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On the same team, giving the best to PLU athletes pg. 11



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Bottles are back

The return of bottled water at PLU

SAMANTHA LUND
News Editor

Four years ago, Associated Students of Pacific Lutheran University passed a initiative to stop the sale of bottled water on campus. Senate Resolution 6 for the ban of sale of bottled water passed Feb. 8, 2011. The resolution called for all markets campus wide to stop selling bottled water to encourage environmental awareness. Students going into Old Main Market today can purchase Propel's unflavored electrolyte water. Propel's electrolyte water is one of the newest editions to OMM. The bottled water was brought to the market in Jan. 2015 from Pepsico, the drink provider of PLU.

The bottled water that Pepsico sells is Aquafina purified water. None of the markets on campus sell Aquafina.

Flavored waters have been sold through the markets on campus with or without Resolution 6. Propel flavored waters were not banned with bottled water in 2011.

Propel unflavored electrolyte water joined the flavored waters this year.

Electrolytes are minerals that carry charged ions through the blood and help the brain and muscles function.

The human body needs electrolytes to function and electrolyte water is a popular way to replenish those minerals.

The ingredients in Propel unflavored water with electrolytes are purified water, sodium bicarbonate, magnesium sulfate and potassium bicarbonate.

Electrolyte water has more ingredients

than regular, purified water. PLU students have been drinking flavored water and enhanced water even with the bottled water ban.

The markets cater to what students want and buy, Retail Operations Manager, Tom Harvey said.

PLU students buy more Gatorade than anything, Harvey said. The amount of Gatorade sold at PLU is comparable to grocery stores and the markets try and cater to the buying trends that students set.

"If it is something that students would like to ban, I can certainly go along with that," Harvey Said. "It really is a gray area."

Harvey began working at PLU in 2012, after the resolution was passed. When he came in, there was flavored water and he noticed the gray area but continued to cater to what students were buying.

"The way Pepsi presented it to us was that it has the same amount of electrolytes that can be found in Gatorade, and we sell a lot of Gatorade," Harvey said. "That aside though, what is important is the benefits of electrolytes."

Bottled water was banned to prevent plastic waste, according to the resolution. There are more than 47 million gallons of oil in the production of plastic bottles each year, and 86 percent of the bottles end up in landfills each year, according to Resolution 6.

The initiative aimed to reduce waste from water bottles, however, markets continue to sell soda, Gatorade, juice and milk in similar plastic bottles.

Water bottles were specifically chosen because the PLU campus can be outfitted with water fountains as an alternative for bottles.

There are ways students can be sustainable

when they buy sodas and coffee from OMM, Harvey said. There are soda fountains and discounts for students who bring their own mugs for coffee.

Harvey attempts to make sustainable, healthy options, but students spending habits also affect how the market is stocked.

To make changes in the market, students need to speak out about what they want or watch what they are buying because that directly affects what is provided, Harvey said.

"We're here to support the students and if we feel like it violates the intent, we have no problem taking it out," Harvey said.

The ban on bottles is specific to pure water, sophomore and At-Large Senator Ashley Connors said.

"It's annoying because we've banned bottled water," Connors said. "You might have added something to it, but it is still water."

ASPLU is not looking into making more resolutions regarding bottles on campus. As a sustainability office representative, Connors said students should use reusable water bottles instead of any plastic bottles.

"Money-wise, you'd save a lot of money getting a PLU water bottle," Connors said. "The [sustainability] office would love to see people using regular bottles more often."

Students are encouraged to speak out on their feelings about the Propel water bottles or any products around campus.

All bottles can and should be recycled, Harvey said.

"If you look in the garbage cans now, you will find things that don't belong," Harvey said. "Being sustainable is important."



Quotable



"I hope that PLU will change their policy."
Junior Kyle Parsons
"Baring it all for art" pg. 4



"The memories will last forever and sharing that with a team is really special."
Senior Sam Angel,
"Record-holding Lute climbing the ladder" pg. 12



"I encourage young women to own their 'Basic.'"
Senior Allie Reynolds,
"Letter from the editor: Basics Unite" pg. 8

Grad Fees

GENNY BOOTS
News Writer

College is about the experience. At Pacific Lutheran University, that experience ends with a walk across the Tacoma Dome stage, a diploma and a \$100 dollar fee.

To graduate, PLU seniors have to pay a mandatory commencement fee of \$100 with the graduation application.

