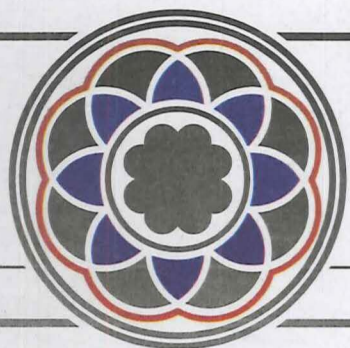




NEW ADDITION:
How To Sound Smart
New weekly article pg. 3



SPORTS
Lute Football falls to Pacific
pg.12



THE MOORING MAST

PACIFIC LUTHERAN UNIVERSITY

OCT. 24, 2014

<http://mastmedia.plu.edu>

VOLUME 91 ISSUE 5

Lutes swap sweaters



PHOTO BY RELAND TUOMI

On Sept. 18, Lutes gather in the Anderson University Center to swap and buy sweaters to stay warm for the duration of the UnPLUGged challenge. The sweaters at the event were donated by students. For one afternoon, the AUC became a thrift shop for Lutes.

Fall Career Fair: More than just a meet and greet

By **NATALIE DEFORD**
News Writer

Walking into a job fair at Pacific Lutheran University is like walking into a rainbow. Booths of all colors and assortments surround students and offer them free candy and swag. Perhaps even a future career could be this rainbow's pot of gold.

More than 130 students attended last week's Fall Career Fair in the Chris Knutzen Hall Wednesday Oct. 15, but free items were not the only thing these students sought.

More than 55 vendors, including 17 volunteer organizations and 38 employers, were there to offer opportunities to students.

The volunteer organizations present included American Red Cross, Peace Corps, The Rescue Mission and Lutheran Mission Corps.

The wide variety of employers included YMCA, Goodwill, Tacoma Community College and Weyerhaeuser.

Upon entry to the Career Fair, students swiped their LuteCards and received freshly-printed name tags including their majors, if declared. Students were free to wander and interact.

Marie Boisvert, Director of Graduate Admission, was tabling

outside the fair for PLU Graduate School opportunities. Boisvert said the job fair is not only a great way to connect employers and students, but that it also coincides with PLU's mission statement.

"It can solidify the steps you need to reach your future career," Boisvert said, "but it can also help you find your passion, your vocation."

The PLU offices that held the Fall Career Fair were Career Connections, the Academic Internships Office and the Center for Community Engagement and Service.

Tommy Skaggs, Coordinator of Student Employment and Technology, welcomed students at the swipe-in station at the career fair's main entrance.

"The goal of the Career Fair is to get students to talk to employers," Skaggs said.

Some employers return each year.

Either employers approach the fair, or they are recruited, Skaggs said.

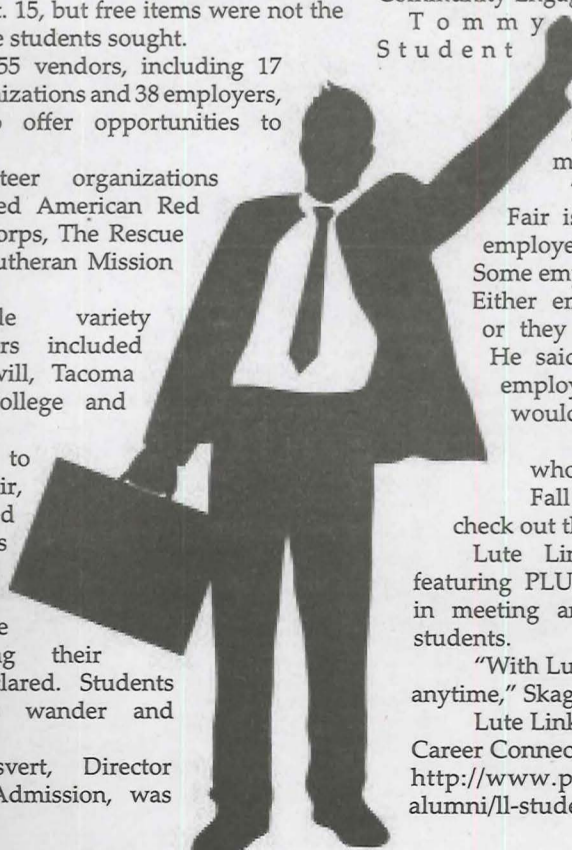
He said PLU also tries to include employers that they think students would like to see at the fair.

Skaggs encourages anyone who was unable to attend the Fall Career Fair to go online and check out the Lute Link program.

Lute Link is an online database featuring PLU alumni who are interested in meeting and mentoring current PLU students.

"With Lute Link, a career fair happens anytime," Skaggs said.

Lute Link can be accessed through the Career Connections website, specifically at: <http://www.plu.edu/career-connections/alumni/ll-studentinstructions.php>.



Gen-eds

Why do we care?

By **GENNY BOOTS**
News Writer

It's not uncommon to hear the quiet grumbling of a senior on their way to their physical education class or overhear a rant about a religion reading from a group of students at Old Main Market.

Even cries of desperation fill the dorms as students struggle through their general education classes. In order for any of the 3,500 undergraduate students at Pacific Lutheran University to graduate, they must fulfill the general education requirements.

Whether this is through International Honors or the GUR program, students are expected to fill their schedules with a variety of classes across disciplines.

Forcing students to reach outside of their comfort zones can be, well, uncomfortable.

Professor Brenda Llewellyn Ihssen teaches a 200-level early Christianity course. Many of her students take the class to satisfy their Christian religion requirement.

"I know that more students in these courses will be less invested initially because they will see this as subject matter to 'get over with,'" Llewellyn Ihssen said.

PLU's GUR programs are managed by two administrating groups: The General Education Council and the Education Policies Committee (EPC). Both panels are under the scope of the Office of the Provost.

The EPC evaluates courses, programs and departments and how they fit within PLU's academic requirements. It's a panel of seven elected faculty members and additional advisory members, including one student representative. The EPC reports its assessments to the General Education Council which oversees all curriculum changes.

The framework that guides the General Education Council, the EPC and all courses at PLU are the Integrated Learning Objectives (ILO). These principles outline the goals PLU has for all students.

Abilities such as critical reflection, expression, and interaction are included among the ILOs. It is the core to PLU's undergraduate education.

Hal DeLaRosby, Director of Academic Advising, said general education requirements and ILOs teach students how to learn.

Still, students bemoan. General education classes are typically larger classes that are difficult to get into and schedule. The apathy for many general education classes is what DeLaRosby attributes to a checklist mentality.

"I think that some students see the general education program as a checklist, hoops to jump through," DeLaRosby said, "but the students who view the GURs as something that enhances the experience get the most out of it."

Ashley Mercy, senior Nursing major, is one student who uses GURs to her advantage. GURs can be enjoyable and can contribute to your other classes she said.

"In nursing, there is such a set agenda of classes I really liked taking GURs," Mercy said.

"One of my favorite classes was my philosophy class, 'Ethics of Food,' where I learned about the link between processed food and chronic health issues. What I learned in that class impacted the way I think about the world and my approach to nursing."

The General Education program is here so each student can grow and learn outside of their focus.

"Learning what wisdom looks like and how one might use it can happen in a variety of contexts, but it has an excellent chance of success if that process begins in a Gen-Ed course," Llewellyn Ihssen said.

What's Inside...

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Eating disorders, thigh gaps, and everything in between
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Lutes care about friendship

“Upper” and “Lower” don’t matter

Maylen Anthony: *An upper-campus non-artist*

By DAVID MAIR
Staff Writer

EDITOR’S NOTE:

Whether on upper or lower campus, students go to Pacific Lutheran University with the expectation to learn, be apart of the community and find their vocation.

Upper campus is known for being an artistic hub for musicians, painters and writers.

Lower campus is known as a home to the athletes, where being a jock means partying on Friday nights and your dorm is loud past the respectable quiet hours.

Art students and athletes have their differences, but at the end of the day, all students are Lutes. The community is strong and friendship is important, no matter the label.

Junior Maylen Anthony lived in Hinderlie Hall for two years and hates upper-campus stereotypes but finds herself caught up in them often.

Anthony knows people on lower campus, however, she found herself spending more time on upper campus. In her eyes, the stereotypes are fairly stupid, yet ring true quite often, because to a degree the upper and lower campuses lead themselves to a level of convenience. Meaning, people live next to things they enjoy, so Music majors live next to Mary Baker Russell and athletes live by the gym.

While she was not particularly musically inclined, living in Hinderlie Hall gave her the wonderful opportunity to support and enjoy the music of the friends she made from Hinderlie Hall.

The people she fostered friendships with were ones that most of their interests clicked quite well. Some of the friends she had that first year in Hinderlie Hall, she calls her closest friends and is roommates with them.

As of this year she declared herself a Hispanic Studies major with minors in Religion in addition to Women and Gender Studies.

Anthony has kept herself busy while at Pacific Lutheran University. She’s a sojourner advocate for the Wang Center. She became an advocate because she is passionate about studying away. So far, Anthony has studied away to Neah Bay, Wash. and Granada, Spain. Her hope is to study away in London next fall.

Anthony is a campus ministry steward who thoroughly enjoys the university congregation. She also plays a character in her friend’s popular Mast Media Television show. Anthony enjoys attending activities provided by the Women’s Center such as the Vagina Monologues and Sexperts.

Beyond her immense involvement at PLU, Anthony has a wide variety of interests. She enjoys cooking, reading, along with watching all of her favorite shows on Netflix.

Though she does wish she could play on the Ultimate Frisbee team, she does not consider herself an athlete, mainly due to her lack of hand eye coordination. However, she can’t get enough of simply being outdoors where she spends most of her time hiking.

She has come to realize that spending quality time



PHOTO COURTESY OF MAYLEN ANTHONY
Maylen Anthony outdoors, hiking.

with family and friends is something she highly values.

During her time at PLU, she has come to value PLU’s dedication to students’ vocation. She wants to focus on discovering what it is that she is truly passionate about, rather than merely picking a job that will earn her the largest sum of money.

The kindness from the entire student body, such as being able to walk across campus without opening a door because someone is holding it open for her, is an aspect of PLU that Anthony believes is unlike most other schools.

From her two years living in Hinderlie, Anthony found herself becoming aware of the upper campus and lower campus stereotypes. Though she does not appreciate stereotypes, she acknowledges that she often perpetuated the ones of upper campus.

