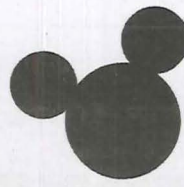




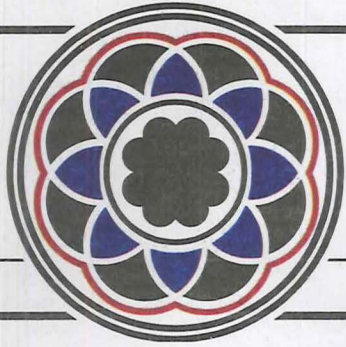
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PACIFIC LUTHERAN UNIVERSITY  
**THE MOORING MAST**

OCT. 10, 2014

<http://mastmedia.plu.edu>

VOLUME 91 ISSUE 3

# “Yik Yak” attack: New app dominates campus culture

By **SAMANTHA LUND**  
News Editor

Yik Yak is turning into today's anonymous “Burn Book” of Pacific Lutheran University, opening the gateway to cyber bullying on- and off-campus.

Yik Yak came into app stores in November 2013. The app allows people to post anonymously without registering with any organization, such as Twitter or Facebook. Users can read other users posts, or “Yaks” within a 5-mile radius, as determined by a smartphone's GPS location.

Until recently, Yik Yak charged people to use their technology. Now that the app is free, the number of “Yakers” has skyrocketed.

Sex, drugs, alcohol, parties and confessions of love can all be found in the PLU zone of Yik Yak. The app has no administrators looking over each post to check for bullying, making the app an open market for anyone to say anything they want.

One of Yik Yak's terms of use is to not use the app for bullying purposes, but that rule seems to have very little effect on the users.

“I think it is nice when you use it for its purpose like confessions and to get stuff off of your chest,” junior Kerri Stelk said. “But I think most people use it as a way to anonymously bully other students without repercussions, which is sad.”

Anonymous posts such as, “Those jeans you were wearing on Foss Field? No.” and “Dear girls in the Harstad basement, Shut Up. No one cares about your jeans and no one wants to hear you cackling. It's not Halloween, stop sounding like a witch,”

From a girl being called out on yik yak: You don't realize what this does to us. It makes us really insecure and want to hide in a closet. Please just leave names out of it.

13m ago 19

PHOTO COURTESY OF [HTTPS://TCU360.COM](https://TCU360.COM)  
An anonymous user's response after being called out on Yik Yak.

can be found daily on Yik Yak.

“I think it's really just a new alternative to pages like PLU Confess or PLU Compliments,” senior Allison McClure said, “But overall, I've been a little disappointed at the racist, homophobic and general bullying vibe that is prevalent with Yik Yak.”

“If you wouldn't say these things out loud in the middle of the AUC, why do people get such a kick out of anonymously putting other people down?” McClure added.

A frequent target of Yakers around PLU is first-year Jake Russin, otherwise known as “beats kid” by Yakers. Russin wears yellow Beats most days around his neck and there are frequent Yaks about him. The Yaks are compliments and insults. However, Russin has not let it ruin Yik Yak for him completely.

“I think Yik Yak is fine as long as they aren't making fun of me,” Russin said, “but bullying shouldn't be allowed at all.”

Other students who have been targets are not as easy-going about the bullying as Russin and have stopped using the app completely.

The app can be a gateway for anonymous cyberbullying to take place without any consequences. Schools in Chicago, New Mexico and Vermont have banned Yik Yak for bullying reasons according to *USA Today*. Most high schools and middle schools do have Yik Yak blocked due to fear of bullying.

Another issue that Yik Yak raises is an issue of privacy. Student posts are anonymous to other students but police and law enforcement officials can track down phones and locations of users who post certain Yaks. All Yaks are stored, even if the user deletes their post, meaning, at any given time a Yaker can be found and their deleted Yaks can be read by law enforcement.

High school and college students have been arrested for particularly bad Yaks. Law mandates that high schools have non-bullying policies and students who violate those policies can be tracked down and arrested for bullying Yaks. Users confessions of crimes and threats can be tracked down and arrested for their

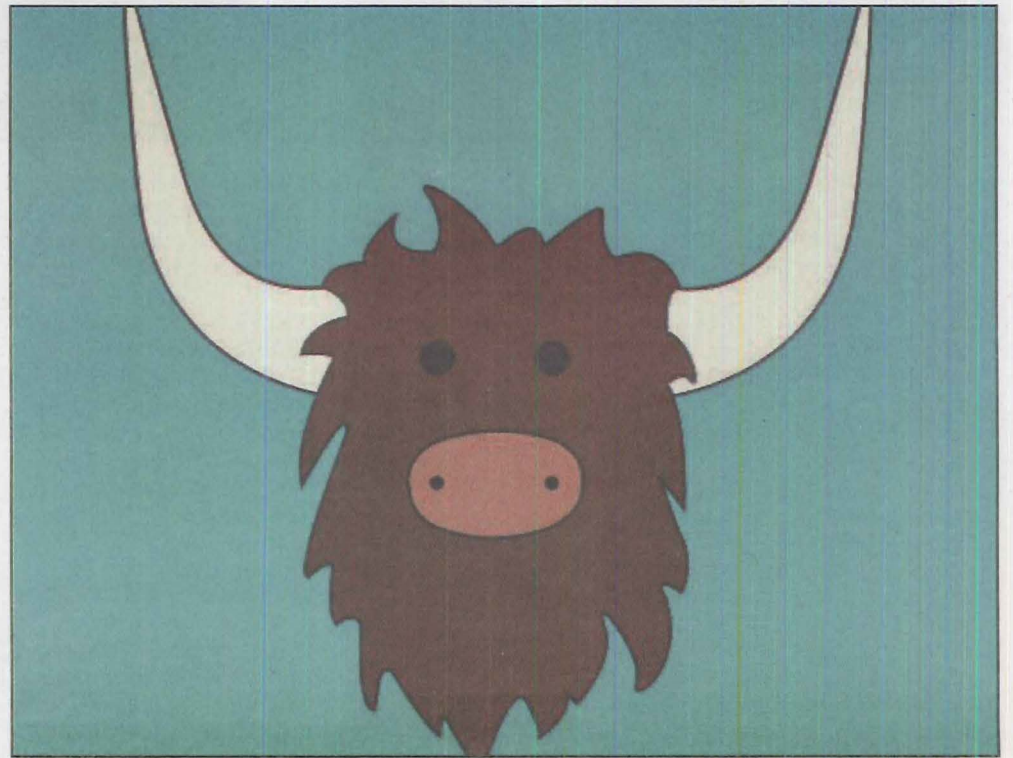


PHOTO COURTESY OF YIK YAK, LLC

Yik Yak currently has more than 250 thousand users nationwide.

posts.

The app was not made with the intention to facilitate bullying. One of the creators commented on his app in an article by Diana Graber, co-founder of cyberwise.org.

“We were naïve,” Brooks Buffington, co-creator of Yik Yak said. “We designed the app primarily for college students. Using the app the way we intended it to be used requires a certain amount of maturity and responsibility; we were idealistic about who possessed that.”

Since all Yaks are stored, trends can be found in Yik Yak zones. Yaks tend to get meaner toward the end of the week. On Mondays Yaks are mostly about school work and student's issues with campus. By Thursday and Friday, however, student move their attention from campus issues onto one another.

Yakers need to consider what they are writing before they post and remember that nothing can be taken completely off the internet. Also, remember school zones can petition to have Yik Yak banned and

the PLU administration could disable student accounts.



VIDEO COMPONENT ONLINE

## UnPLUG aims to reduce energy usage

By **ASHLEY CONNORS**  
PLU Sustainability

The month of UnPLUG started Oct. 1. UnPLUG, Pacific Lutheran University's annual energy conservation competition between the residence halls on campus, has been successful in reducing students' energy consumption each year since it began in 2009.

This year's campuswide event is the Keep It at 68 Sweater Swap, where students and other members of the PLU community can get a new sweater by trading one of their old sweaters. If they don't have one to trade, there is still the option to pay a few dollars for a sweater. The sweaters will come from Goodwill or other students who have already participated in the swap. The goal is to get students to put on warmer clothing instead of turning on their heaters.

Besides turning down or off their heaters, there are many other things students can

do to conserve energy, such as unplugging appliances that aren't currently being used and turning off the lights when leaving a room. Another strategy is adjusting computer settings to automatically turn off or go to sleep after not being used for a certain amount of time.

Conserving energy is an important component of caring for the environment and a component of PLU's mission statement. Reducing energy consumption through both changing our behavior, as well as investing in energy-saving techniques, such as the insulating, double-paned windows that were recently installed in Stuen Hall, will go a long way toward helping PLU reach its long-term goal of being carbon neutral by 2020.

Students can learn more about the UnPLUGged challenge at <https://plu.edu/sustainability>.

## What's Inside...

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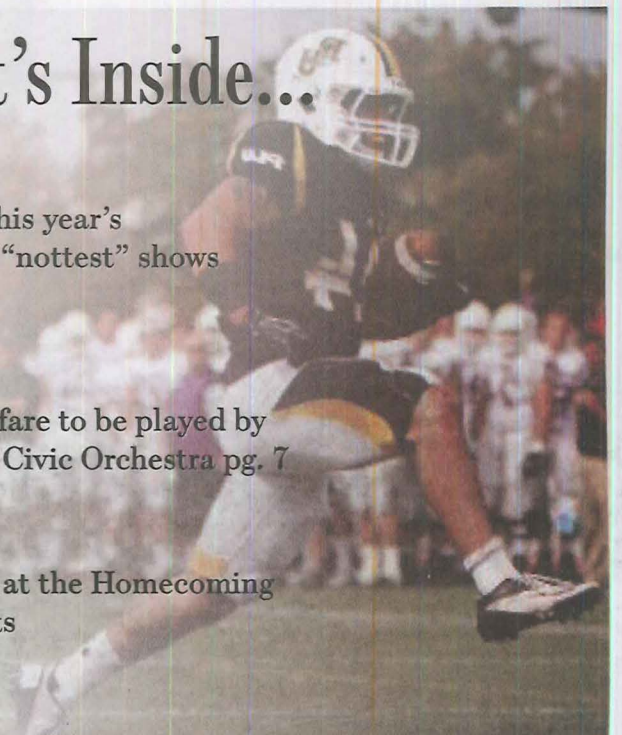
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Take a look at the Homecoming Game results  
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# Class of '64 returns to PLU to reminisce on old times

By GENNY BOOTS  
Guest Writer

Pacific Lutheran University welcomed the Class of '64 back to campus for homecoming weekend. 50 years after graduation, these alumni came from across the country to reconnect, remember and celebrate their time at PLU.

