

THE MAST

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LOLLA PLUZA

FULL LINEUP ANNOUNCED

PICKWICK

Pickwick's unique brand of "Garage R&B" has catapulted them into the limelight of Seattle's indie-rock scene. They've finished recording the follow-up album to their 2014 album "Can't Talk Medicine." The Vancouver Sun calls Pickwick a "good, honest shot in the arm" for the bluesey rock n' soul style popularized by The Black Keys.



PROM QUEEN



The Stranger calls Prom Queen (or Celene Ramadan and her band) "more than simply songs, it's a larger-than-life throwback of lavish camp and swoopy eyeliner." Their music combines elements of surf rock with spaghetti-western and what they call "60s cinematic rock."

DAVE B



Seattle hip-hop artist and producer Dave B. comes to LollaPLUza this year, fresh off his 2015 EP "Punch Drunk." Punch Drunk is rife with unique beats and layered lyrics. Hotnewhiphop.com gives his latest single, "Olive Oil," a "HOTTTTT" rating from editors, and a "VERY HOTTTTT" user rating. His beats are playful, his voice is bold, and his wisdom is unparalleled.

"Olive Oil" is my audio ode, showing appreciation to all of the pretty girls with melanin, rocking their fly natural hair," Dave B. told Hotnewhiphop.com.



Winner of the 2014 Experience Music Project's SoundOff! Competition, Otieno Terry will be at LollaPLUza following his tour with previous LollaPLUza headliner, Sol.

His performance at the 2014 SoundOff! Competition was deservedly praised by The Seattle Times; "Terry [...] produced an eclectic and soulful set that brought the audience along on its emotional ride. It's a skill that, although young, Terry has already honed." Here he is performing StarShip <https://www.youtube.com/watch?v=kaWqGYEKTtI>

NAVVI



From their soundcloud: "NAVVI is the experimental electro-pop project formed by Kristin Henry and Brad Boettger. The Seattle duo blends pop melodies with darker, looming beats and production." Their music pulls from minimal atmospheric electro-pop ala 2010 Grimes. It's guitar-driven pop that has a lot of fun with itself.

"My thought was to just keep it as minimal as possible and see how far we can take this thing without anybody else," NAVVI's guitarist Brad Boettger told The Sunbreak.

Check out two new singles from their new album; In Gold and Polychrome.

READ MORE ABOUT PLUZA INSIDE

Take Back The Night:

Lutes marched, yelled and shared stories to raise awareness for sexual assault



PHOTOS COURTESY OF LIAM KELLY
70 students marched, yelled and brandished signs to raise awareness of sexual assault. Led by cheerleaders Yadira Avendano and Marisol Espinosa, the group rallied for an hour around campus.



Melissa Williams (left) and Jennifer Childres (right) shared stories as they emceed the event.

JEFF DUNN
News Editor
dunnja@plu.edu

Around 70 students, staff and faculty met in Red Square for Take Back the Night, an annual rally to raise awareness of sexual assault on April 21.

"We here at PLU [Pacific Lutheran University] want to be heard loud tonight. It's an opportunity for survivors, for friends, for allies, to stand up and take back what's theirs," said Jennifer Childres, the women's basketball coach, who emceed the event with Harstad's Resident Director

Melissa Williams. "This night is about our empowerment."

The group marched its way around the campus for about an hour, yelling chants of solidarity at full volume, led by cheerleaders junior Yadira Avendano and sophomore Marisol Espinosa: "I wish I may! I wish I might! Free our lives! Take back the night!" "Wherever we go, however we dress, no means no and yes means yes!"

Before they marched, survivors and allies shared stories and anecdotes of sexual assault. Vice President of Student Life Joanna Royce-Davis shared her story.

"I belong to a group of student-first educators who've experienced sexual

assault. Somehow, we have a hard time naming it," Royce-Davis spoke to the crowd. "The group recognizes that our stories open the doors to action, along with the stories of our students and our communities. We begin to disclose, to remove the protective covers, to shine the light."

Not only sexual assault survivors spoke in front of the crowd, but also allies. Assistant Professor of Religion Seth Dowland addressed the crowd as an ally, bystander and supporter.

Finally, Associated Students of Pacific Lutheran University President Ellie Lapp spoke. She addressed the question of "If

these acts of violence haven't affected you, why should you care?"

"My answer [...] always has been 'Actually, I have been. We all have.' This space is full of people who have had experiences where their gender, sexuality, race, class, ability or other aspects of their identity have been used against them, used to maintain systems of power and oppression," Lapp said. "These acts of aggression don't have to be grand or severe."

After all the speakers, the attendees started off around campus to the tune of "Respect! Equality! That's the way it's gotta be!"

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Calling a new pastor: University Pastor nominee aims for diversity

ERIN BAKER
News Writer
bakeree@plu.edu

A University Pastor candidate hopes for the opportunity next year to incorporate his experiences from working at Trinity Lutheran College to help college students explore diversity and Lutheran identity on campus.

Reverend Erik Samuelson, a Pacific Lutheran University alumnus, said during an open forum on April 13 that he feels called to work with college students in the PLU community, hoping to engage with Lutheran heritage while being open to diverse neighbors and expressions. With five years

of experience as the University Pastor at Trinity Lutheran College, Samuelson learned to articulate ways of engaging with Christian faith and practice among a diverse community. He takes a particular stand on the ways he believes ministry should interact with its community.

"We need to apologize for the things Martin Luther said and the way Lutherans have moved forward, especially with Islam and doubly-especially with Judaism," he said. "He wrote some nasty stuff that [...] has been used for evil rather than good. We need to own that and claim that and engage differently."

Samuelson said that although he is a "Luther guy," he is also critical of him. Samuelson said we

must recognize these claims made by Luther in order to state that we no longer recognize those claims as true. He said by doing this, we will be able to engage in interfaith work.

Samuelson discussed the concern of Lutheran identity. Are we losing it? Are we keeping it? As PLU continues to grow as a community, Samuelson said the challenge rises from maintaining our Lutheran identity, while still being able to engage with communities around us. While Samuelson recognizes this difficulty, he does not seem deterred by these challenges.

"This dialogue piece is really key, and I'm really excited about the role the University Pastor can and probably should play in



Trained as a community organizer, Samuelson aimed to talk to students one-on-one to figure out a solution to this problem. He trained students who were part of the Campus Ministry group to do one-on-one conversations with their peers. From these conversations, Samuelson learned that testimonies were missing from their chapel time. With these incorporations, Samuelson noticed more and more students coming to chapel.

From these experiences, Samuelson said he learned more about the incorporation of students' ideas and needs in order to make a more accepting community.

All in all, Samuelson said he looks forward to the opportunity to serve as the University Pastor "at this critical moment of PLU's life." With his experience and excitement, Samuelson hopes to make change and promote diversity within PLU's ministry and community.

For more information regarding Reverend Samuelson's plans for PLU, please visit <http://www.plu.edu/student-life/documents/file-group/university-pastor-candidate/>.

that," he said. "As an alum, I like this direction."

During the questions portion of the forum, Samuelson spoke about how he engages with students on a personal level in order to enact change. At Trinity Lutheran, Samuelson said that the population of school was approximately 35 percent students of color. After one sermon, where he only could see one African-American student in the chapel, Samuelson said he realized there was brokenness.

"This is not a community," he said. "This is a subset of folks."

Erik Samuelson was the first candidate interviewed at an open forum for the University Pastor position. The Rev. Jen Rude was interviewed Wednesday, April 20 and the Rev. Steve Jerbi was interviewed Friday, April 22.

The Rev. Jen Rude is currently a pastor serving in the Metro Chicago Synod of the Evangelical Lutheran Church of America as the Program Director for Extraordinary Lutheran Ministries.

The Rev. Steve Jerbi is currently the Senior Pastor of All Peoples Church in Milwaukee, WI.

All the candidates curriculum vitae and Mission Statements can be found at plu.edu/campus-ministries/calling-a-new-pastor

PHOTO BY ERIN BAKER



CSI: Campus Safety Investigations Taken from weekly Campus Safety reports

Alarm in Stuen

Campus Safety (CSAF) responded to a fire alarm in Stuen Hall. CSAF and CPFR discovered the cause of the alarm was the use of a personal toaster in one of the residence hall rooms. The resident was contacted about the use of the toaster in the room. This incident has been forwarded to SRR for review.

Alcohol Violation in Stuen

A fire alarm was activated in Stuen Hall. CSAF and CPFR checked the room that was the source of the alarm. In plain view inside the room was an open champagne bottle. When the student returned to the room he was asked about the bottle. He stated the bottle was given to him by a friend and that it only contained water. CSAF checked the contents and determined it was water. This incident has been forwarded to SRR for review.

