



A&E:  
Review: Taylor Swift's  
"1989" pg.5

SPORTS

Lutes take historic 56-14 win over  
Willamette pg.11



PACIFIC LUTHERAN UNIVERSITY  
**THE MOORING MAST**

OCT. 31, 2014

<http://mastmedia.plu.edu>

VOLUME 91 ISSUE 6

# Mole Day explodes into action

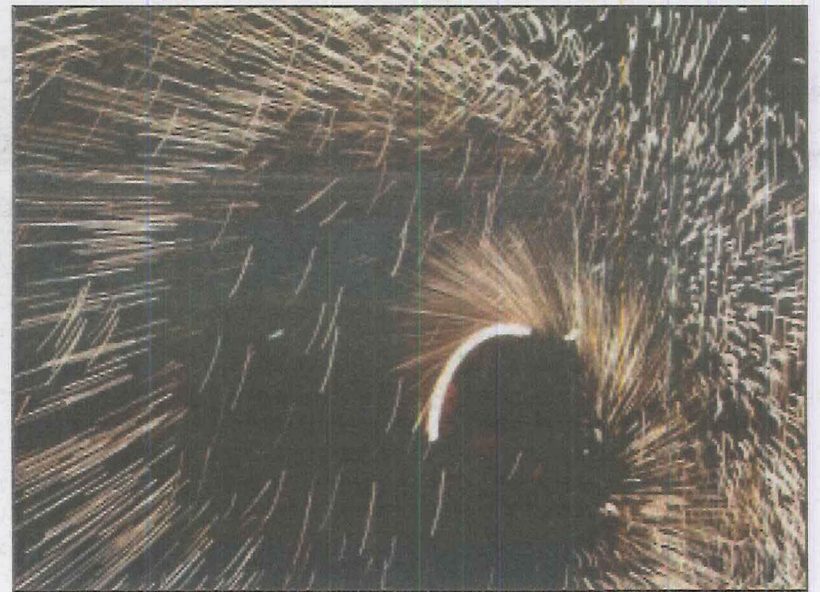


PHOTO CREDIT: GENNY BOOTS (ABOVE) AND MILES RADFORD (RIGHT)

Pacific Lutheran University hosted a Mole Day Eve celebration Oct. 23. The PLU chemistry department and Chemistry Club worked together to put the event on for students to celebrate chemistry. The events included chemistry experiments, making sweet treats like caramel apples (above) and, of course, blowing things up (right). Mole Day is celebrated annually at PLU and worldwide in honor of Avogadro's Number  $6.022 \times 10^{23}$ , which is a basic measuring unit in chemistry. Mole Day was created to foster an interest in chemistry.

## "Sweet Dreams" inspires PLU students

By NATALIE DEFORD  
News Writer

The Pacific Lutheran University community had the chance to experience something sweet on Tuesday night, both with film and with ice cream.

The Holocaust and Genocide Studies program's fall event served in remembrance of the 1994 genocide in Rwanda by screening the film "Sweet Dreams," followed by discussion and an ice cream social.

"Sweet Dreams" is a documentary by Rob and Lisa

Fruchtman about the only all-women drumming troupe in Rwanda. The women in the drumming troupe open their own ice cream shop in Rwanda after partnering with some businesswomen in Brooklyn. All this is done while the women in Rwanda continue to deal with the many challenges of life post-genocide.

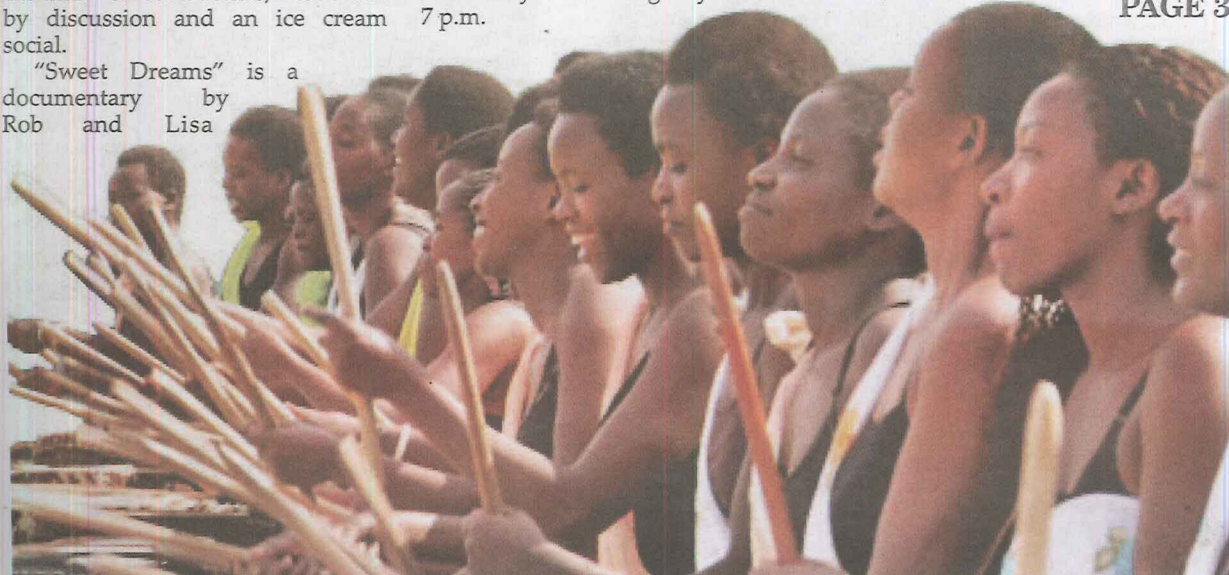
A crowd of more than 220 people attended the screening of the documentary in the Anderson University Center Regency Room at 7 p.m.

After the film, which is about an hour and a half in length, there was a Q-and-A session with director Lisa Fruchtman, who said she was very pleased with the screening at PLU.

"I was thrilled to see so many people and I hope they benefited," Fruchtman said. "It was great to see such a full house."

Rachel Diebel, PLU junior, said the audience was very reactive.

**CONTINUED ON  
PAGE 3**



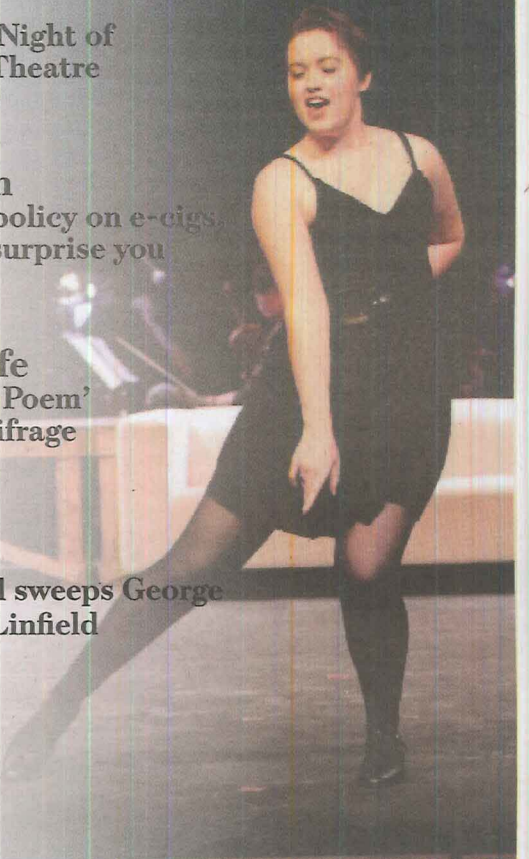
## What's Inside

**A&E**  
Preview: Night of  
Musical Theatre  
pg. 5

**Opinion**  
Campus policy on e-cigs,  
it might surprise you  
pg. 8

**Lute Life**  
'Untitled Poem'  
from Saxifrage  
pg. 7

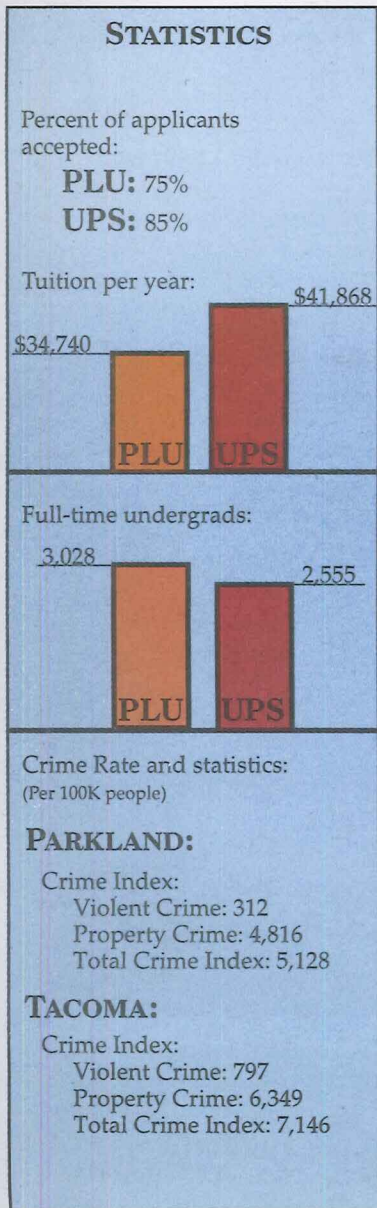
**Sports**  
Volleyball sweeps George  
Fox and Linfield  
pg. 12



# PLU vs. UPS

## A rivalry built on culture

By GENNY BOOTS  
News Writer



Ten miles separate Pacific Lutheran University and University of Puget Sound, but apparently the separation pertains to much more than sharing a city.

"Everyone at UPS hates people from PLU," UPS senior Kenji Senkito said.

Methodist and Lutheran, North End Tacoma and Parkland, intellectuals and dumb jocks, all shape up to the Loggers versus the Lutes. These exaggerated stereotypes and "us-versus-them" mentality are nothing new for a cross-town rivalry. The relations between UPS and PLU have been smoldering for years on the fields, courts and in the stands.

The rivalry is a story that has graced the plots of movies, television shows and annals of history. PLU and UPS certainly fit the bill. Located about 10 miles from each other, the origin of the rivalry is attributed to proximity.

"It's a regional rivalry, two small D-III schools battling it out for top dog in Tacoma, trying to find their niche," UPS senior Reilyn Garton said.

However, the back and forth between the two schools is rooted more in their similarities than differences. Both have similar student populations and demographics. They are both liberal arts universities in the Pacific Northwest and the Loggers appeal to the same application pool as the Lutes.