After spending four years paying for tuition, books and course fees, this last charge to the student account is often met with complaints and annoyance.

"I think it's kind of ridiculous," senior Ashley Marcy said. "We just put so much money into our school. Graduation should be exciting rather than 'pay more money.'"

Commencement is the official graduation ceremony for PLU.

This year, the event will be at the Tacoma Dome on May 23 with King Harald of Norway as the commencement speaker. After the ceremony, a reception will be held at the Gonyea Residence with President Krise and Baccalaureate.

The annual grumbling has not fallen on deaf ears. The Board of Regents and Budget Advisory

Council have begun the process of detailing the budget for the upcoming years. All university fees, including the commencement fee, are being reexamined.

The specific \$100 fee goes toward the various event costs of commencement.

"It provides some of the funding for things like printing the diplomas, having the diploma cover holders. It also provides things like paying for

what are we charging for, are we charging the right amount, how do we compare to our competitors and so on," Plaehn said.

When applying for graduation, students are prompted to accept or decline the fee, and by declining, the entire application will be denied.

Students graduating in September or that are not participating in the ceremonies are still required to pay.

"If I had a choice there shouldn't be one, or they should be more transparent about what that is supposed to pay for," senior Hailey Olafson said. "They are not transparent at all about where that money goes."

The commencement fee is being revised for its accuracy, but the intent is to make sure that students are getting a graduation experience that is as good as it can be, said Plaehn.

To find more information about graduation, go to <http://www.plu.edu/registrar/graduation/>.

For more information about money allocation at PLU, check out <http://www.plu.edu/finance-admin/budget-finance/>.

"We just put so much money into our school. Graduation should be exciting rather than 'pay more money.'"

Ashley Marcey
Senior

the Tacoma Dome, paying for those events, paying for the parking lots," Senior Advisor to the President, Kris Plaehn said. "It goes to pay for those specific components of commencement."

And those components add up. "It is not a small fee. We would be the first to admit that," Plaehn said.

"I think they are really looking at

Lutes carry the weight and share the load

The revival of the PLU Feminist Student Union

SAMANTHA LUND
News Editor

A 10-minute walk across Upper Campus on Monday was all it took to make a difference.

Ten students gathered March 9 to stand up against sexual assault by carrying a mattress around Red Square and through the University Center.

Sophomores Chyna Boonlom and Kendra Saathoff organized "Lutes Carry That Weight" to bring awareness to gender-based violence on college campuses.

Boonlom and Saathoff decided to host this event, with help from the Women's Center, because of a story they heard about a Columbia University student who was sexually assaulted.

Emma Sulkowicz, a student at Columbia University, was sexually assaulted but the perpetrator walked away with no punishment. In response, Sulkowicz carried a mattress around campus with her to show the weight that all rape victims carry with them each day. Sulkowicz could not ask for help carrying the mattress, but took it when it was offered to her to spread awareness about how victims feel.

With this story in mind, Boonlom and Saathoff brought a group of Pacific Lutheran University students together to carry a mattress around campus in support of sexual assault awareness.

"Today was a national day of awareness, so a bunch of campuses were doing it," Boonlom said. "We are showing solidarity to stand against violence and demand better policies on how all universities will handle these issues."

The mattress made its way through Red Square and into the UC where students stopped and watched. The group sparked discussion among students waiting for their lunches and working on homework in the Commons.

Two first-year students were sitting close by and one asked the other what was going on.

"Watching it pass by was the first time I had even thought about it," first-year Jennifer Brown said. "It is really cool that they are bringing everyone awareness about it."

The other first-year, Megan Cummings, agreed. "I think it is really cool that they are giving a voice to many women who have been affected by sexual violence," Cummings said. "It's great that we have people on this campus standing up for that sort of thing."

The mattress caused the two to stop and have a discussion about sexual assault and Sulkowicz, Brown and Cummings said. Brown had never heard the story and said she

liked that the students shared the message by carrying the mattress.

The event was put together in two weeks after Boonlom saw a post about it online.

She took interest in the project and, with the help of Jonathan Yglesias and Jennifer Warwick from the Women's Center, made

the event happen.

Boonlom and Saathoff are using this event as a kickoff for the PLU Feminist Student Union club that they are starting up on campus.

The club is not official yet, but Boonlom and Saathoff are planning to have the first meeting the week after spring break.

"It was a club here and we want to bring it back because it embodies a lot of the issues that we, as feminists, are interested in," Saathoff said. "It is very much more than just women's rights, we want it to be for everyone."