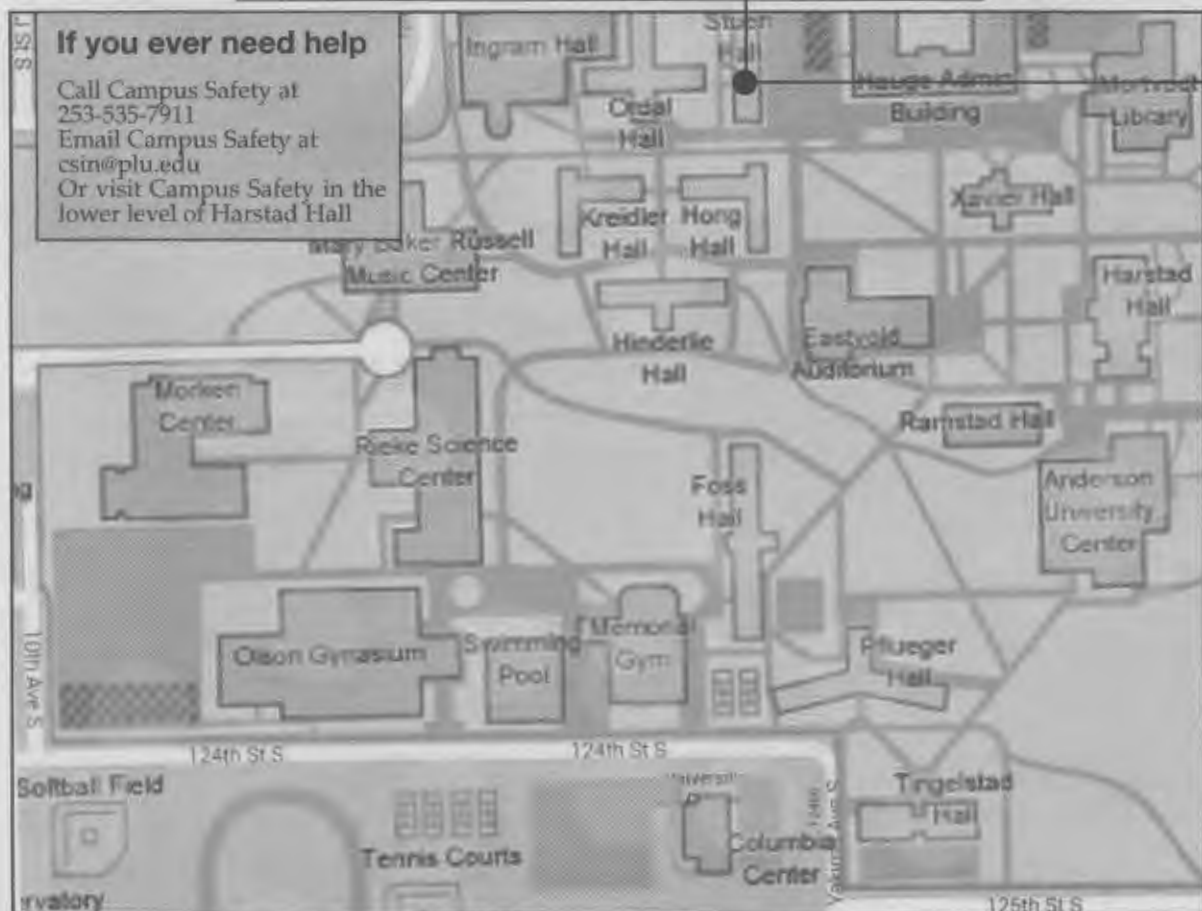
Medical Aid at Nesvig Alumni Center

CSAF responded to the Nesvig parking lot and contacted a PLU student for medical aid. The student sustained a minor injury when he fell off his bike. He was escorted to the Health Center. No further action taken.

Alcohol Violation on Golf Course

Several students were contacted by CSAF while hiding on the golf course. They were part of a larger group that scattered when CSAF approached. A discarded champagne bottle was found near the group. This incident has been forwarded to SRR for review.

If you ever need help
Call Campus Safety at 253-535-7911
Email Campus Safety at csin@plu.edu
Or visit Campus Safety in the lower level of Harstad Hall



Where do we go from here:

Has PLU adequately responded to sexual assault worries from students?

SAMANTHA LUND
Editor-in-Chief
lundsr@plu.edu

After the last issue of The Mast featured "From Silent to Survivor" about one student's determined movement to change campus conduct policies, the community reached out for more information.

The movement, started by junior Miya Higashiyama, sparked a wave of change through campus beginning last week with a Pacific Lutheran University community-wide forum about assault culture and the conduct system.

With about 100 people in the room, Vice President of Student Life Joanna Royce-Davis opened the discussion for faculty, staff, students and administrators to talk openly and freely about their concerns and questions on Wednesday, April 20.

Higashiyama and her supporters were spread throughout the room sitting and mingling while wearing their black and gold uniformed t-shirts with "Ask me how my campus is protecting my rapist" printed across the front.

Throughout the forum, the crowd used Post-Its to tally which parts of the sexual assault system they had the most questions about. The conduct system associated with assault reports was clearly the

winner, overflowing with sticky notes, with campus culture as the definite runner-up with a fair number of sticky notes. The other sections attracted significantly fewer questions, holding only one or two sticky notes.

This forum was only the first in a series, Royce-Davis said, the comments and questions from Wednesday night were saved and will be used throughout the year to direct future forums.

From the Center for Gender Equity:

"To me, the most noteworthy part of this campaign is the courage and strength of the students organizing it," said Jennifer Smith, Director of the Center for Gender Equity.

It's important to note that throughout the campaign, the students involved in Higashiyama's movement haven't been working with the Center for Gender Equity directly but are being supported by them. The center's staff has offered to answer any questions or concerns the group might have along the way, Smith said.

"Personally, I do think that this is an important movement because it brings attention to a very serious issue," Smith said. "And unfortunately, it's an issue that impacts PLU and every other college and university campus."

Smith said she understands a student's frustration with the system. She notes that each case is profoundly difficult, different and parallels with an ever-changing conduct and advocacy system.

At this point, several campus groups are playing catchup to Higashiyama's movement because most of the cases and stories took place during a different administration, with different staff and different rules. Current groups like Campus Safety, SRR and the Center for Gender Equity are working together and with PLU's current leadership to collaborate and create better advocacy systems.

"The first way for students to get involved is to listen to their peers when they disclose an assault to them," Smith said. "To listen and affirm are two of the most important things another person can do to support a survivor."

Students can also become involved in PLU's bystander campaign, It's on Lutes, as well as join the Sexuality Awareness and Personal Empowerment Team (SAPET), a peer-education group that connects with peers on issues of consent, healthy relationships, gender and sexuality and bystander skills.

PLU's Gender-Based Violence Prevention history

Copied from handouts given at the Sexual Assault Forum detailing a timeline of investments in programs, events and initiatives at PLU.

Fall 2005:

PLU receives \$300,000 in grant funding from Department of Justice Office on Violence Against Women to address sexual assault, dating/domestic violence and stalking on campus.

Fall 2006:

Victim Advocate begins providing services (emotional support, safety planning, resource referrals) to students, faculty and staff impacted by gender-based violence. Advocates work with an average of 50-60 clients each academic year.

Spring 2007:

PLU appoints Title IX Coordinator (Terri Phillips).

Fall 2009:

PLU launches the Green Dot Bystander Program and begins annual bystander training for all incoming students.

Spring 2010:

Assistant U.S. Attorney General Tony West visits PLU to recognize the campus for its work addressing violence on campus.

Spring 2011:

Wang Center, Health Center and Voices Against Violence develop a mandatory online education module for students studying away. Content includes sexual assault, bystander intervention, alcohol use and dating/relationships in a cultural context.

Fall 2011:

PLU increases personnel in Student Conduct to include one full-time Associate Director for Student Conduct (Ray Lader).

Fall 2013:

The Green Dot Coalition begins annual mandatory bystander training for all student-athletes.

Fall 2014:

The Title IX Working Group is formed, consisting of faculty, staff and students to lead response to Title IX concerns and on-going improvements on the PLU campus.

Fall 2015:

The Office of Student Rights and Responsibilities increases staff members from 1 to 2.5 (Eva Frey, Connie Gardner and Paul Metellus) in order to create more transparent and comprehensive outreach and on-going care and support for students affected by Title IX incidents.

Sexual Misconduct policy is updated to ensure full compliance with the Title IX regulations and expectations of a trauma informed process and practice is updated to be consistent with policy.

All PLU faculty, staff and administration are trained as Mandatory Reporters for Title IX in concordance with updated university policy in regard to designating all employees as mandatory reporters.

Spring 2016:

Title IX Investigator (Tanya Terrones) starts at PLU, under the Office of Student Rights and Responsibilities.

Title IX receives a stand alone budget allocation.



PHOTOS COURTESY OF MAST TV



Above Left: Over 100 Lutes showed up for the first sexual assault forum, held Wednesday, April 20. Lutes wrote comments and concerns on pink Post Its and questions they had on green ones (Left). The questions were addressed at the next Sexual Assault Forum, held Wednesday April 27. Check online for an update to this story including answers to the questions posted on the notes.

A&C

The Skaggs is Right

COURTNEY MIRANDA
Online Editor
mirandcs@plu.edu

If you've ever dreamt of being on your favorite game show and winning the big cash prize, we'd like to inform you that it might not be as hard as you thought. Tommy Skaggs, Lute Air Student Radio Advisor and Pacific Lutheran University Manager of Student Employment and Technology, did exactly that.

Skaggs was featured on the classic game show *The Price is Right*, and walked away with \$10,000 and a brand-new iPhone to prove it. Having grown up watching *The Price is Right*, he certainly crossed off a bucket-list item.

"It was a daytime TV show, so I would watch it on sick days or Spring Break. My mom even said when I was little they would say 'Come on down!' and I would start bouncing around in my walker. I've been watching the show since before I could even talk," he said.

Among his prizes, the most exciting was the \$10,000 cash prize. He explained that even if you win something like a car, you can't drive the car home. Every contestant has a non-disclosure agreement from the tape date to the air date, then your check comes or you pick up your car at a local dealership.

"I think I was more excited to have my name called down [than winning]. I think I was the most excited when I actually got the right bid and got on stage, it was an out-of-body experience when I was on stage, I was out of the moment, like I was actually watching myself," said Skaggs. "When we were actually playing the game, Drew was telling me jokes in my ear and doing little quips, throwing me off."

Having attended two different tapings before his name was called during the second show, Skaggs explained that there was a whole lot of waiting. The whole experience was at least a six hour process.

"It was boring a lot of times. But once you get in there it's actually really exciting. The show is actually taped to speed, so the speed you see on TV is actually the speed they tape it at."

Skaggs explained that getting tickets to be part of the audience really isn't as hard as you might think.

"For *The Price is Right* specifically, anyone can go on the website and request tickets. My aunt ended up getting four tickets and so me, my mom and two of my aunts decided to fly down to Hollywood," said Skaggs. "It was a really unique process, you go in, show them your ticket, they put you in a holding area, take your picture then you go into different holding areas then you go into the studio."



What was the whole experience like?

When we were actually playing the game, Drew was actually telling me jokes in my ear, doing little quips [to throw] me off.

If anybody wants to be on, everybody in the audience get's interviewed by the show's producers. When you get interviewed by the producer, [you have to] be yourself. You have to be ready to answer those questions.

They interview in one of the holding areas, and you get about 20 seconds. "What's your name? Where are you from? What's your favorite game? Do you watch the show? Do you watch the show everyday? If you don't watch every day, [still] say it."

How do you make choices when everyone in the audience is yelling at you?

Oh, you can't. I was pretty much looking at my mom.

How'd it feel to win?

