

THE MAST

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Joining the huddle

By McKenna Morin
Editor-in-Chief

PLU gains new head football coach

Out with the old and in with the new is a cliché easier said than done. However, Pacific Lutheran University's new head football coach Brant McAdams quickly and easily jumped in the Lutes huddle.

Coming from coaching at Trinity University in San Antonio, Texas, Coach McAdams moved into South Hall on PLU's campus February 26, 2018. His wife and two children joined him in June.

A few months had passed since the tension filled retirement announcement of PLU's previous coach, but McAdams didn't shy away from what he knew would be tough.

"It's a challenge I knew I was stepping into. Change is inevitable. I don't think of it as a start of a new era but just as an opportunity to be genuine and true to myself and my values and my philosophy. Do that on a daily basis and good things will come," McAdams said.

McAdams looked at the tension surrounding the position as a good thing. He said he likes to talk with alumni when possible to help bring people together.

"I tell them 'you can't be upset about something you don't care about so it tells me you care.' They just want to see

a positive product come out of this program. It's a part of what attracted me was the opportunity," McAdams said.

In an interview last spring with PLU Athletic Director, Laurie Turner, she said connections throughout the school are important parts of being a coach.

"Head coaches are full time. Not just how they influence or impact their particular sport program but how they impact the department," She said.

McAdams also took time to build connections with each member of the team before getting started. He claims personal interaction is the best way to get to know someone better.

"He took all the player's input. He met with each and every player on the team in the spring. It was nice to see he didn't come in and make a sweeping decision by himself, he took player input," said senior football player Adams



Mcshane.

Working with a team isn't new to McAdams. He grew up playing football in high school and at a D3 college. He followed in his dad and uncle's footsteps, who are all coaches and teachers.

McAdams coached for many college teams. He even coached for PLU's rival school UPS for 3 years before coaching at Trinity.

Cont. on page 12

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Inside PLU's food pantry



PHOTO BY COLTON WALTER

Campus Ministry recently put up a banner near the staircase and Campus Ministry Office to spread awareness of the pantry.

By Gurjot Kang News Editor

Food insecurity on college campuses is a significant issue students deal with on a day-to-day basis. Juggling activities and athletics, working one or more jobs, and balancing a full class load are difficult things to accomplish on their own, let alone on an empty stomach.

A group of Act Six Scholars, Campus Ministry, and Program Director for Act Six and Multicultural Outreach and Engagement, Melannie Cunningham, recognized this need and began efforts to start up a food pantry at Pacific Lutheran University (PLU) in October of 2017.

The food pantry is available to all students for emergency situations. If you are hungry and in need of immediate assistance, the food pantry is there to provide support. The pantry has microwavable food, meal tickets, and other resources available for students who might need immediate service. The pantry also collaborates with Community Directors in the residence halls for students who might seek assistance during times when the pantry is not open.

Opening hours for the pantry are effective as of Monday, October 1. The pantry hours will be Monday 9 a.m. - 5 p.m., Tuesday 3 p.m. - 4:30 p.m., Wednesday and Friday 9 a.m. - 3 p.m. and Thursday 1 p.m. - 4:30 p.m. Hours of operation will eventually be posted near the Campus Ministry Office and students in need of assistance are welcome to come into the office and talk to someone.

"Emergency is what you determine to be an emergency. I'm not really trying to define what's your emergency. We're here and the bottom line is that if you're hungry

then you are and we need to be available," said Cunningham.

The issue of food insecurity becomes even more difficult near the end of the semester when money get tighter and stress levels rise for some students. During last school year, the pantry served 37 students--12 students in the first semester and 25 students in the second semester.

Assumptions regarding the issue of food insecurity not being prevalent on private colleges is false. PLU is no exception.

"People are hungry for lots of different reasons...the conditions of the spaces that they come from doesn't change because we give them a big, fancy scholarship...We have to meet students where they are. We have to help students in conversations about budgeting, managing their resources and the nutrition part of it all," said Cunningham.

Diana Duclos, Assistant to the Dean for the School of Education and Kinesiology, and Ryan Branchini, Admissions, Advising and Certification Coordinator for the Education Department, have been committed to donating to the Food Pantry every month.

"We know there's a need for students... if they're hungry, they can't concentrate,

they can't focus. It's not that difficult to stop in the grocery store...and just pick up [something] extra and donate it to the food pantry," said Duclos.

"This is a great other resource students need for access to nourishment because if you're not feeding your body, how can you feed your mind?" added Branchini.

When it comes to collecting food for the pantry, efforts are focused on collecting

healthier and more nutritious foods: grains, fruits, vegetables, meats, proteins, dairy. However, anything donated outside of the nutritious category is gifted to the food bank run by Trinity Lutheran Church. There is currently a small donation box located in the



PHOTO BY GURJOT KANG
Donation Box in Admin 121.

Education Department's Office in Admin room 121.

The food pantry is primarily a student-led program by Act Six Scholars at PLU. It started off as a project adopted by PLU's Cadre Ten of Act Six, but soon more scholars became involved in efforts to get the pantry up and running.

Although the PLU food pantry has already served some students, Cunningham and students from Act Six have been working on having an official launch event for the pantry.

"Food Pantry Dedication" will welcome-in the official opening of the PLU Food Pantry on Monday, October 22 from 10:30 a.m. - 11:00 a.m. at the Campus Ministry Office.

The goal is to make sure students who might be struggling with food insecurity on-campus are aware of resources available to them. They want students to know that there are folks who care for them and are available to provide support.

To add to the space of the food pantry, Cunningham plans on setting up a reading book exchange for students, which will feature promotional copies of books donated by the PLU bookstore. There are also plans to add a herb garden under the staircase.

For students who might be food insecure on campus, Cunningham wants them to know that there are folks here to help.

"This is a visible place where care is lived out," said Cunningham. "We don't want them to feel any level of shame because that's a big thing too. People feel like they have to be ashamed that they are hungry...there's no judgement going on in here. If you are hungry, you can't learn. It's just as simple as that."

If you or a friend on-campus are struggling with the issue of food insecurity, you can access Food Pantry services by visiting the Campus Ministry Office at the lower level of the AUC in room 190, calling (253) 535-7467, emailing cunningham@plu.edu or texting (253) 682-9264.

