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# THE MOORING MAST

PACIFIC LUTHERAN UNIVERSITY

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## LUTES ABROAD: J-term a popular time for students to study away



The tacks on this photo illustration represent most of the destinations offered to Lutes through J-term Study Away programs.

By ALISON HAYWOOD  
News Editor

J-term is just around the corner, and many Pacific Lutheran students will soon be sitting through four-hour classes, cheering on their friends through PLU Idol and catching up on their P.E. credits.

Others, however, will be taking the opportunity to participate in one of PLU's most proudest traditions: study away.

Approximately 312 students will be leaving the Lutedome this J-term with 23 different study away programs — the highest number of programs PLU has ever offered at one time, Megan Grover, manager of short-term study away programs, said.

"January provides a nice time for this type of opportunity," Grover said of the intensive four-week programs. "It provides students the opportunity to travel with a PLU professor and with PLU students."

The courses are organized and led by PLU faculty members and only open to PLU students. They feature a wide range of academic topics, from English and political science to music and P.E.

Grover said one of the most unique J-term programs PLU offers is the trip to Antarctica. "Not many other institutions are able to offer a study away experience to Antarctica," she said. "We're pretty proud to be able to do that."

In addition to exotic locations like Antarctica, PLU also has five domestic programs located inside the U.S.

Although it seems unusual to offer study away programs inside the U.S.'s borders, Grover said domestic programs are a unique opportunity for students to have an intercultural experience in the U.S.

"PLU believes in study away, we believe that students can have a very rich, intercultural experience locally," Grover said.

The most localized study away program is the January on the Hilltop program, in which students participate in community service projects in Tacoma's Hilltop and Salishan neighborhoods.

"It's a great way for PLU to develop long-lasting relationships with some of our neighbors and neighboring communities, a good way for PLU students to learn a little bit more about,

you know, different communities and societies within the greater American population," Grover said. "So I think it's a really neat opportunity for students."

One downside to J-term study away programs is the cost. The prices are as varied as their locations, ranging from \$200 per student for January on the Hilltop to \$11,350 for the Antarctica program. Most programs average between \$3,000 and \$6,000.

"It's a huge range. Again, it's just the nature of the course, what's included in that program fee," Grover said.

Although students studying away do not have to pay tuition for J-term, the program fee can be a deterring factor for some. Students' regular financial aid

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### Campus Safety responds to break-ins in campus buildings

By RELAND TUOMI  
Copy Editor

Break-ins occur everywhere, and the Lutedome is no exception.

There have been a number of break-ins on Pacific Lutheran University's campus in recent weeks, mostly in the Hauge Administration building but also in Olson Gymnasium and Ramstad Hall.

The first break-in occurred the night of Oct. 31 and the most recent Nov. 26. Campus Safety became aware of these incidents the day following each break-in.

"There were no forced entries," Greg Premo, director of Campus Safety, said. "So we're finding out about the break-ins the next day when faculty members come in to see items missing and desks rummaged through."

Even though there were no forced entries, Premo said he does

not believe the break-ins were done by someone affiliated with PLU.

"It could be a matter of not locking a door someone thought was locked, or someone is getting in when the building is unlocked and staying in," Premo said.

Campus Safety officers assessed the scene Nov. 1 and called a forensics team to check for any latent fingerprints. Nothing was damaged, but the university did lose a few laptops.

There have been a total of six break-ins with the most recent one occurring Nov. 26 in Ramstad around 7 p.m.

Campus Safety has a suspect for these break-ins. She had been RFC'd (Restricted from Campus) in August for wandering through Olson Auditorium and the pool area.

A professor saw the suspect in Ramstad Nov. 26 around 7 p.m. The professor contacted

Campus Safety employees, who recognized her. The suspect is a white female with long brown hair, 27 years old, 4 foot 11 inches tall and 115 pounds.

"This description is not far from a typical college student," Premo said, "so she blends in well."

Campus Safety called the Sheriff's Department and deputies arrested the suspect for trespassing.

The suspect had a screwdriver with her, the tool likely used to get into the offices in Hauge. She denied stealing anything but said she knew she was not allowed on campus.

Call Campus Safety if you see any suspicious activity on campus.

For non-emergencies, call 253-535-7441. For emergencies, call 253-535-7911.

# TEXTBOOK

# BUY BACK

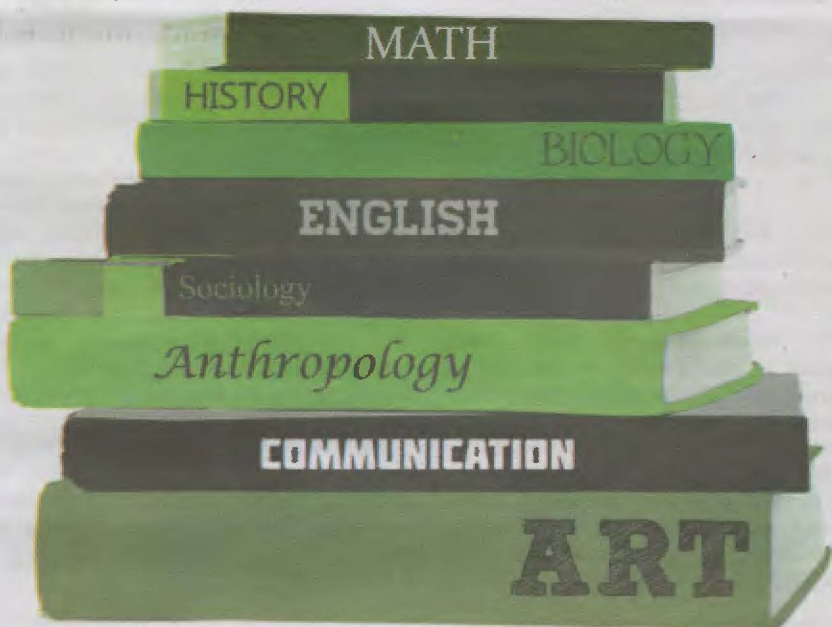
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**REMEMBER -We only buy back a set amount of each textbook, so it's first come, first serve! Bring all of your textbooks, even those from past semesters - We might buy those back too!**

**Garfield**  
BOOK COMPANY  
AT PLU

# Full-time student, part-time politician Two Lutes balance classes and campaigns this year

By LEAH TRAXEL  
Online Editor

Many students on campus cared about the results of this year's election. Shannon Reynolds, a Pacific Lutheran University junior certainly did. Reynolds' involvement, however, went a little further than voting in the election.

Reynolds was on the ballot. After determining she wanted to help improve her hometown of Fircrest, Wash., Reynolds decided to run for a seat on the city council against 12-year incumbent Chris Gruver.

She won with 59 percent of the vote. "I had no idea I'd win," Reynolds said.

Located just east of Tacoma, Fircrest is home to roughly 6,500 people. Reynolds and her family moved there from Hawaii when she was 8 years old, and she said she has always appreciated the "small town" atmosphere and community-oriented programming.

However, Reynolds also said she was concerned the programming from the city was alienating unmarried residents

and young adults. "I didn't think it was fair they should be underrepresented," the 20-year-old said.

Reynolds said her campaign was unconventional. Instead of television spots and newspaper ads, she simply introduced herself to residents by attending her favorite community events and being friendly.

Reynolds said she expects that community involvement will be a large part of her four-year term, but it's also something she's well acquainted with. She's a regular attendee and volunteer of community events such as the city's Tree Lighting, Relay for Life and National Night Out.

In addition, Reynolds said she hopes to bring a fresh perspective to the city council during her four-year term.

"There wasn't a lot of vision anymore," Reynolds said. "I'm more of a can-do-er. I feel that it's important to put things in terms of the positive and what could be."

Reynolds began her political career as an intern in city hall in high school through the Fircrest Business Association. The scholarship program she was involved in was terminated after

one year, but Reynolds said she'd like to bring programs like that back.

"If I could do any project, that's in my top three," Reynolds said.

The economics-biology double major said she wants to become a doctor in the future, and one day hopes to open a family practice for disadvantaged communities.

"That's my calling, what I'm pulled to do — put people and compassion above money," Reynolds said. She said she is unsure of her future in politics. "I really like the taste I've gotten so far [of politics], so I'm not counting it out, but I'll just take it day by day."

Reynolds isn't the only Lute with eyes on an elected office. Senior Eric Herde ran for a State Senate seat in the 25th Legislative District last year, but lost.

"It's definitely a steep learning curve," the Norwegian, environmental science, math and political science quadruple major said. "We [Herde and his supporters] understood it was a long shot."

Herde first became interested in politics just before the 2008 election, when a local

congressman held a town forum on healthcare reform near Herde's home. The debate left Herde interested in more, and he quickly aligned himself with the Democratic party.

This year, Herde volunteered as a campaign consultant for three candidates for nearby city council positions. Two of the three won.

Herde wants to take office in the legislative branch someday, but doesn't have any specific plans. After graduation, he hopes to work for a city planning agency in Tacoma.



VIDEO  
COMPONENT  
ONLINE

## STUDY AWAY FROM PAGE 1

also only applies to semester or year long programs. The only funding available for J-term programs is the Global Scholar award, a need-based scholarship of up to \$1,000.

"It's minimal funding. It does offer some assistance, but we don't have any award that would cover the whole program fee," Grover said. "Students may find that a semester

option is a better value if they're just looking at dollars."

While some new programs are just getting started this year, seven other trips were cancelled for various reasons. Faculty Fellow Donald Ryan canceled his traditional archaeology trip to England and Egypt this year due to the political situation in Egypt. President Thomas Krise canceled his trip to Washington, D.C. due to low enrollment, although he will be teaching a course on

campus this year.

"At PLU, we do have really driven faculty who are really motivated to provide international experiences for students," Grover said. "I think it's just a good combination that works well for PLU, and something we can sustain for PLU."

J-term study away programs for 2015 will be announced January 2014.

# Heart condition does not deter determined stepper Brittany Love joins Lute Nation despite health problems

By SAMANTHA LUND  
Guest Writer

First-year Brittanya Love is one of the newest members of Lute Nation, Pacific Lutheran's step team. Love's journey to becoming a stepper was not easy, but she and Lute Nation both expressed excitement that she made it.

While in high school, doctors told Love she had a small heart murmur. The stepper said she was not surprised, because her mother has the same hereditary heart condition.

The murmur did not affect her life until she got to PLU and decided to join the step team. The murmur caused her health clearance process to take much longer than most, and while it was pending, she could not practice with the team.

Love surprised her team when she attended every practice and performance even though she could not dance. Love said she would watch the team practice, then take the steps home and practice on her own.

When the first-time stepper was cleared to practice, she had already learned most of the moves. That dedication caused Lute Nation to recognize Love as their "Stepper of the Week" Nov. 15.

"I love being part of it. It's just so wonderful," Love said. "When I didn't have clearance and was at practice, I was really upset."

The first performance Love was ready for was PLU's Global Getdown. She said she was nervous but excited to get to perform and put her hard work to use. Love said she had never danced much before, and it was rarely in front of people.



PHOTO BY EMILY JACKA  
First-year Brittanya Love practices with PLU's step team Lute Nation Tuesday evening in the Columbia Center. A minor heart murmur prevented Love from being able to practice with the team at the start of the school year.

"When I came to PLU, I wanted to get into something out of my comfort zone."

**Brittanya Love**  
first-year, step team member

"When I came to PLU, I wanted to get into something out of my comfort zone," Love said. "It was like 'yup, I got this.' It was definitely

something out of my comfort zone."

Now that Love is a part of the team, she said she does not plan on taking it easy. She practices an hour before each team practice to get her steps down before the team gets together. Love said she catches herself doing her steps in class quietly and not very discreetly.

As a member of Lute Nation, Love said she wants to show younger kids that college can be an option for everyone. Love said she would like to inspire some future steppers, too. The sense of family is something that Love said she wants to take out of her team and share with the

community.

"I notice as I progress," Love said, "it's more of a 'we,' like a family more than a friendship." That family bond, Love said, is one of her favorite things about being a part of Lute Nation.

The team has become a part of Love's everyday life, and she said she has become a better person because of it. "We talk about how to improve not only as a team, but as individuals," Love said.

Though Lute Nation was something Love did to take herself out of her comfort zone, Love said she feels very comfortable there now, and it is a large part of her life.

# What to do at PLU

## Friday

Build your own holiday treats. Join Late Night Programming for this fun event to de-stress before Dead Week. *The Cave*, 7-9:30 p.m.

Sankta Lucia Fest. Come participate in this annual PLU event and celebrate this Swedish holiday. Various choirs will bring light and hope to the darkest time of the year in the spirit of Saint Lucia. One student will be crowned Lucia and receive a \$500 scholarship. Event is free to the PLU community. *Lagerquist Concert Hall*, 7:30-9:30 p.m.

Latinos Unidos Salsa Night. Beginners and experts alike are welcome to try out different types of Latin dancing and learn about Latin culture. *The Cave*, 9:30-10:30 p.m.

## Saturday

Work party at the Community Garden. Join the Garden Club and learn a little bit about growing food in the Pacific Northwest. *Community Garden, across from Ingram on 121st Street*. 10 a.m.-noon.