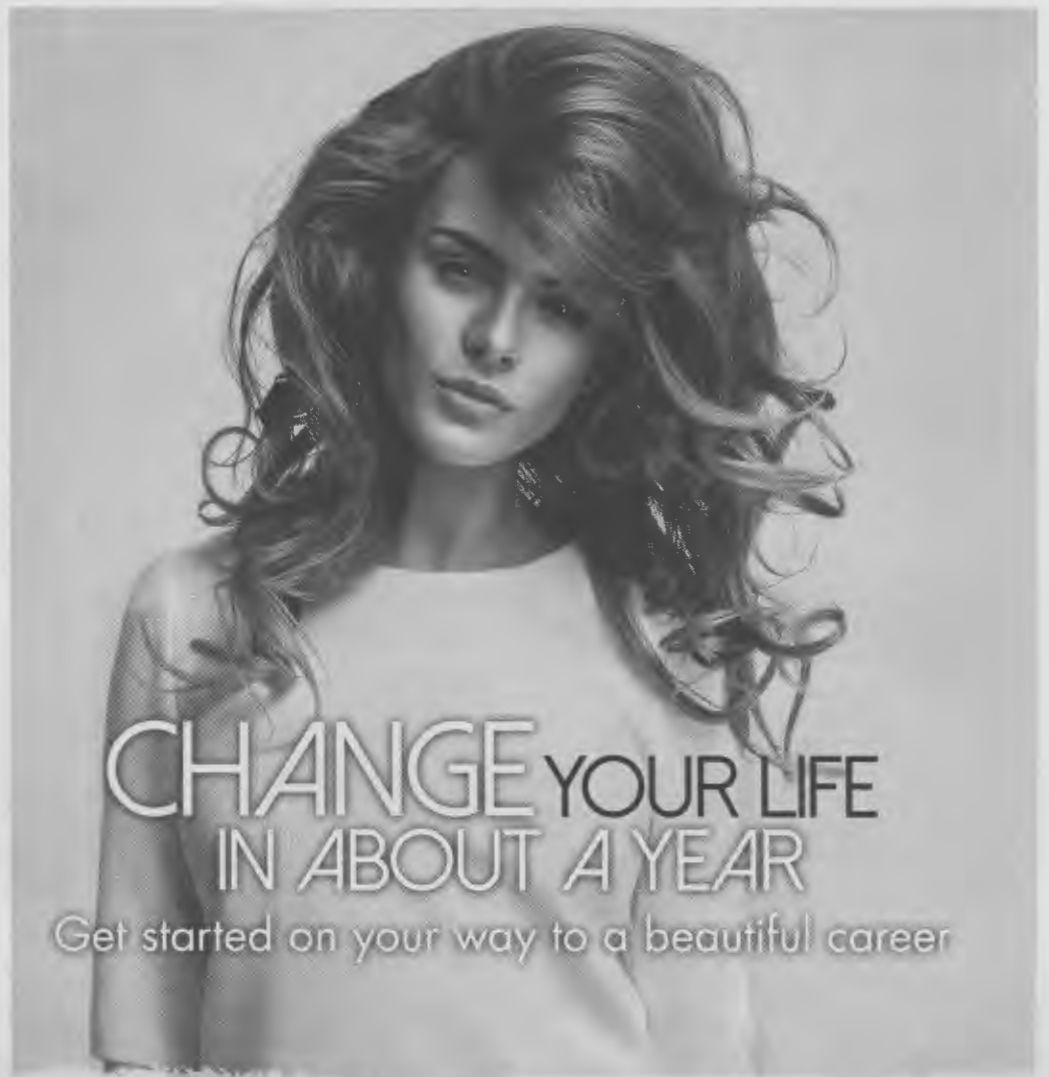
Oh my gosh, [I was] so happy. With the game I was playing, I actually won a consolation prize because I was going for 100,00 dollars but stopped at a certain point.

So, you have to wait 90 days to get your prize?

Yeah, I still haven't gotten it! When you're on Bidders Row, you bid on your prize and so I also got an iPhone and then the headphones, I'm the advisor of LASR so headphones and an iPhone is right up my alley!



PHOTOS COURTESY OF NBC STUDIOS



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SAMANTHA LUND
Editor-in-Chief
lundsr@plu.edu

Pacific Lutheran University students will be featured in this year's LollaPLUza. Battle of the Bands winners Head Portal, Runaway Satellite and Caleb & Denae will open for the main stage performers.

This year's LollaPLUza won't only be full of great artists but also feature several activities, games and food trucks to give students a real festival feel. Budda Bear Bagels and Piper Foulon's shaved ice stand will be returning. With them, the classic inflatables introduced at last year's PLUza will be back featuring a dueling station.

New this year, students can get free henna tattoos and buy boho-inspired tapestries at the festival along with PLUza shirts and hats being on sale in limited amounts.

Like last year, PLUza will be on the PLU golf course and everyone is welcome, free of charge. Guests will have to go through security and are not allowed to bring liquids into the festival grounds.

For more LollaPLUza 2016 information, check out lollapluz.com, follow them on Instagram and download the Mast Media app to get push notifications about the location of hidden gems around campus.

LollaPLU Update: Henna tattoos & food

Much Ado about Shakespeare

COURTNEY MIRANDA
Online Editor
mirandcs@plu.edu

The Pacific Lutheran University English department marked the 400th anniversary of Shakespeare's death last Thursday with events including a Shakespearean Insult Smackdown yelled at each other through bullhorns, a sonnet competition and prop-based improv. We asked professor Nancy Simpson-Younger to shine some light on the "Deathiversary."

Why did the English Department decide to put on the "Deathiversary" event?

We wanted to do something to celebrate the 400th anniversary of Shakespeare's death, which is being commemorated in a number of ways around the world. The Folger Shakespeare Library sent a copy of the First Folio (published in 1623) to every state, for example, and the BBC staged a star-studded tribute featuring actors like Benedict Cumberbatch, Ian McKellen, Judi Dench and even Prince Charles. The Shakespeare Association of America gave Shakespeare a jazz funeral in New Orleans at a recent conference. So, PLU wanted to mark the anniversary, as well, in a way that highlighted what we do here - with teaching,

What activities did the event host?

writing, acting, and coffee of course. **1:30 - Shakespearean Insult Smackdown.** We drew insults from plays like "As You Like It" and "Much Ado about Nothing" out of a hat. Then, in character, we yelled them loudly through ornamental bullhorns.

1:45 - Early Modern Food! We ate tasty Renaissance treats like saffron rice

balls, courtesy of ASPLU, and heard about recipes and manuscripts from Shakespeare's era. We also learned to read secretary hand, which is a cursive script contemporary with Shakespeare's time period. Thanks to EMROC, a digital humanities project that makes manuscripts available online, we were able to read a seventeenth-century description of Lavender Spike, which is a herb that would have been used in cooking and medicinal applications.

2:15 - Sonnet Competition. Readings and Prize-Givings. Students and faculty submitted sonnets, and there were prizes in categories like Funniest Sonnet and Most Shakespearean Sonnet.

2:45 - Prop-Based Improv. English majors and others produced a version of a courtship scene in "The Tempest," using children's toys as props.

3:40 - Closing Performance by the cast of Shatter'd (an adaptation of Richard II).

How did students get involved with supporting the event, especially theatre students and the actors in "Shatter'd"?

Jacob Viramontes and the cast of "Shatter'd" did an encore performance that showcased the psychological torment Richard underwent as his crown was taken from him. Students were instrumental in supporting our activities. Julianna Schaus co-curated the library exhibit; Elsa Kienberger and Madeline Scully coordinated the early modern snacks with the chefs and ASPLU. Jacob Viramontes and the cast of "Shatter'd" agreed to stage a scene from their original adaptation of one of the most compelling history plays. Students from all across campus submitted sonnets to the competition.



PHOTO BY BROOKE THAMES

"But I Made Lemonade"

BROOKE THAMES
A&C Editor
thamesbe@plu.edu

From the moment Beyonce announced the Formation tour, I wondered how the best girl in the game could launch a nationwide stadium tour without any new music to perform. But the release of Lemonade Saturday, April 23 reminded me one should never underestimate Queen Bey.

Similar to her self-titled album from 2013, Lemonade spontaneously generated without much promotion. A single trailer announced that Yoncé had once again made magic and HBO was going to air it the following weekend.

A quick scroll through the singer's Instagram feed, however, showed that Lemonade had been cryptically advertized for quite some time, with pictures of the tart fruit appearing repeatedly on her account. Many speculated that the mysterious project was a second visual album reminiscent of 2013's Beyonce, which featured a full-length music video for every song.

Suspicions proved partially true when Lemonade premiered on HBO last Saturday. Only instead of a visual album, Lemonade premiered as an

hour-long musical film featuring 11 out of the 12 new songs featured on Beyonce's new album of the same name.

The Lemonade film tells the story of marital betrayal, moving through various stages of grief from denial, to anger, to acceptance and restoration. Poetry - written by young Afro-British poet Warsan Shire - separates the tracks and their accompanying visuals, providing additional depth into the emotions presented in the album's songs and the film's cinematography.

Fans and critics have cited Lemonade as Beyonce's most personal work to date, and many have let their imaginations run wild as to the inspiration for such an album.

The most popular interpretation asserts that Jay cheated on Bey and Lemonade is a testament to the emotional experience of rebuilding a marriage after infidelity.

The album surely offers this narrative, moving through doubt, anger, apathy and finally reconciliation.

It's a journey through destruction into rebirth - a story of spinning burnt straw into gold through resilience and an unrelenting will to survive.

The album's title delivers the same message, only wrapped in a different metaphorical package: "Life served me lemons, but I made lemonade."

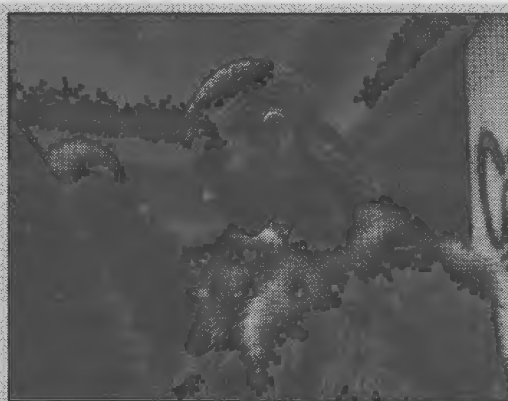


PHOTO COURTESY OF BILLBOARD.COM

More than a visual album, "Lemonade" is an experience - one that takes more than a half-page to explain. So, instead of going through the album in depth, here's each track described in five words and rated with a 🍊.

