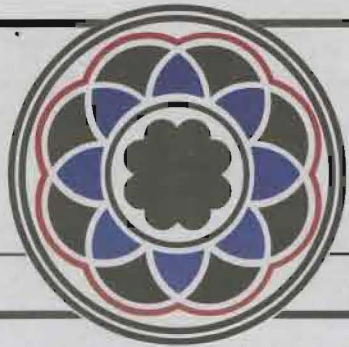




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PACIFIC LUTHERAN UNIVERSITY THE MOORING MAST

FEB. 15, 2013

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VOLUME 89 NO. 11

GARBOLOGY

Trash-sorting event reveals wasteful habits

By **ASHLEY GILL**

Guest Writer

On the way to class last Friday, students and staff members got a whiff of something other than winter air on upper campus. Pacific Lutheran University's sustainability department gave the city garbage trucks the morning off. Members of the department set up a blue tarp layered with countless trash bags in the center of PLU's Red Square to be sorted for its Garbology event.

This is the first large-scale Garbology event Sustainability has done. Before, when only doing residence halls and other buildings, the department found that around 80-90 percent of what was going into the trash could have been recycled or composted.

Student campaign coordinators for the sustainability department — junior Sara Patterson, ASPLU's sustainability director, and senior Anna Pfohl, RHA's sustainability director — came together to plan the event. Twenty-four hours worth of trash from all around campus was placed in Red Square and organized for everyone to see.

The Garbology event kicked off Recycle-mania, a six-week competition among universities in Canada and the U.S. to see who can reach the highest waste diversion rates — comparing how much people throw away to how much they are recycling.

Last year, PLU placed 15th in the competition with a 65-70 percent waste diversion rate. The goal for this year is to reach 80 percent diversion and rank in the top five.

The night before the event, students from the sustainability department scavenged through every waste bin and dumpster accessible on campus.

"It was a lot of fun raiding all the trash cans last night," Pfohl said.

Volunteers and student employees of the sustainability department spent over seven hours sorting through peoples' half-eaten protein bars, frozen meal boxes and mountains of paper towels that could have been recycled or composted rather than packed with items meant for the landfill. Prizes were awarded to students and staff members who dedicated five, 10 or 15 minutes to helping sort the trash. Campus staff members ranging from Campus Safety to Dining Services lent a hand in trash sorting.

GARBOLOGY
CONTINUED PAGE 4



PHOTO BY ALISON HAYWOOD

Students vote in unanimous approval of the gender-neutral housing bill at Residence Hall Council on Thursday, Feb. 7 at 7 p.m. in Ingram 100. Representatives from RHA and ASPLU introduced the bill and allowed time for discussion before it came to a vote.

GENDER NEUTRAL HOUSING PASSES

By **VALERY JORGENSEN**
Guest Writer

Students smiled as they filed out of Ingram 100 the evening of Feb. 7, because Residence Hall Council voted in approval of the new housing proposal. The proposal for a new pilot housing program included three main parts: mixed-gender wings, gender-neutral bathrooms and gender-neutral rooms. No one opposed, and only a few students abstained from voting.

The purpose of the meeting was to discuss and explain the proposal, then end with a vote to pass the motion. To

start the meeting off, RHA president Matt Peters and social justice director Pam Barker described basics of the three different parts.

Mixed-gender wings have rooms still based on gender, but the floors are not. These wings will have separate bathrooms for both sexes. RHA proposes these wings be placed in halls such as Foss and Pflueger because of the layout of the buildings.

The second part is mixed-gender wings with a pilot program for gender-neutral bathrooms. These wings will be similar to the mixed-gender wings. The difference is there will only be one bathroom for everyone to share. RHA proposes Hinderlie and Tinglestad

house these wings.

The third part of the proposal is gender-neutral rooms. In these wings a student can room with anyone, but there is an application process. For these rooms, students will be asked to come in with a roommate in mind. Following university policy, students still will not be able to room with someone they are in a romantic relationship with.

Resident Assistants for all of the proposed wings will be specifically chosen to help lead the pilot program and contribute to a safe community.

RA Kevin Long, who attended the meeting, said he is pushing to become

an RA for one of the newly proposed wings.

"I want to be part of the step forward that Pacific Lutheran University is taking," Long said. "I am in full support of what they are trying to do by making a more comfortable living environment for residents."

After the proposal presentation ended, discussion erupted in Ingram 100. Hands shot into the air to ask questions about the new plan. Questions ranged from clarification on specific points to hypothetical situations that could arise and how Residential Life

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Memorial lecture to honor fallen diplomat

By **ALISON HAYWOOD**
News Editor

Sept. 12, 2012 was a turning point in American-Middle Eastern relations. This date marks the murder of Chris Stevens, the U.S. ambassador to Libya who was killed when militants attacked the American embassy.

Robin Wright, an author, journalist and close friend of Stevens', will present the Chris Stevens Memorial Lecture entitled "Rock the Casbah: Challenges and Solutions in the

Middle East" Thursday, Feb. 21 at 10:30 a.m. in Lagerquist Hall.

"It's an unprecedented event for PLU," Tamara Williams, acting executive director of the Wang Center, said. "It connects PLU to a global event that is of tremendous significance, both in terms of the death of a U.S. Ambassador and also just in terms of what's going on in the Middle East."

Stevens developed an interest in the Middle East while serving in the Peace Corps. He became involved in the

U.S. Foreign Service in 1991 and became the U.S. Ambassador to Libya in June 2012. He met Wright during this time, an expert on Middle Eastern affairs, and they developed a close friendship.

"She [Wright], like Chris, shares this commitment to hearing all the voices," Williams said. "Many ambassadors don't really operate that way. She values the need to know the culture."

Stevens' death came as a shock. He was the eighth U.S. ambassador to be killed in the line

of duty at the time, and the first since 1988. Williams said Stevens' death showed that "the security and volatility in the Middle East, especially in Libya, was not what we had thought."

The morning after on NPR about his life. A recording of the broadcast can be found at <http://www.plu.edu/wang-center/AmbassadorMemorialLecture/home.php>.

LECTURE
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WEATHER FORECAST

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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KPLU's new general manager has big plans

By **RELAND TUOMI**
Guest Writer

Erik Nycklemoe has been the new general manager of KPLU since Feb. 4, and although he has only been here for a short while, he already has big plans for PLU's public radio station.

Nycklemoe, a Minnesota native, was hired for the position after working for the president of American Public Radio (APR) as the Director of Network Initiatives.

Nycklemoe said APR provided him with experience that will be "directly...beneficial" to KPLU. "This organization [KPLU] has been flat for a few years, and my first priority is going to be to



PHOTO BY RELAND TUOMI
Eric Nycklemoe has been the new General Manager of KPLU since Feb. 4.

increase revenue."

Nycklemoe said he has some ideas for future changes in KPLU, such as utilizing the digital age

and Wi-Fi by broadcasting over WebStream as well as nalog.

However, Nycklemoe said change will wait until he has a better understanding of the listener audience.

"I don't know this part of the country yet, and I'm just going to listen and get to know ... things a lot better," Nycklemoe said. "In my first 100 days I want to meet 100 people."

Concerning funding, Nycklemoe stressed that the number one source of financial contribution is from listener support, which he plans to expand by connecting with listeners.

"Once listeners recognize a program is important to them," Nycklemoe said, "they become

more receptive to giving money."

One of the main challenges Nycklemoe said he wants to undertake at KPLU is adapting to the volatile media environment.

"When Wi-Fi is available in

"In my first 100 days I want to meet 100 people."

Erik Nycklemoe
KPLU General Manager

cars, you'll be able to stream anything," Nycklemoe said. "Our advantage right now is we can broadcast directly to the car."

Though Nycklemoe has not been general manager for long, he has already cut one program from KPLU called Record Bin Roulette.

"It aired some material that was not public radio values," Nycklemoe said. "It was jarring," and "it's not on target for what we want the station to be."

Nycklemoe concluded by emphasizing how humbled he is to be working here at KPLU. "There are a handful of universities that operate public radio stations well, and PLU has that jewel here," he said.

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PHOTO BY ALISON HAYWOOD
EDITED BY BEN QUINN

RHA president Matt Peters

**HOUSING CONTINUED
FROM PAGE 1**

would handle them. Long said "people brought up interesting points as to why the motion might not work, but RHA had strong answers for all of their questions."

Questions and answers went on for roughly half an hour with members of RHA, ASPLU and Residential Life clarifying areas of concern. Ending with a passing vote, the next step was for ASPLU to vote on a similar resolution.

At the ASPLU Senate meeting at 6:30 p.m. on Tuesday in the lower level of the Anderson

University Center, senators voted in favor of Resolution 10 — gender-neutral housing — with one vote opposed and one vote abstained.

ASPLU and RHA worked together to support this proposal. This has been an ongoing topic for roughly three years, if not longer, according to ASPLU President Ian Metz.

Metz said a task force was formed with people from all different groups, and it is they who are "ultimately responsible for putting this through and putting in the extra work hours on this and everything. They really took it upon themselves and did a phenomenal job."

With both RHA and ASPLU passing the resolutions, the report created by the task force with both supportive resolutions from ASPLU and RHA will move to Administration and Residential Life.

Diversity Director Karter Booher said, "it is important to note that the office of Residential life has acted as a key adviser throughout this process, and they are in support of our proposal."

Metz said, "we feel confident that this will go through."

The full report created by the task force is available online for the PLU community to view.

"People brought up interesting points as to why the motion might not work, but RHA had strong answers for all of their questions."

Kevin Long
senior



PHOTO BY ALISON HAYWOOD

Executive director of Residential Life Tom Huelsbeck addresses student concerns over gender-neutral housing at Residence Hall Congress Thursday, Feb. 7 at 7 p.m. in Ingram 100.