April is Sexual Assault Awareness Month and the Feminist Student Union will be up and running by then and will be hosting meetings and discussions about different issues.

The mission statement of the group includes more than just feminism. It stands against all types of oppression.

If students want to reach out to the group, or become a member, they can find more information at their Facebook page: [facebook.com/pages/PLU-Feminist-Student-Union/166456603407126](https://www.facebook.com/pages/PLU-Feminist-Student-Union/166456603407126) or email Boonlom or Saathoff at their PLU emails.



PHOTO BY SAMANTHA LUND



PHOTO BY SAMANTHA LUND



PHOTO BY RELAND TUOMI

Lutes started carrying the mattress in Red Square in front of Karen Hillie Phillips Center during Chapel Break on Monday morning. Before participating in the walk, students had to sign waivers allowing their pictures to be taken and acknowledging what they were doing and why they were there. From Red Square, the students went into the UC, down the stairs and circled back to KHP.

Sophomore Chyna Boonlom carried her mattress with her through her school day.

2015 Grad Gift Announced

Incoming student will receive scholarship from Class of '15

SAMANTHA LUND
News Editor

Seniors look to give back by creating a scholarship opportunity for an incoming first-year in this year's Grad Gift.

The Grad Gift is an annual fundraiser that allows the senior class to give back to Pacific Lutheran University. Students who attend PLU are expected to exemplify the school's mission statement and participate in the Grad Gift.

The Grad Gift is a tradition that seniors are expected to take part in with. Last year, however, only 49 people participated in giving back. This year, the Student Philanthropy Committee has made it a goal to get more Lutes, of all ages, involved in the fundraiser.

This year's fundraiser will take on a new shape and style over the course of the next three months. Rather than asking people

to donate for the gift, there will be a series of events and the proceeds from them will go to the fundraiser, senior Salina Ellison said.

Ellison researched the last graduating class's fundraiser and felt it needed a new direction and to be better integrated with the PLU community.

This year, she hopes to make the Grad Gift experience something that everyone enjoys and participates in.

"If people are going to these events as first-years knowing it is going to a scholarship, by the time they're a senior they'll want to be involved," Ellison said. "You really don't have to go out of your way to make an impact."

The new Grad Gift theme is "Who's the Lute?"

It will center on the idea that one incoming first-year will

receive a gift from the graduating class. That gift will be given to them in the form of a one-time scholarship when they come to PLU.

"The thought behind this is that it is a full circle," Ellison said. "People helped you get to come here and you help the next students by doing the same."

After the "Who's the Lute?" student is chosen, he or she will write a note about themselves that will be sent out to all the donors and people involved letting them see who the Grad Gift went to.

This way, the money trail is completely transparent and people can see their money going to something good, Ellison said.

The first of the Grad Gift events will be on March 15 at Northern Pacific Coffee Company from 6-8 p.m. PLU artists will be performing at the coffee shop to support the Grad Gift.

There will be a \$2 cover charge that will go toward the Grad Gift and 15 percent of the proceeds will go to the gift as well.

The 322 Jazz Collective and members of PLUtonic and HERmonic will be performing at NPCC.

The events will be held on the 15th of each month for the remainder of the school year in honor of the class of 2015. The Grad Gift committee will also host a bowling night for students at Paradise Bowl April 15 and The Haven on May 15.

PLU News Trending:

Party like its 1989

The Women's Center faculty and staff are hosting a party to celebrate the center's 25th anniversary. The party is 80's prom themed and will recognize women who are "rock stars." One student, one staff member and one alumni will be recognized. The party is March 13 from 7-10 p.m. in Memorial Gym.

Study Away '15-'16

The semester study away deadline is Friday, March 13. The J-Term study away application due date has been moved to April.

Lute Baseball

The PLU baseball team has climbed to number 19 in the Top 25 Division III baseball teams in the NCAA.

Namibia Nine

The premiere of a PLU-lead documentary brought leaders from Namibia to campus. The documentary follows nine leaders through their lives after attending PLU and leading their country.



CSI: Campus Safety Investigations

Taken from weekly Campus Safety reports

Medical Aid in Olson Gym

Campus Safety (CSAF) responded to a call in Olson from a student who injured his ankle while playing soccer. He was supplied with an ice pack and no further medical assistance was taken.

