## The Mooriny Mast

## PLU places in recycling competition

## Rhianna Gelhart

gUEST WRITER
gelharrr@plu.edu
Pacific Lutheran University took second place in Washington State for RecycleMania last weekend.

RecycleMania is a 10 -week competition comprised of 605 colleges and universities competing for the best waste diversion. All the waste from each school is measured by the percentage of waste that leaves the school in a percentage of way
"We took fifteenth in the nation," said head coordinator of RecycleMania Princess Reese.
"That also includes Canada."
PLU reduced 40 metric tons of CO2 gas, the equivalent of taking 21 cars off the road or enough energy to power 11 households. That's quite a difference.

Two years ago, PLU was in the same competition and took 54th place.
Sustainability Director Chrissy Cooley said she was impressed with the performance this year.
"To go from fifty-fourth place to fifteenth in just two years is huge," said Cooley, "It really

SEE COMPETITION PAGE 3

## BEHIND THE SCENES <br> Sustainability reduces pollution

## Alison Haywood <br> COPY EDITOR

haywooaj@plu.edu

It's no secret that the Pacific Lutheran community values sustainability. We compost food waste, build sustainably and prefer refillable rather than disposable water bottles. But behind the scenes are less obvious efforts to be greener.

The sustainability department is actively engaged in a pollution prevention program that includes reducing and properly disposing of different types of waste. In addition to recycling paper, plastic and cardboard, the
 department also has contracts with different companies to properly dispose of hazardous waste,
"We
"We manage hazardous waste in a way that we are protecting our people and the

SEE RECYCLING PAGE 3

Track and field teams set new personal records at conference

## Softball clenches NWC title



Assistant softball coach Gregory Seeley raises the Northwest Confrence tournament champion trophy over his head after the PLU Assistant sortall coach Gregory seeley raises the Northwest Confrence tournament champion trophy over his head ater the PLU
softball team won three of four games last weekend. The team will compete at the national level May 11. FOR MORE ON THIS
STORY, SEE PAGE 15 .


## The Mooring Mast

The Mooring Mast adheres to the TAO of Journalism pledge and the Society of Professional Journalists' code of ethics, which includes the guidelines to "seek truth and report it," "minimize harm," "act independently" and "be accountable."
The views expressed in the editorials, columns and advertisements do not necessarily represent those of the PLU administration, faculty,
students or The Mooring Mast staff.

## Mission statement:

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

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## Letters to the editor:

The Mooring Mast encourages letters to the editor. Letters must be submitted to mast@plu edu by 5 p.m. the Tuesday before publication. Letters without a name, phone number and class standing or title for verification will be discarded, Letters should be no longer than 500 words in length and typed.
The Mooring Mast reserves the right to refuse any letter, Letters may be edited for length, taste and errors.

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## WEATHER FORECAST

FRIDAY
SATURDAY
SUNDAY
MONDAY
TUESDAY WEDNESDAY THURSDAY

56
60
65
646
57

61

60

## COMPETITION CONTINUED FROM PAGE 1

is the campus that earned said Reese, "It was a huge the high rankings in this competition.
In order to enter into the competition, all of the waste that comes from PLU was picked up from each building, weighed, and sorted by hand.
"Everyone had a big hand in weighing all of the trash,"
group effort."
Student Leader of the ustainability Department Sean Andrascik has only been a member of the Department said he enjoys the involvement it brings with campus life.
"I volunteered last spring

## Students flock to F-Games


photos by emily uiterer
Pacific Lutheran students had fun in the sun during Foss Hall's annual all hall event 1-5 p.m. Saturday. The F-Games featured a Slip-n-Slide covered in shampoo, volleyball and a giant twister mat.

|  |  |  | Visting witers Sicind Sentinavian Center, 7 -9.9.m. |  |  | 5 |
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| 13 | 14 |  | 16 | 17 |  |  |
|  | 21 | 22 | 23 | 24 | 25 |  |
| 27 | $28$ | 29 | 30 | 31 |  |  |

## BRIEFS

## Norwegian Heritage Festival returns to campus

Pacific Lutheran University will host its annual Norwegian Heritage Festival Saturday from 11 a.m. to 3 p.m. on the main floor of the University Center.
Students can watch craft demonstrations and listen to music, as well as visit information booths, vendors and the Norwegian Cafe.
The Scandinavian Cultural Center on the lower level of the UC will be open for exhibit.

## Secret Service

members undergo investigation
Eleven members of the United States Secret Service are currently under investigation for misconduct while they were in Carategena, Columbia last week. The misconduct suggests that the Secret Service members were involved with prostitution, according to a report by Reuters.

SixSecretService members involved in the case have been fired while five other members are on temporary leave. Government officials continue to criticize the incident and seek more information in the investigation.

## Egyptian natural gas companies cut supply to Israel

Egyptian companies temporarily stopped natural gas supplies to Israel Sunday. Claiming that Israel broke the contract with Egypt, the Egyptian natural gas companies severed relations with the Middle East country.

According to a BBC article, Israel acquires 40 percent of its natural gas supply from Egypt. There is no comment whether gas supply will begin again after negotiations.

## Passenger

train crash in Amsterdam injures hundreds

Two passenger trains collided in Amsterdam last Saturday, injuring more than 100 people. A CNN article reported dozens of people required hospital attention after the crash,

The cause of the accident is still undetermined.

## Dead whale found on Washington state beach

A gray whale was found dead on the wes side of Camano Island in Washington state Sunday.

Though cause of death
is unknown, a stomach conducted o death the whale had fed on shrimp algae woody debris, pieces of rope and plastic, a golf ball and some flat spongy material. The amount of garbage eaten was not enough to cause the whale's death.

The whale's carcass was towed to a secure location at the Whidbey Island Naval Air Station to be studied by biologists and volunteers from Cascadia Research, Washington Department of Fish and Wildlife and the Central Puget Sound Marine Mammal Stranding Network.