PHOTO BY ALISON HAYWOOD

A gender-neutral bathroom in Hong International Hall. Hong currently features mixed-gender wings.

**What to do
at PLU**

Ongoing

"A Retrospective Exhibit." The Department of Art and Design displays a lifetime worth of professors' works. *Daily—Feb. 7-March 5, 8 a.m.-4 p.m. University Gallery in Ingram.*

Friday

"The Vagina Monologues." The Women's Center puts on their annual performance of the empowering and confrontational play by Eve Ensler. *Feb. 15-16. AUC Chris Knutzen Hall. 7-9 p.m.*

The Clay Crows and Muh Grog Zoo. Two improv troupes combine for a night of improvised theater. *Studio Theater. 8 p.m.*

Saturday

All Northwest A Capella Concert. *Lagerquist Hall. 8 p.m.*

Tuesday

"Finland's Education System and What We Can Learn From It." Lecture by director of academic advising Hal DeLaRosby. *Scandinavian Cultural Center, 7 p.m.*

"Sex, Drugs, Alcohol & Everything in Between." Lecture by Julia Garcia. *Olson Auditorium, 8 p.m.*

**LECTURE CONTINUED
FROM PAGE 1**

Williams said she, University Pastor Nancy Connor and University President Thomas Krise wanted to do something in response to Stevens' death, and that's how they came up with the idea of holding a memorial lecture.

"Both Nancy and I agreed it would be a good idea to do something that was very connected to PLU's global education, that it would be a wonderful opportunity to lift up an individual who believed in the study of languages and deep knowledge about a place," Williams said. "In terms of global education it just made a lot of sense."

Williams chose to wait until spring to plan the lecture in order to give the family time to grieve and let the political scene die down. Stevens' family had already decided they wanted him to be remembered through the promotion of education about the Middle East, and were supportive

when Williams contacted them.

Wright said what happens in the Islamic world will be one of the most important issues affecting the lives of the generation currently in college, because that is the last region that has held out against the democratic tide.

"How they make the transition

will affect everything from our personal security and national security to the price of gasoline in our cars and the face of democracy in other parts of the world. It will be very important in determining whether we do end up with a clash of civilization or a confluence of cultures," she said.

The goal of this lecture is to teach people and students about the Middle East and what is really happening right now.

"I'm trying to explain in this lecture what I think Chris Stevens wanted people to know, which he no longer has a voice to explain," Wright said. "Understanding what's happening is the first step in preventing tensions from becoming more wars."

"Understanding what's happening is the first step in preventing tensions from becoming more wars."

Robin Wright
author, journalist



PHOTO COURTESY OF ROBINWRIGHT.NET

Robin Wright will give the Chris Stevens Memorial Lecture on Thursday at 10:30 a.m. in Lagerquist Concert Hall.

Ash Wednesday chapel service marks start of the season of Lent

FAR RIGHT: University Pastor Nancy Connor makes the sign of the cross on first-year Raquel Rodriguez's forehead during the Ash Wednesday Chapel service in Lagerquist Hall. First-year Kindra Galan and President Krise wait their turn behind. **RIGHT:** First-year Raquel Rodriguez returns to her seat after the imposition of the ashes. "I feel refreshed," she said. **BELOW:** Students and faculty line up to receive the cross in ash on their foreheads. Ash Wednesday marks the beginning of Lent, the 40 days of penitence and fasting before Easter.



PHOTOS BY QUINN HUELSBECK





PHOTOS BY QUINN HUELSBECK

LEFT: Students participate in the Garbology event in Red Square Feb. 8. ABOVE RIGHT: Junior Kyle Monahan recycles a plastic lid that had been thrown in the trash the previous day. LOWER RIGHT: Rob Benton of facilities management helps sophomore Bryce Wells determine what is recyclable.

GARBOLOGY CONTINUED FROM PAGE 1

"I think a lot of them [students] have really been surprised by the impact this has and how much they really are throwing away that doesn't need to go there," Patterson said.

The results of the event revealed that over 30 percent of what had been thrown away could have been put into compost, while over a quarter of it could have been recycled.

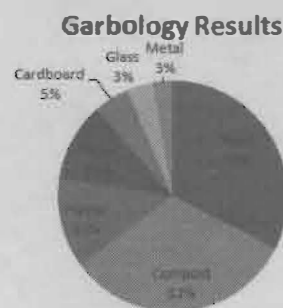
Two pairs of shoes, an entire red velvet cake, silverware, fresh

fruit and even art were among the things that had been tossed out and added to the mass amounts of garbage to be taken to the dump. PLU's waste travels 35 miles to the Tacoma landfill where it is compacted and then taken to Graham where it is put into the ground. Materials such as paper, plastic, cardboard and glass that are placed in the proper bins rather than the trash make a short trip to LeMay where they are recycled.

Also sorting through the mess was sophomore Gavin Miller who works for the sustainability department. Miller said he feels

there is still a lot of work that needs to be done in regard to spreading awareness about what can be recycled.

When it comes to organizing



trash in the correct bins on a daily basis, Miller said, "I think there's also a lack of participation in it just because it's garbage and people don't want to mess with garbage."

Future events include the Sustainability Olympics, a week-long event on campus featuring a different contest every night. Among the activities, a Jeopardy table will be stationed in the Anderson University Center every evening and an event in the Bike Co-op will award a bicycle as one of the prizes. As a final event, and to highlight the unveiling of PLU's placement in the

nationwide competition this year, Sustainability will be hosting a waste-free dinner and a movie that will be open to all students.



News briefs

National

Feb. 12

Obama gives State of the Union address

President Obama gave his State of the Union address Tuesday evening at 9 p.m. Eastern time.

He addressed controversial issues, including immigration, budget negotiations and climate change, taking a populist stance and pushing for growth of the middle class. He called on Congress to raise the federal minimum wage to \$9.00 per hour and promised to bring 34,000 troops home from Afghanistan within the year.

Parents of victims of gun violence were in attendance, and Obama repeatedly emphasized the need for gun control to prevent future tragedies.

Source: *The New York Times*

International

Feb. 10

Bahrain princess on trial for torturing doctors

Princess and defendant Noura Birt Ebrahim al-Khalifa faces charges of torture in court. The alleged crimes occurred during the Arab Spring when Bahrain's own "Pearl Revolution" threatened the security of al-Khalifa's family.

Al-Khalifa works as a police officer — it is common for royal family members to hold ordinary jobs in Bahrain — and is accused of personally torturing doctors.

These doctors were arrested for aiding wounded protestors of the revolution. They were then tortured to force a confession of crimes.

Al-Khalifa first appeared in court over the summer and has continuously denied the charges. However, she has made no public announcement concerning the issue.

Source: *Fox News*

PLU

Feb. 7

Hong Hall plagued by underwear thief

Several pairs of men's underwear, belts and ties have disappeared from the Hong laundry room and various residents' rooms. Resident Director Nicole Sheer sent out an e-mail Feb. 7 saying she would offer amnesty if the items were returned before last Monday at 5 p.m.

As no one has stepped forward, ResLife is encouraging students to lock their doors and to return items they may have accidentally taken from common rooms immediately.

If you have any information on this, contact your RA or Campus Safety.

Local

Feb. 13

Eatonville teen with "Kill List" charged

Pierce County charged a 13-year-old boy who created a "kill list" with four counts of felony harassment on Monday. The list featured five names of students who attended Eatonville Middle School with the teen.

He made no secret of the list, telling students who angered him that he had added their names. Though he refused to give school officials the list, it was later found in a recycling bin in the boy's math classroom.

Though some students said they remember the teen laughing about the list, others said he could be very angry when threatening others. He did have access to his family's hunting guns.

Source: *The News Tribune*

Briefs compiled by Alison Haywood and Kelsey Mejlaender



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Choir of the West travels to Canada

Singers receive standing ovation on winter tour

By CAMILLE ADAMS
A&E Writer

This past January, a group of very talented Choir of the West singers headed across the border into Canada. COW, PLU's premiere ensemble, took their winter tour north to Ballard and Bellingham, as well as Vancouver and Victoria, B.C.

All of the singers participated in four hours of rehearsal Monday through Thursday during the intensive J-term course. Senior Kimberly Stone said, "we got to the point in rehearsal where we were so comfortable, we picked it apart, and went for perfection."

The ensemble premiered three songs written specifically for Choir of the West by Dr. Brian Galante, senior Julian Reisenhel and Latvian composer Eriks Esenvalds.

The tour's musical repertoire included music spanning various periods and styles, including Johannes Brahms, Francis Poulenc and even one piece enhanced by pitches played on wine glasses.

The first two concerts, given at Our Redeemer's Lutheran and Our Savior's Lutheran churches, were highly populated with PLU alums, as well as local high school and university students.

Choir of the West participated in a "choir share" — when one choir visits another and they perform for each other — with

Western Washington University's Concert Choir and also performed for Squaticum High School's choir.

Once across the border, the ensemble prepared to sing for our Canadian neighbors, but first, they indulged in some impromptu Adele during rehearsal at Ryerson United Church. Senior Stephanie Bivins said, "I think we really needed to let loose."

Following an evening concert and sight-seeing in Vancouver, the choir took a ferry to Victoria.

The singers' next concert took place at St. John the Divine Anglican Church, which Stone described as "the prettiest church I've seen in North America." Junior Mark Walsworth said, "that evening's concert was the most emotional for me."

The choir's emotionally raw performance seemed to also resonate deeply with the audience, as they received a rousing, standing ovation. "What got me," Walsworth said, "was the 80-year-old man, who struggled so hard to pull himself up with the railing so he could stand and clap with everyone else."

Throughout the tour, Choir of the West was periodically housed and fed by various church and community members.