Many of the athletes playing at either school were recruited by the other because the schools share the same high school athletes to pick and choose from. Those who are from the area have friends and former teammates that play for both schools. This makes for intense and highly anticipated athletic match-ups.

The most recent UPS and PLU face-off was Oct. 29 when the women's soccer teams played a heated game at PLU. The teams

battled for first place in conference and the Lutes took the victory 3-1. This game marked the first time women's soccer has beat UPS since the 1980s.

"One of the reasons it's such a rivalry is because we are two of the better teams," PLU head soccer coach John Yorke said. "When it's your natural rival, the proximity of the schools, and with two very good programs who beat each other makes it an intense game." In most years, the Lutes and the Loggers battle each other for the conference championship.

The next time UPS and PLU meet will be on the football field Nov. 11. The Lutes have been nearly undefeated against UPS since 1988, losing once in 2005. This hasn't stopped the Loggers in their hopes to beat PLU.

"For our summer practice jerseys we put the date of our PLU game on the front. We get really prepared for it," UPS sophomore Steven Branham said. Branham said there has been animosity between the two teams.

"Every year we play for the Tacoma Totem Pole, but [the PLU] coach won't even bring it out anymore," Branham said.

The rivalries between all athletic teams is under the context of friendly competition.

"At the end of the day these are friends from across town that we respect and love getting to know," Aaron Steelquist, PLU ultimate frisbee alumnus current Programs Director said about his years playing against UPS.

Beyond the athletic sphere, the rivalry begins to falter.

"I mean I don't really care ... I don't think about it that much," PLU senior Lucas Sontra said. "I was interested in going there, so I don't have any beef with them. It's a good school."

The 125-year shared history between the universities makes the rivalry an old tradition, but one that is fostered in a culture of respect and friendship.

## World News Trending:

### FIFA World Cup

Logo unveiled for upcoming cup to be held in Russia.

### iPod Classic

Apple pulled the plug on original iPod because it could not get the parts anymore, CEO Tom Cook said.

### Boston Police

The nonprofit that supplies protection for police dogs posted a photo of a puppy in a bulletproof vest at the Boston Police Department.

### NASA Rocket

NASA rocket meant to carry supplies to the National Space Station exploded. The damage was significant and millions of dollars worth of supplies and equipment were lost. No people were hurt.

### Fireball

Fireball Whisky is being pulled from the shelves in Europe because it contains too much propylene glycol — an additive that prevents evaporation and is a stabilizer in foods. It is not going anywhere in the United States.

### 1989

Taylor Swift's newest album "1989" hit stores this week. This album is home to "Shake it Off," Swift's second best-selling single.

### Seattle Times

FBI created a fake news story disguised as a Seattle Times article to nab a bomb threat suspect in 2007.

# YOU CAN HAVE IT ALL

## Exploring fully inclusive religion

By DAVID MAIR  
Staff Writer

On a rainy Oct. 22 at 7:30 p.m., the Rev. Monica Coleman gave a lecture titled "You Can Have it All" in the Karen Hille Phillips Center. It was presented by the department of religion.

It marked the ninth annual lecture as part of the David and Marilyn Knutzen Lectureship.

The Knutzens are Pacific Lutheran University alumni and, through their lectureship, bring renowned scholars to address questions and challenges of today through a living faith tradition.

Coleman is an ordained minister of the African Methodist Episcopal Church. She's an activist, scholar and wrote a book titled "Not Alone" about depression. She is also a professor at Claremont University.

Her lecture revolved around the concept of transreligious spirituality. It is the idea that one can be of all the religions at the same time.

To explain the meaning of this idea, Coleman used the Rev. Michael Bernard Brentworth as an example.

Brentworth is the leader and creator of the Agape Church, a church where every religion is practiced simultaneously. More than 10,000 people attend regularly.

It was important to distinguish that religion has concrete dogma, while spirituality is a direct realization of reality.

Though there are many different religions, they can have many parallels. In all religions, both love and intelligence exist.

Every religion has the same "ultimate" or "god," same destination and same

teaching of principles, according to Brentworth. Even religions with multiple gods all stem from the same ultimate power, Brentworth argues. Often, it is because religions are partial that these similarities are overlooked.

It can be noted that religions will fall into three categories of states of mind: exclusivism, inclusivism and pluralism.

Exclusivism, where the followers of that religion believe theirs is the right and only acceptable one; inclusivism in which followers acknowledge that other religions are okay, but theirs is still better; and pluralism, where followers believe all religions have the right idea, and that is transreligious spirituality.

To solidify the idea of transreligious spirituality, Coleman used an elephant metaphor and urged the audience to imagine many people with their eyes closed and touching a certain part of the elephant. The elephant is massive but each person only gets to touch one part. Due to the massive size of the elephant, the people are unable to tell they are all holding onto the same animal, which they thought was all separate things.

Before concluding, the Rev. Coleman brought in her personal learning of black studies with a term from W.E.B. Du Bois, "double consciousness." Du Bois coined the term to refer to the challenge of having an African heritage; while at the same time having a European upbringing and education.

She connects this term to how people view themselves in society. Whether through race, thoughts or ideals, it is necessary for people to possess a dogged strength to navigate from being torn in



PHOTO COURTESY OF DAVID MAIR

Coleman and Marilyn Knutzen at the 9th annual Knutzen lecture.

different directions.

"It [double consciousness] relates to us because there's an internal view of self and then the world's view," junior Denae McGaha said. "At PLU, there's a journey of finding who you are, and PLU gives the confidence to reject what the world tells you to be."

By recognizing how people look at religion and equalizing every religion, having it all is realistically achievable.

# HOW TO SOUND SMART

## When asked about ISIS

1

The Islamic State of Iraq and Syria (ISIS) is also known as the Islamic State across Sunni areas of Iraq and in Syria. ISIS started as an al-Qaida splinter group. It has killed dozens of people at a time and has carried out public executions and crucifixions. It has taken over large swaths of northern and western Iraq.

2

ISIS's original strategy for revenue was through extortion and robbery. Recently, the strategy has shifted to generating resources through large-scale attacks aimed at capturing and holding territory. Unable to serve under Iraqi government after Saddam Hussein's military was disbanded, the soldiers became ISIS fighters.

3

ISIS leader, Abu Bakr al-Baghdadi is very mysterious — little is known about him or his life. He formed a military group in northern Iraq provinces before joining al-Qaida.

4

The United States and several Arab nations carried out air strikes against ISIS in Syria to intensify the campaign against the Islamic militant group. ISIS headquarters, storage facilities and training compounds are the targets.

5

On Oct. 3, ISIS released a video showing the beheading of a hostage, humanitarian worker Alan Henning. ISIS blames the United Kingdom for joining the U.S.-led bombing campaign in Iraq and Syria. In the same video, the group threatens the life of an American aid worker.

INFORMATION TAKEN FROM BBC. PHOTO COURTESY OF CREATIVE COMMONS.

COMPILED BY SAMANTHA LUND

### SWEET DREAMS FROM PAGE 1

There were moments during the film when people in the crowd would dance, cry, cheer, snap, clap, hold their breath or laugh out loud.

"People should be prepared to experience the ultimate sadness but also incredible joy while watching this film," Diebel said. "It's an emotional roller coaster and I was not prepared for the highs and lows."

The event's large turnout did not dwindle as the film ended as the majority of attendees stayed for discussion and ice cream.

Kirsten Christensen, Associate Professor of German, was one of the event's main supporters and is one of the faculty coordinators of the newly offered Holocaust and genocide studies minor.

"It's really meaningful to me that it's 9:15 p.m. and people are still here," Christensen said. "This is an important reminder of what happened and the difficulties of post-genocide life."

Fruchtman said the film's narrative story also shows the power of saying yes.

The women in the film all had to say yes to bold or seemingly crazy ideas to get to where they are now. The drumming troupe women had to say yes, the company in Brooklyn had to say yes, and Fruchtman said she had a similar experience when deciding to make the film.

"I encourage you all to say yes to your dreams," Fruchtman said.

More information about "Sweet Dreams" is available at <http://sweetdreamsrwanda.com>.

More information about Holocaust and Genocide Studies and the new minor can be found at <http://www.plu.edu/hgst/home.php>

### Twitter Feed from #SweetDreams

#### Sweet Dreams Rwanda

@SweetDreamsDoc  
Pacific Lutheran University  
we've shared a fabulous evening. Many thanks Daphne and Nancy, to everyone that came....

#### TEDWomen

@TEDWomen  
Ingoma Nshya not only drum, they opened the first ice cream shop in their hometown, "Sweet Dreams." [sweetdreamsrwanda.com](http://sweetdreamsrwanda.com)  
#TEDWomen

#### Rachel Diebel

@diebelra  
I hope that someday I love something as much as those women loved drumming. The joy in their eyes is something to aspire to. #SweetDreams

#### Rachel Diebel

@diebelra  
"Develop the woman and you develop the whole family." #SweetDreams #truths

Follow the Sweet Dreams women at @SweetDreamsDoc and check out the film or find show times for "Sweet Dreams" at <http://sweetdreamsrwanda.com>

## Hallow-weekend

### Parties, Pfright and fun



By BROOKE WOLFE  
Guest Writer

Students will be celebrating their first holiday of the year at Pacific Lutheran University by dressing up, going out and staying in.

This year, Halloween lands on a Friday and students are gearing up for a weekend full of events on and around campus. Parties, school sponsored get-togethers, and fall favorites like pumpkin patches and corn mazes will bring costumed Lutes out and about.

Students will fill the roads, trekking to the closest houses for themed parties.

"It's the holiday where anything is acceptable," sophomore Patrick Thomas said. "It was fun last year, and it should be the same this time."

Recently, Campus Safety sent all students an email reminding them that the consumption of alcohol in any form is not allowed on the PLU campus, regardless of the individuals legal age, except in Kreidler and South Halls. Off-campus parties are encouraged to serve non-alcoholic beverages and practice Active Bystanders conduct.

Even with the warnings, Lutes expect off-campus parties to have drinking games, liquor and crazy costumes. Campus Safety is not oblivious; they expect it as well.

In order to get ready for the busy weekend, outfit planning has become a top priority on student's checklists. Costumes ranging from firefighters to movie personalities are waiting in closets across campus.

Couple costumes are leading the way in popularity, and picking a close friend or partner to collaborate with starts the decision process in the right direction. Students are taking to thrift shops with a tight budget and imagination to make some creative costumes for the weekend.

With the freedom of new identities, and plenty of alcohol, no one is sure when this year's Hallow-week will end. Traditionally, Halloween at PLU has consisted of a full three days: Thursday, Friday and through Saturday. However, the date for this year's Halloween



has students partying on back-to-back weekends.