John Morasch: A lower-campus competitor

By BROOKE WOLFE
Guest Writer



PHOTO COURTESY OF JOHN MORASCH
First-year John Morasch

Lower campus is known as a home to the “jocks” of Pacific Lutheran University, where partiers live and are looking for more fun than education.

The lower end of campus stretches across Morken to the Anderson University Center. Lower campus include resident halls Tinglestad, Pflueger and Foss.

First-year John Morasch is an intended business major and a member of the PLU football team living in Tinglestad this year. Morasch cares about his education and all the friends he has made while living there.

Morasch enjoys being on the PLU team, he likes to play pingpong and on Sundays he sits with friends and watches Seahawks games.

Morasch decided to live in Tinglestad because of its location and number of people who call it home. Tinglestad is also convenient because it is close to the gym and the field where he practices.

Morasch describes his hall as lots of fun and easy to meet new people. With seven floors of residents stacked up, there are ample activities and students to meet.

“I like to just wander around and ask what’s up” Morasch said, because there is always something going on.

Tinglestad is home to many football players, so when Morasch comes home he is surrounded by teammates. On weeknights, he is usually seen playing video games, hanging out with his friends

and listening to music, until quiet hours of course.

Morasch is originally from Kent, Wash., where he attended Kent Lake High School. Morasch decided to make PLU his home because of the small campus and close community he saw here.

PLU also gave Morasch the chance to play football in college, which is what he wanted to be involved in. Morasch started playing football when he turned six and hasn’t stopped since. Morasch is a wide receiver for the team, which is currently 3-2 for the season.

Right now, Morasch is focused on his business program classes and is planning to major in business with an emphasis in finance.

Morasch is hoping to become a financial consultant after graduating. His favorite class currently is Business 201: Value Creation in the Global Environment.

Along with his business classes, Morasch is fulfilling general education requirements and has found value in his professors so far. Morasch likes to study on the top floor of Morken on the couches. For Morasch, that study space is another attraction to lower campus.

Within the first two months of school, Morasch has had the chance to get to know his new team and new home.

Even though football season will end, Morasch will remain part of his team. Whether he lives on lower or upper campus, his friends are what is really important.

HOW TO SOUND SMART

When asked about the Hong Kong protests

1

Occupy central

The term "occupy central" is commonly used to describe the occupy campaign in Hong Kong. The name Umbrella Movement was coined by Twitter user Adam Cotton on Sept. 26, in reference to the umbrellas used for defense by protestors against tear gas. Some protestors are against the name Umbrella Movement because that name has violent connotations.

2

Protesting? Why?

Protestors are on the streets because Chinese citizens are angered by the government's ruling on who can run as candidates in elections. The government is limiting the pool of candidates allowed to run for Hong Kong's leader. The candidates are due in 2017.

3

Occupy's beginning

In September 2014, students in Hong Kong began a separate protest. Students broke into the main government compound in late September and Occupy decided to start their movement early along with the students.

4

Government officials

Protestors have called for the resignation of Chief Executive CY Leung for his handling of the situation, but the Chinese government is continuing to support him. The Communist Party newspaper "People's Daily" has covered the situation in favor of Leung.

5

Not everyone agrees

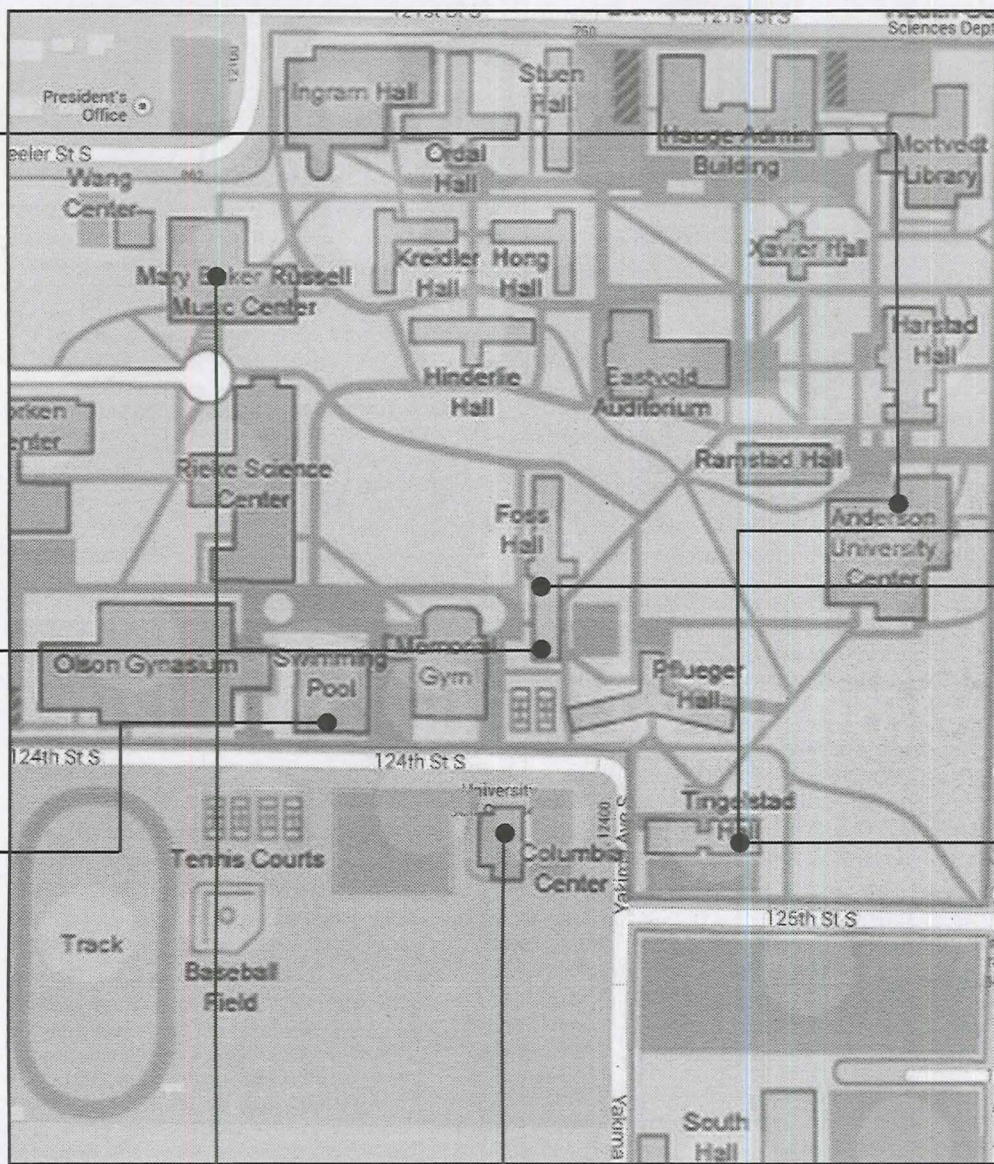
There is a large spectrum of opinion in Hong Kong over whether or not the issue is important enough to split China in two halves. The protestors want political reform and democratic elections that meet international standards. However, Hong Kong is a business-minded city and some citizens are more concerned with how the protests will negatively affect the economy rather than their democratic rights.



Information taken from BBC

CSI: Campus Safety Investigations

Taken from Oct. 10-23 Campus Safety reports



Property damage in University Center

A broken umbrella was found on the roof of the Anderson University Center. Campus Safety was called to remove it.

Medical aid in Tinglestad

Campus Safety (CSAF) responded to a medical aid call after a student had an allergic reaction. The student's symptoms had diminished and CSAF was not necessary.

Illegal drugs at Foss

Campus Safety (CSAF) responded to an RA's call about the smell of marijuana coming from a student's room. The student admitted to smoking off campus but denied marijuana was in his room. The RA and CSAF searched the student's room and found prescription drugs belonging to a relative. The incident was reported to Student Rights and Responsibilities.

Assist in Foss

Campus Safety (CSAF) responded to a call about the odor of marijuana. CSAF knocked on the door to no response. There was nobody inside but a fan was on.

Medical aid at pool

Campus safety (CSAF) responded to a call about a Bethel High School student who hit her head on the side of the pool. The student got permission to leave her in the care of her coach.

Vandalism in Tinglestad

Campus Safety (CSAF) found vandalism in the 2nd floor of Tinglestad. There was black graffiti located on a door in a 2nd floor lounge. The vandalism was documented and a work order has been submitted to facilities management.

If you ever need help

Call Campus Safety at 253-535-7441
 Email Campus Safety at csin@plu.edu
 Or visit campus safety in the lower level of Harstad Hall

Medical aid in Mary Baker Russell

Campus Safety (CSAF) was called to MBR because an employee was having a cardiac episode. Central Pierce Fire and Rescue was called and the employee was taken to St. Claire's Hospital.

Vehicle vandalism in Columbia Center

Campus Safety (CSAF) responded to a student's call reporting several items had been stolen from his car. There were no signs of forced entry. Surveillance shows a possible suspect but nothing conclusive.

This Week:
A&E

Events Oct. 24-31

"The Boys Next Door"
7:30 p.m. Oct. 24, 25; 2 p.m. Oct. 26
in KHPC

"Sweet Dreams" Documentary Screening
7 p.m. Oct. 28 in AUC 203 Regency Room

PLUtonic and HERmonic Concert
8 p.m. Oct. 29 in Lagerquist

Green Hills Alone Concert
7:30 p.m. Oct. 30 in The Cave

Night of Musical Theatre
7:30 p.m. Oct. 30, 31 in KHPC

ONLINE



TERRAN'S
take

GET THE SCOOP!

Weekly Gossip with Terran

Go online and get the scoop on celebrity gossip with our in-house pop culture expert, Terran Warden! Visit mastmedia.plu.edu

This Week:

Kesha's lawsuit against Dr. Luke for allegedly sexually abusing her for more than 10 years.

NEWS @NINE
MAST TV

On the aGENda

This year, *Mooring Mast* News Writer Genny Boots is hosting "On the aGENda" on News @ Nine. It is an A&E segment covering everything from campus fashion to trends in squirrel romance.

TUNE IN AT 9 P.M. EVERY THURSDAY TO NEWS @ NINE ON MAST TV! CHANNEL 26 AND STREAMING!