Alcohol Violation in Foss

Campus Safety discovered an Alcohol Policy Violation in Foss and notified Residential Life. CSAF and Res Life contacted several students and a non-student in the room. The occupants were cooperative and the alcohol was disposed of upon request. The incident has been sent to Student Rights and Responsibilities for review.

Theft in South Hall

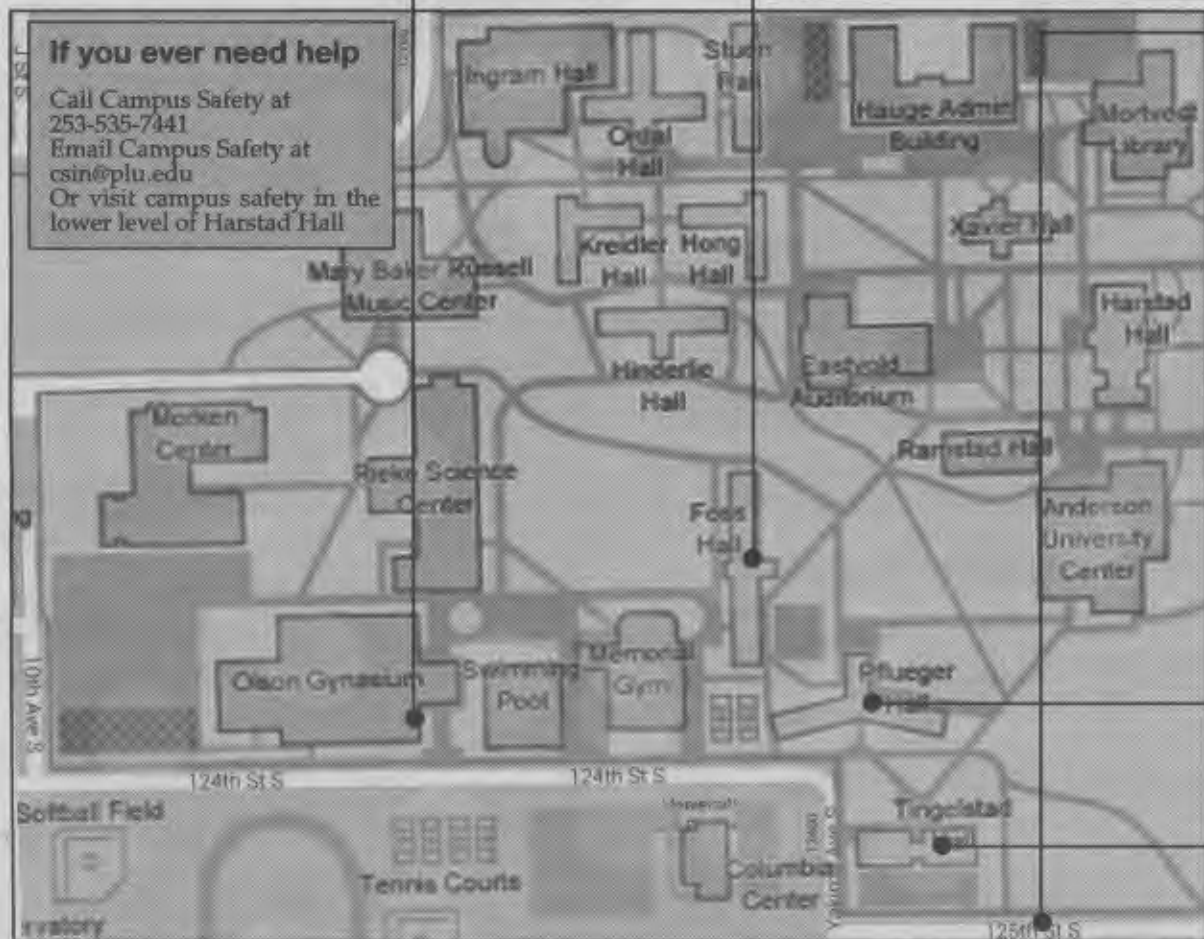
Campus Safety was notified of a bicycle theft by a student. She reported her bike had been last seen secured to a South Hall bike rack just a few hours before. There are no suspects.

Theft in Pflueger

Campus Safety was notified of a bicycle theft by a student. He reported his bike had been missing for 48 hours. There are no suspects.

Alcohol Violation in Tinglestad

Campus Safety responded to a Tinglestad Resident Assistant with a room contact reference for a possible Alcohol Policy Violation. CSAF searched the room and found and disposed of the alcohol in it. The incident was forwarded to Student Rights and Responsibilities for review.