Other students travel off-campus and out of Parkland for the weekend. Some will travel to Western Washington University and Washington State University in search of a good time with friends. Going to the larger universities nearby gives Lutes the chance to meet up with old friends and make new ones. PLU is a mostly dry campus, and some students are not going to take the risk.

Nearby haunted houses and corn mazes have also been in the running for student Halloween plans. With no costume needed for attendance, students wanting to get involved in festivities but not wanting to dress up in order to do so, have found fun in these choices.

Along with the perks of getting to kick back in sweats, most businesses offer student discounts on Halloween for the college student budget.

Activities gaining attention on campus include Pflueger Pfright Night and Hinderlie's Annual Haunted House. Both are happening tonight in their residence halls, and have encouraged students to celebrate the together.

"I'm going to the Pfright Night because it's free and I don't have to stay out late to attend," first-year Jesse Kenduck said.

With Halloween comes the fun of crafting, costuming and enjoying the spook. Regardless of the choice in activity, Hallow-weekend is expected to have many Lutes celebrating and showing their holiday spirit.

For more information about Halloween at PLU, students can check out the PLU website for a list of Halloween events.

This Week:  
**A&E**

**Events**  
Oct. 31-Nov. 6

**Night of Musical Theatre**  
7:30 p.m. Oct. 31, Nov. 1 in KHPC

**Mary Baker Russell Music Scholars**  
3 p.m. Nov. 1 in Lagerquist

**Trombone Studio Recital**  
8 p.m. Nov. 1 in Lagerquist

**Athenia Chamber Ensemble**  
8 p.m. Nov. 2 in Lagerquist

**Camas Wind Quintet**  
8 p.m. Nov. 4 in Lagerquist

**ONLINE**



**TERRAN'S**  
*take*

**GET THE SCOOP!**

**Weekly Gossip with Terran**

Go online and get the scoop on celebrity gossip with our in-house pop culture expert, Terran Warden!

**This Week:**

Iggy Azalea's battle with Snoop Dogg over social media raged this week.

**NEWS**  
**@NINE**  
MAST TV

**On the**  
**aGENda**

This week viewers learned about ghost-hunting with host Genny Boots and get their A&E scoop from A&E writer Michael Diambri.

Watch it later online at <http://mastmedia.plu.edu> or tune in at 9 p.m. every Thursday to News @ Nine on Mast TV!

# What happens at Chapel?

By **ERIN FLOM**  
Guest Writer

For many students, Chapel is just the half-hour break between classes on Mondays, Wednesdays and Fridays. Many students don't know what happens during Chapel.

Junior Maylen Anthony, a campus ministry steward, said Chapel usually begins with announcements for campus events, from either of the university pastors Rev. Dennis Sepper or Rev. Nancy Connor. A welcome and a prayer then follow.

Next, a hymn is sung. These hymns can range from classic to contemporary, Sepper said. Often, faculty or students perform hymns during Chapel. On Wednesdays, Chapel Choir performs, which anyone can join.

After singing hymns comes a reading and a homily from the speaker that day. Speakers at Chapel can be students, faculty or community members. Although the service is based in Christianity, the speakers at chapel come from a variety of religious backgrounds,

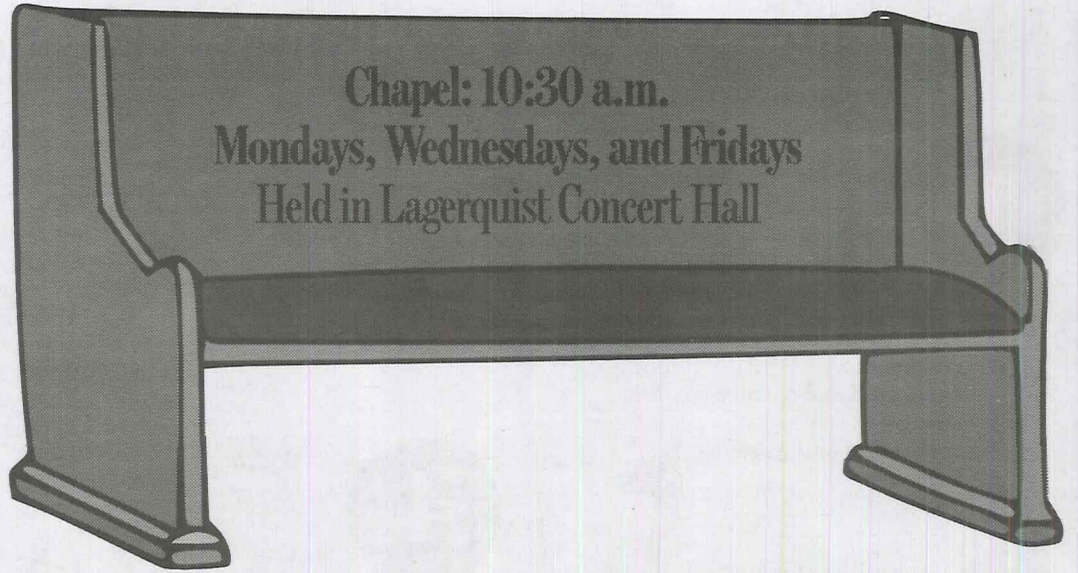
including different faiths or no faith at all. Sepper said he wants Chapel to reflect the diversity of campus.

The service ends with prayer, and snacks are available afterward.

"Anyone can come to Chapel," Anthony said. "There's a misconception that you have to be Lutheran, but that's not true."

More than 50 years ago,

Chapel: 10:30 a.m.  
Mondays, Wednesdays, and Fridays  
Held in Lagerquist Concert Hall



Chapel was mandatory. Each student had an assigned seat and attendance was taken. Chapel didn't become voluntary until the 1960s, which resulted in less attendance. Today, anywhere from 40 to 100 people attend Chapel in Lagerquist.

Sepper advises those curious about Chapel to look at the Chapel calendar to see who is speaking and attend Chapel

that day to see what it's like.

"[PLU can] nourish your spiritual side of life," Sepper said. "We care for the whole person: body, mind and spirit."

Chapel is one way to cultivate students' spiritual sides.

Anthony said it's nice to have a break in her day, to sing and relax.

## Sidewalk Talk: Chapel



"I go to Chapel because I think that my spiritual experience is an important part of my PLU career."

Lauren Moretz, senior



"I don't usually go to Chapel. Growing up, I went to church on the weekends and going during the week wasn't something we did, so I got into that routine."

Chris Boettcher, sophomore

# ATHENIA CHAMBER ENSEMBLE

By **BROOKE THAMES**  
A&E Writer

The Ohio-based Athenia Chamber Ensemble will visit Pacific Lutheran University to present a unique musical experience.

According to the Music Department website, the ensemble "strives to break down the traditional formalities of the concert experience" by creating an interactive environment. The group attempts to create a more "open and enriching experience" by opening up the communication between performer and viewer.

Included in the event program will be a quiz where audience members can guess which composers and music styles match up to different variations of a piece the ensemble will play.

Four pieces will be performed in the concert. "The Blind Men and the Elephant" and "Brush Strokes" were commissioned by the Athenia Chamber Ensemble. The first piece will be performed at the beginning of the concert and the latter at the end of the night.

According to the show program, "The Blind Men

and the Elephant" is based on "an ancient parable taught as a warning for people that promote absolute truth or exclusive subjective claims."

The piece "Brush Strokes" is a musical representation of specific forms of art and contains three sections that focus on three distinct and distinguished visual artists: Georges Seurat, Vincent Van Gough and Jackson Pollock.

The remaining three pieces that will be performed by the Athenia Chamber Ensemble are works by George Frederick Handel, Zoltan Gardonyl and Allan Stephenson.

The ensemble is composed of three professors of music from Ohio University in Athens, Ohio. Alison Brown Sincoff, Michele Fiala and Matthew Morris founded the ensemble in 2009 and have since performed and created chamber music using the flute, oboe and bassoon.

The Athenia Chamber Ensemble has traveled with these instruments all over the world to perform in countries such as Italy, France and Russia.

The ensemble will travel to PLU to share their interactive concert experience with the entire community Nov. 2.

Bringing innovation to the concert experience at PLU



PHOTO COURTESY WSU NEWS

The three members who founded the Athenia Chamber Ensemble are Alison Brown Sincoff (flute), Michele Fiala (oboe) and Matthew Morris (bassoon).

**Athenia Chamber Ensemble**  
8 p.m. Nov. 2  
Lagerquist Concert Hall  
Free for PLU community

# NOMT 2014

*Student-produced musical revue brightens three nights*

By **MICHAEL DIAMBRI**  
A&E Writer

Pacific Lutheran University's Night of Musical Theatre (NOMT) is a student-run and -produced program that gives students opportunities to show off theatre skills they've developed.

Under the direction of senior Sam Chapman, NOMT will feature various musical numbers from productions such as "Rent" and "Showboat."

"[Chapman] gives great insight and instructs well," first-year Lydia Bill said.

An intended theatre major, Bill has a vocal lead in a performance of "Don't Tell Mama" from the famous Broadway musical "Cabaret."

"I'm excited," Bill said. "This is my first musical performance at PLU outside of choir."

Attending NOMT is free; however, donations will be accepted upon entrance into the Karen Hille Phillips Center. Donations will go toward the next production of NOMT.

Stage manager and senior Amelia Heath pointed out what to look for in NOMT this year.

"Last year's production of NOMT had one story going throughout the program," Heath said. "This year is more thematic, and more like a series of vignettes, looking at the smaller stories happening in the lives of each character."

Heath said that she thinks students will find themselves relating to the show's themes and characters.

"Awkward first dates, feeling pressured to do something other than what you're passionate about, depression, resisting the urge to Facebook stalk your ex's new girlfriend — it's all in there... it reminds the audience that others have been through the college experience before and came out the other side alright," Heath said.

Heath and the entire NOMT team hope the PLU

community will come and support this year's production.

"We've got an incredible cast and production team," Heath said. "I think that will really translate to the audience once the curtain comes up."

Showings of the Night of Musical Theatre start at 7:30 p.m. and will run from Oct. 30 to Nov. 1 on the main stage at the Karen Hille Phillips Center.

"We've got an incredible cast and production team. I think that will really translate to the audience once the curtain comes up."

**Amelia Heath**  
Senior, NOMT Stage Manager



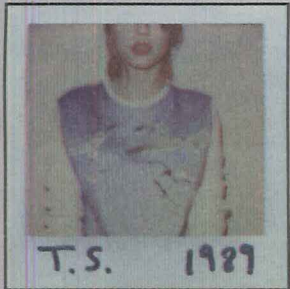
PHOTOS BY MICHAEL DIAMBRI

First-year Conner Brown and sophomore Lexi Jason perform the Elvis song "Little Less Conversation" from the musical "All Shook Up" in a NOMT rehearsal on Oct. 28.