'SWEET DREAMS' WON'T PUT YOU TO SLEEP

By **ERIN FLOM**
Guest Writer

The film "Sweet Dreams" will be screened next week at Pacific Lutheran University. It's a perfect fit, as this semester marks the beginning of PLU's Holocaust and Genocide Studies minor.

The film follows women of the first female drumming group in Rwanda.

Not only does this group break gender roles, but it also brings women together from two sides of a tragedy.

Rwanda's two main ethnic groups, Hutu and Tutsi, had strong tensions between them. In 1994, these tensions turned into a violent climax in the form of genocide. Within a few months, more than 800,000 Tutsi were killed. 20 years later, the people of Rwanda are still in the process of reconciliation.

The women in the film were only children or young adults when the genocide happened, but they carry the scars of the genocide, some of them literal, said professor Kirsten Christensen of the Holocaust and Genocide Studies program.

Through their drumming group, both Hutu and Tutsi women are able to join together.

"It's humbling to see these women have the capacity for joy after a genocide," Christensen said.

Not only do these women seek their creative goals of performing, but they also

pursue a business in the form of an ice cream shop called Sweet Dreams to help fund their drumming.

Christensen said this film examines what it takes to live after a genocide.

The film follows the ups and downs of starting a business and allows both Hutu and Tutsi women to tell their stories of the genocide.

7 p.m. Oct. 28
AUC 203 Regency Room

Free admission
Open to the public
Qualifies as an Emerging Leaders event

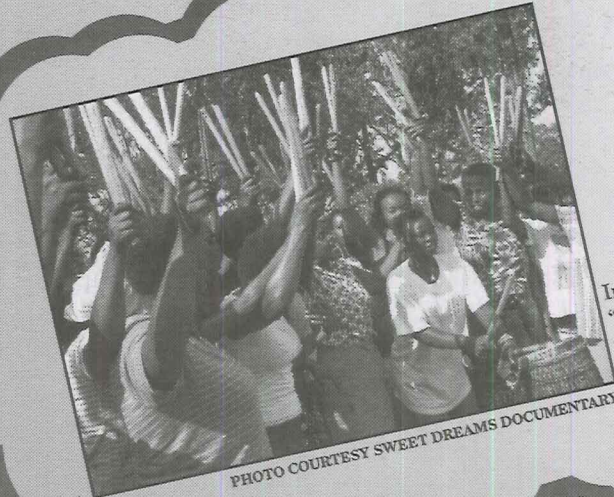


PHOTO COURTESY SWEET DREAMS DOCUMENTARY

In this screen capture from "Sweet Dreams," Rwandan women perform in the drumming group.

said. "Sweet Dreams" has connections to various programs, including women's and gender studies, business and holocaust and genocide studies.

"[The film] doesn't sugarcoat anything," Christensen said.

Many PLU students had not been born, or were too young to remember this terrible event in history. It's important to remind students of how recently genocide has occurred, Christensen said.

The film was an obvious choice for PLU, Christensen

To help process the heavy topics discussed in "Sweet Dreams," its Academy Award winning director, Lisa Fruchtmann, will be at the screening for a Q-and-A.

Ice cream will also be served after the film by local business Ice Cream Social.

Movies with Michael:
"Gone Girl"

Spoiler alert: reconsider getting married

By **MICHAEL DIAMBRI**
A&E Writer



"Gone Girl" is a dark film that unearths the bad intentions of two partners in a struggling marriage. Ben Affleck ("Argo") as Nick Dunne and Rosamund Pike ("Pride and Prejudice") as Amy Dunne headline the star-studded cast of "Gone Girl" as the world's worst couple.

On their fifth wedding anniversary, Amy Dunne mysteriously disappears. As detectives unearth evidence, Nick Dunne becomes the prime suspect in the case of her disappearance.

It's revealed that Amy is framing her husband through a montage where Pike solidifies her Oscar nomination.

Amy manipulates others at her whim,

including her rich ex-boyfriend Desi, who she uses for refuge, played by Neil Patrick Harris ("How I Met Your Mother"). Harris and Pike have great on-screen chemistry that climaxes with an act of sheer insanity from Pike's character.

Nick finds evidence he's been framed, but it appears to be too late as his wife's plot to portray him as a murderer gets national media attention. Nick is branded as cheating, lazy and abusive.

Nick, who now loathes his wife, goes on national television trying to bring Amy back hoping to play out his own revenge on her.

With this couple, every act of maleficence is responded to with a greater reaction. It appears this couple might remain together, as long as they don't crack each other's skulls open first.

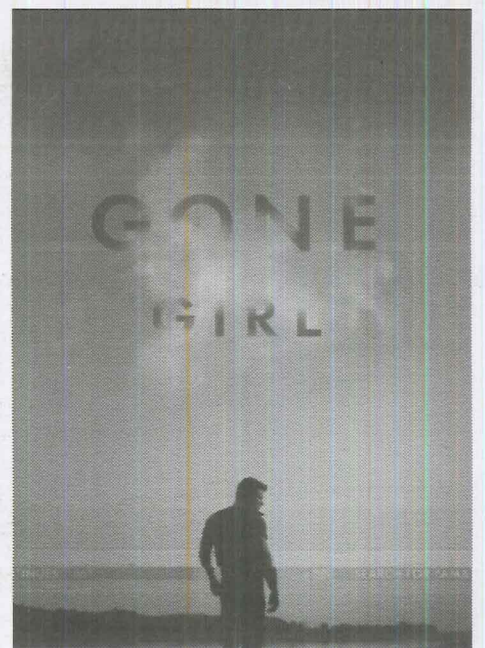
Do you think that all of your ex-girlfriends or boyfriends are crazy? Well, honey, you haven't seen "Gone Girl."

This film was absolutely insane, in a good way. Is it bad that I am now wildly attracted to Rosamund Pike? That explains to all readers that I have terrible taste in women.

From the acting to the production and cinematography, "Gone Girl" was unsettling in the best way. I would be shocked if it doesn't receive at least a few Academy Award nominations for Best Picture, Best Director (Fincher), Best Actress (Pike), Best Adapted Screenplay, Best Cinematography, Best Film Editing, Best Original Score, and Best Sound Mixing.

Although Affleck gave a very strong performance, I don't see him coming away with a nomination in a year with an especially strong Best Actor category.

Overall, every aspect of the film was exceptionally strong. "Gone Girl" does not try too hard to appeal to the viewer, it simply follows a good story and captures audiences'



attention because it is one-of-a-kind.

"Gone Girl" proves that bad people really are meant to be bad together. I would not be surprised if Nick and Amy Dunne spawned the Antichrist.

The Dunes' sinister love left me not able to take my eyes off the screen, even in moments where taking my eyes off the screen would have been better for my sanity.

Recently, I was thinking about putting myself back out on the market—single and ready to mingle—but "Gone Girl" makes me never want to get married.

I am legitimately worried that the person I fall in love with might end up being just like one of the psychos in the Dunne family.

"Gone Girl" was a stellar adaptation of the book, most likely because the film's screenwriter was also the book's author, Gillian Flynn.

Movies often do not live up to expectations books set. Be honest, how many movies have you seen that were better than the book? Flynn's adaptation of her own novel makes me feel like all authors should be hired as screenwriters for adaptations of their work.

It clearly worked well in this case. "Gone Girl" was one of the best film-adaptations of a book in the past few years.

Best Book-to-Movie Adaptations

Although not perfectly adapted, here is a list of some movies I thought were brilliantly taken from paper to the big screen. I strongly suggest reading both the books and watching these movies!

Gone Girl	Harry Potter Series
To Kill a Mockingbird	Misery
A Clockwork Orange	The Shawshank Redemption
One Flew Over the Cuckoo's Nest	The Devil Wears Prada
The Descendants	Pride and Prejudice
Flight Club	The Shining
The Lord of the Rings	The Perks of Being a Wallflower

DUNHAM DELIVERS WITH NEW BOOK



PHOTO FROM CREATIVE COMMONS

Lena Dunham, author of "Not My Kind of Girl," being interviewed in 2012 at Fortune's Most Powerful Women Conference.

By **DAVID MAIR**
Staff Writer

Lena Dunham's life — and book debut — is quite a page-turner.

At 28, Lena Dunham is the creator and director of the acclaimed Home Box Office (HBO) show "Girls." She has been nominated for eight Emmy Awards and has won two Golden Globes, and she was the

first woman to win the Directors Guild of America award for directorial achievement in comedy.

A few weeks ago, her first book was published by Random House. "Not That Kind Of Girl" is a collection of short essays.

The essays in "Not That Kind of Girl" are all about Dunham's experience growing up, how it has shaped her and how it continues to do so.

It is by no means a basic chronology of

where she grew up, what school she went to or who she associated herself with. Rather, it's a collection of essays and stories that invites readers into portraits of Dunham's life and thoughts as she grew up.

In one essay titled "Emails I would send If I Were One Ounce Crazier/Angrier/Braver," she writes several emails to anonymous people about things she wishes she could have said.

It includes an email to a childhood friend she first performed oral sex on when they were in college. She told him he should have called when her cat died.

"Grace," which discusses the loving relationship Dunham has with her sister, tells the story of her sister confiding in her about being lesbian.

One essay is simply a list of things she's learned from her mother. One example is that sometimes a dog smells another dog's "tushy," and it just doesn't like what it smells.

The collection includes many more hilariously thought-provoking pieces.

In this collection, Dunham demonstrates how talented she is as a writer. She eloquently depicts a very real experience of what it is to grow up — especially as a woman.

Her witty humor, along with an always-sarcastic undertone, coupled with her much-needed perspective on life enables readers to enjoy her stories while simultaneously gaining a new frame in which to view the day-to-day.

Without a doubt, young women will enjoy reading this book. It's not only relevant but possibly necessary in today's society, where women are sexualized.

While it does revolve entirely around a girl's life experience, men could also serve

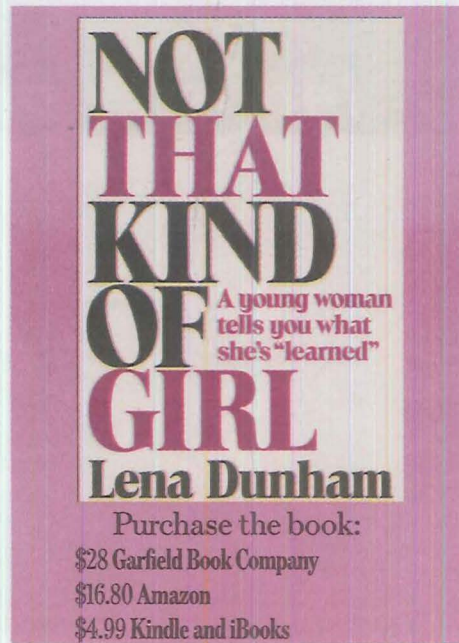
to benefit from it just as much, if not more.