## Marine discharged

 after Facebook post criticizing ObamaSgt. Gary Stein will receive a less-than-honorable discharge from the United States Marine Corps after criticizing President Barack Obama on Facebook

The post violated a policy put in place by the Pentagon, which limits the speech of active-duty military personnel. Under this policy, military personnel in uniform are not permitted to sponsor political clubs, participate in any TV or radio program or group discussion advocating for or against a political party, candidate or cause, or
speak at any event promoting a political movement

An attorney for Stein said he plans to pursue administrative appeals within the Marine Corps, though he anticipates the effort will fail

## Connecticut governor repeals death penalty

Connecticut governor Dannel P. Malloy (Dem.) signed a law Wednesday that ends the state's death penalty for future crimes, effective immediately

The same day, a poll from Quinnipiac University showed that 62 percent of registered voters in Connecticut still favor the death penalty for those convicted of murder and 47 percent of voters disapprove f how Malloy handled the of how Malloy handled the

With this bill, Connecticut becomes the 17th state to abolish capital punishment including the District of Columbia.
'Barack Ness
Monster' slowjams with Jimmy Fallon and the Roots

President Barack Obama joined Late Night With Jimmy Fallon Tuesday night in front
of a live audience at the University of North Carolina to "slow-jam the news."

In the segment, Obama discussed his reasons for asking Congress to stop an increase in interest rates on Stafford student loans, at one point calling out Congress on its failure to tax billionaires. Obama's speech was broken up by commentary from show host Fallon and musical commentary from the show's band, the Roots After a commercial break, Obama returned to the stage for an interview with Fallon. Late Night has previously done "Slow-Jam the News" segments with Brian Williams, anchor and managing editor of NBC Nightly News and Rock Center with Brian Williams.


Scan the QR code on your smart phone to see Obama slow-jam with Fallon.

Briefs compiled by Amanda Brasgalla and Amelia Heath

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## RECYCLING CONTINUED FROM PAGE 1

environment," said Environmental Health and Safety Manager Joe Bell. Bell defined hazardous waste as waste with any sort of physical or toxic characteristics, including items that are flammable, corrosive or oxidizers such as lubricants used by Facilities or antifreeze in the mechanic shop. Common household items such as fluorescent light bulbs, batteries and printer cartridges are considered universal waste and must also be recycled properly
"Fluorescent light bulbs, people might not know, but you just don't want to throw those in the trash because they contain just a minute amount of mercury," Bell said.

Last year, Bell said, PLU reduced the number of fluorescent light bulbs used, which he attributed to people turning off the lights in their offices at night.

Various boxes are located around campus to dispose of empty print cartridges. PLU Sustainability contracts the boxes with Cartridge World, who empties them and takes the cartridges to its facility to be recycled.

Bell said Sustainability is also trying to prevent pollution by making smarter purchases. PLU has gradually been switching to less hazardous materials such as latex instead of oil-based paint Green Seal certified cleaning produt and fewer fertilizers and pesticides than before. He said the department also tries to purchase chemicals in smaller amounts, so there is less potential for the shelf life to expire and potentially less waste.

We're also managing our waste in a way that we're not polluting the environment, and just managing it in a way so that it protects the planet," Bell said.


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## Footnote ${ }_{(\mathrm{PG})}$

Fri,Mon-Thurs $2: 10,4: 30,6: 50,9: 05$
Sat-Sun: 11:55am, *2:10, 4:30, 6:50, 9:05
Discussion willfollow SATURDAY'S2:10show!

## The Salt of Life ${ }_{\text {(NR }}$

Fri, Mon-Thurs: 1:45, 4:00, 6:20, 8:20
Sat-Sun: 11:45am, 1:45, 4:00, 6:20, 8:20

## The Kid With A Bike ${ }_{(\text {PGG-13 }}$

Fri, Mon-Thurs: 2:20, 6:30
Sat-Sun: 12:05, 2:20, 6:30
Salmon Fishing in the Yemen.
Fri, Mon, Wed-Thurs: 1:55, 4:15, 6:40,9:00
Sat-Sun: 11:40am, 1:55,4:15, 6:40,9:00
Tues:4:15,9:00
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# The best in the west <br> PLU renowned choir returns from tour, gives concert 

Alison Haywood COPY EDITOR
haywooaj@plu.edu
Not many ensembles receive a warm round of applause before they even came onstage. The Choir of the West's reputation alone was enough to impress its audience at its most recent performance.
After a five-day tour of Western Washington and Oregon, Pacific Lutheran's Choir of the West gave its homecoming concert in Lagerquist hall 8 p.m. Tuesday. The choir performed a wide variety of repertoire including classical, modern, popular and jazz pieces.
"Almost anybody could find something they would enjoy," said director of choral activities Richard Nance. "It [The program] has a lot of variety in it."
Per tradition, the Choir of the West opened and closed its set with signature Lutheran hymns, "A Mighty Fortress Is Our God" and "Beautiful Savior." The final piece brought tears to soprano senior Michelle Cipollone's eyes.
Oneoftheleastpredictable pieces they performed was the modern jazz piece "Weather Report." Although


PLU's Choir of the West and director Richard Nance accept a standing ovation Pher themiryirterer PLU's Choir of the West and director Richard Nance accept a standing ovation after their homecoming in Lagerquist Hall.
the lyrics were comprised of parodies of clichés and well-known poems, including "thirty days has September," the music was anything but conventional. Dissonant chords clashed on a background of familiar words and phrases syncopated almost beyond syncopated
"It's different and has a little bit of a groove to it, which 1 think COW can really pull off," senior Angela Conley said. First-year Michael

Plagerman described "Seid Fröhlich in Hoffnung" as "sufficiently joyous in color and texture that, were it heard internationally, the United Nations would be rendered unnecessary."
The Choir of the West sang some selections from the concert, including "A Drop in the Ocen"" and "Mop in the Ocean and Machet die Tore Weit earlier in the year for their fall concert and the American Choral Directors Association conference. Others, such as the PLUtonic/HERmonic
style pop piece "Ceils Planet" the group learned in time for the tour.

The Choir of the West tours every year, going abroad once every four years. Last year the choir went to France and Germany. This year they traveled throughout Western Washington and Oregon.
It will join forces with the University Symphony Orchestra and University Chorale May 15 for Professor of Music Greg Youtz's concert "Drum Taps."

# Columnist picks top 5 apps for college students 

Alex Domine

## ARE COLUMNIST

domineac@plu.edu
The digital age has put another world at our fingertips. Smartphones have invaded the college campus and are continuing to revolutionize way we finish tasks entertain ourselves and communicate.
From whence we came a society that waited to sit down at a desktop to check emails, calendars and play games, we now have 24 our access in our pockets.
There are now more than 500,000 apps on the Apple network. These are five that will prove to be the most worthwhile for a student absorbed in collegiate life.