The event-filled weekend included a reunion reception, formal dinner, lunch with President Krise, chances to sit in on classes and campus tours.

The Office of Alumni and Constituent Relations worked with the Reunion Planning Committee once a month during the summer to organize the weekend.

"It's been really cool to work with them and give tours of campus," said Katie Curtis, the administrative assistant for the alumni office. "We get to hear about their experiences at PLU and really get to know them."

More than 50 people from the Class of '64 attended the reunion. They've all reached their 70s, and most have children and grandchildren. Teachers, pastors, chemists, nurses and doctors, their PLU degrees have put these alums all over the map. One came back to PLU after moving as far away as Tanzania, Africa.

A lot has changed since their days as students. In the 1960s, men and women were kept very far apart. Dan and Judy Selmann laughed as they reminisced about the "dorm mothers".

"They locked the girls in at 10 p.m. sharp!" Judy Selmann said.

While they were at PLU, chapel was mandatory, dancing wasn't allowed and studying at the library was just a little desk facing a wall, Linnea Hillesland said.

Another major change was Pacific Lutheran College being renamed Pacific Lutheran University, starting the expansion into the PLU that is known today. They were



PHOTO COURTESY OF GENNY BOOTS

Class of 1964 returns to PLU for 50 year reunion.

the first class to live in newly constructed Pflueger, and ten new building sites broke ground. They attended at a critical growing point for the university. It was a different time.

"We only paid \$425 a semester," said Jerry Larson, another returning alumnus.

Despite the physical changes the university has seen over the years, PLU has remained a place for friendship and community. For many of the alums in attendance, both spouses are graduates. This reunion weekend was a time to laugh about budding romance, adventures with friends, and sneaking bottles of wine.

"PLU gave me lifetime friends," Judy Selmann said.

Even though it has been a half-century since they were students, many of the alumni are still connected to the PLU community. Hillesland had four children graduate from

PLU, and recognized much has changed since her time here.

"There are so many more programs, the music in particular, and much more diversity on campus," Hillesland said.

In honor of their 50 years since graduation, the Class of '64 has created an endowment fund. One student will be chosen to receive \$50,000 every year. Funds are still being raised for this gift, but this scholarship will join the ranks with endowment from the Class of '63.

No matter the time or distance, PLU is very close to their hearts and lives. Hillesland said returning to campus feels like coming home. This year's homecoming was truly that: a welcome back home.

## World News Trending:

**Raven-Symone**  
"That's So Raven" star opens up on Oprah's show about identity. Symone does not want to be labeled gay or straight.

**Sadie Robertson**  
Duck Dynasty family member joins latest "Dancing with the Stars" performance.

**Jennifer Lawrence**  
Actress opens up about nude photo scandal and calls it a "sex crime."

**Twitter**  
Twitter sues U.S. government due to spying on users. Under current laws, Twitter cannot inform their users when revealing certain information to the government.

**Wal-Mart**  
Wal-Mart announces plans to end health insurance for its part-time workers, citing rising healthcare costs.

## PLU News Trending:

**Sweet Dreams**  
PLU screens award-winning documentary "Sweet Dreams" and has an ice cream bar to match at 7 p.m. on Oct. 9.

**Ferrucci Junior High**  
Of the 40 staff members at Ferrucci Junior High in Puyallup, 15 are PLU Alumni.

**Meat Eating**  
PLU will be holding a debate on the merits of meat consumption 7 p.m. Oct. 9.

**Cooking Competition**  
PLU chef is one of 16 young chefs nationwide invited to partake in a cooking competition by the International Chefs Extraordinaire group.

**Drive to 125**  
PLU athletics has set a goal for teams to reach 125 collective wins for the '14-'15 school year.

# Alumna finds fame and success after PLU

By SAMANTHA LUND  
News Editor

Pacific Lutheran University welcomed back and honored outstanding alumni during the Homecoming weekend festivities. Among the honored alumni, Elizabeth "Liz" Pulliam Weston sat, with her husband, waiting to receive Distinguished Alumnus of 2014 award.

Weston graduated from PLU and found her way to fame and success, something every graduate hopes to find after college. Even though Weston is a highly acclaimed writer, she says being honored by her

institution is a great honor.

"Your university acknowledging that you are doing good work is a big deal," Weston said.

In 1985, Elizabeth Pulliam graduated from PLU with a degree in Communication with an emphasis on Journalism. Her peers had told her she would do great things, but she had her doubts.

Liz Pulliam Weston earned a Pulitzer Prize in 1989 and became the most-read financial columnist on the Internet with more than 12 million readers.

Weston attributes a lot of her success to the PLU environment.

"The thing about PLU is that you get to know your professors," Weston said. "They can work with you and get you excited about the work... what really matters is your relationship with your professors."

One of Weston's most famous articles, "The Curse of the Unborn," won her a Pulitzer Prize. Weston was working in Alaska for the *Anchorage Daily News* and found that Native Americans of Alaska were dying at higher rates than average people. After some investigation, she discovered Native Americans of Alaskan children were suffering from Fetal Alcohol Syndrome.

FAS is a disease children get when their mother continues to drink alcohol while pregnant. Weston found a large number of the native population of Alaska were alcoholics and many women were still drinking while pregnant, making unhealthy environments for children and causing a dramatic increase in death rates. Weston dug into the story and brought it to the attention of the country.

After earning a Pulitzer for "The Curse of the Unborn," Weston moved into financial journalism. One of Weston's first financial journalism

stories was about the invention of online banking.

"What I like about journalism is that it's interesting; there is something new every day," Weston said. "[Journalists are] the ADD of the majors: we find something different every day."

Weston wanted to write about everyday things that could help people and their wallets. Weston wrote for the *Los Angeles Times*, *MoneyTalk* and finally settled on writing a weekly column for MSN.

MSN stopped posting original content and hiring writers for it last year. Now, Weston works from home, has a financial advice website and freelances for many other companies. She frequently makes appearances on television and radio shows to give financial advice. Weston credits her success to the education PLU gave her, however, she did not aim for the life of success she has built.

"My friends and I all got together and talked about where we would be in the future," Weston said. "If I ended up where I thought I would, I would still be in Alaska probably divorced to a cop."

Weston is a PLU success story by any standards. Her advice to students is to take complete advantage of all that PLU has to offer. She attributes her fame to hard work, good grades and relationships with people who are willing to help her get to the next level.

Weston also said students need to think about the future and be less focused on the "now." Just like finance, if students make an investment in their future now, it will pay off greatly in the future, Weston said.

"Honestly, I had some moments when I thought I wouldn't have a job. I graduated in a recession, so people told me it would be hard to find anything. But I landed an internship at *Seattle Times*," Weston said, "Don't believe what they tell you. Just follow your passion and your dreams."



PHOTO COURTESY OF PACIFIC LUTHERAN UNIVERSITY

Elizabeth Pulliam Weston has written five books, "Deal With Your Debt", "The 10 Commandments of Money", "Your Credit Score," "Easy Money," and "There Are No Dumb Questions About Money"



# Lutes dive in to homecoming

By NATALIE DEFORD  
News Writer

Associated Students of Pacific Lutheran University held the PLU Homecoming dance at Point Defiance Aquarium on Friday, Oct. 4.

The aquarium "dance floor" was full of students dancing, enjoying the company of their friends and looking at the fish.

The dance had an impressive turnout of more than 400 students, according to Ian Jamieson, Associate Director of Student Involvement and Leadership.

Only 200 tickets were bought before the dance, meaning 200 were purchased at the door.

Dancing took place on the top floor overlooking the aquarium, and attendees 21 and older could go to the bar in the lower level of the aquarium.

"It was fun and I loved that the venue had an interactive element to it," said senior Anne-Marie Falloria, Residence Hall Association President.

PLU's next dance will be Spring Formal, which is scheduled for spring semester.

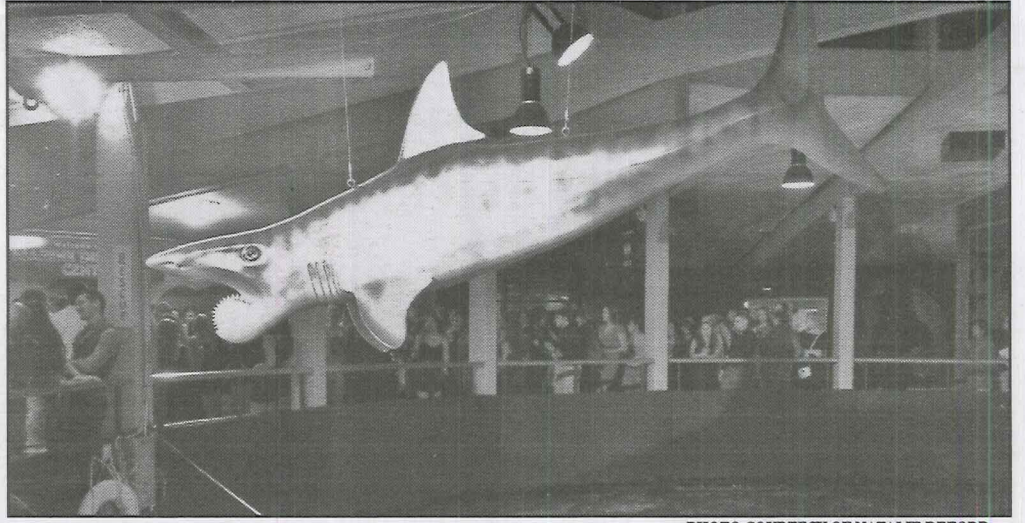


PHOTO COURTESY OF NATALIE DEFORD

Aquarium display at the 2014 Homecoming Dance.

# Gender exploration bridges the gap between deviant population and religion

By NATALIE DEFORD  
News Writer

Expect to see panels, performances, galleries, workshops, stories and discussions campuswide. Gender Exploration Week kicks off tomorrow, with an event every day this week.

Residence Hall Association puts on GEW each year, and this year's GEW was made possible by junior Caitlin Dawes, RHA Social Justice Director, who worked in conjunction with other campus organizations.