If you ever need help

Call Campus Safety at 253-535-7441
Email Campus Safety at csin@plu.edu
Or visit campus safety in the lower level of Harstad Hall

Meningitis Outbreak

Caution when travelling to Oregon for Spring Break

SAMANTHA LUND
News Editor

With spring break around the corner, students going home or visiting friends in Eugene, Ore. might be put at risk.

Washington health officials are on high alert as a meningitis outbreak hit the University of Oregon.

The University of Oregon in Eugene saw a spread of potentially deadly meningococcal infections through campus. Four Oregon students developed the infection since the start of the school year, according to UO officials.

The university had to schedule a campus wide vaccination clinic for as many as 22,000 students and those at risk.

More than 800 Washington State residents are enrolled at UO and schools statewide are becoming hyper aware of the possibility of the bacterial infection spreading.

All of the Oregon cases involved the B strain of the bacteria that causes meningitis and infection. The same strain that led to outbreaks at Princeton and University of California Santa Barbara in 2013 and 2014. These outbreaks resulted in 13 infections and one death.

Spring break is coming up March 23-29; and Susana Doll, director of the Health Center, is hoping students will make smart decisions when going home or visiting friends in Eugene.

Bacterial meningitis occurs when the bacteria enters the bloodstream and reaches the brain and spinal cord.

To avoid meningitis, Doll suggests students not swap saliva or share cups.

Most students are not vaccinated for meningitis when they are younger because the vaccinations are expensive and not required.

The meningitis vaccine is a series of three shots which can cost up to \$300 each.

When there is an outbreak, the Center for Disease Control and Prevention and state officials usually supply free vaccination clinics to prevent people from contracting the infection.

Meningitis is not a small rash or an annoying cough, but a deadly disease. If not treated properly or timely, meningitis can lead to death or serious medical issues.

“Don’t kiss a duck, don’t f--- a duck.”

Susana Doll
Director of the Health Center

Symptoms of meningitis include a sudden high fever, headache, stiff neck, vomiting, confusion, seizures and in some cases, a skin rash.

For Doll, the answer is simple: be careful when visiting a UO duck over spring break.

“Many students are going to visit their friends and just be careful,” Doll said. “Don’t kiss a duck, don’t f--- a duck.”

Along with the meningitis scare, Doll wants students to be safe during the break.

Over spring break, Doll wants students to be aware of other health risks like having unprotected sex, being under the influence of alcohol and not getting enough sleep or water.

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Baring it all for art

Nude models included PLU student

RHIANNON BERG
Guest Writer

MATTHEW SALZANO
A&E Editor

Lutes can learn from nude models in the classroom, but Pacific Lutheran University students aspiring to be nude models on campus need to keep their clothes on.

Nude modeling is used to hone a new artist's skills, said associate professor of art and design Michael Stasinus.



PHOTO COURTESY OF JOHN FROSCHAUER

Michael Stasinus, assistant professor of art and design

Unlike inanimate objects, even the most unskilled eye can recognize errors in drawings of the human body, Stasinus said in a March 6 interview. It doesn't take a trained artist to notice uneven limbs or awkward body proportions; therefore, the artist must try their best to be accurate.

"We all have an innate feeling from just looking at our ourselves and people our entire lives," Stasinus said. "It [is] a subject that gives the student no excuse but to do their best... you can't really fudge it."

First-year Jorge Molinero is an aspiring artist who took Stasinus' figure drawing course this term hoping to improve his artistic skills.

"Before [the class] I would draw a person, but it would be off," he said. Now that he is further in the course, he recognizes "there's so

much that goes into drawing a person that I didn't know about before."

While Molinero was striving to enhance his artistic talents, junior Kyle Parsons said he was hoping to gain further experience as a nude model.

The art department relies on contact from models themselves or references from other universities rather than soliciting models.

Parsons expressed interest in modeling for Stasinus' class in Spring 2014. After reaching out to the professor again last fall, he was scheduled for modeling sessions in the spring section of Drawing 2.

Parsons attended two of his scheduled modeling sessions on February 23 and 25.

"At first I was nervous," Parsons said. "As soon as I started doing it, it was really easy [and] I was super comfortable, and it was a lot of fun, too."

Both Stasinus and Parsons said it was helpful for students to draw models with varying body types.