## 5 livingsocial

With college students facing a lifetime of student loan debt, every cent counts. Living Social is a free app that sends you emails with discounts at local businesses from $50-90$ percent off. I got $\$ 50$ worth of business cards for $\$ 10$ dollars using Living Social.
The one danger here is startling new coupons from places you may have never knew existed. It's much like
an all-purpose department store. It makes you want things you never knew you wanted. However, Living Social may one day save social may one day save as business cards, school supplies or even books.


## Instagram

This app is a requirement for any smart phone with a decent camera. It takes the social media phenomenon and gives it artistic spice Instagram will take any picture and edit it faster than resetting the flash on a tragic '90s disposable Kodak.

Instagram is it's own social network. You can share your filtered photos with anyone who has the app on their own device. Be sure to take advantage of the features that link instagram to Facebook Twitter or Tumblr so you can share your photos on all your networks.

## 3

While Facebook already an incredibly popular app, Facebook messenger is an off sho that isn't as widely used. Facebook Messenger focuses on the chat feature
of Facebook and allows a user to communicate via Facebook message in real time. If the two people are communicating online, it become even faster than text messaging or imessage.

If you have the Facebook app, compliment your phone with Faceook messenger for an extra element of connection.

## 2 CLEAR

I was introduced to this app about two months ago and it has revolutionized all to-do lists that have ever ventured to challenge my schedule.

As college students, our fast-paced lifestyle is a formidabie opponent for any program or stationary set that seeks to organize our lives. Clear is an extraordinary app. Its simple interface allows the user to customize todo lists. You can have lists according to topic, day or category. The possibiiities are limitless.

Clear also allows you to create sub to-do lists that organize our cluttered that organ

If you're looking for the perfect way to sort out your life, download clear. The title is fitting.

## 1 Draw Something

Smart phones are making board games funsized. There are popular adaptations of classic games such as Scrabble and Monopoly for smart phones, However, I find Draw Something is the most functional, accessible and enjoyable.
The app connects users via Facebook or email to engage in long-running games. It's as if Pictionary had a an illegitimate child with charades and is now emerging through the digital age.
The user is givena prompt to draw with the touch screen, and the drawing is sent to another user to guess what they are trying guess what they are trying
to illustrate. My favorite advantage to this game is the advantage to this game is the
iack of commitment it takes lack of com.
to enjoy it.
If I find myself in a situation where I need to silently kill time, ITI $\log$ into Draw Something and continue a game where left off. When you guess an illustration accurately, the user is rewarded with the user is rewarded with 'points' that they can use to for more detailed pictures. It's simple and free - two of students' favorite words.

## Students perform Shakespearean plays in 90 minutes

Kelsey Hilmes<br>AIE REPORTER<br>hilmeskl@plu.edu

William Shakespeare wrote 37 plays in his lifetime. Now, Pacific Lutheran students will have a chance to see them all in one night.

Vpstart Crow will present The Complete Works of William Shakespeare: Abridged Friday and Saturday at $7: 30$ p.m. in The Studio Theater. The play is an hour-and-a half parody of Shakespeare's works.
"It's like no-fear-Shakespeare onstage," Director senior Abigail Pishaw said. "It's got a lot of modern references and a lot of Shakespeare references so it really appeals to any audience,"

Three cast members will perform the entire show, each of them playing a number of characters. The actors will remain anonymous at the director's request Pishaw said the secret identity of actors is an important surprise.
For identification purposes, this article will refer to the actors by their character names: Walter, Rita and Rick.

Originally written and performed by the Reduced Shakespeare Company in 1987 the play was re-released last April with updated pop culture references

Complete Works references Shakespeare's best-known plays, including Romeo and Juliet, Hamlet and Macbeth. True to Shakespeare's style, cross-dressing will be prominent in this production.
"I play a guy mostly so that's interesting," Rita said. "Just going through different characters is challenging because most of the characters are only onstage for a couple of minutes.

Taking on Shakespeare is no small task, Rick said.
"Works of William Shakespeare are obviously some of the greatest works in the world," Rick said. "The ambition of the show is to capture all of that greatness and literary genius."

When rehearsals began in March, Pishaw focused on collaboration. Having taken PLU's directing class, she said she wanted to emphasize the importance of having fun to the actors.

We start right off playing, and it just progressively gets funnier and funnier,"
Pishaw said. "They're a brilliant trio of actors, so I trust them. They bring a lot to the rehearsal process."
Shakespeare's work covers a variety of genres, but cast members said Complete Works will be mostly furny,
"I think it'I be pretty well received," Walter said. "We all have experience with comediestuff, and this piece is really light.' Audiences should anticipate a lot
and of surprises. Pishaw said audience participation is a big part of the show. The actors may even pull audience member onstage. Tickets will cost $\$ 3$ at the door.
"I hope they [audience members] realize Shakespeare is fun," Rita said. "It's not just big words and long speeches."


Alias "Rick" plays Hamlet in The Complete Works Wilam Shakespeare: Abridged, which plays Firday and Saturday in the studio theater at $7: 30$ p.m

## PLU community continues to support Hebrew ldol

by uniting variety of campus departments

Jessica Trondsen
OP-ED EDITOR
trondsjk@plu.edu

An expansive multimedia team, 80 students and faculty members, two hosts and a panel of judges came together Thursday night in the CK to bring one professor's vision to fruition: Hebrew Idol.

Students in Assistant Professor of Religion Antonios Finitsis' Religion 211 course applied modem-day relevance to the Hebrew Bible by writing, acting, filming and editing tenminute video reinterpretations of biblical text.
The filmographers then vied against one another in an online voting competition. The three videos with the most votes were presented Thursday at a live finale, where faculty judges declared a winner.
A record-breaking 210 votes were cast this year. The video "Joe Nalone and the Muggles' Potion," by senior Thomas Nelson, sophomore Maura Winter and junior Brendan Meehan won first place.
"We chose two things that no college student could refuse: coffee and Harry Potter,"


OtO COURTESY OF CLAYTON BRACH
Senior George Culver (right) emcees with alumnus Kyle Sinclair (left) while introducing Hebrew Idol 2012. Sinclair never took the Religion 211 class, but has participated in past video submissions as the character Absalom. The videos produced for Hebrew Idol allow students to gain a "real emotional bond to their work," Sinclair said.