Dawes said GEW challenges people's understandings and perspectives on gender, gender expression, and gender performance.

New to GEW this year is a gender-neutral church service, with University Congregations and Campus Ministry 11 a.m. on Oct. 12. This service will avoid using words like "He" and instead use words like "They."

"A lot of people think that if you are deviant - not white or heterosexual - then you can't be religious," Dawes said. "But it's really important to see that religious life on campus is really willing to participate and there is a possibility for this collaboration."

The events are open to all students, faculty and community members. Dawes encourages people

to attend even if they do not contribute or join in on discussion. Dawes said the goal is not to make everyone participate but to make everyone think.

GEW is also not intended to offend anyone, Dawes said, but rather to critically view the oppressions created by society.

GEW addresses topics that many people tend to avoid.

"If you're uncomfortable during this week - good! That's exactly what I wanted to accomplish, what I wanted to achieve," Dawes said.

Alex Clayton, Queer Ally Student Union Co-commissioner and Ordal Social Justice Director, called GEW, "A look at moving beyond the binaries of the simple male-female gender system we have in place today and looking at the struggles that Trans people and non-binary people have to face."

Clayton said the take-away she wants people to get from this week is the inequality that comes with a gender binary system.

"You can't categorize gender as male and female with so many variations of sex even biologically," she said. "I'm very passionate about getting people to think outside of binaries. Almost nothing in life is binary except maybe computer code."

## Oct. 11-18 Gender Exploration Week Events

- Saturday** — 6-8 p.m. "ShOUT" in the Cave: People share their coming out stories
- Sunday** — 11 a.m. Campus Ministry and University Congregation: Gender Neutral Service
- Monday** — 5 p.m. Opening Ceremony at Red Square
- Tuesday** — 6:30 p.m. Gender Binaries Workshop at Scandinavian Center
- Wednesday** — 6-7 p.m. "I'm not a Diva" in the Diversity Center: Performance by Jennifer Smith
- Thursday** — 7-8 p.m. Student Athlete Advisory Committee panel on language in sports in AUC 133
- Friday** — 7 p.m. "Lets talk about gender" panel in Kreidler Main Lounge

# CSI: Campus Safety Investigations

Taken from weekly Campus Safety reports

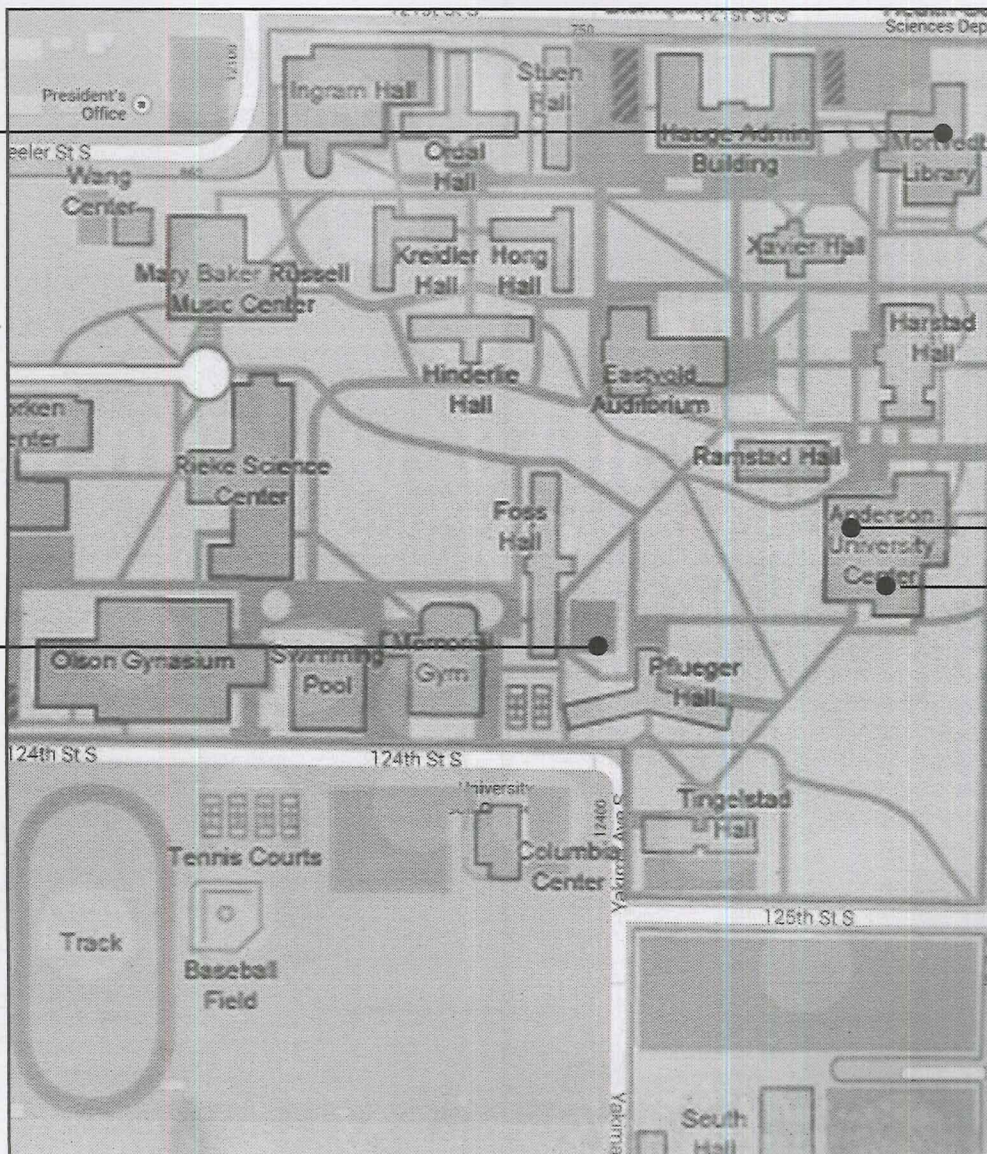
### Theft at the Library

A student reported their bike stolen from the bike rack near the library. The theft took place sometime between Oct. 2 and Oct. 5. No suspect information is available nor is there any surveillance of the incident.

### Medical Aid at Pflueger

Campus Safety (CSAF) found intoxicated students at the Pflueger basketball courts at midnight Friday. One student admitted to drinking beers off campus but said he was not impaired in any way. He made his way back to his room and could walk by himself.

While CSAF was talking to the first student, a group of girls walked through, clearly intoxicated. One of the girls could not walk by herself and CSAF escorted the student to her dorm room and waited with her until she improved. Her RA was informed. The event was forwarded to Student Rights and Responsibilities.



### Theft in Old Main Market

Campus Safety (CSAF) was called to Old Main Market because a group of middle school students were in the market stealing items off the shelves. In the time it took CSAF to respond to the call, one middle school student had left, but another one remained. The student left behind provided his name and birthdate but would not cooperate any further with CSAF. He was escorted off campus.

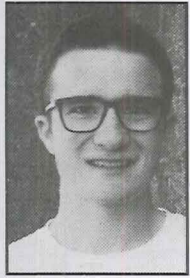
### Animal Control called to the Commons

Campus Safety (CSAF) was notified of a dog in the AUC on Saturday morning and were requested to help remove the animal. CSAF arrived to find the dog had bitten the kitchen staff and was in the dry storage area of the kitchen. CSAF contacted animal control who came and took possession of the dog.



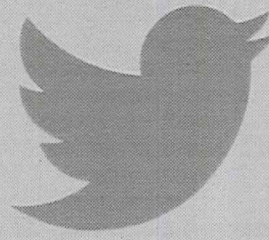
# HOT OR NOT

## Fall TV: What's a must-watch and what's not?



By **MICHAEL DIAMBRI**, *A&E Writer*

As the fall television season dawns upon viewers, some notable shows are premiering. Here's what's hot and what's not this season.



**What do you think?**

Tell us what you thought was hot or not on Twitter:

**@PLUMast**

### SUPER HOT

#### Once Upon a Time

*ABC: Sundays*

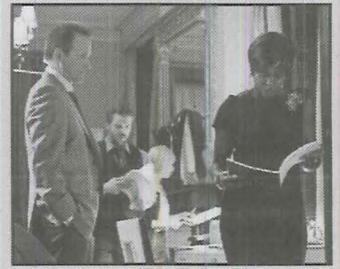
The fourth season of "Once Upon a Time" may have a "Frozen" storyline, but this show is red hot. The storyline is truly gripping and addictive. This fairytale-based show can cast its spell on almost anyone. Its growing fan base and various entertaining plot lines make it the hot show to watch this fall. The first three seasons of "Once Upon a Time" are available on Netflix for anyone who needs to play catch up.



#### How to Get Away With Murder

*NBC: Thursdays*

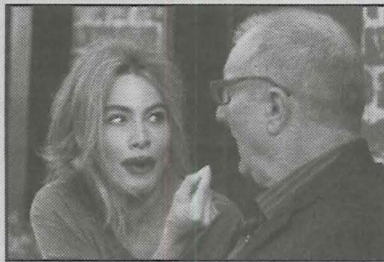
"How to Get Away with Murder" is not recommended for background noise during studying. This show will grab your attention and won't let it go. Viola Davis shows us exactly the acting powerhouse she has built herself up to be. "How to Get Away with Murder" is this fall's best new show. It is sexy, suspenseful and has potential to be one of ABC's best. Will this hot newbie keep its magical charm? I certainly hope so.



#### Modern Family

*ABC: Wednesdays*

After tying the Primetime Emmy record set by "Frasier" for most Outstanding Comedy Series wins, "Modern Family" is starting its sixth season on a high note with great ratings. Personally, I'm ecstatic that Alex Dunphy is a senior in high school. Maybe this means the weakest character on "Modern Family" could be in her last season. Despite my issues with the show's worst persona, "Modern Family" still manages to make audiences laugh in its sixth season. The only question about this show must be: can any show finally beat "Modern Family" for the Emmy?



#### The Mindy Project

*Fox: Wednesdays*

As Mindy Kaling portrays the ever-adorable Dr. Mindy Lahiri, she grants audiences with decent laughs and heart-warming moments. Ratings are down for "The Mindy Project" and many critics believe that the show won't be seeing a fourth season. Viewers have enjoyed following Mindy on her search for the perfect rom-com ending. Personally, I strongly suggest that you all give "The Mindy Project" a shot. Once you start watching it, you might end up getting hooked to the program as you watch Dr. Lahiri on her crazy, quirky, goofy search to have it all.