Parkland flooding takes PLU the swim

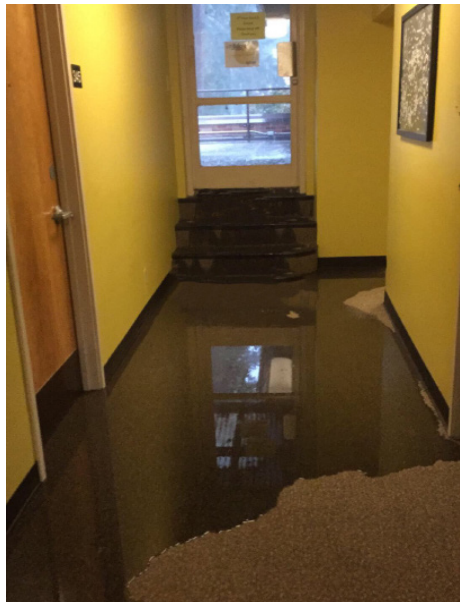


PHOTO COURTESY OF ARIANA KONG
Flooding on the third floor of Hong Hall.

By Raven Lirio
News Writer

September 12 started just like any other Wednesday for most students until the Washington rain took a turn for the worse. With non-stop rain and hail, multiple buildings around campus experienced severe flooding with reports coming from the Anderson University Center (AUC), Mary Baker Russell (MBR), Ingram, and most notably Hong International Hall.

At around 6 p.m., water started leaking from the balcony rooftop on the third floor of Hong out into the hallway as well as from the patio just outside of the Language Resource Center (LRC). The water continued to spread to fill up most of the downstairs lounge and more water from the roof seeped into the third floor classroom. There were leaks coming from the third floor onto the second and from the second to the first floor.

The main cause seemed to be a slight slope in the patio which caused water to move in through the walls and floor to the LRC. On the rooftop, there was a storm drain blocked by pine needles that was unable to drain the water fast enough.

"Initially it was raining super hard and my roommate and I had my window open," reported Hong First-Year Resident Sarah Calvin-Stupfel. "Our stuff started to get wet and so we closed our window. I went out to go play in the rain with some friends before returning to my room. After around 20 minutes, I left to go to the bathroom only to see the balcony was flooding and water was seeping into our classroom and lounge."

Shortly after the water began to spread, the fire alarm sounded off and all residents were evacuated to Ordal Hall where they stayed until the building was clear hours

later.

"As soon as I heard the alarm, I just grabbed everything and went out the emergency exit following everyone else," said Hong First-Year Resident Amanda Dodson. "I was super shocked and everyone was snapchatting the whole ordeal."

While Hong sustained a significant amount of damage, the bottom most area of the AUC was also hit with a substantial amount of water. Areas hit included Campus Ministry, the Scandinavian Cultural Center (SCAN Center) and Clubs & Organizations.

"Water came in through the walls of the courtyard into the building," said University Pastor Reverend Jen Rude. "There was water throughout the whole hallway which got onto the carpets of the office."

The SCAN Center was hit with water both from the courtyard, which also had a drain blocked by pine needles, and from the entryway of the stairs.

Fortunately, Facilities and Management worked fast to take care of all flooding issues on campus.

Water was sucked up within 24 hours of the flooding and fans were running to ensure all moisture was evaporated to prevent any mold from forming. As of now,

all buildings have been cleared on moisture levels.

Despite the intense turn of events, students reported it as a memorable experience.

"It's definitely something I will look back on four years from now when I graduate," said Hong First-Year Resident Jhel Diaz. "How many people can say that they experienced a flood in their first two weeks of school?"



PHOTO COURTESY OF DANA BAUGHMAN
The flood water seeped into the Hong lounge.

PLU to host WA State senate

By Raven Lirio
News Writer

PLU has been selected to host the official 2018 U.S. Senate Debate for Washington State on October 6. In attendance will be representatives from both democratic and republican parties running for office.

Pacific Lutheran University (PLU) has always been at the forefront of student civic engagement and representation, which resulted in a very strong application for this debate. However, this is not the first time PLU has applied to host such an important event.

Back in 2016, PLU placed a bid to host the gubernatorial debate for governor but unfortunately was not selected. But due to PLU's engaged student populace, active political engagement and demographics, PLU was a forerunner for this debate hosted by the Washington State Debate Coalition, which was founded by the Seattle CityClub.

This is particularly special to the Parkland area since Legislative District 29, which includes most of Tacoma, has the lowest voter turnout in the entire state. The hope is that this

opportunity will help boost political engagement throughout the district.

"Knowing and learning about candidates gives us agency for voices to be heard," said Director of Forensics Justin Eckstein. "Elections matter and it is too easy to think your vote doesn't count, but it really does."

There are currently 50 tickets available for PLU students, 25 of which will be distributed among Writing 101 and Communications classes. The remaining 25 tickets are to be raffled off to students that sign up via a Google Form that will be sent to all PLU emails. PLU has partnered up with Bethel School District, Eatonville School District, Franklin Pierce School District and Tacoma Public Schools to give voters and children of voters a chance to participate.

While tickets are limited, PLU's Debate Team, in collaboration with ASPLU and RHA, will be hosting a watch party live stream in Xavier 201 for students who would like watch. Tables and chairs will be moved out to allow more students the chance to come and watch.

Similar to the U.S. Presidential Debates,

questions will be asked to each candidate from a selection of predetermined questions by the Debate Coalition, however, guests can participate by asking questions via Twitter using the hashtag #WAELEX.

"It is a rare but inspiring experience to hear and watch two people tell you what they would do to represent you at the federal level," said ASPLU President Haedon Brunelle. "It is a memory you will have for the rest of your life."

Again tickets are limited but any citizens can also check out the Seattle CityClub Page for more information on how to get tickets for the event. There are multiple ways to get involved and see the debate in action so it's an opportunity students really can't miss.

"There is something special about being able to ask a question directly to someone who wants to represent you and let it be answered," said Brunelle. "This will hopefully help motivate the community of Parkland as well as District 29, Tacoma, and Pierce County to really get out there and advocate for their representation in politics."

PLU's Library: From Books to Barriers

By Sierra Miller
Guest Writer

Coming back after summer break, returning PLU students were more than a little surprised to see that their beloved library is currently going under some serious construction. If you haven't made your way into the library yet this semester, nearly half of the first floor is being remodeled.