Nelson said.
"The interviews with the student "The Good Life" won filmmakers, a showing of
second place and "Anything the top three videos and the but Tammy" took third An Excellence in took third. An Excellence in Production award
went to "Oh, the Weakness of Men."

The event, hosted by senior Sean Andrascik and junior Christney Kpodo, featured a string quartet, red carpet
the top three videos and the use of a TriCaster to provide live streaming of the event in progress.

Finitsis said this was the event's first year in the CK, which allowed more room.

We keep upping the ante. Each year it grows and grows,"

Finitsis said.
Now in its fifth year, what started as a video assignment in Finitsis' Religion 211 course turned into a campus-wide event when the submissions "were too good to keep in the classroom," Finitsis said. "They're really worth looking at. I thought we ought to acknowledge the work."
Hebrew Idol is a grassroots movement that began as a one-man show, but is now a production that requires at least
people to put on, Finitsis said.
This year's judges, dressed as different characters from Biblical stories, were Visiting Assistant Professor of Religion Brenda Llewellyn Thssen, Professor of Philosophy Erin McKenna, Assistant Professor of Chemistry Justin Lytle, Associate Professor of Religion Suzanne Crawford O'Brien and External Relations Coordinator MaryAnn Anderson.
"I think it's wonderful that he [Finitsis] does it. What I learn from Hebrew Idol is that you can take emerging technologies and pair them with outstanding pedagogy and current scholarship and students will learn," Ihssen said. "I think Hebrew Idol challenges other
professors to be creative in the classroom too."
Hebrew Idol recently won the NWACC Award for Innovation in Educational Technologies. Next year, instructional technologies team master Nick Butler said he hopes Hebrew Idol will be broadcast in HD.
"We're at the forefront," Butler said. "Every year we come back and reach for those stars. Sometimes we land on the moon, but we get out there."

The course, Religion and Literature of the Hebrew Bible, is offered both fall and spring semesters. Planning for Hebrew Idol begins every October with the creation of graphics for the event. The process continues until April when online voting ends and event details are finalized. A website, Facebook page and flyers routinely advertise the event.
Finitsis says he will keep putting on Hebrew Idol for the students.
"Each year they keep surprising me. They do excellent work," Finitsis said. "Whatever I expect, they're going to exceed it. They have amazing ideas. The least I can do is recognize it."


# Foodie on a Mission 

Anonymous food critic indulges taste buds
with a touch of teriyaki, a bite of sushi maybe ... sushi?
If you're looking for something new or you just love sushi, then I have a new restaurant for you.

From PLU's campus, drive 10 minutes south down Pacific Avenue and you'll find Umaific Avenue and yento on your right, a Umai Bento on your right, a
teriyaki and sushi restaurant teriyaki and sushi restaurant
that seeks to please your that seeks to please your
Asian cuisine needs. Umai Asian cuisine needs. Umai
combines a menu of common combines a menu of common
teriyaki and sushi items with more than 100 food options to choose from. Take your pick of sushi, yakisoba, fried rice, Umai rolls or a combination of your choosing.
For novices in sushi vernacular, the Umai Tow Choice Bento allows for customers to choose the sushi and teriyaki of their choice.
Customers can start off the meal with complimentary
miso soup and relax while listening to classical music in the background. Umai gives off a clean, laid-back vibe with its wood floors and choice of booths, bars or tables. The staff is friendly and attentive, so expect a welcoming and quick wait before your entrée. Placed in a neat, sectioned plate, the Sushi Bento comes with a choice of meat, choice of sushi rolls, salad, two piles of rice and toppings of ginger, wasabi and orange slices to apply as you wish. The options appear endless for those who wish to experiment with either the spiciness of wasabi or the tanginess of ginger.

The California roll gives customers a crunch of seafood with the freshness of avocado and steamed rice. If you're looking for vegetarian options, try the avocado roll, a simple but satisfying take on sushi. While the pork teriyaki leaves
you satisfied, it does not treat your taste buds to high cuisine. A complimentary scoop of light and refreshing green tea ice cream follows the meal, so leave a little room for dessert. For a college students' budget, Umai provides a great opportunity to spend wisely and eat well. Prices range from $\$ 3-28$ based on your order. Lunch prices remain around $\$ 7$ and sushi and appetizer packages can be much cheaper.

Most of the food can feed one to two people depending on food intake, so leftovers are always possible.
So for those willing to get off campus and try something off campus and try something
new - or perhaps something new-or perhaps something teriyaki fix at this Spanaway Bento. Umai Bento offers great food and allows you to choose different options and experiment with new foods.


## Map to Umai Bento

17306 Pacific Avenue South


## verdictsiponsi Lapo responsible for

 theft of Pacifc Lutheran University property April 23, following an article in The Mooring Mast in which she admitted to having once taken food back to her room from one of PLU's all-you-care-to-eat dinner swipes. However, as Lapo argued in her hearing, taking food from a dinner swipe was not defined as theft in any documentation at the time of her charge.

Editor's Note: The Mooring Mast editorial board published an editorial on April 13 reflecting its dissatisfaction with the Student Conduct charges levelled against Lapo. Our

That was the verdict Student Conduct delivered sophomore Kristiana Lapo-conduct's way of saying

Lapo had assisted the March 23 Focus section in a story regarding the rising theft rates in Old Main Market and the University Center cafeteria, titled "PLU students swipe without swiping." In an effort to provoke thoughtful inquiry and discussion, the Mast attempted to include as many opinions on the subject as possible. Director of Dining and Culinary Services Erin McGinnis was one of the primary sources and shared valuable insights into her
But there was one area of contention: all-you-care-to-eat dinner swipes. Lapo and other students argued that since a dinner swipe costs $\$ 10.75$ per dinner, students ought to be allowed to take food back to their rooms. In an effort to share her perspective, Lapo asserted it is impossible for her to consume almost \$11 worth of dinner, so she did not see the harm in leaving with a bowl of cereal or something

Student Conduct charges were swift. In less than a week, Lapo was informed she was being charged with

The narrative of the conduct procedures are extensive, but the plot ends with Lapo being found responsible for


According to all meal agreement forms and dining signs posted as of April 20, there was no policy related to taking food from PLU dinner swipes. Prior to Lapo's April 20 hearing, all

From the Traditional Hall MEAL PLAN REQUIREMENT: PLU'S Board of and meal services separately during the aca accommodations at PLU (except those living automatically contracted for the Lute Choic to request a different meal plan, consult th (www.plu.edu/diningandculinary/). Student Dining \& Culinary Services office at (253) 53 documentation ran contrary to Student Conduct's finding. To be found guilty of a crime, there must be regulations restricting action. Here is the evidence:

Students are encouraged to take a reasonable amount of food - "take what you want, but please eat what you take." By not over-portioning and creating nutritionally balanced plates, we are taking one of the biggest steps towards reducing waste. Most of our business comes at peak meal periods and our chefs are preparing food in smaller batches to offer you the best quality and freshest food possible. If you would like additional food, you are welcome to go back for seconds after you have eaten your initial serving. Don't forget that these meal periods are Unlimited Access - you can come back into The Commons as many times as you'd like, so come back later or when there are less lines.