1. **"Pray You Catch Me"** 🍊🍊🍊🍊
Soft. Bouncy. Airy. Breathy. Haunting.
2. **"Hold Up"** 🍊🍊🍊
Reggae. Chill. Light. Breezy. Melodic.
3. **"Don't Hurt Yourself (ft. Jack White)"** 🍊🍊🍊
Harsh. Angry. Intense. Heavy. Complex.
4. **"Sorry"** 🍊🍊🍊🍊🍊
Dancey. Apathetic. #Done. Sassy. Empowering.
5. **"6 Inch (ft. The Weeknd)"** 🍊🍊🍊🍊
Somber. Serious. Severe. Sexy. Steady.
6. **"Daddy Lessons"** 🍊🍊🍊🍊
Surprising. Classic. Southern. New. Genius.
7. **"Love Drought"** 🍊🍊
Cute. Unspectacular. Basic. Expected. Mundane.
8. **"Sandcastles"** 🍊🍊🍊🍊
Lovely. Emotional. Powerful. Honest. Full.
9. **"Freedom (ft. Kendrick Lamar)"** 🍊🍊🍊🍊
Anthem. Liberating. Solid. Motivating. Favorite.
10. **"Forward (ft. James Blake)"** 🍊🍊🍊🍊
Deep. Melancholy. Foreboding. Eerie. Vexing.
11. **"All Night"** 🍊🍊🍊🍊
Beautiful. Peaceful. Restorative. Endearing. Soaring.
12. **"Formation"** 🍊🍊🍊🍊
We all know this song is amazing. Enough said.

Edvard Munch and the Tacoma Art Museum

BROOKE THAMES & MCKENNA MORIN

A&C Editor
 Photography Editor
 thamesbe@plu.edu

In issue 13 of the Mast, the Arts & Culture section featured an announcement of the Tacoma Art Museum's "Edvard Munch and the Sea Exhibit." In partnership with PLU, TAM developed this exhibit to honor the university's 125th anniversary. TAM invited A&C Editor Brooke Thames and Photography Editor McKenna Morin to see the exhibit firsthand at a press tour held April 13.

The Tacoma Art Museum went "straight to Edvard Munch" when partnering with Pacific Lutheran University to celebrate the university's 125th Anniversary.

Edvard Munch and the Sea opened at TAM April 9 and features a collection of 26 prints and one painting by the famous Norwegian artist. All works displayed are connected by both literal and thematic invocations of the sea.

Munch spent much of his life living next to water and visiting coastal towns in Norway. The sea manifests itself in his artwork as a major source of inspiration and artistic metaphor.

"He used the sea as the subject of landscapes, as a backdrop for human interactions, and as a metaphor for love, longing, grief, joy, and other tumultuous emotions," said Margaret Bullock, Curator of Collections and Special Exhibitions.

Several of his prints featured in "Edvard Munch and the Sea" feature water in the landscape or water-like movements and artistic techniques.

Prints like "Two People (The Lonely Ones)" clearly depict the ocean as a setting and metaphorical representation of the anxiety, fear and difficulty that accompanies romantic relationships. "On the Waves of Love," on the other hand, depicts blissful love and water manifests itself in the way the night sky seems to flow behind the two lovers.

"Edvard Munch and the Sea" brings different pieces together which share the same motif, but presents that motif in a variety of contexts.

"Munch was a person who experienced life intensely, who felt deeply, and his images reflect that," Bullock said. "These are very strong images with many layers of meaning."

When cultivating an exhibit to honor PLU's Norwegian heritage, Munch was a go-to for TAM. While Munch is traditionally known for his painting, "The Scream," TAM wished to showcase his lesser-known and unappreciated landscape work to highlight his position as a major Norwegian artist.

"A lot of people don't know the name Edvard Munch, but you [mention] 'The

Scream' and everybody goes, 'Oh, I know who that is,'" said Julianna Verboort, Public Relations and Communications Manager.

The lack of Edvard Munch exhibits around the world also served as a source of inspiration for "Edvard Munch and the Sea." TAM sought to capitalize on the opportunity to present a unique among art galleries.

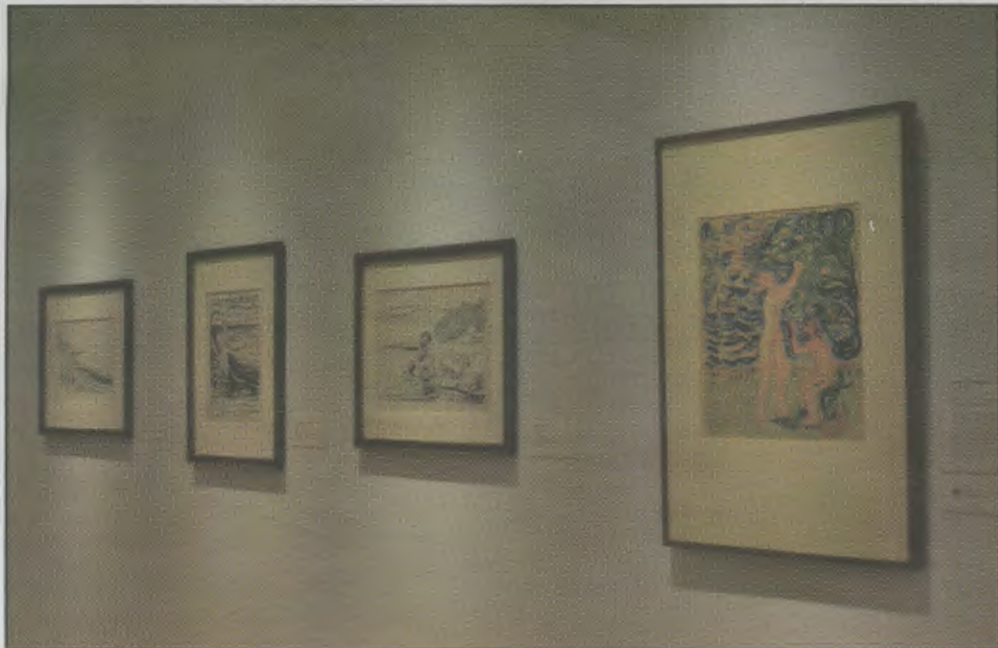
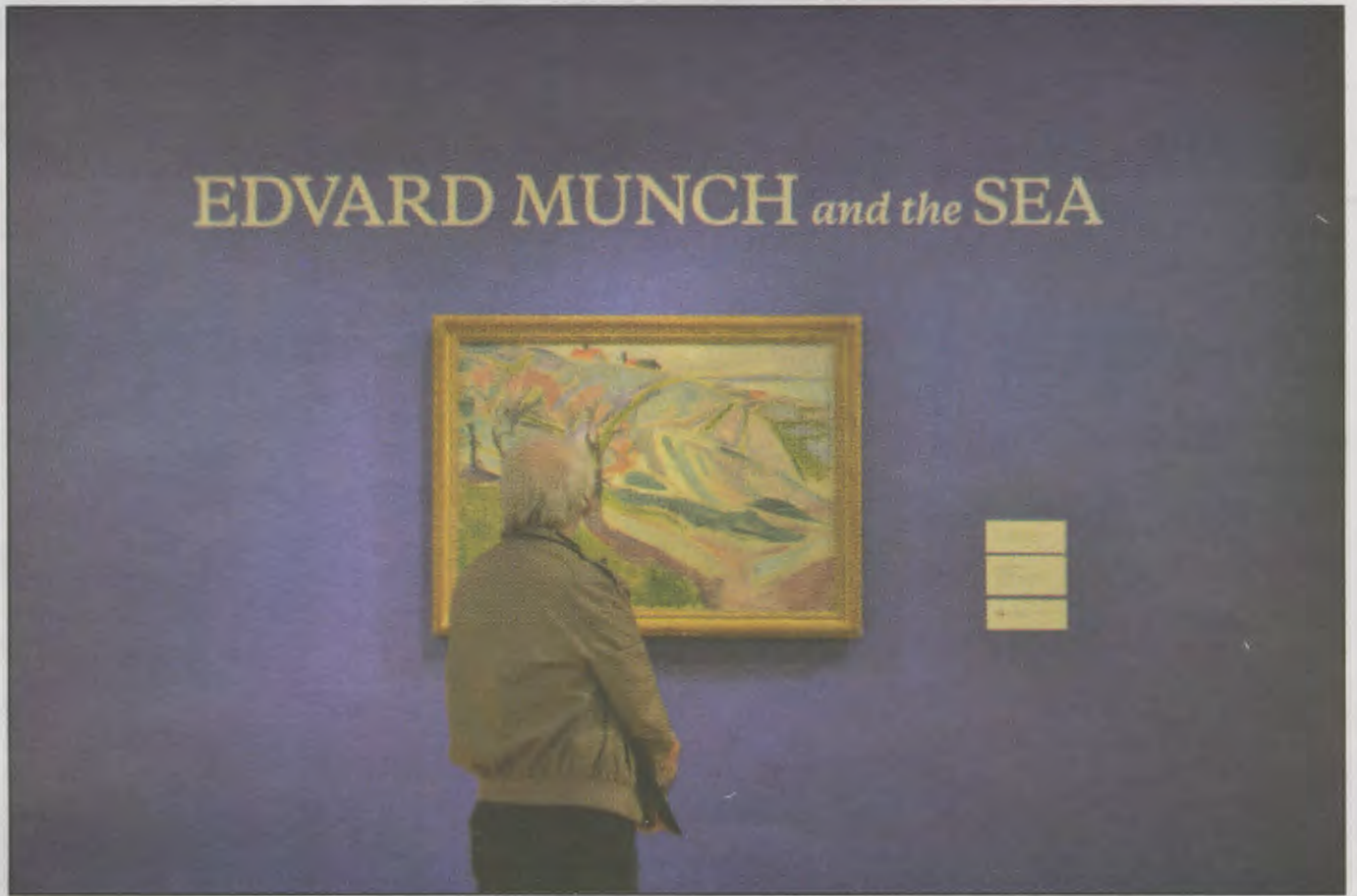
"I can't think of any other Munch exhibit [on display] at the moment anywhere else in the world," Executive Director Stephanie Stebich said.

In addition to TAM's efforts, PLU faculty members also worked to bring "Edvard Munch and the Sea" to life. Advancement Officer Kim Nesselquist and his wife proved instrumental in fostering connections with collector Sally

Epstein, who contributed a significant amount of the prints currently on display. Additionally, Elisabeth Ward, Director of the Scandinavian Cultural Center, welcomed artwork inspired by Munch to hang in the Scandinavian Center.