"I also wanted to do it because a lot of the models in the class... are in their 40s or 50s, and they're not necessarily in the best shape," Parsons said. "I think it's good that the students get [someone] who is fit and can actually model and they can actually draw the muscles they're learning in class."

In an interview with *The Mooring Mast* on March 9, Stasinus and JP Avila, associate professor and chair of the department of art and design, said hiring a PLU student as a nude model was a violation of an unwritten but



PHOTO COURTESY OF KYLE PARSONS

Junior Kyle Parsons

assumed art department policy.

Stasinus said Parsons was hired when a male model had a medical issue and dropped out of a scheduled session. Parsons was hired as a replacement.



PHOTO COURTESY OF JOHN FROSCHAUER

JP Avila, associate professor and chair of the department of art and design

Stasinus admitted this decision bent the rules, and decided to re-establish them.

On the morning of March 10, Parsons received an email from Stasinus which said he would not be invited to his previously scheduled sessions on April 27 and 29.

Parsons doesn't think PLU students should be stopped from pursuing nude modeling on campus.

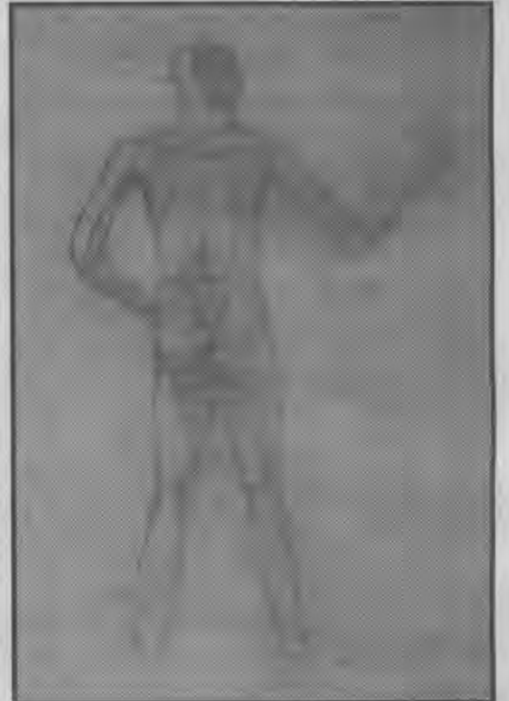
"I think that I'm an adult [and] Dr. Stasinus has in the syllabus that, if you're not comfortable with drawing people naked, this isn't a class for you," Parsons said. "I think that [the art department] should overlook that [I'm a student] and if a student wants to model for an art class, they should be allowed to."

Parsons will still pursue his career in nude modeling, but hopes he will be able to do it on-campus again.

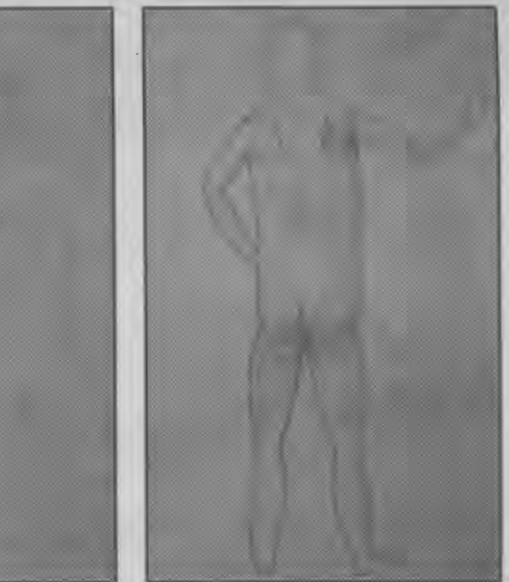
"I'm really disappointed that I can't come back," Parsons said. "I hope PLU will change their policy."

Art from Kyle's modeling in Figure Drawing

First-year
Sadie
Martinez



First-year Jorge Molinero



Editor's Note

Many of the events described in "Baring it all for art" transpired while the article was being written. The story was assigned as a feature on coursework in the art department, with background knowledge that PLU junior Kyle Parsons was nude modeling. During the writing of the story, the art department chose to re-enforce their policy of not hiring PLU students as models. Please direct any questions to mast@plu.edu.