Dunham's writings provide an insight that too often men do not bother to take the time to gain.

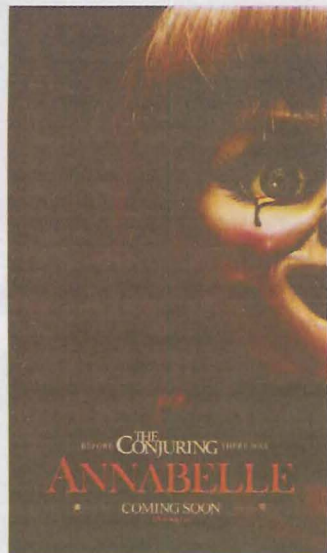
Each essay, though hysterical, force the reader to pause and realize that Dunham is pointing out something in her life that is true in others' as well.

It's a genuinely great read because of how Dunham is able to pull the reader in so well.

"Not That Kind of Girl" is a page-turner from cover to cover; with each essay being a gut-bustingly funny tale of Dunham's life. It reminds any who read it that life is awkward and uncomfortable but full of meaning and joy.



RELAND REVIEWS 'Annabelle' is a horror-ble fright fest



By **RELAND TUOMI**
Editor-in-Chief



On the heels of 2013's horror hit "The Conjuring," you'd think its prequel, "Annabelle," will legitimately scare you, but you'd be dead wrong.

The prequel follows a young couple, Mia and John, and their relationship with the creepy doll, Annabelle, from "The Conjuring." Annabelle didn't play a significant role to the plot in the first movie, so it makes sense to have an origin story for her.

Mia is pregnant and has a vast doll collection, while John is in his residency at a local hospital. They are attacked in their home by the neighbors' daughter and her boyfriend, who are soon shot down by the police. The neighbors' daughter dies in the nursery holding the Annabelle doll. Ever since, scary events happen to Mia and John, even after they move.

The film runs much like a typical demon/possession horror movie. There are some good jump scares, but other than that it's pretty predictable: girl gets scared, demon wants a soul, husband

and baby only show up when it's convenient, doll continues to be terrifying and you keep asking why doll collecting is a thing, blah blah blah.

One of my biggest pet-peeves in this film is the demon itself. Warning: here come spoilers.

One of the things about demon and possession movies is the demon is never or barely seen. This adds to the mystery, and therefore the fear.

In "Annabelle," you only see the

demon's hand at first, which is great, because it adds to the fear. But then we see it, full body and face. I laughed out loud, it looked ridiculous.

There is one light at the end of the Annabelle tunnel, though: there will be a sequel to "The Conjuring" in 2016 directed by James Wan, who directed the first film and co-produced "Annabelle," according to Deadline.

Overall, this is a fun, memorable movie. You'll get scared and tense, but easily shake it off in the next scene.

PLU Presents Green Hills Alone

By **BROOKE THAMES**
Guest Writer

Green Hills Alone, an up-and-coming musical artist based out of Portland, Ore., is coming to Pacific Lutheran University for the third time on Oct. 30.

Chris Miller, aka Green Hills Alone, has formed a lifestyle out of creating and sharing music.

Music struck a chord with Miller when he was a child, when he began playing the piano and violin.

In high school, he switched over to the guitar and began playing in bands with friends.

"I was one of those [musical] kids," Miller said.

Miller has since transformed into solo artist Green Hills Alone. His decision to continue

to pursue his music is rooted in his artistry and imagination.

Miller regards music as his way of staying creatively active and continuing to be inspired in the everyday world. This philosophy also extends into

Green Hills Alone Show
7:30 p.m. Oct. 30
Free in The Cave

his song writing.

Miller doesn't write about anything in particular, but lets the songs develop by themselves.

"You just kind of pick up your guitar, sing, and find out what it is you're singing about," Miller said.

The content of his

newest record developed out of the loss of a family member.

Death is the central theme of his new album — seeing it not as something that should be feared, but something transformative. It will be released later this year.

To Miller, music is a form of self-discovery and a way of separating from the bustling world around him. His stage name, "Green Hills Alone," is the epitome of that belief. It comes from a line of a poem that resonates deeply with Miller.

"Ralph Waldo Emerson ...has a poem called 'Goodbye Proud World' about saying goodbye to the busy world and finding peace in a solitary, natural space," Miller said.

Miller says his music

is his solitary, natural space, and he wants it to mean the same to his audience as it does to him.

Miller enjoys performing for PLU students and feels inspired by them.

"There's an energy and enthusiasm in people going to college that I get a lot out of," Miller said.

Anyone is welcome to gather and enjoy a night of fun and music with this up-and-coming singer-songwriter.



PHOTO COURTESY GREEN HILLS ALONE

School of business unveils new graduate program



PACIFIC LUTHERAN UNIVERSITY SCHOOL OF BUSINESS MASTER OF SCIENCE IN MARKETING RESEARCH

Industry driven, globally aware, ethically grounded

By **RELAND TUOMI**
Editor-in-Chief

Finding a job after college is on most students' minds, especially near the end of spring semester. With the new graduate program from the School of Business, it can be easier to get a higher paying job more quickly.

The Master of Science in Marketing Research (MSMR) is hosted by the School of Business and will be a full-time 10-month program starting in fall 2015.

The graduate program will begin its first cohort this fall and finish in June.

To receive an MSMR at Pacific Lutheran University, a student will take 10 classes adding up to 38 credits. The program will guide students as they develop and complete a marketing research project.

The classes focus on market research, data collections and synthesizing the data to present a project in June. Four classes will be taken in fall, one in J-term, four in

spring and one in June, so its might feel like a fifth year of undergrad.

"I think I might enroll [in the program]," said junior Kyle Parsons, a Business major emphasizing in Marketing and Finance. "You get it in less than a year, so it's really intense, meaning you get a lot out of it. Plus, you can get it really quickly."

Applications are due by March 1—earlier for international students—and are available online now at <http://www.plu.edu/admission/graduate/how-to-apply/home.php>.

The program is accepting 20 students and PLU alumni receive a 10 percent discount.

An applicant must have a bachelor's degree from an accredited university and a minimum 3.0 GPA. The application also requires a \$40 application fee, GMAT or GRE scores, an updated resume, an official transcript, an essay on personal goals between 300 and 400 words, and two letters of recommendation. All of this information can be found online.

This may sound like a lot of work, but compared to other graduate programs around the Puget Sound, PLU's MSMR is much more swift and concentrated.

For the University of Washington's MBA in the Foster School of Business, the application requires a \$160 fee, three recommendations, seven years of experience, an interview and will take two years to complete the degree.

Seattle Pacific University requires a \$50 application fee, GMAT of 500 or higher and GPA of 3.2 or higher, five years of post-baccalaureate work, two letters of recommendation and take three years to complete the degree.

"I'm interested in the 10 percent discount, but I also have been here four years already and I'm still not used to living in Parkland," said senior Dania Tolentino, a Communication major with an emphasis in PR and Advertising. "I'd be more inclined in doing it right after I graduate because I'll be 23 and already have my masters. But I might want to go out and get more

experience and more money before getting my masters."

For those still unconvinced about the graduate program, professor Mari Peterson, director of the MSMR program, says a master's degree will lead to a higher paying job.

"The average mean wage is highest in the state of Washington than the whole United States," Peterson said. "There is a need out there and that need is based on the number of positions and wages earned." And employers are more likely to higher someone with a masters rather than BA.

In addition to business majors and minors, interest may come from communication, computer science, economics, math and psychology students, said Petersons.

To learn more information about the MSMR program, attend the information session at 6 p.m. this Monday, Oct. 27, in Morken 103.

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Advocate for advocacy

By **ANGIE TINKER**
Co-Editor of *The Matrix*

What do the ALS Ice Bucket Challenge, the protests in Ferguson and the Ruth Anderson debate on vegetarianism all have in common? They're all forms of advocacy.

The word advocacy comes from Latin roots meaning "to speak for." This goes a long way in explaining how advocacy can take so many different forms, as people speak for the issues they care about, from topics such as healthcare, the environment, social justice, politics and more.

It's even in Pacific Lutheran University's mission statement, "[...] service, leadership, and care – for other people, for [student's] communities, and for the earth." Serving, leading and caring are all essential to being an advocate.

Small wonder, then, that PLU is full of advocates. One such person is junior Jenna Harmon, the president of the Grassroots Environmental Action Now (GREEN) club. GREEN has tackled a wide array of

environmental issues, such as trying to stop coal port terminals and encouraging PLU to divest from fossil fuels.

Harmon sees the environment in all parts of life.

"I always try to think about my impacts personally on the environment and reduce those," Harmon said. "I also try to educate others on ways to be more sustainable through GREEN, and the classes I'm taking will help me to work for environmental non-profits in the future and even this summer."

Jumping into advocacy can be hard, though. One on-campus group, the PLU speech and debate team, is interested in helping students learn the skills they need for advocacy.

Calvin Horne is an assistant coach for the debate team. He believes debate can help people become better advocates for causes they are supporting by "challenging [your] beliefs, giving you the tools to effectively communicate [your] views and by encouraging a culture of sharing and entertaining a wide variety of beliefs and values."

The debaters believe it. Sophomore

Matthew Aust details one of the unique benefits of debate, arguing for positions you don't agree with.

"It is important, if you want to persuade people, to acknowledge that alternative viewpoints are valid," Aust said.

First-year Hannah Bates agrees. Arguing new topics and different sides each round has helped her expand her views.

"Debate has also simply educated me on global events," Bates said. "Part of being an advocate for something is knowing about it and debate has given me the knowledge to better communicate my own ideas."

You don't have to be a debater to be an advocate, but it can't hurt. In the end, it's about bettering the world. As long as there's value in life, we have a responsibility to advocate.

"[Advocacy] means, fighting for what you believe, generally for policy and through political leaders, but fighting for what you see as right," Harmon said.