**Night of Musical Theatre**  
7:30 p.m. Oct. 30, 31 and Nov. 1  
Karen Hille Phillips Center  
Free, donation requested

## REVIEW: Taylor Swift's "1989"

*Does Swift shake off her haters?*



Purchase the album:

\$9.99 — Amazon

\$12.99 — iTunes

Not Available — Spotify

Taylor Swift has grown into her own person. She's not here to please anyone but herself and she couldn't hear you if she wanted to over the sound of her seven Grammys. She's still a lyrical genius and her transformation into a pop queen should scare superstars like Katy Perry and Lady Gaga. Swift's new sound is refreshing, whimsical and downright catchy. Sorry, housemates, but this album will be on repeat for at least a month.

**ALLIE REYNOLDS**  
Mast TV General Manager



PHOTO BY RELAND TUOMI

Seniors Taylor Lunka and Allie Reynolds (left to right) purchased the deluxe edition of "1989" at Target early Oct. 27.

**A NOTE FROM A&E EDITOR MATTHEW SALZANO:** Before assigning this week's issue, I had requests from many of my *Mast* writers to be assigned the eagerly anticipated "1989" review. I decided it was in everyone's best interest to show you not just one review, but five. These five writers each took almost 49 minutes out of their busy lives to listen and tell you how Swift did in her fifth album so you can decide if it's one to skip.

People may say she goes "on too many dates" and has "nothing in her brain," but clearly Taylor Swift is doing something right with "1989." Having an older sister has exposed me, and millions of other brothers, to the complete discography of the queen of crossover. I believe "1989" might be one of her best pieces of work so far. Though many Swift fans may miss her classic ballads such as "White Horse" and "Back to December," fans of the seven-time Grammy Award winner should find "1989" irresistible. I think those who aren't Swift fans will enjoy the nice change of pace she takes in the album. Anyone should be able to find at least one song they enjoy — or just can't get out of their heads.

**MICHAEL DIAMBRI**  
A&E Writer

Taylor Swift's album was expected to be new and amazing once "Shake it Off" hit the top of the charts and every girl — and her boyfriend — knew and loved the song. However, after listening to the rest of "1989," I am disappointed her single is the only innovative and fun new song. The rest of the tracks followed Swift's usual boy-crazy equation — minus a guitar. In a time where pop music seems to be limitless, Swift takes a step back and plays it safe. A fun night of dancing it out with Swift has to be put on hold while you listen to several slow-jam-head-nodding tracks about love. Sorry, Swift, I wish you were feeling 22 again. At least then you were a bit of fun.

**SAMANTHA LUND**  
News Editor

Taylor Swift has pushed the envelope to find a new sound that redefines her in her new album — and it totally worked. The album cover is crazy cool. My favorite songs off the album are "You Are in Love," a classic Swift song about what it is to be in love, and "Style," a positive anthem of how who we are will never go out of style. "1989" has a great feel: both heartfelt and creative.

**DAVID MAIR**  
Staff Writer

For those who have been excitedly awaiting the former country star's first officially documented pop album, "1989" doesn't disappoint. Swift hits the essence of the 1980s with an array of punchy beats and synthesized rhythms, while managing to stay within the relevance of the 21st century. Songs like "Welcome To New York" and "Style" sound like they could've definitely been anthems of the late 1980s, while tracks such as "All You Had To Do Was Stay" and "How You Get The Girl" fit in beautifully with today's top pop hits. The unusual musical composition of "I Know Places" and the slow, sultry sound of "Wildest Dreams" resemble tracks of beloved pop artists such as Lorde and Lana Del Rey, who have gained praise for their unique — and almost strange — musical styles. Critics of this new pop album may state that the songs sound too generic or that the new direction is uncharacteristic of Swift, given her country roots. Those who've been anxious to revel in Swift's pop transformation, however, will be appreciative of the mature and artistic route that Swift has taken in this new album era.

**BROOKE THAMES**  
A&E Writer

# A perspective on Gender Exploration Week

By CAITLIN DAWES  
RHA Social Justice Director

Over the course of Gender Exploration Week (GEW), I was surprised as to the diverse group of students I was able to reach out to.

Instead of just seeing familiar faces, students whom I have never met before took a brave step and gave the events a go.

Students learned about one another Oct. 18 in The Cave, as we went around the room sharing our coming out stories, which really helped give context to people and their lives and where they are at today.

Students learned about the importance of GEW and why, as a university, we put on such an emphasized week.

I was surprised to see students who participated in the tabling Oct. 13 with the prompt question, "what are you coming out as today?"

This startled many people, but also had them think about what their identities are and even witness a few students and staff come out publicly in regards to their sexuality or gender identity.

I am proud to say that over the course of the week, more than 500 people that participated either actively or passively with the programs and Facebook feed.

Just because the week is over, doesn't mean the conversations have to stop.

Similar to when we are on break, we are still students learning in our community and will learn every day.

Tomorrow can still be a day to learn about

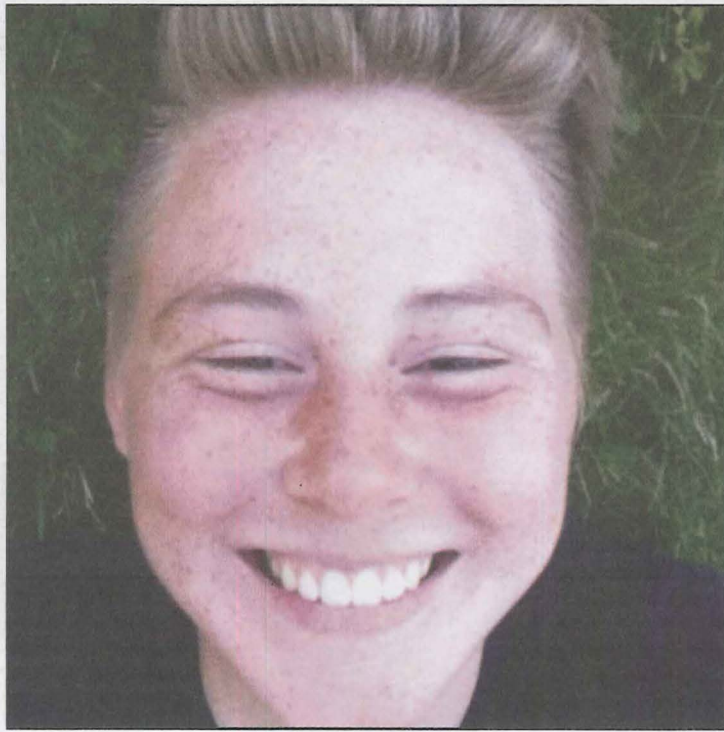


PHOTO COURTESY OF THE MATRIX

Caitlin is the current Social Justice director for PLU's Residence Hall Association, a contributor to the Matrix and active in queer issues.

another person's expression of gender and identity. Tomorrow can still be a day where you can be an advocate or an ally for someone.

I hope people were challenged this week to self-reflect, and discovered more about themselves and their community.

*This piece was also featured in The Matrix's newsletter.*

DO YOU WANT  
TO BE A DJ  
FOR LASR?  
APPLICATIONS  
ARE ONLINE AT  
PLU.EDU/  
LASR

## The Matrix

is NOW accepting submissions for its Fall 2014 issue!

This semester's theme is:



Submit your poetry/prose/  
photography/comics/artwork  
about *social justice* to [matrix@plu.edu](mailto:matrix@plu.edu)  
or online at [plu.edu/matrix](http://plu.edu/matrix).

**Deadlines for  
Submissions:  
Monday, November 10th**

# Halloween costumes: be fun, not offensive

By **ANGIE TINKER**  
Matrix Co-Editor

Whether you're trick-or-treating, enjoying scary movies or exploring haunted corn mazes, Halloween is a fun time for people of all ages. What isn't fun, though, is seeing people dressed up in offensive costumes.

People may not always think of it, but the spooky and funny Halloween costumes that seem like no big deal can actually be quite harmful. This topic was discussed last Tuesday in Stuen.

Examples of offensive costumes can be as simple as people dressing up in another culture's traditional garb as a stereotype.

"Halloween is a goofy occasion, and some costumes make the statement that a part of someone's culture is goofy," junior Jessica Williams said. "These costumes are often exaggerated to make the costume a joke, and no one wants to believe their culture is a joke."

An example might be if someone chose to dress up as a "Mexican" by wearing a sombrero and poncho.

While this may seem harmless, it still suggests all people from Mexico dress like that and have certain mannerisms associated with that stereotype.

**"Halloween is a goofy occasion, and some costumes make the statement that a part of someone's culture is goofy."**

**Jessica Williams**  
junior

Some PLU students have chosen to make a stand.

Resident Assistants Riley Burleigh and Jonathan Adams decided to advocate for sensitivity in costumes. Williams, another RA, helped run the event. The event focused on how costumes can be offensive.

This isn't something new to Pacific Lutheran University, but it is something that needs to be acknowledged.

Williams explains that it has a similarity to the "My Language, My Choice" campaign PLU has recently promoted. It is also similar to the Ohio State University's "We're A Culture, Not A Costume" campaign.

"Most people don't think too much about the deeper implications of their actions, language, or their costume for Halloween," Williams said.

This awareness is an ongoing effort that doesn't just end with "My Language, My Choice," or promoting awareness for Halloween costumes.

It's about a general mindfulness of how people with privilege can unknowingly be offensive and rude to others.

So go out and have a great Halloween, but don't ruin someone else's time with an offensive costume.

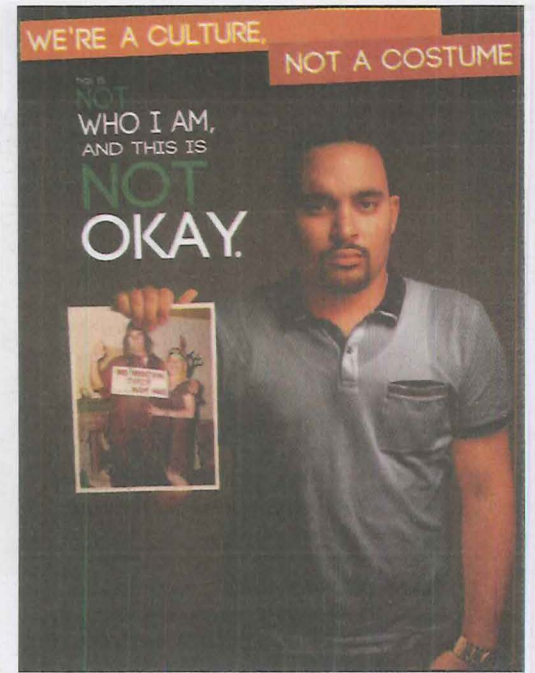


PHOTO COURTESY OF CREATIVE COMMONS

The "We're A Culture, Not A Costume" campaign began in 2011 by The Ohio State University to encourage students to avoid offensive costumes on Halloween.