A&E

Saxifrage Community Review
11 a.m. to 5 p.m. March 14 in AUG 134

Wind Ensemble
3 p.m. March 15 in Lagerquist

Jazz Ensemble
8 p.m. March 18 in KHP

Choir of the West
8 p.m. March 19 in Lagerquist

"Steel Magnolias"
7:30 p.m. March 13 and 14
2 p.m. March 15 in Black Box

ONLINE



TERRAN'S
take

Terran's Take:

Terran Warden reviews the new album "FROOT" by Marina and the Diamonds.



TUESDAY
tunes

Tuesday Tunes

Brooke Thames discusses the new Murnford and Sons single, "Believe."

Full stories online: <http://mastmedia.plu.edu/>

NEWS@NINE

Every Thursday night at 9 p.m.!

GUEST HOST:
Reland Tuomi,
Editor-in-Chief



This week, Reland talked to *Saxifrage* editor Meg Dolde about all things student media!

Watch Thursday's show online:
<http://mastmedia.plu.edu/>

TRIPLE THREAT PLUtonic, HERmonic and Clay Crows spring premiere



BROOKE THAMES
A&E Writer

Family, friends and lots of Lutes filed into Lagerquist Concert Hall March 8 to witness an entertainment extravaganza put on by some of Pacific Lutheran University's most beloved performance groups. PLUtonic, HERmonic and Clay Crows banded together Saturday to produce their 2015 Spring Concert, a show that elicited laughs, awe and thunderous applause.

Comedy and music seem worlds apart, but this is not the first time that a capella and improv have shared a PLU stage. HERmonic and Clay Crows have a history of performing together. Inspired by the success of a former collaboration, the two groups decided that it was time to get back together.

"We thought that it would be great to break away from our usual concert and add something new and fun," said HERmonic president senior Anne Herzog. "I talked to...[the] president of PLUtonic, and he agreed."

The show featured several sets of music performed by PLUtonic

and HERmonic, accompanied by a hilarious half-hour performance by Clay Crows.

Highlights of HERmonic's performance included a mash-up of "Try," by Colbie Callait and "Pretty Hurts," by Beyonce, and the group's International Championship of Collegiate A Cappella set featuring tracks by Beyonce, Sia and Taylor Swift.

PLUtonic delivered on their classic combination of humor and music in their opening song "Low," by Flo Rida and earned a well-deserved standing ovation with their performance of the hymn "How Great Thou Art" featuring sophomore Josh Bozich.

The comedic acts of the Clay Crows served as a welcome intermission between the music. The crowd offered up big laughs to games such as "Timeline," in which the members play scenes before and after a specific event, and "You're Fired," where a cast member must decipher why he or she was late for work given clues by the other actors.

"The premise [of the show], as it usually is for any of the a capella or improv shows here on campus, [was]...to have fun," said HERmonic and Clay Crows



member, Sadi Wentz. "We all love to showcase what we do...whether it's singing songs that everyone loves or getting a few laughs."

The formula of comedy and melody equated to a spectacular performance by all three groups in an collective singing/improv activity. A surprise group act presented the members of Clay Crows with the challenge of acting out songs sung by PLUtonic and HERmonic.

It is fun performances like these that Herzog said provides an important escape for students, faculty and staff.

"When people come to a HERmonic and PLUtonic concert, they get a chance to take a break



from their daily lives and whatever may be stressful to them to relax and listen to great music," Herzog said.

Shows such as the PLUtonic, HERmonic, Clay Crows Spring Concert are unique displays of

LEFT: HERmonic members first-year Lydia Bill, first-year Rizelle Rosales, senior Biffy Binkley, first-year Kiana Norman, first-year Amira Beidas, junior Sadi Wentz and junior Katie Coddington perform March 8 in Lagerquist Concert Hall.

CENTER: PLUtonic men sophomore Josh Bozich, junior Reggie Collins, first-year Tevita Tupou, senior Matt Serino, junior Domenic DeSoto, senior Kyle Mitchell and senior Chris Glessman stand in formation during one of their numbers during the spring premiere. **BELOW:** The Clay Crows, including seniors Ryan Sundberg, Mitchell Helton, Joshua Parmenter and Tova Lyng play the improv game "timeline."

talent, hard work and fun.

"It's not often that the theatre department and the music department get to collaborate for fun like this," Wentz said. "This was truly some of the most fun we've had on stage."

Where's the fun?

ERIN FLOM
Guest Writer

The residence halls' front desks do more than just give mail or rent out cleaning and cooking supplies. Most front desks also offer games and activities for students.

"College students have a limited budget," said Kreidler's community assistant with additional duties (CAAD), senior Kyrrie Benson.

