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Dining dishes up vegetarian delights

Mel Natwick
A&E EDITOR
natwicmk@plu.edu

Through unique vegetarian meal creations, Dining and Culinary Services gives Pacific Lutheran students alternative ways to eat the way they choose.

A collaborative effort between sous chefs, line cooks and management staff helps Dining Services create the vegetarian meals. Some staff members are vegetarian or vegan themselves who help design the menu, Director of Dining & Culinary Services Erin McGinnis said.

Food options are separated into four stations: Crave, Aiglio, Cross Cultures and Good Things. Dining Services has the goal to include at least one vegetarian option at every food station, said PM Sous Chef Doug Hinners.

"Our goal is that a vegetarian would have the same number of options at each station as a meat eater who does not like vegetarian options," Hinners said.

He also said they are moving out of an old menu system in order to include more vegetarian options since old items are removed from the menu each year.

"As we exclude those old menu items that don't really suit the modern palette, we are always adding vegetarian options with each of those," Hinners said. "It's a slowly evolving process, but we do include more options every year."

Dining Services incorporates vegetarian meals throughout the week, but took an additional step this year to

SEE DINING PAGE 2

Here's the Situation

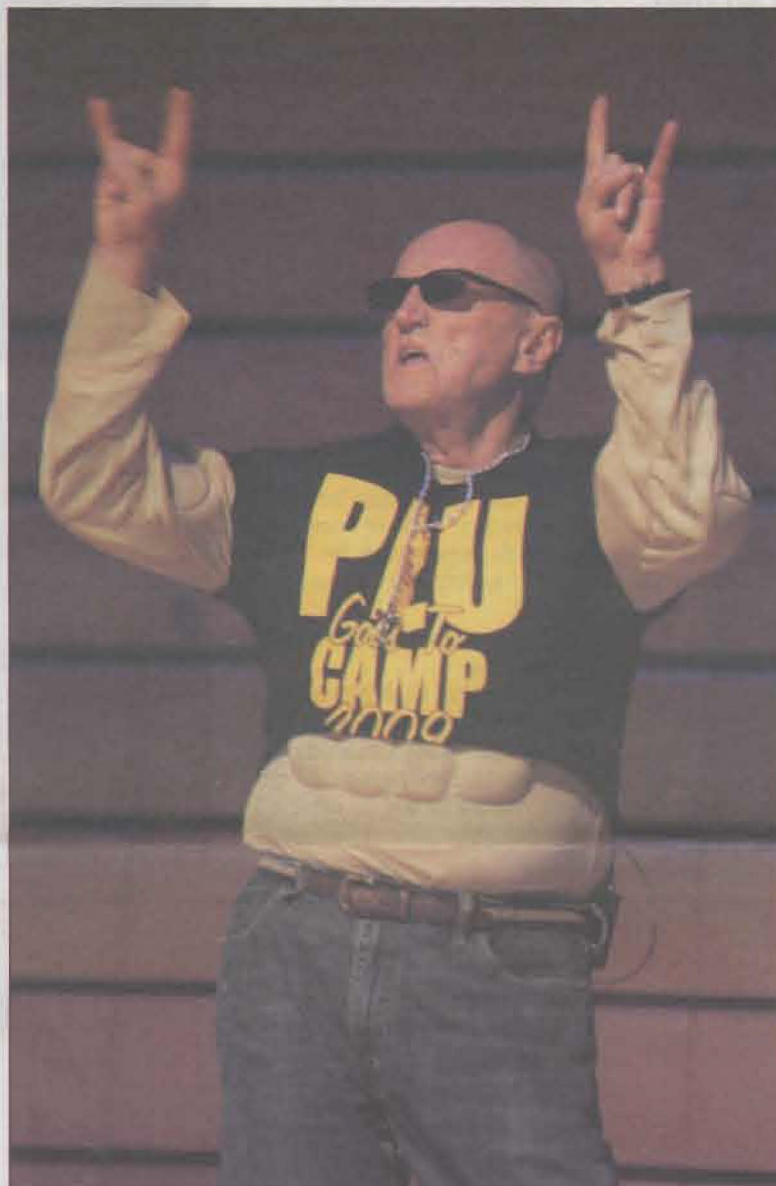


PHOTO BY CAROLYN KNACKSTEDT

President Anderson dresses as the Situation from the MTV reality show "The Jersey Shore" in his final Songfest performance Oct. 13 in Olson Auditorium. When asked which costume was his favorite out of all his past Songfest performances, Anderson responded, "I like being Elvis." See page 4 for more photos of Songfest.

Banned bottles hide on campus

Nick Neely
NEWS REPORTER
neelyna@plu.edu

Water bottles remain on campus despite an ASPLU resolution last year banning them from the Pacific Lutheran University. However, instead of being available for sale at campus vendors, they are in the vending machines around campus.

Last year, ASPLU passed Resolution Six, a ban on the sale of bottled water. This ban coincided with an already declining sale of bottled water on campus as well as the Take Back the Tap campaign.

Take Back the Tap itself saw a 30 percent decline in bottled water in 2009, which was its debut year, said Administration Assistant Rebecca Farris. Resolution Six also contained a proposal for the installation of seven "gooseneck" water refill stations at the cost of approximately \$700 per station.

Gooseneck stations are named for their curving spouts, which end with the opening facing downward, allowing for easy bottle filling.

The vending machines sales are not in violation of the ban. The Resolution Six specifically left out vending machines as well as sporting events and retail outside PLU.

"It's not going against policy, the policy never concerned it," Sustainability Manager Chrissy Cooley said.

ASPLU President Alexis Ballinger explained why ASPLU decided to omit vending machines with the resolution.

SEE BAN PAGE 3

Alcohol available at Homecoming dance

Alcohol policy only applies on campus, not off campus

Matthew Ambrosecchio & Jerry Bulala
GUEST WRITERS
ambrosmt@plu.edu & bulalajo@plu.edu

The Hotel Murano bustled with students attending the 2011 PLU Homecoming Dance Oct. 15. While many attendees hit the dance floor right away, students aged 21 and over could hit the bar first for a drink.

After the dance, there were reports of people getting a little sick on the ride home. A student had vomited on the floor of the bus but it was unknown whether alcohol is to blame. There were no reports of students becoming dangerously intoxicated at the dance or on the way home.

According to ASPLU President

Alexis Ballinger, a bar at the Homecoming dance has traditionally been available to students who are of age.

"It's a safe place for them to drink, if they so chose, if they are over 21," Ballinger said.

To ensure safety, police or sheriffs are hired to check IDs and EMTs are present in the event of an emergency.

Some students said they believe that selling alcohol at school events is okay.

"If a student is drinking and they don't cause trouble or violate the rules, then it is ok," said a junior who did not want to be named for this story.

Other students, such as first-year Haley Cooper and sophomore Lauren Berg, said they were uncomfortable with alcohol available for purchase at off-campus school functions.

Berg said she thought it was "awkward to have alcohol at a school event" when the alcohol wasn't provided by a student.

"I don't think alcohol should be at events like this," said Cooper. "If people are driving home, you don't want them to be driving intoxicated."

At the dance, the bar was located in a partitioned room with two monitored entrances. Windows were not present in the room so onlookers could not see inside. At the entrance of the bar, hotel staff members were checking students ID cards making sure they are of age to enter.

Seniors Kara Herzog and Jami Branelt commented on the service while leaving the bar.

"It's a good idea," Herzog said. "It provides a

SEE ALCOHOL PAGE 3



SPORTS

Unofficial breakdancing club helps students break out of shell.

NEWS

Acting Director for the Women's Center sees men and women as more similar than different.

A&E

Director of Multicultural Recruitment builds television legacy with show "Why Can't I?"

FOCUS

"It's genocide with a pen:" US copyright laws and Native American oral traditions collide.

STUDY BREAK

Crossword, maze unveiled this week. Also included is answers to last week's caption contest.

WHAT'S INSIDE

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incorporate the student-driven campaign Meat Free Monday into the meals.

The campaign raises awareness of the consequences of "heavy meat" eating to people's health and the environment.

"We are trying to build awareness that meat-free can be delicious and nutritious," Erin McGinnis said.

AM Line Cook Anthony McGinnis is a vegetarian. He is in charge of the Cross Cultures station, which serves students a broad spectrum of ethnic dishes including those from Asia, South America and Latin America.

On Mondays, Cross Cultures only serves vegetarian meals. It serves four vegetarian dishes: pho, peanut noodle, bi bim bop and falafel.

"We took things that were popular on their own and do not require meat to taste good," Erin McGinnis said. "Someone who is not vegetarian will still take it because it is still a popular item."

Anthony McGinnis said Meat Free Mondays have been very successful in the Cross Culture station. Falafel is a popular meal on Meat Free Mondays. It is served as a sandwich where lettuce, tomatoes and tahini are stuffed into pita bread.

"I'm blown away how falafel is doing on its own," Anthony McGinnis said. "I know our falafel is great, but I did not know it would have done well as it has on Mondays."

Cross Cultures usually serves Asian dishes and commonly serves tofu when

making vegetarian dishes. However, students do not always like tofu.

"There are a lot of people I know that do not like tofu so that shouldn't be the go-to alternative," pesci-vegetarian sophomore Mamie Howard said. "They can definitely prepare stuff that does not necessarily have tofu."

A pesci-vegetarian eats fish, but not poultry or meat.

"There are a lot of people I know that do not like tofu so that shouldn't be the go-to alternative."

**Mamie Howard
sophomore**

A difficulty with vegetarian meal planning for Dining Services is the limited space that staff has to serve the meals and the variety of vegetarianism. Hinners said that they try to incorporate a vegan meal each night, but it is extremely difficult and they are not always successful. A vegan diet consists of no animal-derived food, including eggs and dairy products.

"We do not expect them [students] to just eat tofu, and that's not our goal," Erin McGinnis said. "That's not what being vegetarian is about."

Junior Mikela Villagomez has been a vegetarian for seven years and said vegetarianism is an important life decision and that she is always getting grilled cheese sandwiches and salad at PLU, but it is never filling.

"It is a really big part of my life," Villagomez said. "It is a conscious decision that I made since I was a child. It's really important to me."

Incorporating meat analogues or meat substitutes is another difficulty. Erin McGinnis said that meat analogues are difficult to deal with because the reason why most people become vegetarian is to get away from the idea that it came from an animal.

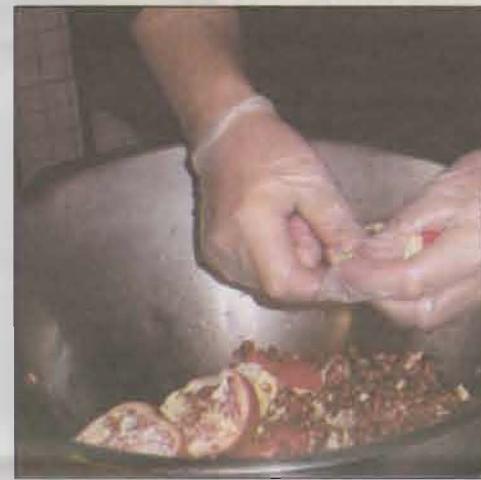
"We bring out the meat analogue products and that's frustrating to students," Hinners said. "I'm trying to work more natural items in as a permit."