## Saxifrage: UNTITLED POEM



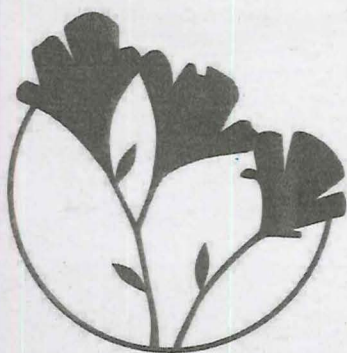
PHOTO COURTESY OF SAXIFRAGE

This week's untitled poem was submitted to Saxifrage by Amariah Clift. She is a sophomore studying Communication. She doesn't like turkey stuffing or spiders. Her favorite color is green.

By **AMARIAH CLIFT**  
Saxifrage Contributor

Thank fearless love for a passionate life.  
Throttles charge the gallows as if oddly shaped feet pour over mountains  
There are things, the things no one has thought of before  
Thin, thick, the golden gate plays games, gives way to distrusting forgiveness  
Thrusting and diving, trusting the knifing thief  
Thoughts and dreams, whispers and spit  
Through mediums and dominatrix  
Thinking, inking, chumming, coming  
Thumbs are an evolutionary error  
This lullaby perfume pierces the prince  
Thrilling and drilling the president, he's drowning in his will to represent  
Threads rip at the sight of wrong and rotten thicks of ruin  
Thistles lump near the top, swinging while ticks sway and swoon  
Throw candles like fireflies, halt the stop watch knowing desire as we die  
Throats bleach with boiling bills, and melodiously drown in melancholy ornaments  
Theories prove insane is a thorough man with an open book of blank pages  
Thwarting covers, nobody remembers, none have known his face  
Thrifty as he is, they thrive on peace and bits of him  
Thirty thousand cherries dropping at once, an atomic bomb  
Threatening the fictitious fruit and depriving them of their dairy-free dreamscapes  
Thirsty Thursday looks at f\*\*king Friday with a fringe of fear and inevitable fate  
This feeling strives for a piece of an idea  
Those thinkers, sultry like lively lace purple violet lilacs  
Throttle sticks like lit dynamite to the corpses of conscious cornucopia  
Thirsting crooked thatches croon about WD40, singing of slippery songs  
Thespian facades, escapades and escapes, long catharsis reaction  
Thumping metallic beats, drum the dents in my souls  
Thermal conspiracy, heating the eggs equally hard boiled  
Thin trees fragile nuances manifesting smoldering adolescent passion  
Themed leaves seize Victoria's secrets, branches boast their bulimia  
Thorns are for foreign foliage fornication, induced by imbecile imports  
Thumps will free theatre floors' footsteps, and yawn gouging groans between the cracks  
Thugs wail woes, worries and warts, sailors chug the tailored mug  
Thongs, ass cracks and crackerjacks, sweet till the sweaty end  
Thaw the swallows nest, waking feathers from their preening and unrest

Editor's note: This poem was edited for print. The original poem is in its entirety online.



Sax·i·frage

Saxifrage is open for submission for publication in the Mast. Send your poetry, visual art, fiction and creative non-fiction totalling no more than 500 words any time to [saxifrag@plu.edu](mailto:saxifrag@plu.edu) for consideration. Find us on Facebook, Twitter and at <http://saxifrage.plu.edu>

Like us on Facebook!

<https://www.facebook.com/PLUMastMedia>

Comments,  
questions or  
requests?  
Email us at  
[mast@plu.edu](mailto:mast@plu.edu).

# Don't huff and puff E-cigs on campus

By MICHAEL DIAMBRI  
A&E Writer



When we were kids, we were taught that smoking kills. This generation was thought of as the one that could finally kick the nicotine craze. This may not be so, because "vaping," smoking using an electronic cigarette, has become a popular habit among young adults.

Most electronic cigarette manufacturers also produce e-cig liquid, which contains little or no tobacco. This has led many of the members of the e-cig industry to promote vaping as a safer, healthier option than other means of smoking.

This claim may not be accurate. These juices often contain nicotine, the main cause of most smoking addictions.

The research into the effects of vaping is far behind the incredibly fast-growing rate of the electronic cigarette industry.

With this new revolutionary form of smoking comes new laws and regulations.

Legally, people can "vape" as much as they want anywhere it's allowed, as long as the cigarette is battery powered and doesn't contain tobacco. This has led to situations where vaping has been spotted at movie theaters, concerts and even schools.

Buying an electronic cigarette and vaping is technically illegal for anyone younger than 18. The laws surrounding e-cig purchases are generally similar to those that surround smoking and using tobacco products in Washington state. These laws are hard to regulate and enforce with e-cigs because of their online availability.

Vaping has become more appealing than smoking. Individuals can still achieve a nicotine buzz while not having to withstand the taste or smell of traditional cigarettes.

In fact, people can vape while enjoying a wide variety of flavors, including bubble gum, raspberry, mint, watermelon and coffee. Many health officials and parent groups are concerned that the flavors and nicotine may make it a gateway to smoking, especially for teenagers.

It is common knowledge that nicotine is an addictive substance. Nicotine addiction could be promoted by using an electronic cigarette.

Another concern about electronic cigarettes is that certain types of vaporizers can be used for THC-based products, such as dabs or hash oil, which are considered illegal in many on college campuses, states and in any other area that receives federal funding or is owned by the government.

Vaping has become more popular and acceptable in our culture, especially with younger people. This is because the e-cig industry does a lot of its marketing through social media.

In addition, anyone can find a plethora of videos online about how to perform creative smoke tricks while vaping, often making it seem cooler to younger children and adults.

There are also influences from celebrity icons and peer groups. Vapes can be spotted at almost any college party or one can simply drive around Parkland, where a wide variety of people can be seen vaping in their cars. Many celebrities like Katy Perry and Leonardo DiCaprio have been known to enjoy vaping as well.

With all this stated, what is Pacific



PHOTO COURTESY OF CREATIVE COMMONS

The FDA reported e-cigarette cartridges and solutions contain nitrosamines, diethylene glycol and other ingredients that could be harmful to humans.

Lutheran University's stance on the use of tobacco-free electronic cigarettes?

As I interviewed PLU staff I got the same answer: PLU is a tobacco-free campus. But electronic cigarettes usually contain no tobacco.

I spoke with Terri Phillips, the Associate Vice President of Human Resources about PLU's policies, on electronic cigarettes and its tobacco-free policy.

Phillips confirmed the use of e-cigs on campus is not allowed.

"We made an informed decision to be tobacco free, within this policy we decided to include electronic cigarettes," Phillips said. "E-cigs are not FDA approved and the Pierce County Health Department has banned them in public places as well. This alarmed us as a safety concern and we are very concerned about the health and wellness of the PLU community."

I sat down with a first-year student, who chose to remain anonymous. He confessed he set off a smoke detector while vaping in his room on campus. "I was just sitting in my room with friends, we had been vaping for around 30 minutes and the smoke detector went off" he said.

**"[The PLU tobacco-free policy] include[s] electronic cigarettes."**

**Terri Phillips**

**Associate Vice President of Human Resources**

"I knew that it was a tobacco free campus, the vape had no tobacco and my vape had no nicotine in it," he said. "I didn't think it would be against any rules."

He said he knew a lot of people who had done this.

"That was the original purpose for their use" he said. "The whole community of e-cigs and vaping is about getting people off of cigarettes."

When asked if e-cigs were healthy this student did say that e-cigs indeed were unhealthy.

"Bottom line, it is not healthy to put anything in your lungs that isn't air" he said. "It's become a very social thing."

When asked about what PLU should do about e-cigs he said, "I don't want the school to make a big deal out this, it does really help people get off nicotine. I do think people should avoid vaping in their rooms because it can set off alarms" he said. "Campus Safety told me that the smoke detectors are very sensitive here."

Evidence shows vaping can actually set off fire alarms, but there have also been reports of other products such as air freshener, hairspray and burnt toast setting off alarms as well. These are examples of products PLU can restrict from being in the residence halls, but are unable to enforce.

E-cigs are different because the university does not want students to engage in an unhealthy lifestyle.

Tom Huelsbeck, the associate dean for Campus Life and Executive Director of Residential Life, released a statement to me providing information on PLU's residential life policies on electronic cigarettes.

"The use of e-cigarettes is not permitted on campus as a part of the University Policy: Tobacco Free Campus," Huelsbeck said. The residence halls are included in this policy because they are a part of campus, but it is not a Residential Life policy. The primary issue is the health related concerns associated with e-cigarettes (even though they don't contain tobacco)."

PLU and other universities need to make their policies on the use of electronic cigarettes known to their students. Saying a campus is "tobacco-free" is not specific enough.

The American Heart Association reported e-cigarettes differ from traditional cigarettes in that they do not contain carcinogens such as arsenic and vinyl chloride. Additionally, there isn't secondhand smoke associated with vaping. The main components of a cartridge of "juice" are nicotine, propylene glycol, solvents and flavors.

According to USA Today, "Due to the relative newness in the popularity of vaping, the long-term effects of vaping have yet to be analyzed."

Tobacco control expert at the Boston University School of Public Health Michael Siegel said "as long as e-cigs are primarily used to help quite smoking and not to spur kids to smoke, they will be a benefit to public health."

Many people addicted to cigarettes said vaping helped them quit smoking and other tobacco products. Most of them said they did this by switching to e-cigs and then slowly reducing the nicotine-level.

Although many people may claim this to be true, the Washington State Department of Health does not encourage this as a method of quitting smoking. However, quitting smoking is clearly no longer the primary use of e-cigs.

I recommend that young people avoid using them. Because there is not a lot of agreement on the use of e-cigs, people should not partake in vaping just because it is considered something that is fun to do.

I encountered a number of people who could attest e-cigs can help people quit smoking, but the process took a long time. Only one person I talked to had fully quit smoking, meaning they no longer even used an e-cig.

The risks are much higher than the rewards, in this case, so don't smoke.