The choir performed "thank you" songs for their supporters, and members of PLUtonic even serenaded Charlie, the choir's bus driver.

Before the ensemble turned homeward once again, the singers took part in a church service.

"To have a collective spiritual

experience while singing was a really bonding moment for us," Bivins said. The choir performed Julian Reisenhel's original composition, because they said they felt it fit well with the message of the pastor's sermon.

Choir of the West's winter tour culminated in a final homecoming concert in Lagerquist Concert Hall. Although a J-term tour requires intense, hard work, choir members said it was a fulfilling time of music and bonding.

"We have so much privilege to be singing here at PLU," Stone said. "I love that we get to share it with others."

Choir of the West's next challenge lies in keeping music fresh for their upcoming tour to Dallas this March.

UPCOMING EVENTS:

University Chapel
March 8 at 10:30 a.m.
Mary Baker Russel

National ACDA Preview Concert
March 12 at 7:30 a.m.
Christ Episcopal Church

ACDA National Conference
March 14 - 17
Dallas, Texas

"We got to the point in rehearsal where we were so comfortable, we picked it apart, and went for perfection."

Kimberly Stone
Senior

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Vagina Monologues:

Annual event raises awareness, empowers women

By **RACHEL DIEBEL**
A&E Writer

Instead of curling up to watch a chick flick and eating chocolate this Valentine's Day, many Pacific Lutheran University women will be doing last-minute rehearsals for a different kind of holiday: a celebration of women. PLU will celebrate the 15th Annual V-Day with two performances of "The Vagina Monologues."

Directed by Ariel Roberts, Nina Hartsel, Bethany Petek and Marina Pitassi, "The Vagina Monologues" is an award-winning play by Eve Ensler, presented in the form of various monologues.

All of the monologues are about the hope, pain and humor of being a woman. "The Vagina Monologues" is performed around the world as part of the annual V-Day celebration. V-Day is a global campaign to raise awareness of and end violence against women and girls. Open

auditions for the show were held during fall semester.

Hopefuls could choose one of four monologues and read through it in front of the directors, who also taped the auditions.

Actresses were chosen from these tapes, which also included students on study away. The participants have been working hard all J-term to get ready for the performances. They had to memorize their monologue and have meetings with the directors for feedback on their performances.

"I wanted to do it because I thought it would be a cool experience and a good way to learn more about different ways of expressing feminism," first-year Anna Loose said. First-year Maylen Anthony agreed and added, "it made my inner feminist happy." Another actress in the show, first-year Alex Clayton, said she felt that "it was a really important project for a feminist. As a feminist, how could I not try out?" All of the performers

said they feel strongly about the importance of the show.

"Even though this is the 21st century, women are still fighting to be seen as people," Clayton said. "The Vagina Monologues' is a place where we do count, where we're the only thing that counts."

Many may think, the show is only about women. "Feminism isn't just believing in equality for women but in equality for all people, because there's so many definitions of gender and sexuality," Anthony said.

"When men ask me - 'what about the penis monologues?' - I say that the penis monologues have been happening since the dawn of time. Men think it's not relevant to them, but it's relevant to everyone," Loose said. "Everyone has women in their lives. It's about understanding them better."

The performances will be on Feb. 15 and 16 in Chris Knutzen Hall at 7 p.m. Tickets are \$5 for students with ID and \$10 for the general public. All proceeds from the event will go to benefit Rebuilding Hope, the sexual assault center for Pierce County.



PHOTO BY QUINN HUELSBECK

First-year Brenda Winters helps depict a female experience during the 'Vagina Monologues', which will be held in the CK in the Anderson University Center at 7 p.m. tonight.

"Feminism isn't just believing in equality for women but in equality for all people..."

Maylen Anthony
first year



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Sat-Mon: 12:00, 2:45, 5:30, 8:15

Silver Linings Playbook (R)

Fri, Tue, Thu: 3:20, 6:10, 8:50
Sat-Mon: 12:45, 3:20, 6:10, 8:50
Wed: 3:20 8:50

Lincoln (PG-13)

Fri-Mon, Wed-Thu: 1:40, 5:00, 8:05

Academy Award Nominated Animated Shorts (NR)

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Academy Award Nominated Documentary Shorts (NR)

Tue: 2:15, 6:50

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TWINKIE TALKS:

The secrets inside the sponge cake

By **COLE CHERNUSHIN**
Guest Writer

Having made it through the year 2012, our nation has had plenty to celebrate. We survived the Mayan calendar, weathered Super Storm Sandy and zombies haven't overrun us.

No one suspected that the only thing to not make it through the Mayan Apocalypse would be the Twinkie.

The sweet, spongy cream-filled snack came to extinction last November after Hostess Brands Incorporated shut down all operations.

This decision took place after months of strikes on the part of unionized employees, finally resulting in the abject failure to achieve a negation, leading to the closure of all of Hostess' 33 bake ies, 565 distribution centers, approximately 5,500 delivery outes, 570 bakery outlet stores and the loss of 18,500 jobs.

Though some speculate on who should shoulder the blame for this fallout between the pastry giant and its employees, one thing is for certain: Twinkies as we know them have yet to be restocked nationwide.

Having been deprived of such a national treasure, it should come as no surprise that Assistant Professor of Chemistry, Justin Lytle, and lead baker of PLU

dining services, Erica Fickeisen, decided to dedicate their latest lecture to Twinkies. They held the event to teach students about the content of not only Twinkies, but all processed food.

"We don't want to scare you from eating these things," Lytle said. "We just want you to consider what you're eating."

Students, alumni and even a few proud in-laws gathered in Rieke 103 on Feb. 7, with a total of roughly 70 attendees. The audience could smell the thick, sugary, haze seeping enticingly from the front of the lecture hall. Needless to say, the free Twinkies Fickeisen made from scratch were an absolute hit.

Lytle and Fickeisen's lecture contained far less fluff than the pastries they presented. Each Hostess-made golden torpedo contains 37 ingredients - Fickeisen's homemade version contained a mere 17. There was an abundance of lecture material as Lytle and Fickeisen described the processes involved in the creation of each piece of the Twinkie puzzle.

Lytle used a slideshow presentation, as well as short videos, to explain the chemistry of the Twinkie.

Each additive had its own spotlight, more often than not drawing surprise from the crowd. This surprise was then channeled

into the overarching theme of investigating this generation's shift towards modified over natural and synthetic over organic.

"I always knew that processed foods generally had a lot of petroleum products and all sorts of things like that, and as a result I try to avoid those things," senior Demetri Sampas said. "I do find the processes that they use to make them very interesting, particularly the one for sorbic acid. I had no idea what went into that."

Others speculate on why these substances are so appealing. "Maybe one of our problems is that additives make things too delicious," Fickeisen said "Once you stop eating [foods with high amounts of additives] you realize that whole foods are far better."



VIDEO
 COMPONENT
 ONLINE

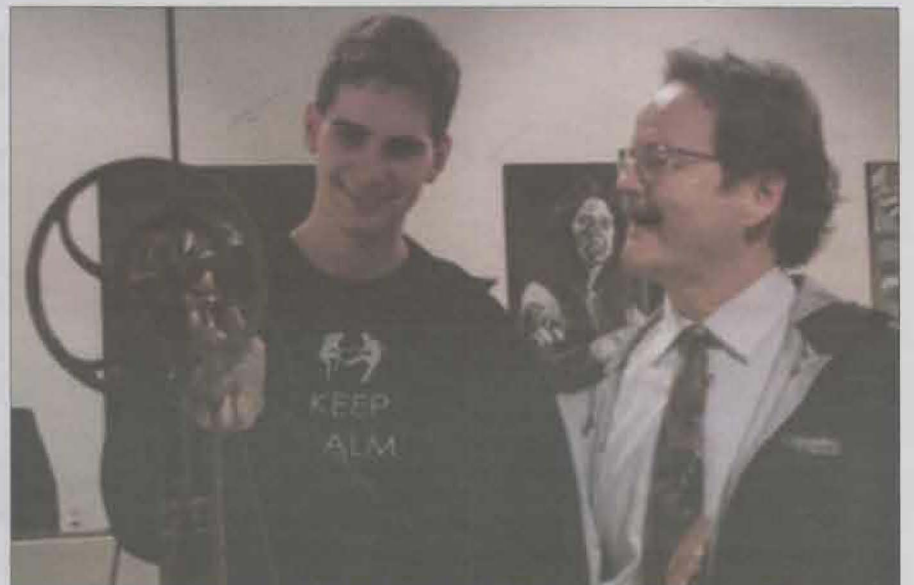


PHOTO BY THOMAS SOERENES

Assistant Professor Justin Lytle and Erica Fickeisen of PLU Dining Services educated the audience about the ingredients in Twinkies and other foods during their Twinkie-apocalypse talk on Feb. 7 in the Rieke Science Center.

100 years of art by Keyes and Cox

Community gathers for reception, exhibit in Ingram



ABOVE: Jessica Zimmerle's attention is captured by the new exhibit, A Retrospective Exhibit: 100 Years of the Art of Keyes and Cox, which opened Feb. 6. His style definitely struck a chord of intrigue in Zimmerle's mind as she attempts to summarize his "odd-ball" style. TOP RIGHT: Ted Foshaug, a class of '74 alumni and classmate of David Keyes, works one of Keyes' more mechanical pieces and shares a chuckle with first-year, Michael Trainer. BOTTOM RIGHT: Joshua Simmons, a class of 2000 alumni, admires the uniqueness of Keyes' sculpture. Photos by Beau Smith.