Wind and brass students recital. *Lagerquist Concert Hall*, 3-4 p.m.

"Inspecting Carol." The Theatre Department is bringing playwright Daniel J. Sullivan's slapstick comedy to life just in time for the holidays. The play follows a struggling theater behind the scenes during its annual rendition of "A Christmas Carol." \$3 for the PLU community. *Phillips Center*, 7:30-9 p.m.

Hallelujah: a PLU Christmas. The Choir of the West, University Choral and University Symphony Orchestra present their annual Christmas concerts, this year featuring works from Handel's Messiah, readings by University Pastor Nancy Connor and carols of the season. All PLU performances are sold out. *Lagerquist Concert Hall*, 8-9:30 p.m.

## Sunday

"The Winter War" free film screening. Called one of the most powerful war films ever made, this film recounts Finland's successful overthrow of a Soviet occupying force during the Russo-Finnish War of 1939-40, despite being outnumbered 50-to-1. *Scandinavian Cultural Center*, 1-4 p.m.

Hallelujah: a PLU Christmas matinee. *Lagerquist Concert Hall*, 3-4:30 p.m.

The Mast will be back on stands Feb. 14. Stay updated by checking [mastmedia.plu.edu](http://mastmedia.plu.edu) over J-term.

## Res Life clarifies holiday decoration policy



PHOTO BY JESSE MAJOR

Sophomore Madison Thackana takes a photo with her phone at the annual Light Up Red Square event Tuesday evening. After the tree lighting, attendees sang "Joy to the World." Light Up Red Square is an annual Christmas tradition at PLU.

By **NICK NEELY**  
Guest Writer

Red Square glows with the light of its Christmas tree. A lit-up cross stands nearby and a star marks the top of Harstad Hall. These decorations are part of the annual Campus Ministry tradition Light Up Red Square, which took place Tuesday.

However, the students decide how they decorate their residential halls.

"When it comes to the holidays and to religious imagery specifically, we work with each residence hall committee to make sure everyone's views are represented," Jes Takla, director of residential programs, said.

In Ordal Hall, for

instance, members of the Residence Hall Council went from room to room to discuss possible winter decorations and activities with residents, Mercy Daramola, Ordal and Stuen Halls' resident director, said.

Eventually, the residents decided on making gingerbread houses for their holiday activity.

For the holidays, Dining Services provides each residential hall with its own programmed end-of-semester meal. The residents plan these meals as well.

Residential Life also works with individual students to sponsor a program to address any topic, religious or not, Takla said.

"Either they take an

'all' approach, where every religious tradition is incorporated, or a more neutral approach where they do winter decorations," Takla said. "Our goal is to be inclusive at all times ... no one feels marginalized."

Many students hold a common misconception that students can't have Christmas trees in the hall, Daramola said. Christmas trees can be part of the residential hall decoration, but they must be agreed upon by all residents, Daramola said.

"The question comes up every year — 'well if there's a Christmas tree in Red Square, why can't we have a Christmas tree in the halls?'" Daramola said. "And that's just not true."

While the residents in their entirety decide how they decorate the hall, each student can decorate their own room how they see fit. However, these decorations must adhere to fire safety

standards.

Common violations include lights on exposed pipes, using a real tree, chaining too many lights together and not having enough clearance between lights and the ceiling, Daramola said. These restrictions apply to overall hall decorations as well.

"Our goal is to be inclusive at all times so no one feels marginalized," Takla said.



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## Campus club to help students conquer dead week stress

By **KJERSTI ANDREASSEN**  
News Writer

Dead week — beginning this Monday — is the week before finals start. Many schools cancel classes to let students cram for exams, but at PLU, classes go on right until the start of final exams.

The Network for Peacebuilding and Conflict Management (NPCM) will offer dead week events to help relieve stress — with hot cocoa and bubble wrap.

"A very large part of being human is trying to achieve inner peace," junior Amanda Brasgalla from NPCM said.

She said that during dead week, the club is hosting an event she hopes will help people look up from their homework and de-stress a little.

"We know everyone will be extremely stressed," Brasgalla said. "Coming from a very stressed person, stress relief is very important." She said that too much stress can be counter-productive and act as a block keeping you from being productive and learning well.

Students say dead week is a week known for peaking stress levels, heightened caffeine intake and students taking up temporary residence in the library, which is open 24/7 that week.

According to WebMD.com, excessive stress is linked not only to severe physical afflictions like heart disease, cancer and liver failure, but can also foster serious mental and emotional problems.

The National Alliance on Mental Illness reports that more than 10 percent of college students nationwide have been diagnosed or treated for depression or anxiety in the last year. The organization identified suicide as the second leading cause of death on college campuses, as opposed to the eighth leading cause of death in the nation as a whole.

NPCM's stress relief begins Wednesday in the Regency Room of the Anderson University Center, from 6 p.m. onward, and is open to anyone in the PLU community.

Brasgalla said there is no need to stay for the whole event. "You can come for 20 minutes or half an hour," she said, inviting people to duck out from the library and spend some time investing in their personal productivity and peace of mind.

The event will feature bubble wrap for students to stomp on, home-made hot packs and a hot cocoa bar, Brasgalla said. "It will be fun," she said with a grin.

"We want people to see that, hey, you can still hang out with your friends and relax, then keep working and possibly feel a little bit better about it," she said. "This is a way for everyone to come if they want to."

Club members originally wanted to bring in puppies for students to play with as a form of stress relief, but that was against PLU policy.

NPCM seeks to promote peace, and has hosted several peace-related lectures this fall. According to its website, NPCM not only puts on events devoted to global peace, but also aims to actively cultivate peace within the PLU community.

"We try to promote peace on all levels," Brasgalla said.

## Debate team sweeps competition, brings home awards

By **SHUNYING WANG**  
Guest Writer

As college students, speaking and making arguments in class or with friends is almost inevitable. But being willing to get involved in a formal speech and debate team is another story.

Several students have done just that this year, joining the newly-created Forensics team, or debate team, and going on to win awards at regional tournaments.

"Smart, hard-working, enthusiastic — those are the kind of adjectives I used to describe them," Justin Eckstein, the newly hired director of Forensics, said.

Eckstein is also a recipient of the Top Paper award recognized by the National Communication Association Conference.

The Pacific Lutheran debate team showed a strong performance and received

multiple awards at two recent regional debate tournaments. The team won three first place titles and five other top honors at Lower Columbia College's "Smelt Classic" tournament the weekend of Nov. 1.

Several team members also received individual honors at the Linfield Debate Tournament in McMinnville, Ore. during the weekend of Nov. 15.

Junior Mia Karlstad Martinussen, an international student from Norway, joined PLU's speech and debate team after participating in a speech tournament.

"Originally I was there for extra credit, but I really liked it, so I stayed," Martinussen said. "It is really challenging

sometimes, but you learn a lot."

The main challenge, Eckstein said, is to develop the physicality and knowledge to endure a difficult competition that goes round after round.

To argue based on evidence requires a great amount of preparation. "The tournaments themselves are the end of the process," Michael Bartanen, chair of the communication department, said. "But the process of preparation, of studying, rehearsing, and practicing are the real benefits."

Forensic team members said that to argue in a public

environment requires courage for individuals to reach beyond their comfort zones. "The first time I did it was a bit terrifying, because I didn't really know what I was doing," Martinussen said.

Eckstein also spoke about the emotional aspect of debate. "The courage and the willingness to risk yourself represents everything I love about this team," Eckstein said.

In the end, members said everyone learns.

"I learned a lot about how to articulate myself in the English language," Martinussen said. "It is like public speaking in a new way."

"Debate is the single most beneficial thing I have done," Eckstein said. "It teaches you amazing critical

thinking skills, the capacity to organize evidence in useful ways — it teaches you how to argue and how to be persuasive."

An early form of the PLU debate team started in the 1890s when a PLU course created a class project for students to debate in Norwegian. After 1947, the actual debate program was established and became active regionally and nationally.

"The forensics team has traditionally been a very important part of the curriculum," Bartanen said, "because most of it takes place outside of the classroom."

It is life changing, Bartanen said. "It allows participants to see the world in a whole new way, to build personal courage, to become more confident in their problem-solving and decision making abilities, and it is damn fun," he said with a smile.

"It is like public speaking in a new way."

**Mia Karlstad Martinussen**  
junior

# That's a wrap: TV shows that ended in 2013

By **JESSICA TRONDSEN**  
Editor-in-Chief

As networks canceled and concluded several favorite TV shows this year, fans tuned in to say farewell. Here's a look back at how 14 finales finished.

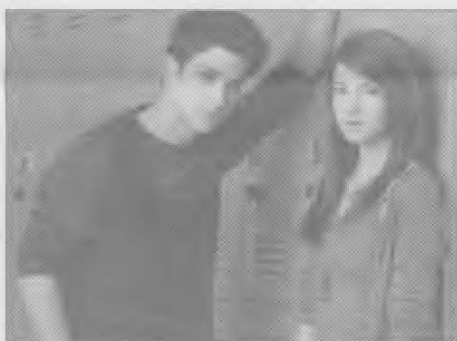
**"30 Rock"**  
Oct. 11, 2006-Jan. 31, 2013



7 seasons

Amidst the cancellation of the sketch show "TGS," head writer Liz Lemon (Tina Fey) and the rest of the cast came full-circle in the NBC series finale that drew in approximately 4.7 million viewers.

**"The Secret Life of the American Teenager"**  
Sept. 3, 2008-June 3, 2013



5 seasons

Graduation day brought about flashbacks and reflection for the ABC Family drama teens, but not a lot of closure. About 1.5 million viewers tuned in for the last of the show's 121 episodes.

**"Futurama"**  
March 28, 1999-August 10, 2003;  
March 23, 2008-Sept. 4, 2013



7 seasons

The future now looks bleak for Fry, Leela and Bender. Although Comedy Central syndicated and then re-started production on the former FOX-favorite five years ago, the network has decided not to renew the show.

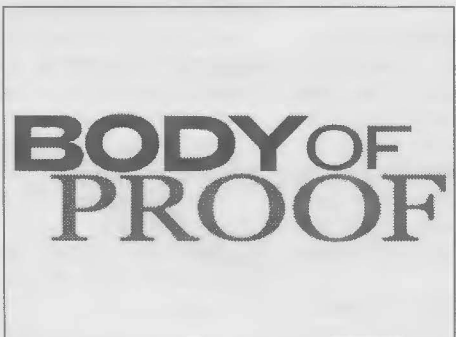
**"90210"**  
Sept. 2, 2008-May 13, 2013



5 seasons

The CW reprise of "Beverly Hills, 90210" lost more than 400,000 viewers over its 114-episode run, prompting the network to cancel the rom-com drama.

**"Body of Proof"**  
Jan. 25, 2011-May 28, 2013



3 seasons

Despite a growing viewership, ABC pulled the crime drama starring Dana Delany as medical examiner Megan Hunt after 42 episodes.

**"Rules of Engagement"**  
Feb. 3, 2007-May 20, 2013



7 seasons

Although CBS broke up with the relationship-centered sitcom after 100 episodes, the finale left the six central characters in marital — and baby — bliss.

**"CSI: NY"**  
Sept. 22, 2004-Feb. 22, 2013

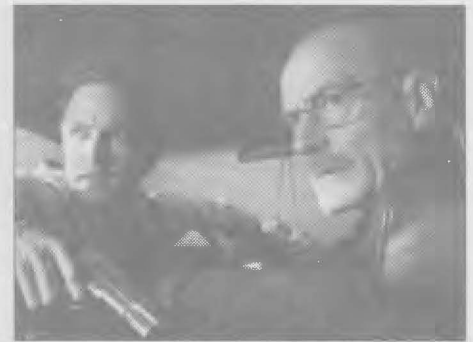


9 seasons

After 197 episodes, CBS canceled the "CSI: Crime Scene Investigation" spin-off starring Gary Sinise as Mac Taylor. The original "CSI" airs Wednesdays at 10 p.m.



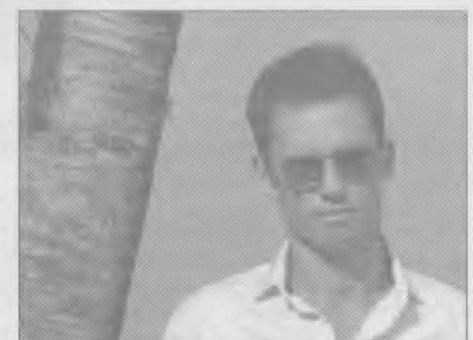
**"Breaking Bad"**  
Jan. 20, 2008-Sept. 29, 2013



5 seasons

More than 10.3 million viewers tuned in to see how the journey ended for Walter White (Bryan Cranston). A spin-off to the series, entitled "Better Call Saul," is rumored to debut in 2014 on AMC.

**"Burn Notice"**  
June 28, 2006-Sept. 12, 2013



7 seasons

Five million viewers watched as dishonored Miami spy Michael Weston (Jeffrey Donovan) tried to win back trust in the finale that ended the 111-episode USA Network series.

**"The Office"**  
March 24, 2005-May 16, 2013



9 seasons

In the one-hour NBC finale, 5.7 million viewers reconnected with the Dunder Mifflin paper crew — Michael Scott (Steve Carell) included — at Dwight and Angela's (Rainn Wilson and Angela Kinsey) wedding.