### MEDIOCRE

#### A to Z

*NBC: Thursdays*

To be perfectly honest, I had beyond horrible expectations for "A to Z." Although it was not overwhelmingly funny, there are many interesting aspects to the show. The main characters attempt to connect with viewers in the same way the lovable cast of "How I Met Your Mother" did. The premiere has a lot of potential but it didn't leave me with strong feelings of either enjoyment or dislike.



#### The Voice

*NBC: Mondays and Tuesdays*

As season seven of "The Voice" gets on its way, it seems clear that people are not drawn to new judges Pharell Williams and Gwen Stefani. Somehow "The Voice" continues to bring in big numbers in key demographics, although dramatically reduced from past seasons. People are starting to figure out that "The Voice" is basically a promotion of its judge's careers and not of its contestants. Adam Levine has had six Maroon 5 songs reach the Billboard Hot 100 Top 10 since the start of the Voice four years ago. Of Levine's mentees — zero. Seriously, have you heard anything from Jermaine Paul or Tessanne Chin? Let's face it, "The Voice" has peaked. It is no longer the innovative and original show it used to be.



#### Red Band Society

*Fox: Wednesdays*

Despite its unrealistic and predictable story line, "Red Band Society" might appeal to individuals who would love to see "Glee," "The Fault in Our Stars," and "Grey's Anatomy" morphed into a grand spectacle of teenage problems. Octavia Spencer is great as always, but the rest of the cast is sub-par. To paraphrase "Bridesmaids," I've seen better acting in a tampon commercial. "Red Band Society" is doomed.



#### Selfie

*ABC: Tuesdays*

Side effects of watching "Selfie" include: experiencing physical pain and severe cringing; loss of ability to laugh; spontaneous urges to perform acts of violence against televisions; and a desire to flee into the wilderness and no longer be a part of society.



### DEFINITELY NOT



# Dabbling in Disney

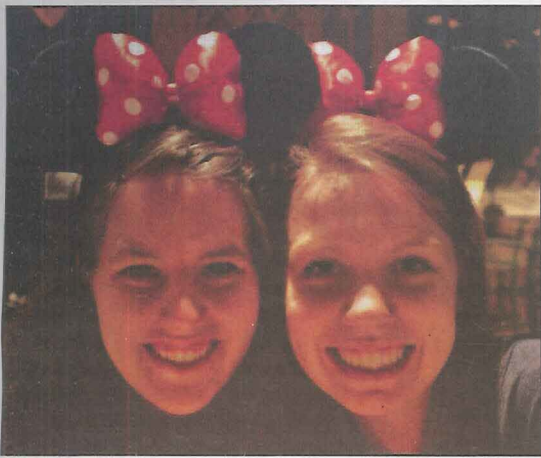


PHOTO BY LINDSEY CAMPBELL

President Liz Perkins (left) and Public Relations Officer Rebecca Johnson in London, England at the Disney Cafe by Harrods.

By ERIN FLOM  
Guest Writer

Although Disney films are usually associated with childhood, it's common for college students to have some of these classic films waiting for them on their Netflix Instant list. An essential part of growing up has always been Disney, from watching classic animated films to taking a trip to one of the parks.

Disney fans should look into Pacific Lutheran University's Disney Club. This is Disney Club's first year of running meetings and events. Last year, President

Liz Perkins and her fellow officers bonded through their love of Disney and thought about starting a club.

"We were really just joking about making a club last year, saying it would be a good idea," Perkins said. "I then started to look in to what it would take to make a club and decided that I should do it."

After a lot of discussion, they decided to informally form a club last spring. Fall 2014 is the official start of the PLU Disney Club. Even in its first year, this club is starting off on the right foot.

Perkins sees Disney Club as a way to relax and have fun. Perkins said PLU can

be stressful, so it's important that Disney Club welcomes everyone, even those without much knowledge of Disney. It's a place to relax, hang out, and make new friends.

Unfortunately, the club is not allowed show movies due to copyright laws. Even without movie nights, Disney Club is still packed with events. Perkins plans to have Disney-themed game nights, baking nights, craft nights and trivia events.

They also plan to write letters to the various Disney characters. According to Perkins, students can write to them as if they were friends back home, about how they liked a movie or even just

ask for advice. The letters are then sent to the Disney World P.O. Box.

Through Disney Club, students can learn about Disney's College Program. This program allows college students to earn up to 12 credits while working at a Disney park.

Disney Club also hopes to be involved in the community. In the future, the club's leaders aspire to provide events for children in the Parkland area.

Disney Club meets every other Monday at 7 p.m. in The Cave.

OCT

## This Week in A&E

"The Play About The Baby"  
7:30 p.m. Oct. 10-11 in KHPC Studio Theatre

Icelandic Folk Musician Svavar Knutur  
7:30 p.m. Oct. 10 in Scandinavian Cultural Center

University Symphony Orchestra  
8 p.m. Oct. 14 in Lagerquist Concert Hall

Simon Kogan Gallery Opening Reception  
5 p.m. Oct. 15 in University Gallery

Icelandic Art Rug Reception  
5 p.m. Oct. 16 in Scandinavian Cultural Center

"The Boys Next Door" Student Preview  
7:30 p.m. Oct. 16 in KHPC Eastvold Auditorium

10-17

## John Paul joins PLU as chair of music department

By KAITLYN HALL  
Copy Editor

New Pacific Lutheran University Department of Music chair John Paul is composing his own story.

Paul is replacing Dave Robbins, who has taught at PLU since 1969 and chaired the department for more than 30 years.

"I knew about the department—I knew the previous chair, Dr. Robbins, through professional activities, so I had very high regard for the department," Paul said. "The more I studied it and looked at it, the more intrigued and excited I was."

As a chair and instructor, Paul has much to share with students and faculty through his journey in music: he began composing in third grade, started working in administration at a video game company and has taught and worked as a music department chair for almost 15 years.

Paul began his composition career in third grade while learning to play violin. His teacher asked her students if they wanted to compose a tune for the violin, and he was quick to respond.

"Within the first week, I came back with some songs that I had composed, and she wrote it down and printed it out for the whole class," Paul said.

His third-grade class played the songs at their concert. Paul continued playing violin and composing throughout high school, and started his undergraduate studies at University of Texas at Austin as a violin

performance major.

In his sophomore year, Paul realized he could major in music composition and switched majors. He said college is a great place for students to explore and find vocation.

"I like that idea, because it's exactly what happened to me: I found my vocation in college," Paul said.

He finished his bachelor's degree at University of Texas at Austin and earned a master's degree and doctorate in composition at Indiana University..

Before Paul became a teacher and administrator, though, he composed music for video games.

"...it's exactly what happened to me: I found my vocation in college."

John F. Paul  
Chair, Department of Music

"I was not necessarily a video game player, but I wanted to get experience writing music and do it full-time," Paul said. "I always had the dream of teaching, but always thought it'd be great to get some practical experience before I [taught]."

Paul said he liked the idea of working as a full-time composer because he was paid for the things he loved to do. His last title was "Gauntlet Legends," released in 2000.

After moving to Portland in 2000, Paul began teaching at Marylhurst University in Oregon. Within a year, Paul became the chair of Marylhurst's music

department, and worked there until coming to PLU this fall.

He also served on the board of directors for the National Association of Schools of Music, the organization that accredits PLU's music program.

Paul has continued to compose. Paul's most recent composition project is scoring "City Girl," a 1930 silent film directed by F.W. Murnau. One of the last silent films, "City Girl" centers on a waitress from the city who's abused by her father-in-law after moving to her husband's family's farm.

"You oftentimes think of silent films being antiquated, or dated, and you look at this beautiful imagery, beautiful acting and just this great, powerful story," Paul said.

The original score for "City Girl" disappeared, and Paul was able to give it a new voice through a score targeted at a modern audience with elements of jazz and Bartok-like dissonance.

Paul is currently working on getting to know the department and its students and faculty, and hopes they can work together to support students' needs.

Music department graduates are excelling in their positions, earning awards and singing at the Metropolitan Opera in New York, N.Y., and PLU's choirs have received international recognition and awards, Paul said.

"It's amazing stuff happening, so let's get the word out," Paul said.

The potential of the music department is music to his ears.

## Preview: 'Waste Not' unwraps perspectives on food consumption



PHOTO BY TAYLOR LUNKA

"Waste Not" Chief Videographer Olivia Ash works with Adviser Rob Wells.

By JESSELYN KENDUCK  
Guest Writer

A United Nations statistic from 2013 revealed that one-third of food produced internationally is wasted.

The proportion is higher in the United States — 40 percent of U.S. food ends up in landfills.

Unsettled by these numbers, MediaLab students Amanda Braggalla and Taylor Lunka set out to create a documentary about food waste worldwide.

From recycling initiatives to encouraging the student body to serve their communities, Pacific Lutheran University is known for its efforts in sustainability, conservation and care. These calls to action are prevalent in the mission statement and culture of PLU.

When thinking about the idea of waste, though, one often thinks of water, energy and other natural resources. It seems that the world forgets that food is also a resource that is often misused.

As humans, all are connected by the need for food and responsible for waste of this resource. Food is first and foremost seen as a social problem, with nearly 50 million Americans facing food insecurity according to Feeding America.

It also stands as an economic and environmental issue. According to the United States Environmental Protection Agency, uneaten food that goes into landfills adds a

large amount of methane to the atmosphere, a greenhouse gas that is more damaging than carbon dioxide.

The MediaLab project "Waste Not" will tackle this issue by exploring some surprisingly simple solutions. This will include education about waste, as well as establishing awareness within students about the amount of food purchased in The Commons during All-You-Care-To-Eat meals.

The production team, comprised of senior producers Braggalla, Lunka, chief videographer Olivia Ash, assistant producer Evan Heringer and faculty adviser Dr. Robert Marshall Wells, have been working for almost a year.

The project has taken them across the U.S., through parts of Canada and to London. During their travels they spoke with professors, farmers, food industry experts and local citizens about food waste and the problems it causes.

"Waste Not" is so much more than just another documentary," Lunka said. "It is a topic that affects us all and will force us to take notice of the issue. It will change your views on food drastically."