Lute Lens

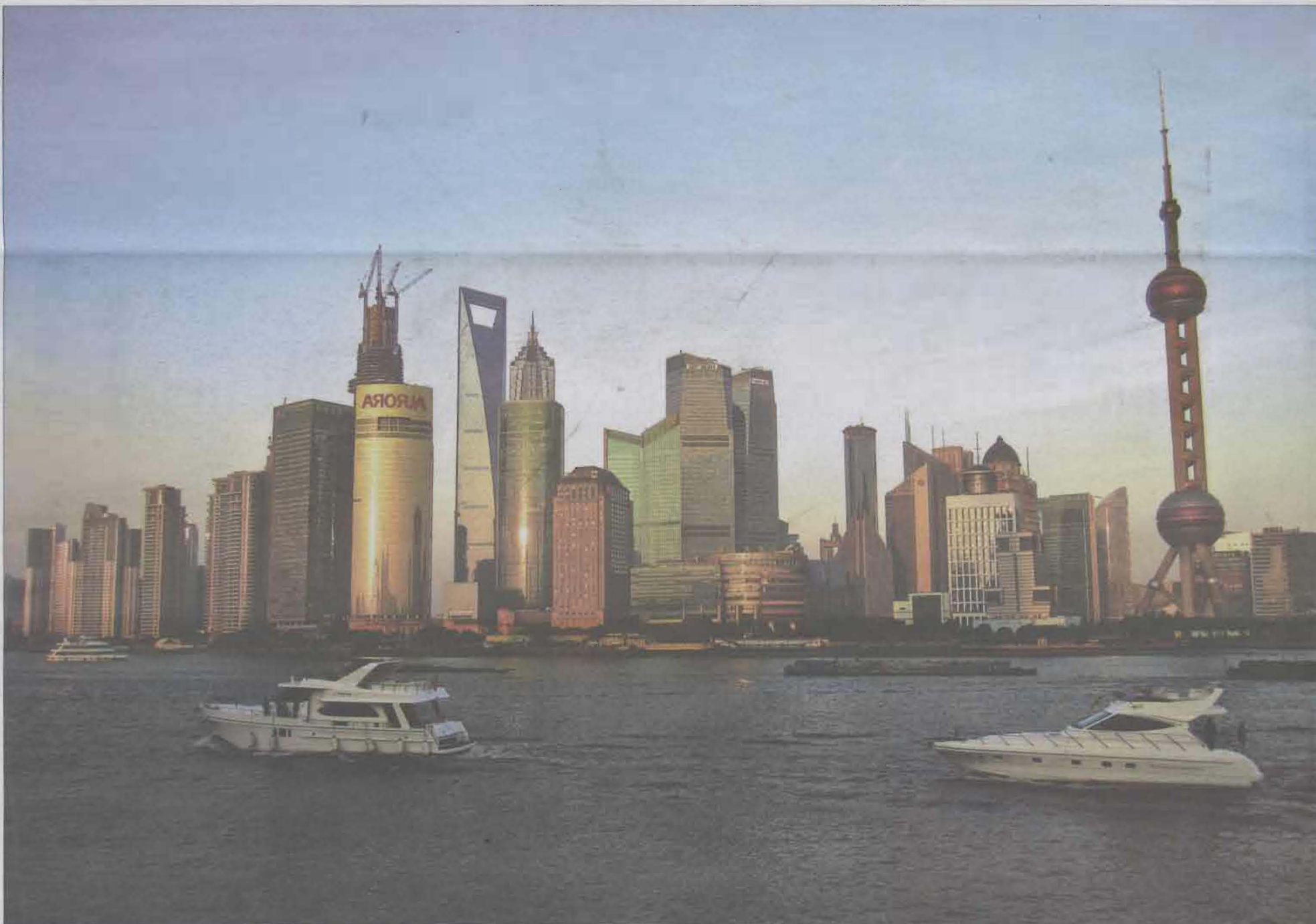
A PLU view of the world

By **BENJAMIN QUINN**
Photo Editor

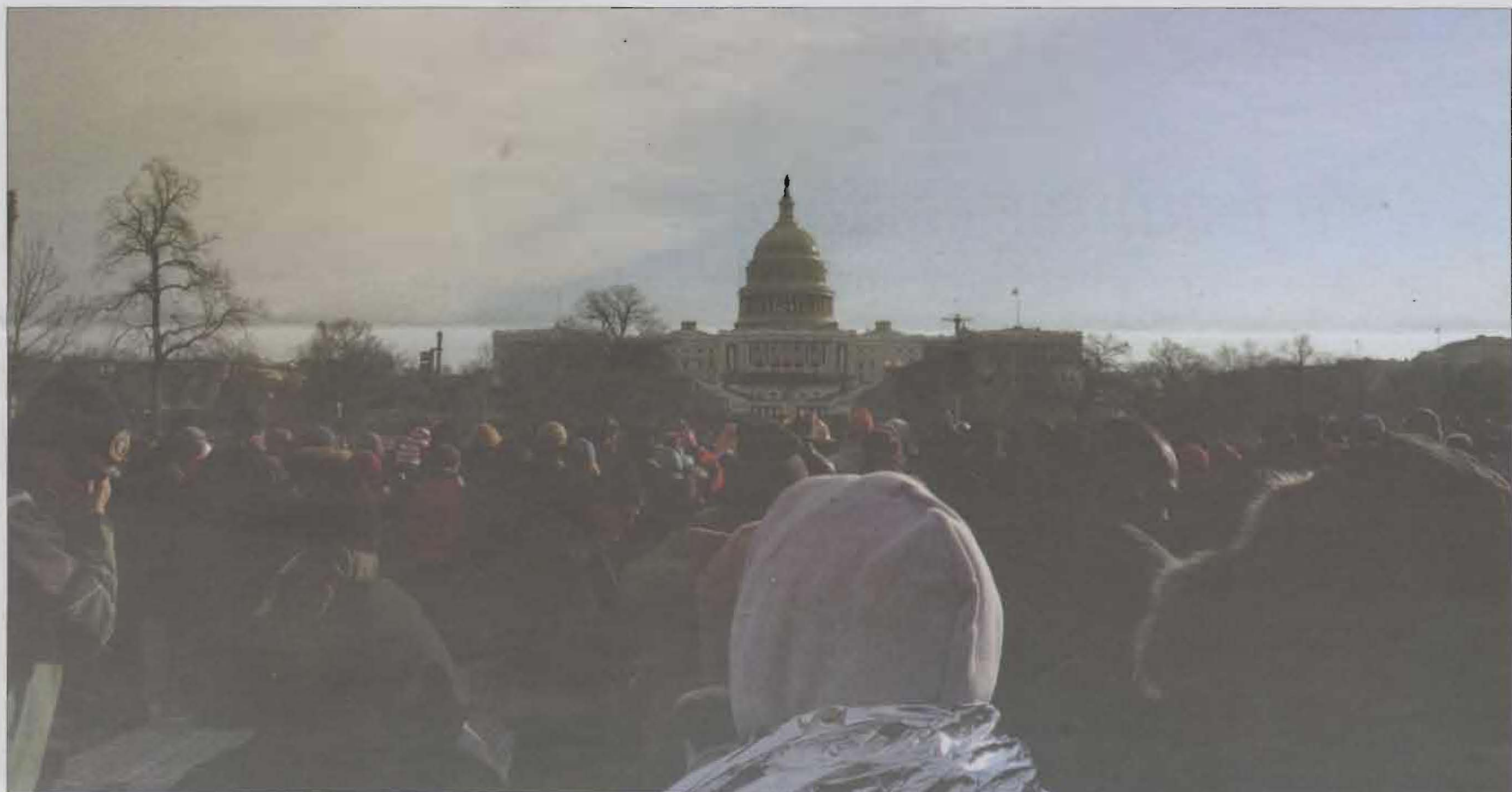
J-term courses come with a set agenda, something our instructors want us to learn from the countries we travel to that pertains to a certain subject or central academic theme.

However, what can capture our attention the most, and what can often teach us more about our destination than anything in a textbook, is the new locale we are suddenly thrust into.

This photo essay illustrates the lessons that unfamiliar environments can provide.



TOP LEFT: Edinburgh, Scotland - "A large print on a building of a hooded boy in black and white stares out from the inviting urban landscape of a Scottish city. When I went to the United Kingdom to learn about its system of crime and punishment, I ended up with a greater understanding of how truly dynamic and beautiful urban areas can be, especially when they are older than those in your own country." Photo by Ben Quinn; **TOP RIGHT:** Jumeirah, Dubai - "Going to the Jumeirah Mosque was my first glimpse into the Muslim culture. I learned that their religion is not much different than Christianity. It was cool to learn about the similarities!" Photo by Makenzie Landis; **MIDDLE LEFT:** Shanghai, China - "As Shanghai continues to grow and expand at an astronomical rate, I know that when I eventually make my way back to Shanghai, this view will likely be very different. Even in a matter of a few years, the skyline of the financial district of Shanghai will change and grow into something completely different from what I experienced during our short visit. Shanghai is truly an international city, and a city that I fell in love with after only five days. The last day we were in the city, I decided to just walk around by myself and see as much of Shanghai as I could, knowing that our departure was growing near. This was one of my favorite memories in China, walking along the Bund, taking pictures, and talking with the people in their own language are things I will sorely miss until my next visit to China." Photo by Evan Koepfler; **MIDDLE RIGHT:** Washington, D.C. - Inauguration Day. Photo by Anna Sieber; **BOTTOM:** Athens, Greece - Group Photo at Panathenaic Stadium. Photo by Michael Clark.



Take your own study away trip. Attend the Study Away Fair on March 6th, from 11 a.m. to 2 p.m. in the Regency Room in the Anderson University Center.

LETTER FROM THE EDITOR

The Mooring Mast makeover moves forward

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



Thank you for reading this issue of *The Mooring Mast*. I'm pretty proud of it. A lot of hard work went into creating this edition, but then again, a lot of hard work goes into every edition. I'm always proud of that. But this week, the thing I'm most pleased by is the fact you're reading this article in print or online, because it means one thing: we're back.