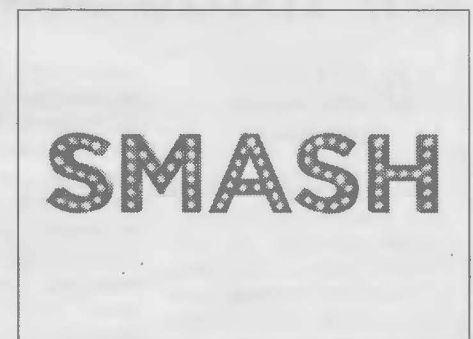
**"What Not to Wear"**  
Jan. 18-2003-Oct. 18, 2013



12 seasons

Style gurus Stacy London and Clinton Kelly checked in on past makeovers in the TLC finale, concluding their decade of fashion-overhaul with the makeover of one last style-victim in Las Vegas.

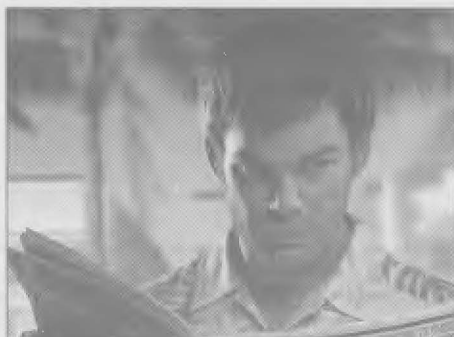
**"Smash"**  
Feb. 6, 2012-May 26, 2013



2 seasons

After 32 episodes, NBC closed the curtain on this musical drama, starring Debra Messing and Katharine McPhee, with two back-to-back episodes that brought in approximately 2.4 million viewers each.

**"Dexter"**  
Oct. 1, 2006-Sept. 22, 2013



8 seasons

Showtime took a note from serial killer Dexter Morgan (Michael C. Hall) and axed the series with a finale that brought in a record audience of approximately 2.8 million.

**"Private Practice"**  
Sept. 19, 2007-Jan. 22, 2013



6 seasons

The ABC finale of the "Grey's Anatomy" spin-off yielded 5.2 million viewers and happy endings for Dr. Addison Montgomery (Kate Walsh) and the rest of her Seaside Wellness Center co-workers.

# 'Catching Fire' heats up box office

By KELS  
MEJLAENDER  
Senior Copy Editor

The sequel to "The Hunger Games" has taken an unusual and surprising step in the cinematic arena — it has surpassed the original in quality. "The Hunger Games: Catching Fire" also burned through box office records starting with its opening 8 p.m. showings Nov. 21.

It had the largest November opening according to entertainment news site Deadline Hollywood, beating the previous record setter — "Twilight: New Moon" — by grossing more than \$160 million.

Deadline Hollywood reports that not only did "Catching Fire" break the box office record for Thanksgiving Day with \$14.9 million, but it also has had one of the most successful box office takes of the year, competing with movies like "Iron Man 3."

The movie was also victorious with critics. It scored an 89 percent fresh rating on the movie information and review site Rotten Tomatoes and 75 out of 100 on the reviewing site Metacritic.

The story of "Catching Fire" begins shortly after the conclusion of the first "Hunger Games." In the post-apocalyptic society of Panem, Katniss Everdeen and Peeta Mellark are the unprecedented co-victors of the brutal, children-killing-children Hunger Games.

Katniss quickly learns that winning the Games has only made her life more perilous. Many in the Districts — forced each year to offer 24 children



PHOTO COURTESY OF CREATIVE COMMONS.ORG

'Catching Fire' grossed more than \$160 million in its November opening and broke the box office record for Thanksgiving Day with \$14.9 million.

up to the totalitarian Capitol — have begun to rebel, inspired by Katniss' actions in the Hunger Games arena.

Jennifer Lawrence, now an Oscar-winning actress for her role in "Silver Linings Playbook," reprises her role as lead character Katniss. Josh Hutcherson returns as Peeta and Liam Hemsworth returns as Katniss' childhood friend Gale Hawthorne.

Other notable actors, including Woody Harrelson, Donald

Sutherland and Elizabeth Banks, also star, portraying allies and enemies.

These actors combine with a plot that never slows, stumbles or apologizes. Trimmed of the time delays and complications that flourish in a novel but bog down a film, the movie stays true to the book so closely it gives little cause for complaint. The slew of "Harry Potter" directors should be taking notes.

"Catching Fire" actually

sported a different director from "The Hunger Games," a change that concerned many fans considering the first movie itself adhered carefully to the books. Francis Lawrence — no relation to Jennifer Lawrence — did not disappoint in his handling of the adaptation though.

The intriguing thing about "The Hunger Games" series is that the Games themselves don't start until at least halfway through the film.

This works, because while the Games do function as the main attraction, what grips moviegoers is the emotional grit, dilemmas and methods of survival that drive the film before, during and after the Games.

For all of the darkness, the movie doesn't lack spot-on comic relief, often courtesy of Banks' portrayal as the victors' guide, Effie Trinket.

One of her foolishly delighted exclamations concerning Capitol fashion — "the library, all mahogany" — received laughter from the audience, because it harkened back to a mahogany-obsessed remark she made in the first movie.

But at heart, "Catching Fire" is about consequences — it is about what happens after a reluctant rebel takes her stand and an entire nation witnesses it.

While Katniss always prioritizes her family's safety, the movie makes it evident that ducking her head and trying to quell the rebellion just as the Capitol wishes may not protect those she loves any more than continuing to spark the anti-Capitol resistance.

As the second installment in a trilogy — granted, producers will split the final book into two movies — "Catching Fire" provides a lot of set-up for the grand finale in both character and plot development.

Regardless, it doesn't feel like "set-up" or "filler" or "treading water." The movie satisfies everything a well-executed story should, and it does so with flames and flair.

## DJ finds solace in music

By HALEIGH  
MISSILDINE  
Guest Writer

This past week has been a very musical one for me.

From playing at the open-mic night at Northern Pacific Coffee Company and going to Lute Air Student Radio's live in-studio performance, to going to see a local band and a Finnish band play, I've realized how music can really improve my mood and overall life enjoyment.

The first show I went to was for Broken Water, an alternative rock and grunge band from Olympia, Wash. Per usual, the band showed up after I had already arrived at the venue. I was early, though, and I didn't really mind.

Broken Water set up in the corner of Old School Pizzeria. It's the first show I've been to of theirs with their new bass player — he goes by the name Doctor Sleep and was pretty good.

The band members played one of my favorites, "Heart Strings," as well as a couple songs off of their newest album, "Tempest," including "Paranoid." Sadly, their set was only thirty minutes long, and the band that played afterward was not nearly as good.

Despite not playing nearly long enough, I'm glad I went to this show. I've been following Broken Water for the past couple of years and have supported them throughout their

career, and it's really cool to hear the new songs and improvements.

Next, I went to see Finntroll, a folk metal band from Finland, play in Seattle. The venue was small enough that I had an excellent view of the band from where I sat, even though I was toward the back.

This was my first big metal show. I had been to see various local rock bands and bigger pop acts, but never something this heavy, despite it being one of the main genres I've been listening to lately.

It was great. One of my favorite songs Finntroll played was "När Jätter Marschera" ("When Giants March"), but nearly every song from this band is pretty enjoyable.

Going to an energetic, upbeat show with a group of friends is so much fun. There's a sense of belonging and a certain type of energy one gets from going to see a band play live.

At NPCC, I played some original songs on guitar. It was the first time I've ever played them in front of people, and everyone was so supportive. I even met some

Listen to Haleigh's radio show on  
Lute Air Student Radio,  
Mondays at 6 p.m.

Finntroll played several songs off its new album, "Blodsvept," and several older well-known songs, too. Finntroll mixes black metal with folk music, creating folk metal. Most folk metal comes from Scandinavia, as Scandinavians have very strong folk roots.

Their songs are composed of folk melodies on guitar or keyboard, with heavy guitar and harsh vocals, and although these concepts seem so different, they mesh together well to create high energy music.

For my first real show,



new people, which gave me more of an immediate sense of community.

So, next time you get a chance, whatever type of music it is you enjoy most, listen to it.

Go to live shows, play it on an instrument, sing along or dance — whatever makes you happy. Being surrounded by all of these musical events has given me energy and even some inner peace.

With the stress of finals and the darkening days, music can make a gloomy day much better.

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# DECK THE RESIDENCE HALLS

By NATALIE DEFORD  
A&E Writer

Stores are going mad trying to draw in customers, and people everywhere are stressing about finding just the right gift for just the right price.

Santa's face is never far away, and this madness is everywhere, even on campus, with fliers and e-mails from the bookstore and chatter about shopping lists.

Whether you celebrate Christmas or not, you can see a variety of holiday and winter decor displayed all over campus and in the residence halls. Little touches here and there can make the home-away-from-home feel cheery and seasonal.

Not everyone can afford to buy decorations, but just about anyone can craft for a more thrifty option. Items can be reused and paper can be recycled into beautiful new displays. Try Pinterest for ideas or ask some of your fellow Lutes.

Last year, my roommate and I decorated the outside of our room by placing a large bow over our door, covering our bulletin board with wrapping paper and hanging snowflakes from our doorway with some yarn.

Paper snowflakes are always a hit in the winter time, and there are several doors covered with them in the residence halls now. Try coffee filters, for that perfect round shape, but copy paper or newspaper works just as well.

After folding in half repeatedly, the paper should become a small triangle. Cut various shapes out with scissors and then unfold to see the resulting pattern of the snowflake. These are great to hang anywhere and celebrate winter.

Another trend is door wrapping. Students completely cover their door in wrapping paper to make it look like a giant gift. Stockings

are also popular, as well as signs that say "let it snow" or anything with Santa on it.

Junior Hillary Frett made her own wreath out of clothespins and wire, all purchased at Michaels craft store. She said all of the supplies — a wire wreath, two 18-piece bags of clothespins and craft tape in different designs — cost about \$15.

"I put all the clothes pins around the wreath and spaced them out evenly," Frett said. She then put the craft tape over the clothes pins and found some extra ribbon to make a bow for the top.

The creative possibilities are endless. Frett also said she made a Christmas tree out of ribbon and a Styrofoam cone.

Since real Christmas trees are not allowed, there are other options for your residence hall decor. Old Main Market is selling mini-Christmas trees, which measure about 2 feet in height, for \$3.99.

Lights, ornaments and garlands are also available for sale. Place gifts under this tiny tree for your roommate or anyone else to spread the holiday cheer in your world.

Alice Henderson, a sophomore and French Resident Assistant in Hong Hall, said she has learned from international students on campus how to make several easy holiday crafts, her favorite being traditional Scandinavian stars made of paper or ribbons. Detailed instructions can be found at <http://www.howtomakestars.com/instructions.html>.



PHOTO BY HILLARY FRETT

Wire and clothespins were the only necessities for this wreath, made by junior Hillary Frett.

"It is fun and you can make them all different sizes depending on the width of the ribbon you use," Henderson said. The stars are made by weaving strips of paper, all the same size, but the craft is also easily done with ribbon. The thickness of the ribbon or paper affects the overall size of the star.

Henderson said the process is just tricky because the paper or ribbon strips all need to be the same length. The strips

also need to be pulled through each other during the weaving, so she recommended trying different thicknesses.

She said paper from the library's copy recycling, magazine paper or even *The Mooring Mast* would all make great stars.

Henderson said she plans to make a whole string of her stars to put up in her window, should she have the time. "I think it's nice to kind of decorate a little bit and think about home," Henderson said, "but it's hard to fit in all the holiday tradition until you get, like, a break when you're at home."

The decorations are something that Henderson looks forward to when she gets home, but she said they are still nice to see on campus.

With the holiday season here and Lutes longing for winter break, the cheer is clear in students' decorations.



PHOTO BY ALICE HENDERSON

Sophomore Alice Henderson used varying lengths of paper to make different sized Scandinavian stars.

## 'Fast and Furious' star killed in car crash

By KELS MEJLAENDER  
Senior Copy Editor

In a high-speed car crash, actor Paul Walker — well known for his role in "The Fast and the Furious" film franchise — died at age 40 Saturday.

Walker was at a holiday toy drive for his charity when he and his friend Roger Rodas, an owner of a high-performance car shop, decided to take a 2005 Porsche Carrera GT for a joy ride with Rodas behind the wheel.

According to the Los Angeles County Sheriff's Department, speed was a factor in the car crash. The Porsche slammed into a light pole and caught fire.

The autopsy report released Wednesday stated Walker died of a combination of multiple traumatic injuries and thermal injuries seconds after the car ignited while Rodas died of multiple traumatic injuries.

Though toxicology reports will take several more weeks, authorities have ruled the crash accidental.

Walker's first major role was in the 1999 film "Varsity Blues," but his career really began with the 2001 movie "The Fast and the Furious." In the film, he portrayed an undercover cop, Brian O'Conner, assigned to infiltrate a street-racing gang.

Walker went on to star in all but one of the "The Fast and the Furious" sequels. His co-star from the film, Vin Diesel, told fellow mourners Walker was an "angel up in heaven."