The premiere of "Waste Not" will be held at 3 p.m. Nov. 8 at the Broadway Center for the Performing Arts in downtown Tacoma. Admission is free. More information can be found on the "Waste Not" website, <http://wastenotdoc.weebly.com>.



## LETTER TO THE EDITOR

This Letter to the Editor was written in response to Angie Tinker's column last week about social justice.

Dear Mast and Angie,

I liked your article about social justice in non-humanities majors! It's true that it's a term we all hear around campus, but I think we all view it in different ways depending on our vocations. I feel like you forgot one important major though, and I would like to rectify that! I am a senior Nursing major.

PLU has instilled in me a great awareness and concern for social justice that takes its form, given my major, as an awareness of and desire to eliminate health disparities.

Health disparities are when there are higher rates of illness, disease, poor access to care, etc. among certain demographic groups, usually minorities. A person's

race, ethnicity, sexual orientation, gender, socioeconomic status, religion, or other identities can put them at great risk for these health disparities.

I even wrote a paper for one of my classes discussing the health disparities experienced by transgender people and what other healthcare providers and I can do to correct these disparities. In my future practice I intend to be a conscientious nurse who recognizes where health disparities are occurring and tries to rectify them; that's what social justice means to me.

-Clara Eickhoff

If you would like to respond to something you see in *The Mast*, write a letter to the editor, go to our website, <http://mastmedia.plu.edu> and select the "Contact Us" drop down menu.

Are you interested in the creative arts such as writing, music, poetry and more? Then come to the

## SAXIFRAGE HANGOUT!

8 p.m. Wednesday, Oct. 15 in The Cave

## FROM THE MATRIX: FIND A SAFE SPACE ON CAMPUS

By **ANGIE TINKER**  
Co-Editor of *The Matrix*

What do the Diversity Center, the Women's Center and your favorite school clubs have in common? They can all be safe spaces.

Places like the Diversity Center and the Women's Center were created to give people a place to go to speak without fear. Dan Stell, a senior and Associated Students of Pacific Lutheran University vice president, noted they are valuable as safe spaces.

"[A safe space is an] environment where your identities will not be challenged or criticized," Stell said. "[It's a place] where you are comfortable, truly embracing all the facets of your personality and sharing them with others."

These places depend on the individual. Many find solace in the Diversity Center, but some get that comfort relaxing in a dorm room with friends. Places from the practice rooms in Mary Baker Russell Music Center to the track field or the Counseling Center can all be safe spaces.

Safe spaces don't need to be physical locations, though. They can also be digital. When I was a teenager, this took the form of texting. My parents couldn't see or overhear my thoughts in texts, so it was just me and the friends I trusted to share secrets with. Technology has expanded the range of options we have for the safe release of thoughts.

Senior David Leon is a bit of a controversial figure on campus due to his role in hosting the anonymous confessions pages, such as "PLU Confess & Misc." Leon believes he is helping the PLU community.

"The confessions page allows for an exchange and dialogue to take place amongst everyone affiliated with PLU and to really engage and facilitate widespread community support," Leon said.

Stell disagreed, saying confessions pages can lead to bullying without repercussions.

"There is no active dialogue when the posts there are anonymous," Stell said. "I would say that in order to have a safe space one must be open to the vulnerability of people knowing your thoughts and ideas."

"I think that anonymity can be vitally important in keeping a safe space safe, but I would say it's anonymity towards those that are not a part of it," Stell said.

Leon agreed that anonymity is important.

"It gives [people who post confessions] a sense of control over their personal safety but also how the world views their own

individual lives," Leon said. "The fact that we have the ability to cloak ourselves but be able to share out struggles and have others relate is a powerful thing."

Leon thinks anonymity builds empathy. People can be nasty, but there is evidence of empathy. Some have confessed about mental health issues and were referred to professional help.

"[These spaces] are environments where you begin to critically analyze the different identities that you have and question the privileges that go along with them," Stell said.

With this opportunity, a safe space can be the place for important conversations to start.

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## From Saxifrage: Fraconia Ridge



PHOTO COURTESY OF ANNA RASMUSSEN

Anna Rasmussen is a land mermaid working on her Poetry MFA at the University of Minnesota. She misses the branches at PLU.

By ANNA RASMUSSEN  
Saxifrage 38 Contributor

Guy and Laura Waterman built a house in the snowcapped White Mountains of Vermont. They managed without water or electricity—just two small rooms filled with climbing gear, instruments, and stacks of books. They lived quietly.

Often they would walk on the quiet forest paths surrounding the house. Guy would recite Paradise Lost and they'd picnic on a ridge of the mountain. In the early evening they would fill a soup kettle with icy river water.

Guy began to stand along the water's edge for hours alone. Pensive and quiet, he counted blackberries and filled notebooks with his memoir. The house was his refuge, and he feared the mountain's shadow. One summer, he took a hike and

returned pale. Laura fed him bread and stroked his face, dripping with water. He told her that standing on the mountain cliff, he had almost jumped. With quiet understanding, she asked only for a house she could go to after he left. Eyes filled

with salty tears, he agreed. They filled their last year together on long climbs, and slowly building Laura's new house. At night they watched the small water bugs dance in the river brush and quietly recalled their life on the mountain.

One morning snow fell on the mountain. Guy awoke early and packed his bag, filling a large canteen with whiskey. Quietly, he Laura, handed her a letter, and kissed her, his tears smudging the ink like water. Saying bake bread today, he left the house.

That day the mountain ridge was quiet and icicles melted in slow drops of water—filling the river than ran by an empty house.

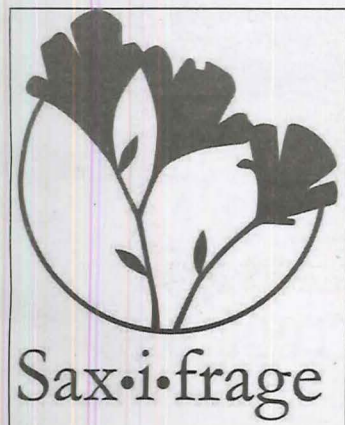


PHOTO COURTESY OF SAXIFRAGE

Saxifrage is open for submissions for the October 31 issue of The Mooring Mast. This month's theme for submission is "optical symphony" (be as loose and creative with that as you like!). Send your poetry, art, fiction and creative non-fiction totaling no more than 500 words to [saxifrag@plu.edu](mailto:saxifrag@plu.edu) for consideration. Find us on Facebook, Twitter, and at <http://saxifrage.plu.edu>.

## Senior's composition fanfare is 'giocososo'



PHOTO COURTESY OF TAYLOR WHATELY

Senior Taylor Whately won the chance to have his composition, "Fanfare of Giocososo," played by the Lake Union Civic Orchestra. The concert will take place at 7:30 p.m. Oct. 24 in Seattle's Town Hall.

By RELAND TUOMI  
Editor-in-Chief

The Lake Union Civic Orchestra (LUCO) is a Seattle-based community orchestra, known for its friendly atmosphere, astounding musicianship and regular performances of student-written pieces from across the state. Pacific Lutheran University senior Taylor Whately is one such student to have his piece played by LUCO.

Whately, a music and composition major, plays double bass and some piano in PLU's orchestra program. He was introduced to the competition by composition professor Greg Youtz.

"There was a general email sent out first to everyone," Whately said. "He sent me an email a few months later saying 'hey, you should really do this.' So I ended up doing it."

Whately's piece is titled "Fanfare of Giocososo," and is happy and playful, as the definition for the Italian word "giocososo" suggests.

"I wanted to make a piece that was exciting from beginning to end, since it's an opener to a concert," Whately said.

Whately said he wanted to write a fanfare centered around a seven-eight beat instead of a strict, even meter fanfares are known for. He usually finds inspiration from things he hasn't heard before.

"If I haven't heard it yet, I want to write it," Whately said.

LUCO will play Whately's fanfare at 7:30 p.m. Oct. 24 in Seattle's Town Hall. Tickets cost \$18 for adults and \$13 for students and senior citizens.

Whately's music career began in middle school through a mandated music program.

"They jot you down for band or orchestra and say 'pick one,'" Whately said, "so I picked orchestra."

Since middle school, Whately has played in youth symphonies and youth orchestras in and around Tacoma.

After his final year at PLU, Whately plans on looking for graduate schools, but anticipates he'll wait a few years before continuing his education.

"For composition, it's more about finding good composition teachers specifically rather than a good program," Whately said.

Whately's dream job is to compose music, especially for film scores. His favorite composers are Hans Zimmer, known most recently for "12 Years a Slave" and "The Lone Ranger," and John Williams, who's composed music for movie studios since 1954 and themes for the 1984, 1988, 1996 and 2002 Olympics.

"Those types of jobs require a lot of compositional speed, and I'm good at that," Whately said.

The Concert is at 7:30 p.m. Oct. 24 in Town Hall. Tickets cost \$18 for adults and \$13 for students and senior citizens.

## From The Matrix: Infinitely

By KRISTIN HAYES  
Matrix Contributor

Of the five classified Romantic languages  
We have five translations of feminism.

Féminisme  
Feminism  
Femminismo  
Feminismo  
Feminism  
Our blossoming evolution into third wave feminism  
Is that of intersectionality  
And challenging the veil  
Of sisterhood.  
The metaphor of these five translations is an embodiment of  
Telling the truth.  
Where the organization of letters will vary  
But the root of the word remains.  
I always and continuously ask myself  
What it means to be an advocate of feminism.  
And how it is defined in theory  
Versus practice.  
It is how we use our language that will set us free.  
It is when we understand the root of a word  
The soul of our speech  
And the authenticity of our actions.

The first step,  
Understanding the power of our tongue.

When I analyze the translations of feminism I am pleasantly surprised with the simplicity. With each addition or elimination of a letter, I understand how feminism is contextual While eloquently illuminates a universal compassion. The revolution of feminism requires a human evolution. It is a vision A springboard for inspiration Too often abused and misused.

I advocate feminism because I believe our misunderstandings  
And battles for power  
Can be healed with the kindness of our words.  
I am an activist for social justice.  
I believe in women.  
I believe in men.  
I believe in feminism  
Féminisme  
Femminismo  
Feminismo.  
Internationally  
Intersectionally  
Intrinsically  
Infinitely

Kristin Hayes is a senior at Pacific Lutheran University. She contributed to The Matrix in Spring 2014.