Several things happened over our J-term hiatus. Wonderful things, really.

For starters, some hiring decisions were made. I am excited to announce that not only was I hired as Editor-in-Chief for spring semester, but that other staff members were hired as well. Moving forward with a larger staff is cause for celebration, as it means we have more people to cover stories, share ideas and contribute to this weekly product.

It's not too late for you to get involved though. Positions are still up on the Career Connections website, so be sure to fill out an application. I

also want to invite you to our weekly staff meetings, which take place on Mondays at 8 p.m. in Anderson University Center room 172, if you want to gather more information or become a guest contributor. *The Mooring Mast* seeks guest photographers, reporters, cartoonists and columnists throughout the year.

You may have noticed that the physical paper looks a little different. As part of our rebranding for the new semester, we redesigned our page presence. The aesthetical changes allow for the paper to be a little denser in content, so that we can cover more stories in less space.

We've also transformed our center section into a photo spread called 'Features' to provide a platform for more photojournalism within the newspaper.

I would love to hear what you think of the changes and the increased content that resides within these pages. Email your thoughts to mast@plu.edu in a letter to the editor.

In addition to these changes, *The Mooring Mast* has increased its online presence since we last printed.

We have a Pinterest page now. For those of you wondering what purpose a Pinterest page could serve for a newspaper, I encourage you to check it out at <http://www.pinterest.com/mooringmast/>.

We have also updated our Twitter with two new usernames. Keep up with all things Lutes' athletics by following @MastSports, where our sports staff will be live tweeting upcoming events. Also, be sure to add @TheMastArts for campus and community arts and entertainment happenings.

I'm looking forward to a great semester with all of you. Thank you for your continued support. I'm really proud of this paper — and I hope you are too.

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The responsibility of *The Mooring Mast* is to discover, report and distribute information to its readers about important issues, events and trends that impact the Pacific Lutheran University community.

The Mooring Mast adheres to the Society of Professional Journalists Code of Ethics and the TAO of Journalism.

The views expressed in editorials, columns and advertisements do not necessarily represent those of *The Mooring Mast* staff or Pacific Lutheran University.

Letters to the Editor should be fewer than 500 words, typed and emailed to mast@plu.edu by 5 p.m. the Tuesday before publication. *The Mooring Mast* reserves the right to refuse or edit letters for length, taste and errors. Include name, phone number and class standing or title for verification.

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a feminine critique

Columnist explains what it means to be a feminist

By **RUTHIE KOVANEN**
Guest Columnist



If you believe that a "feminist" is synonymous with a man-hating bra burner, you haven't heard the whole story.

Most people, when hearing the words "feminist" or "feminism" — the F-words! — immediately think of the terms' negative connotations.

Aside from the fact that bra burning never actually happened, it's unfair to lump all feminists into one false stereotype.

Feminists come from all walks of life — all cultural, ethnic and religious backgrounds — and represent all shapes and sizes, sexes, genders, ages and socio-economic levels.

In fact, I bet you're a feminist. Yes, you.

In the words of professors Cheris Kramarae and Paula Treichler, authors of the book "A Feminist Dictionary," feminism "is the radical notion that women are people."

This irreverent yet truthful statement encompasses much of what feminism is aiming for. Women — like men — are people, and deserve rights as such. Some find it difficult to connect the dots between their beliefs and feminism, however.

When asked whether or not they consider themselves a feminist, many people respond, "I'm not a feminist, but..." and proceed to list off things that the feminist movement achieved or is currently working towards.

For example, "I'm not a feminist, but I think women should be able to vote, should receive equal pay, should be able to file for divorce, should be able to work outside the home, etc."

There exists a definite disconnect between the common perception of feminism and what it really stands for.

The feminist movement has achieved a number of basic rights that are often taken for granted today.

If you are a woman and you play a sport, wear pants, have a job or study in a university — thank the feminist movement.

To sweep aside these accomplishments and brush off the importance of the feminist movement is to discount the efforts of those who have worked tirelessly to achieve the rights we enjoy today.

Feminism's work is far from over. Yes, basic rights such as voting have been secured. However, this basic empowerment is only the starting point for future work — and much work still needs to be done.

So, why has feminism become something so scary — something with which many people don't want to identify?

One reason, among many, is the negative portrayal of

feminism in the media. A well-known example of this is Rush Limbaugh's habit of referring to feminists as "feminazis."

Such negative and false descriptions of feminists without reference to their many achievements only perpetuates and magnifies stereotypes.

Moreover, the lack of women's perspectives in the media skews the messages and perspectives disseminated by news sources.

This is demonstrated by a study conducted in May 2008 by Media Matters for America, which found that many prime-time news shows had female guests only 33 percent of the time.

Beyond the negative labels attached to feminism lies a concept that many people, in theory, support.

After all, "feminism is the radical notion that women are people."

Ruthie Kovanen hails from the great state of Michigan, is a sophomore at Pacific Lutheran University, and is studying Anthropology, Hispanic Studies, and Women's and Gender Studies. Aside from reading and writing about feminism, Ruthie enjoys chatting over a cup of coffee, baking bread, and spending time outdoors.

"Women — like men — are people, and deserve rights as such."

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and
CORRECTIONS
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One standard should apply for all in combat roles

Veteran advocates for gender equality as women enter front line positions

By **BRIAN BRUNS**
Columnist



Hundreds of thousands of front line combat positions will soon be open to women. U.S. Secretary of Defense Leon Panetta

announced this new plan for the military in late January. Positions such as combat infantry, Army Ranger and Navy SEAL will be available.

Supporters say women have been serving in front-line combat already and that it's another step toward gender equality.

Critics argue that it would reduce the effectiveness of the military. Some cite an Israeli military report that said wounded women caused their male counterparts to lose focus during battle.

Some people say women simply aren't strong enough to do those jobs.

The issues surrounding this debate are numerous, but the real question isn't whether or not women can do the job. There are certainly many women up to the task.

The question is how will their ability to perform be tested? There could be two different standards for men and women, or standardized task for both sexes. However, if the military uses separate gender standards in these critical combat roles this policy change will fail.

Allowing any person, regardless of gender, to serve in a job they are not qualified for will decrease the overall readiness of the military.

I served in a forward combat support unit in Mosul, Iraq with the U.S. Army. I understand how an elusive enemy can muddle where the front lines of combat end and begin.

We were all subject to the mortar fire. Women were assigned the same convoy and guard duties as the men.

Men and women alike bled and died from a suicide bomber's

blast in a crowded cafeteria.

I trusted every woman I served with as an effective and capable member of my unit.

But my unit was not tasked with finding and killing an armed enemy. My unit was not assigned to clean up improvised explosive devices or perform street patrols on foot.

While it is true that all American service-members face the possibility of death whether in combat or in training, it is not true that the front lines are everywhere.

A little danger is always part of the job. But these combat jobs are different.

Kicking in doors, zip-tying suspects, toting artillery shells and engaging in close quarters combat with the enemy are all part of a day's work.

That work requires you to trust that the person next to you is capable of doing the job.

It is unclear how the military will assess female candidates. Each branch of the military has until 2016 to decide how to implement the changes.

"I trusted every woman I served with as an effective and capable member of my unit."

An unnamed official was quoted saying they are simply looking for the best candidates.

Perhaps the military should consider how firefighters assess their candidates.

Firefighters in the United States use the Candidate Physical Ability Test (CPAT) to identify qualified candidates regardless of gender. It includes a timed set of standardized tasks.

Having long been in favor of equalizing the right to die for your country, I would rather see a standard set of tasks for both men and women.

Of course there will be women as well as men who can't pass the tests, but those who do will trust that everyone serving with them was held to the exact same standard.

I know the military will get this right. They don't really have a choice. It's also their job to field the most combat ready force as possible.

Every branch of service would be best served by having each person doing the job they are the best at.

To do otherwise would only weaken the force at a time when we need our military to be stronger and more flexible than ever.

Brian Bruns is a father, a husband and a U.S. Army veteran. Sarcasm, wit and a good cup of coffee are all keys to his success. He can usually be spotted Thursday night working for Mast TV's News @Nine or Friday nights hosting Lutes, Listen Up! on LASR.

J-term trip provides view of government on homecourt

Participation in democracy does not require travel

By **ANNA SIEBER**
Columnist



As a first year, I had a unique opportunity to study off campus for J-term.

Prior to coming to Pacific Lutheran

University, I had this grand conception of J-term as this magical time when Lutes go out into the world and get to geek out about a subject in its native environment.

It seemed like an opportunity unique to PLU, but I never imagined that I would be able to study away in my first year. Through a few twists of fate, I made it into a class studying political science and philosophy, and headed to Washington D.C.

We met with representatives. Sat in on the House and Senate galleries. Had meetings with lobbying organizations, think tanks and other entities that attempt to influence the democratic process. Saw protesters and citizens attending rallies. And went to the inauguration of President Barack Obama.

In doing so, we received a pretty comprehensive view of the state of democracy in America.

While it was a thought I have been toying with for some time, I came away from this trip with one Big Idea stuck in my head: people know nothing.

Yes, that is a grand generalization, and yes, there are people out there who know something, but there is also a huge chunk of the population that knows Nothing and either lacks the passion or the time to know more.

Yet, political engagement is essential for the effective practice of a democracy.

I do not think that one has to go to Washington D.C. to see the necessity for political engagement, but that depends on what you do. If you go to the city as a tourist, as I did at a much younger age, you are going to see a lot of cool things like marble statues and displays of American exceptionalism.