Accorded to Francesca Rasmus, the Library Director since 2006, construction began in August as soon as the funds pulled through, and is projected to finish around J-Term. The project has long been in the works though. Director Rasmus recalled surveying students as far back as 2009 to what sort of improvements they'd like to see in the campus library. One of the most requested improvements was more natural light – which the staff plan to provide.

"The new space will be organized to make the most use out of the windows. We're putting the study areas right next to them," Director Rasmus said.

Director Rasmus said she is excited about the easier access to academic assistance and the integrated Help and iTech desk. A new digital design center and reservable confer-



PHOTO BY COLTON WALTER
Sign on the first floor of library as construction continues.

ence rooms are also in the works.

All of these additions are a part of phase two of the library construction. Phase one, which was completed last year, included the construction of the bathroom on the first floor and the new carpet and furniture by Academic Assistance. Although phase two is larger and more ambitious, they share the common goal of making the library a more comfortable

learning place for the students at PLU.

"The most important thing to know is that this project is all about the students," said head of the facilities department at PLU, Raymond Orr. "A lot of time and effort has gone into making sure that the end result is as flexible of a space as possible."

In Academic Assistance, for example, the advising offices will be

reservable for students after 5 p.m. during weekdays.

Students will also have the opportunity to become involved in the decision-making process of choosing which furniture will be included in the new space. Currently, potential furniture and chairs are available in the library for students to test and vote on, in the event 'Be Seated'.

Although efforts have been made to keep noise to a minimum, it is hard for some students to get work done during the construction period.

"It will be worth it when done," said Allie VanBenschoten, Junior and student employee at iTech, "but right now, it's a big thorn in [our] side."

Director Rasmus apologizes for any trouble, but says that it has "encouraged students to make better use of the second and third floors and to explore the library a little more."

The construction is set to be finished sometime before Christmas, with the finishing touches done during J-term. This is also when the furniture will likely be moved in. Construction and moving will be halted during dead and finals week, to give students the best environment to work and study.

Outdoor Rec Hikes Down to Lower Campus

By Ben Lechensky
Social Media Manager

Pacific Lutheran University's Outdoor Rec Club (OR) has a new home. The outdoor adventure group on campus has relocated from the basement of Harstad Hall to the lower level of the Columbia Center, taking over the space previously known as Tahoma Cafe. According to Rob Thompson, Assistant Athletic Director for Recreation, the cafe shut down



PHOTO BY NICK WAGNER
First-Year Lutes on the "New Lute Expedition" trip.

due to financial reasons and a lack of consistent business.

The move of the club from Harstad last spring was a decision a couple of years in the making. While in Harstad, the club didn't get much visibility and Lutes often times had trouble finding the space.

According to Thompson, as well as trip leaders within the club, OR had outgrown the space and needed an upgrade. When the lower level of the Columbia Center became available, Thompson and the student directors of OR made the decision to move the club to a new location.

With their new space, OR has much more room to store all of their equipment used on trips. In addition to leading outdoor trips every weekend, the club rents out a wide assortment of gear to students, ranging from sleeping bags and tents to climbing shoes and hiking poles. Students can stop by the new space (office hours are currently being finalized) or email outdoor@plu.edu to rent out gear.

Outdoor Rec recently completed its first ever "New Lute Expedition," a new program that takes a handful

of first-year Lutes on a backpacking trip prior to New Student Orientation weekend. According to senior student and current OR Director, Isaiah Scheel, the primary goals of the program are to introduce first-year Lutes to Outdoor Rec, give them a positive first experience at PLU, and allow them a chance to build strong friendships with those on the trip. This year's trip took a crew of five new Lutes to the North Cascades region for three days where they backpacked to a lake, camped out and went on a day hike.

For first-year student Owen Brummel, the trip was a memorable moment for him.

"It was a fantastic experience, and a great way to start my first year at PLU," Brummel said.

OR Director Scheel hopes this program will continue to grow in size and popularity in future years.

For first-year students and returners, getting involved in the club



PHOTO BY BEN LECHENSKY
PLU students on last year's J-Term Break trip to Montana.

is simple. Students can sign up for weekend trips on IMLeagues.com or the new PLU Rec app (available on the App Store and Google Play store). In addition to offering weekend excursions, the club also takes week-long trips over J-Term break and spring break, with locations including Montana and California. The next time you consider exploring the beautiful nature of the Pacific Northwest, consider doing it with Outdoor Rec.

Lights, camera, action: communication department unveils new concentration

By Hanna McCauley
Guest Writer

Pacific Lutheran University's Communications Department has an exciting new development - the "Media, Mass Communication, and Journalism" concentration has now officially changed to "Film and Media Studies."

This program will provide for the needs of many PLU students who have expressed an interest in pursuing film. It features adaptive curriculum that is inclusive of both journalism and all forms of media. Despite dropping the word 'journalism' from its title, Amy Young, Chair of the Communication Department and Associate Professor of Communication assures that "the name change doesn't reflect a change in how we feel about the significance of journalism" and the importance of shaping democratic students at PLU.

Dr. Robert Marshall Wells, Director for the Center of Media Studies and Associate Professor of Communications, states that this concentration will "offer knowledge and ex-

perience that all majors will use in their professional lives."

The courses in the program will adapt to the needs of students and the ongoing changes and developments in new media environments.

"We now have the capacity to incorporate new approaches like multi-platform reporting, digital storytelling, or interactive storytelling, while still instilling the respect for journalistic tradition and integrity that is vital to our society," Dr. Hoyt said.

According to Garrett Johnson, a PLU senior and Communications major, "the classes that are being taught are now a lot more applicable to student media in general... I'm really excited about it." There is also a campus-wide effort to create a Film and Media Studies minor to complement the concentration already offered.

PLU now has a ten-year track faculty line, which is occupied by Dr. Kate Hoyt, Assistant Professor of Visual Communications. According to Dr. Hoyt, the goal of the concentration is to help students build profes-

sional skills while also "critically assessing and consciously consuming media so that we can understand its impacts on our world."

The hopes for this new concentration include attracting the interests of both on-campus and potential PLU students and reducing the number of credits required from 50 to 44 credit hours in order to make the program more accessible to transfer students. By reducing the number of credits required for the concentration, transfer students now have a better chance to complete their degree within two years.