## THE MOORING MAST

Pacific Lutheran University  
12180 Park Ave S.  
Anderson University Center Room 172  
Tacoma, WA 98447

### EDITOR-IN-CHIEF

Reland Tuomi  
mast@plu.edu

### BUSINESS & ADVERTISING MANAGER

Bjorn Slater  
mastads@plu.edu

### NEWS EDITOR

Samantha Lund

### A&E EDITOR

Matthew Salzano

### BUSINESS EDITOR

Bjorn Slater

### OPINION EDITOR

Ashley Gill

### SPORTS EDITOR

Giancarlo Santoro

### COPY EDITOR

Brittany Jackson

### COPY EDITOR

Kaitlyn Hall

### ONLINE EDITOR

Allie Reynolds

### MAST TV

### GENERAL MANAGER

Allie Reynolds  
masttv@plu.edu

### MULTIMEDIA EDITOR

Campbell Brett

### NEWS @ NINE PRODUCER

Zachary Boyle

### ADVISERS

Cliff Rowe  
Art Land

### POLICIES AND PROCEDURES

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.

Please email mastads@plu.edu for advertising rates and to place an advertisement.

Subscriptions cost \$25 per semester or \$40 per academic year. To subscribe, email mast@plu.edu.

follow us on

Twitter

@PLUMastNews

If you want more of the DOH's opinion and research on e-cigs go to:

<http://www.doh.wa.gov/YouandYourFamily/Tobacco/OtherTobaccoProducts/ECigarettes>



# Think twice about scandalous costumes this Halloween

By **TAHLIA TERHUNE**

Guest Writer

Halloween was not intended for bare legs or push-up bras.

According to CNN, 43.6 percent of the U.S. population will wear costumes this Halloween. Spending for the spooky holiday throughout the U.S. in 2013 was \$6.9 billion.

Money is poured into this traditionally Pagan holiday that originated from Celtic beliefs. Halloween was originally a deep-rooted tradition, not part of the American culture. Our capitalistic minds turned a cultural tradition into an entirely new market nearing \$7 billion annually.

It is not unlike Americans to adopt new traditions early immigrants brought from European countries. I am curious to know how this holiday that held great significance turned into the opportunity for women and men to dress inappropriately.

I use the word "inappropriate" under the assumption that not all individuals I see would proudly strut around half-naked in a sailor costume in front of their parents.

In the popular movie from 2004, "Mean Girls," Lindsay Lohan Cady Heron says, "In girl world, Halloween is the one time of year a girl can dress like a total slut and no other girl can say anything about it."

Personally, I have yet to meet a girl who hasn't seen this movie. Media is constantly embedding the idea that is OK to sexualize ourselves.

You might be OK with dressing a little scandalously on this fright night, but viewing this issue from another perspective could change that.

The Huffington Post wrote a piece on the sexualization of costumes for our youngest trick-or-treaters. Imagine your little sister is



PHOTO COURTESY OF CREATIVE COMMONS

Examples of a police officer costume for young girls and boys. Both differ dramatically from the materials used, the young girls costume is used with shiny material and the boys with a softer more realistic material, to the amount of skin revealed.

deciding to be a police officer this year.

Rather than the traditional full pants, boots and long sleeve shirt, you'll find the brand Alterego at Value Village featuring tot-sized, dolled-up girls wearing short sleeve dresses with heeled calf-high boots. Junior Sara Suznevich gave her opinion on

Halloween costumes.

"Now with these sexualized costumes being made for younger and younger girls, they are going to think they need to dress that way," Suznevich said. "Seeing young girls like this can even start sexual exploitation at a younger age for girls."

The Huffington Post interviewed, a police officer with a 7-year-old daughter who said, "Policewomen wear pants while they work. It's hard to chase bad guys down in stiletto heels."

I fully acknowledge that everyone has the right to dress how they want, but it is more than just going out for the night.

Allowing companies to make millions off of barely-there clothing is setting a low standard for youth that actively participate in Halloween and the ever-increasing sexualization of our society.

There is also the double standard of men not being as sexualized when it comes to Halloween costumes that is often ignored.

We are quick to judge advertising companies for featuring the half-naked women chasing down a man for an irrelevant product, yet we are only promoting the ideals of sexualizing women or men by purchasing sexualized costumes.

"All in all, I hate the image that society puts out there for women to have to dress sexy for Halloween" Suznevich said. "Dress how you want and if that means you wear a sexy outfit then go ahead."

I am suggesting we have fun with the holiday and enjoy it as a time to spend with friends or family.

I encourage you to think twice about that costume you may wear this year. I strongly doubt the Celts ever envisioned the holiday transforming into a time where it was acceptable to wear a sexy doctor's costume.

Have fun with the holiday and help change the way society clashes with sexuality.

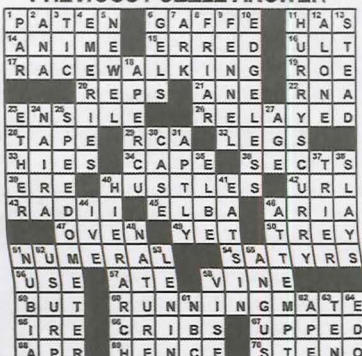
## Study Break

### Universal Crossword

Edited by Timothy E. Parker October 26, 2014

- ACROSS**
- 1 Point of interest
  - 6 The one over there
  - 10 Stench
  - 14 Deep, lustrous black
  - 15 Car, for short
  - 16 Camembert kin
  - 17 Putting things into motion
  - 20 Priest's leave
  - 21 Deli selection
  - 22 "Survivor" network
  - 24 Between half and all
  - 27 "Blue" singer LeAnn
  - 28 Dish with seasoned rice
  - 31 Exclaimed in delight
  - 33 Building blaster
  - 34 Maine national park
  - 36 More than miffed
  - 38 Certain collectible
  - 41 Member of the peerage
  - 42 Le Carre hero George
  - 45 Heart-rate abbr.
  - 48 Copier powder
  - 50 Abnormal swelling
  - 51 "Lord, \_\_\_?" (Last Supper question)
  - 53 Cloth joiner
  - 55 Wee dog
- DOWN**
- 1 Roarer in film intros
  - 2 "Shogun" belt
  - 3 Picnic side dish
  - 4 Alternative to DOS or Windows
  - 5 "Auld Lang \_\_\_"
  - 6 Ink on skin
  - 7 "Say what?"
  - 8 Had the special
  - 9 Expensive car trips
  - 10 Marks on old manuscripts
  - 11 Had a nightmare
  - 12 Ewing and Getty, e.g.
  - 13 Stand firm against
  - 18 Herd of whales
  - 19 It's done in the slammer
- 22** Bean counter, for short
- 23** Lighter brand
- 25** Polished and well-groomed, as a lady
- 26** "No \_\_\_ traffic"
- 29** Very little, as of ointment
- 30** Substance used to protect or stabilize
- 32** All \_\_\_ (attentive)
- 35** Fuzzy, bushy hairstyle
- 37** Children's author Blyton
- 39** Charged atomic particles
- 40** Seuss' Horton, e.g.
- 43** Tall, flightless bird
- 44** Do more than chat
- 45** Words describing a fairy-tale wolf
- 46** Prefix meaning "false"
- 47** Coin producer
- 49** Motley, as an army
- 52** Native American pole
- 54** "\_\_\_ Doubt-fire"
- 57** Desperately dry
- 59** Blue green shade
- 60** Tarantino's "\_\_\_ Fiction"
- 62** Here-there connection
- 63** Hagen of the stage
- 64** Maglie or Mineo
- 65** "Get your hands off me!"

#### PREVIOUS PUZZLE ANSWER



© 2014 Universal Uclick  
www.upuzzles.com

## Life Hacks

If you don't have an iron or time to iron your clothes, put them in the dryer with a wet sock or washcloth for 30 minutes.

PHOTO TO CREATIVE COMMONS

### 10/26 SLIPPERY CONDITIONS By Rob Lee

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15				16			
17				18					19			
		20						21				
22	23				24		25	26		27		
28			29	30		31			32		33	
34					35		36			37		
		38				39				40		
			41					42			43	44
45	46	47		48			49		50			
51			52			53		54			55	
56					57		58		59	60		
61					62	63					64	65
66					67				68			
69					70				71			

# SPORTS SCOREBOARD

## Football

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Linfield	6	0	0	4-0	Won 6
Pacific	4	2	0	4-0	Won 4
Whitworth	5	3	0	3-2	Won 1
PLU	4	2	0	2-2	Won 1
Willamette	4	2	0	2-2	Lost 1
Puget Sound	3	3	0	2-2	Lost 1
George Fox	0	6	0	0-4	Lost 6
Lewis & Clark	0	7	0	0-5	Lost 7

LUTES' UPCOMING GAME: Nov. 1 vs. Puget Sound, 1 p.m.

## Women's Soccer

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
PLU	13	3	1	11-2	Won 4
Puget Sound	12	4	0	10-3	Lost 1
Linfield	12	3	0	9-3	Won 5
Lewis & Clark	9	5	2	7-4-1	Lost 1
Whitman	8	7	2	6-5-2	Won 1
Whitworth	5	11	1	4-9	Lost 1
George Fox	3	10	3	3-8-1	Lost 2
Pacific	5	10	1	2-9-1	Lost 5
Willamette	2	13	1	1-10-1	Lost 7

LUTES' UPCOMING GAME: Nov. 1 vs. Pacific, 11 p.m.

## AROUND THE LEAGUE...

**ROWING:** After a season-opening win at the Women's Collegiate DIII/Club Varsity 8+ race in the Portland Fall Classic on the Willamette River in Portland, the Lewis & Clark Pioneers earned the first-ever NWC "Crew of the Week" award as the conference welcomes women's rowing as an official sport for the 2014-15 year.

**MEN'S SOCCER:** Willamette junior forward Yazan Hishmeh recorded his sixth and seventh game-winning goals of the season as Willamette won 3-2 at Pacific Lutheran and 1-0 at Puget Sound to move into first place in the NWC standings. Hishmeh has 13 goals this year.

**CROSS COUNTRY:** The Northwest Conference Championships for cross country will begin this weekend on Saturday, Nov. 1 at Willamette University in Salem, Ore.

Information courtesy of <http://www.nwc-sports.com/landing/index>

## Men's Soccer

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Willamette	12	4	1	9-1-1	Won 6
Whitworth	13	1	2	8-1-2	Won 3
Puget Sound	11	4	2	8-2-1	Lost 1
Pacific Lutheran	8	9	0	5-6	Won 1
Linfield	6	8	1	4-6-1	Lost 2
Whitman	8	9	0	4-7	Lost 1
Pacific	6	9	1	3-7-1	Won 1
George Fox	2	13	1	0-11	Lost 11

LUTES' UPCOMING GAME: Nov. 1 vs. Pacific, 1:30 p.m.