Unless you can sit down with a congressperson, aide or interest group and see the politics as they happen you are not going to get the right kind of value out of the experience of seeing our nation's capital.

The parts of my visit unique to D.C. — like being told about the investigation into drone targeting weeks before the story came out — were not moments that can be guaranteed to every person who visits the capital.

To participate in a democracy, it is not necessary to visit the capital. Speaking to a representative — or a representative's aide, more likely — can be done from the comfort of a computer.

Washington D.C. is not this

paragon of democratic feeling. There are a lot of important-looking people bustling around. There are a lot of monuments and overly patriotic museums. It is an incredible place, but it does not leave one feeling overwhelmed by national pride in our democracy.

Let's put it this way: the inauguration was a bit of a letdown. It was clear the J-term trip had been timed because of its overlap with the inauguration, and the thought of attending excited a lot of us in the weeks preceding the trip. But when the day finally came, all of our waiting — and then all of our watching — seemed to be in vain. It seemed silly to be standing out there, watching on the screen as Obama was sworn in. We could have done the exact same thing from the comfort of the indoors.

I did not feel like I experienced some grand democratic epiphany. There was, perhaps, one moment at the inauguration that I felt proud of my country. That was when Obama called for marriage equality because "if we are truly created equal, then surely the love we commit to one another must be equal as well." In my memory, that was the moment when the crowd cheered the loudest.

In that moment, I thought perhaps the people do care, and perhaps there is some hope for the state of democracy in America.

Anna Sieber is a first year social work and English double major with a possible a minor in philosophy, political science or some other subject. We'll see how it goes. She likes long walks on the beach, candlelit dinners in residence halls and enjoys sunbathing on the dark side of the moon (alas, no Transformers). Over J-term she found the tunnel to the bomb shelter under Red Square — she'll tell you about it too, but only if you ask nicely.

"I came away from this trip with one Big Idea stuck in my head: people know nothing."

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Contact Winston Alder at mastads@plu.edu for information on placing classified ads. The Mooring Mast accepts cash, check or PLU account number for payment.



Universal Crossword

Edited by Timothy E. Parker February 17, 2013

ACROSS

- 1 Some nags
- 6 Kunis of Hollywood
- 10 Sub ____ (in confidence)
- 14 Battery terminal
- 15 Final notice, briefly
- 16 Disgusted chorus
- 17 Award for a courteous grade-schooler
- 20 In the know
- 21 Alternative to Midway
- 22 Young newt
- 23 Cold and damp
- 25 About half of all adults
- 26 Cay
- 30 Ganges garb
- 31 Cataclysmic endings?
- 32 Regional dialect
- 34 "Born in the ____" (Springsteen)
- 37 Age-old quest?
- 40 ____ Butterworth's
- 41 Baby bottle tip
- 42 Tut's fertility goddess
- 43 Some energy enhancers
- 44 Post office device
- 45 Bookie transaction
- 48 Find a function for

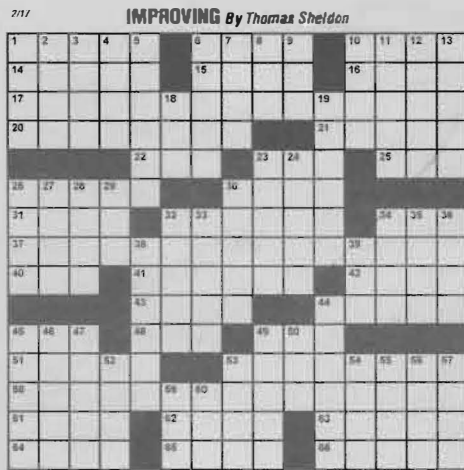
- 49 Toward the stern
- 51 Service
- 53 Heir, for one
- 58 To impress, put this
- 61 Get in on the pot
- 62 "Hold your horses!"
- 63 Blend with traffic
- 64 Rose supporter
- 65 Uses an ax
- 66 Have one's heart ____ (desire strongly)

DOWN

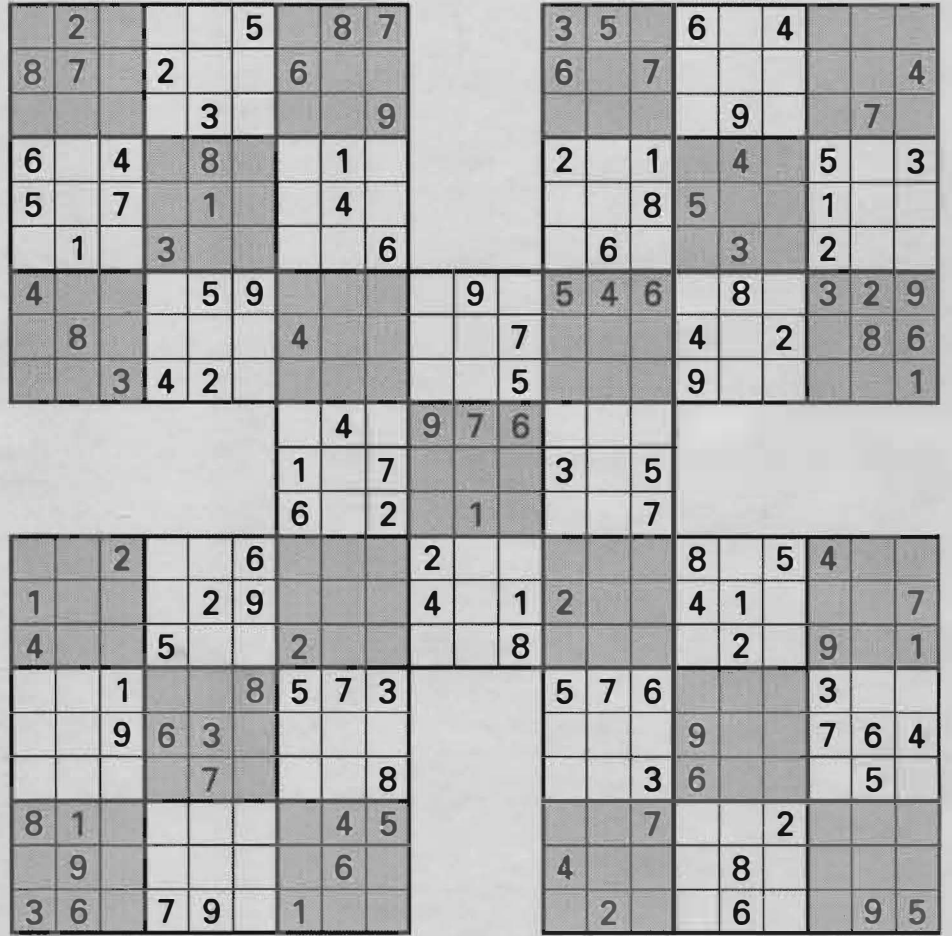
- 1 O. Henry's gift givers
- 2 Any minute
- 3 Santa's landing site
- 4 Poi source
- 5 Cloak-and-dagger
- 6 Church choral work
- 7 Footnote abbr.
- 8 Claiborne or Smith
- 9 Wasn't a fast observer
- 10 Recruiting event for frat houses
- 11 Early Irish alphabet
- 12 Talia of "Rocky"
- 13 Colorado resort
- 18 "This tape will self-destruct in five seconds" org.

- 19 Folksy antonym of "entirely"
- 23 "Battle Cry" director
- 24 Pop up, as a question
- 26 Long-range weapon, briefly
- 27 Divination practitioner
- 28 Permits
- 29 Guinness book suffix
- 30 Discontinues
- 32 Uses a jimmy
- 33 Enough and then some
- 34 Major in astronomy?
- 35 Crossjack, e.g.
- 36 Vaulted altar area
- 38 Totally swamp
- 39 Unconscious

- quirk
- 44 Radar may track them
- 45 Rum-laced cakes
- 46 Happening
- 47 There's no accounting for it
- 49 They might precede bravos
- 50 Eb's wife?
- 52 List component
- 53 Straddling
- 54 Overly precious
- 55 Fruit-filled dessert
- 56 "Cogito, ____ sum"
- 57 First family's home
- 59 It gives a hoot
- 60 Palindromic exclamation



SUDOKU High Fives



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.



sidewalk What are you giving up for Lent?

TALK



"I'm giving up TV because I waste too much time with it."

Nick Froelich, junior



"I'm not Catholic. I like things too much to give them up."

Jake Dacus, sophomore



"Potato chips because they're a special treat, but something I can live without."

Jessica Lenczycki, sophomore



"Starch and sugar, because I feel like they're things I eat a lot..and it's sort of an experiment to see if I can do it for that long."

Allison Arakawa, sophomore

SPORTS SCHEDULE

Men's Basketball

Upcoming Games

Feb. 15 vs. George Fox, 8 p.m.
Feb. 16 vs. Lewis and Clark, 8 p.m.

Previous Games

Loss(62-68): Feb. 9 at Pacific
Win(72-55): Feb. 8 at Willamette

Women's Basketball

Upcoming Games

Feb. 15 vs. George Fox, 6 p.m.
Feb. 16 vs. Lewis and Clark, 6 p.m.

Previous Games

Loss(43-87): Feb. 9 at Pacific
Loss(54-59): Feb. 8 at Willamette

Baseball

Upcoming Games

Feb. 22 at Corban, 2 p.m.
Feb. 22 at Linfield, 5 p.m.

Previous Games

Win(7-3): Feb. 10 at Whittier
Win(7-4): Feb. 9 at Redlands

Softball

Upcoming Meets

Feb. 23 at Pacific, 12 p.m., 2:30 p.m.
Feb. 24 at Lewis and Clark, 12 p.m., 2:30 p.m.