Both Walker and Diesel were in the process of filming the seventh movie in the franchise, which was due out next year. Universal Pictures, the studio producing the "The Fast and the Furious 7," has put the movie on hiatus.

Representatives of the studio said they are focused on providing support in the wake of Walker's death and are assessing all options for the future of the film.

Walker had been scheduled to film for the movie this Monday.



PAUL WALKER

Information gathered from CNN.com, USA Today.com and the LATimes.com

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## These are a few of my favorite things: What makes the Christmas season special

By TAHNAYEE  
CLENDINEN  
A&E Writer

Christmas is one time of year when everyone — big or small, old or young — can enjoy a wide selection of festivities and seasonal joy.

The older we get though, it can seem that the winter season becomes a time for reminiscing about the pleasures of Christmas past.

Christmas should be seen as the time where even though it is different from when we were younger, it's still that special time of year that gives a feeling like no other, a feeling that can be described as pure joy.

These are a few of my favorite things that get me through the season:

### 1. DECORATIONS

At the start of December, it is always a pleasure to walk through the aisles of grocery

stores, super-centers and malls alike and find a plethora of decorations, wrapping paper and ornaments ready to be purchased.

The stores seem to have a better aura about them. Other customers seem friendlier and willing to share a smile. Homes become cozier.

The world just seems like a better place.

### 2. DECORATING THE TREE

Decorating a Christmas tree is different from hanging decorations anywhere else.

The tree is where your parents hang the ornaments you made in elementary school.

It is where you sit every night talking and laughing. When we were little, it was the ultimate spot to sit and try to guess what the presents could be.

Christmas trees are essential because it is where you can have your own personal Christmas. Each tree

is unique to each home. The tree is simply the heart of each family's holiday.

### 3. UGLY SWEATER CHRISTMAS PARTIES

No one can deny a great "Ugly Sweater" party.

Guests show up wearing that awful sweater they found in the furthest corner of Goodwill.

Maybe Grandma decided that the brightest red yarn worked best with neon greens and yellows on the sweater that would eventually adorn her grandchild.

Whatever was the reason for the sweater or where it was found, it's parties like these that say: "Christmas is here."

### 4. GIVING AND RECEIVING PRESENTS

Usually, people like receiving gifts just as much as they love giving them.

The best part about giving

gifts is the reaction you get — a huge smile, scream or crazy dance — when people open them.

When getting a gift, we feel special, loved and so warm and fuzzy inside that we are in a moment of complete bliss, even if it's a bad gift, because it's the thought that counts.

### 5. CHRISTMAS MORNING

Aside from our birthdays, Christmas morning as children was one of the best days of our lives.

Christmas morning for us now is still important, it's just significant for different reasons.

When we were younger, it was about seeing that special present under the tree.

Now, it's about loved ones, gratitude and being thankful for everyone and everything around us.

Don't get me wrong though, gifts are still a great part of the atmosphere too.

# SOCIAL MEDIA VS. JOB APPLICATIONS

*Learn to stand out when employers search you online*

By **CHEYANNE SCHAEFER**  
Guest Writer

In the modern technology-saturated world, many employers are illuminating possible job candidates by simply scrolling through those potential employees' personal websites.

In 2011, *The New York Times* published an article on this technique of candidate researching, interviewing Joe Bontke, the outreach manager for Equal Employment Opportunity Commission's (EEOC) office in Houston.

Bontke said, "75 percent of recruiters are required to do online research of candidates, and 70 percent have rejected candidates because of what they found."

The Internet and social media are becoming more popular every

year, increasing the amount of resources employers can use to research candidates.

In fact, Tracy Pitt, the career outreach manager at Pacific Lutheran University, said the way we represent ourselves on the Internet is extremely important.

"Know your audience and always remember once you post something, it can never truly be deleted," Pitt said.

It is also becoming almost crucial to create a LinkedIn profile or some kind of Thought-Leadership profile.

Pitt then recommended an extremely helpful website known as PwC (Pricewater Cooper). When you go to the PwC site, you will be able to take advantage of two great tools.

The Online Calculator will help you rate yourself on how you compare to others online and how you appear to employers.

PwC also provides you with a



PHOTO COURTESY BLOG.LINKEDIN.COM

In today's world, it is becoming almost crucial to create a LinkedIn profile or some kind of Thought-Leadership profile.

Personal Brand Experience Tool, which will help you identify the kind of person you truly are, so you can accurately use the Internet to advertise yourself as a future employee.

Always remember that visuals are a must. As the old saying goes, "a picture is worth a thousand words."

That is why it is very important to have a strong profile picture. The best type of photo is a clear head shot from the shoulders up with the camera looking at you straight on.

Of course, it is also advised that

you have a detailed biography. Include your skills, goals and experiences.

One way you can really stand out is by making a personal biography video, posting it on YouTube and then linking the video to your LinkedIn profile.

This idea may sound kind of silly, but it will help you become digitally distinct because not many people utilize videos.

Plus, the video allows the employer to see how you present yourself, your form of speech and to experience a bit of your personality.

Another important factor is to have solid validation.

Make sure you have contacts backing you up on your profile. This builds credibility and helps the employer believe the skills you claim to have are true.

Other ways to help build this up is by having recommendations and testimonials on your pages.

If you care about your career, make sure you present yourself the best you can. Always remember to stand out and to check out the PwC website at <http://www.pwc.com/us/en/careers/campus/index.jhtml>.

Many employers are illuminating possible job candidates by simply scrolling through those potential employees' personal websites.

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## Did you know?

*Jeff Bezos, CEO of Amazon, announced the company will hopefully be offering 30-minute deliveries via "octocopters" by 2015.*



PHOTO COURTESY OF CNN.COM

Sources: [www.enn.com](http://www.enn.com) and [www.bcc.com/news](http://www.bcc.com/news)



# Merry Marketing: How Starbucks targets you and the things you love about the holidays

By COURTNEY PURDIN  
Guest Writer

Starbucks' holiday marketing isn't just any average marketing campaign — for many, the unveiling of the famous red coffee cups marks the beginning of the holiday season.

Starbucks is a company that takes full advantage of the holiday season through its variety of specific holiday marketing and promotional methods.

The red cups, seasonal drinks, holiday deals and themed merchandise perfectly capture all the things we love about the holidays and turn them into profit.

The annual switch to the popular red holiday coffee cups from Nov. 1 marks the beginning of the holiday season for many.

The public goes crazy over Starbucks' red holiday cups. Images of the cups become abundant on social media during the holiday season.

In fact, the choice to post photos of Starbucks' holiday cups acts as another form of advertising and promotion for the company.

Personally, I get pretty excited when filtered pictures of red cups fill my Instagram feed.

The photos make me want to listen to Christmas music, wear sweaters and, of course, go to Starbucks.

It is a warm, fuzzy, profitable tradition.

While Starbucks uses its popular red cups to successfully rake in a holiday profit, the cups also promote Starbucks' holiday drinks.

This year, Starbucks is featuring the peppermint mocha, peppermint hot chocolate, gingerbread latte, eggnog latte and the caramel brulee latte.

Starbucks prominently displays advertisements for these drinks at all of its locations and, of course, through social media.

These warm beverages invite customers in from the cold weather while also embracing already popular holiday flavors and spices, such as peppermint and nutmeg.

Starbucks management also realizes the holidays are a time to be with loved ones.

To target this time, the company incorporates special

holiday promotions that encourage customers to buy drinks for others and take advantage of the cozy Starbucks atmosphere to socialize.

For example, Starbucks had a buy-one-get-one free special on holiday drinks from Nov. 13-17 as a way to kick off the season, which it advertised as an opportunity to "share the magic of the season."

Other promotions during the holidays have included "buy five holiday drinks get one free."

Starbucks' holiday marketing campaign also extends to holiday merchandise in order to take advantage of the gift-giving season.

Starbucks sells mugs, tumblers, reusable cup sleeves and even tree ornaments at most of its locations.

According to Bloomberg, Starbucks' first-quarter profit increased 10 percent as consumers bought more specialty beverages during the holidays.

Starbucks' holiday marketing not only works but has become a nationwide phenomenon.



PHOTO BY EMILY JACKA

Starbucks' red holiday cups come in a variety of sizes and feature holiday artwork. Starbucks unveiled the red cups in coffee shops Nov. 1 this year.

## The most expensive time of the year

*When holiday spending increases, make smart purchases*

By JILLIAN STANPHILL  
Guest Writer

Anxiety, stress and prices are all on the rise as consumers and retailers battle to get the best deals and the most benefit.

It's that time of year again, when Thanksgiving has passed along with the craze of Black Friday, Small Business Saturday and Cyber Monday.

This is the home stretch to the holidays with Christmas and Thanksgiving separated by a mere 28 days.

As the full weight of the holiday season begins to sink in, consumers must ask themselves who they are buying gifts for, where they are getting gifts and how they plan to pay for them.

After these questions are all answered, written on a list and checked twice, they must address the choice of what type of gift and where to buy it.

According to the National Retail Federation (NRF), 43

percent of shoppers said they think they will shop online and 38 percent said they plan to use a catalog. The NRF also predicted that this year, holiday spending will increase 3.9 percent more than last year.

An increase in sales during the holiday season is a lot more influential than one might think — 2012 holiday sales accounted for about 19.3 percent of the annual sales of many businesses.

Typical gifts include items such as clothes, electronics and entertainment. Smartphones, tablets and laptops are ever-growing in popularity.

At the same time, books and movies are easy gifts for a picky person, and most people always desire clothes.

Of course, for the completely un-shoppable few, gift cards are a great option.

Based on research conducted by Krystina Gustafson, a content editor for the satellite business news channel CNBC, more than 80 percent of American holiday



PHOTO BY EMILY JACKA

Holiday gifts don't come cheap, so make thoughtful purchases. Donating to charities can make great, less traditional gifts, while giftcards, electronics and clothes are also popular.

shoppers said they plan on buying at least one gift card this year.

In contrast to traditional gifts, a growing category for gift-giving has been focused on sustainability.

Charities choose the holidays

to focus on getting donations for their causes, not only because of the generous spirit, but because a donation can offer a gift that is worth more than an object.

With a growing number of non-profits and charities, consumers can pick a cause that is meaningful to the individual receiving it.

Causes include anything from purchasing an animal for a rural family, to helping to support them throughout the year to donating money to build wells for fresh water in Nicaragua.

On the Pacific Lutheran University campus, students in marketing classes have been doing just that — there is a fundraiser going on right now for Nicaraguan wells.

To donate to this particular fundraiser, visit <https://www.water.cc/mark-mulder/give-well>, or drop cash into the cans at the Old Main Market.

Giving gifts such as these not only provide a warm and fuzzy feeling to the recipient as well

as the giver, they also limit the carbon footprint of general gift-giving.

Donations eliminate the lengthy process of gift giving, which probably includes driving to a store to pick out a gift that may have been shipped across the nation or the globe, wrapping it up and then shipping it off again.

Another way to be environmentally conscious this season is to give the gift of an event.

Plays, sporting events and concerts all provide a wonderful experience that can be shared, remembered and retold time and time again. Events also use far fewer resources, unlike produced gifts, which require substantial resources to be made.

As the sleigh bells begin ringing and the hopes for snow grow stronger, remember that you, as a consumer, can't be pigeonholed by the market in which you buy or the gifts you choose to purchase.



PHOTO BY EMILY JACKA

Sophomore Rachel Reaves shops for the holidays with friends at Target.

# Wanderlust:

## Take advantage of adventures during J-term

By **STORM GERLOCK**

Mast TV General Manager

Sometimes studying abroad is about the mini adventures that are had between all the traditional sightseeing.

Traveling to London and Paris had always been a dream of mine. I had thought about it, planned it and waited for the right opportunity to arise for me to go.

That's why, when I finally made it to Europe, there was no way I was wasting any of the time I was there. For the trip of a lifetime, I was OK with losing some sleep.

The J-term of my junior year, I traveled abroad to England and France to study Tudor history. It was the perfect trip for me.

J-term trips are designed to provide students with educational experiences while studying abroad. Because of this, the places students visit are usually the typical tourist attractions.

On my trip to London and Paris, we visited the Tower of London, the British Museum and the Louvre — all the places are incredibly fascinating and beautiful and provide information about the history and location.

I loved those trips. And I am so grateful that

I was able to see all of these famous places. But I found the most memorable things I did were on the exploratory adventures I took in my free time.

Throughout my J-term trip, there were two free weekends where students had the opportunity to travel outside of our location, and a number of my classmates took advantage of that, traveling to Italy, Dublin, Berlin and different parts of England. I, however, decided to stay in the city.

I really wanted to take advantage of the locations I was in and view the city from a non-tourist perspective.

During the first open weekend in London, I spent a whole Saturday just riding the Tube, London's transportation system, and walking around the city.

Of course, I was with people, and our collective knowledge of the public transportation allowed us a level of confidence while exploring.

This first free weekend helped me establish a familiarity with London and helped me throughout the rest of my trip. London was the city I knew the most about and was the most comfortable walking around in.