From *The Matrix*: Perspective

By **PAM BARKER**
Matrix Contributor

White walls
White shoes
White cars
White people
White World
Everything growing up
was white
An Advocate
I never dreamed I'd be
Perspective colored the sky
Love blurred my straight lines
Understanding opened a window
The fresh air was overwhelming
It's easy to think
That the world is
the way it always will be
But that
is not the case
Because people change
And come
And go
And adapt
Perspective is the key
I carried unknowingly
To unlock the world
And its beauty
Bright walls
Pastel shoes
Neon cars
Beautiful people
Technicolor World

Image Macros: The Poetic Form of the Internet Age

By **JAKOB MAIER**
Saxifrage Co-Editor

When asked to picture either a poem or a piece of visual art, people often conceive of two separate works: the visual as a painting on a canvas, a sketch in a notebook or a photograph in a frame, versus the poetic as a collection of words in black ink arranged on plain white paper.

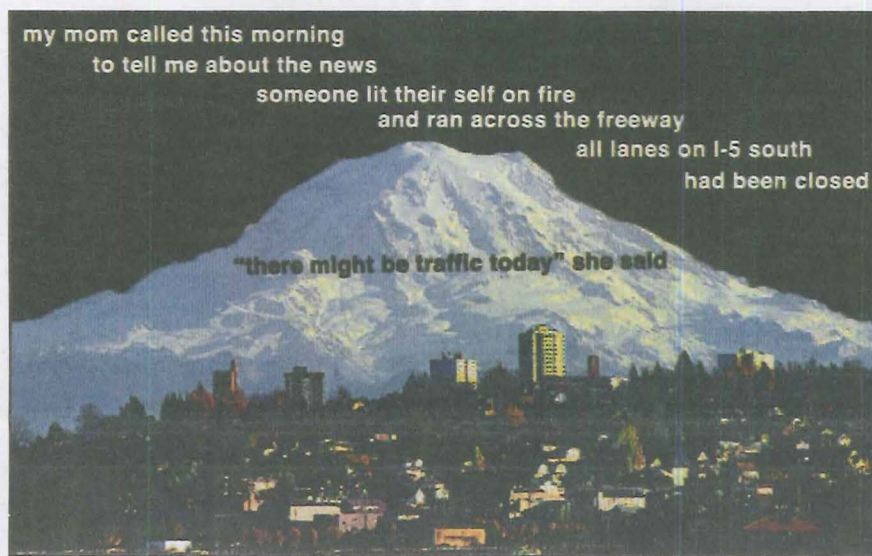
This dichotomy held for years with few exceptions—that is, until the advent of the image macro as a poetic form.

The image macro, defined simply, is text placed on top of a picture. The poetic image macro emerged from the image-based online meme tradition.

Influenced by movements like pop art, and the work of conceptual artists such as Jenny Holzer, poetic macros consciously took the basic image form of online memes and incorporated artistic elements in order to create a new, internet-based form of poetic expression.

Like all robust artistic mediums, macros come in many styles, but generally share a similar mode of presentation: short-form poetry digitally situated within an image in order to create a piece of art that is based on the relationship between the two. As such, they resemble a collage in how they incorporate multiple elements in a single piece.

Thriving writing communities of the Internet and post-Internet movements make prolific use of the macro, utilizing its visually arresting and easily accessible form to



"TRAFFIC" BY ANGELA SHIER

communicate messages that range from somber to comic, sincere to absurd.

Writers post them on Twitter or Tumblr, where their simple and interesting juxtaposition of image and text can garner hundreds of thousands of likes, retweets and reblogs. In this manner, the macro is truly the poetic form of the information-inundated internet age.

Image macros abound on websites and online literary journals such as *Internet Poetry*, *The Mall*, and *Have U Seen My Whale*. Recently, they have found their way into print in collections such as *Boost House's* 2014 release "The Yolo Pages."

This collection, also featuring selections from weird Twitter such as @horse_ebooks and flarf poets like K. Silem Mohammad, presents the diverse work of macro artists like Michael Hessel-Mial, Ashley Ophem and Pacific Lutheran University's own Angela Shier, who is one of the founding editors of *The Mall*.

In "Traffic," Shier demonstrates a collage-based approach to macros, creating a three-tiered background of city, Mount Rainier and plain black field on which to foreground the poem.

The text follows the slope of the mountain, but uses the mountain's body as a canvas for the poem's climactic line.

The poem as a visual object takes place in the mountain's presence in the canvas of the image, but the content of the poem itself also takes place in Mount Rainer's shadow across I-5. In this way, this macro achieves a form of interconnectivity in which each of its elements reference the others in familiar terms.

Shier's "Crying" is a more abstract macro form, wherein the text has no visual or emotional connection to its background. This disconnect causes the reader to need to create their own understanding of the link between



PHOTO COURTESY OF LEAH LARSON

Pam Barker graduated in 2014. She was a Political Science major, a successful member of the debate team, which was ranked in the top 32 teams of the country and the president of the Resident Hall Association in 2013-14, where she initiated inter-hall cooperation through monthly meetings. She is an assistant debate coach at Carroll University in Helena, Mont., where she teaches people to be successful advocates for the issues they find important.



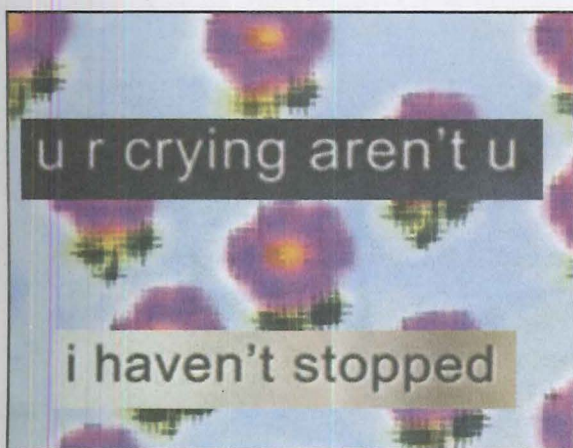
PHOTO COURTESY OF ANGELA SHIER

Angela Shier is a Anthropology and Communication major. She works for LASR as the Web & Tech Director and ASPLU as the Venues Director. She also reads tarot cards. Find her at the-mallmag.com, angeshier.tumblr.com, and @angeshier.

text and image—in this way, the abstract macro relies on metaphor to achieve its success and meaning.

The image macro is still an emerging and evolving form, initially defined by the Internet but now beginning to branch out into books, prints and even wheatpasted street art. Its rich combination of poetry and art makes it an exciting form at the crossroads of writing, graphic design and visual art.

Be on the lookout for image macros on the Internet, and consider creating your own.



"CRYING" BY ANGELA SHIER

Macros are short-form poems digitally situated on an image. This combination of text on art creates art based on the relationship between the two.

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Educate yourself on eating disorders: Thigh gaps and everything in between

By **TAHLIA TERHUNE**
Guest Writer

Eating disorders are the most lethal psychiatric illness.

According to ANAD (National Association of Anorexia Nervosa and Associated Disorders), up to 24 million people suffer from an eating disorder. This can include anorexia, bulimia and binge eating.

This isn't a new topic. Eating disorders have been discussed decade after decade, yet we still don't understand them.

"I almost feel like eating disorders is a tired-out topic for some people; it isn't new and cutting edge," senior Ruthie Kovanen said. "I feel like there is a danger in dismissing that and thinking it's not a problem."

I believe it's important to draw attention to the ridiculous online culture we have created via media surrounding the encouragement of treating our bodies poorly.

Instagram, Tumblr, Reddit, Pinterest and other social media platforms have become ammunition for a constant war a large portion of society is battling.

"Why can't we just be satisfied with the way our bodies look and be honest with ourselves about what's really going on?" said Dr. Neeru Bakshi, Medical Director of the Eating Recovery Center of Washington.

The Dove body campaign was a fresh alternative to the usual objectification of women we often see in media. I was relieved to finally see a company attempt to alter what we accept as the "norm" for beautiful.

Beautiful should be you, not a comparison of yourself to an idealistic-photoshopped image.

I was discouraged to learn that internal contradictions prove that loving your body is far from the core message. A beautiful movement was soon discredited once I realized Dove's parent company, Unilever, also owns Axe.

If you're unfamiliar with the Axe Body commercials, imagine barely-there clothing draped upon conventionally beautiful women lusting after men.

This double standard creates a lack of credibility in any uplifting movement they attempt to pursue.

We see what we want out of media. If you want to see recovery stories being used to raise awareness, you'll find it. If you want to see "real body" campaigns encouraging all shapes and sizes, you'll find that too.

Alternatively, if you want to find unrealistic bodies to compare yourself to, the Internet is plastered with them.

Blogs such as Tumblr, Pinterest and Reddit have subsections titled "Pro-Ana" (pro anorexia) or "Thinspiration," which naturally encourage eating disorders.

Eating disorders tend to be secretive, so having online eating disorder communities can be empowering and create a sense of community.

For example, if someone was aiming to lose a certain amount of weight, and they felt the urge to eat, they could turn to that online community for support to continue their unhealthy abstinence from food.

While it is comforting to feel support, there is a danger in a community that would encourage any form of malnourishment.

Another danger to this vicious thinking is the recent push to be fit or get healthy.

Of course health and fitness are something we should strive for, but we may just need to redefine what "fit" is and what "healthy" looks like.

Bakshi believes healthy is a balance with food, exercise and life. This idea of balance is so important.

If you are only focusing on the food and exercise, the stress of reaching perfection might compromise your quality of life. That is no way to live.