## Volleyball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
PLU	17	4	0	10-2	Won 3
Whitworth	17	5	0	10-2	Won 6
Puget Sound	9	12	0	8-4	Won 1
Linfield	8	9	0	7-5	Lost 1
Willamette	11	10	0	6-6	Lost 1
Lewis & Clark	10	11	0	4-8	Lost 2
Whitman	8	13	0	4-8	Lost 4
George Fox	4	18	0	3-9	Won 1
Pacific	6	14	0	2-10	Lost 1

LUTES' UPCOMING GAME: Oct. 31 vs. Lewis & Clark, 7 p.m.

# Santoro Speaks... PHED, beneficial or detrimental?

By **GIANCARLO SANTORO**  
Sports Editor

About two weeks ago, I received an email from Pacific Lutheran University asking me to complete a survey related to my experience with the universities' General Education Program, or, GenEds.

At first, I'll admit, I ignored it, perhaps being too preoccupied with writing articles for this fine newspaper.

After receiving two reminder emails, I caved and tried to think back to what I did and didn't like about my GenEd classes.

For the most part, they were very informative—at times even eye-opening—and some of my favorite classes at PLU have been ones that didn't have anything to do with my major.

Then I started thinking of a debate I had with a friend about the university's physical education requirements.

Why, my friend asked, should students be required to pay the university to be physically active? Should students who have to take out substantial student loans

be exempt? What about student-athletes who exercise on a daily basis?

According to PLU's website, as part of GenEd's, almost every student is required to fulfill a certain amount of credits in five areas of study: Engaging Arts and Performance, Interpreting Living Conditions for a Humane Future, Exploring Nature and Number, Investigating Human Behavior, Culture & Institutions and Encountering Perspectives on Diversity.

PHED falls under the first category of the five, and in order to graduate, students must complete three activity courses and PHED 100: Personalized Fitness Program.

Basically, students are spending thousands of dollars to take PHED classes that may: 1. require the student to take out more student loans than necessary and 2. take time away from studying for classes that are needed to complete a degree.

That doesn't even take into account that some people just don't want to be physically active.

If it is not part of your lifestyle, and if you don't want it to be, it does seem a bit unfair. But here's how I look at it:

I am incredibly fortunate to not have student loans hanging over my head once I graduate, so for me, PHED classes aren't so bad.

I can actually use my legs and not have to sit behind a desk or in front of a computer for long hours on end.

As a former student-athlete, it also allows me to be slightly competitive again and have fun.

Everyone's experience is different, however, and what works for me may not work for you.

However, I will say this: the overarching theme of PLU's mission as a university is to educate its student's minds and bodies.

A big part of learning is stepping outside of your comfort zone, and for some, being active isn't as easy as it is for others.

That being said, it can be seen as a good thing that PLU cares about keeping its students healthy by discouraging a sedentary lifestyle through required PHED classes.

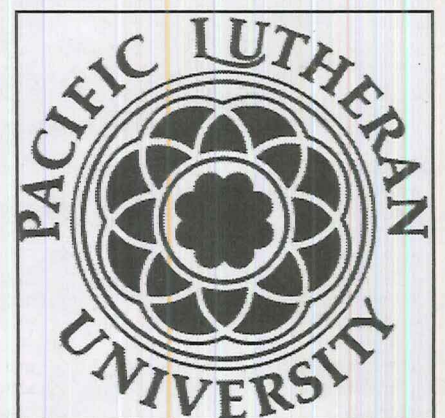
Or, it can be seen as a ploy to squeeze more money out of students.

That is for you to decide.

In the end, there doesn't really seem to be a right answer, and maybe there doesn't have to be.

Attitude goes a long way in determining whether something is beneficial to you or not.

While the cons may appear to outweigh the pros in this argument, you may one day be sitting in a cubicle daydreaming about playing badminton in Olson Gym.



# Dalton Ritchey thankful for unique football team

By **David Mair**  
Staff Writer

Standing tall at 6 feet, senior Dalton Ritchey is the starting quarterback for Pacific Lutheran University's Football Team.

Ritchey grew up loving the game of football in Onalaska, Wash., a small town about halfway between Tacoma and Portland, and played football for Onalaska High School.

Being able to play at PLU has only increased his passion for the game.

"The guys around the program are unlike any program," Dalton said. "I can honestly say I love playing with all of them, so coming to practice and playing a game I already love is that much better."

Since he picked up the pigskin for the Lutes three years ago, his role on the team

has changed drastically.

When Ritchey was a first-year, he switched from quarterback to receiver so he could be able to help in anyway that was necessary.

During his sophomore and junior years Ritchey became starting quarterback.

Now, he is a prominent figure on the team that has built trust among the guys to the point where players come to him for advice around the offense.

PLU head coach Scott Westering has confidence in Ritchey with the on-field checks and decisions.

Currently the team is 4-2.

Its only losses in Northwest Conference and overall this season were against Linfield 14-41 and Pacific 28-31, both quality opponents.

**"We constantly strive to get better, so why should that stop?"**

**Dalton Ritchey**  
senior

strive to get better, so why should that stop?" Ritchey said. "We focus on always giving it our best shot and sometimes the games doesn't go the way we want."

As he wraps up his final season as a proud Lute, Ritchey wants to leave the field

knowing he left it better than he found it.

A legacy is what he hopes to leave for the new guys. Specifically for the quarterbacks, so they know what it is like to play at an extremely successful level.

Ritchey wants to pour everything he has into the football tradition at PLU, and strives to be part of the group of great quarterbacks.

According to Ritchey, the experience on the football team has been one of the best in his life so far.

Through the PLU football program he has fostered long-lasting friendships, created wonderful memories and enjoyed the opportunity to play football at a high level.

"I am very blessed that God had led me down this path to this school," Ritchey said.

# Lutes bounce back in dominant fashion with historic 56-14 win over Willamette



PHOTO COURTESY OF JOHN FROSCHAUER

PLU quarterback Dalton Ritchey throws the football in the game against Willamette.

By TYLER SCOTT

Director of Athletics Communications

Willamette took the opening kickoff and drove down the field for an early lead, but from that point on it was all Pacific Lutheran University as the Lutes broke a 44-year-old program record with 686 yards of total offense in a 56-14 Northwest Conference football victory over the Bearcats Saturday afternoon at Sparks Stadium in Puyallup, Wash.

Going against a dangerous power-rushing team following a disappointing

road loss last weekend, the Lutes rebounded in the most dominant way possible Saturday.

Willamette picked up 75 yards on its first drive to take a 7-0 lead and added 64 yards on its final drive late in the fourth quarter, but the PLU defense limited the Bearcats to 151 yards in between as the Lutes out-gained the Bearcats 686-to-290.

Northwest Conference leading rusher senior Dylan Jones broke a 57-yard run on the third play from scrimmage as Willamette opened the game with five consecutive running plays leading to a touchdown.

The Lutes responded with a five-play, 75-yard drive of their own, complete with a big play.

For the Lutes it was through the air, however, as senior Dalton Ritchey dropped a perfect deep ball into the hands of senior Kyle Warner for a 47-yard scoring pass to tie it up less than five minutes into the game.

From there the PLU defense stepped up and the offense never let up as the Lutes scored on every drive except their final possession before halftime, when a missed

field goal sent PLU into the break up 28-7.

The Lutes came right back out in the second half and scored a touchdown on their first drive of the second half before a fourth-down stop in their next possession included the only missed third-down attempt of the day for PLU, not counting quarterback kneels at the end of the game.

Officially, PLU converted 11 of 13 third-down attempts while holding Willamette to 1-of-9 on third down.

The Lutes held possession for more than 40 minutes, including more than 22 minutes in the second half.

PLU finished the day with 26 first downs to 11 for Willamette and posted a symmetrical yardage tally of 343 on the ground on 48 carries and 343 through the air on 25 pass attempts.

Ritchey put up the best game of his collegiate career, completing 15 of 22 pass attempts for 302 yards—an average of 13.7 yards per pass—and five touchdowns while rushing for 130 yards on 14 carries (9.3 per carry) and another score.

Senior Niko Madison tallied game-high 136 rushing yards and a touchdown on 16 carries, while Warner caught two passes for 111 yards and a score.

Senior Lucas Sontra caught three passes totaling 47 yards and found the end zone

each time he touched the ball for three scores.

Senior Fernando Barrett added one big catch: a 43-yard scoring grab.

The PLU defense posted a balanced effort, with 20 different players picking up at least one tackle and no one totaling more than six. Seniors Joel Teats and Travis McCarthy tied for the team lead with six apiece, while juniors Chase Houser and Cody Tupen each sacked Willamette sophomore quarterback Trent Spallas once.

PLU's 56 points marked the highest point total since a 62-14 win over Puget Sound in 2001, and also marked the most points the Lutes have ever scored against Willamette.

The Lutes' 686 yards easily surpassed the previous program record of 653 set in a 47-0 win against Whitworth way back in 1970.

The win improves PLU's record to 4-2 overall and 2-2 in conference play, while Willamette falls to 4-2 overall and 2-2 in the NWC.

PLU returns to action this Saturday, when they will travel to take on cross-town rival Puget Sound at 1 p.m.

## Bearcats claw back, Lutes win on Senior Night

By GIANCARLO SANTORO

Sports Editor

### Game 1

It's a tight race for first place at the top of the Northwest Conference table, and the visiting Willamette Bearcats ensured its team stayed there with a 3-2 Northwest Conference win over the Pacific Lutheran University Men's Soccer team last Saturday at PLU's East Field.

Despite the loss, PLU head coach John Yorke was happy with the performance.

"I thought we played really well, one of the better games we played all season," Yorke said. "Unfortunately, they had a penalty kick and we had a bad defensive mistake which is a little bit of the same kind of stuff that has cost us in other games as well."

Three shots in the first 10 minutes for the Lutes set the tone for what would be a high-scoring match, and PLU dominated the early proceedings.

Shots by senior Justin Manao, first-year Nate Popp and sophomore Rigoberto Loreto gave the Bearcats early scares, and their resistance was finally broken shortly before halftime.

A whirlwind of goals in the final seven minutes was started by PLU sophomore Diego Aceves off an assist from first-year Tarald Waerness.

In the 39th minute, Aceves took a pass from Waerness before unleashing a shot from 10 yards that flew past Willamette junior goalkeeper Braydon Calder to put the Lutes up 1-0.

Just three minutes later the score was level.