I continued this line of thought during my free weekend in Paris. Instead of



PHOTO COURTESY OF STORM GERLOCK

Junior Amber Johnson, senior Storm Gerlock, and junior Luke Gillespie posing in front of the Moulin Rouge. They were not able to enter the iconic theater, but the adventure they had when traveling to the Moulin Rouge was worth the trip and they were able to make memories on the way.

leaving the city, I planned a thrift shop excursion for a group of friends.

We were able to walk around Paris, with snow on the streets, and really experience something that a resident of the city would.

These unique, handcrafted trips were a way to connect with the locations I was in and really take advantage of my free time. Yes, I was exhausted.

Yes, I missed out on sleep. But in the end, I knew I had experienced as much as I could.

I urge every student who is studying away to explore and experience everything his or her location has to offer. I loved visiting the museums and galleries, but I will never forget the mini adventures I made sure to go on every day.

# BEAT THE WINTER BLUES

By **SAMANTHA LUND**

Columnist



After Thanksgiving and Christmas are over, when the trees and lights are put away, it is easy to get lost in the post-holiday blues. Especially since we have to come back to campus and begin the long, cold month of J-term.

January is hard. It is cold, classes seem to last forever, you see the same people every day and on top of it all you have to look at the Facebook pages of your friends who are studying away in Argentina or New Zealand having a great time.

Not to mention Old Main Market will no longer be playing holiday music and serving delicious holiday treats — hard life, I know.

Even though we can label it with a cute nickname like the 'winter blues,' Seasonal Affective Disorder (S.A.D.) is very real and affects the majority of people in Washington during the cold and dark months of winter. The majority of doctors agree that lack of sunlight is the leading cause of S.A.D.

Not only do we live in Washington, where there is rarely a sunny day past September, but as winter creeps in, the

sunny days become shorter.

The lack of sunlight throws off a person's circadian rhythm, which is the mental clock telling your body when it is time to sleep or be awake.

"It's too cold and gloomy to go outside," sophomore Emily Knutsen said. "So people stay inside and get depressed."

According to WebMD, light therapy is used to combat S.A.D. However, there is no cheap, student-friendly form of light therapy unless you plan on sitting in a tanning bed for hours every month — probably not the best plan. There are plenty of wallet- and skin-friendly ways students use to get around their winter blues.

"It [winter blues] really hurts me," first-year Sam Stadter said. "How do I get over it? I go to tennis practice and do extra curricular activities."

If you find yourself in a long battle with the winter blues and aren't quite at the point where you want to give in and call your doctor, try making yourself feel a little better at home.

Try rearranging your room so you are always close to a window — except while changing, of course.

The exposure to the sunlight from outside can make the long days spent in your room or a classroom more bearable. The outside cues can also help your body understand what time of day it is and what it needs at that time.

"Just get outside," junior Ashley Marcy said. "Go embrace it — the cold, the outside."

Having good health is twice as important in winter. In the summer, the sun adds vitamins and the heat helps your body stay healthy. In the winter, it's a different situation.

When the sun goes down and the days get colder, having a well-balanced diet and a regular workout schedule can keep you from getting sick or depressed.

All the suggestions I've put on the table so far are good, since you should know what is scientifically proven to help. But sometimes it is up to you to take the time and make yourself feel good.

Grab a fuzzy blanket, some hot chocolate and a friend to watch a movie. You could also grab your friends and go see a hockey game if that is more your speed. If you want to make yourself really happy this winter, grab a cute girl or guy and get cozy — if you catch my drift.

Take the winter blues and beat it this J-term. Just destroy it and do not even feel bad. Be happy, be healthy and get through to February. Valentine's Day is a whole different story.



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## Corrections

Nov. 22 Issue

The photo cutline on the front page story "Habitat for Humanity builds houses, changes lives" misidentified the name of Nicole Jordan in a cutline.

## Chilly critique of Christmas classic: Think on the significance of song lyrics

By SHANNON MCCLAIN  
Guest Columnist



It is easy to get caught up in a song. There is the music, the melody and the beat. If you are watching a performance of it, it can be a moving spectacle. Many times, songs evoke a wide array of emotions.

In some cases, a song's popularity is predetermined by history. With many classics, we may decide we like a song based on a predisposition without really considering our personal justifications.

If a song is beloved by those around us, we may readily agree we love it too because we feel pressure to not disappoint or argue. Pretty soon, we just adopt a ready, positive opinion of it.

One example is the popular holiday

song "Baby, It's Cold Outside." Frank Loesser and his wife Lynn Garland first performed the duet at their Navarro Hotel housewarming party in 1944.

They performed toward the end of the evening to signal to the guests the party was coming to an end and the guests should start heading home. It is popular as a duet because it acts like a conversation with interjections between the two singers.

In the printed score, the two singers are marked as 'wolf' and 'mouse,' and are generally considered to be a man and a woman, respectively.

For me, this song is about two people with very different priorities. They are disjointed in their communication. Neither seems to be listening to the other's side of the conversation, especially toward the end.

In the lyrics, the two are coming back to the wolf's house after a date. The mouse decides it is time for her to go home, but the wolf does not want her to leave.

He tries to convince her to stay the night because it is late and "it's cold outside," according to the lyrics.

The song is seemingly beloved by everyone — I hear a multitude of positive exclamations about it every winter. However, I do not hear any reasons or opinions over the meaning behind the lyrics.

There are two main ways of looking at the lyrics. Most of the controversy lies in the protests of the mouse.

Many have seen the mouse's protests to staying the night as playful and made only for posterity's sake.

This is evidenced by lines such as, "I ought to say no, no, no, sir," "at least I am going to say that I tried" and "the neighbors might think."

Others still view the mouse's protests as legitimate and the wolf's actions as coercive. This is reinforced by lines from the mouse like, "I really can't stay," "the answer is no" and "I got to get home."

There is also the suggestion that the wolf will do anything to keep her there, including drugging her, as the line "say, what's in this drink?" suggests.

Both of these viewpoints can be found in the song. The song does bring forth the romantic nature of winter, but there are also some very questionable lines in the song.

Next time "Baby, It's Cold Outside," or one of your favorite songs is playing, decide for yourself what you think the meaning is and why you favor it.

While we listen to music in general, we should be conscious of the content. There is the music, the performance, the emotion — but let's not forget about the lyrics.

## Appreciate all beliefs this holiday season

By TAHLIA TERHUNE  
Columnist



The winter season is approaching again, bringing with it the discussion of holiday controversies. As a religiously affiliated school, Pacific Lutheran University has an important role in deciding how it chooses to associate with religious holidays. Seeing as PLU is religiously affiliated with a major branch of

Christianity, some may wonder if the university should be obligated to give other religion's winter holidays as much consideration as Christmas.

It seems obvious PLU has the right to celebrate Christmas, and annual events like the lighting of a tree on Red Square and a Christmas concert are part of that celebration.

The controversy is not so much a question of whether or not Christmas should be celebrated, but if there should be a holiday-neutral language.

The discussion boils down to whether PLU is responsible for representing a variety of religious holidays, such as Hanukkah or Kwanzaa, or if it should only have to represent traditional Christian holidays.

"PLU should at least stick to its roots and celebrate Christmas during the holiday season," sophomore Jordan Zeppernick said. He said PLU does not necessarily have to encourage other, non-Christian holidays, but that it should definitely not discriminate against them.

While many may agree PLU should remember its heritage and be supportive of traditions such as Christmas, it also shouldn't be scorned for ensuring the celebration of other religious holidays.

The university has a mission statement to uphold: "PLU seeks to educate students for lives of thoughtful inquiry, service, leadership and care - for other people, for their communities and for the earth."

But the students within the PLU community have a freedom of choice and expression to uphold as well that entitles each to her or his own beliefs. PLU should be a welcoming community in which all ideas and beliefs are accepted and supported.

It is clear that PLU should remain true to its foundation of beliefs and not stress over holiday neutral language. Rather, it should embrace its tradition while allowing for individuals to maintain their own beliefs.

If a club or individual wanted to hang up decorations that represent their religious holiday, then they should feel more than welcome to and be supported in their identity.

Let's embrace the heart of PLU by creating a healthy learning environment and community while caring for others.

For more information on holiday neutral practices and policy on campus check out page 4.

# Sustainability

## It's not just the Earth we should care for

By JENNY TAYLOR  
Guest Columnist

I began my time at Pacific Lutheran University as a bright-eyed and bushy-tailed first-year, excited about being a part of a new and progressive university community.

Now, I want to take the chance to look back at that time. As an environmental and Hispanic studies major, I have spent a fair bit of time thinking about what "sustainability" means in a variety of contexts.

Sustainability is the favored poster child of PLU. We hear a lot of talk about it's agreements to become carbon neutral by 2020, the habitat restoration areas on campus and the comprehensive recycling and composting program led by the Sustainability Department.

These are all important goals and accomplishments, but a key aspect to community involves caring for the wellbeing of the people as well as the environment. I think we've got to start digging deeper and thinking about what sustainability truly means to us as a community.

At PLU, students, staff and faculty are all part of the university community. Expressions of care include inclusivity, awareness and actions to deconstruct forms of oppression and privilege that infuse all of our lives in unique ways.

In order to be a "sustainable" campus, PLU must also encourage the

discussion of individual, societal and systemic forms of privilege that exist among people. By interweaving human wellness with environmental care, we could be on our way to building a more aware, supportive and just community to which we can all claim a part.

It is quite true that there are many groups and individuals doing incredible work on the social justice front, such as the Diversity Center, the Women's Center, the Community Garden, Christ Church Episcopal School and many others. I do not intend to minimize the efforts of such groups in the slightest.

Rather, I believe there is a lack of institutional and economic support for groups and people such as these to make a more meaningful change and help create a more sustainable community on campus.

For example, the PLU Women's Center is an incredible space for individuals of all genders, sexual orientations and identities to come for academic and personal support and resources.

The Women's Center puts on a number of events from Sex Positive to Green Dot trainings. Such events help to create a safe and healthy campus community.

Yet the annual budget of the Women's Center is less than \$2,000. What this means for our community is that a center as creative, progressive and clearly successful as the Women's Center is barely receiving

enough funds to keep in operation.

As Suzanne Pharr, an American social justice organizer, argues in "Reflections on Liberation," power is given through "who is allowed to lead, who makes the highest and lowest salaries, who is allowed to participate in the major decision-making, who decides how the resources are used."

To truly demonstrate we value the work that helps create a sustainable community, we need to financially support the efforts of the Women's Center and other groups promoting social justice in a more viable way.

PLU Green Fees is a fund that collects roughly \$10 from every student's tuition to create a pool of money. Any student can propose a project that would draw from this sum of money to reduce PLU's carbon emissions or energy use.

This fund is an opportunity to expand our definition of sustainability by not only including projects that reduce our carbon emissions and energy, but to also work toward social justice as well.

With more than \$30,000 collected for the Green Fees fund this year, this is another clear economic route to supporting the wellbeing of our environment and its people simultaneously.

Dave Veazey, the new researcher on PLU's campus, recently compiled statistics from a study conducted last year that examined the

experience of self-identified black and African American students at PLU.

The study demonstrated that, compared to the rest of the student population, black and African American students felt less welcome at PLU and noted a lack of racial harmony.

Race is an uncomfortable topic to discuss in our society, but this study shows that at least some minority students at PLU do not feel welcome in the campus community.

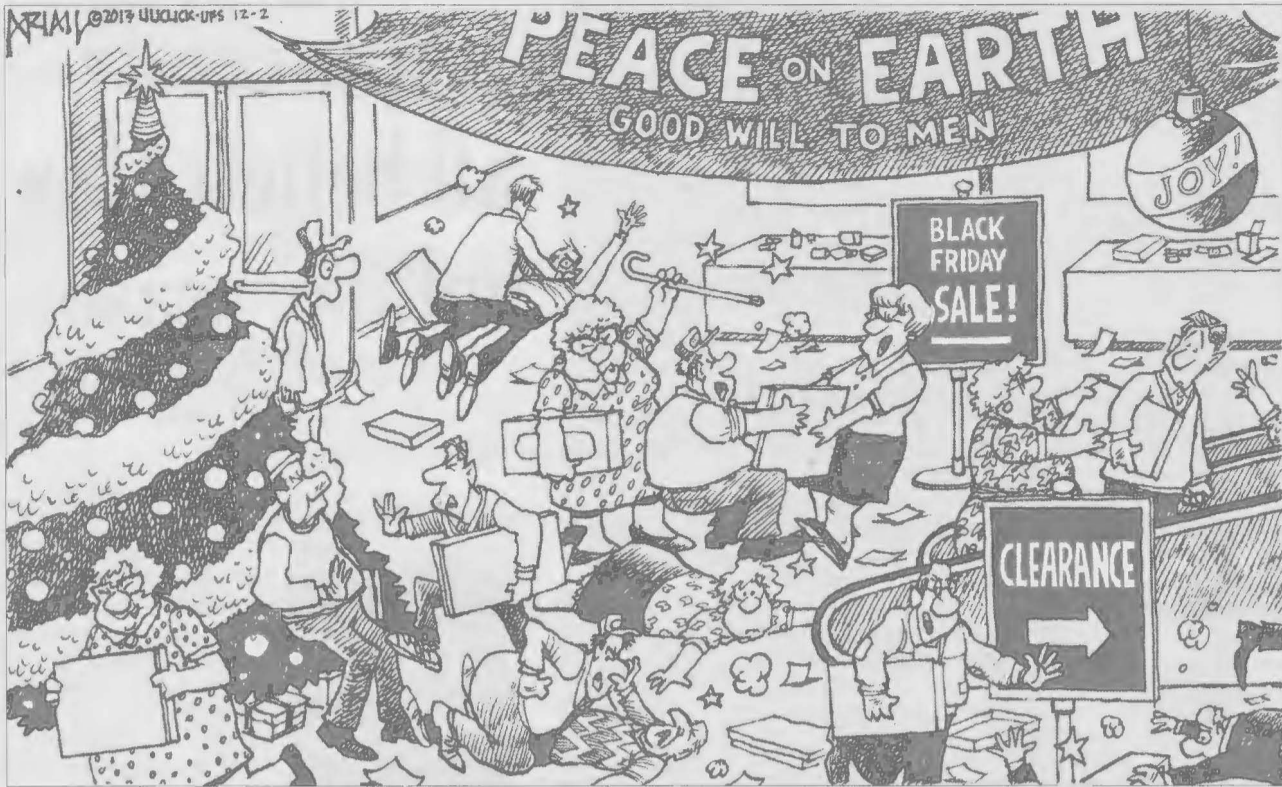
Everyone needs to begin addressing this fact by discussing our larger societal context in which racial discrimination and oppression is very real and damaging.