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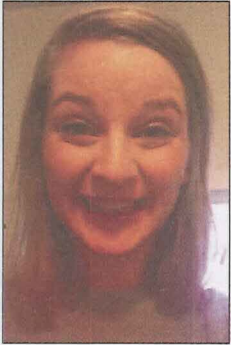
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# Get involved with the Video Production Club on campus

By **ALLIE REYNOLDS**  
Mast TV General Manager and Online Editor



Some might not be aware of it, but Mast TV is home to the Video Production Club. The club was founded last year by sophomore Kyle Strumer. Strumer, a journalism major, had the idea to start the club once he noticed that Mast TV was very news-based. He decided to help the station branch out our horizons.

"I thought it would be fun to create an environment where people learn to make movies," Strumer said. "Filmmaking has so many different elements coming together, different talents, writing and acting."

At the end of the year, the Video Production Club hopes to host a film festival which will showcase all their work throughout the year. They also want to expand from short films by working on documentaries.

"If you're interested in any aspect of film or you just want to learn, we're a welcoming community," Strumer said. "You don't have to know anything, you just have to want to learn and make movies."

It can be a little overwhelming at first, but learning how to use a camera isn't as hard as it seems. Once you get the hang of it, recording and editing videos can be fun. Seeing your finished product on YouTube, Facebook and even News @

"You don't have to know anything, you just have to want to learn and make movies."

Nine can be very rewarding.

Nowadays, newsrooms want you to do everything. They want you to write well and know how to use a camera to create a video package for online content.

If you're interested in the world of journalism or film after you graduate from Pacific Lutheran University, the Video Production Club could help fine-tune your skills.

If you're interested in a career in the journalism or film world, I encourage you to stop by the Video Production Club's meetings.

The Video Production club meets at 6 p.m. Wednesdays in the Mast TV Studio, AUC 174.

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## Parking problems: Students and faculty drive in droves to PLU

By **KAITLYN HALL**  
Copy Editor



In my first month commuting to Pacific Lutheran University, I felt much like The White Rabbit from "Alice in Wonderland." I've never been one to be late, so I would leave 45 minutes before class started, leaving me more than enough time

for my 20-minute drive and parking—or so I thought.

If I arrived at PLU after 9:30 a.m., upper-campus parking was a fable rather than a fact. Even in the lower-campus lots, the only parking spots were positioned far away from buildings.

By the time I'd driven down to lower campus and found a parking lot where my decal was permitted, I'd have about five minutes to make the 10-minute walk to my upper-campus classes.

I'm no stranger to finding parking at school, after joining nearly all of my peers in commuting to both high school and community college.

I went to a high school of 1,500 students where almost every student older than 16 drove a car and a community college that required abundant parking options for the thousands of

students, staff and faculty that entered its campus each day.

PLU, though, seems to be different. When those who commute to campus park, they stay there for the full day. Both staff members and students struggle to find a parking spot if they arrive late or leave in the middle of the day.

I'll admit it, before I interviewed Campus Safety Director Greg Premo and Parking Supervisor Jennifer Gierke, I believed the parking system was fatally flawed. Commuters needed the extra parking that was only available to faculty, I thought. It just wasn't fair.

"I purposely park my car all day, and I don't leave campus," Gierke said.

Premo and Gierke said staff and commuters have the most parking options. Staff can park in almost all lots and have designated

spots, Premo said, because the university's 700 faculty tend to be on-campus at similar times, while the numbers of students parking on-campus fluctuate.

PLU's parking committee, which is made up of students and staff, examines parking usage and parking solutions. The committee hasn't made any drastic changes to parking in years, Premo and Gierke said.

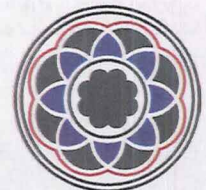
The problem with campus parking isn't that one group has too much or another too little, but that the parking isn't always convenient.

"We have parking spaces available," Premo said, "it's just not in a location where the majority of students or staff want to use it."

The lesson I've learned: arrive early, and stay late.

### Parking Tips from Premo and Gierke (Campus Safety):

1. "I know cost is a factor, but there's always room in Tinglestad Gated lot," Premo said. Premo suggests purchasing a pass for one of the gated lots if a guaranteed parking spot is necessary.
2. Driving to Morken may be worth it, Premo said, because the Morken lot is rarely full.
3. Three types of tickets constitute the majority of tickets given: non-registered vehicles, vehicles parked in incorrect lots and vehicles registered but missing a decal.
4. On-street parking spaces near campus have a two-hour time limit, typically between the hours of 7 a.m. to 7 p.m. or 8 a.m. to 6 p.m. Though Campus Safety officers have a commission to enforce the time regulations, students parking in Pierce County-owned parking spaces are more likely to receive a ticket for other infractions, such as blocking a driveway or crosswalk.
5. Students having trouble finding parking on upper-campus should try the Nesvig lot, located halfway between lower- and upper-campus.



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## Corrections

Sept. 3 Issue

Andrea Murphy is a nursing major, not a music major on the page 6 article "What is social justice."



# Prior to panicking, educate yourself on Ebola

By **TAHLIA TERHUNE**  
*Guest Writer*

Ebola has entered the U.S. This is reason enough to quarantine yourself in your basement or pack up and flee to Canada right? Wrong.

The outbreak of the Ebola virus in West Africa is drawing attention on a global scale. With thousands affected, Americans stood by in hopes there would be no encroachment of the disease domestically.

Thomas Eric Duncan entered the United States last week with a case of Ebola he claimed to be unaware of. Naturally, this sparked a sudden panic among citizens fearing they, too, would contract this disease.

According to the director of the Centers for Disease Control and Prevention (CDC) Dr. Thomas Frieden, who was interviewed on NBC News, there is no need to panic.

"We remain confident that we can contain any spread of Ebola within the United States," said Frieden.

I don't believe this disease is something Americans need to worry about. Frieden said that even with the disease being

brought into the U.S., good hospitals and infection control will prevent the spread.

Some Americans are expressing unrealistic demands such as suspending flights in or out of affected areas. People will find ways in or out and it's not practical merely to suspend flights.

"The best way to protect ourselves is not to seal off these countries but to provide the kinds of services so the disease is contained there. The only way to get to zero risk is to stop it there," Frieden said.

The CDC's list of symptoms of Ebola include: fevers greater than 101.5 F, muscle pain, weakness, diarrhea, vomiting, abdominal pain and unexplained hemorrhage. Those infected with the disease can expect to experience symptoms anywhere between two and 20 days.

The late showing of symptoms creates difficulties in the screening process for airlines. They have been checking temperatures of passengers before boarding; however, if a patient has recently been infected they will not test positive.

According to the CDC, Ebola is most commonly spread by direct contact, through broken skin or mucous membranes, with

bodily fluids, infected animals and objects that have come in contact with the disease.

I believe a large part of the fear stems from the misunderstanding of the disease itself.

The Huffington Post wrote an article exposing the truth about Ebola and common false beliefs. A few of the myths about Ebola include: the virus is airborne, waterborne or spreads through casual contact. International medical teams brought the virus to West Africa and bringing Ebola patients to the U.S. puts Americans at risk.

Another belief is that, even if cured of Ebola, the disease will still be passed on to others, and this is the first major outbreak of Ebola.

There is absolutely no reason for panic among American citizens. A domestic outbreak is simply out of the question.

"I think as long as people are careful about who they interact with and particularly how they interact, it isn't a huge threat to us," junior Haley Gredvig said.

West Africa calls for aid work to prevent the disease from spreading. If we can

stop it there, then worries within the U.S. will become irrelevant. With our modern healthcare system, we can expect to avoid an epidemic and that the disease will be controlled.

It would be difficult for Americans to contract Ebola so there is no need to panic. Worrying is not productive, but it would be productive to focus our efforts on stopping the problem where it began. UNICEF is accepting donations toward relief efforts in West Africa. According to their website, the Paul G. Allen Family Foundation is matching donations dollar-for-dollar.

[EDITORS NOTE: According to CNN News, Thomas Eric Duncan, the first person diagnosed with Ebola in the U.S., died from the virus Oct. 8 at Texas Health Presbyterian Hospital in Dallas, Texas. No new cases of Ebola have been confirmed in the U.S., but there are eight confirmed cases in Europe. JFK international Airport as well as four other airports in major cities will be screening travelers from West Africa for fever.]

## Study Break

## Life Hacks

Mix Jell-O powder, warm water and honey together next time the cold or flu leaves your throat feeling sore. The gelatin mixture is a tasty way to soothe and coat your throat.

## SUDOKU High Fives

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

			4				1		
			8	5	9				
		5	9			4			

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

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

## Universal Crossword

Edited by Timothy E. Parker October 12, 2014

**ACROSS**

1 Wound covering  
5 Drains of strength  
9 South American dance  
14 Glowing ring  
15 You, to a Quaker  
16 Smooth, as feathers  
17 Distinctive flair  
18 Long-ago days  
19 Allayed  
20 React to a mouse sighting?  
23 Cover-up participant  
24 Runner at the Winter Games  
25 Persistently annoy  
29 Preschool attendee  
31 It comes before an extra point?  
35 Responded to the alarm  
36 Underneath  
38 Melodramatic cry  
39 Some Steinways  
42 Tirade cause  
43 New money in 1999  
44 Mollusk shell material  
45 Relative of a gull  
47 Room offerer  
48 Acropolis metropolis

49 Very large coffee-holder  
51 Make a goof  
52 Classic song by the Drifters  
61 Bar at night, perhaps  
62 About  
63 Geometry figure  
64 \_\_\_ sanction  
65 Dock  
66 One glib with a fib  
67 Artist's plaster  
68 Seductively attractive  
69 Repair socks

**DOWN**

1 Mares and hens  
2 Math course, briefly  
3 Apple spray of old  
4 Tibia, for one  
5 Do some thwarting  
6 Get \_\_\_ of (reach by phone)  
7 Gilpin of "Frasier"  
8 "\_\_\_ and ye shall find"  
9 Communicate, in a way  
10 "Aladdin" setting  
11 Plateau  
12 BBC nickname (with "the")  
13 Buzz Light-year's owner

21 Purport  
22 Prevent, at the bar  
25 Common practice for a nun?  
26 Cognizant of one's surroundings  
27 \_\_\_ as a judge  
28 Wild blue yonder  
29 Mortise filler  
30 Ransom of cars  
32 Cavalry weapon  
33 Like clipped sheep  
34 Caravan pit stops  
36 Farm structure  
37 Like January days  
40 Feeling contrite  
41 Word to a doctor

46 Surgeon's aides  
48 National Guard hangout  
50 Old-fashioned, in a fashionable way  
51 Antique auto  
52 Math subject, informally  
53 Improve, as a skill  
54 A long, long, long time  
55 Apologetic comment  
56 Lake near Niagara Falls  
57 Having no need for a comb  
58 Sutherland solo  
59 Brown or black animal  
60 Fisherman's "the one that got away"

**PREVIOUS PUZZLE ANSWER**

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10/12 **INFANTILE** By JoLene Andrews

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# SPORTS SCOREBOARD

## Football

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

LUTES' UPCOMING GAME: Oct. 11 vs. Lewis & Clark, 2 p.m.