Willamette junior forward Garrett Ross passed to junior Sebastian Mortimer who hit a hard shot from 18-yards past PLU junior goalkeeper Mike Arguello in the 42nd minute.

Seconds before halftime, PLU struck again to make it 2-1.

Waerness turned from provider to scorer when junior Jordan Downing dribbled into the Bearcats' box to find Waerness, who tapped the ball in from six yards in the 44th minute.

"When we were up 2-1, we had three chances within 12-yards to make it 3-1 or 4-1," Yorke said. "We missed all three of them, and then the game went the other way."

Unfortunately for the Lutes, their scoring for the day was over.

PLU continued their offensive onslaught into the second half by committing numbers forward and testing Calder, who came up with big saves.

Things weren't going so well for the Lute's defense either.

Senior defender Kevin Wien was called for a hand ball inside the PLU box. Willamette forward Alan Hernandez stepped up to score from the penalty spot to make it 2-2 in the 59th minute.

Willamette's turnaround was completed in the 73rd minute off a goal by NWC Offensive Player of the Conference candidate junior Yazan Hishmeh.

Sophomore forward Julian Hanlon-Austin's shot deflected off of PLU's crossbar to the grateful feet of Hishmeh to score his 13th goal of the season and the game winner.

After the game, Yorke said he was looking for improvement Sunday against Linfield.

"We need to make the choice to win and be choosing to win rather than just letting it happen," Yorke said.

The Lutes hosted Linfield the following day.



PHOTO COURTESY OF JACQUI GUTIERREZ-ATHLETICS COMMUNICATIONS

Left to right: Seniors Drew Sadowsky, Bryce Archambeault, Justin Manao and Kevin Wien pose for a Senior Night Picture.

### Game 2

It was a game of firsts for Pacific Lutheran University Men's Soccer players against visiting Linfield in their Northwest Conference match Sunday at East Field.

A first goal, a first start and a first sweep of Linfield since 2011 helped the Lutes run out with a 3-0 win.

The last home game of the 2014 season meant it was Senior Night, and seniors Justin Manao, Bryce Archambeault, Kevin Wien and Drew Sadowsky were honored with their families before kick-off.

By tradition, every senior starts the match on Senior Night, meaning Sadowsky earned his first start as a Lute.

"I thought we fought hard and it was unfortunate to go down after having the lead yesterday but we came back strong today," Sadowsky said. "We got the result we wanted and got the clean sheet."

Despite all the attention being on the seniors, it was two first-years who combined to open the scoring in the fifth

minute.

Making his third start of the season, first-year midfielder Joel Frykholm found first-year forward Eddie Na, whose first touch deflected off of his face.

Keeping his composure, Na was able to make a quick turn and shot past Linfield senior goalkeeper Grant Loriaux for the unorthodox goal.

It was his sixth of the season in just 11 starts for the Lutes.

The team seemed to feed off the energy from the goal and moved the ball around the Linfield defense with ease.

A couple of shots from Na and Manao forced good saves from Loriaux, whose defense was struggling to keep up with the speed of PLU's forwards.

Things would only get worse for the Wildcats when Loriaux had to be substituted off in the 35th minute with a possible concussion after a collision with Manao and one of his defenders.

He was replaced by first-year Jack O'Keefe.

O'Keefe only lasted four minutes on the field before getting scored on, this time off of a corner kick.

PLU sophomore Diego Aceves' cross skipped through on the ground to an unmarked Archambeault, whose sliding shot snuck under O'Keefe in the 40th minute.

PLU went into halftime leading the Wildcats 2-0.

"I think the early goal hurt Linfield a bit, and we did a good job of putting them under pressure," PLU head coach John Yorke said. "Some intelligent decisions in the midfield helped us keep the game going in their end the first half."

The Lutes killed the game off less than 10 minutes into the second half when Archambeault and sophomore Nate Popp dual-assisted sophomore Rigoberto Loreto in the 52nd minute.

Archambeault's cross squeaked through to the back post where Loreto roofed his shot into the net to make it 3-0.

"Joel Frykholm played really well and him and Justin [Manao] found each other and just put some pressure on them," Yorke said. "It definitely gave us the confidence to keep going forward."

PLU junior goalkeeper Mike Arguello finished the game with one save and was replaced by fellow junior goalkeeper Kyle Vanderwaal in the 75th minute.

"I think what was different this game is we had a lot more desire," Sadowsky said. "Everyone was hyped up because it was Senior Night and we wanted to put on a good show for our fans and get the result we have been waiting for all weekend."

With the win, the Lutes moved up a spot in NWC to fourth with a record of 5-6 and 8-9 overall.

Linfield's second loss in two days sees them drop to fifth with a record of 5-6-1 and 8-6-1 overall.

PLU travels to Oregon this weekend to face Pacific Saturday, Nov. 1 and George Fox Sunday, Nov. 2.

Kick-off for both games is 1:30 p.m.

# Volleyball shuts out George Fox, Linfield

By **GIANCARLO SANTORO AND DEBORAH CABANOS**  
Sports Editor and Guest Writer

## Game 1

When Pacific Lutheran University's volleyball team was asked what they thought the key to Friday night's 3-0 Northwest Conference win against George Fox was, they said one thing: junior Lucy Capron.

"Our defense really stepped it up against George Fox, and a huge shout-out goes to our outside hitter Lucy Capron," first-year Julia Hutchinson said. "She practiced so hard this week and brought that same intensity to the game. She was a big factor to our success."

Senior libero Amber Aguiar agreed, saying, "Lucy Capron had an outstanding game."

The junior outside hitter lead the team in numerous attacking statistics en route to a key victory to keep the Lutes in first place in NWC.

Capron's 16 kills, 31 total attacks and five service aces condemned George Fox to its ninth conference loss of the year.

The Bruins opened the scoring in the first set and both teams traded points in what proved to be a back-and-forth start to the match.

George Fox took a 5-4 lead before the Lutes turned on the attack.

Once Capron, senior Amy Wooten and junior Kylai Cooley found their rhythm, their kills helped the team finish the first set with a comfortable 25-14 score.

In the second set, the crowd could be forgiven for thinking they had déjà vu.

The Bruins took the lead before being pegged back by the attacking power of the Lutes and key digs by Aguiar.

George Fox clawed their way back after some exciting rallies to bring the score to a close 11-9 for the Lutes, but once again, PLU piled on the points to win the second set 25-14.

"I thought that we came out with fire and sustained it the entire match," Aguiar said. "I felt that the starters worked really hard to give other girls the chance to play."

With their backs against the wall going into the all-important third set, George Fox came out with a purpose

and even lead the Lutes at 9-8.

Despite continuing to hang with PLU at 13-15, the Lutes scored four unanswered points that turned out to be key in the 25-18 third set victory.

"Our offense killed it this weekend and Amy Wooten played one of the best games I've seen from her," Hutchinson said. "It was awesome."

PLU senior Samantha North was also huge for the Lutes, and her 35 assists were instrumental to Wooten, Cooley and Capron's kills.

"We were focused and played with purpose," Aguiar said.

The Lutes took on Linfield the following day, knowing a win would keep them tied with Whitworth atop the NWC standings.

*Deborah Cabanos contributed to this article*

## Game 2

On a stormy Saturday night, the Pacific Lutheran University volleyball team came out strong and defeated the Linfield Wildcats 3-0.

The last time these two teams faced off, the Lutes lost the game in five sets.

"We wanted to show Linfield who we are and prove that the team they beat last time is not the team we are today," first-year defensive hitter Julia Hutchison said. "We played our hearts out and beat them in three."

PLU took an early lead in the first set with a score of 8-3; however, Linfield played strong to tie the set at 11-11.

Linfield was up 15-13 when the Lutes took a timeout.

Following the timeout, the Lutes scored seven consecutive points, which helped contribute to their 25-20 set win.

The second set was a challenge as both teams went back and forth for control, which included six lead changes and 14 tie scores.

With ties at 19-19 and 20-20, the intensity rose on and off the court.

After they broke the tie barrier, the Lutes went on to win the set with a score of 25-23.

This set win was secured with a kill by senior middle back Amy Wooten.

"Last night, it felt like we had complete control of the

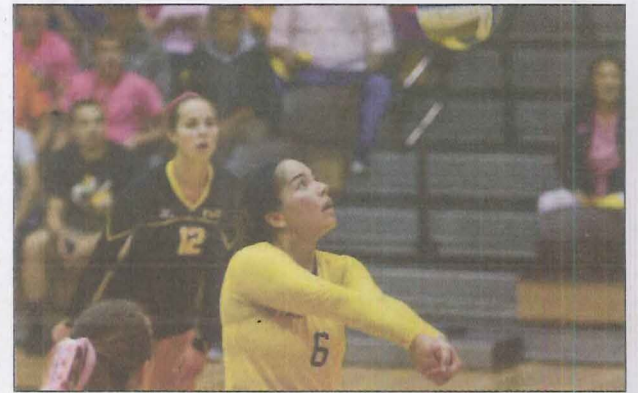


PHOTO COURTESY OF JOHN FROSCHAUER

Senior libero Amber Aguiar prepares to set up a teammate during the Lutes win over Linfield

game," Wooten said. "I think every girl on the team had an outstanding game."

The third set was a lot easier for the Lutes as they displayed their dominance on the court.

They built up an early lead to keep up a four point advantage until reaching 15-11.

The Wildcats played hard to close the gap to one point, but it was not good enough.

The Lutes teamwork was evident as they went on to score the last six points in the game.

The final kill was delivered by junior outside hitter Lucy Capron.

"Our win was a full on team contribution," senior defensive hitter Amber Aguiar said. "On the court we performed on all cylinders both offensively and defensively."

With the win, the Lutes have an overall record of 17-4 and a conference record of 10-2.

The loss for Linfield gives them an 8-9 overall record and a 7-5 conference record.

The next four games will be held at home on Names Family Court Friday, Oct. 31 and Saturday, Nov. 1. Both begin at 7 p.m.

*Game 1 by Giancarlo Santoro and Game 2 by Deborah Cabanos*

## Scandinavian Shop

AT PACIFIC LUTHERAN UNIVERSITY

# Anniversary Sale

November 2<sup>nd</sup> - 9<sup>th</sup>

Shop *Early* for Great Gifts

25% Select  
off Scandinavian Items

Garfield  
BOOK COMPANY  
AT PLU



Terms subject to change without notice. No cash value. Select styles. Excludes textbooks, electronics, glassybaby, Oleana, clearance and Dansk. While supplies last. Cannot be combined with other offers, coupons or discounts. Offer valid through 11.02.2014-11.09.2014