Previous Meets

Win(3-0): May 21 vs Linfield (National Championship game)

PLU throwers must rely on depth

By BRANDON ADAM
Sports Writer

Pacific Lutheran's season for the throwing events in track and field is looking up, despite a number of injuries and illnesses that have plagued the team. With the March 1 season opener just two weeks away, the injuries and illnesses have hindered the players from performing well in practice.

"We've had some significant injuries in the past couple days," head throwing coach Dan Haakenson said. "There's a bunch of people that are sick and haven't been able to train real well."

Senior thrower Ryan Ransavage sustained a broken leg during practice and underwent surgery. It is unlikely that he will return this season.

Ransavage excelled in the hammer throw last season as a junior, throwing 179-1 feet in the 2012 NCAA Division III Track

& Field Championships.

"It [injuries and illnesses] just means that other people have to step up and work harder to prevent injuries and score more points during conference," sophomore thrower Tevon Stephens-Brown said.

As a first year, Stephens-Brown broke the freshman record in shot put with a distance just over 48 feet. He said he is looking to qualify in the shot put as well as the discus and hammer throw in conference.

Last year's champion of the hammer throw, junior thrower Kyle Peart, is willing to take on a leadership role with Ransavage gone, though he said it will be difficult to adjust.

"I'd win a meet, and he'd win a meet," Peart said. "He was definitely someone that everyone looked up to."

The roster is still formidable without Ransavage. Peart also scored high in the hammer throw last season. Peart beat Ransavage with a distance of 185-4 feet and placed fifth in conference.

Stephens-Brown was also able to place in the top 25 during the national meet for shot put, hammer and discus.

Other notable returning players for this season on the women's side are junior Samantha Potter, who placed fourth in the discus throw, and senior Jorgina Moore, who placed ninth in the hammer throw.

Coach Haakenson said his goals are clearly stated for conference and still has an optimistic view of the upcoming season.

"We gotta do well at conference,"

"It [injuries and illnesses] just means that other people have to step up and work harder to prevent injuries and score more points during conference."

Tevon Stephens-Brown
sophomore thrower



PHOTO BY THOMAS SORHINES

Kyle Peart practices the hammer throw at practice on Tuesday. "He [Ransavage] was definitely someone that everyone looked up to," Peart said of his injured teammate. Peart competed in the hammer throw in the 2012 NCAA Div. III Track and Field Championships.

Haakenson said. "That's the big show."

Haakenson said he hopes his throwers will score over 100 points this season. Last year the throwers produced 95 points.

"It [the points] will be hard to get without Ryan, because he's a big point producer," Haakenson said.

Even with Ransavage out of the picture, Haakenson is determined to keep the

scoring goal.

Haakenson said he thinks there are "a lot of people on the team that can win the conference championship."

Pacific Lutheran's first track meet is at the Linfield Erik Anderson Icebreaker on March 1 and 2. The PLU Invitational, the lone home meet of the year, is a week later on March 9.

Editor's note: Runners preview next

* * * ATTENTION STUDENTS * * *

NON-DISCLOSURE OF "DIRECTORY INFORMATION"

The Family Educational Rights and Privacy Act of 1974, popularly known as the "Buckley Amendment" and carrying the acronym "FERPA," governs the University's collection, retention, and dissemination of information about students. (The document appears in the Student Handbook.)

One category of information covered by FERPA is called "directory information." Pacific Lutheran University has designated the following items as directory information: student name, local and permanent addresses and telephone numbers, E-mail address, date and place of birth, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, class standing, previous educational agency or institution(s) attended, major and minor fields of study, anticipated date of graduation (if that has not yet occurred), and degree(s) and award(s) conferred (including dates).

The PLU FERPA policy appears on the Student Handbook website for your review at: <http://www.plu.edu/student-handbook/code-of-conduct/FERPA.php>.

Under FERPA the University may disclose directory information without prior written consent unless an "eligible student" (18 years or over) or a parent (if the student is under 18 years of age) gives notice in writing to the contrary to the Office of the Vice President for Student Life restricting the disclosure of the directory information, as it pertains to the student, by the last day of registration for any given academic term at this University. Please be assured that PLU uses discretion when releasing information (e.g. roommate notification or compliance with federal requirements.) If you participate in activities such as music or drama performances, athletics or represent PLU in other public capacities, University policy is to issue minimal information in press releases.

If it is your wish that PLU NOT disclose "directory information" about you under any circumstance, you must come to the Student Life Office, Hauge Administration Building, Room 105, on or before February 20, 2013 to complete the appropriate form and meet with Laree Winer to understand fully the impact of the restriction. This restriction will remain in effect until the 10th day of the fall semester of the next academic year, unless you revoke it in writing.

Upcoming meets...

March 1-2: Linfield Erik Anderson Icebreaker

March 9: PLU Invitational

March 16: Oregon Preview

March 21-22: Buc Scoring/Combined Invitational

March 22-23: Lewis and Clark Invitational

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SHOUP SHOTS

Twitter tells story of Seahawk's sad playoff loss

By **NATHAN SHOUP**
Sports Editor

You can all stop sucking your thumbs in the fetal position now. After 77 days, Shoup Shots is back. Order is restored.

During a *Mooring Mast* break that lasted more than two months, a few things happened in the sporting world. The men's and women's basketball teams played the majority of their 2012-13 seasons with the exception of two games each this weekend. Manti Te'o was dating a ghost. It appears Seattle is getting the Sonics back. On Tuesday, the Mariners made Felix Hernandez the highest paid pitcher in MLB history at \$175 million over seven years. And Mast Sports (@MastSports), finally got in touch with the Twitter world.

But the dominant sports story in the region was the Seahawks. They were a mere 30 seconds from advancing to the NFC Championship game.

Seahawks are heartbreakers

I have never loved something or someone, while also being thoroughly disgusted, as much as I simultaneously adored and hated the Seahawks on Jan. 13.

In honor of the sports section finally establishing a Twitter, it is only fitting I tell this story with the aid of the social media site — all tweets are from my personal account.

The week of the Seahawk's NFC Divisional playoff game against Atlanta was a roller coaster. It was like sitting on the roller coaster and slowly clicking up the initial incline, looking over the entire theme park, before flying down the track.

Professional sports analysts said the Seahawks were the most dangerous team in football. Seattle had won eight of its last nine contests including a 24-14 comeback victory in Washington D.C. the week before. The buzz the team had created was warranted.

Jan. 12 at 7:20 p.m.: "Hawks jersey is on. Depending on how the game goes tomorrow it could be on for a while too."

I was not the only one wearing my Seattle jersey on the eve of the game either. Making my way through campus that cold Saturday, I saw dozens of people in their Seahawk blue, green and gray.

You know that feeling when you are so excited for something you struggle to fall asleep? Apparently it can happen to a 21-year-old male when it comes to the NFL playoffs.

Jan. 13 at 12:40 a.m.: "It legitimately feels like Christmas Eve night when I was in grade school. I'm too excited for tomorrow. #GoHawks"

With a 10 a.m. kickoff, Seahawks fans were forced to crawl out of bed early t at Sunday J-term morning.

Jan. 13, 9:02 a.m.: "Alright I'm up. It's game day! #GoHawks"

Okay, 9:02 a.m. is not that early. But everything is relative. For a Sunday morning, it was early for me.

All excitement built for the game was silenced early. The Seahawks sleepwalked through the first half and trailed 20-0. I watched the game in my off-campus residence with about 15 friends and we, like all Seattle fans, were shocked.

There was hope, however. Seattle trailed Washington 14-0 at halftime the week before and won.

Jan. 13, 10:52 a.m.: "'You can't win a game in the first quarter,' Pete Carroll. Hawks look flat early though. Again."

Carroll — Seattle's head coach — screamed in the locker room following the Redskins game that you can't win a game in the

first quarter. He drove home the idea that games are won in the fourth quarter.

With that in mind, the Seahawks rallied furiously and took a 28-27 lead with 31 seconds remaining. Seattle was going to the NFC Championship for the first time since the 2005 season, which ended with the Seahawks at the Super Bowl. Everything was going to be okay.

My house and countless others within the region entered celebratory chaos. I ran down the street barefoot — yelling the entire way. I ran back into the house to a scene that can only be described as a hugging dog-pile — with 31 seconds left.

After receiving the kickoff, Atlanta returned the ball to its own 28-yard line. On its first play, Atlanta completed a pass to midfield with 19 seconds left. Everything was going to be okay.

Atlanta then completed a 19-yard pass to a wide-open Tony Gonzalez to the Seattle 31-yard line with 13 seconds left. Using its last timeout after the play, the Falcons had to kick the 48-yard field goal.

"This is a long kick with unreal amounts of pressure," I told myself. Everything was going to be okay.

And for a second, everything was okay. The field-goal attempt missed wide right. Seattle had won. Unfortunately, Carroll called a timeout a second before the play began. Atlanta was given another chance and drilled the field goal. The comeback attempt — done. The Seahawks' season — done. Everything was not okay.

Seattle lost the game in the first half, won it in the fourth quarter, and then lost it again with 30 seconds left. One playoff loss is hard enough to grasp. Two is heart wrenching.

Jan. 13, 1:58 p.m.: "I'm not watching ESPN for a week. Tough end to a great season. Future looks promising. Hard to think about that right now though."

With one of the youngest and most

talented rosters in the NFL, Seahawks fans are forced to wait until next season to watch their team make another playoff run. And while there is a lot to get excited about, the loss has not been forgotten.

Feb. 3, 12:37 a.m.: "The closer we get to kickoff [for the Super Bowl] tomorrow, the more I realize how upset I still am about the Hawks' loss to Atlanta."

I loved the Seahawks the day of their loss to Atlanta for the aggressive, physical and intimidating style of play. But I despised them for putting us through that.

See you in September, Seahawks.