An important aspect of this program is that it recognizes student media organizations as completely co-curricular activities that offer credit. All of student media, previously run out of Student Life, is now recognized as a scholarly enterprise.

"We are trying to account for how much it actually means to be in one of these classes and to have this kind of participation," said Dr. Young.

With these changes to the

Communication Department, students are allowed up to eight hours of any combination of Debate, Student Media, Showrunners, Late Knight or MediaLab. PLU's student media organizations provide participants with experiences in media production, including documentary filmmaking, public relations, online media, community interaction, and on-campus projects to help them prepare for the professional world.

Students in the Film and Media Studies concentration will now also have access to new, high-end equipment and software that was provided through the Mellon Grant in Pennsylvania. According to Dr. Wells, students will be equipped to "create projects, improve their skill-sets, and prepare them for the professional world."

The goals for the Film and Media Studies concentration are to broaden the role of the Communications Department at PLU and to make the field of media production more competitive.

PLU says Au Revoir to SATs and ACTs!

By Brennan LaBrie
Guest Writer

Students applying for admission to Pacific Lutheran University (PLU) for the 2019-2020 school year will be the first in history to decide whether or not to submit SAT or ACT scores along with their application. This past July, PLU Provost Dr. Joanna Gregson announced PLU's decision to go "test-optional," joining over one thousand colleges nationwide who have made similar decisions.

Dr. Gregson received a letter of recommendation to adopt the policy in late May from the Admission and Retention of Students (ARTS) Committee. This followed months of discussion within the committee beginning in February. The recommendation cites studies that show "overwhelming evidence" that standardized tests fail to predict academic success at the college level. Instead, the studies indicated that high school GPAs and course loads serve as better predictors. In addition, the recommendation argued that standardized tests "reinforce inequities in college admission," especially among students of historically underrepresented groups.

The letter cites a variety of

costs, including the initial test cost, sending scores to colleges, retaking the tests to achieve higher scores, and the increasingly common preparatory courses offered, as being hindrances to students from lower socioeconomic backgrounds. The studies mentioned by the committee found a high correlation between test scores and the income of families and school districts.

Data also showed a racial gap in test scores, reflecting how African-American and Latino students are impacted the most by the financial burdens of standardized tests. PLU Director of Admission, Melody Ferguson, added that students who speak English as a second language have an even harder time with these tests, and are therefore more likely to be rejected by colleges and more reluctant to apply due to insecurity over test scores.

Reports from various institutions such as Bates, one of the first colleges to adopt the test-optional policy, show increases in overall applicants and in the representation of underrepresented minority students in the student population after going test-optional.

Dr. Gregson was impressed by

the findings of the report, and felt moved to act.

"It was compelling to me to get rid of that barrier, to try to minimize that difference in opportunity," she said. "Some of the groups that we hope to serve best are students who haven't been provided opportunities historically."

Dr. Ferguson also concurred with the findings of the committee, noting the "cost of being a great test taker" and adding the stress her office places on students' high school grades and course load.

"It's how they did over four years of high school versus how they did on one random Saturday," Ferguson said. "Some people are not great test takers, so how much does it really define them?"

PLU joins over 1,000 colleges nationwide who have adopted test-optional policies, including six of the nine universities in the Northwest Conference. Each university has their own variation on the policy, but Gregson prefers the simple "test-optional" model.

"If that's the way you want to show us what you can bring to our community, do it," She said. "If this doesn't allow you to present the self that you want us to see, don't include it."

Education writers have warned that sending in test scores at some test-optional colleges greatly helps a student's chance of admission and receiving merit aid. Ferguson says that this is not the case for PLU, adding that the Presidential Scholarship, for one, has always given applicants the option of submitting either test scores or GPA. However, the schools of Nursing and Education still strongly encourage test scores for admission into their programs.

Despite the increasing popularity of this policy, there are critics within the education world. One primary argument is that adopting the policy is a way for colleges to increase their applicant pool, allowing them to reject more students and appear more selective, and perhaps even profit off of the increase in enrollment fees.

Gregson dispelled these notions, noting that PLU is part of the "Common Application," which doesn't charge a fee to apply to colleges, and as far as the desire for recognition: "Nowhere in our mission statement does it say that we have to be the most selective." To her, this decision was about "equity and inclusion" above all else.

Fun at the fair

By Chloe Wilhelm & Craig Gustin

When you see exciting rides, crowds of people and smell freshly-baked raspberry scones you know you're at the Washington State Fair.

The fair ended its September season on the 23rd. It originally opened in 1900 and now welcomes over million people each year.

As one of the largest fairs in the Pacific Northwest, many local residents attend each year, including students here at PLU.

The Rides

Andrew Perez has attended the Washington State Fair every year for the past three years. One of the rides that stood out to him was The Starship 2000. A ride of centrifugal force floats passengers off the floor.

"The Starship 2000. I have found very enjoyable as long as you have a strong stomach," Perez said.

While The Starship 2000 can make your stomach turn inside out, the same cannot be said for the Extreme Scream. This thrilling tower ride goes 20 stories high, and then plummets to the ground.

"As far as ones that let me

down I have to say the Extreme Scream. It was such a let down compared to the one at Disney world," Perez said.

The Food

The Washington State Fair is known for its food.

There were several recommendations on what people should try while visiting.

Hailee Christensen, a first-year student, attends the fair every year with her family. She said that people should definitely try the classic scones that the fair is known for.

"The scone stand has strawberry shortcake too, which is really good," Christensen said.

She also recommended that attendees visit the fried stand and try the fried pickles and fried Oreos, but agreed with others about the scones.

"The scones. Not only are they delicious but you just can't beat the price," Perez said.



PHOTO BY CRAIG GUSTIN

Fair mascots ride a train through the grounds. Mascots also posed for photos with fairgoers

Exhibits and Attractions

PLU students had a variety of recommendations on what people should see.

"My favorite part is seeing all of the animals," Christensen said. "The pigs were really cute."

Visitors can see pigs, goats, bunnies, llamas, and draft horses in the animal exhibits. There's also a family friendly petting zoo.

"It's also really cool to check out the vendors," she said.

"You should try to explore as much as you can, and then pick your favorites," she said. "There are so many options."

Just Czechin' in: A walk through Prague

By Hannah Montgomery

Columnist

I am a sophomore majoring in Communications and Global Studies. I am currently studying away in Prague, Czech Republic.