While these examples may seem disconnected or strange to consider in the context of a discussion on sustainability, they are exactly what makes up the bread and butter of a movement toward making a sustainable community.

Over the past four years at PLU, I've come to realize that working for environmental change is simply not enough to create a truly sustainable community. There is important and positive work being done at PLU, but we need to start digging deeper into what it means to care for the wellbeing of us all now and in the future.

By exploring different ways that we can become more aware and responsive to the needs of our students, faculty, staff and the environment we all share, we can begin to move toward a more sustainable campus and society at large.

The Mast  
will return  
to stands  
spring  
semester



# Life Hacks

Try studying to a game or movie soundtrack. They are created with the intention of not disturbing your focus.

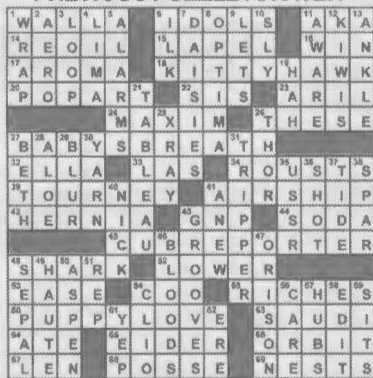
image courtesy Creative Commons

## Universal Crossword

Edited by Timothy E. Parker December 1, 2013

- ACROSS**
- 1 Kill with kindness
  - 5 Two threes, for one
  - 9 Having land
  - 14 Ethiopian princess of opera
  - 15 Storybook monster
  - 16 Comedy alternative
  - 17 Advertising medium
  - 18 Similar to
  - 19 "Curb Your Enthusiasm" star
  - 20 Post-Thanksgiving fare
  - 23 Mocked
  - 24 Uracil stuff
  - 25 Balance sheet heading
  - 29 Contemptible coward
  - 33 Way down for mail or laundry
  - 34 Etching liquid
  - 36 "Once upon a midnight dreary" poet
  - 37 Deli order, sometimes
  - 41 Aussie avian
  - 42 Leave off the list
  - 43 Family symbol
  - 44 Regret deeply
  - 47 Equestrian beasts
  - 48 Geller of mind games
  - 49 Boyfriend
  - 51 Feature of heavy traffic, on the rails
  - 59 Apt rhyme for "anticipate"
  - 60 Touch borders with
  - 61 Teeny biter
  - 62 "20,000 Leagues Under the Sea" writer
  - 63 Mathematical sets of points
  - 64 "Beetle Bailey" dog
  - 65 Inquired
  - 66 "Touching" Olympic event
  - 67 Sticky semiliquid
  - DOWN**
  - 1 Pessimist's word
  - 2 "In \_\_\_ of flowers ..."
  - 3 Unpleasant smell
  - 4 Tug
  - 5 Coral creatures
  - 6 Nimble
  - 7 Rankled
  - 8 Popular snorkeling destination
  - 9 Accessories
  - 10 Ascot relative
  - 11 Carry on wildly
  - 12 Islamic leader
  - 13 Father figures
  - 21 Consumed
  - 22 Plumbing or carpentry, e.g.
  - 25 Suffered with dull pains
  - 26 Cause of a red face
  - 27 Describe concisely
  - 28 Fraternity vowel
  - 29 Topic of many a New Year's resolution
  - 30 Architectural recesses
  - 31 Stir to action
  - 32 Insolvency causes
  - 34 Summit
  - 35 Greek X
  - 38 Corinthian's cousin
  - 39 Clean with elbow grease
  - 40 Commit a faux pas
  - 45 Like a wolf
  - 46 Spoke from the soapbox
  - 47 McDaniel of "Gone With the Wind"
  - 49 Kind of jazz
  - 50 Draw forth
  - 51 Coffee, slangily
  - 52 Inspires wonder in
  - 53 Blemish
  - 54 Leafy vegetable
  - 55 Very excited
  - 56 "... and \_\_\_ the fire"
  - 57 Cold War-era alliance
  - 58 Word in an octagon

### PREVIOUS PUZZLE ANSWER



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## SUDOKU High Fives

2	7							9				6		1	
9			2		4	5	6		1	5	8	3		4	
			5	3	8				8			9			
1			6					8			9	2			
2			4							8	7		1	4	9
3			1	2	7						2				3
7				4	6	8		5	3	4			8	2	5
8					9				1	5					6
		4	2	7	5	3		8					5	7	8
										5	6				
									2	7					
									8	9	6	1	4		3
			8	7											5
3	6	8			2	1		4	3	8			2	4	
2		3					7	3	1			4		9	8
		3		1	5	9				5	1				8
8					9							4	3		2
	4				2	3	1			9			8		
		4	9							4	3	8	9		6
					7					6			9	2	
9	5	1	6	4								7			1

**HOW TO PLAY:** Sudoku High Fives consists of five regular Sudoku grids sharing one set of 3-by-3 boxes. Each row, column and set of 3-by-3 boxes must contain the numbers 1 through 9 without repetition. The numbers in any shared set of 3-by-3 boxes apply to each of the individual Sudokus.

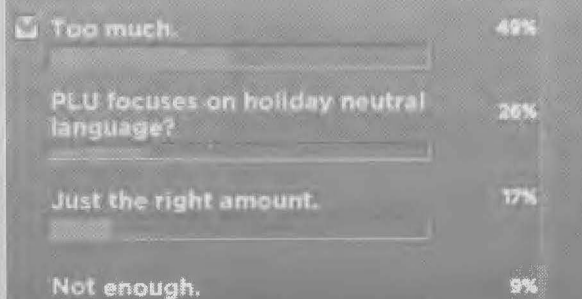
12/1

## SANDWICHED By Gary Cooper

1	2	3	4		5	6	7	8		9	10	11	12	13	
14					15									16	
17					18									19	
20					21									22	
					23									24	
25	26	27	28					29				30	31	32	
33							34	35						36	
37							38					39	40		
41							42							43	
44			45	46										47	
														48	
								49	50						
51	52	53										55	56	57	58
59															61
62															64
65															67

## PLU focuses on holiday-neutral language...

Pacific Lutheran University focuses on holiday-neutral language...



The Mast asked students in a poll starting Dec. 2 how they felt about holiday-neutral language on campus.

Join the conversation at <http://mastmedia.plu.edu/> in the Opinion section.

Results as of Wednesday at 11 p.m.

# SPORTS SCOREBOARD

## Men's Basketball

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

LUTES' UPCOMING GAME: Dec. 14 vs. St. Martin's, 8 p.m.

## AROUND THE LEAGUE...

**WOMEN'S BASKETBALL:** Willamette junior Jojo DeLong, a point guard, scored 25 points, grabbed eight rebounds and provided 10 assists in the win over Concordia. She almost had a triple-double and was just two assists away from a Willamette single game record. She was named NWC Student-Athlete of the Week (Nov. 18-24).

**MEN'S BASKETBALL:** George Fox senior Sean Atkins became the 11th Brain in the program's 100-year history to score 36 or more in a game against Concordia. He was named NWC Student-Athlete of the Week (Nov. 18-24).

Statistics found at <http://www.nwc-sports.com/landing/index>.

## Women's Basketball

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

LUTES' UPCOMING GAME: Dec. 13 at Northwest, 6 p.m.

## SPORTS TALK

*Do you think the Seattle Seahawks will win the Super Bowl after winning Monday night against the New Orleans Saints?*



**Thomas Horn,**  
first-year

"I think the Seahawks have a good chance of winning the Super Bowl, because their team chemistry is good."



**Tevon Stephens-Brown,**  
junior

"If they get homefield advantage, the Seahawks will get to the Super Bowl. Their momentum will carry them to victory."



**Carly Perez,**  
junior

"Oh, heck yes, because Russell Wilson is mighty fine and super scrumptious."



**Evan Ameluxen-Coleman,**  
senior

"I think they can, because no one can stop Marshawn Lynch."

## DREW OORD TAKES TOP HONORS IN MAST SPORTS PICK 'EM

*LSU Tigers upset Johnny Manziel and the Texas A&M Aggies*

By **SAM HORN**  
Sports Editor

It didn't matter if Drew Oord finished with a losing record. That didn't stop the sophomore from winning this fall's Pick 'Em.

Week in and out, Oord thoroughly researched his picks. In the end, his hard work certainly paid off.

He is a champion.

Two weeks ago, Oord was the only contestant who picked Louisiana State University to win against Texas A&M in college football, and boy, did that pick pay off.

The Tigers didn't just scrape by the Johnny Manziel-led Aggies. LSU stomped its opponents in the ground, winning 34-10.

It was a convincing win, no doubt. The result also gave Oord the Pick 'Em title.

Before the game occurred, there was a five-way tie for first place with Oord, Andre Tacuyan, Dalton Ritchey, Kyle Peart and Kara Sherman in the hunt.

With LSU's victory, Oord claimed his prize and saved me from writing five certificates.

My hand thanks you, Oord.

Concerning the LSU-Texas A&M matchup, Manziel was held in check for the entire game.

Manziel threw only one touchdown pass in the game, a 51-yard completion to wide receiver Derel Walker.

The Tigers' defense limited the Aggies prolific offense to 299 total yards. The Aggies have averaged about 350 passing yards per game.

Yes, the Tigers' defense is that good. The Southeastern Conference is known for its

stingy defense, and LSU represented this notion well.

While not known for its high-scoring offense, LSU defied all odds and put up more than 500 yards of offense.

Zach Mettenberger had one of his better games against the Aggies, as he passed for nearly 200 yards and two scores.

Put that in your pipe and smoke it, Manziel.

LSU was ranked 18th at the time, while Texas A&M was ranked ninth.

Oord could sense an upset on the horizon and he turned out to be correct.

"This is the happiest I've been in a long time," Oord said after receiving the prestigious Pick 'Em certificate.

Oord should be proud. He can now put this on his resume. I'm sure employers will pick him up in a heartbeat.

I know I would if I was a potential employer.

Oord has battled with scheduling football, fall baseball and schoolwork this fall. I'm amazed he had enough time to successfully compete in this fall's Pick 'Em.

Tacuyan, Ritchey, Peart and Sherman all tied for second while Valery Jorgensen and Max Totaro tied for third place.

To all of the contestants, thank you for participating. It was a joy to supervise this crazy, unpredictable challenge.

If you are interested in joining the Pick 'Em roster in the spring and are interested in sports, email me at [hornsb@plu.edu](mailto:hornsb@plu.edu).

Oord will look to defend his title in the spring, so watch out.