Some of the natural products include making paneer – an Indian, high protein cheese. The homemade paneer served at Cross Cultures is tossed with spinach and curry seasonings.

Dining Services relies on constructive criticism in order to improve the vegetarian menu. Comments can be submitted on Dining Services' Facebook page or can be emailed to Erin McGinnis directly.

Changes made to the menu are ongoing.

"I hope that it comes off that we really care about what we do here," Hinners said. "I have a sincere personal investment that we do offer a wide selection of vegetarian options."



ABOVE: Cold Prep Ginger Mounts cuts peppers in the PLU Commons kitchen in the commons Wednesday. The peppers were part of a meal prepared for Cross Cultures. Photo by Kevin Knodell. **LEFT:** McGinnis breaks up a pomegranate. On Mondays, the Cross Cultures station serves four different vegetarian dishes such as pho and falafel. Falafel is a sandwich made with lettuce, tomatoes, tahini and pita bread. Photo by Mel Natwick.

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BAN CONTINUED FROM PAGE 1

"We were told that the vending machines were part of a separate contract," Ballinger said, "which is why we went after locations first and hopefully they would be phased out of the vending machines as well."

Kenny Stancil, the ASPLU senator who spearheaded the resolution, was in Chile and unavailable for interview.

Director of Dining and Culinary Services Erin McGinnis had alternate information about the contract with Pepsi Co.

Pepsi has a sole provider contract for drinks, said McGinnis. The contract covers all the drinks from market to vending. Pepsi supplies PLU with the vending

machines and coolers on campus and provides maintenance on the machines. Dining also receives discounts on Pepsi products. However, the contract also states that Dining cannot purchase and sell products that directly compete with Pepsi products.

"If Pepsi offers a drink, we'll have to buy it," McGinnis said. "Pepsi was disappointed because they made a lot of revenue off water."

McGinnis said that Pepsi raised the prices on other drinks to compensate for the lack of water sales. The prices in the contract with Pepsi are not fixed. McGinnis said that PLU is still receiving drinks at a discount.

McGinnis said she has concerns about taking bottled

water out of vending machines. She said she is "concerned for outside guests who needed bottled water at campus."

"When one department does not have the same values as the rest of the university it does slow things down."

**Chrissy Cooley
Sustainability
Manager**

Profits from vending machines around campus go to Dining Services and the profits from the vending machines in

the residence halls go to Residential Life.

"After talking to Res Life and finding out that they receive profits from that [the vending machines] he [Stancil] decided to narrow his scope to just Dining," Cooley said. "We were picking our battles."

Cooley also said that "when one department does not have the same values as the rest of the university it does slow things down."

Ballinger said she was not aware that Residential Life received a profit from a portion of the vending machines, and said that ASPLU only pursued Dining due to the separate contracts.

Director of Residential Life Tom Huelsbeck said he does not recall a conversation with

Stancil. However, he said that "we would not have advised him that it needs to not happen."

An ASPLU resolution, although not a law, is meant to reflect the current thoughts of the student body. Thus, a resolution is not a mandate requiring PLU to take a certain action and not guaranteed to be obeyed.

"The resolution was a way to voice the student body's opinion in a formal way to the administration and upper hierarchy of PLU," Ballinger said.

Ballinger also said that ASPLU and dining services were partners in creating the resolution.

ASPLU can pass bills to pay for an event and can also be used to update the bylaws of ASPLU.

ALCOHOL CONTINUED FROM PAGE 1

way to drink that's safe for people who want to drink."

Commenting on alcohol's price as a motive for moderation, Branelt said, "It's super expensive and I don't think many college students want to spend money like that."

Ballinger also stated drinking is more controlled at PLU sponsored events.

"Students can get cut off," Ballinger said. "It's just like if you were to go out to a bar. If you appear intoxicated slurred speech, tripping, the usual — they reserve

the right to refuse service for any reason."

Although PLU is a dry campus, the alcohol policy allows drinks to be served off school grounds. The only requirement for the service of alcoholic beverages at off-campus school-sponsored events is that non-alcoholic drinks be provided as well.

Last year, a PLU student became intoxicated at an off campus event, however sources cannot confirm if this was due to the alcohol provided through the school or the student's own beverages.

Students can review PLU's alcohol policy in its entirety in the student handbook, online at <http://www.plu.edu/student-handbook/code-of-conduct/alcohol.php>. Violations of local law may also be considered violations of PLU's policy.

lifelife
BRIEFS

Amelia Heath
A&E REPORTER
heatham@plu.edu

Halloween opens up campus to Parkland

Parkland residents will be able to visit campus to trick-or-treat Monday evening. Parents can bring children 12 years old and younger through the residence halls from 6 to 8 p.m.

Harstad Hall will also collect donations for a food drive at this time.

Students are asked to make sure decorations and costumes are appropriate for the visiting community members.

Plueger Pfright Night will take place Saturday from 8:30 to 11 p.m. Masks are not allowed.

Hinderlie's Haunted House will be open Monday from 6 to 9 p.m.

In a campus-wide email, Student Life Council encouraged students to remain safe through Halloween weekend and wrote, "Please be sensible, respectful, safe and legal. The consequences of doing otherwise are too great."

The email further stated that additional off-duty officers from the Pierce County Sheriff's Department will be patrolling the area around campus.

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Interim Director 'fits needs and visions' for future changes to Women's Center

Courtney Donlin
NEWS EDITOR
donlincl@plu.edu

The Pacific Lutheran Women's Center has a new motto this year: "Is it fun and is it for everyone?"

Volunteers and employees, including Acting Director Jennifer Smith, are working toward building up from the Center's beginning. Smith, who was appointed in August, said one of the biggest goals for the Women's Center is "to meaningfully integrate diversity" into the program and to "be as inclusive as possible."

"When we were brainstorming with our interns, what we came up with is reintroducing our image," Smith said. "We're being really intentional about it. Is this program for everyone?"

Victim Advocate Jennifer Warwick praised Smith's efforts to bring more students together in the Women's Center, including her work on the Women's and Men's Retreats.

The Women's Retreat, held overnight in the Center on Oct. 7, invited any students who identify themselves as women, rather than only students who are born women.

Smith's interest in Women's and Gender Studies first appeared when she was an undergraduate student at

Indiana University, which did not offer a Gender Studies program.

"For me, there was a question of culture saying men and women were different. I saw them as more similar than different," Smith said. "Why do people seem to care so much? It was always so puzzling to me. It's still puzzling to me."

This curiosity about gender roles in society is mirrored in the upcoming cross-sectional dialogues between the Women's, Men's, Queer and Students of Color Retreats. Each retreat is scheduled during fall semester, with a discussion for all groups during spring semester.

"She really fits our needs and our visions," Warwick said about Smith. "She was integral in putting these retreats all together."

Warwick said that everyone involved with the Women's Center is working toward shifting its reputation as a place

solely for victims to more of a fun place.

"Talking about gender and sexuality is fun," Warwick said. "Celebrating women is fun. In fact, that's sort of the buzz word for this year. Is it fun and is it for everyone?"

The visions for the Center include rebuilding its educational program in connection with the Women's and Gender Studies Department, with practical workshops for the entire campus, Smith said.

The workshops could include

"Talking about gender and sexuality is fun. Celebrating women is fun."

Jennifer Warwick
victim advocate



PHOTO BY CAROLYN KNACKSTEDT

Women's Center Acting Director Jennifer Smith (left) and first-year India Irons write about what their "VIP" stands for Oct. 14 at the Diversity Center's 10th Anniversary Celebration during Homecoming in Mary Baker Russell Music Center. The celebration, titled "Voice, Passion, Inclusion," celebrated social justice and diversity in and around PLU.

changing oil or changing a tire. In general, the workshops are meant to teach students who may not have a chance to learn basic skills because there isn't anyone to show them what to do.

"We really want this program to be celebratory and joyful, and also educational, not that the two are mutually exclusive," Smith said.

Smith received her Ph.D in English from Western Michigan University. She first encountered PLU's campus when her partner, Professor Jason Skipper, was hired. Smith began teaching

in 2006 as a part-time Writing 101 professor.

"We feel like it's [PLU is] home for us," Smith said. "The students are great. A lot of them have a sense of their place in the world."

Smith currently teaches one Women's and Gender Studies class, along with her duties as acting director.

Warwick said this year's plan is to assess what the director position will look like in the long-term, and that having someone who can also teach is an important factor.

Songfest hops on the school bus



ABOVE: Sophomore Linda Luu (left), Sophia Ro (center) and sophomore Annie Twombly (right) dance as residents from Tingelstad. Stuen and South combine their hall themes in the Songfest performance Oct. 13 in Olson Auditorium. Twombly dressed like "Miss Frizzle" from the Magic School Bus. **LEFT:** First-year Cole Chernushin dances as residents from Hinderlie and Harstad and commuter students combine their pirate and Narnia themes for Songfest. Staff and faculty also participated in Songfest, with a performance titled "A History of Songfest VIPs." Staff wore all of President Loren Anderson's and Marianne Anderson's old costumes from past performances. Hong and Pflueger Halls won Songfest this year. Photos by Carolyn Knackstedt.



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Wed: 2:30, 4:45, 7:00, 9:10 Thurs: 2:30, 4:45, 7:00, 9:10


THE MILL AND THE CROSS (NR)
See Pieter Bruegel's masterpiece The Way to Calvary come alive around you. Some Spanish with English Subtitles.
Fri: 2:00, 4:15, 6:30, 8:45 Sat-Sun: 11:45am, 2:00, 4:15, 6:30, 8:45
Mon: 2:00, 4:15, 6:30, 8:45 Tues: 2:00, 4:15, 6:30, 8:45
Wed: 2:00, 4:15, 8:45 Thurs: 2:00, 4:15, 6:30, 8:45

MARGIN CALL (R)
A thriller that revolves around the key people at an investment bank over a 24-hour period during the early stages of the financial crisis. You can't go wrong with Kevin Spacey.
Fri-Thurs: 1:40, 4:00, 6:20, 9:00



MY AFTERNOONS WITH MARGUERITTE (NR)
An illiterate and lonely man bonds with an older and well-read woman. In French with English subtitles.
Fri: 2:15, 4:30, 6:45, 8:35 Sat-Sun: 12:00, 2:15, 4:30, 6:45, 8:35
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Tuesday Film Series!

THE FUTURE (R)
Another quirky comedy from Miranda July.
Tuesday, November 1: 2:30, 7:00



Connect with us!

Student leader broadcasts legacy

Staff member, student strives to create own talk show

Mel Natwick

A&E EDITOR

natwicmk@plu.edu

One Pacific Lutheran staff member and student has learned there is more than one way to develop a legacy—and making television is playing a part. Despite being a mother, a grandmother, a student at PLU, the adviser of Lute Nation and the director of multicultural recruitment of PLU, Melannie Cunningham dreams big as she develops her legacy.