"In celebration of the university's contributions to the arts in our region, and honoring our founding Norwegian pioneers, we were interested in working with TAM to engage people with the rich artistic history of Norway," President Tom Krise said.

"Edvard Munch and the Sea" shows through July 7th, and includes free admission for students.



PHOTOS BY MCKENNA MORIN



Capstone

Capstone presentations are the “final hoorah” for Lutes before graduation. It goes without saying that this is a great opportunity for students ready to graduate to showcase their knowledge and skills. Here are some of their unique capstones in a variety of fields.



Camille Adams
Majoring in English

Camille Adams's capstone presentation focuses on the implications of mainstream television's representation of social justice issues. Adams has written a sample pilot alongside website content.

"I chose to do this project because I hope to go into screenwriting and producing, and I believe that entertainment media can provide a great opportunity for encouraging social change. But if not approached carefully, it can also enforce harmful ideas and stereotypes," Adams said.

Fun Fact about Camille:
Camille has been nominated for two NW National Academy of Television Arts & Sciences awards.

Capstone Presentation Time:
Thursday, May 19 at 5:45 p.m.



Kyle Parsons
Majoring in Business

Kyle Parsons's capstone presentation brings to light the issue of prison recidivism. Parsons is working with Living Stone Prison Congregation, the Evangelical Lutheran Church in America and Garlic Jim's to provide recently released felons a chance to gain work experience and stay out of prison for good.

"The current recidivism rate is almost 68 percent, so this is trying to help keep people that get released from returning to illegal activities," Parsons said.

Fun Fact about Kyle:
Kyle does fine arts modeling in Seattle.

Capstone Presentation Time:
Wednesday, May 11 at 2:45 p.m.



Piper Four
Majoring in...

Piper Four's capstone presentation delves into the complexity of Dmitri Shostakovich's "The Bedbug." It particularly focuses on the piece that is a satire of Soviet life.

"I chose this topic because 'The Bedbug' was a suite that had been written long before it at first seemed like a good idea." "I love a good story."

Fun Fact about Piper:
Piper's favorite book is... she's in a band called...

Capstone Presentation Time:
Saturday, May 15 at 2:45 p.m.

Spotlight

both the senior thesis and they face the real, "adult" world. It is a stressful and exciting time and use their newly attained degrees. A few seniors that talked about a variety of scholarly disciplines.



Foulon
Majoring in Music

Foulon's capstone presentation dives into the life of the Soviet composer Dmitri Shostakovich's musical suite, "The Seasons." Foulon wanted to focus on the aspects of the suite and showcase it as a masterpiece in the late 1920s.

"because I felt like it was a delightful little project with bigger implications behind it," Foulon said. "I wanted to explore the musical mystery."

Her favorite book is *Jane Eyre*, and her favorite movie is *Poppy*.

Capstone Presentation Time:
Monday, May 21 at 5 p.m.



Garrett Green
Majoring in Anthropology

Garrett Green's capstone presentation distinguishes the differences of how women are viewed in traditional sports and e-Sports. Green believes that internet gaming is blurring the lines between what is traditionally considered a sport and is intrigued by the implications of gender roles in this new type of sport.

"When I found out e-Sports was being added to some universities athletic scholarships, it really intrigued me, and I wanted to understand what changes it brings about for athletics both at the collegiate and professional level," Green said.

Fun Fact about Garrett:
Garrett played professional paintball in high school.

Capstone Presentation Time:
Tuesday, May 17 at 9:55 a.m.



Rachel Reaves
Majoring in Communications

Rachel Reaves's capstone presentation utilizes the theory of Diffusion and Innovations to help spread her sister's new Portland-based startup fashion line, The General Public. Reaves has found the social media website Instagram to be a great tool to promote the startup in a precise way via specific hashtags that aid in strategic marketing.

"From the beginning, I knew I wanted to do some type of project that would give me real world experience. Projects also have the benefit of looking great on a resume because it's something tangible," Reaves said.

Fun Fact about Rachel:
Rachel studied abroad in London, England, where she learned how to "pull out a pretty good British accent."

Capstone Presentation Time:
Thursday, May 26 at 5 p.m.

OPINION

Nothing trumps integrity

CARLY STAUFFER
Opinion Writer
stauffce@plu.edu

I log onto my computer and scan the Internet headlines before starting on some homework. After weeks of similar news, it's no longer a surprise to spot an article proclaiming presidential candidate Donald Trump's latest surge in the polls or his most recent endorsement. The situation I once would've regarded as equivalent to Donald Duck striving to gain the title of POTUS has now become reality.

While time has dulled the initial shock I felt when witnessing Trump's success in the race thus far, I've wondered the entire time who, *who*, on this planet is actually putting their trust in such a man to be the leader of the United States of America? And where are these supporters? Hiding out in caves?

While I understand the Pacific Northwest is most likely one of the areas of the U.S. least-populated with Trump-supporters, I struggle to envision any quality human being pledging their support to an egomaniac who claims that greed is good and who sexualizes everything in his sight.

A glance at the New York Times Op-Ed page as I ate breakfast on Saturday morning, however, shed some light on my conundrum, and I began to understand a little more about the average Trump supporters: they may not actually look like their party-favorite. Though some may take after Trump and be power-hungry, attention-needy misogynists that shouldn't be trusted with children (let alone a goldfish), the others may actually be everyday people who mean well.

But, as I continue to learn in watching the presidential race progress, there's an immense difference between "meaning well" and actually knowing how to put good intent into action, justly, effectively



and with integrity.

The Times editorial I refer to is a piece called "The Case for Donald Trump" written by Chris Collins. Collins makes the argument many of us are familiar with regarding the "why" behind Trump's success. Why do people like him? Why does he get such big crowds? Why is he doing so well? Why, why, why? Because, Collins answers, "Americans are angry."

Try to think back to the last time you were angry. Like, really angry. Remember? Now think of a decision you made when you were that angry. Was it a good decision? Was it a decision you would have made had you not been so livid?

Don't get me wrong – I'm not suggesting that there is not such a thing as righteous anger, or intelligent decision-making in times of frustration. But more often than not, those actions we take when steam is coming out of our ears are the ones we later try to block out of our minds, or recall

with a sheepish smile and shake of the head. (My own personal examples include several strongly-worded letters, and that one time I hit someone with a bouquet of flowers. We'll talk about that later.)

As you may have caught on, my point is this: anger is rarely the cause behind an intellectually-sound decision. It certainly should not be the reason behind a vote for the president of the United States.

To be fair, Collins did cite additional explanations besides Americans' anger as reasons to support Trump. Collins communicated his belief that, as a successful businessman – though such a claim is dependent upon how one defines "successful" – Trump would likewise be a successful executive of this country. He also claims that Trump's appeal lies in his willingness to "put forward proposals to protect our nation, rather than skirt uncomfortable issues."

Yet, whether or not Trump would be such a successful executive, or effectively

protect our nation, is, I believe, irrelevant. Even if such safety and security were guaranteed with Trump as the commander-in-chief, they'd come at a titanic cost – one that we ought to never be willing to pay, regarding any decisions we ever make.

What is this price? Integrity.

It's impossible to truly be a Trump-supporter without sacrificing integrity to at least some degree. As Collins, a Trump-supporter, admits in his article: "Even some of his supporters don't agree with everything he says." While Collins follows this phrase with a defense for Trump, the defense really shouldn't matter. There does not exist a good-enough excuse for the sacrifice of goodness and honorable moral principles.

Donald Trump bases a woman's worth on her appearance. He lacks compassion and respect for those who have a different color of skin than he does. He has sexualized his own daughter, even when she was just an infant. It's easy to discern his values: himself, money and boobs.

Case in point: Donald Trump has proven himself to have a severe deficiency of integrity.

I sympathize for the angry, every-day Americans – for the Trump supporters fueled by anger and frustration. Many have valid reasons to possess such anger. But I beg them to not let their frustration blind them to the colossal sacrifice that must be made in voting for Donald Trump.

Regardless of whether or not you believe Trump would successfully manage the United States' finances or protect us from our enemies, there is no uncertainty about this: electing Donald Trump would tell the rest of the world that we are willing to sacrifice integrity for our own survival. Before you cast your vote, I beg you to ask yourself: is this a sacrifice you are willing to make?

DEM establishment, feelin' the Bern?

EDDIE MCCOVEN
Guest Writer
mccoveej@plu.edu

With another sweep in the primaries for former Secretary of State Hillary Clinton, and superdelegates piling up in her favor, one could argue that the Democratic Party establishment leaders are not "feelin' the Bern."

Why is Bernie Sanders running for the Democratic Party nomination? He hasn't run as a Democrat before, and he's been Independent through his political career up until recently. Before he was elected as mayor of Burlington, VT, he was involved in the Liberty Union Party, a left progressive organization in his home state. Early in his political career, he was even endorsed by the NRA.

But all of this doesn't add up and equal Democrat. So why not make an Independent bid for president since Sanders is clearly not a Democrat?

You cannot make a bid for the Democratic Party candidacy without being a party loyalist, so the campaign is a failure from the start. If you support Sanders, then you really shouldn't be a Democrat. The pro-slavery party has very much been the "atta-boy" club since it's founding and not much has changed.

Sanders isn't a part of the elite ruling class like the Clintons, so he's got no chance. After all, that's how the Democratic party works: secrets,

lies, big money and a thirst for power. I could also say the same about the Grand Old Party, but at least they don't have superdelegates.

Why do people see Sanders as the candidate for change? He's been a part of the Washington, D.C. muck and mire since 1991. Twenty-five years in the Capitol Building sounds like an entrenched bureaucrat to me and very much a part of

the problem our country is facing. If you want change, then you need to ask yourself what change really is. Compared to Bernie Sanders, Donald Trump is definitely a candidate for change, but maybe not the change you want, or should I say, the change you think you want.

Don't mistake this for an endorsement for the real estate mogul, but we need candidates like Donald Trump who are

shaking things up. Donald is definitely stirring everyone up. Sanders is making waves with college students. The sad fact is college students don't elect presidents.