Hello, Twitter

It is like someone saying "Happy Birthday" a week late. You question why it took them so long, but at least they said it. After going far too long without a Twitter, the sports section (@MastSports) has finally entered the 21st century.

The purpose of the account is to provide live-game coverage while also offering insightful and witty analysis of PLU athletics throughout the week.

We have experimented with creating hash tags for particular athletic events so all spectators can congregate with their in-game commentary.

It is also a way to get input and advice from you, our readers.

That being said, go ahead and check out the page. If motivated, click the blue follow button as well.

I know more of you care about PLU athletics than the 37 followers the page already has.

The Mast Spring Sports pick 'em

By **NATHAN SHOUP**
Sports Editor

In the fall, *The Mooring Mast* selected seven athletic figures on the PLU campus to compete in the first ever Mast Monday Night Football pick 'em. They were also referred as the Post Sunday Society.

The seven contestants picked the Monday Night Football game every week and were ranked depending on how well they picked the games. Allison McDaniel was the champion with a record of 9-2.

This spring we are doing much of the same, but since football season has clearly ended, the new participants will be selecting spring athletic events chosen by the sports desk.

Games chosen will range from PLU baseball games to NCAA Div. I basketball games. We will try to pick the most highly-anticipated matchup of the given week.

We bolstered the roster from seven to eight participants this semester in hopes of a creating a little more competition.

The game selected this week is the men's basketball season finale Saturday night against Lewis and

Clark in Olson Auditorium.

Lewis and Clark (14-9, 8-6) is tied for the fourth and final playoff spot in the NWC. The Pioneers have everything to lose. PLU (7-16, 5-9) is in sixth place and playing for pride on senior night.

Our group this year is either really confident about the Lutes' chances Saturday night, or they are all scared to be heckled for picking against the Lutes. Isaksen is caught in the middle a little bit with this pick as a member of the basketball team, but that comes with the territory of joining the prestigious Mast spring sports pick 'em.

A creative name will have to be created for this group as well. Who has ideas?

**Lewis and Clark
Pioneers**

VS.

**Pacific Lutheran
Lutes**

Kyle Peart
track thrower
pick: PLU
record: 0-0

Peart participates in the shot put and hammer throw for the track and field team. At 6'6" he is easily the tallest contestant but size isn't going to predict games for him.

Melanie Schoepp
Lute sports fanatic
pick: PLU
record: 0-0

Schoepp is taking McDaniel's role as the Lute sports fanatic. She may also be known for her presence in the PLU weight room as a front desk worker.

Jacob Olsufka
baseball player
pick: PLU
record: 0-0

Olsufka is the leadoff hitter and second baseman for the PLU baseball team. In six games this year he has already been hit by six pitches. Will the bruises distract him from a title push?

Alan DenAdel
cross country stud
pick: PLU
record: 0-0

DenAdel is easily PLU's best cross country runner. He was named to the all-region team in 2011. I'm not sure if there is a correlation between long distance running and predicting outcomes, but we'll see.

Dustin Hegge
NWC golf MVP
pick: PLU
record: 0-0

No real need to explain what it means to be the NWC MVP. Nonetheless, he is good at hitting a small ball a long ways. The focus required for the sport makes Hegge a contender.

Haley Harshaw
softball standout
pick: PLU
record: 0-0

Harshaw plays third base on the reigning national champion softball team. An announcer for the Softball World Series described Harshaw's defensive position as, "the place ground balls go to die."

Arvid Isaksen
basketball player
pick: PLU
record: 0-0

Isaksen is a junior on the basketball team averaging just more than five points per game. He kind of had to go with PLU this week. Some serious questions would be asked if he didn't.

Andre Tacuyan
swimming torpedo
pick: PLU
record: 0-0

You will probably meet some bigger swimmers in your life but the 5'5" (well he is listed at 5'5") Tacuyan can move in the pool. As a first year, he finished eighth in the 400 Individual Medley at the NWC Meet.

A weekend for the record books

Swimming team sets 21 records at NWC Championships



PHOTO BY TAYLOR CAPELLARO

Members of the PLU swim team cheer on a teammate during the NWC Swimming Championships at the Weyerhaeuser King County Aquatic Center in Federal Way last weekend. The men finished third and the women finished fourth in the overall team competition. The men's and women's teams broke a combined 21 university records.

New PLU swimming record holders:

Men

- CHASE MESFORD, TYLER MEADE, JOSEPH PARKER AND BRIAN RUGGLES** **200 FREE RELAY: 1:24.76 (NWC CHAMPIONS)**

- CHASE MESFORD** **50 FREE: 20.88**

- BASIL WHALEY, BRIAN RUGGLES, JACOB DEINES AND CHASE MESFORD** **400 MEDLEY RELAY: 3:29.17**

- CORBAN ELLIOTT** **100 BACKSTROKE: 51.15 (BROKE RECORD IN QUALIFER TOO, NWC CHAMPION)**

- CORBAN ELLIOTT, BRIAN RUGGLES, PHIL REMPE AND CHASE MESFORD** **200 MEDLEY RELAY: 1.35.28**

- JUSTIN MURRELL** **1650 FREE: 16:11.39 (BROKE 1000 SPLIT RECORD AS WELL (9:47.57))**

- CHASE MESFORD** **100 FREE: 46.42**

- BRIAN RUGGLES, PHIL REMPE, JOSEPH PARKER AND CHASE MESFORD** **400 FREE RELAY: 3:08.54**

Women

- KINA ACKERMAN** **200 INDIVIDUAL MEDLEY: 2:09.66 (ALSO BROKE RECORD IN QUALIFIER)**

- KINA ACKERMAN** **400 INDIVIDUAL MEDLEY: 4:36:40**

- NICOLE SCHALK, MELISSA DEAN, KELLY JERNIGAN AND TONY CASTILLO** **200 FREE RELAY: 1:38.65**

- NATASHA SIODA, KINA ACKERMAN, TONI CASTILLO AND MELISSA DEAN** **400 MEDLEY RELAY: 3:57.05**

- NATASHA SIODA, KINA ACKERMAN, TONI CASTILLO AND NICOLE SCHALK** **200 MEDLEY RELAY: 1:49.44**

- NATASHA SIODA** **100 BACKSTROKE: 58.70 (BROKE RECORD THREE TIMES)**

- MELISSA DEAN, HANNA ARMSTRONG, KELLY JERNIGAN AND TONI CASTILLO** **400 FREE RELAY: 3:36.72**

Baseball team opens season 4-2

By NATHAN SHOUP
Sports Editor

Max Beatty is back from cancer. The Lutes only have two seniors. It is the first season on the new FieldTurf that was put in this summer. There are plenty of storylines in place for the 2013 Pacific Lutheran baseball team, but none may be more significant than the fact that the season has started.

The Lutes played six games in seven days spanning from last Monday to last Sunday. PLU sits at 4-2.

Concordia (Ore.) made the trip to Parkland last Monday for the Lutes' season-opening double header.

Beatty started game one. It was his first time in a PLU uniform since being diagnosed with testicular cancer last winter. His offense was good enough behind him to down the Cavaliers 4-0. Beatty picked up the win throwing two scoreless innings.

The second game was all Concordia. PLU managed four hits and fell 1-4.

After a day off, the Lutes flew to Phoenix to play in the Arizona Desert Classic. NCAA Div. III schools from the Northwest

Conference, Southern California Athletic Conference and American Southwest Conference compete in the preseason tournament.

The trip started roughly for the Lutes who fell 1-18 to Hardin-Simmons, a school from Texas. It was the lone blemish on the trip. PLU won the next three games.

Beatty, a senior with junior eligibility, was dominant against No. 16 Concordia-Texas on Friday, striking out 12 in eight scoreless innings. The Lutes won 3-0.

On Saturday, juniors Dominick Courcy and Alec Beal both chipped in three hits in a 7-4 victory over Redlands. Trevor Lubking picked up his first win allowing three runs over six innings.

The following day, the Lutes scored three runs in the bottom of the eighth inning to put away Whittier 7-3.

Sophomore closer Chris Bisop collected two saves during the trip.

The Lutes have this weekend off before playing the NWC-CCC (Cascade Collegiate Conference) Challenge next weekend in McMinville, Ore.

Editor's note: Nathan is a member of the PLU baseball team.



TOP: Beatty delivers a pitch in the early going of the Lutes' season-opening 4-0 victory over Concordia (Ore.) last Monday on PLU's new synthetic playing surface. MIDDLE LEFT: First-year third baseman Drew Oord safely slides into home during the season-opener. Oord is one of two players who have started every game. MIDDLE RIGHT: Sophomore pitcher Trevor Lubking pitches to an attempting Concordia hunter during the first game of the season. Lubking threw six scoreless innings, allowing only one hit while striking out five. BOTTOM: Junior shortstop Nick Hall throws to first base behind Oord, who was unable to cut the ball off before it got to Hall during the Lutes 4-0 victory. Photos by Heather Perry.

LUTE WINTER ACCOMPLISHMENTS

- Matt Sellman, PLU's head swimming coach, was named the NWC Women's Coach of the Year.
- Men's basketball players Cameron Schilling and Andrew Earnest each surpassed 1,000 career points. Both are seniors.
- Junior women's basketball player Samantha Potter is 59 points shy of 1,000 for her career. The Lutes have two games remaining this season.
- Senior pitcher Max Beatty was named NWC Pitcher of the Week last week, going 2-0 over 10 scoreless innings.

RELIGIOUS STUDIES LECTURE

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Dr. Deborah Green is the Greenberg Associate Professor of Hebrew Language and Literature, and Director of the Harold Schnitzer Family Program in Judaic Studies at the University of Oregon. Her most recent book is *The Aroma of Righteousness: Scent and Seduction in Rabbinic Life and Literature*, which came out with Penn State University Press in 2011.

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