It smells too sweet here, rotting apples and berries line the sidewalk as I walk to the Metro station. My Czech host-father, Tomáš told me that the neighborhood apples are not for eating since the trees are not cared for by anyone. **Cont. on page 7**



PHOTO BY HANNAH MONTGOMERY

The cat I pass everyday glares down from her perch.

Constellations on campus



PHOTO BY COLTON WALTER

Actors David Smith and Gabby Tatone rehearse a scene. The show covers many real life moments.

By **Marsia Johnson**
Writer

The 80 minute production of Nick Payne's *Constellations* will premier on Thursday, October 4 and Friday, October 5th at 7:30 p.m. in the Studio Theater at PLU. The story follows the relationship of Marianne, a nerdy astrophysicist, and Roland, a humble beekeeper through alternating realities in accordance to string theory.

Senior Chuck Stern is directing the play. Stern said when he first read the script he just knew he had to get his hands on it. Two years ago, Stern had the idea of bring the production to PLU, and came to junior Lily Oellerich to be his stage manager.

"It's about considering the possibilities that every choice you ever and never made exists in

sixth thousand universes and entertaining that this could be happening while also not letting it ruin your present," Oellerich said.

The show covers a wide range of themes such as mortality and time. Stern says that the show's main focus is on the concepts of love and time.

"What most people don't know about me is I am a huge romantic, and the audience roots for love," Stern says. "I think the theme of the show is that love is unpredictable."

Stern says he wants the audience to leave with feelings of resolution and hopefully finding themselves in these very real situations. Since this is a story about infinite possibilities, the show mimics real life moments, hoping to be relatable to audience members.

Actors Gabby Tatone and David Smith say that they use those fun, light-hearted scenes to energize themselves through the heavy moments of the play. The show can be dark, but it can also be funny and presents light moments that mirrors real situations.

Oellerich said that something that is so dark and devastating can be very exhausting and takes a lot out of a person, but she credits how the actors go into each parallel almost like they are completely different characters.

The cast and crew acknowledge that Nick Payne's notion of a multiverse might inspire a lot of open ended questions and reflection in the audience.

When: Thursday Oct. 4 & Friday Oct. 5

Where: Studio Theater/ Black Box

Time: 7:30 p.m.

Cost: \$5

Czechin' in from page 6

I think they're good, at least the ripe ones that fall to the ground before my eyes. The other afternoon, I picked one up that had been laying in the midday sun, warming the fruit to taste like apple cider in the fall.

The first time I traveled to the Metro station, I stepped on the berries, squishing them into the tread of my shoes. I haven't made that mistake again, as I now choose to walk in the street, except when a car comes barreling towards me and I have to hop back onto the

sidewalk.

I pass the neighbor's cat, who lies on the concrete wall above me next to a basket of red flowers, and affectionately call out "koška!" She curls herself into a ball, basking on the hot stone as I reach up to pet her striped fur.

Across the street at the school, children greet each other, "Ahoj, ahoj!" as they play outside. I can hear the voice of my host sister, Eliška, calling to her friends and a little boy sits on top of the fence.

I reach the Metro station. I quietly take a seat on the subway, only four stops until I reach my destination where I will have my first class, Survival Czech.