The DEM establishment will make sure Hillary Clinton is the nominee because, after all, elections are earned by party favoritism, not by merit. If you're a Sanders supporter and you're a registered Democrat, are you going to leave the party when Sanders is screwed out of the nomination? You should, unless you like being walked on by a party that clearly doesn't represent the needs of Americans.

I could also say this about the Republican Party. The only real difference between the Democratic Party and the Republican Party is how they spend your money after they steal it from you.

There are other alternatives. We can leave this two party system and realize that real change comes from candidates from other parties, like Gary Johnson of the Libertarian Party. I'm not sure if we can rip off the blue or red band-aids and apply a yellow one instead, but we can at least start thinking about it.

In the meantime, Sanders supporters need to start assessing their position because clearly, their man isn't the candidate for change, and he's not going to succeed at getting the nomination. It's over, and it's time to move on.



PHOTO COURTESY OF FLIKR

Enough is enough

MONICA PAYNE
Opinion Writer
paynemk@plu.edu

On Tuesday, April 5, Mississippi passed a bill allowing businesses to turn away members of the LGBT community on the basis that serving them is against their religion. Though this is a fairly recent bill, it is not the only variation of action against the homosexual movement.

Unfortunately it is a recurring scenario for religious people and/or organizations to stand their ground and refuse to serve

The first amendment clearly states that religion can be exercised freely, the only rule being that the government cannot make any law limiting it. This means you are perfectly capable of practicing your religion of choice without anyone telling you otherwise. You can speak your mind on what your religion tells you is right and wrong and if you encounter someone you think is a sinner no one can stop you from letting them know that. Therefore, judicially, these bills can exist legally without any sort of complications.

But for these particular cases, as well as many others, the judicial system should have no contribution to the idea of such

are not God and therefore any religious basis you give to your bigotry is just as immoral in the eyes of the Lord as homosexuality is to you.

There are two things in this world that every person is entitled to: the air they breathe and respect from their fellow man, and the fact that people are using the name of God as an excuse to segregate other human beings is sickening. You do not have to agree with others' choices, but it is not your choice to make. You can try to "save" people from their "bad" choices as much as you want, but that means supporting them in whatever decision they make not trying



PHOTO COURTESY OF WIKIMEDIA

the LGBT nation in order to uphold their beliefs. Just recently North Carolina passed a bill as well. It commanded you use whatever restroom coincides with the gender you were labeled as at birth, a way of protecting people against sexual assault despite being based around a stereotype.

These bills are wrong. They are terrible. They back LGBT community members into a corner and try to force them to comply with the societal "norm" because some taxpayers feel too uncomfortable around these people. They feel they are an abomination of God and must be punished for it so they may one day be saved and be "normal" once again even when there was nothing wrong with them in the first place. These actions can lead to horrific segregation and therefore must be corrected immediately. Except... They are perfectly justified.

a law being passed or even considered. The government should not have to have any verdict associated with this decision because it should not even be one or even an option for that matter.

For those people who voted on these bills based on their religious views, Mississippi having 58.74 percent of their population associating with religion and North Carolina having 47.51 percent (<http://www.bestplaces.net>), I wonder if they have ever read Matthew 7: 1 and 2. These passages clearly state: "Do not judge, or you too will be judged. For the same way you judge others, you will be judged, and with the measure you use, it will be measured to you." It explains that those who judge others are hypocrites and therefore will be trialed by God in a way identical to that which they treated the victim. Why? Because a follower of God has no right to do God's work. You

to forcefully alter who they are.

No matter the differences in race, religion, gender, sexual orientation, skin color or anything else we are all still human beings with a consistent moral code and inside that code lies tolerance and respect. I am sick of that golden rule being ignored by so many.

I am not speaking on behalf of my religion, my feminism or even my status as a PLU student. I am merely a human being who wants to see the hatred of this world be abolished. Please let us lead the next generation to a brighter future where everyone can be tolerated by one another.

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To heel and back: A tall woman's struggle

GENAVIE BOOTS
MAST TV GM
bootsgj@plu.edu

"Wow, you are SO tall."

"Thanks. I know."

It seems like every time I decide to wear heels my already tall, 6-foot frame becomes a walking target for conversation and catcalls or shy, intimidated

glances. When I worked at a shoe store, I ran into women who would actively avoid the heels for fear of being "too tall." I couldn't understand why.

In this country, height is directly related to power, and as we know power has long been in the hands of men. Tall women wearing heels threatens the social and beauty norms of our culture.

Malcolm Gladwell in his book *Blink* surveyed half of the companies from the Fortune 500 list, and found that "on average CEO's were just a shade under six feet," which is three inches taller than the average U.S. male height. According to Gladwell, these CEO's were also abundantly white men.

For tall women, who were simply dealt a genetic threat to the patriarchy, it is no wonder we have been conditioned to avoid the stiletto. Men are supposed to be strong and tall, and we take notice when, in heterosexual relationships, the woman is obviously taller than her male partner. This social phenomenon was measured in the UK and results confirmed that we more often choose mates taller than us, than random chance would predict.

So, height is associated with power, men are supposed to be powerful and in most relationships the woman is far shorter. How easy is it then, we grow up thinking tall women are not beautiful, rather weird and mannish?

This tall tale is really about body acceptance. We live in a society with harsh beauty ideals for all women. Growing up in a culture that places so much value on what you look like haunts women of all ages.

So love your body and love it because you are tall, short and just right. Make that your daily feminist action. And for the tall women at the shoe store, don't shy away from the high heels.



Warning: Satire at play

~~Sexual Consent Basics~~

How to know if it's ok to eat your friend's food

JULIA GROSVENOR
Satirist
grosvejm@plu.edu

Sharing food is a great experience for many people, and we all know it is especially popular during college. Splitting an entree can be a wonderful bonding moment for plenty of folks, although some may prefer to keep their food to themselves, which is also fine. But it is important to note that nobody wants their food to get snatched away willy nilly. And once someone casually grabs a fry without asking, it can be really hard to sort things out for both parties. It is best to make sure sharing food is done right before the noms exchange hands, so here is a Lute's guide to sharing food.

The first rule of eating your friend's food is that CONSENT is KEY. Even if you think your friend won't mind if you eat their food, if you eat someone's food without telling them and getting permission, that is stealing. This concept is hard to understand, because on TV and maybe even in our own experiences we see sharing food as something spontaneous, like "oh hey that guy had some KFC and just sat down at the sportsball party and held out the bucket for his buddy to grab a wing, and it was so effortless and romantic." That is not the case. Until you ask, there is no way to know if your bro got those wings to share them. This concept is called yes means yes. This means that only an obvious consent to grab a wing is acceptable. Not just holding out the bucket, and especially do not try grabbing a wing to see if your bro gets mad first. Nobody wants your finger germs on their chicken. (Safe food sharing, by the way, is an article for another time.)

There is another principle of food sharing just as important as yes means yes, and that is the no means no principle. At any point during a snack, your gal pal might say she needs you to lay off. Even if she knows you're still hungry, even if you don't know why, any objection means you need to stop immediately. It is also a good

idea to watch your snack pal to see if she looks uncomfortable or grossed out at any time. You might just be chewing with your mouth open, but always stop eating and check to see what is wrong. This will just make sure splitting a burger is enjoyable for both of you.

The rules are supposed to be just that simple. However, much like ordering at Starbucks, it gets ever more confusing and complicated. For example sometimes

blindfolded and still choose to swing your hand, you could smack them, and that's on you. But enough with the metaphors. Some other possible barriers to consent include: your friend is asleep, your friend is a child (aka too gullible to understand food trading) or an animal, or your friend is mentally disabled.

There is another problematic thing known as implied consent. This does not exist, despite many people who follow

combined, do not mean any given person consents to sharing food or is to be blamed if their food is taken. Even in the rare case that you know a person who likes their food to be taken without being asked, that does not mean they have given you permission to be the person who swipes a sip of their smoothie.

Still you should remember that you do owe it to yourself to protect your own grub. If you don't want anyone to eat your Jelly Bellies, say it loud and clear, and never hesitate to smack away grabby hands. Be specific as well: if you only want to share the black licorice and buttered popcorn ones, make it clear that the berry blues are off limits.

That nearly covers everything in regards to the actual act of food sharing, but that doesn't mean there aren't more manners to be observed here. While there are a lot of risks that make stealing food extra bad, there is much more involved when it comes to respecting a person's right to their own lunch. You can still be totally irritating and ruin someone's appetite if you bother a person about their food. Activities like staring at another person's food, touching it, taking pictures of it, and smelling it, just to name a few, all require consent as well. Otherwise, these behaviors are super annoying, and can be considered

harassment, and you could get kicked out of the restaurant. And yes, even asking about sharing food can be harassment, if for example you won't stop asking or you beg the person next to you in class to share their chex mix. There is a time and a place, people!

To conclude, the best advice I can give about food sharing is to talk about it first, and not when your mouth is already full. Because ew.



GRAPHIC BY JULIA GROSVENOR

things happen that block even the possibility of consenting to go halvesies on a meal. For example, if your amigo has had too much to drink, they might not seem to mind if you take a bite of their Quesarito. But that just means they are incapable of giving consent. Now before anyone asks, what if two amigos are drunk and both are eyeing the other's Taco Bell order? This is like putting on blindfolds and trying to high five. Maybe it will work, but you could also smack each other, and then nobody is happy. Even worse, only one person could get smacked and then it becomes a question of who is really the bad guy. Blindfolded or no, if you know the other person is

most of the rules claiming that there are circumstances which bypass the yes means yes principle. These people might say "but they shared their food with me before" or "they share their food with everyone" and think this means a person won't mind sharing their food any other time. They also might say "they should have tried harder to protect their food" or "they made their food look so appetizing and snatchable" like this qualifies as asking to have their food taken. On top of this, they might say that "they teased them with the idea of sharing food all day" or some other element of a person owing another access to their food. All of these situations, even



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

EDITOR-IN-CHIEF

Samantha Lund
lundsr@plu.edu

OPINION EDITOR

Paris Morwood Franklin

NEWS EDITOR

Jeff Dunn

A&C EDITOR

Brooke Thames

SPORTS EDITOR

Stephanie Compton

COPY EDITORS

Rachel Dixon
Libby Postvoit
Erin Baker

CHIEF PHOTOGRAPHER

McKenna Morin

CHIEF DESIGNER

Colton Walter

MAST RADIO

PROGRAM DIRECTOR

Eddie McCoven

MAST TV

GENERAL MANAGER

Genavie Boots
boots@plu.edu

EXECUTIVE PRODUCER

Jake Bilyeu

EQUIPMENT & TECHNOLOGY ENGINEERS

Samuel Altenberger
Joshua Wiersma

ACADEMIC ADVISER

Joanne Lisosky

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SPORTS

3 Things to Do at a Mariners Game:

1. Eat Garlic Fries

Any seasoned Mariners fan knows that the stadium's garlic fries are the best in the league. Crispy hot french fries covered in garlic pieces come with two apple slices. Sorry to say but two small slices of apple won't save your breath from this amount of garlic. Advice from this editor: if you take your special friend on a date to the Mariners, this may be a treat you save for the next game!