- Taken from an FAQ on Dining and Culinary Services' website April 18,


Wednesday, April 18
Tuesday, April 24

> AT THE TIME OF LAPO'S CHARGE AND HEARING, THERE WAS NOTHING POSTED REGARDING TAKING FOOD FROM UC DINNER SWIPES. AFTER HER "RESPONSIBLE" CONVICTION AND SUBSEQUENT PUBLICITY,SIGNS APPEARED. BEFOREHAND,FOOD REMOVAL POLICIES HAD BEEN LIMITED TO WORD OF MOUTH.
ousing Guide, 2012-2013
egents has determined it is not feasible to offer housing mic year. Students contracting for housing I South Hall at the time this contract is submitted) are neal plan. For descriptions of available meal plans and/or lining and Culinary Services webpage equiring special accommodations should contact the
7472 . 7472.

THERE IS NO DOCUMENTATION IN ANY PLU POLICIES OR PROCEDURES THAT SPEAKS TO TAKING FOOD FROM THE ALL-YOU-CARE-TO-EAT DINNER SWIPES.

2012-2013 Meal Plan Choices

## mast-check verdict:

Student Conduct found Lapo guilty for an offense that did not exist. Echoing The Mooring Mast editorial from April 13, this Mast-Check confirms there was no documentation of any policy regarding taking food from the UC at the time of Lapo's citation from Student Conduct.

## Textbooks cramping your style? <br> 



## amazon <br> amazon.com/sellbooks <br> 

Download the Amazon
Student app and check trade-in value instantly

# Wandering sole: bis worda, small buajet Keep audience's attention <br> Pair photos with food, souvenirs 

Jen Jepsen
GUEST TRAVEL COLUMNIST
jepsenjk@plu.edu


What's the one thing guaranteed to bring people to an event no matter how boring the event sounds? Free food.
Apply this theory
to sharing your travel experiences and you'd experiences and y
be surprised how many people are.ready many people are-rea
to hear your stories. to hear your stories.
It's a tough but true fact: Few people are as excited about your trip as you are. You've had the chance to see beautiful places, make new memories and meet interesting people, but you'd be hard-pressed to find someone interested in every detail.

To make your travel experience more relatable, keep your audience in mind and keep your method of sharing short, unique and memorable.

First and foremost, limit the number of pictures you showcase to the top 15 or 20 . Ever had to sit through a friend showing you all 300 of his or her trip photos image by image?

After about 50 I'm begging for mercy. By highlighting specific memories or places, you can keep an audience's interest and leave him or her wanting more. Spicing up the variety of images will also help to show different aspects of your trip.

In the same vein, blog entries should also be kept short and updated often to retain

## April 20 corrections

MaryAnn Anderson was incorrectiy referred to as Mary Andersan on the front page article, "Lutes give Andersons farewell salute."
2. The pull-quote on page 3 should have been attributed to Jennifer Smith, not Jennifer Warwick, in the article "Psychology professors offer insight an women's mental health."

ANSWERS TO THE APRIL 20 CROSSWORD

interest. Blogs are a beloved tool of travelers for sharing trip updates, but too often entries are longer than necessary and full of an overload of details
Anecdotes, photos and snippets from daily life make for the best reading material to keep people returning and commenting on your posts.
Check out travelblogs.com for some great examples of engaging travel stories as models or check out my favorite site: StopHavingABoringLife.com.

Finding a way to make your travel experience tangible for others is another great way of engaging your audience. Did you drink a lot of great tea in China? Bring some back to share. Fall in love with the local music of Mexico? Get an instrument your friends can play with.
Bringing a piece of your trip home offers a unique starting ground for conversation while getting your family and friends more genuinely excited to hear your stories.
Being strategic about the way you share your travel experience can make or break your audience's attention.
An overload of details and photos can have friends running for the door, while staying brief, unique, surprising and full of personal stories will pique their interest for more.

It's a tough but true fact: Few people are as excited about your trip as you are.

## CLASSIFIEDS:

Your classified ad could appear here in the May 4 issue of The Mooring Mast. Contact mastads@plu.edu for more information.

## HOUSING

Rooms for Rent - 1 Block from upper campus. Rooms start at $\$ 400.00$ and includes washer/ dryer, plenty of parking, fenced back yard. Individual rental agreements include lawn maintenance and all utilities - electric/ gas, water/sewer, garbage/recycle, and cable. Perfect for group or individuals. Call for showing
253.988.3414.

1516 Wheeler Street South: 4 Bedrooms, 1 Bath, New gas furnace,
vinyl windows, washer, dryer, dishwasher, microwave, selfcleaning oven, covered patio, fenced back yard, hardwood floors computer network, and plenty of off-street parking. \$1,500 per month. Rent includes: Garbage, Recycling, and yard care.
Contact Dave Carlson carlsode@plu.edu or 253-531-5966.

Perfect student rental just 2 blocks from the Admin Bldg! 5 bdrm, 2 bath home with washer \& dryer has fenced bk yd \& lots of parking. Available June 1st. -- \$1500 month + utilities. Call Dave Peterson at 253-222-8480 or email davepeterson@ betterproperties.com.

A socalled
"fat tax"
could
be a
solution
to raise
money
for the
United
State's
debt
crisis
as well as slow the obesity epidemic.

This could mean that foods high in fat would have a tax to promote healthy eating.

Health promotion research group director Mike Rayner at the University of Oxford said last week in a BBC interview the United Kingdom should follow the example of Denmark and France, which have already implemented a tax on foods high in saturated fats.

In October 2011, Danish people began paying $\$ 1.29$ per pound of fat for any foods with saturated fat content higher than 2 percent.