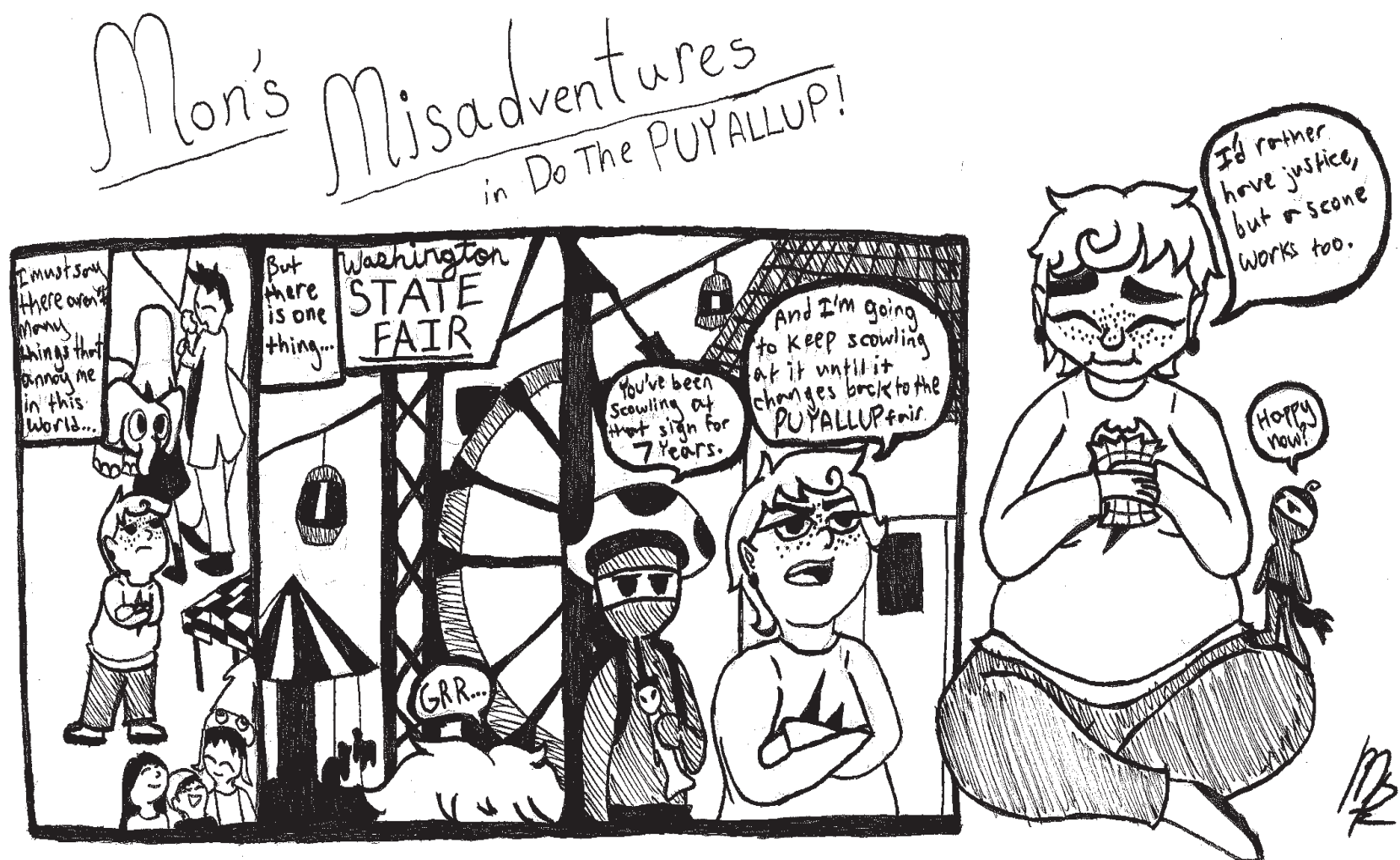
GRAPHIC BY COLTON WALTER

Music making its' way through campus

The Music Department at PLU presents a large variety of concerts throughout the year. These events are hosted in either the Mary Baker Russell Music Center (MBR), or Karen Hille Phillips Center for the Performing Arts (KHP). Admission is free to PLU students, unless otherwise noted.

October Music Events:

- Oct. 4, 8p.m. - University Jazz Ensemble, Eastvold Auditorium (KHP)
- Oct. 5, 8p.m. - Consonare Amici, Jennie Lee Hansen Recital Hall (MBR)
- Oct. 9, 8p.m. - University Symphony Orchestra, Lagerquist Concert Hall (MBR)
- Oct. 11, 8p.m. - Regency Series: Regency Voices, Lagerquist Concert Hall (MBR)
- Oct. 13, 8p.m. - Artist Series: Jason Gilliam, Euphonium, Lagerquist Concert Hall (MBR)
- Oct. 14, 3p.m. - University Wind Ensemble, Lagerquist Concert Hall (MBR)
- Oct. 16-17, 8p.m. - Choral Concert, Lagerquist Concert Hall (MBR)
- Oct. 21, 3p.m. - Organ Series: Works for Organ, Lagerquist Concert Hall (MBR) \$5 PLU students
- Oct. 21, 8p.m. - Regency Series: Regency String Quartet, Jennie Lee Hansen Recital Hall (MBR)
- Oct. 23, 8p.m. - S. Pfundt and R. Wolch Non-Degree Recital, Lagerquist Concert Hall (MBR)
- Oct. 25, 8p.m. - Artist Series: Naomi Niskala, Piano, Lagerquist Concert Hall (MBR)
- Oct. 26, 3:40p.m. - Artist Series: Women on the Verge, Lagerquist Concert Hall (MBR)
- Oct. 27, 3p.m. - PLUtonic/HERmonic, Eastvold Auditorium (KHP)
- Oct. 28, 5p.m. - Regency Series: Lyric Brass Quintet, Lagerquist Concert Hall (MBR)



The new solution for student debt

By Chloe Wilhelm

Opinion Editor

The biggest crisis of my generation is now a game show. *Paid Off*, a new reality TV show on TruTV, offers contestants the reward of a lifetime – but instead of expensive cars or cash prizes, the award is much different: a future free of student debt.

Created and hosted by actor and comedian Michael Torpey, the trivia-based game show began last month as a cynical and satirical answer to America's growing student loan problem.

In each episode, three college graduates compete for the chance to eliminate the entirety of their student loan debt. After introducing themselves by name, alma mater, and their loan balance, they compete to get to the final round, where a percentage of their debt is eliminated for each correct answer.

While the show seems like an odd solution, it represents the increasing problem of student loan debt in the United States.

Collectively, 45 million Americans owe a total of \$1.5 trillion dollars in student loans. This is more than credit card debt and auto loans combined. The average student now graduates with more than \$37,000 in debt.

Because of this growing financial burden, many graduates desperately want to find any solution they can. The show's host mentioned this in the first episode.

"Welcome to *Paid Off*, the game show that helps pay off your student debt so you can stop hoping to get hit by a



PHOTO COURTESY OF MASHABLE

Paid Off's host Michael Torpey with contestants from the show.

well-insured bus," Torpey joked.

Paid Off seems like a show set in a dystopian future, where people have lost hope in being able to pay off the cost of having the education necessary to succeed in today's world. It is a show that shouldn't exist. People shouldn't have to view a TV show as the only way to pay off their loans.

Despite this, it is a show that has already changed lives. One college graduate with \$41,000 in debt walked away with \$28,000, while another contestant was able to pay off the entirety of his \$42,000 loan amount.

After seeing these results, it is understandable that people will try desperately to become a contestant. The most frequent search Google relating to the show is how to apply.

Paid Off is a show that shouldn't exist, but it will continue to: earlier this month, the

game show was greenlit for an additional 16 episodes.

While the show is likely to continue past this number of episodes, the show's host Michael Torpey recognizes that this isn't a realistic long-term solution for student loan debt. At the end of each episode, he encourages viewers to speak out about the issue.

"There are 45 million Americans out there struggling with their student loans. It doesn't have to be this way," he says in the closing sequence. "Call your representatives right now and tell them we need a better solution than this game show."

He's right. We do.

Paid Off airs on Tuesdays at 10/9 p.m. on TruTV. For information on how to apply as a contestant, visit www.trutv.com/shows/paid-off-with-michael-torpey/.

Insatiable: insensitive or misunderstood?

By Marsia Johnson

Writer

Netflix premiered a new series this summer called *Insatiable*, following the story of a “former fatty” who got skinny and seeks revenge on the people who bullied her through beauty pageants. Aside from what the trailers lead us to believe, the show touches on more than just body image issues often reflecting on the struggle to find inner beauty and validation from within.

The show received bad ratings before the series premiere, and Netflix users were calling for the show to be cancelled because of concerns about body shaming.

