northwest conference slate tonight, Sept. 21 at Linfield and tomorrow, Sept. 22 at Lewis and Clark. Both matches are set to begin at 7 p.m.



moon