PHOTO COURTESY OF MARINERS

2. Catch a Foul Ball

Not all of us can be as cool as this super mom, but you can catch a foul ball at a Mariners game. The best seats for catching a foul ball are behind first and third base, at least five rows back. Technically you could catch a foul ball anywhere in the stadium, but those seats are your best shot! If you do sit in those seats, make sure to pay attention to the game and don't keep spillable drinks anywhere a crazy fan might spill them.



PHOTO COURTESY OF WIKIMEDIA COMMONS

3. Get an Autograph

Need to earn a few extra bucks to get you through the semester? Get an autograph from Robinson Cano and sell it on Ebay. The going rate is \$60. But seriously, head to the game early and hang out by the dugout and you might just be lucky enough to have some big names sign your stuff.



PHOTO COURTESY OF FLICKR

Stephanie's Stance: Steph Curry: Down But Not Out



PHOTOS COURTESY OF FLICKR
Stephen Curry against the Houston Rockets

STEPHANIE COMPTON
Sports Editor
comptose@plu.edu

Stephen Curry is out for at least two weeks with an Medial Collateral Ligament sprain. The sprain is the most minor sprain that Curry could receive, but the NBA star will still be out for weeks.

But what will the Golden State Warriors be without their star? When your team has a player that has been compared to Michael Jordan, not many would believe they could make it through the NBA finals without them. Most of the stories covering Curry's injury don't talk about the star's future health, but instead about his team's chances in the finals.

The Warriors have been struggling through games without Curry and it is uncertain how they will continue on without him. Curry has emerged in recent years as a force in the NBA. He has already broken the NBA's record for three-pointers in a single season and his team, the Golden State Warriors, broke the record for games

won this season. Under Curry's spectacular performance, the Warriors have flourished. Curry believes that his team can go on without him, but others aren't so sure.

Stephen Curry already missed game two & three against the Rockets with a sprained ankle and came back for game four for only a short time. Curry went two-nine in game four, the worst he has done the whole season. He then slipped on a wet spot on the floor and came up limping. He attempted to come back into the game, but did not feel strong enough. Curry received an MRI on Monday that confirmed it is only an MCL sprain.

If the Golden State Warriors can make it through the two weeks without Curry, they have a very good chance of winning the NBA championship. If Curry's rehab takes longer than expected, the Warriors could run out of steam without their star player.

The Golden State Warriors play the Houston Rockets Sunday, May 1 in California.

PLU Legacy Finds Passion in Sports Radio

KELSEY LITTLETON
Guest Writer
littlenk@plu.edu

The grandson of Pacific Lutheran football coaching legend Frosty Westering has made his own mark on Pacific Lutheran University history as a journalist for Mast Media.

Senior Kellen Westering, started out his PLU football career as a wide receiver in 2011, coached by his father, Scott Westering. However, due to numerous injuries his football career was put on pause.

Westering started his journalism career broadcasting basketball games since his first year in 2011, then added football games after an injury prevented him from playing in 2015.

"I wanted to be involved in some way," Westering said.

Westering is a communication major with a concentration in journalism. His professor Joanne Lisosky pushed him to start writing for the school newspaper, the Mast.

From there he added sports anchoring and radio to his media resume. Westering writes a piece for the Mast called "Kellen's Corner" where he gets quotes

from PLU coaches about their seasons. He also anchors for "News @ Nine" once a week and cohosts a radio show, "Sports Talk."

"Sports Talk" streams live on Fridays at 11 a.m. to 1 p.m. on LASR radio. The program covers sports both at PLU and on the professional level. Westering hosts with two other students, junior Drew Ardisone, and sophomore Christian Bond. They have named their trio, "2 1/2 Athletes."

"Working with Kellen is great. Because his family is so instrumental in the PLU community he has access to great resources," Bond said. "He's really helpful in that he knows so much of the stuff that goes on here at PLU."

Westering said he enjoys doing radio most out of all of his media jobs because he has the ability to be creative and talk about whatever he wants.

"I look forward to it every Friday," Westering said.

The first Friday after Spring Break, Westering, Bond and Ardisone arrive in the UC where they host "Sports Talk" 30 minutes before air to discuss the script and prepare for the next two hours.

The room is covered in vinyls and has a relaxed atmosphere. All three hosts sit with a laptop in front of them with their script lighting the screen, headphones on, and a microphone four inches from their faces. Westering has his shoes off and is dressed in shorts and a PLU shirt.

During the show the hosts crack jokes and discuss sports by themselves and with guests (the guest that day was Scott Westering). The show goes on with a lighthearted air and it is easy to tell that the hosts enjoy what they do. They are comfortable and confident in their questions and talk to each other like friends instead of three men doing a radio show.

I was able to sit in the background and listen to the first half hour of their show. Upon walking in I was greeted by Westering with a friendly, "Hey Kels!" I then had the opportunity to speak with Bond while Westering prepared for the show. Both men were incredibly friendly. I did not feel uncomfortable sitting in the small room while the broadcast continued, except when I knocked over Ardisone's water bottle.

"I love it so much," Westering said. "I feel like if I wasn't

involved in this stuff I would just be going through the motions in school."

Westering said he plans to graduate Winter 2016 so he can have the opportunity to play one last season of football with his father as his coach. He wants to pursue a career in sports journalism, either on the radio or on television.

Might he consider a career in coaching like his father and grandfather?

"It's in my blood," Westering

said, who is also minoring in coaching.

Kellen Westering had big shoes to fill during his career at Pacific Lutheran University and through that pressure he found a passion of his own in sports journalism, specifically sports radio.

"I definitely think the Mast has broadened my horizons," Westering said. "This is what I want to do in the future."

To listen to past "Sports Talk" podcasts, go to www.mastmedia.plu.edu



PHOTO COURTESY OF KELSEY LITTLETON
Kellen Westering in the LASR studio with father and football coach, Scott Westering.

Foreman Looks Forward

DYLAN WARD
Guest Writer
warddc@plu.edu



As student, athlete, leader has made an impact on and off the court this

season following a conference tournament appearance.

Dylan Foreman, sophomore, finished up another stellar season in February as a guard for PLU Men's Basketball after the team's best performance in almost two decades.

Foreman has proven himself to be one of PLU's power movers during his first two seasons as a Lute. His versatility as a player has grown during that time as well.

"He's for sure our best all-around player," PLU coach Steve Dickerson said.

Foreman was voted best defensive player this season despite having been one of the top scorers on the team. According to the team's statistics, Foreman

scored an average of 14.4 points per game this season, and 11.4 last season. That was more than three times as many points as his top scoring game in high school.

Coach Dickerson recruited Foreman from Bellevue where he is noted for being one of their best defensive players. However, Coach Dickerson did not recognize Foreman's potential as strictly defensive.

"My freshman year the coaches believed in me to be a scorer," Foreman said. "This year I took that up a level."

In January Foreman was recognized in an article by the Tacoma News Tribune for his achievements as both an offensive and defensive player. Next season Foreman said he

plans on becoming even stronger and more physical in order to prevent opposing teams from scoring as much, and put more points on the board.

Foreman said that continued aggression on both defense and offense translated into wins for the team this season, and will in the future.

The team ended the season with three graduating seniors, including Bryce Miller, one of the top re-bouncers in the conference. Foreman said Miller is the best passing center in the league by far.

"Other role players are definitely going to step up and improve in the off-season," Foreman said of the loss of Miller and others.

Not only has Foreman been a leader on the court, but he also demonstrated the same attributes in the classroom as well. He decided early to pursue a communications degree, and write for PLU's student newspaper, The Mast, in the sports section.

"That's the other thing about Dylan," coach Dickerson said. "He's super competitive and consistent on the court, in the classroom, and in life."

Foreman has been a student, athlete, and leader at PLU thus far, making a difference for both the team and the University.

Concussion Almost Ends College Career

MONICA RICHARDSON
Guest Writer
richamr@plu.edu



PHOTO COURTESY OF GOLUTES

Imagine this: brand new in college, scared, thousands of miles from home while having a brain

bleed. Think you could do it?

Nicoya Benham-Marin is a senior Pacific Lutheran University women's soccer player who dedicates her life to the love of athletics and kinesiology. She plans to graduate this spring with a kinesiology degree and concentrations with exercise science. Her plan after graduation is to receive a masters in strength and conditioning in Massachusetts.

"I woke up, I was lying down on the ground, everything was so bright, I was hyperventilating."

Beham-Marin is a pro when it comes to concussions. She has had three throughout four years. In her first year of college during a soccer

game against George Fox, her head collided with another player in a corner kick, instantly knocking her to the ground unconscious.

"My limbs and my legs were functioning but my brain wasn't. It was just bleeding," Benham-Marin said, not making eye contact with me. "It was really scary honestly". When Benham-Marin regained consciousness, she was frazzled and dazed. Athletic personal, and her coach, Seth Spidahl were making sure she was okay. She wasn't.

When asked about support, Benham-Marin instantly smiled, remembering all those who helped her. "Athletics was really supportive, they have the best interests of

the athletes in mind. And health is number one," Benham-Marin said.

Benham-Marin smiled even wider as she talked about her friends and wing, Elena Oelfke, who was one of her very good friends at the time (and still is), recounts the worst part of the whole experience: "Not knowing when it would get better."

The worst part being Benham-Marin's friend through this process was the uncertainty of if and when Benham-Marin was ever going to recover.

Every one of her friends was by her side, making sure she was taken care of since home was thousands of miles away in Idaho.

Stanford Health reports: "An estimated

40 percent of athletes are returning to play sooner than current guidelines would suggest".

According to Sport Concussion Institute, five-ten percent of athletes will experience a concussion throughout their athletic career. Benham-Marin was one of those athletes. She has had not only one, but three concussions throughout her college career. "I made it through my senior year without a concussion" she said happily.