One of Cunningham's legacy projects began when she was selected as one of 18 people to participate in Tacoma's Voices of the City, a new addition to Broadway Center for the Performing Arts program. For this event, participants used a variety of artistic talents to tell their stories to the community as part of the Fall Free for All arts celebration Oct. 8-9.

According to the Tacoma News Tribune, the Voices of the City was "intended to give a voice to those who don't normally have the opportunity to speak to the wider community."

For the event, Cunningham created a television production called "Why Can't I? The Evolution of a Legacy" in order to share her story and express what creating a legacy means to her.

"Why Can't I?" asked the audience whether they were "dreaming big enough" in order to create their own legacy.

"At the end of the day, my piece, even though it was about me, was really about the viewer because I wanted them to turn the question to themselves and ask 'why can't I, what,'" Cunningham said. "What are you doing with your life in terms of building your own legacy or are you just walking through life without a purpose?"

The project started out as a documentary but evolved into a television production as a result of Cunningham's desire to host a talk show she said.

Her project was considered so innovative that Cunningham appeared on the front page of the News Tribune and on KING 5 New Day Northwest, hosted by Margaret Larson Oct. 6.

"It was so cool to meet Margaret Larson," Cunningham said. "I really like her and I even asked her 'can I give you a hug' and she said 'yes.'"



THE NEWS TRIBUNE ENTER

Thursday, October 20, 2011 - Tacoma, WA

NEWS SPORTS BUSINESS OPINION SOUNDLIFE ENTERTAINMENT OBITS CLASSIFIED

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Project gives voice to a variety of Tacomans
Today they are ordinary citizens. This weekend they'll become artists telling extraordinary stories.

CRAIG SAILOR, STAFF WRITER
Published: 10/07/11 12:05 am | Updated: 10/07/11 12:25 am

0 Comments 2 Tweets 1 Like Send

Today they are ordinary citizens. This weekend they'll become artists telling extraordinary stories.

They are the 18 people tapped to become the Voices of the City—a new Broadway Center for the Performing Arts program designed to bring out stories seldom heard. On Saturday and Sunday, those stories will come alive on the city's stages and at other venues as part of the Fall Free for All arts event.

Conceived by BCPA executive director David Fischer along with Kevin Joyce and Martha Enson of Enjoy Productions, the program is intended to give a voice to those who don't normally have the opportunity to speak to the wider community.

JESSE MICHELER
From Left: Steph Faber, Rosanne He Cunningham and Daryl Post

MORE PHOTOS

Voices of the City



by New Day Producers

Posted on October 6, 2011 at 9:26 AM
Updated Thursday, Oct 6 at 12:41 PM

A unique, innovative program called "Voices of the City" will place 18 performers on stages across Tacoma this weekend as part of the Broadway Center's "Fall Free for All" event. The 18 performances

ABOVE: Melannie Cunningham hosts the pilot episode of her television show "Food for Thought TV: Nourishment for the Mind, Body and Spirit" with International Vegan Chef Rafiyah Joy at Bargreen Ellingson Restaurant Supply sponsored by Multicare, Dec. 14, 2010. Cunningham said she dreams of hosting her own talk show at a local television station or cable network station such as Oprah Winfrey Network. Photo by Joanne Lisosky. **LEFT:** Cunningham appeared on the front page of the Tacoma News Tribune Oct. 7. Screen shot taken by Mel Natwick from the Tacoma News Tribune website. **RIGHT:** KING 5 New Day Northwest featured Cunningham Oct. 6 as part of the Voices of the City Project. Screen shot taken by Mel Natwick from the KING 5 New Day Northwest website.

To watch Cunningham on New Day Northwest go to www.king5.com/new-day-northwest.

"Why Can't I?" is a spoken performance by Cunningham and is made up of three video segments that tied back to legacy. The three segments are called "Community and Legacy", "Family and Legacy" and "Mentors and Legacy." The premiere of "Why Can't I?" took place at the Pantages Theater.

In "Family and Legacy," Cunningham converses with her daughter Tifannie Cunningham White and her sister Audrey Cunningham. Melannie Cunningham said that this segment was asking her daughter "what she sees for her life and

what does legacy mean for her" because they do not always "get along."

Associate Director of Admission Paula Meiers attended Cunningham's talk show and said "Family and Legacy" segment was emotional for people.

"People were tearing up in the audience," Meiers said. "It spoke to all those things of mother and daughter relationships, and just the fact that relationships in general are hard because you don't always agree on things."

Lute Nation did an opening act of "Why Can't I?" Junior Bernice Monkah said that the message of legacy affected her.

"The family part really impacted me because I am the first to go to college," Monkah said. "Everybody is looking at me and I have younger siblings and cousins and that for me is creating another legacy."

Melannie Cunningham produced, served as the executive producer for and hosted the video.

"It was frantic, but it was also exhilarating because I love it," Cunningham said. "I get really energized when I am in that

For more information about "Why Can't I?", go to missmelannie.com/index.

mode."

But Cunningham has not stopped building her legacy with the Voices of the City project. Cunningham continues to create her legacy by pursuing her goal to host her own talk show with her creation of the program "Food for Thought TV: Nourishment for the Mind, Body and Spirit."

Each of the segments in "Why Can't I?" could become an episode in Food for Thought TV, Cunningham said.

"It will be funny and inspiring," Cunningham said, "but it is really to motivate people to live their life better."

Cunningham is creating a TV pilot with a collection of her best work in preparation for submitting it to a television network. Her first choice is a local television station. Other options may include cable television stations like the Oprah Winfrey Network.

"I love television," she said. "I

To watch the pilot episode of Food for Thought TV please visit www.youtube.com/watch?v=dJh627xSX-A.

VIDEO GAME REVIEW

BEST BATGAME YET

review
GGGGG

Stewart Berg
GUEST WRITER
bergsm@plu.edu

The 2009 release of *Batman: Arkham Asylum* brought the character Batman his most successful video game adaption yet, but the game's developer, Rocksteady Studios, has crafted a sequel that improves upon it in every way.

Batman: Arkham City is an action-adventure genre sequel to *Arkham Asylum*. Set roughly a year after the events of *Arkham Asylum*, the plot involves the corrupt Hugo Strange running Gotham City's prison and largest collection of super villains. The story is compelling and full of engaging and surprising plot twists.

In the game's opening minutes, it is revealed that Strange has deduced Bruce Wayne's secret identity as Batman and has orchestrated Wayne's arrest and subsequent imprisonment at *Arkham*. A faithful inclusion of Batman's large library of villains adds to the gripping narrative.

Much like its predecessor, *Arkham City's* combat relies heavily on the player countering his or her attackers. Successful countering leads to a takedown of the enemy and the player can string these successful attacks together

into combos. The combat is incredibly fluid as Batman seamlessly transitions between attacks and attackers as flawlessly as his film counterpart.

The combat is, however, slightly flawed in its sound

feels far too enhanced.

Instead of the conventional sound of a break that one would expect, the lightning-like explosion of sound seems to suggest that enemies store reservoirs of gunpowder inside their

elbows and knees. This cartoonish aspect takes away from the carefully constructed dark and gritty atmosphere.

Rocksteady found that many players of *Arkham Asylum* spent the majority of their time within the optional "Detective Mode" – an x-ray-like view where enemies and objects of interest are highlighted

and the world is rendered in an unappealing state of darker colors.

For the sequel, the developer has scaled back the use of the mode and defined its focus. The new mode is particularly effective at portraying Batman's often underrepresented detective side as he searches a room for clues or traces the origin of a sniper round.

Batman's transition from print to video games has been historically rocky, but where other games have failed, *Batman: Arkham City* has become not just the best Batman-licensed game made, but the best licensed superhero game overall.

Arkham City was released Oct. 19 for the Xbox 360, PS3 and will be released Nov. 15 for PC.

Batman: Arkham City has become not just the best Batman-licensed game made, but the best licensed superhero game overall.

effects. A takedown of an enemy often involves Batman breaking one of that enemy's limbs. When this happens, the accompanying sound effect of the break

'Pop Meets Classical' at Trinity Lutheran Church

Illumni Men's Chorale inspired HERmonic

Dianne McGinness
A&E REPORTER
mcginndo@plu.edu

The first HERmonic and PLUtonic a capella concert of the year will feature not only pop, but also classical music.

Pacific Lutheran's a capella groups will perform their concert, "Pop Meets Classical," Oct. 30 at 7 p.m. at Trinity Lutheran Church. The show will also feature the Illumni Men's Chorale. The Chorale that sparked the idea for the concert by performing a piece that combined 15th century music with Britney Spears will also perform.

Illumni General Manager Chris McCafferty wanted to do something with both a capella groups, HERmonic President senior Kylie Lewinski said.

"This concert is really fun because it is opening it up to the community a lot more," Lewinski said. She added that having the concert at Trinity Lutheran Church would allow more than just the PLU community to attend.

Each group will perform a 20-minute set of songs composed of both pop and classical music. All three groups will then sing the finale together.

HERmonic's set will feature several new songs, including an arrangement by HERmonic Secretary junior Marina Pitassi.

"This summer I really wanted to arrange a song for HERmonic that played to mainstream music incorporating things that everyone would know," Pitassi said. "The song is called 'Diva Mash up' because it is sung by powerful female artists in mainstream music. We really wanted to do something to portray female power and vocal ability."

PLUtonic's set will also feature a compilation of both new and old music.

"We tried to do a couple more choral-ish songs," PLUtonic Vice President junior Julian Reisensthal said. "All choral songs are ones we have done in the past. The newer ones are more pop."

He added that this concert is, "not even the tip of the iceberg for our repertoire. We have so many new songs to perform throughout the year."

HERmonic added seniors Megan Anderson, Rachel Johnson, sophomore Rachel Pack and first-year Annie Herzog as new members to the group for the 2011-2012 school year.

"They really fit in not only with the level of sound our group reached," Pitassi said. "They also fit in with the personality of the group. We are very silly fun and quirky girls. We are excited to get to know them more and for the PLU community to get to know us as a group more."

PLUtonic added first-years Matthew Serino, Aron Roberts, Emanuell Sloan and sophomore Chris Glessman to the group this year.

"Each new member has an incredible solo voice and adds to the feel of the group," Reisensthal said. "Their voices just blend really well with the group. We are just really excited to get out there and start singing."

Tickets for the concert can be purchased at brownpapertickets.com and each group has 75 tickets that they are planning to sell by hand. Tickets range from \$5 to \$10. Group merchandise will also be available to purchase at the church.

"This is a really exciting first big performance for both groups," Reisensthal said. "We have some amazing new guys and a great new dynamic and are excited to start performing for the PLU student body."

"Each new member has an incredible solo voice and adds to the feel of the group."

Julian Reisensthal
PLUtonic Vice President

iPhones, Internet eliminate art

Alex Domine
A&E COLUMNIST
domineac@plu.edu

Technology and art have always been at odds with each other, even if we may not have always known it.

Forget smart phones, art will always be the key to our progression. The fall of mankind could never be at the hands of an artist. Scientific progression will be our undoing.