While I certainly don't condone body shaming, I found that the show's purpose isn't just about body image. I can't say that I think the show is good, but I did find the show interesting enough

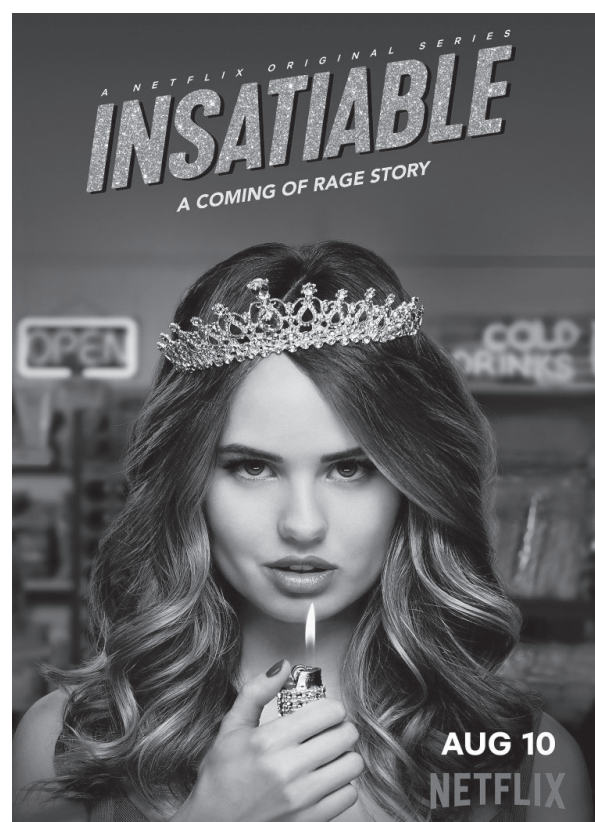


PHOTO COURTESY OF IMDB

INSATIABLE

GRAPHIC COURTESY OF WIKIMEDIA COMMONS

to stick it through the whole first season.

There are mixed reviews about the show at PLU. I asked 5 students, selected at random, if they heard of the show and what they thought about it.

One student said that the many bad reviews already made them raise an eyebrow, and when they tried to watch the show, they only got two episodes in. Similarly, another student agreed that they thought it looked good, but after the first episode, they lost interest.

In contrast, one interviewee said they absolutely loved the show for its unique plot.

However, I think it is important to watch the show with the realization that its intent is meant to be paired with its genre: satire. This show is a dark comedy which, I think, American viewers typically have a harder time following.

While the genre walks along extremities, it gives the creators the liberty of reaching those tough conversations without skirting around controversial topics of eating disorders and mental disorders, self-expression,

obsession, and morality. On the surface it might look like a dumb ugly-duckling show, but it actually mocks the impression that if we fix ourselves on the outside, somehow our inside will follow.

The main character, Fatty Patty, is seriously messed up from her past and has a problem with impulsivity and rage. As someone who feels the societal pressure to look a certain way, I can empathize with Patty.

I do think the show can be a bit obscene and over-the-top ridiculous at times, which is something that is only natural in a satire. However, I can't help but applaud their efforts in highlighting a concern that is reflected in body image issues, which is an appetite for validation.

While I do think that sometimes the show's satire is ineffective and is too extreme to be taken seriously, I think that *Insatiable* deserves a little credit for shedding light on a wound that has already been salted. I can't say that I'll be tuning in for the second season, but the show did raise awareness to big questions that are very relevant in today's world.

From great beginnings to graduation

Two students reflect on their experiences at PLU

By Chloe Wilhelm

Opinion Editor

Despite the fact that I walk down the stairs of Harstad Hall and make my way to Red Square every day, it still takes me a moment to fully realize that I am officially a first-year student at PLU.

As a first-generation student, the feeling of being a university student is amazing. When I first started applying to colleges last year, I knew that PLU was my top choice. Despite this, I wasn't sure how I would be able to attend due to my financial situation.

However, after an acceptance letter and surprising financial aid and scholarship offer, I am now able to attend my dream school, and I am incredibly grateful.

I had the opportunity to participate in the Running Start program, and even though I have been in college before, being a student at PLU is different.

The academics are more rigorous, but during my time here so far, I have realized that I am part of an incredibly supportive community where people want to help each other succeed. I know that there will be challenges, but I know that I am surrounded by people who will encourage me to do my best.

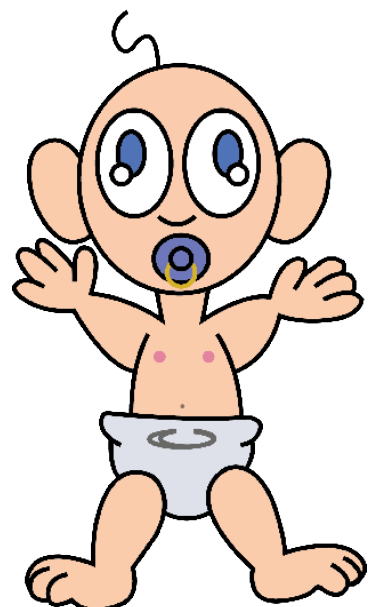
With that sense of community comes involvement. There are so many opportunities for students at PLU, and even though I am a first-year student, I have already begun to explore what I am interested in and try to find my vocation.

I have already had the opportunity to pursue my interests, and I know that I will be able to take more classes in the future in subjects that interest me.

I know that there will be even more opportunities for me in the future. With PLU's services for career connections, job fairs, and networking with alumni, I am excited to learn more about different fields and find a career that fits who I am and what I want to do in life.

Even though I have just begun my time here at PLU, I already have a feeling that my experience here will be educational, involving, and wonderful overall.

I'm grateful for where I'm at, and I'm so excited to see what the future holds.



By Colton Walter

Photo Editor

Before I even come close to smelling the turkey this Thanksgiving, I know I'm inevitably going to be questioned, "What's it like to be in your last year of school?" To me there has never been a simple answer to this question. Not in high school, and certainly not now as a senior in college.

This seems like the final stretch of a race. You've made it this far, with the finish line in sight - graduation. Only that finish line is more of a checkpoint for the start of the next race you have to start warming up for before you've even completed the last one. It's like I'm going cross-eyed, simultaneously focusing on what's happening at PLU and what I'm going to do next year. Many students graduating in Spring feel like they're in this state of limbo too.

"It's an interesting transition year being a senior," said Riley Dolan, '19. "We're still at PLU finishing up our year, but we're also looking to the future. So it feels like a weird in-between place."