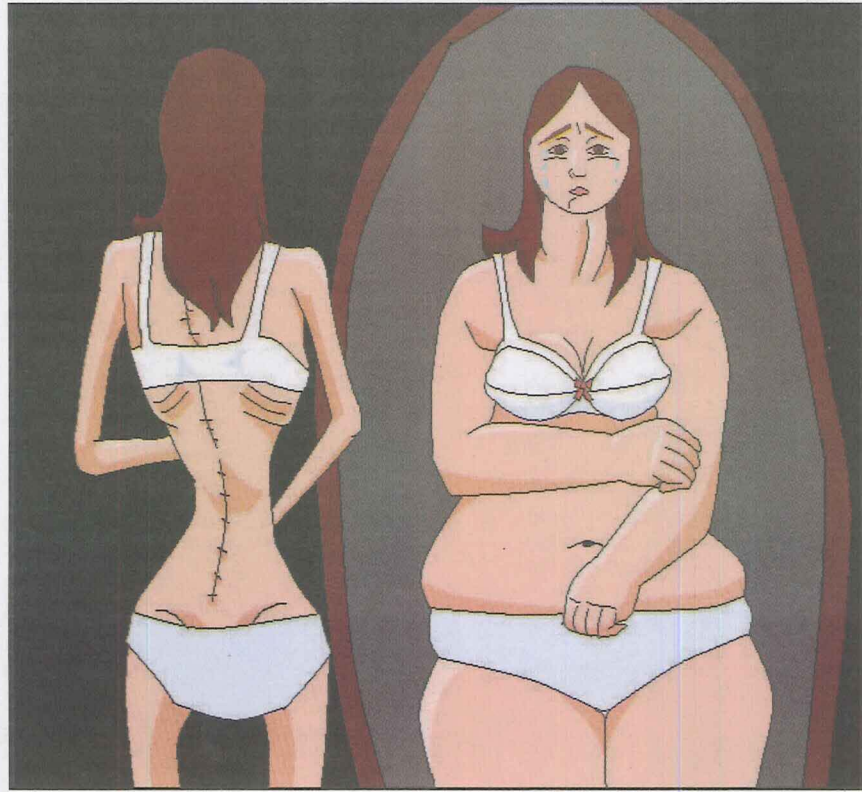


PHOTO COURTESY OF CREATIVE COMMONS

If you feel like you struggle with body image, an eating disorder or low self-esteem, consider visiting the PLU Counseling Center.

Anytime we are cutting out food, we are treating our body poorly by malnourishing it to some extent.

It seems a pattern of eating disorders is often to set a goal for what will allow the individual to feel OK. A goal might look like the common buzzword "thigh gap." This fairly recent trend calls for blank space between thighs. Some may have this naturally, and for those in the media it may be airbrushed. This means that the goal may be entirely unobtainable.

As college students, it's not uncommon to feel the pressure to have a slender body. According to ANAD, 95 percent of those with eating disorders are between the ages of 12 and 25.

For those of us in that age demographic, we are most likely familiar with the dreaded "freshman 15." In recent studies, it has been exposed as a

in school or work may be potential signs as well.

To begin, just acknowledge you've noticed some changes and you are genuinely concerned for them. It all begins with creating a dialogue. It is imperative that you are selective of the words you choose.

Avoid saying things such as "If you just ate you'd be okay" or "If you went on a diet then you'd feel fine." Being empathetic and willing to help are the best things you can do. Take that extra step to accompany them to the doctor's office or visit websites with them.

"Even if there is a hint of a question that you might have an eating disorder, reach out and get some help," Bakshi said. "There is no harm in reaching out and asking or getting an assessment with a professional."

Seeking help is nothing to be ashamed of and can only help. Even taking a moment to visit websites such as <http://www.eatingrecoverycenter.com> to get information can be beneficial.

"You are very strong and you are not alone," Kovanen said. "There are people to help you in this and it's not your fault; recovery is possible."

According to ANAD, only one in 10 people with eating disorders receive treatment.

Here at Pacific Lutheran University, many resources are available for those looking to reach out.

LuteFit acknowledges the relevancy of eating disorders and its impact upon the college-aged population. They encourage students to seek support from the Health and Counseling centers.

As a community, we must understand that eating disorders aren't just about food and they are not about a choice. Not eating isn't the problem, it's a symptom.

Eating disorders are a complex issue, emotionally and physically. We need to responsibly use social media to portray ourselves and our bodies. We need to hold advertisers to a higher standard or at the least, acknowledge the truth behind brand messages.

"Accept your body for what it is and what it can do for you and the strength and power that it has," Bakshi said.

The college age is a difficult time, earning new responsibilities and being thrown into a new culture in which we have more control over our lives. We need to respect ourselves and our bodies so others will too.

"You don't have to be skinny to have an eating disorder, it's not just about the food and it's not just for women"

myth that negatively contributes to the influence of eating disorders.

"For someone already at risk, it provides mental ammunition to perpetuate behaviors," Bakshi said.

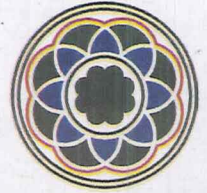
It's important to reach out for help because the side effects of eating disorders can be severe. According to ANAD, eating disorders have the highest mortality rate of any other mental health disorder and have a suicide rate 50 percent higher than the general population. Physical side effects include osteoporosis, heart damage, hair loss and fertility issues.

Many of us, including myself, can be naive to the truths of eating disorders. Bakshi provided some of the most common myths about eating disorders: you don't have to be skinny to have an eating disorder, it's not just about the food and it's not just for women.

"Men, like women, feel similar pressures to have a certain body type. I've experienced many male friends consume extreme amounts of protein just to bulk up because they feel like a muscular body type is what they need to view their body positively", first-year Matt Salzano said.

If you suspect a friend or family member may have an eating disorder, don't stand by.

Indicators may include the individual becoming more withdrawn or isolated. Changes in appearance or performance



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SPORTS SCOREBOARD

Football

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

LUTES' UPCOMING GAME: Oct. 25 vs. Willamette, 1 p.m.

Women's Soccer

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Puget Sound	10	3	0	8-2	Won 4
PLU	10	3	1	8-2	Won 1
Lewis & Clark	9	4	2	7-3-1	Won 3
Linfield	10	3	0	7-3	Won 3
Whitman	7	6	2	5-4-2	Lost 1
George Fox	3	8	3	3-6-1	Won 1
Whitworth	4	10	1	3-8	Lost 2
Pacific	5	8	1	2-7-1	Lost 3
Willamette	2	12	1	1-9-1	Lost 6

LUTES' UPCOMING GAME: Oct. 25 vs. George Fox, 12 p.m.

AROUND THE LEAGUE...

VOLLEYBALL: The Whitworth volleyball team completed its first sweep over PLU since 2010 and are tied for first place in NWC with the Lutes. PLU and Whitworth split wins this season with the Lutes winning the first match at home. If PLU wins out, they will win the conference.

FOOTBALL: Pacific University junior quarterback Warner Shaw completed 21 of 24 for 244 yards and three touchdowns with no interceptions to lead Pacific to a 31-28 win against PLU. Shaw finished the game with an 87.5 completion percentage, placing him in the top 50 in the NCAA Division III.

WOMEN'S SOCCER: University of Puget Sound junior forward Amalia Acorda-Fey scored three goals and two game winners over the weekend as the Loggers won games against Whitworth and Whitman. UPS is tied with PLU atop the NWC standings.

Information taken from <http://www.nwcsports.com/landing/index>

Men's Soccer

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Puget Sound	10	3	2	7-1-1	Won 1
Willamette	10	4	1	7-1-1	Won 4
Whitworth	11	1	2	6-1-2	Won 1
Linfield	6	6	1	4-4-1	Won 2
Pacific Lutheran	7	8	0	4-5	Lost 1
Whitman	7	8	0	3-6	Won 1
Pacific	5	8	1	2-6-1	Lost 2
George Fox	2	11	1	0-9	Lost 9

LUTES' UPCOMING GAME: Oct. 25 vs. Willamette, 2:30 p.m.

Volleyball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
PLU	15	4	0	8-2	Won 1
Whitworth	15	5	0	8-2	Won 4
Puget Sound	8	11	0	7-3	Lost 1
Linfield	7	8	0	6-4	Won 1
Willamette	10	9	0	5-5	Lost 1
Lewis & Clark	10	9	0	4-6	Won 2
Whitman	8	11	0	4-6	Lost 2
George Fox	3	17	0	2-8	Lost 1
Pacific	5	13	0	1-9	Lost 8

LUTES' UPCOMING GAME: Oct. 24 vs. George Fox, 7 p.m.

Santoro Speaks... Domestic abuse rampant in professional sports

By **GIANCARLO SANTORO**
Sports Editor

As we start to get into the tail-end of October, it may surprise many of you to know that October is Domestic Violence Awareness Month.

Unfortunately, it may not be as much of a surprise that a number of talented professional athletes are currently either on trial or being investigated for domestic violence.

One high-profile example is Ray Rice, 27, a former running back for National Football League team Baltimore Ravens.

Rice is accused of knocking out his wife, who was his girlfriend at the time, and dragging her unconscious body onto the street, all of which was recorded on a security camera.

The NFL's response was to suspend Rice indefinitely. He was also cut from the Ravens and is awaiting trial in November.

Hope Solo, 32, the starting goalkeeper for the United States Women's National Soccer team, is also awaiting trial in early

November after being accused of assaulting her half-sister and 17-year-old nephew while intoxicated.

These two situations show that domestic violence is gender-blind. It also shows some athletes never learned the rule "don't hit," in pre-school.

There are differences in the two cases, however, mainly in the fact that Rice was caught on video versus Solo whose charges are written up on a police report.

While Rice's foolishness is practically an open-and-shut case, his lawyers are preparing to argue that he should be reinstated into the league and only serve a six game suspension, the maximum number according to the NFL's domestic abuse policy.

Meanwhile, Solo, who faces up to six months in jail if found guilty, has been representing the U.S. at the 2014 CONCACAF Women's Championship, and started in goal as early as a week ago.

All of this begs the question of why any sort of no tolerance policy regarding domestic and sexual abuse has not been drafted in American professional sports.

Of course, every situation is different, and the law "innocent until proven guilty," should be followed.

If an athlete is on trial, surely the minimum penalty is that he or she should be banned from practice and games.

By not banning these players, it sends a message that athletes are exempt from punishment the rest of society faces.

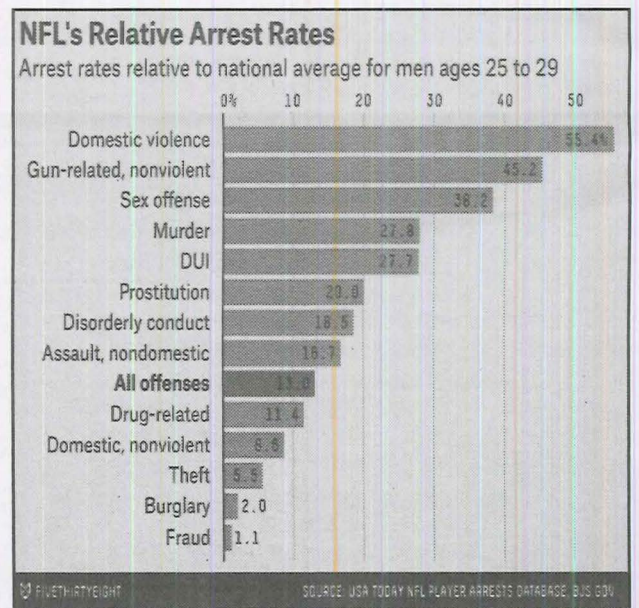
It's hard to measure the damage that is done to the image of the player and the team the player represents in situations like this, which is probably also why it is so difficult to come up with a minimum amount of time an athlete should serve a ban.