There used to be a time when entertainment was raw. It made us laugh, it made us think. We remembered the past and prayed for the future. Artists may have even let us feel something new.

The cutting edge is becoming more about battery life than life itself. I can see actors being put out of jobs in the future because Pixar will get real enough.

The iTunes top five consists mostly of music that relies on auto-tune synthesizers and a deafening bass to attract buyers.

Musicians are now the underdog in the game against digitized instruments. Visual arts already escaped. Who really chooses a photo-gallery over high-definition channels these days?

We don't realize answers are in style and critical thinking is dead.

Art provides us with options. Machines are great tools. However, now our best innovations are slowly turning into toys. Since when are we incapable of dialing a phone number with our fingers?

Apple has come out with a program called Siri. It's slogan, "Your wish is its command," is disturbing. Talking to our devices gives them an identity.

If you go through Apple's page for Siri and replace all the inanimate pronouns with "her," it suddenly sounds like a classified ad for an efficient and emotionally devoid secretary.

Progressive thinking is characterized by the idea that there is always room for debate and growth. How can we be progressive if the only answers are yes and no? Why should we think if Google does it for us?

Our way of life has been reduced to the possibilities of efficiency rather than the possibilities of thought. Our inclination towards productivity means art doesn't sell.

If it doesn't sell, it soon won't exist. After all, that is the American way.

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Toby Tafoya Joseph, a Native American from the Colorado Apache/Ute tribe, discussed his experience being relocated to Tacoma and how storytelling has helped him connect to his ancestral heritage. Joseph and many others at the conference said they feel stealing traditional stories is just like stealing anything else.

PHOTO BY EMILY BIGGS

PHOTO BY FAMILY BIGGS



Woodrow Morrison, an Alaskan Haida native, speaks with PLU first-year Amanda Seely about the values of integrity in storytelling. Morrison said other Native Americans, not just outside authors, can do just as much damage to tradition and culture by retelling stories incorrectly.

ES

Jack Sorensen

FOCUS EDITOR
sorensjc@plu.edu

It is considered taboo to re-gift gifts you have received. It is also considered taboo to take a gift that isn't yours and give it to someone else. Traditionally, gifts come in differently sized and easily discernable packages—but some gifts don't come in packages at all.

It was a day of giving at the sixth annual Northwest Indian Storytellers' Association, as tribal leaders converged to share traditional stories and discuss Native American storytelling as it converges with United States law and customs.

The topic of storytelling and intellectual property rights was particularly prevalent at the event, which was held at Portland State University Oct. 15. The day primarily consisted of informative seminars and storytelling workshops, but a mid-afternoon group discussion about copyright laws and tribal traditions explored the latest conflict between American Indian culture and the U.S. government.

Esther Stutzman, from the Kalapuya and Coos tribes, is an elder member with Wisdom of the Elders, a storytelling association closely tied to NISA. Stutzman and other elders discussed the importance of stories in their tribal and familial traditions. For Native Americans, stories are much more than entertainment for children — they are fables intended to educate, inspire and guide. Stutzman said when stories are told, they are given as gifts from the storyteller's family, and listeners are told whether they may retell the story or not. She said keeping stories safe and, most importantly, true to their original form is integral in maintaining cultural integrity.

"The story is the message, not the word," one elder shared.

But when those stories cross cultures, tradition is not always honored. Stutzman and Woodrow "Woody" Morrison, an Alaska Haida native, shared experiences they've had with authors, anthropologists and ethnographers who publish traditional stories, copyright them, then in turn sue Native Americans for

"retelling" the authors' stories.

According to U.S. copyright law, anyone may attach a copyright symbol to a written document, without having to pay a fee. However, Stutzman, Morrison and others expressed their concerns about this possible solution. According to the elders, writing down oral stories is forbidden in customs and culture.

Bereft of a solution, the elders sought on Saturday to develop a more secure means of protecting their traditions and culture. All agreed that any solution would begin in the unity of tribes, with tribal councils determining how to protect their stories. Using an analogy of fingers in a mitten, Morrison said while separated, the fingers are cold — only when united can there be warmth and strength.

Toby Tafoya Joseph is an Apache/Ute native from Colorado. He lives in Tacoma with his Cowichan wife and her tribe, since Indian relocation in the 1970s would not recognize Joseph or his children as natives in Tacoma. His wife, originally from Cowichan tribal lands on Vancouver Island, was relocated to Tacoma as part of a U.S. government relocation act. Joseph was forced to assimilate to be accepted.

He holds on to his familial stories as a way of maintaining his cultural identity in what he described as an increasingly homogenized Native American culture, reflecting on having to change his tribal identification so he and his children would be considered "true Indians" by the U.S. government.

"It's genocide with a pen," Joseph said, also referring to the intellectual theft perpetrated on the parts of authors, anthropologists and ethnographers.

Joseph said the values of storytelling should be embraced across cultures and age groups — not just in Native American culture.

At Pacific Lutheran University, enormous influence is placed in the university's Lutheran and Scandinavian heritage. With events like Sankta Lucia Fest, PLU tries to maintain its connection to tradition and culture. Joseph said events and practices like this are important, especially for youth, and that tradition is universally utilized to teach people values.

"Storytelling is the physical therapy that will help strengthen young people to a place of wellness," Joseph said.

"It's genocide with a pen."

Toby Joseph
Apache Native American



The Mooring Mast

The Mooring Mast adheres to the TAO of Journalism pledge and the Society of Professional Journalists' code of ethics, which includes the guidelines to "seek truth and report it," "minimize harm," "act independently" and "be accountable."

The views expressed in the editorials, columns and advertisements do not necessarily represent those of the PLU administration, faculty, students or The Mooring Mast staff.

Mission statement:

The Mooring Mast serves as an opportunity for discussion among students, faculty and community members. It encourages growth by acting as a learning lab for students who operate the publication, an educational venture and a service to the community. Our primary goal is to give readers the facts they need to form their own opinions.

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Subscriptions cost \$25 per semester or \$40 per academic year. Please mail a check addressed to The Mooring Mast at Pacific Lutheran University; Tacoma, WA 98447 if you'd like to subscribe.

Letters to the editor:

The Mooring Mast encourages letters to the editor. Letters must be submitted to mast@plu.edu by 5 p.m. the Tuesday before publication.

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

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

2011-2012 Staff

EDITOR-IN-CHIEF

Heather Perry
mast@plu.edu

NEWS EDITOR

Courtney Donlin
donlincl@plu.edu

A&E EDITOR

Mel Natwick
natwicmk@plu.edu

FOCUS EDITOR

Jack Sorensen
sorensjc@plu.edu

OPINION EDITOR

Jessica Trondsen
trondsjk@plu.edu

SPORTS EDITOR

Justin Buchanan
buchanjj@plu.edu

NEWS & FOCUS
REPORTER
Nick Neely

A&E REPORTERS
Alison Haywood ·
Dianne McGinness

SPORTS REPORTER
Sam Horn · Nathan
Shoup

BUSINESS & ADVERTISING MANAGER

Alexis Briggs
mastads@plu.edu

INTERIM PHOTO EDITOR

Kevin Knodell
knodelkj@plu.edu

ONLINE EDITOR

Daniel Drake
waloda@plu.edu

COPY EDITOR

Reno Sorensen
sorensrj@plu.edu

ADVISER

Joanne Lisosky

CARTOONISTS
Courtney Karwal ·
Ralph Mallare

PHOTOGRAPHERS
Cameron Holcomb ·
Carolyn Knackstedt ·
Kevin Knodell ·
Igor Strupinskiy

OPINION COLUMNISTS

Caitlin Elrod ·
Thomas Haines ·
Paula McFadden

from the EDITOR

Counseling Center 'a great resource'

Mel Natwick
A&E EDITOR
natwicmk@plu.edu

According to the Counseling Center website, 50 percent of college students experience depression sometime during their college career and 10 percent of them contemplate suicide.

At Pacific Lutheran University, we have the privilege to get free counseling while we are here.

I am encouraging everyone to take advantage of this opportunity, and use the Counseling Center. Here are my top three reasons:

1) The Counseling Center is free with our tuition.

Counseling fees outside of college are expensive. Psychologist and Prevention Coordinator Lizz Barton said psychiatric care can cost about \$200-\$250 for a consult and up to \$150 per session to see a Ph.D.-level psychologist.

2) At Pacific Lutheran University, we are a community. We are a family. As a family we must contribute to the

mental health of our family members.

According to the American Foundation for Suicide Prevention, the second leading cause of death among college students is suicide.

By following the Counseling Center's movement of Know, Ask, Tell, you can contribute to the mental well being of our community.

The "Know" expresses the signs of someone going through

signs, the best thing you can do is ask. They may get defensive, but at least it shows you care.

The "Tell" is getting help or referring that person to resources on campus, such as the Counseling Center.

Barton said part of the experience of being depressed is feeling alone and like no one understands what you are feeling. Noticing and acknowledging your friend or classmate's behavior could help.

perspective on solving your problem.

Barton said it is helpful to get a different perspective of a situation because friends and family may be too heavily involved.

The information you share at the Counseling Center is confidential. You get to talk about yourself for an hour with no judgment. Who does not like to talk about themselves?

There is the criticism that it can take weeks after making an appointment before being able to see a counselor.

Monday, Tuesday, Wednesday and Friday from 2-3 p.m., is reserved for walk-in sessions, where students can see a counselor without making an appointment.

The Counseling Center is a great resource to use during our time at PLU.

Take advantage of this opportunity, and uphold the responsibility to take care of our family.

We never want to see a fellow student suffer, and the Counseling Center can prevent us from becoming a statistic.

We never want to see a fellow student suffer, and the Counseling Center can prevent us from becoming a statistic.

depression. According to the Counseling Center website, some signs include: "feeling helpless and worthless," "loss of interest in activities/work/school," "withdrawal from friends/family, becoming isolated" and "increased drug/alcohol use."

The "Ask" expresses that if you recognize the

3) It is effective to use the Counseling Center. AFSP said depression is among the most treatable psychiatric illnesses and is the best way to prevent suicide.

The Counseling Center is not meant for just students with depression. It is meant for all students because you can get an outside



corrections

1. In the Oct. 14 issue, the campus crime stats are not cleared yearly as was said in the page 1 article "Student conduct system 'very far from legal.'" The line should have said the campus crime statistics, known as the Clery report, come out yearly.

Feedback sought on new ASPLU projects

Emily Bishop
ASPLU PUBLIC RELATIONS OFFICER
bishopey@plu.edu

ASPLU Senators have continued with new Talk To Me Thursdays in order to reach out to the student body and gain opinions on current events within ASPLU. Senators received feedback on the creation of a student section in Olson Auditorium for athletic events as well as the establishment of food in The CAVE.

Senators also continue to receive feedback about PLU 2020 forums and the University Long Range Planning Committee. This feedback will be used as input for the final draft of PLU 2020 and long-term planning for the university.

IMPACT has moved to MyLuteLife. The Daily Flyer is now being posted on MyLuteLife

alongside more information about IMPACT.

Outdoor Rec has many trips planned for the rest of the year. See one of the many posters around campus or visit plu.edu/~outdoor/ for this semester's trip calendar.