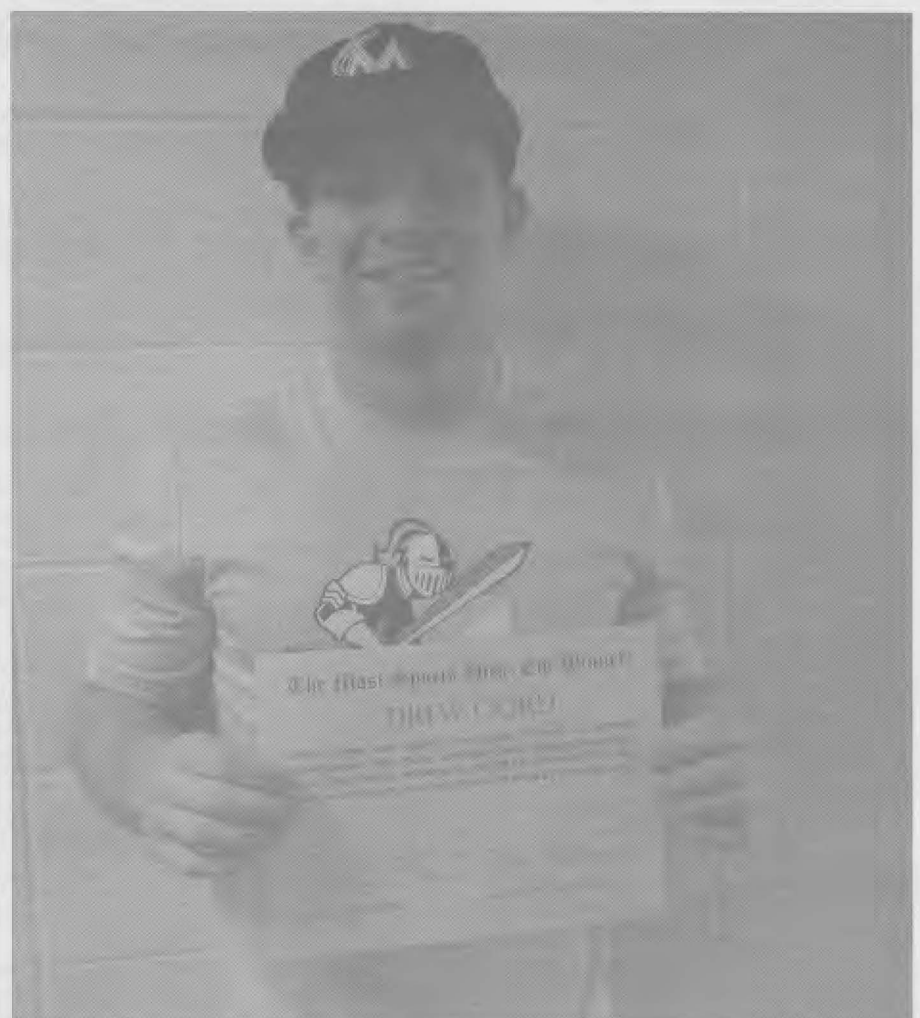


PHOTO BY SAM HORN

Sophomore Drew Oord proudly holds his certificate for winning the Mast Sports Pick 'Em challenge. His hard work and determination paid off in the end. Out of nine games, Oord picked four correctly to lead in the standings. He will be defending his title in the spring with some new opponents.

# SAM SAYS...

## Sports weren't always my forte

By SAM HORN  
Sports Editor

I wasn't always enamored with sports. At a young age, I couldn't stand the thought of getting crunched by a bone-jarring tackle in football. I wondered why 80,000 screaming fans were so enthusiastic about watching a soccer game in Europe. And don't even get me started on golf. When I was in fifth grade, I was focused on honing my writing abilities in the fantasy realm. Dragons and magical kingdoms fascinated me. I seemed destined to write about epic battles for ages to come. And then I entered the sixth grade. During a P.E. class one day, my instructor showed us how to shoot a basketball. I thought to myself, "this looks like fun. I should try it." From that moment on, I was hooked. I played basketball every chance I could, and

when my friends weren't competing with me, I would just shoot by myself. I loved it. Every facet of the game intrigued me, and I became more knowledgeable of the rules every day.

Soon after, I was introduced to football in seventh grade.

Playing sports was a great way for me to spend my time. I enjoyed every moment I was outside playing a variety of sports with my friends. I couldn't think of a better way to spend my time.

Playing sports allowed me to enter a different mental realm, one in which I didn't have to worry about everyday ordeals.

However, down the road, I discovered that I couldn't just play sports for a living. I had to find something I was interested in, and something I could do for the rest of my life.

After writing a short novel in seventh grade about football, I found my true

calling: sports writing.

In high school, I wrote for the school newspaper and covered almost every sport. As each day went by, I became more and more intrigued by sports.

The deal with sports is that no one play is ever the same. Sure, soccer players score goals every game, but they do it in a different fashion every time.

No one goal is ever the same.

Sports are not mundane. They provide an intense level of excitement. Nothing is better than watching an underdog battle four quarters to beat a powerhouse program.

It's like witnessing a child with almost no family support gain acceptance into a prestigious college. It's mesmerizing. It's emotional.

There's nothing quite like it.

Looking back, I had no idea I would ever be interested in sports. I thought I would be a LEGO innovator or a creative writer — I

was obsessed with LEGO blocks at a young age, and that love hasn't ceased yet.

I think sports have changed my life for the better. I am motivated to pursue a career in sports journalism and couldn't be happier with that decision.

I am blessed and honored to be an intern at 710 ESPN Seattle for the winter quarter this year. I will learn a great deal about sports, and it will no doubt be a good experience overall.

I am actively following my dream, and I love watching others follow theirs. Life is fragile, and to waste your one chance to do something special would be a crime.

Make the most out of your life. Make the world a different place. Don't let anything stop you in pursuing your dream.

After all, "having dreams is what makes life tolerable," according to the 1993 film, "Rudy."

## PACIFIC LUTHERAN UNIVERSITY STUDENTS GET BREAK FROM SCHOOL BUT NOT FROM SPORTS

*Students need to stay active over the break and not waste this period.*

By JOHN TVETER  
Sports Writer

We get a break from school, not from sports.

With Pacific Lutheran University's finals week getting closer every day, students are starting to barricade themselves in the library, trying to ensure they can cram as much knowledge into their brains as possible.

Students see finals week as the finish line in a race that many are just trying to survive. On the other side of that finish line is winter break, and all of the freedom for activities that comes with that glorious time.

This winter break provides great opportunities for PLU students from both near and far to participate in sports in two key ways: as a fan and as an athlete.

"Winter break is also a great time to reconnect with friends from home," senior Trevor Hamilton said. "Every winter break I meet up with my high school friends, and we play a football game in the snow."

While not all of us will play football in the snow, remember to take advantage of your free time to be active.

Besides the variety of fitness classes that are offered indoors, there are skiing and snowboarding opportunities awaiting you at Crystal, Whistler and Snoqualmie ski areas throughout the Pacific Northwest.

Another great winter sport activity is ice skating. Sprinker Athletic Center offers an indoor ice rink less than 10 minutes from campus.

While trying new activities can be intimidating, more often than not you can find a way to enjoy any activity with the right people.

While the PLU student body takes a break, the student-

athletes that represent us as Lutes on the court and in the pool continue to represent our university. Many of these student-athletes give up much of their family time that they hold so dear in order to compete in their chosen sport.

Some student-athletes, like sophomore Shane Jacob, a basketball player from Hawaii, will spend only a few days at home before coming back to campus, which is very different from the three weeks so many students enjoy.

The men's basketball team plays in California Dec. 21-22.

"I'll probably only get to spend three or four days at home with the travel [to Hawaii]," Jacob said. "It is a bummer, and I wish I could see them for more time, but the chance to play makes it worth it."

This is your second sporting opportunity this winter: to be a fan. You can support the Lutes men and women's swimming teams and the men and women's basketball teams. All teams have home meets and games in the next few weeks.

Perhaps while on break you can support a friend or family member at a sporting event, or watch your old high school's teams play.

Many fans support the pro sports teams that represent the Pacific Northwest or another region that they call home.

Many Seattleites have spent the past months rooting for the NFL's Seattle Seahawks. Others support the NBA's Portland Trailblazers, Division I Washington Huskies, Washington State Cougars or Oregon Ducks.

Regardless of which team you support, as they say in the movie "Fever Pitch," "it's good for your soul to invest in something you can't control."

Remember to try a new winter sports activity and stay active as a fan. For me, that means "Go Hawks."



PHOTO COURTESY OF CREATIVE COMMONS

Mt. Rainier will, in essence, open its arms to any skier, snowboarder, snowshoer or hiker this winter. Snow activities are a great way to alleviate stress and more importantly, a great way to enjoy your break.

## Linfield jumps to big first-half lead to defeat PLU 42-21

*Lutes football loses to Linfield in the opening round of the Division III playoffs for the second year in a row*

By TYLER SCOTT  
Director of Athletic Communications

Linfield scored touchdowns on four of its first five possessions to take a 28-0 halftime lead, eventually defeating Pacific Lutheran University. The second-ranked Wildcats played No. 13 Pacific Lutheran 42-21 in an NCAA Div. III Football Championships first round matchup Saturday afternoon at Maxwell Field.

Pacific Lutheran's season comes to an end with a postseason loss to Linfield for the second consecutive year, as the Lutes fall to 8-2. Linfield improves to 10-0 this season and will advance to the NCAA second round against Hampden-Sydney.

The Lutes out-gained the Wildcats 379-to-355 but turned the ball over three times, giving Linfield three scoring drives of 22 yards or fewer. Junior Dalton Ritchey threw for 299 yards and three touchdowns, and his 34 rushing yards led PLU on 17 attempts.

Junior Niko Madison rushed for 31 yards on eight carries and caught six passes for 70 yards, while fellow junior Lucas

Sontra broke out with four catches for 100 yards and three touchdowns.

Seniors Jordan Patterson and Mychael Tuiasosopo led the PLU defensive effort in their final game with the Lutes. Patterson totaled 11 tackles, with 3.5 for loss, while intercepting one pass. Tuiasosopo tallied six tackles with 1.5 sacks.

Linfield took the opening kickoff and drove 76 yards in nine plays to stake an early lead. Josh Yoder carried it in from 7 yards out to put the Wildcats on the board.

Just like in the Lutes' last two games against the Wildcats, turnovers struck a blow to give the hosts a short field when PLU fumbled the ball away on the first play of its second drive.

That set Linfield up at the 12-yard line, and the Wildcats scored two plays later on another Yoder touchdown run.

The Wildcats' third touchdown drive took 10 plays to cover 73 yards. Yoder found Poppen in the end zone from 12 yards out to make it 21-0 with 11:26 to play in the second quarter. Linfield blocked the Lutes' punt on the next possession to set up the offense with another very short field at the PLU 22.

Five plays later, Yoder found Evan Peterson from 6 yards out to put the Wildcats up 28-0.

Pacific Lutheran's offense started showing signs of life on the next drive, as the Lutes drove 69 yards on 10 plays all the way down to the Linfield 11. Unfortunately for PLU, time ran out in the second quarter on that play, as the Lutes went into the locker room for halftime trailing by four touchdowns.

The third quarter started with a bang for the Lutes, as Ritchey hit Sontra about 15 yards downfield and Sontra broke numerous tackles and sauntered all the way to the Linfield 5-yard line for a 72-yard gain.

Three plays later, the Lutes faced fourth-and-goal from the 12 and Ritchey looked Sontra's way again, tossing it to the tight end on the left side for the score.

The PLU defense held Linfield to a long field goal attempt on the Wildcats' next drive, and Josh Repp's 47-yard attempt fell way short to give the Lutes the ball at their own 30. After interceptions by both teams and a turnover-on-downs by PLU, the Lute defense forced a Linfield punt to the PLU

14 late in the third quarter.

Ritchey led his offense 86 yards on 10 plays to make it a two-score game early in the fourth. The PLU quarterback went right back to his tight end on first-and-goal from the 1-yard line, and Sontra pulled in the pass despite multiple Linfield defenders covering him.

Linfield put to bed any hopes of a PLU comeback on its next two possessions, putting together a 76-yard touchdown drive and then intercepting a Ritchey pass and scoring from 20-yards out on the next play to go up 42-14.

The Lutes had one last push in the closing minutes. Ritchey hit junior Kyle Warner for a 59-yard completion on PLU's first play of the possession, and he followed on the next play with a 15-yard scoring pass to Sontra.

PLU attempted an onside kick after that, but Linfield recovered the kick and ran the clock out on its 14th consecutive win against the Lutes.

# Winter is finally here

IT'S TIME TO WHIP OUT THOSE SKIS OR SNOWBOARDS AND TAKE TO THE SLOPES

By **KELS MEJLAENDER**  
Senior Copy Editor

With winter in full focus now that December is here, you may be thinking about the impending holidays or winter break freedoms, but us skiers and snowboarders at Pacific Lutheran University have heads full of snow right now.

For the few of you lucky enough to hit the slopes over the Thanksgiving break — Crystal, Mt. Baker and Stevens Pass were among the ski areas open — your season has already begun.

Others, however, may be waiting for finals to finish before throwing their gear in a car to glide through some powder.

Whenever you can go, the gear you bring marks you as one of two things — a skier or a snowboarder.

While many people enjoy both sports, most usually have a preference, one they tend to do more often when the mountains beckon.

In the choice between two snow sports, there are a few things would-be skiers and boarders, or those of you considering a change, should consider:

## 1. Skis are faster than boards

It's basic physics — skis beat boards, assuming both people riding them are in the same skill bracket.

The world record for fastest snowboarding speed is 201.907 km/h, or 125.5 mph, according to the website for the magazine *Snowboard*.

The world record for fastest skiing speed is 156.2 mph, according to the website *Snow Brains*.

While most skiers and boarders probably won't aim to go faster than 150 mph — my personal record is about 50 mph — the speed factor applies for regular runs too. If speed is your aim, then a pair of

skis is your best companion.

## 2. Skis work better in slow moments too

For every 90-degree angle, downhill run, there are a few with flat areas in between the steep slopes. Whether these catch you by surprise or you just lose momentum, many a skier and boarder will find themselves standing instead of gliding on a completely flat section.

In cases like these, possessing ski poles and the ability to skate are invaluable. Skiers might work up a sweat, but it's worth it, because they can move both legs and push off from the snow to get a little momentum going, aided by their poles.