Double digits usually do the trick.

Surely 10 games should be considered, because the only way to teach athletes

to follow the rules is to hit them where it hurts.

By taking them off the field.



GRAPHIC COURTESY OF FIVETHIRTYEIGHT

Seattle Seahawks just don't look the same

By **AUSTIN HILIKER**
Guest Writer

One year ago, the Seattle Seahawks sat atop an impressive 6-1 record, where they utterly dominated almost every team in all three phases of the game offense, defense and special teams.

By the time the regular season was over, the Seahawks were the favorite to make it to the Super Bowl, and in regard to that game, well, just look at the ring running back Marshawn Lynch has.

Fast-forward to the current 2014-2015 season and critics are now talking about how the Seahawks will struggle to even make the wild card spot in the NFC.

Intense locker room issues led to the trading of standout wide receiver Percy Harvin to the New York Jets just last week, creating a media storm hours prior to the Seahawks 28-26 loss against St. Louis.

A verbal outburst by wide receiver Doug Baldwin, "we have to quit BS-ing ourselves," after losing to the Dallas Cowboys on week five shows that cracks are starting to form in the Seahawks previously impenetrable armor.

It seems that being the defending Super Bowl champions is much harder than most people thought.

Add all these problems together and we have a dismal Seahawks team on a two-game losing streak, struggling to find their true identity and in a mad scramble to figure out who will replace Harvin in the line-up.

It seems that every team that wins a Super Bowl one year, struggles at one point during the next season with these kinds of issues.

The almighty Baltimore Ravens with Hall-of-Fame linebacker Ray Lewis didn't make the playoffs following the Ravens' Super Bowl win during the 2012-2013 season, and it shocked a lot of people.

With all this said, is there any sort of solution? Indeed there is.

And it involves Marshawn Lynch.

During the three losses that the Seahawks have endured this season, Marshawn Lynch only touched the ball 18 times or less: six times against San Diego, 10 times against Dallas and 18 times against St. Louis.

When Lynch touches the ball 20 times or more, the Seahawks have won every game by at least six or more

points.

Coincidence? I think not.

Lynch is one of the most dominant running backs in the league at the moment, and to not give him the ball just seems absolutely ridiculous.

Being a defending champion seems to really have put a target on the Seahawks' backs and based on their performances during this year, these attacks by their opponents are really starting to beat them down.

Thank goodness we haven't even hit the halfway point of the regular season, and there is still time for the defending champions to turn things around.

Let's just hope Lynch can get a few more carries and in turn take our beloved Seahawks back to where they belong.

Back on top.



Volleyball swept Friday, rebounds Saturday

Lutes share summit with Whitworth in NWC

From ATHLETICS COMMUNICATIONS

Game 1

The Whitworth Pirates completed the sweep of seventeenth nationally-ranked Pacific Lutheran University on Friday night with scores of 21-25, 20-25 and 21-25.

It marked the first time the Pirates have swept the Lutes since 2010.

PLU and Whitworth now share first place in the Northwest Conference standings with each team owning a 7-2 record.

PLU is 14-4 overall, while Whitworth is 14-5.

A Lutes offense that is not familiar with double-digit kills was limited in this match.

Junior Lucy Capron and senior Amy Wooten tallied eight kills each while senior Ariana Judson and junior Kylai Cooley added six apiece.

Judson led with a .294 attack percentage.

Senior Samantha North guided the Lutes with 27 assists and senior Amber Aguiar led with 19 digs while Capron added 16.

PLU finished with a .106 team attack percentage while the Pirates were limited to a .180 clip.

Whitworth's defense posted 14 blocks in comparison to PLU's nine.

For the Pirates, sophomore Brenna Bruil led with 11 kills and a .292 hitting average.

First-year Cassandra Mendoza added 11 kills while sophomore Haley Vick contributed 10.

Junior Maddye Dinsmore tallied 37 assists and junior Elizabeth Ginley led with 18 digs.

Following a 4-4 tie in the first set, Whitworth scored 12 of the next 16 points to pull ahead 12-6 on its way to a 25-21 Pirates set victory.

In the second set, the Lutes came from behind to push a 10-10 tie.

The set remained tightly contested from there, but the Pirates would score eight of the final 12 points to take the 25-20 victory.

Both teams battled it out in the third set as it featured 11 tie scores.

With a 7-6 score, PLU took possession of the lead for the first time in the match.

The Pirates would jump ahead only to once again relinquish the advantage to the Lutes.

With the score 21-20 in PLU's favor, the Pirates rallied for the final five-consecutive points to take the 25-21 set victory and complete the sweep of Pacific Lutheran.

Action continued on Saturday night when PLU traveled to Walla Walla, Wash. to matchup with Whitman.

Game 2

No. 17 Pacific Lutheran University and Whitman battled it out in five-sets on Saturday with the Lutes taking the 3-2 victory with scores of 22-25, 25-16, 21-25, 25-19 and 15-6.

PLU advanced to 8-2 in Northwest Conference play, 15-4 overall while the Missionaries are 4-6, 8-11 overall.

The Lutes remain tied with Whitworth for first place in conference standings.

PLU junior Lucy Capron led the Lutes with 24 kills while senior Samantha North guided her offense with 46 assists.

Both Capron and North added 13 digs while libero Aguiar led with 29.

Junior Michaela Edgers accounted for eight of the team's 19 total blocks, adding five kills with no errors in 10 attempts.

The Lutes limited Whitman to a .056 team attack percentage.

"One word: GRIT," head coach Kevin Aoki said after the match. "Capron lit it up but Edgers was the difference maker. The team played with so much heart."

The Lutes took a 14-11 lead in the first set only for Whitman to put up a six-point rally, shifting the momentum in its favor.

PLU pushed a 22-22 tie, but the Missionaries recorded the last three points

to take the 25-22 win.

In the second set, the Lutes owned an early 3-0 lead and would never trail the Missionaries, eventually taking the 25-16 set victory.

The third set was tightly contested, featuring nine tie scores.

Following a 18-all score, Whitman put away seven of the final 10 points to win the set 25-21.

With the 16-12 score in Whitman's favor in the fourth set, PLU initiated a momentum shift and scored 13 of the final 16 points to tie up the match and push a fifth set.

The Lutes kept their pace in the fifth, scoring the first five points on their way to the 15-6 final score that secured the five-set victory.

After much time spent on the road, PLU volleyball returns home to play five-consecutive matches on their home court in Olson Auditorium.

The Lutes will host George Fox and Linfield on Friday Oct. 24 and Saturday Oct. 25. Both games are set for 7 p.m.

Men's soccer splits games against the Whits

By CHRISTIAN BOND & DEBORAH CABANOS
Guest Writers

Game 1

Looking to make a run toward the top of the table to end the season, the Pacific Lutheran University Men's Soccer team took out the Whitman Missionaries in its Northwest Conference game at East Field with a 2-0 victory.

Hovering around .500 midway through the season is not really a place any sports team wants to be, but that's the position the Lutes found themselves in heading into the game on Saturday.

Early in the game, a controversial no call got both Lute players and fans fired up.

Whitman senior goalkeeper Niko Contos came out of the box after a ball that PLU first-year Joel Frykholm was going after.

This resulted in a huge collision between the two athletes just outside the 18-yard box.

No card was issued to the Whitman keeper, sending Lute players into a frenzy.

Frykholm had to leave the game with an injury.

In the first half, the Lutes came out aggressive.

Near misses from first-year Eddie Na and sophomore Christian Nesselquist were encouraging, and the Lutes were getting the looks they wanted.

In the 33rd minute, junior Jordan Downing was chasing down a ball going towards the goal.

Contos made an effort to knock the ball away to safety with a slide tackle before Downing could reach it.

Taking place inside the Whitman 18-yard box, the keeper got everything but the ball, resulting in a red card, leaving the Missionaries with only 10 players.

Whitman's back-up goalkeeper, senior Stuart Ellsworth was substituted in to take Contos' place in goal.

The red card resulted in a penalty kick for the Lutes which sophomore Diego Aceves drilled into the top right corner of the goal.

The Lutes lead the Missionaries 1-0 at halftime.

PLU did not let off the gas pedal.

In the second half, during the 69th minute, senior Justin Manao skipped a ball past the keeper for another goal.

First-year Bennett Bugbee set up the opportunity for his teammate with a nice pass.

Manao was able to turn and fire from the right side of the goal, and get it past the keeper in the bottom left corner.

This game didn't consist entirely of PLU offense.

The defense was able to keep Whitman off the scoreboard to record a rare shutout for the Lutes.

PLU junior goalkeeper Mike Arguello brought both saves and leadership to the Lutes.

Commands from Arguello to his defense about where to be on the field helped the Lute defense stay organized and keep Whitman off the scoresheet.

Game 2

Eager to build off of their win Saturday against the Whitman Missionaries, the Pacific Lutheran University Men's Soccer team entered the field hoping for another win.

Unfortunately, the Whitworth Pirates came out with the win, inching by the Lutes with a 4-3 score.

The first 30 minutes started slowly, with neither team able to score. The action started picking up when the Lutes scored the first goal.

PLU seniors and co-captains Justin Manao and Kevin Wien worked together to bring the Lutes on the scoreboard in the 31st minute of the game.

Manao whipped in a free-kick with Wien making a clean kick to get the ball into the goal. It was Wien's first goal of the season.

Their 1-0 lead was cut short when Whitworth scored two penalty goals in the following ten minutes.

The first one was scored by junior Michael Ramos in the 36th minute of play. The next penalty was scored by sophomore Sam Engle, giving the Pirates a 2-1 lead going into halftime.

The intensity level of the game skyrocketed after halftime.

In the 51st minute of play, Engle scored again from a corner kick by sophomore Spencer Wolfe to bring the Pirates up to a 3-1 lead.

Whitworth junior Tyler Clarke scored a goal with the help of junior Robby Uben.