Thanks to everyone who

ASPLU Senate Meetings take place every Tuesday at 6:30 p.m. in UC 133.

came to the Homecoming kick-off events and to all the students who attended the Homecoming football game and the Homecoming dance.

Both events had large amounts of student participation.

If you have ideas for Spring Formal or want to give your feedback on the Homecoming dance, please email senate@plu.

edu.

ASPLU has approved funding to bring slam poet Andrea Gibson to campus this December. Future HUMP nights and concerts are being planned in the CAVE as well, so visit the ASPLU Facebook page to stay up to date on upcoming events.

If you are in a club that wants to plan an activity and are looking for outside sources of funding, ASPLU wants to remind students about the Appropriations Board.

The board provides opportunities for student clubs to ask for funding for a project or activity.

The Appropriations Board will review all proposals submitted to them. If you or a club you know is interested, contact ASPLU Finance Director Shannon Price for more information.

ASPLU Senate Meetings take place every Tuesday at 6:30 p.m. in UC 133.

All students are welcome.

Letters to the EDITOR

① Student calls for serious Sidewalk Talk

I applaud The Mooring Mast's effort to voice student opinion, but frankly, it could do a better job.

As an expressive outlet for the PLU community, The Mooring Mast should better focus its Sidewalk Talk section on relevant issues and pressing concerns rather than mundane status updates.

There is little journalistic relevance in reporting what students were doing at events like UnPLUgged or Homecoming; such blurbs belong on social networking sites, not in student news-writing.

The recent Focus article, "Smoking debate lights up again," could have been an excellent outlet for collecting serious student opinions. A variety of quotes from the PLU community would have given the story a stronger impact and presence than the vague percentages and policy points printed.

Even if the quotes weren't directly incorporated into the story, a side bar or specific section dedicated to opinions would have added power to the arguments presented.

Many students may feel uncomfortable having their name attached to controversial or conflicting points of view. However, it is important they be heard nonetheless.

If we as a student body fail to call out injustices or make impassioned appeals, how can we expect ourselves to interact in a civil manner? That's why we all need to speak up—not just our administrative staff, RA's and student government.

So I challenge and encourage my PLU peers to express their concerns, opinions and solutions openly. I also challenge the staff of The Mooring Mast to boldly publish readers' comments on prominent problems and outstanding outlooks, so we can ignite important discussions, and in turn, beneficial results.

In essence I hope "students speaking out" will spur the campus community to comfortably express their points of view, draw attention to conflicting voices and encourage mutual understanding within our school, state and country.

By sharing in a public forum we can start to build bridges. After all, communicating is essential for change to take place.

Matthew Ambrosecchio, first-year

② Campus-wide smoking ban impractical

I'm crying, and I don't know if the tears are from the laughter or sadness.

Last week's featured article, "Smoking debate lights up again," examined the debate regarding a smoking ban on PLU's campus. In one sense I am laughing because PLU students are quite comical.

We herald ourselves as progressive and diversity-embracing students, yet for some reason we believe in limiting the freedom of expression and choice of our students in order to push an agenda, such as the ban on bottled water.

In another sense I am crying because the idea of using force and unjust regulations is overwhelmingly being supported by 65 percent of the student body.

Is this what Ghandi, the Founding Fathers, or Martin Luther King, Jr. preached: Tyranny of the majority over a minority?

Marlee Call, one of the movement's leaders to ban smoking, goes so far as to say smokers should be "forced off PLU property." Does kicking smokers out for doing a legal activity fulfill PLU's mission statement to care for people?

How will PLU enforce this? Hire campus safety officers to remain at posts across campus? Install security cameras on all the buildings? Violators will get kicked off campus or fined? Talk about living under big brother! Can you imagine the increased bureaucracy in our favorite department that is Campus Safety?

I don't know about you, but I love a good eyesore on campus.

Some have mentioned designated smoking areas. I don't know about you but I love a good eyesore on campus. What would your impression of PLU be when you tour campus and amongst the gorgeous evergreens and green grass there are ugly signs saying "Designated Smoking Area?"

This is neither beautiful nor effective. Smokers will still smoke in non-designated areas. I guarantee it. We should have open arms and embrace differences, not kick them to the curb.

I am sure a vast majority reading are thinking "I don't smoke, it doesn't apply to me." Let's put it in a different manner. How would you like it if a small group of students tried to persuade ASPLU to have campus safety check rooms daily for alcohol, even those 21 and 22 year olds in South? Alcohol is bad for your health you know, and besides, this is a dry campus, you shouldn't be doing that! Speaking of dry campus, is the alcohol ban really making PLU dry? Expect the same results with a smoking ban.

At this rate, PLU, I wouldn't be surprised if farting is banned by the time the current first-years graduate. Does farting fulfill our mission statement by caring for people, the community and the earth? Do you like smelling them on your way to class? ASPLU, save us! Please!

Welcome to Pacific Lutheran High School, because every year it starts to feel more like it. I hope ASPLU and PLU realize the repercussions of a ban on smoking and defeat this resolution.

PS: I don't smoke.
Kirk Swanson, senior

responses to the letters FROM THE EDITORS

Jack Sorensen
FOCUS EDITOR
sorensjc@plu.edu

①

At The Mooring Mast we frequently stress the importance of student opinion and feedback. As a campus publication, it is the student body's responsibility to tell us what it wants to see in the weekly paper.

In this issue, a student called for more campus voices in articles such as the Oct. 14 story on the proposed smoking ban at Pacific Lutheran University.

In the particular story, "Smoking debate lights up again," the Mast included a poll of student opinions. Following widely accepted journalistic standards of integrity and fact-vetting, the Mast polled 100 students for the percentages featured in the article. Mast reporters gathered

feedback during busy hours in the University center and library. We believed that asking 100 students for their opinion on the issue was in fact "an excellent outlet for collecting serious student opinions," as Matthew Ambrosecchio wrote.

We encourage the author of this week's letter, "Student calls for serious Sidewalk Talk," and other students to continue to provide prescriptive criticism for The Mooring Mast. We sought out student opinions in the Oct. 14 Focus Section, and will continue to search for opportunities and outlets for garnering student feedback.

We ask that as PLU community members begin to compose letters to the editor, they review The Mooring Mast's letter to the editor policy, which can be found in the staff box on page 10 of this issue.

It is the student body's responsibility to tell us what it wants to see ...

Courtney Donlin
NEWS EDITOR
donlincl@plu.edu



In the Oct. 14 issue, a letter to the editor rebuked The Mooring Mast for depicting student athletes as "drunken fools." The article described a lecture given by a visiting University of Washington professor regarding the dangers of alcohol consumption. The lecture, titled Drunk Sex, was mandatory for all student athletes and students involved with leadership on Pacific Lutheran's campus.

It is not the intention of The Mooring Mast to portray any student group in a negative light. The focus of the article, "Drinking habits lead to lowered tolerance, UW professor says," was meant to describe the content of the lecture, not to damage the image of student athletes.

In the article, one student commented on the "bad rap for partying" student athletes often have. It was also included in the article that the lecture was funded by a grant for PLU athletic teams.

CLASSIFIEDS:

COMMUNITY

Your classified ad could appear here in the next issue of The Mooring Mast Nov. 4.

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JOBS

The Mooring Mast is currently looking for a photo editor,

a copy editor, a political cartoonist, a photographer, and reporters for News and Sports. Applications are available online at PLU's student employment website.

PERSONALS

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SIDEWALK talk

How do you feel about water bottles being sold in vending machines, but nowhere else on campus?



"I think it should be consistant. If you're not going to sell them in stores, they shouldn't be in vending machines."

Phillip Pia, *sophomore*



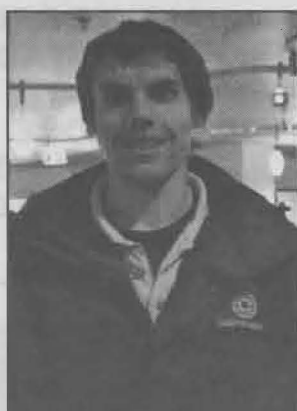
"They should be available if people need them, but if we voted for them not to be sold on campus, they shouldn't be in vending machines."

Maddie Schneider, *sophomore*



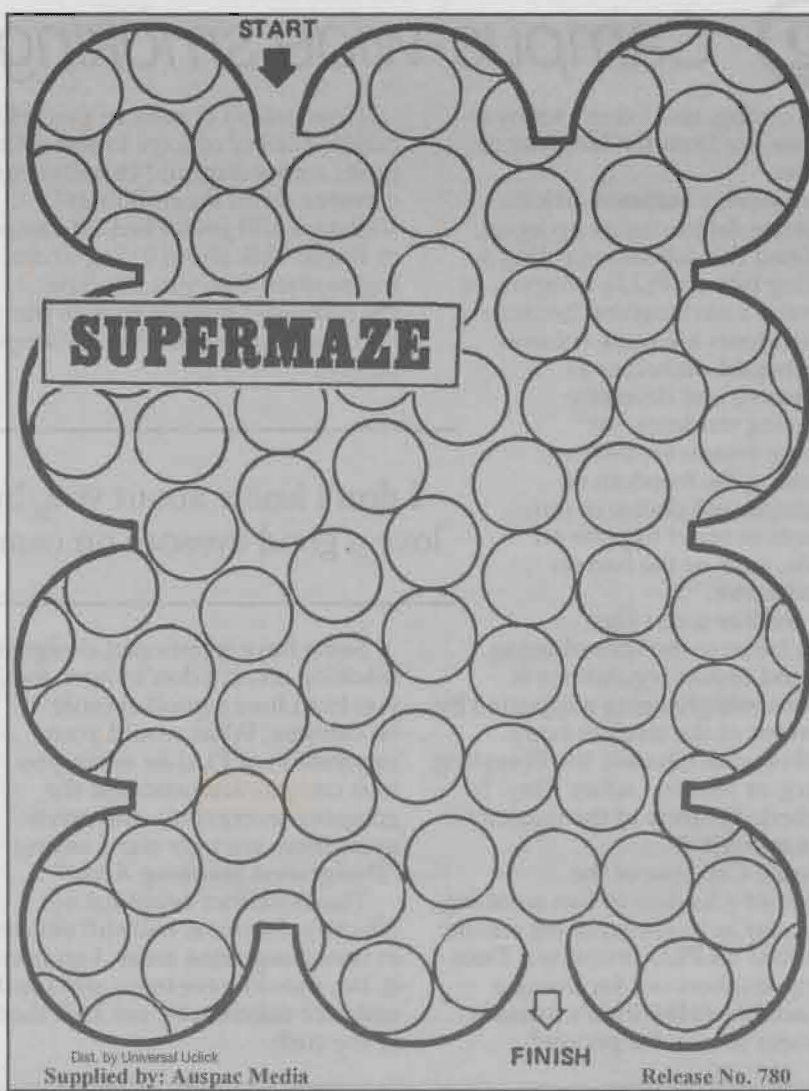
"I don't feel like people know about them [vending machines] but I do think we should have water bottles."