## Women's Soccer

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

LUTES' UPCOMING GAME: Oct. 11 vs. Linfield, 12 p.m.

## AROUND THE LEAGUE...

**MEN'S XC:** Willamette junior cross country runner Yonny Castillo helped the Bearcats place third in team standings at the Charles Bowles Willamette Invitational in Salem, Ore. behind Oregon (Div. I) and Chico State (Div. II). Castillo ran the Men's Cardinal 8K with a personal record time of 25:05.0.

**WOMEN'S GOLF:** Whitworth sophomore Michal Schuster placed second in the Whitworth Invitational at the Canyon Lakes Golf Course in Kennewick, Wash. She carded a two-day score of 75-82=157, three shots off the pace, helping Whitworth place second.

**WOMEN'S SOCCER:** Pacific Lutheran University Women's soccer goalkeeper sophomore Takara Mitsui earned NWC defensive student-athlete of the week after recording two shutout victories in the Lutes' trip to eastern Washington. PLU swept Whitworth and Whitman on the road for the first time since 2000.

Information taken from <http://www.nwscsports.com/landing/index>

## Men's Soccer

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

LUTES' UPCOMING GAME: Oct. 11 vs. Puget Sound, 2:30 p.m.

## Volleyball

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

LUTES' UPCOMING GAME: Oct. 10 vs. Willamette, 7 p.m.

# Santoro Speaks... Give yourself a pat on the back, Seattle

By **GIANCARLO SANTORO**  
Sports Editor

Seattle residents have always loved local sports, and it isn't hard to argue that the Emerald City boasts some of the best fans in the country.

You can hardly drive down the street in any neighborhood without seeing the now famous Seahawks blue and green "12" flag waving proudly in the cold Pacific Northwest breeze.

Or think back to the outrage that had the city up in arms when the Seattle Supersonics were sold to become the Oklahoma Thunder.

Even though poor attendance was part of the reason the Sonics were ultimately relocated — they were in the bottom five for lowest attendance in NBA — Seattleites seemed to find unity in attempting to bring the team back to the city.

Although unsuccessful, it showed that Seattle sports fans really did care about having a top-level basketball team in the city, mainly because professional sports are a status symbol.

After all, you don't see Little Rock, Ark. with any professional teams.

For sports fans in the PNW, unfortunately, the city hasn't had many teams that could match the undying loyalty of its fans.

However, in about the past five years, Seattle sports fans have had a lot to cheer about, and people are starting to take notice.



PHOTO COURTESY OF CREATIVE COMMONS

When the Seattle Sounders joined Major League Soccer as a professional team, it was thought they would be able to fill the void left by the Sonics, and it's safe to say they did.

Arguably the poster-boy team of MLS, the Sounders have set the season high attendance average every year since they joined the league in 2009 with an average of 38,558 combined attendees during the last five years.

The Sounders are poised to take first place overall in

the 2014 MLS standings to go along with the team's four Lamar Hunt U.S. Open Cup wins since 2009.

It also helps that the captain of the U.S. Men's national team, Clint Dempsey, sports the captain's armband for the Sounders.

Then — as if I could get away without mentioning them — there's the Seattle Seahawks.

A largely mediocre team through its brief 40-year history, the Seahawks captured the imagination of Seattle fans with the arrival of golden quarterback Russell Wilson and the pure domination of the Legion of Boom, leading to sell-out crowds at every home game.

After the Hawks won the 2014 Super Bowl with a 43-8 hammering of the Denver Broncos, the 12th Man took over the city and the fervor has been there ever since.

With the Seattle Mariners just one agonizing result away from clinching its first post-season berth since 2001, the city was almost ready to shutdown in sport-induced excitement.

We should feel lucky to have such talented teams, but we should also give credit where credit is due.

So take a second, Washington sports fanatics, and thank yourself, because you helped take Seattle athletics to a new level.

# Dont blame baseball, blame the season

By **DAVID MAIR**  
General Writer

As James Earl Jones put it, "the only constant through all the years has been baseball." It's the great American pastime.

An afternoon spent sitting in the bleachers, wearing short sleeves, with popcorn or crackerjacks watching one's team is great.

But is taking someone out to the ball game too much of a time commitment these days?

Recently, concerns have come up that the play of game is too slow.

According to the MLB website, the past nine seasons have had the most attendance.

But current MLB Commissioner Bud Selig feels that game play needs to be sped up.

In the past week, he announced the formation of a committee to discuss how to speed up the pace of game play in time for a result to be added to the 2015 season.

Commissioner Selig's new committee is not without great reason. Society right now is fast moving. People

enjoy fast action and baseball just isn't that at all.

In comparison to other sports, it's quite slow. Some games can go for two hours, while others could last up to four hours.

It makes sense that many people would become bored with a game that has no exact end time.

On the other hand, the length of a baseball game is what makes the game itself so completely unique, which is why the pace of play should be left alone. It is one of the only sports that doesn't have a time limit.

Fans can come out for the afternoon ready to just soak in the sunshine, watching their team play. The afternoon is spent talking, eating, and enjoying the game, however long that may be.

Besides, baseball is not a sport that is meant to be played quickly. It's a game that requires great attention, as well as patience.

I personally disagree with Commissioner Selig that the game needs to be sped up. The length of games is fine; it's the length of a season that needs to be shortened.

Right now, an MLB team plays a total of 162 games and can play each team on average of 15-20 times during

the season, which will make the season run from late March to late September.

The amount of games played are unnecessary, as well as redundant. Especially when a team will play another team three days in a row.

It would make more sense for them to play less games and to play every team only five times throughout a season.

While I don't agree with the decision to speed up game play, I can appreciate that Commissioner Selig is acknowledging that it might be time for change.

The joy of baseball is being able to enjoy a game that could last for the afternoon.

Overall, what should be shortened in the MLB is the amount of games played, along with the amount of times each team plays another.

I won't be excited to hear if games do get shortened, rather, I look forward to see positive change come from the commissioner wanting to better the sport itself.



# Women's soccer dreaming of NWC title

*Senior class hoping to make final season memorable*



PHOTO COURTESY OF PLU WOMEN'S SOCCER FACEBOOK PAGE

Defender Hannah Bush (9) and forward Blake Warner (7) wait for their game against UPS to begin back in 2012. The pair are the only seniors on this year's team. Bush was recruited out of high school to play soccer for PLU. Warner joined the team after originally coming for academics.

By **GIANCARLO SANTORO**  
*Sports Editor*

When the Pacific Lutheran University Women's soccer team tied the NCAA record for most ties in a season in 2012, many of the players and coaching staff, surprisingly enough, saw it as an improvement.

Seven ties overall and a sixth place finish in Northwest Conference is nothing to write home about, especially considering the league is comprised of only nine teams.

But compared to the team's finish the year before, the Lutes had every reason to be optimistic about what the future held.

Seniors Hannah Bush and Blake Warner were sophomores during that record-breaking 2012 season, and they are now the last members of previous PLU head coach Lynnette Buffington's final recruiting class.

After a seventh place finish during Bush and Warner's first year in Fall 2011, PLU alumnus Seth Spidahl was hired in place of the departed Buffington.

Flash-forward to present day and the trio has helped the team bring the good times back to Parkland.

Bush, a Tacoma native and graduate of Stadium High School, and Warner, from Wheat Ridge, Colo., didn't know what to expect coming into PLU.

Both women joined the Lutes with winning mentalities; Bush played for Washington Premier FC, one of the state's top youth clubs, and Warner won two state titles at Wheat Ridge High School.

PLU, on the other hand, had not been as successful. As with most teams that place in the bottom half of the conference, a lot of it came down to the team's attitude.

"We played more for each other rather than the coach," Bush said frankly. "It sucked when we lost, but we didn't really know what to do about it."

"She [Buffington] basically said 'it's up to you guys to fix it,'" Bush said.

Unfortunately, nothing got fixed, and the team finished the 2011 season with a record of 4-13-1.

"It felt like she lost her passion," Warner said. "It seemed like it was just a job where she just showed up, coached us and then left."

That was until Spidahl took the reigns. After being told about the position by men's soccer head coach John Yorke, Spidahl was selected as the number one choice out of four candidates for the head coaching role.

"When I was a student-athlete, PLU

Women's soccer was at the pinnacle of small college women's soccer," Spidahl said. "I have a lot of Lute pride and wanted to see if we could raise the program back up to the standard of the past."

A native of Anchorage, Spidahl graduated from PLU in 1994, and instead of returning to Alaska, he decided to stay in Washington and coach.

From 2001-2009, Spidahl was the assistant coach of the University of Washington Men's Soccer team, and helped lead the Huskies to five NCAA postseason appearances.

Despite coming from one of the top men's NCAA Division I team's on the West Coast, Spidahl doesn't see PLU as a step down.

"I left UW to gain more of a balance in my family life," Spidahl said. "I still wanted to get back into coaching, and the Division III level has the sort of atmosphere I was looking for."

It can take a long time to take a downtrodden team and turn them into winners, but Bush, Warner and Spidahl were all up for the challenge.

"Seth [Spidahl] was definitely more hands on, and you can tell he really wants his team

to do well," Warner said. "He sends us emails at three in the morning and is up all night thinking about what will make us better. That's something that wasn't there before."

With Spidahl's passion and eye for talent when recruiting, the team slowly started to play like a team that believed it could win.

During Buffington's last year in charge, the defense was a mess and the offense was sputtering. A whopping 41 goals against and only 12 goals scored in 18 games tells the story.

The 2013 season, Spidahl's second in charge, couldn't have been any different. This time, the numbers were flipped.