With the Pirates scoring yet another goal, it brought them to a substantial lead of 4-1.

With the intensity building on the field, spectators observed a lot of unfair calls made by the referee. However, the Lutes did not let the crowd put them off their game.

"The referee is something that we cannot control so we should focus on the things that we can control and get past all of that," Wien said.

With the pressure to score mounting by the minute, the Lutes fought hard to redeem themselves.

Within five minutes, first-year forward Eddie Na scored two goals to cut down the Pirates' lead.

Na proved his skill and speed by going around Whitworth's defense to make a goal in the 75th minute of play.

Manao contributed to the last goal of the game when he provided the assist for Na to score in the 79th minute.

"The last 20 minutes brought us together and it showed how much of a team we are and how we fight for each other," junior defender Luke Martinson said.

As time was running out, the Lutes tried their best to tie the score.

Unfortunately, there wasn't enough time as the Pirates' defense retaliated by taking control of the ball.

The clock ran out of time, giving Whitworth the 4-3 victory against PLU.

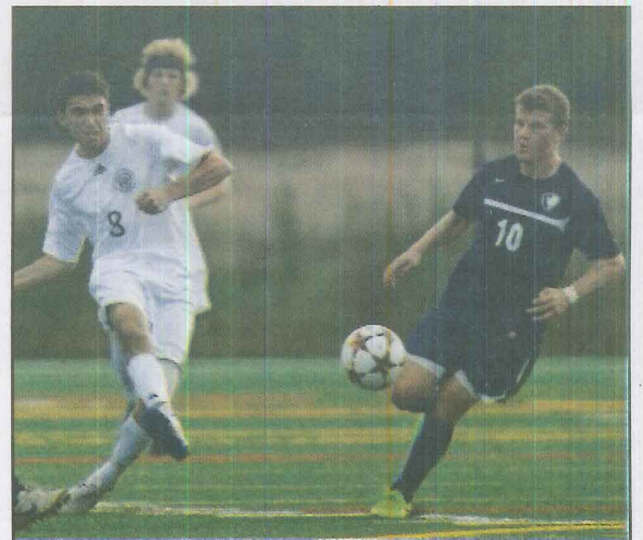


PHOTO COURTESY OF JOHN FROSCHAUER

PLU senior midfielder Justin Manao passes the ball between two Whitman defenders during the team's 2-0 win on Saturday. It was Manao's first goal of the season. Manao finished the weekend with two assists against Whitworth in PLU's 4-3 loss Sunday.

This loss for the Lutes gives them a 4-5 conference record with Whitworth at a 6-1-2 conference record.

The Lutes will return home next weekend against Linfield and Willamette on Saturday and Sunday, respectively.

Both games will start at 2:30 p.m.

Game 1 by Christian Bond and Game 2 by Deborah Cabanos

Final Home Games

Oct. 25 vs. Willamette- 2:30 p.m.

Oct. 26 vs. Linfield- 2:30 p.m.

*Oct. 26 game is Senior Night. Seniors Justin Manao, Kevin Wien and Drew Sadowsky will be honored prior to kickoff.

Women's soccer still tops NWC despite loss

Underclassmen lead team to win on Senior Day

By **DAVID MAIR**
General Writer

Game 1

Pacific Lutheran University's Women's Soccer team went up against the Whitman Missionaries on Saturday at East Field, and despite taking the lead first, the Lutes ultimately fell 2-1 in its Northwest Conference game.

Prior to the match, the Lutes sat nicely atop of the NWC conference standings and was ranked 25th in the nation.

Whitman, on the other hand, was only ranked fourth in the NWC conference, with a 4-2-2 record.

"Whitman played good on the day with one player scoring two special goals," said PLU head coach Seth Spidahl. "We probably deserved a second goal to tie the game but it just didn't happen. Sometimes that is just soccer."

The Lutes came out strong with the whole team sporting pink socks in support of breast cancer. At the 10th minute of the game, sophomore forward Kaylie Rozell scored from about 10 yards out with the assist from first-year forward Kelsey Hathaway.

Unfortunately for the Lutes, after the goal the energy seemed to slip away as Whitman took control of the rest of the first half. In the 38th minute, Whitman scored, ending the first half tied at 1-1.

"They [Whitman] were really good at possessing the ball, they connected well with each other and were very fast," Rozell said. "As a team I think we struggled a little bit in the end of the first half, but came back better in the second."

To the dismay of the Lutes, the Missionaries came out even stronger in the second half, scoring almost immediately from about 18 yards out in the 53rd minute.

At the 87th minute, Hathaway went for what would be the final attempt on goal for that game and missed. The game ended with Whitman taking the win, 2-1.

"Even though we were down, we never stopped working hard as a team," Rozell said. "I think we finished the game out strong even though we didn't come out with the win."

Despite losing its three point advantage atop the NWC, Spidahl found positives in the loss.

"I told the team the good thing about winning is you're winning, and the bad thing is the target grows bigger with

each win," Spidahl said. "Sometimes we have to take a step backwards to continue to move forwards."

The Lutes faced off against Whitworth the following day.

Game 2

Under the blazing sun, the Pacific Lutheran University Women's Soccer team was looking to get back to winning after its seven-game streak was snapped with a loss the previous day against Whitman.

The Lutes faced off against the Whitworth Pirates and came away with a 2-0 win Sunday.

Prior to the game, the team honored seniors Blake Warner and Hannah Bush for their contribution to the women's team in a Senior Night ceremony.

"My attitude going into the game was just to play hard for each other and not to worry about losing the day before," Bush said. "I thought losing sort of gave us a good idea of the challenges ahead and that other teams are going to come out hard for every game and we need to be ready."

The Pirates maintained control at the start of the game, though the Lutes' defense was enough to keep the Pirates from scoring.

Closer to the end of the first half the Lutes finally got their sea legs, pushing back with great momentum.

In the 25th minute, first-year forward Machaela Graddy took a great shot at goal.

Not long after, in the 31st minute, first-year forward Kelsey Hathaway saw her attempt at goal miss wide.

While the Lutes couldn't score a goal in the first half, they kept up consistent ball movement among each other.

Finally, in the 34th minute, sophomores Lena Moreno, defender, and Kaylie Rozell, assisted forward, in an amazing goal off a corner kick.

The first half ended with PLU up 1-0.

Throughout the second half of the game, the Lutes continued with great momentum and strong defense, leaving the Pirates unable to score at all for the rest of the game.

It didn't stop there, though, for PLU. In the 80th minute forward Machaela Graddy won the ball from a defender and went on to beat the goalie, sealing the game for the Lutes at 2-0.

With the win, the Lutes are tied with University of Puget Sound for first place in NWC with a record of 8-2 and 10-3-1 overall. Whitworth fell to 3-8 in conference and 4-10-1 overall.

PLU will head south to Oregon to face off against George Fox, ranked seventh in NWC, on Saturday Oct. 25 and Lewis Clark, ranked fifth in NWC, on Sunday Oct. 26. Both games are at noon.

The Lutes have the potential to take a big step toward the NWC title when they host UPS at home on Oct. 29, something the team is getting ready for.

"We are very excited to take on UPS at home," Warner said. "I think it's our year to take the conference."

Giancarlo Santoro contributed to this article



PHOTO COURTESY OF ATHLETICS COMMUNICATIONS

The women's team poses with seniors Hannah Bush and Blake Warner during the Senior Night ceremony. Both players were honored for their four-year contribution to the team prior to kickoff against Whitworth on Sunday.

Football stunned by Pacific, lose second game in NWC

By **STEVEN MCGRAIN**
Guest Writer

The Pacific Lutheran University football team played out an unorthodox Northwest Conference game against Pacific University on Saturday, falling to the Boxers 31-28 for the first time since 1972.

PLU's defense faced off against a strong Pacific offense who simply played their best football at home in Forest Grove, Ore.

Pacific's junior quarterback Warner Shaw did not throw an incompletion until the third offensive drive and marched to a touchdown on the Boxers' opening drive.

Shaw completed 21 of 24 pass attempts for 244 yards and three touchdowns.

Regarding the play of Shaw, PLU senior safety Derek Kaufman said, "his ability to extend plays and elude our pass rush, gave them an opportunity to continue drives."

Pacific dominated the time of possession due to the inability of the Lutes to force a fourth down.

The opposition would find themselves in a third down situation 15 times throughout the span of the game, but PLU's defense could not get off the field, as Pacific converted 11 of those 15 attempts into first downs.

On the other side of the ball, PLU's offense only converted three out of eight attempts at a first down, resulting in the Boxers controlling the time of possession by nine minutes.

Lute senior quarterback Dalton Ritchey had an uncharacteristic outing.

Ritchey, who averages 153 passing yards per game, recorded 127 yards and his main target, senior wide receiver Kyle Warner, accounted for 105 yards.

The one thing the Lutes quarterback does throughout the progression of the game is spread the football around to multiple receivers. On average he finds six different playmakers, but Saturday he only targeted four.

Ritchey finished the game completing 14 of his 25 pass attempts for 127 yards and three touchdowns.

Senior tight-end Lucas Sontra recorded his first touchdown of the season.

"We performed well, we pass blocked well and were able



PHOTO COURTESY OF PACIFIC UNIVERSITY'S ATHLETICS COMMUNICATIONS

Pacific University quarterback Warner Shaw carries the football against the PLU defense during the Boxers 31-8 upset win over the Lutes. It was the Boxers' first win over PLU since 1972 and the team is tied for first place in NWC with Linfield with a record of 3-0. PLU dropped to 1-2 in conference.

to consistently gain 5.5 yards per carry," PLU junior offensive lineman Cody Erpling said. "We just ran out of time in the end."

With the loss, PLU drops to 3-2 on the year, the two losses coming in NWC competition making a chance at the playoffs nearly impossible after reaching the postseason the last two years.

Pacific continues its surprising run up the NWC and is 3-0 in conference and 3-2 overall.

"At the moment, we are focused on playing Willamette this week, nothing more, nothing less," PLU senior wide receiver Austin Hilliker said.

PLU welcomes the Willamette Bearcats to Sparks Stadium in Tacoma, Wash., on Saturday, Oct. 25. Kickoff is at 1 p.m.

Stat Sheet

-The Lutes have had two or less Northwest Conference losses every year for the past five seasons.

-The last time PLU lost more than two NWC games was in 2009 when the team finished 3-3.