In May 2011, the United States' national debt reached \$14.29 trillion, forcing Congress to evaluate possible solutions to the debt crisis.

The compromise was to raise the debt ceiling to $\$ 15$
trillion but was changed to \$16 trillion in January 2012. The government also agreed to cut spending by $\$ 2.4$ trillion in the next decade with an initial $\$ 900$ billion cut this year.

Approximately 70 percent of adults and 36 percent of children are overweight or obese in the United States, according to the U.S. Center for Disease Control and Prevention.

A "fat tax" could be a way to combat this growing issue. Currently, there is no possibility of a bill being passed because many people do not want governmenta controls on the economy. They say the problem will eventually solve itself.

The tax would also affect major food corporations, which have the power to use influence to prevent a bill from passing in the interest of business.

A negative aspect of this tax is it would increase the price of unhealthy food, but would not make healthy food cheaper. Critics question whom this would affect the most. The average person with a limited budget would struggle to pay for food.

Even if the United States does not create a "fat tax," this is an example of a possible solution to prevent the obesity epidemic from getting even worse and keep the debt ceiling from caving in on the economy.

Students: Commute to downtown, UW Tacoma, PLU, UPS. Close to campus: bus line and 56th and Pacific. Includes W/D, off street parking, large closets, Electric, water and garbage included, $\$ 600$ per month. Only serious inquires. Call 503-380-0531 Email campus65417@ mypacks.net Financial references required. 2 rooms available in shared house. Available May 1st.

The Mooring Mast now offers classified ads for $\$ 6$ per 50 words. Payment is only accepted through a check, cash or plu account number. Contact Alexis Briggs at mastads@plu.edu for more information or to place an ad.

# SIDEWALK talk 

What is your favorite app?

"My favorite app would probably be Star Watch. Even if it's cloudy, you can still see."

Ignas Kazilas, junior

"I don't know what apps are really."

Nathaniel Youmans, sophomore

"Draw Something. I play it with my friends who are in college or high school."

Julia Glassy, first-year

"MyTuner, because it's so handy and it's free."

Hannah Davidson, sophomore

##  <br> Low student turnout at event validates criticisms

Emily Biggs
PHOTO EDITOR
biggsec@plu.edu


Kony 2012 is a campaign by Invisible Children to "spread awareness about Joseph Kony and have him arrested for his horrible crimes against humanity," according to Pacific Lutheran University's Facebook event page. My issue does not lie with the misguided information by the campaign's videos, websites and PSA's, or the bad publicity it has gained through leaders making poor choices, but rather the action of going out to Cover the Night - or should I say, a lack thereof
When I received an invite for the PLU Facebook group for Cover the Night, I had already watched the viral Kony video and was well versed in the
inaccuracies associated with Invisible Children and the Kony 2012 campaign to "support the idea, not the man." Soon after the campaign surfaced, criticism followed. Faithful followers defended their cause, claiming that despite the disparagement, they would make a difference through viral awareness and action

Timelines and profile pictures were covered in red Kony images, and statuses by my friends who were attending Cover the Night in their respective cities and college campuses plagued my Facebook page. It seemed a revolution had been ignited in a matter of hours and change was on the horizon.

While I was not supportive of Invisible Children or the Kony 2012 movement, I found it refreshing that so many people were so passionate about a cause and were pledging to participate to make a difference in their communities by spreading awareness and taking action. Perhaps this wasn't so bad after all.

The day after the Cover the Night event at PLU, I talked to a friend who was heavily involved in its planning. He said that, of 1,000 who were invited to participate and the more than 100 students who pledged to attend, a whopping 10 students showed up to
put up posters and use sidewalk chalk around campus.

This instance of armchair activism was not surprising, but I had hoped that there would be some activity after all the hype.

The small turnout showed that students who could spare seconds out of their day to repost a video or share an article on their Facebook page could not take time out of their weekends to support a cause that they were so passionate about once upon a time.

Posting a status and changing the world with 'likes' will not occur unless there are actions to back up all the talk that happens on the Internet.

Similar cases showed up around the globe. The Facebook event for Cover the Night: London had almost 3,000 likes with 1,300 people pledging to attend in the city of Reading. According to The Guardian, Birmingham has mustered the support of just 35 people, with a mere 14 in Norwich."
I commend the students who ook time away from their laptops to support a cause that they felt so passionately about
However, the lack of follow through on the part of Kony 2012 supporters did nothing but validate the criticisms of others.

## Universal Crossword




Baseball
Upcoming Games
Apr. 28 vs. Pacific, noon
Apr. 28 vs. Pacific, 3 p.m.

Softball
Upcoming Games TBD

Men's Lacrosse
No Upcoming Games

Men's Tennis
No Upcoming matches

Women's Tennis No Upcoming matches

# Athletes set personal records at conference championships 

 Men's track and field team places 3rd, women place 7th
## Allie Hamiton

GUEST REPORTER
hamiltam@plu.edu
It was a big weekend for the Pacific Lutheran track and field team.

The men used their home field advantage to take third out of the eight teams in the conference. The women struggled to place seventh.

The weather provided ideal conditions with 60 degrees with clear skies.
Almost every member of the throwing team achieved a new personal record.
Thrower sophomore Kyle Peart earned a new personal records in all three of his events.

He placed first in the hammer throw with $182^{\prime} 7^{\prime \prime}$ and second in the shot put with $51^{\prime} 6.5^{\prime \prime}$
Peart was followed in the shot put by teammates senior Mike Vavricka and junior Ryan Ransavage who placed third and fourth respectively.

Ransavage also hit a new personal record of $151^{\prime} 4^{\prime \prime}$ in discus, taking third.
"Everything we do is to prepare for that meet so I knew there would be a lot of PRs [personal records], just not that many to that magnitude," throwing coach Dan Haakenson said.

Thrower sophomore Sam Potter beat his personal records in the hammer throw and discus, placing third in shot put and first in discus with a mark of $136^{\prime} 6^{\prime \prime}$

Junior Jorgina Moore beat her personal best by $15^{\prime}$ in the hammer throw, her mark of $145^{\prime} 3^{\prime \prime}$ earning her fourth place.

PLU picked up points in women's javelin with a one-two-three finish

First-year Chelsea Nelson placed first with $126^{\prime} 8^{\prime \prime}$ followed by teammates senior Ayla Mull and sophomore Stephanie McFarland.