The team, lead by Warner up front and Bush in defense, scored 31 goals and conceded only 16 in 20 games played, resulting in the program's first third place finish since 2005.

A youthful team with good chemistry and a winning attitude is a stark contrast with previous seasons, and Bush and Warner have been vital to the transition.

"I'm very grateful for Hannah [Bush] and Blake [Warner] and their stick-with-it-ness," Spidahl said. "Hannah has been great for PLU, and PLU has been great for Hannah."

Spidahl also commends Warner for her hard work.

"Blake has been a cornerstone of our attack since my first year here and has really grown to become a great captain and resource for the younger players,"

Spidahl said.

After going from perennial losers to budding challengers, the team has set its sights on the NWC title.

The last time the women's team won a conference title was back in 1992, when the team was competing in NAIA. From 1988-1992, PLU also won three national tournaments and were finalists twice.

While this year's team may not be national championship contenders, Spidahl feels confident.

"At the end of the day, PLU should be in the conversation for the NWC title every year," Spidahl. "If we enjoy the journey and the process, hopefully we are in that conversation."

It's safe to say that conversation is already well under way. What would have been unthinkable three years ago is now a reality.

The Lutes are currently sitting in first place with half of a season to go.

## Home Games

Oct 11. vs. Linfield- Noon

Oct 12. vs. Willamette- Noon

Oct 19. vs. Whitworth- Noon

Oct 20. vs. Whitman- Noon

Oct 29. vs. UPS- 4 p.m.



PHOTO COURTESY OF PLU WOMEN'S SOCCER FACEBOOK PAGE

Head coach Seth Spidahl poses for his PLU roster picture in 1992. In his first season in charge, Spidahl led the team to its first winning season since 2006 and the end of a 27-match loss streak to cross-town rival University of Puget Sound. He followed that up in his second year with the program's first double-digit win total since 2006 and the highest conference finish since 2005.



# Familiar foe batters Lutes in Homecoming game

## Linfield extends winning streak

By **SAM HORN**  
Guest Writer

After his third interception of the day, quarterback Dalton Ritchey hung his head in sorrow. Ritchey hasn't had a illustrious career against Linfield; he has been responsible for 15 turnovers against the Wildcats in their past four matchups.

Pacific Lutheran University's poor offensive execution resulted in just 202 yards as the Lutes lost 41-14 to the Wildcats. The Lutes lost for the 15th consecutive time against the Wildcats. The last time PLU won against Linfield was in 2001.

Not only did Ritchey struggle against Linfield — he threw for just 87 yards — and All-Conference running back Niko Madison carried the ball just nine times for 35 yards.

In the prior two games this season, Madison rushed for more than 200 yards combined. Both games resulted in wins.

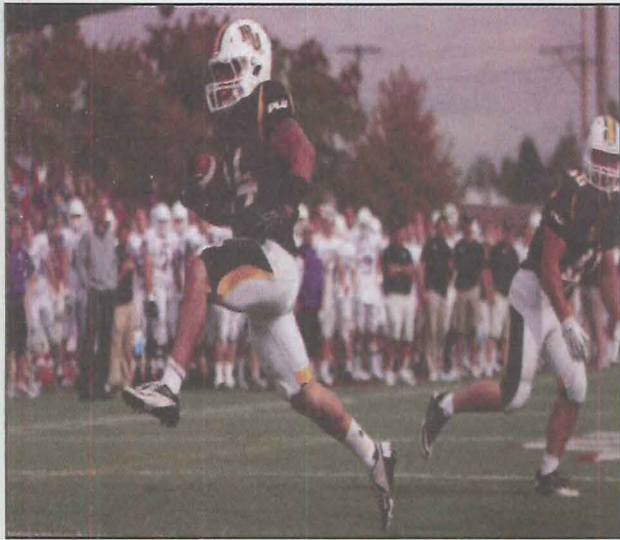


PHOTO BY JOHN FROSCHAUER

Senior Niko Madison (left) attempts to run the football against Linfield at Sparks Stadium in Puyallup, Wash. Madison and fellow seniors Dalton Ritchey and Kyle Warner combined for 115 rushing yards in the 41-14 loss.

"They are a great football team, and we knew that coming into the game," Madison said. "They out-executed us. We tried our best, but it didn't go according to plan."

Linfield's defense seemed to have an answer for quelling the Lutes' past running success.

The Wildcats' defense gave up 94 rushing yards per game, which is first in the Northwest Conference. Led by Alex Hoff, a hulking 240-pound defensive end who has a league-leading 11 tackles for loss, the Wildcats defense had no problem limiting Ritchey and Madison to 110 yards combined on the ground.

"We got to take what they're going to give us," head coach Scott Westering said. "They're very good up front, very physical."

"They out-executed us. We tried our best, but it didn't go according to plan."

**Niko Madison**  
Senior running back

While Ritchey did score with his legs in the first quarter and Madison ran for a touchdown in the second quarter, the Wildcats' defense limited the Lutes to 79 yards and zero points in the second half. Two of the Lutes' second half drives resulted in a combined seven yards.

The Wildcats' offense proved to be just as stellar as their defense by eliminating any threat of a possible defeat by scoring 17 unanswered points in the second half.

Wildcat quarterback Sam Riddle continued his effective dissection of opposing defenses — he threw for 355 yards against Redlands — by throwing a touchdown pass and running another one in against the Lutes in the second half.

PLU did limit Riddle to 239 passing yards, but he did throw four touchdowns in the double-digit win.

Outscoring teams 98-31 through three games this season, Linfield looks poised to win its sixth consecutive Northwest Conference title.

PLU's next opponent on Oct. 11, Lewis & Clark, doesn't seem nearly as invincible.

The Pioneers have lost every game this season by double digits. By allowing an average of 428 yards per game, the Pioneers' defense could have difficulty containing Ritchey and Madison when the Lutes travel to Portland next Saturday.

Despite their offensive struggles against the Wildcats, the Lutes have tallied 893 combined yards in wins against California Lutheran and Trinity this season.

Throwing the football, the Pioneers' primary form of offense, may come into question when Lewis & Clark face a PLU defense that allows only 193 passing yards per game, second best in the Northwest Conference.

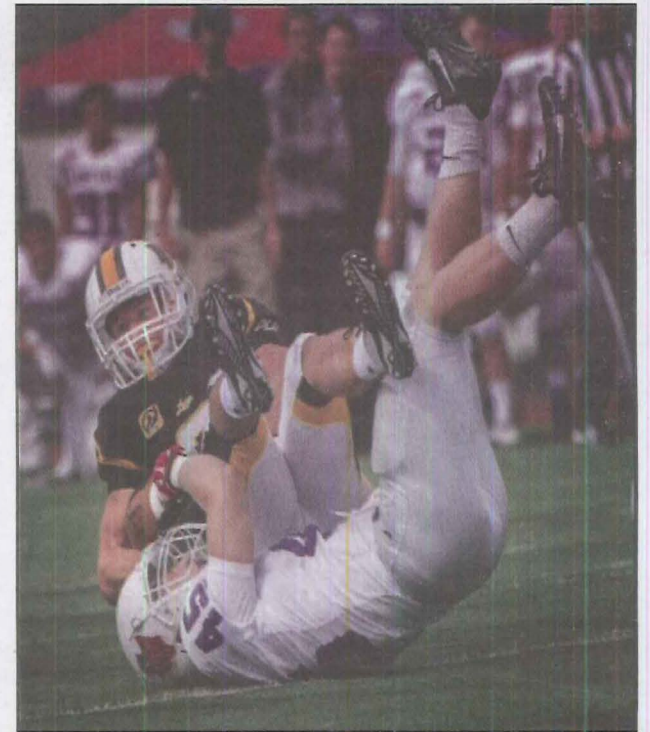


PHOTO BY LUI KIT WONG — STAFF PHOTOGRAPHER FOR TACOMA NEWS TRIBUNE

PLU sophomore Richard Johnson manages to hold on to the football after being taken down by Linfield's Jake Reimer. Johnson tallied 91 yards on kickoff returns and seven yards receiving.

# Homecoming weekend sets good pace for rest of season



PHOTO BY NAME HERE

PLU sophomore Charlie Mogen looks to finish the race strong at the PLU Invitational held at PLU's South Park. Mogen was the Lutes' highest finisher in the 8k run with a time of 27:47.94. PLU alum Destry Johnson took first place running unattached with a time of 26:28.81.

By **DAVID MAIR**  
General Writer

The Pacific Lutheran University Cross Country Team demonstrated there's no place like home as they put their best foot forward hosting the PLU Invitational on South Park on Oct. 3. Both men's and women's teams performed excellently.

Competing against a number of skilled athletes at the invitational, the PLU women's team placed 16th, while the men's placed 18th.

Five schools competed at PLU's Invitational on Saturday. Though the competition was fierce, both PLU

teams shined the brightest among the schools at the invitational.

The PLU men's team took second overall, scoring 36 points, only 11 points behind Green River Community College.

Though it was a close race between PLU and Green River, the Lutes scored 46 points higher than Olympic College, who placed third with 82 points. Sophomores Charlie Mogen, Matthew MacFarlane and Brendon Bonnell placed in the top ten.

The PLU women's team won the invitational overall and contributed to PLU's "Drive to 125," bringing the count to 23. They scored a total of 28 points.

Central Washington placed in second with 51 points, far behind PLU. Lute sophomores Genevieve Brandt and Shailee Woodard and junior Amie Wilson placed in the top ten.

First-year Sara Newman said the women had a strong front pack.

"We all envision what our end result will be before we start," Newman said. "[When] we run, we're all connected. Those in the front pull the others up with them, and those in the back push the others forward."

Newman said though she was nervous to run at home, the home-field advantage largely factored in to PLU Cross Country's overall success.

During its bye this upcoming week, the team will have the opportunity to enjoy a bit of a break and work on strategy for the next race.

Learning to fight through the pain and overcompensating when negative thoughts arise in the middle of a race are ideas Newman felt the team would discuss during its bye.

The runners will tie their laces as they head down to compete at the Lewis and Clark Invitational in Portland on Saturday, Oct. 19.

## XC Schedule

Oct. 18 - Pioneer Invitational  
Nov. 1 - NWC Championships  
Nov. 15 - NCAA West Regional Championships  
Nov. 22 - NCAA Cross Country Championships