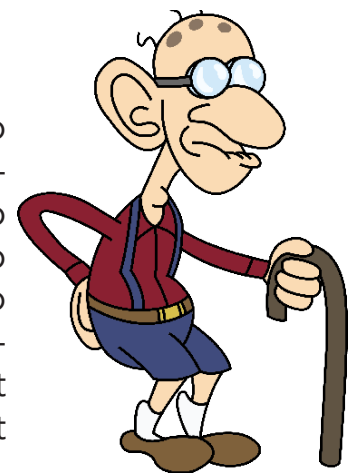
We've gained a lot of responsibility over the past few years here, the last members standing out of our original class. As this college has gotten used to having us around, we've grown used to this college. Gone are the days of dressing up nice for General Education classes - replaced by arriving in sweatpants to hyper-specific courses. To many seniors, graduating from the PLU community feels like losing more than just colleagues.

"It's going to be really hard to say goodbye to everyone - the family I've made here," said Dolan.

While many look ahead at the year to come and beyond, it's still important to reflect on what's made our experiences at PLU valuable. As seniors, I we have some sort of obligation to pass on our "wisdom" to the incoming freshman class of 2022.

Senior Denis Julio said, "Don't be scared to put yourself in situations that are uncomfortable. Just try anything. Even if your friends aren't about that, it doesn't mean that you can't find community or it doesn't mean that you can't enjoy that specific thing."

It amazes me to look back at the accomplishments my fellow seniors have made along this journey. Over my three years, I've seen so much progression, and preparedness for the world to come. I think that my colleagues are eager and ready to enter this world. I just hope the world is ready for their ambitions.



GRAPHICS BY KEVIN JANSEN

PLU womens volleyball blazes through first games

By **Lillian-Rose Bulski**
Guest Writer

The PLU women's volleyball team has created a pattern of winning. The game last Saturday was against our main rival UPS but the women of PLU volleyball won big.

These triumphs against multiple teams varied in location, competition, and what areas of focus for our team. Some were fairly simple and predictable for the women but they knew for instance Pacific University was "gonna bring a fight" stated player Kristin Moniz.

Goals were set by the women internally but always keeping in mind that they were there to enjoy the game and keep their bond as a team tightly woven. Player Kristin Moniz mentioned her appreciation for the bench players. "Our bench players are really, really good at keeping up the energy off of the court," Moniz said.

The different roles of playing volleyball are crucial to doing well and experiencing enjoyment. This is what the PLU women's volleyball team stands for. Senior player, Chloe Epker, and the PLU's wom-

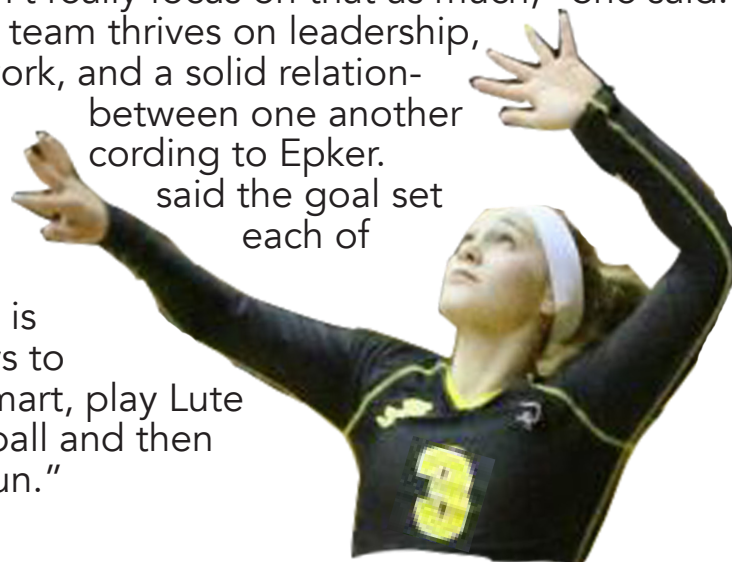
en's volleyball team have experienced the traditional process of bonding and team togetherness throughout their years of attending PLU.

Epker shared a memory of team bondings and the importance of friendship. "Probably the relationship, like we are one big family are most important, and yeah we are a successful program but we don't really focus on that as much," She said.

This team thrives on leadership, teamwork, and a solid relationship between one another according to Epker.

Coach said the goal set for each of

these games is "always to play smart, play Lute volleyball and then have fun."



Joining the huddle continued from cover

When the opportunity to return to the Northwest presented itself, he couldn't say no.

"It feels familiar up here. We enjoy the area, the people, it's down to earth feel," McAdams said.

To help the PLU community feel familiar with the team through the transition, McAdams kept many of the football team traditions the same, such as players holding hands as they enter and exit the field.

"The expectations have always been high and he hasn't changed that. If anything he's raised it. Everything he's changed it's been for the better," Mcshane said.

New uniforms, morning practices, travel buses, and a strong social media presence are just some of the major upgrades made.

"The biggest difference is for home games we don't travel in our cars anymore, we take buses. Nothings happened to anyone traveling to Sparks in a long time but how bad would it be if something happened to a guy?" Mcshane said.

The team also received new home uniforms. The helmets were upgraded and redesigned all while keeping PLU's traditional mascot incorporated.

"It's a tradition rich football program and athletic department. It excels not just in one sport but in many. I believe intercollegiate athletics brings value to the community. I want to be apart of improving that at PLU," McAdams stated.

According to Mcshane, McAdams is already making great strides at becoming a part of and improving the PLU community.

"He's just an incredibly approachable dude. He sits in his office in Olson with the doors open. He's the first person to say hello. There's a lot of new things but he's making it exciting," Mcshane said.

When asked about McAdams, Trinity head coach and former NFL Seattle Seahawk player, Jerheme Urban said, "He's very approachable, and will value their support. He is a great family man and will be sure to embrace the entire community as part of his own family."

Athletic Director Laurie Turner echoed that excitement in an interview last spring claiming, "from my perspective it's a very exciting time to be involved in athletics at PLU."

Bringing in new ideas and perspectives are the improvements that McAdams said were his goals.

"Like most, it is hard to deal with change, but Coach McAdams brought an immense amount of passion and detail to his position...and will do his best to propel PLU Football back to national prominence," Urban said.

As the PLU football season gets underway, McAdams is hoping to show the PLU community all the great things that come with change.

"I hope to see new faces out at games, and out at all events on campus. We're all on the same team," McAdams stated. "It's not just building a football program the way Brant McAdams wants to build a football program, it's building a program the way it works best for all the constituents involved."