Sprinter and hurdler senior Barrett Bollen receives a kiss from running coach Heather Kreier after placing first in the 400-meter dash decathlon during the Northwest Conference Championship at PLU Friday. Bollen finished with a time of 51.61 .

First-year sprinter and fumper Marqui Makupson got a new personal record in the triple jump. He placed first with a mark of $45^{\prime} 7.75^{\prime \prime}$

First-year sprinter and jumper Emanuell Sloan got personal records in all of his events. Sloan placed eighth in the 200-meter dash and second in the long jump, just $.25^{\prime \prime}$ shy of first place.

Senior sprinter Barrett Bollen won the 400 -meter hurdles in a photo finish

SEE T\&F PAGE 16
"Everything we do is to prepare for that meet so I knew there would a lot of PRs [personal records]. Just not that many to that many magnitude."


# A West Side Story 

## Pacific Lutheran athletics suffer on national scale for geographic location

## Nathan Shoup <br> SPORTS REPORTER

shoupna@plu.edu
The relationship between Pacific Lutheran athletics and the National Selection Committee is anything but friendly.

The Northwest Conference champion in any sport receives an automatic bid to the national tournament. The national selection committee is then left to determine if the conference runner-up is worthy of receiving an at-large bid to the national at-large bid
Since 2009, seven PLU teams have been in contention for a highly sought after atlarge bid, finishing second or sharing a conference championship. This year's volleyball team is the only team to receive a bid.

## How it works

Division III national tournament participants are tournament participants
divided into three pools.

Pool A teams are teams that win their respective conference tournaments. Depending on the conference or sport, some conferences don't have a postseason tournament, an example being NWC baseball. In cases such as these, the regular season conference champion is the automatic qualifier.
Pool B teams are the independent schools that the national selection committee determines to be worthy of a national tournament appearance. Champions of non-qualifying conferences also fit into Pool B.

Non-qualifying conferences are those that don't have enough teams according to the NCAA to receive a Pool A bid. Non-qualifying conference champions are rare in the national tournament.
"Mostly it [Pool B] is just independents," Pacific Lutheran Sports Information Director Nick Dawson said.

There are currently only five independent Division III universities in the country. This excludes Chapman University, which is currently transitioning from an independent to the Southern California Intercollegiate Athletic Conference.
Pool C teams include, but are not limited to, those that have finished second in their respective conference tournaments or conference regular season.


The 2010 Pacific Lutheran volleyball team did not receive a bid despite their 19-7 record and placing second in the NWC.

The number of teams did not receive an at-large bid competing in the national in 2009 despite finishing 31-9. tournament and number of each type of bid vary by sport. In the 2011 national baseball tournament, 55 teams participated. Pool A consisted of 38 teams, Pool B consisted of two teams and Pool consisted of 15 teams.

In the 2011 national football tournament, 32 teams competed. Pool A consisted of 25 teams, Pool B consisted of one team and Pool C consisted of six teams.

All Division III universities are broken into eight regions: Central, Mid-Atlantic, Mideast, Midwest, New England, New York, South and West.

Each region has a selection committee made up sports officials: coaches, sports information directors and athletic directors, from the conferences within the region.

The selection committee submits final rankings to the national selection committee, which is made up of a member from each committee and a chairman.

The national selection committee uses the final rankings to help them decide who will be Pool B and Pool C teams in the national toumaments.

## PLU teams that

have been snubbed
As co-champions of the NWC, the PLU baseball team

The Lutes traveled to George Fox to determine who would receive the Pool A bid from the NWC and lost 24-6. "I think that had we lost that
game by eight or fewer runs even we would have gotten in," said infielder senior Corey Moore who was a first -year that season. "The fact that we lost by double digit runs probably kept the selection committee from putting us in." In

In 2010, the baseball team was once again in the running for a Pool C bid. Finishing the season 30-10 and ranked in the top 25 in the nation, the Lutes were left at home.
Leading the NWC the whole season, the Lutes took a one-game lead into the final series of the season. Linfield swept the three game series with the Lutes and claimed the Pool A bid.
Arguably the biggest snub in the past three years came in 2010 when the Lutes volleyball team finished in a second place tie in the NWC with a 19-7 record.
That year, the Lutes tied with the University of Puget Sound, whom they had beaten two out of the three times that season. UPS was given a Pool C bid. The Lutes were not.
The football team finished its 2010 campaign 8-1 their lone loss coming at the hands of NWC champion Linfield.
"I think we are looked over because where we are located."

## Sten Koos

[^0]Trailing by one score in the fourth quarter, the Lutes muffed a punt in their own territory, which Linfield was able to recover. The Wildcats scored and put the game away on their ensuing drive.
"I think we were looked over because of where we are located," said alumna Sten Koos, who was a senior FirstKoos, who was a senior first-
Team All-NWC offensive tackle that year. "It was easier for the committee to put teams in the toumament that were

## closer together.

Last season, the softball team finished second in the NWC with a $31-13$ record including delivering one of only three loses to conference champion and eventual national champion Linfield.

The NWC did not offer an at-large bid to the Lutes.
"In numerous sports, since the NWC became a full Division III member in the fall of 1998, I can count multiples of teams, probably 15 plus teams that probably were considered for postseason play and I feel should have gotten in, but did not get in," Dawson said.-
Why the snubbery? Money,
According to the 2011-12 NCAA financial statements,
located west of the Mississippi River.
Schools in a particular region vary by sport, but in baseball the West Region includes schools as far east as Louisiana and Minnesota.
The vast amount of geographic space covered by the West Region explains why PLU has been left out of several national tournaments.
"The problem for us when it comes to postseason play it's travel considerations, said Dawson.
Dawson said the committee seemed more likely to choose a nearby team than spend tens of thousands of dollars to fly a Pacific Northwest team across the country.
Depending on what happens this weekend, the baseball team may find itself hoping for a Pool C bid. Fortunately for the Lutes, they would travel the easy three hours to McMinnville Ore, as opposed to jumping on a plane.
lowa and Texas are the furthest west first round destinations for softball this season. If the Lutes were unable to capture the Pool A bid last weekend, they would have been at the mercy of the selection committee despite
"The problem for us when it comes to postseason play, it's travel considerations.'

Nick Dawson
PLU Sports Information Director
the Division III operating budget will total $\$ 25$ million, which is 3.18 percent of the total NCAA budget. Of NeAA budget.
Of the eight regions, the
West Region is the only is
being ranking No. 5 in the country most of the season. The committee would have needed to decide if it wanted to fly the entire PLU softball team to either of those sites.