While recapping her experience with a concussion, Benham-Marin discusses how important safety is through athletics. Having a concussion can lead to slower reaction time, harder time focusing on

activities and school work and forming sentences before you speak. All this happened to Benham-Marin.

Even today, Benham-Marin and her friends notice her slower reaction time loss of attention through simple activities and classes. Although she said that it could of been a lot worse (death), this is something she is forced to live with for the rest of her life.

"It wasn't easy. When tough times come in your life, it may not be easy, but don't allow the situation to run your life, it's going to get better," Benham-Marin said.

Senior Retires Racquet to Recover

MCKENNA MORIN
Photo Editor
morinmn@plu.edu



PHOTO COURTESY OF GOLUTES

After tearing her anterior cruciate ligament (ACL) back in March, captain of the Pacific Lutheran University Women's Tennis team is on her way to recovery, but is out for her final season. The PLU senior who has played tennis all four years, is now putting down the racquet on her road to recovery.

During a third set tie breaker Samantha Lund tore her ACL. Lund was playing for personal points when she went for a "crazy angle ball" served to her by her opponent. Lund had to make the decision to either go for it or risk losing the points and possibly the match.

"It's my senior year, I'm going to regret not going for every

ball," Lund said.

Making the quick choice of going after it, Lund sprinted to the other side of the court. After touching the ball with her racket, Lund's knee locked and hyper-extended back, sending her falling forward. But the worst was still to come.

"On my way down I just felt like a pop, and that's the scariest thing, when you feel a pop you know something's wrong. That's the scariest thing any athlete has ever experienced," Lund said.

Lying on her back in the middle of the court, Lund said she felt no pain but was worried about the pops. The trainer came over and Lund explained what happened as she got back up. Even though she was in no pain, the trainer told her to stop the match in fear of the worst.

After a few days of feeling fine with little pain, no swelling or bruising and keeping up on her regular activities, Lund went in for a precautionary X-Ray and MRI. When she got the results back, her fear had come true. It was a torn ACL. This would mean surgery, recovery, physical therapy, and most importantly, no tennis for the rest of her senior year.

For any athlete, being taken out of their sport, especially in an important season like senior year, can be devastating. Even though Lund said it can be sad and depressing, she knows she has to push through because at some point she may want to play again.

"Somewhere in the next 50-60

years of my life I'm going to want to play" Lund said.

The hard part is being a senior and not having time to get better to play again. But Lund knows it could have been worse. After making the documentary "Injured and OUT" last year, on athletes who became injured and can no longer play their sport for the rest of their life, Lund said she feels lucky to know that this injury is temporary. Hearing it and experiencing it are two very different things. Lund said while making the documentary, people would tell her about being depressed and sad but she could only sympathize. Now Lund is experiencing the same struggles and can empathize with the athletes she worked with.

"It was really hard for me at night. You're lying there and it just feels very different to not feel like yourself," Lund said.

Being an athlete for most of her life, losing tennis was like losing part of herself. Lund was still able to attend practice but couldn't participate. As captain, Lund had to motivate her teammates to continue on and do their best, while she did her best to deal with the mix of emotions she was feeling from not playing.

"It's weird to go day by day trying to figure out who you are because you're not an athlete anymore," Lund said. "You're something different. It's difficult because you get into your own brain about it".

Lund found it easier to stay positive when she was put in front of people, her team, her

friends, her coaches. Staying positive was a lot easier for Lund when people were looking at her.

Lund isn't the only athlete who has been injured playing her sport. According to the "Morbidity and Mortality Weekly Report" from the US Department of Health and Human Services/Centers for Disease Control and Prevention, the average annual national estimate of the number of athlete-exposures and injuries is 35,333,250 athletes. Women's tennis averages 663,630 injured athletes per year.

PLU athletes are contributors to this large number Senior Kellen Westering is a PLU football player who was recently injured and has been injured many times before. Westering has had the same struggles as Lund. He has been taken out of games and practice due to injury and has dealt with the emotional roller-coaster that comes with being out. Westering took solace in being the team cheerleader when he couldn't play.

"It makes me appreciate just being able to practice. It teaches you not to take anything for granted," Westering said.

Lund had to learn how to be the best cheerleader for her team, just like Westering. As captain and the only senior, Lund had to put on a smile and make sure her team got to their full potential, even without her. Lund had fully embraced the saying "fake it till you make it" to help her accomplish this.

"It's one of the easiest things to stay strong for other people than it is to stay strong for yourself," Lund said.

Lund pushed through the sadness by staying motivated for her future in tennis and for those around her. Even though Lund said it's hard to ask for help and rely on others, she is slowly rebuilding her strength. She is finding new ways to stay positive for her team and herself. Lund is getting stronger emotionally, mentally and physically with hopes to return to tennis in the future.



Senior Samantha Lund returns the serve against Willamette

2016 SUMMER OLYMPICS



COUNTDOWN

to

RIO

102

DAYS



CW

Illustration by: Colton Walter

Coach's Corner

KELLEN WESTERING
Sports Writer
westerka@plu.edu

Football Assistant Head Coach Jud Keim



Photo courtesy of GoLutes

"The start of spring football has been very energized. We have such great kids to coach. The most fun part about it is just seeing all of us together again. We just started so were working on finding some rhythm and truly develop some momentum into the summer and next fall. Though were working drill and position skills, were also creating the the teams personality identity and inner circle leadership. The effort and attitude so far has been awesome. Their hair is on fire to get better and better everyday."

Player's Corner

Senior Men's Baseball Player Tanner Bogart:



Photo courtesy of GoLutes

"Winning the NWC championship was great. We've been working hard all year trying to get back to regionals and we accomplished that. Everyone came up big when it mattered and it's nice knowing we get to play longer."

Choking: The global phenomenon

DYLAN FOREMAN
Sports Writer
foremad@plu.edu

Sometimes in sports there is a moment when everything tightens up in your body, the airways constrict and suddenly an uncontrollable shake comes upon you like a plague. The feeling happens in a tense situation with a lot riding on the outcome of your performance. Imagine that situation is the iconic Masters golf tournament and you suddenly feel the tightness and shake with nearly 14 million people watching you. Scary right?

On April 10, Jordan Spieth, the favorite to have won this year's Masters, had a five-shot lead with nine holes remaining in the

match. All he had to do was hit for par and he would have been the back-to-back Masters champion. However, the phenomenon that is seen in sports all the time happened: choking.

Through a bizarre string of shots that landed him in the water twice on one hole, Spieth quickly fell three shots behind the eventual winner Danny Willett and never recovered as he let the green jacket slip away from him.

This is not the first time choking has appeared in competition nor is it even close to being the last one. But, as someone who has felt victim to the pressure of close game on more than one occasion, each time stings as worst as the last.

Mentally, it consumes the mind with negative thoughts

and overthinking. Physically, it diminishes the body's natural response to perform at the highest capacity. Some of the most dominant athletes to date have suffered from choking and will continue to. The great ones however, have a short memory. If anything, falling short is what athletes thrive on and is what makes them better.

The greatest competitor to date, Michael Jordan, is an excellent example of this. He said, "I've missed more than 9000 shots in my career. I've lost almost 300 games twenty-six times, I've been trusted to take the game winning shot and missed. I've failed over and over again in my life. And that is why I succeed."

I am sure Jordan Spieth felt disgusted with himself and was

in disbelief that he lost a five shot lead with nine holes remaining. With that being said, Jordan Spieth is a great competitor.

Spieth is one of the youngest, most talented players to enter professional golf. He would not be that successful if he was not able to mentally move past his meltdown.

My mother was a professional golf player and won numerous championships as an amateur. I know how frustrating the game of golf can be. It is the most mentally taxing sport on the planet and Spieth is the considered the best player to play it. He has what it takes to move past it. All great athletes have that innate ability.

It is all about whether someone has will to put the "choking" experience past them and learn



PHOTO COURTESY OF FLICKR
Jordan Spieth Chokes at the Masters

from it. Otherwise, it consumes people. Choking is not the problem. It is how someone reacts to it.

THE LUTES SET LIST

Women's Rowing: NWC Champs

Up Next: NCAA Championships in Sacramento

Baseball:
at Whitworth, Won 6-5

Softball:
at Puget Sound, Won 7-6

Up Next: at Linfield, Saturday, 1 p.m.

Up Next: End of Season

NORTHWEST CONFERENCE STANDINGS

Men's Tennis

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Pacific	18	4	0	11-1	Lost 1
Whitman	19	9	0	11-1	Won 3
Lewis & Clark	13	8	0	10-2	Lost 1
Whitworth	12	8	0	8-4	Lost 1
George Fox	10	10	0	6-6	Won 2
Linfield	4	12	0	3-9	Lost 3
Willamette	3	10	0	3-9	Lost 2
Puget Sound	1	11	0	1-11	Lost 5
LUTES	1	15	0	1-11	Lost 11

Women's Tennis

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Lewis & Clark	18	2	0	12-0	Won 7
Whitman	14	10	0	10-2	Lost 1
Linfield	12	6	0	9-3	Lost 1
George Fox	12	9	0	7-5	Lost 1
Whitworth	7	12	0	6-6	Lost 1
Pacific	7	10	0	5-7	Won 1
LUTES	5	10	0	4-8	Lost 4
Puget Sound	2	16	0	1-11	Lost 5
Willamette	0	15	0	0-12	Lost 15



Baseball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Whitworth	27	10	0	17-7	Lost 1
LUTES	25	16	0	15-9	Won 3
Pacific	24	16	0	14-10	Lost 1
Linfield	22	15	0	14-10	Won 2
George Fox	21	17	0	14-10	Lost 4
Willamette	18	18	0	11-13	Lost 2
Puget Sound	15	22	0	11-13	Lost 4
Whitman	13	25	0	8-16	Won 1
Lewis & Clark	12	28	0	4-20	Won 1

Softball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Whitworth	29	13	0	20-8	Lost 2
Linfield	29	13	0	18-10	Won 4
George Fox	30	14	0	18-10	Lost 1
Pacific	25	16	0	17-11	Lost 2
LUTES	22	16	0	14-14	Won 3
Lewis & Clark	17	23	0	11-17	Lost 6
Willamette	10	18	0	14-19	Lost 6
Puget Sound	10	28	0	4-24	Lost 3