Linsey Tomaro, *sophomore*



"I don't know how much control PLU has over what the vending company puts in their machines. It could be they signed the contract before the take back that's happened."

Jacob Huntington, *senior*



Responses to Oct. 14

caption CONTEST



Editors' Picks:

①

"Stop. Hammertime."
Joe Flood, *senior*

②

"...and a 1, and a 2, and a 3..."
Brienne Ankenman, *junior*

③

"Why you pointing that gun at me? The bankrobber went that way."
Josh Nelson, *junior*

crossword

FILMS TO WATCH UNDER THE DRYER

by Rob Lee, edited by Timothy E. Parker

ACROSS

- 1 After-shower powder
- 5 Argentine expanse
- 10 Envelope part
- 14 Another word for margarine
- 15 Used as a dining surface
- 16 Pearl Harbor isle
- 17 "Read 'em and ___!"
- 18 Up, as the sun
- 19 Stinker's stench
- 20 Colorful command to a Shakespeare character?
- 23 "___ & Mrs. Miller"
- 26 ___ serif (font choice)
- 27 Chicken - king link
- 28 "Help ___ the way!"
- 31 Running a little behind schedule?
- 35 "Bet you can't," e.g.
- 37 How bottles of cola are priced?
- 39 Stolen goods buyer
- 40 Mid-perm phone call's result?
- 43 Plant ___ of suspicion
- 44 Blackthorn's fruit
- 45 Dance partner?
- 46 The King shook his
- 48 Dirty Harry's employer, for short
- 50 Wedding page word
- 51 "... in ___-horse open sleigh"
- 53 When kids get a break
- 55 London area in need of a hair detangler?
- 60 Spy Mata
- 61 They dog dogs
- 62 Don't include
- 66 Lhasa ___
- 67 Nickname of jazzman Earl Hines
- 68 Forbidden perfume?
- 69 Advertiser's gas
- 70 Natural rope fiber
- 71 A joyous noise unto the Lord

DOWN

- 1 AAA job
- 2 "Andy Capp" quaff
- 3 Stan who created Spider-Man
- 4 Coconut meat
- 5 Cheese type
- 6 End in ___ (have no winner)
- 7 "You've Made ___ Very Happy" (Blood, Sweat and Tears hit)
- 8 Wordsworth works
- 9 Like some checkups
- 10 The more you take, the more you leave behind
- 11 Alan of "Shane"
- 12 Nautical "Yo!"
- 13 Uncontaminated
- 21 Kimono tie
- 22 Major glitch

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60						61					62	63	64	65
66						67					68			
69								70						71

- 23 Wild and crazy
- 24 Article in a contract
- 25 Library area
- 29 Comes to a decision
- 30 "Silent Night" and "Jingle Bells"
- 32 Speak in a singing voice
- 33 Movie clips
- 34 Bushes between yards, sometimes
- 36 Height
- 38 Campus VIP
- 41 Dunderhead
- 42 Retaliatory act
- 47 Examines, in a way
- 49 ___ Monte (canned food brand)
- 52 Former Chinese premier Zhou ___
- 54 It can be bought by the bolt
- 55 Genghis or Kubla
- 56 Neck back
- 57 "___ it seems"
- 58 Lead-in for "across," "along" or "around"
- 59 Tee-hee relative
- 63 Merry month
- 64 Creator of a chess champion
- 65 Wine cask

Biologist break-dances out of shell

Unofficial crews practice in UC, teach newcomers

Justin Buchanan
Sports Editor
buchanj@plu.edu

Hip-hop beats and break-dancers greet Pacific Lutheran students as they travel through the UC every Tuesday and Friday night from 7 to 10 p.m.

Members of the B-Boyz and Rhythm Ratz dance crews gather on the second floor of the UC, performing tricks and bantering throughout the night. They spin on their heads, flip through the air to the beats bumping through their boom box.

Most Pacific Lutheran students pass by on their way to their destination. Some give a short glance, few stay and watch, even fewer participate.

However, the dancers have caught the attention of one unlikely student: Biology major senior Stephanie Jones, who admits that she is a little shy.

"I met someone in my ballroom dance class. He said he had been doing this [break-dancing] for about a year," Jones said. "I wanted to learn how to do it, but I was kind of intimidated at first." Jones said she was

attracted to the dance crews because it's different from what she is used to.

"I've never been much of a dancer until recently," Jones said. "It's a lot more tiring than I thought it would be."

The B-Boyz and Rhythm Ratz have been dancing at PLU for about 10 years said B-Boyz leader Ash Cornette.

"We just feel at home here at PLU," Cornette said.

Cornette is now 28 years old, but began dancing at PLU when he was 15.

Cornette says the break-dancing culture used to be larger at PLU with an official organized club.

"People used to fly out for our jams, even from Japan," Cornette said.

Though the crew's popularity has dwindled, it still remains a part of the PLU community.

"We've done some performances for the Diversity Center,"

Cornette said. "I was a part of the dance ensemble last year, it was cool."

Last year,

alumnus Colin Roth danced with the crews.

"He was kind of like our voice [to PLU]," Sam Pasana, leader of the Rhythm Ratz, said.

Both the Pasana and Cornette said they remain optimistic that break-dancing culture will remain popular and become more than a hobby for future generations.

"Beatz Boyz, we all support ourselves," Cornette said. "We have nine to fives,

but we don't get recognition."

"It's coming. Some crews in Europe make money off of dancing and workshops," Pasana said.

Break dancing, over the last few years, has been developing a point system, called a Pourer System, where dancers score points for performing different moves. Members of crews such as Beat Boyz and Rythm Ratz said they believe this will help grow break-dancing popularity.

Until then, the crews will continue to dance in the UC. They invite PLU students to join them as Jones has.

Jones has been dancing with the crews for about three weeks now. She said she doesn't quite feel like a part of the crews, but she is getting there.

"These guys seem to be really nice and open to teaching," Jones said. "I think as I keep coming to these meetings and I get to know these guys more I will break out of my shell more."

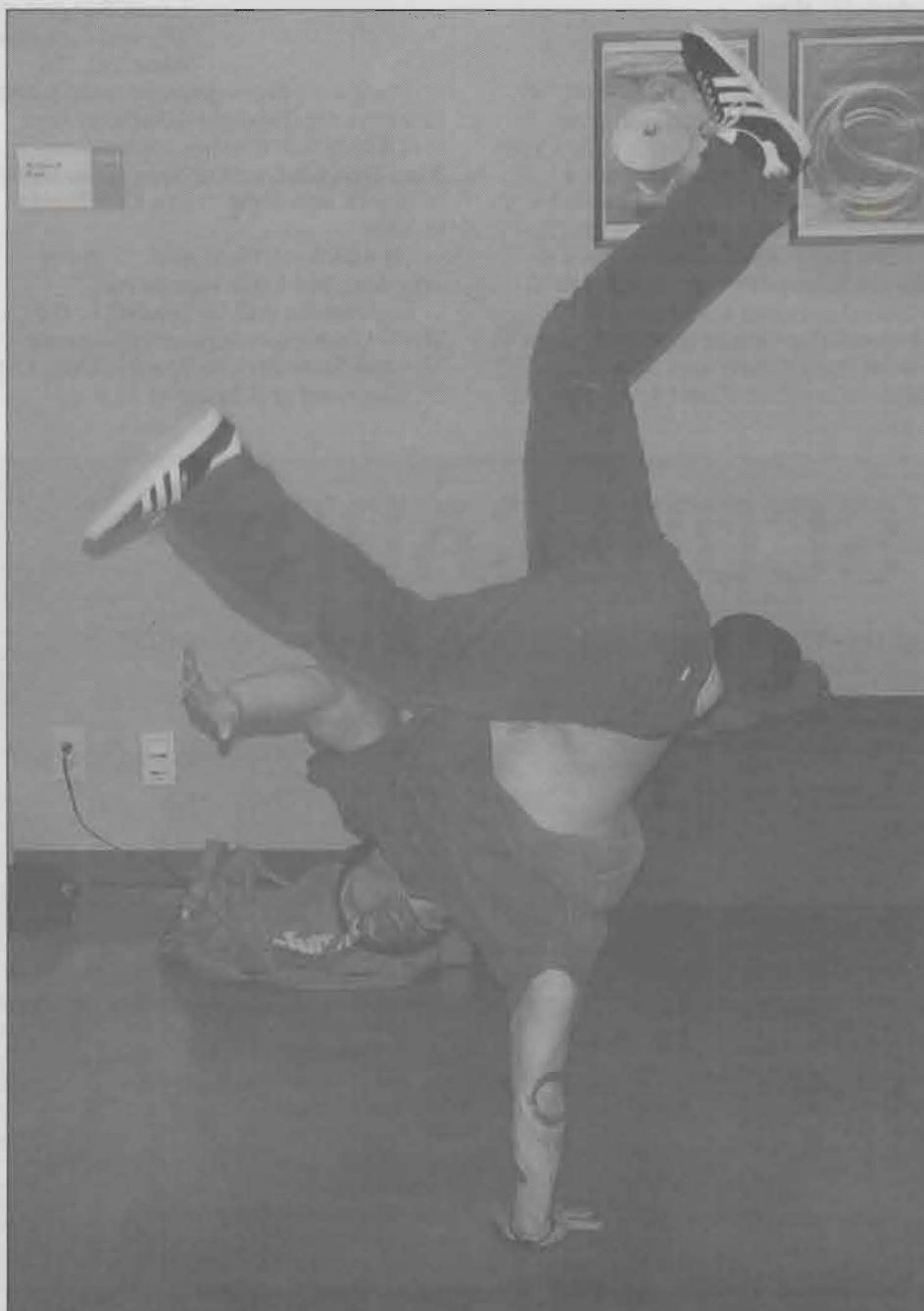
RIGHT: Beat Boyz leader Ash Cornette stands on one hand as he performs a break-dancing move. Cornette has been dancing at Pacific Lutheran University since he was 15 years old. Cornette works in the LIFE program where he teaches Tacoma teenagers about break-dancing and a positive hip-hop style. Photo by Justin Buchanan.

TOP RIGHT: Biology major senior Stephanie Jones learns new dance techniques from a Rhythm Ratz member. Jones has been dancing with the crews for three weeks. "They taught me some stuff so I just wanted to keep doing it," Jones said. "Since then I've been trying to build up my muscles." Photo by Justin Buchanan.

BOTTOM RIGHT: Beat Boyz dance crew member dances during his turn. Members gather around and take turns dancing as other members watch. They dance for about a minute. Once they are done, Cornette and Rhythm Ratz leader Sam Pasana critique their performances offering advice to improve. Photo by Justin Buchanan.



For more photos of the dance crews, visit <http://www.plu.edu/mast/sports/home.php>



SPORTS SCHEDULE

Football

Upcoming Games
Oct. 29 vs. L&C, 12:30 p.m.
Nov. 5 vs. Pacific, 12:30 p.m.

Previous Games
Loss (7-25): Oct. 22 at Linfield
Win (14-6): Oct. 15 vs. Menlo

Volleyball

Upcoming Sets
Oct. 28 vs. Whitman, 7 p.m.
Oct. 29 vs. Whitworth, 5 p.m.