Snowboarders are stuck either hopping along or taking off their boards and walking till the slope gets steeper.

It's also easier to be stationary on a run as a skier. If you want to stop and chat with your friends, you just pull off to the side and stand relaxed. Snowboarders are forced to sit in the sometimes-wet snow with much less mobility for turning around or adjusting position.

## 3. Lift chairs suit skis better than boards.

For skiers, the worst part about lift chairs is the lift lines. But at least they get to stand comfortably with two feet planted on the ground and facing forward.

Not only do boarders have to take the time to undo one of their boots from their board, they also have to twist their knee as they hobble along in the lift line.

Once on the chair, the entire weight of the board drags one leg down instead of being evenly distributed like with skis.

When they've finally reached the top of the chair lift, boarders can't immediately go on their run, but instead have to pause again to reattach their boot to their board. It's a lot more time spent fiddling and adjusting than skimming through the powder.



PHOTO COURTESY OF KELS MEJLAENDER

Kels Mejlaender has been a ski fanatic for years and it shows. She has perfected her form to successfully descend down challenging mountains with plenty of powder to greet her.

You may have gathered I have a slight bias in favor of skiing. Full disclosure — I've never actually tried snowboarding. These are just all of the nuisances I have observed snowboarders coping with while skiing for 17 years.

Regardless of the little inconveniences that come with snowboarding, both skiing and boarding certainly beat sitting at a desk all day or doing homework — sorry, PLU professors.

Skiers and boarders alike know the value of good snowfall on a winter day.



PHOTO COURTESY OF KELS MEJLAENDER

Chair lifts are essential for ascending up wintry mountains.

## When soccer meets basketball: LeBron James and David Beckham plot to bring MLS to Miami

By **GIANCARLO SANTORO**  
Sports Writer

The only logical outcome when a \$60-million athlete teams up with a \$47-million athlete is to buy a sports team.

Mind you, these two aren't a couple of greedy CEOs we all hear about on a daily basis. They are household names that nearly everyone has heard of, even those who hate sports.

These athletes with the deep pockets are none other than two-time NBA champion and Miami Heat forward, LeBron James, and soccer icon David Beckham.

Although talks at this point are only in the preliminary stages, here is the rough plan laid out by Beckham: a brand new, 25,000-seat stadium located in sun-kissed Miami, near the Miami Heat's American Airlines Arena for the 2015-16 Major League Soccer (MLS) season.

Although the plan sounds lofty, it does seem doable, especially with the combined resources of Beckham and James. It seems odd an American basketball star teamed up with a retired British soccer player, and it will be interesting to see if that collaboration will really work.

"I think that it's a great idea," soccer player Erik Thornquist, a Pacific Lutheran University junior, said. "They are such popular athletes, especially if LeBron [James] was a part of it, because it could bring a lot more attention to MLS and soccer in general."

In interviews, James said he and Beckham became good friends during Beckham's time playing with the LA Galaxy, an MLS team based out of Los Angeles.

James also said he is a legitimate soccer fan, joining the likes of other NBA players such as Kobe Bryant, Tony Parker and Steve Nash, all of whom played soccer in their youth.

If you were to make a survey asking

Americans if they preferred soccer or basketball, I would bet my prized right foot that the majority would not hesitate to say basketball.

According to the U.S. Department of Labor, a little more than 5 percent of Americans play basketball on an average day compared to only 1 percent who play soccer daily.

As a soccer player myself, I have grown up knowing that sports such as basketball, football and baseball have always held a special place in the hearts of American sports fans.

Soccer, on the other hand, has been seen as either foreign or as a sport only for women.

To quote Bob Dylan, "the times are a-changin'" for soccer in the U.S. According to SB Nation, a website with more than 300 blogs on sports and sports news, MLS attendance passed the six million mark for the first time ever this year, which is impressive, to say the least.

This number represents a shift in attitude toward soccer in the U.S., and PLU basketball players share the feeling. Many of them said they believe the James-Beckham combination could be successful.

"It's awesome for a basketball player [James] to show interest in soccer," PLU basketball player Clint Absher, a first-year, said. "It has the potential to connect the two sports in ways they have not been before. The popularity of the soccer in the U.S. could also increase because of someone with such high notoriety showing his feelings towards the sport."

As of now, Beckham and James have put the deal on ice as they continue to search for private investors to fund the project. Always calm, cool and collected, Beckham plans to announce more details as we enter the new year.

It may not be long until King James and Becks bring soccer to a city near you.



PHOTO COURTESY OF CREATIVE COMMONS

LeBron James has ravaged NBA opponents since 2003 and has plans for bringing a Major League Soccer team to Miami. What he has in mind next is only up to the imagination.



PHOTO COURTESY OF CREATIVE COMMONS

David Beckham has had a Hall of Fame soccer career and having millions of dollars certainly helps with bringing a Major League Soccer team to Miami.

# Seattle Seahawks looking like early Super Bowl favorites

By NICK BARENE  
Sports Writer

In the NFL, players, coaches and fans alike dream of one thing: the Super Bowl.

The clash of the AFC and NFC champions is the ultimate American sporting event, and to win means immortality in the record books. With their Monday night win over the New Orleans Saints, the Seattle Seahawks have proven that they have what it takes to win the Lombardi Trophy.

The heart of this football team is the steady running of Marshawn Lynch. The bruising back has already rushed for 970 yards this year, and has scored nine touchdowns.

Lynch is a punishing runner, commonly requiring three or four tacklers to bring him down. Behind All-Pro center Max Unger and Pro-Bowl fullback Michael Robinson, the Seahawks use Lynch to continuously pound the ball down the field. It's only a matter of time until opponents wear down,

and "Beast Mode" finds the end zone.

With second-year quarterback Russell Wilson at the helm, the Seattle passing game is potent.

Wilson has proven himself as an effective pocket passer, and can also roll out and throw on the run. He is a threat to run, whether by design or on a broken play.

The other half of the Seahawks passing game is the wide receivers. Doug Baldwin and Golden Tate are both smaller receivers that bring speed and elusiveness, and both players are known for making tough catches at crucial times.

Jermaine Kearse has played his way into a steady role and has caught four touchdowns this year. Together, they have proven to be a force to be reckoned with for opposing defenses and will look to add more explosiveness when Pro-Bowler Percy Harvin returns from injury.

The Seahawks' defense carries the attitude of this team. They play fast, hit hard and force turnovers at an alarming

rate. Richard Sherman is one of the top cornerbacks in the league, and safety Earl Thomas might be one of the most talented players in the entire league.

Over the course of the offseason, the Seahawks improved their pass rush with the signings of Michael Bennett and Cliff Avril. The defense is allowing just 284 yards per game, has forced 16 turnovers and are ranked as the number one defense in the league.

The key to the Seahawks' success is their depth. The depth at the cornerback position will be tested with Brandon Browner facing suspension, and Walter Thurmond already suspended for four games. Byron Maxwell is more than capable as a back-up, and played a solid game against the Saints.

The depth of the team has also been on display at the wide receiver position. Ricardo Lockette and Jermaine Kearse both made big catches in the game against the Saints.

The Seahawks own the best home field advantage in the league. The "12th Man,"

as the fans are called, are known for being raucously loud.

The fans feel like they are a part of the team and believe they can alter the course of the game in favor of the Seahawks. In fact, they do alter the game.

To date, there have been 129 opponent false start penalties at Century Link Field. During the game against the Saints Monday night, the Seattle crowd noise broke the world record for loudest crowd roar at 137 decibels. The crowd registered on seismographs five different times during the game, and at one point, measured a 2.0 earthquake.

Opponents struggle to relay play calls and to actually get their plays off in time.

With Monday's win over the Saints, the Seahawks have clinched a playoff berth, and need to win two of their last four games to clinch home field advantage throughout the playoffs, as well as a first-round bye.

This team is extremely talented, and has all the necessary tools to make a run to the Super Bowl.

## Men's basketball struggles during Thanksgiving break

By NICK BARENE  
Sports Writer

### GAME ONE

The Pacific Lutheran University men's basketball team fought hard, but eventually fell to Northwest University 78-71. It was PLU's first loss of the season.

The Lutes couldn't handle Northwest's Michael Russo, who scored 29 points for the Eagles and led them to a non-conference victory over PLU.

The Lutes played hard in the game, and put together good runs of play. Junior Terrell Williams led the Lutes with 15 points while senior Arvid Isaksen added 12 points, eight rebounds and four assists.

Their efforts weren't enough to earn the win, as the Eagles were able to keep the Lutes at bay in the second half.

The Lutes featured strong play from their non-starters, with the bench supplying 43 of the Lutes 71 points. The Lutes also out-rebounded the Eagles 37-33.

Too many missed shots proved to be the downfall for PLU, as the Lutes shot just 39.3 percent from the field (24-61). Northwest shot 46.9 percent (23-of-49), including 10-of-21 on three-pointers, and improved to 5-2 with the win.

### GAME TWO

Over the Thanksgiving break, the Lutes hosted the annual PLU Thanksgiving Classic in Olson Gym. In their first game of the weekend tournament, the Lutes earned a 68-54 victory over visiting St. Mary's, Minn.

Playing in their first home game of the young season, the Lutes forced 10 turnovers and converted them into 30 points.

The Lutes shot 55.2 percent (16-of-29) in the first half while limiting the Cardinals to 36 percent (9-of-25) shooting, leading by as many as 15 points before taking a 33-22 advantage into halftime.

The Lutes held a comfortable lead throughout most of the game, but in the second half St. Mary's went on an 11-2 run to pull within three points with 8:15 remaining.

Then the Lutes slammed the door shut, scoring eight straight points and cruising to a double digit margin of victory.

Senior Arvid Isaksen scored a total of 15 points to lead the Lutes, hitting seven of his 10 shots and also grabbed a team-leading eight rebounds.

Sophomore Bryce Miller added 12 points, senior Kai Hoyt scored 11 and junior Daniel Landram ended up with 11. PLU executed their offense effectively, scoring 46 points in the paint and 12 on the fast break.

The bench once again played a key role

for the Lutes, as the reserve players scored 28 of the team's 68 points. Eight different players scored points for the Lutes, and 13 players saw time on the court during the game.

"It was one of those total team efforts," head coach Steve Dickerson said. "Everybody that went in contributed something positively, so we're happy about it."

### GAME THREE

In the second game of the Thanksgiving Classic, PLU squared off against Denison. The visiting Big Red handed the Lutes their second loss of the season by a score of 90-83.

The game was tightly contested and featured 11 tie scores and six lead changes. Two times in the latter stages of the game, the Lutes were able to pull within six points. However, Denison converted eight of 10 shots from the free throw line in the final 47 seconds to seal the game for the Big Red.

Free throws would prove to be the undoing of PLU. The Lutes held a seven point lead with 10 minutes left to play, but the free throw accuracy of the Big Red eventually put Denison in the lead for good. The Lutes committed 25 fouls over the course of the game, and Denison made 27 of 36 shots at the charity stripe, while PLU was 9-15.

"For years we've been teaching pressure defense, but now apparently we're going to have to do some things differently than we've done in order to keep up with the times in order not to be called for so many fouls," said head coach Steve Dickerson.

With the loss, Pacific Lutheran falls to 3-2. Denison improves to 2-3 and was the only team in the Thanksgiving Classic with two wins, also beating Puget Sound on a buzzer beater in its first game.

The Lutes will take two weeks off before they return to the court Dec. 14 for a nonconference match up against St. Martin's. The Lutes open Northwest Conference play Jan. 10 at home against George Fox.



PHOTO BY JESSE MAJOR

Sophomore Bryce Miller finished the game against Denison with 16 points, tied for most on the team. Miller is averaging nearly 10 points a game this season.

## Nick's Picks: Fantasy players to watch this week

By NICK BARENE  
Sports Writer

**HOT**

*Playoff edition*

**NOT**

**RUSSELL WILSON**- It's well known that the Seattle Seahawks' quarterback is a definite fantasy starter. Wilson dismantled the New Orleans Saints on Monday night, throwing for more than 300 yards and three touchdowns.

**MICHAEL CRABTREE**- Although he hasn't played a down yet this year, the San Francisco 49ers wide receiver is certainly a hot ticket item. The Niners look to be heating up as a team, and quarterback Colin Kaepernick will be looking to throw the ball Crabtree's direction.

**DONALD BROWN**- With the recent demotion of Trent Richardson, the Indianapolis Colts have been leaning more heavily on Brown. He has scored three touchdowns in his past three games and is owned in just 39 percent of leagues, making him an attractive free agent find.

**TRENT RICHARDSON**- The Indianapolis Colts have benched the running back due to his continued lack of success running the football. Richardson hasn't scored a touchdown since Week 4 against the Jacksonville Jaguars and hasn't rushed for more than 60 yards in a game all season. It's time to let go of Richardson.

**MARVIN JONES**- The Cincinnati Bengals' wide receiver is far removed from his Week 8 four touchdown performance. Jones has not scored a touchdown since that game and has scored just seven total fantasy points since then.

**STEVEN RIDLEY**- The running back for the New England Patriots has scored seven touchdowns this year, and has not been able to continue his mid-season success. While the Patriots are a playoff-bound team, owners may want to look elsewhere for options at running back or consider trading Ridley away.