The Pacific Lutheran football team lost only one eame photo bu teocharles postseason bid after finishing second to Linfield in 2010.

# SOFTBALL WINS NORTHWEST CONFERENCE CHAMPIONSHIP 

## Lutes take down defending champions, earn bid to nationals



The Pacific Lutheran softball team storms the pitcher's mound surrounding pitcher senior Stacey Hagsenen as a Linfield player watches after the final out of the game at Del Smith Stadium Sunday. The Lutes won 3 of 4 games in the Northwest Conference tournament, earning them an automatic bid to nationals.


MOTO COURTISY OF MARK HATLEN
Pitcher senior Stacy Haqensen winds up against Unfield Sunday2. Hagensen dominated the Linfield Wildcats last weekend In the last game of the toumarment, Hagensen went seven innings, only giving up two hits and striking out three.

## Allie Hamiton <br> GUEST REPORTER hamiltam@plu.edu

The Pacific Lutheran softball team secured a spot in the May 11 regional tournament by taking down former conference champ Linfield last weekend.

The tournament featured the top four in the conference and was round-robin style with double eliminations. The Lutes played four games total, winning three.
PLU beat both Willamette and Linfield Saturday. George Fox lost twice and was eliminated.
Sunday morning, Linfield knocked Willamette out, leaving PLU and Linfield to battle it out for the title.

The historic rivalry between the two teams set the stakes high. Both are nationally ranked and cross paths frequently.
As the defending Division III national champion, Linfield is ranked first in the nation.
PLU finished second in conference last year, but did not receive a bid to play in the postseason.

The contenders faced up The contenders faced up
twice Sunday. In the first twice Sunday. In the first
game, PLU had control for game, PLU had control for
most of the game until the last most of the game until the last inning. PLU was ahead $2-0$ with two outs when Linfield hit a homerun, bringing in three runs. The final score was 3-2 in favor of Linfield.
At that point, each team had lost once, leaving the decision to the last game.

PLU came out strong in Sunday's second match up.
"We got two runs right away in the first inning, which gave me confidence to go out and pitch," pitcher senior Stacey Hagensen said.
Hagensen pitched well, allowing Linfield only two hits and no runs.
"The seventh inning seemed like it lasted forever," Hagensen said. "You could tell that everyone was like 'Oh my gosh we're gonna do it!
PLU won 3-0, resulting in a celebratory frenzy at the pitcher's mound.

The Lutes are confident about the rest of the postseason. We feel like we just discovered air," catcher sophomore Katie Lowry said. "There's nothing we can't do."

## BRRIEFS

Justin Buchanan
SPORTS EDTTOR
buchanjj@plu.edu

## Baseball team could become NWC co-champions

The Lutes face off against Pacific this weekend, but it's more complicated than that. If the Lutes sweep the Boxers and Whitworth loses one game to Whitman, the Lutes will become co-champions of the NWC.

This situation was set up after the Lutes won all three of their games against Lewis and Clark last weekend.
PLU won two games 11-1 and 11-2 Saturday and a third 9-8 Sunday. The Lutes are now $23-11$ overall and $15-6$ in NWC play. They are $15-6$ in NWC play. NWC.
in third place in the NW

## Lute Golfer earns

 Men's Golf Player of the Year honorsPacific Lutheran golfer Pacific Lutheran
golfer
sophomore received multiple honors.

This season Hegge earned the highest point total in the NWC.

He placed in the top three in the Fall Classic, Spring Classic and the Northwest Conference Championship.

Women's golf places 7th in season finale

The Pacific Lutheran women's golf team earned a seventh place finish in a seventh place finish in the Northwest Conference Sunday.

Kristina Norlin was PLU's top golfer. Norlin shot rounds of 90 and 88 and finishing 24th overall.
Whitman upset No. 5 George Fox to take first place.

## Rowing finishes 5th at NCRC Championships

The Pacific Lutheran men's rowing team finished fifth of 12 at the Annual Northwest Collegiate Rowing Conference Championships at Dexter Lake Saturday.
Western Washington won the men's team title with 78 points. PLU earned 25 points.

The Lutes end their season next weekend at the WIRA Championships held at Lake Natoma outside of Sacramento, Calif.

## Basketball head

 coach Dickerson announces awardsSenior James Conti and junior Cameron Schilling were awarded captain's awards for their play in the 2011-12 season.

Sophomores Arvid Isaksen and. Cameron Resiters were both named the most improved players for the 2011-12 season.

Conti also earned best defensive player honors. Conensive player honors. most career steals with 184 .


FIRST PLAGE FINISHERS
SAMANTHA POTTER
136-06 IN DISCUS
CHELSEA NELSON
126-08 IN JAVELIN
BARRETT BOLLEN
55.80 IN 400 METER HURDLES

MARQUI MAKUPSON
45-07.75 IN TRIPLE JUMP
KYLE PEART
182-07 IN HAMMER THROW
BARRETT BOLLEN
51.61 IN 400 METER DASH DECATHLON

## BARRETT BOLLEN

4:21:59 IN 1500 METER DASH DECATHLON

## T\&F CONTINUED FROM PAGE 13

with a time of 55.8 seconds. Junior sprinter Jeffrey Tolman placed fourth in the 110 -meter hurdles in 15.91 seconds.
Senior sprinter Orion Bras finished second in the 400 -meter dash with 49.52 seconds. Junior Davey Fisher placed third, not far behind
"We left everything out on the track."
Alan Bell
sprinter, first-year

Fisher said.
First-year sprinter Alan Bell placed fifth in the 110 -meter hurdles and sixth in the 400 hurdles.
"It happens to the best of us," Bell said. "The times he [Fisher] is putting up are amazing, but you gain more respect by getting up and finishing than getting a fast time."
Bell and Fisher, along with Bras, were also members of the $4 \times 400$ meter relay team, which placed second.

The $4 \times 400$ relay is the last event of the meet and is
considered the most exciting by many. The crowd seemed to double in size as everyone craned to get a view

The Lutes ran a tight race but George Fox pulled ahead in the last stretch.
As the anchor for the Lutes, Bras made up a lot of time to secure second place. He pulled his hamstring in the process.
His teammates commended
his sacrifice. did great," Fisher said of Bras. "We left everything out on the track," Bell said.



[^0]:    Alumna, football offensive tackle