Previous Sets
Loss (0-3): Oct. 25 at St. Martin's
Win (3-0): Oct. 22 vs. George Fox

Men's Soccer

Upcoming Matches
Oct. 28 at Pacific, 7:00 p.m.
Oct. 30 at George Fox, 2:30 p.m.

Previous Matches
Win (8-0): Oct. 23 at Linfield
Win (2-1): Oct. 22 at Willamette

Women's Soccer

Upcoming Matches
Oct. 29 vs. Pacific, noon
Nov. 4 at George Fox, noon

Previous Matches
Loss (0-2): Oct. 26 at Puget Sound
Win (2-1): Oct. 23 at L&C

Cross Country

Upcoming Races
Oct. 29 at Willamette, 10 a.m.
Nov. 12 at Pomona-Pitzer 9 a.m.

Previous Races
1st place: Oct. 15 at PLU
14th place: Oct. 1 at Willamette

Alumni race Lutes

71-year-old alumnus, running hobbyist crosses finish line

Elyse Glahn
GUEST REPORTER
glahnse@plu.edu

Ken Gaal, 71, was an unexpected contestant in the annual Cross Country Alumni Invitational Oct. 15. He didn't even start running consistently until he was 40 years old.

Residing in Sacramento, Calif., Gaal came to Pacific Lutheran University Homecoming weekend to celebrate the 1951 graduating class reunion. Gaal said he didn't do much training for this race, but he finished nonetheless. He finished with a time of 43:15.87.

Several alumni accompanied Gaal including second place finisher Destry Johnson, '97. Johnson's time was 26:03.81. Along with

Johnson were Lance Thompson, '99; Pat Dill, '00; and Floyd Bangerter

Out of 77 runners, both PLU Cross Country teams ran away with a victory. The Men's team finished with 27 points and the women with 17.

The top three highest scorers in the six-kilometer run came from Pacific Lutheran's women's team. Senior Katie Gebert took first place, junior Suzy Olsen took second and sophomore Erin Kuest finished with

third.

"I try to stick with certain runners, work with Suzy Olsen to pass people, or just tell myself the faster I go, the sooner I'll be done," Gebert said. "Since this is my last year, I am more motivated than ever to do well."

Olympic Community College took second place, while Green River Community College came in third.

Olsen and Gebert went neck and neck as they fought for the finish line. Their times were only 86 milliseconds away from each other.

Olsen also shaved off ten seconds from her time last year. Gebert finished with a time of 23:41.10; Olsen with 23:41.96,

Included in the women's race were alumni, Danika Lawson, '09; Laura Bangerter, '09; and Candace Attwood, '10.

The men's cross country team's best finishers for the eight-kilometer race was fifth place finisher sophomore Alan DenAdel, senior Sean Andrascik in eighth and sophomore Kyle Smith in 12th.

"It was fun," Gaal said. "I'm not very fast, but I still love to run."

Both teams will be headed to the NWC Championships at Willamette Mission State Park in Brooks, Ore., Oct. 29. The meet will begin at 10 a.m.

"It was fun, I'm not very fast, but I still love to run."

Ken Gaal
Class of 1961

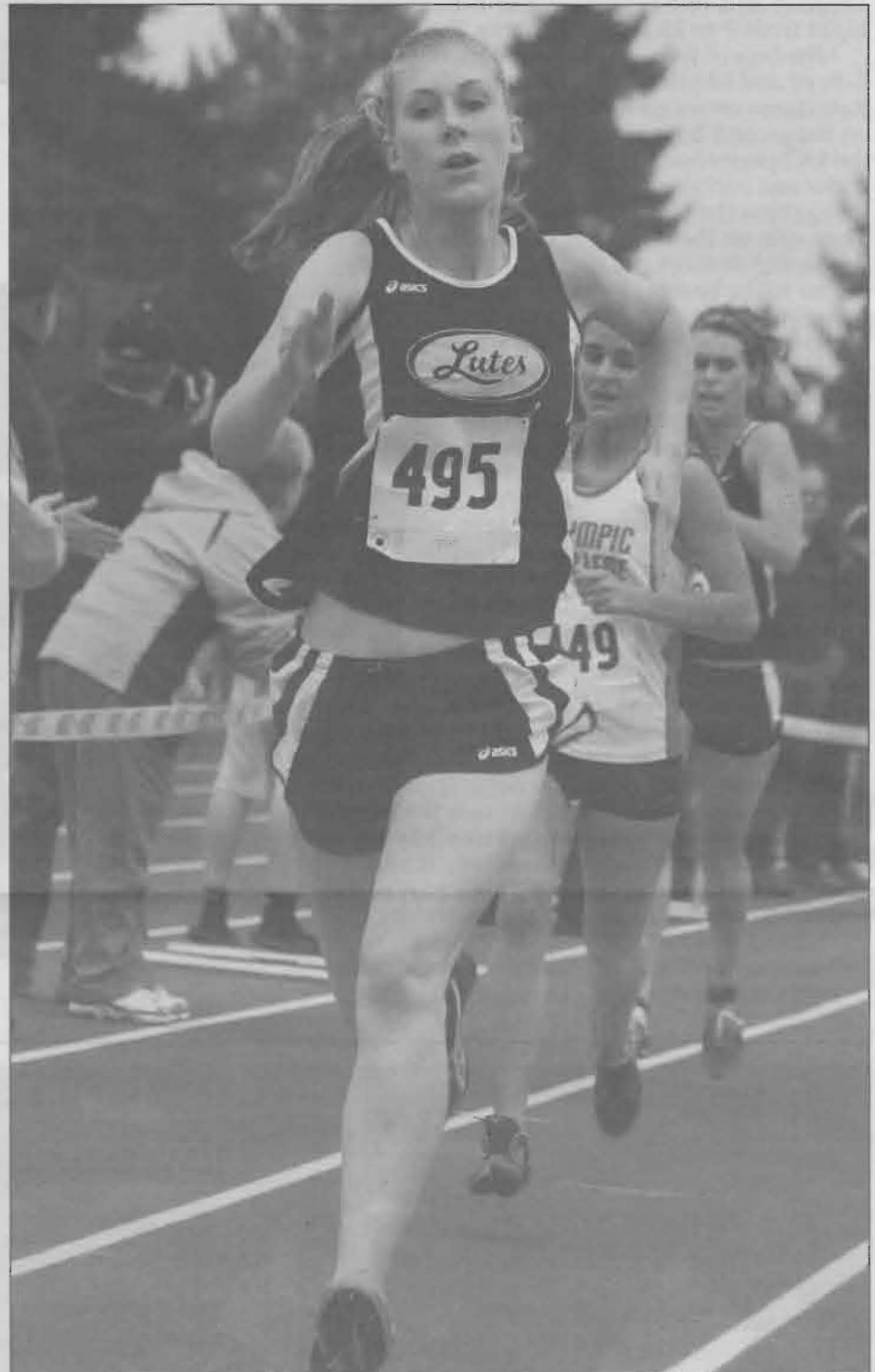


PHOTO BY CAMERON HOLCOMB

First-year Jennifer Arbaugh fights off competing runners as she approaches the finish line Oct. 15, during the annual Alumni Invitational. Arbaugh placed 11th with a final race time of 25:31.45. The Lutes won the invitational with a combined score of 17.

SCORECARD

Men's Soccer

as of 10/25/2011

NWC Standings:

Team	NWC	All
PLU	10-1	13-2
Whitworth	9-2	11-3-1
Puget Sound	7-4	8-6
Whitman	7-4	7-7-2
Willamette	4-6-1	5-7-2
Pacific	4-6-1	4-10-1
Linfield	1-9-1	2-11-1
George Fox	0-10-1	2-12-1

Offense Statistics:

Player	GP	G	A	Shots
S. Augustin	15	17	7	55
C. Kearns	15	9	5	48
S. Wodajo	15	2	14	21
L. McCallum	15	5	0	24
D. Johnson	12	3	4	13
K. Wien	14	2	0	6
R. Rentena	10	2	0	6
A. Schisef	13	1	2	3

Goalkeeping Statistics:

Player	GP-GS	Saves	Save %	SF
J. Rayburn	15-15	60	.800	167
S. Watkins	2-0	1	.500	4

Women's Soccer

as of 10/25/2011

NWC Standings:

Team	NWC	All
Linfield	8-2-2	11-3-2
Puget Sound	8-2-2	10-3-2
Willamette	8-3-1	9-6-1
Whitworth	7-2-4	7-4-4
Pacific	5-4-3	8-5-3
Whitman	4-7-2	6-9-2
George Fox	2-7-3	2-9-5
PLU	3-9	4-10
L&C	1-10-1	2-12-2

Offense Statistics:

Player	GP	G	A	Shots
S. Gamache	14	5	0	23
E. Boyle	14	2	1	9
B. Warner	13	0	4	6
K. Hurlbut	14	1	1	23
O. Lee	14	1	1	11
A. Murray	14	1	0	10
K. Snaring	8	0	1	3
D. Williams	14	0	0	7

Goalkeeping Statistics:

Player	GP-GS	Saves	Save %	GA
L. Reddy	7-6	35	.778	10
L. Chambard	9-7	54	.720	21

Volleyball

as of 10/25/2011

NWC Standings:

Team	NWC	All
Whitworth	11-1	16-5
PLU	9-3	17-3
Puget Sound	8-4	16-4
L&C	8-4	12-10
Pacific	6-6	12-9
Linfield	4-8	9-12
Willamette	4-8	7-14
George Fox	2-10	7-14
Whitman	2-10	3-15

Offense Statistics:

Player	S	K	TA	PCT
E. Bremond	71	194	421	.330
K. Moore	67	189	694	.140
B. Huston	71	165	382	.288
C. Nelson	44	72	241	.095
M. DeWalt	42	67	206	.180

Defense Statistics:

Player	BS	BA	Total	BE
B. Huston	17	97	114.0	17
E. Bremond	5	68	73.0	8
S. North	1	40	41.0	6
A. Wooten	1	36	37.0	0
M. DeWalt	1	35	36.0	0

Football

as of 10/25/2011

NWC Standings:

Team	NWC	All
Linfield	4-0	6-0
L&C	3-0	6-0
PLU	2-1	4-2
Willamette	2-1	3-4
Whitworth	1-2	2-5
Pacific	0-4	0-7
Puget Sound	0-4	0-7

Passing Leaders:

Player	TD	INT	YRD	PCT
Z. Halverson	7	7	1111	55.6

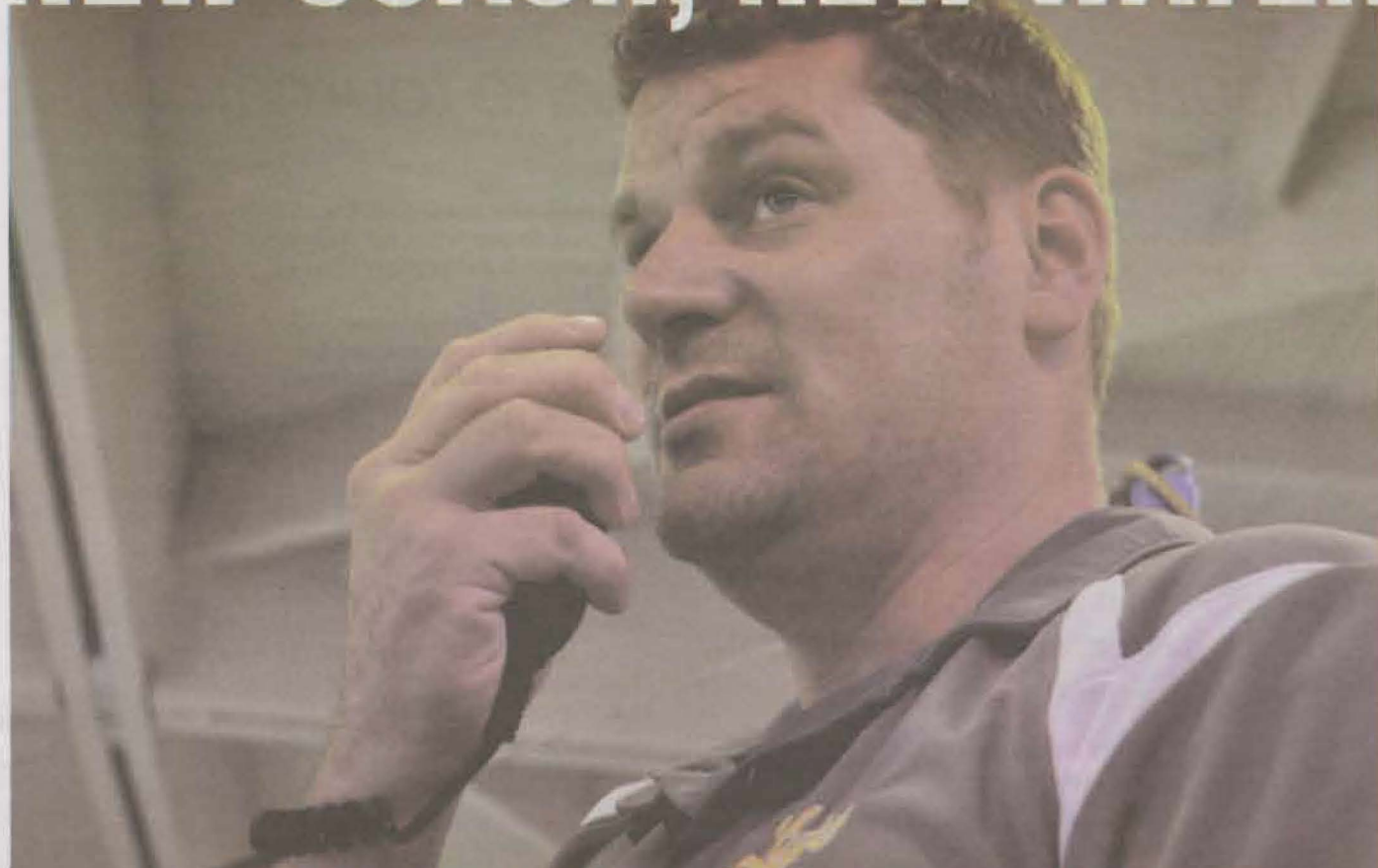
Rushing Leaders:

Player	ATT	YDS	AVG	TD
B. James	94	439	4.4	3
N. Madison	22	114	4.8	2

Receiving Leaders:

Player	REC	YDS	AVG	TD
A. McDiarmid	17	281	16.5	1
D. Herr	14	124	8.9	2

NEW COACH, NEW WATER:



SWIMMERS FOR NEW SEASON GROW TOGETHER

Alexis Briggs
BUSINESS AND ADS MANAGER
briggsma@plu.edu

From the poolside head coach Mathew Sellman permeates the minds of the 42 varsity swimmers with three words. "Excellence is contagious."

Sellman is a Pacific Lutheran '96 alumnus, replacing Jim Johnson's legacy of 31 years of coaching last year.

"We're making really big strides as far as performance. Last year the women's team was recognized as most improved in the nation and we moved up to fifth at conference," swim team captain senior Elizabeth Althaus said. "Coach Sellman swam for Jim so he was able to take what succeeded in the past program and just add his vision for the team and what he wanted to make better."

Sellman instated changes in the expectations for swimmers, particularly time commitment.

"The commitment is significant in terms of energy, time, and emotional [exertion]. We practice six days a week, two or three doubles a week and that doesn't include the time that we travel," Sellman said. "It is a sacrifice but the payoffs are directly related to what they put in."

The team maintains emphasis on the "student" in student athlete.

Second-year swimmer Mackenzie Carlson said the pressure on her schedule has been beneficial to her academic performance.

"I'm so much more productive during swim season because I have limited time and I know I need to get done what I need to get done," Carlson said.

This year the swim team instated team study halls to improve team GPA.

"We're doing three hour blocks of study hall Monday through Thursday and all first years are required to do at least four hours a week," swim team captain senior Rayan Carter said. "It reinforces the idea that

excellence is contagious. If you do well in the pool, you'll do well in class and vice versa."

Between study halls, weekend travels and 20 hours a week at practice, the team has grown close-knit Carter said.

"They wake up at 5:30 a.m. to see me succeed, and I wake up at 5:30 a.m. to see them succeed so it's important to support each other. It's become more of a family than cliques," Carter said.

Sellman said he pays particular attention to facilitating team relationships.

"What they really value is the relationships," Sellman said. "I try to be very conscious in stressing the

relationships with their teammate and being good teammates and being good leaders for your teammates. Those relationships were forged on the pool deck, but they're much deeper."

New changes also include modifications to the competition schedule. The team will attend a training workshop at California Lutheran University for the first time.

Although the team is partially funded from the athletic department, they pursue other

sources of support as well.

"We do some fundraisers including hosting high school swim meets and lessons for Parkland Lutheran

"What they really value is the relationships."

Mathew Sellman
Swim Head Coach

School," Althaus said.

The fundraisers also act as a University connection to the community Sellman said.

"I think any student needs to have a tie to the community they're living in," Sellman said. "The swimming pool is the face of PLU to Parkland because if they use any facility, it's the pool."

The new generation of swim has also impacts recruiting. With 25 first-years out of 42 swimmers, the team can be described as a new team.

Recruitment reflected the enthusiasm about the changes on the team Sellman said.

"Everyone is really positive all the time, everyone interacts with one other," first-year Ramy Carter said. "I think I'll be swimming for all four years, I definitely love it so far."

First-year Andre Tacuyan said this enthusiasm helped his college decision. When deciding between universities, Tacuyan said he chose PLU for the emphasis on academics.

But even with the successful academic and competitive performance, receiving support from the PLU community is still a struggle Althaus said.

"We don't have a lot of people at meets but I think if they understood how meets work, they would realize it's a team sport and it becomes more interesting because of the competition," Althaus said. "We're worth looking out for. I hope people take the time to see the swim team and see what we're capable of."

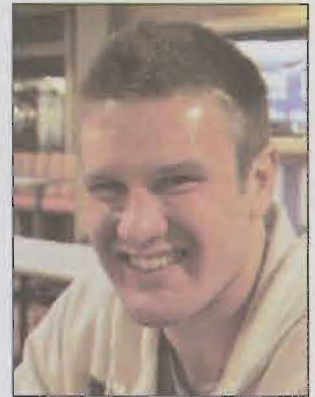


PHOTO BY KEVIN KNODELL

Above: PLU Swim Coach Mathew Sellman uses a loudspeaker to give out instructions during a swim team practice on Oct. 7. **Bottom:** Head Coach Mathew Sellman chats with swimmers during a swim team practice on Oct. 7.

SPORTS *talk*

If you could marry one professional athlete, who would it be?



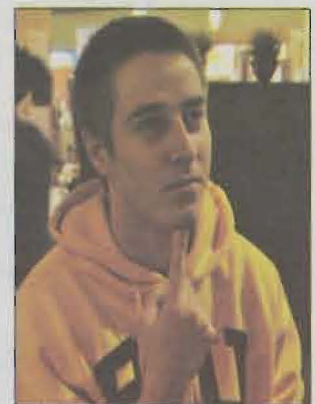
"Hope Solo. Blonde. Very Attractive."

Ryan Erdwins, first-year



"Not Michael Phelps, he's ugly. Ryan Lochte, he's yummy."

Max Mayather, first-year



"Anna Kournikova. The grunts are kind of cool."

Jessa Posehn, first-year



"Sean White. He's got beautiful hair and he's actually a really nice guy"

Kayleigh Freeman, sophomore

Golfer swings out of medal-less rut

Golf team takes fourth-place in Spokane tournament

Daron Casey
GUEST REPORTER
caseydt@plu.edu

For the first time since March 2008, a Pacific Lutheran golfer took the medalist honor in a tournament.

PLU's golf team played in the Whitworth Invitational at the Spokane Golf and Country Club Oct. 2 and 3. This was the second tournament of the year for the golf new lineup.

Sophomore Dustin Hegge led the team to a fourth-place victory.

In the first round, Hegge shot his career-low tournament round of four under par (68), which was good enough to give him the lead by three strokes. In the second day of the tournament, Hegge closed with another impressive round of two over 74, which earned him the first PLU individual win in more

than three years.

"It feels good to get my first win. Hopefully there will be more to come. This was a big confidence boost for me," said Hegge. "I knew I had the ability to win at the college level and it was nice to finally do it. My swing felt great all weekend long"

Hegge earned the title of NWC student-athlete of the week for the week of Oct. 11.

The Lutes ended up taking fourth place in the tournament out of nine teams shooting rounds of 296 and 305, a

significant improvement since last year. Whitworth took first, shooting 295-291.

Hegge is a sophomore from Auburn, Wash. playing in his second season with the PLU team. Hegge made first team all league each year during his career at Auburn Riverside High School. He also made it to the state tournament three times, finishing 12th his senior year.

Men's golf Head Coach Kris Swanson has been coaching at PLU since fall 2009. He said he is proud of the way Hegge has been

playing this season and is excited to see what he will accomplish during his time at PLU.

"Winning in Spokane showed just how mature he is as a player. He has learned a lot about his golf game and has done a great job in preparing himself to play at a higher level," Swanson said. "He is staying extremely confident over every golf shot. It shows the poise and maturity that he has for such a young player."

In the last 10 years, PLU has only had seven players earn medals in tournaments, the most recent being alumnus Chris Packard in March 2008.

Black Bostrom has been the only All-American golfer from PLU, winning the award in 1974. By medalizing early in his sophomore year, Dustin Hegge has shown the potential to be the next.

"He is staying extremely confident over every golf shot. It shows the poise and maturity that he has for such a young player"

Chris Swanson
Golf Head Coach

**Editors Note: Daron Casey is a member of the PLU golf team.*



For photos of the volleyball's sets against UPS, visit <http://www.plu.edu/mast/sports/home>.



For photos of the homecoming football game check out <http://www.plu.edu/mast/sports/home.php>