Having an inventory of supplies that can be checked out from front desks lightens the load for students.

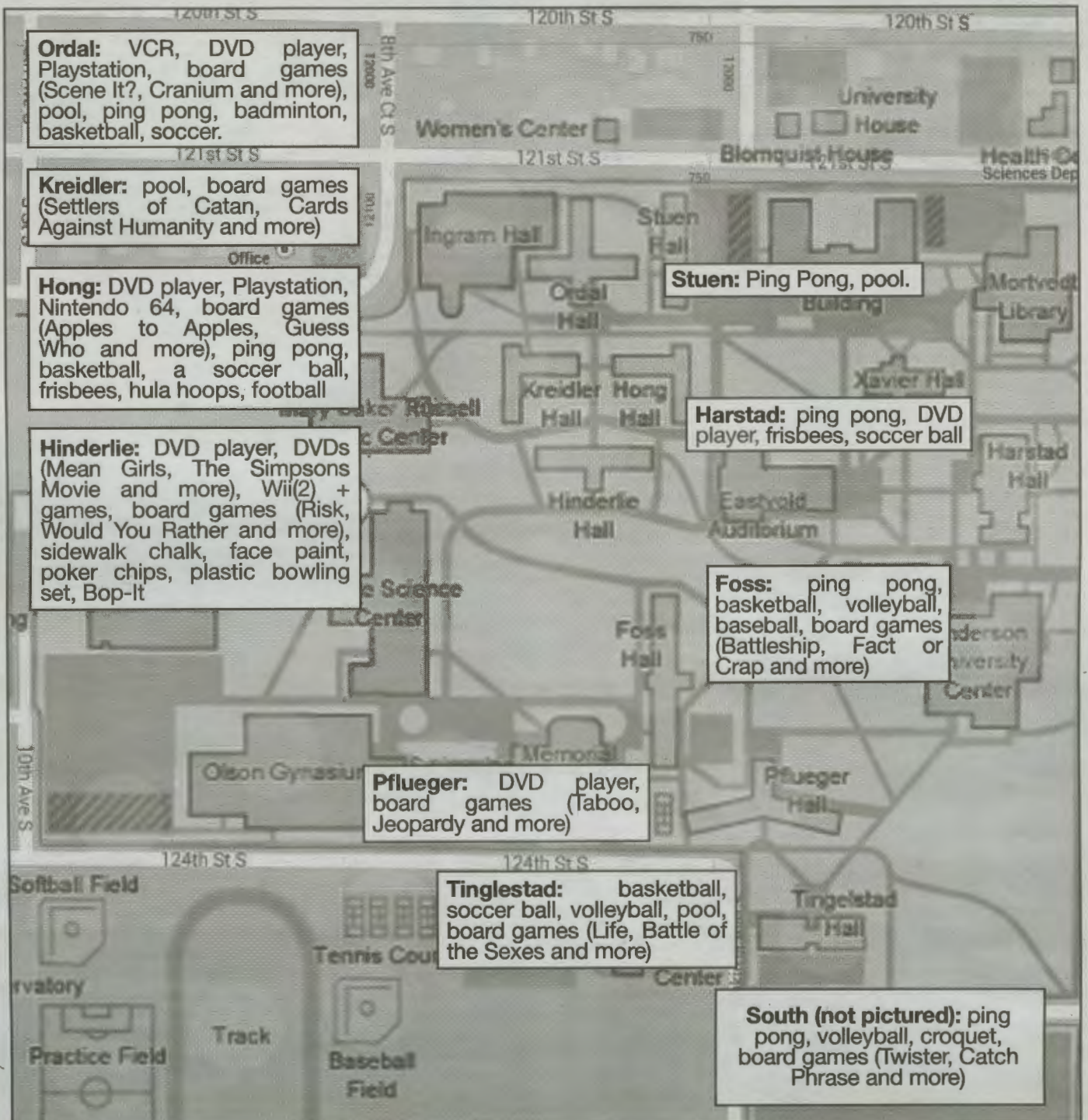
What each front desk has to offer is different and everything offered to students is "based on some sort of a need," whether it's practical or social, said Hinderlie's Residence Hall Council president, sophomore Kiera Stevens.

"The main source of funding [for the front desk] comes from Res Life," said Harstad's resident assistant with additional duties (RAAD), junior Katie Coddington. "But if RHC has leftover funds, they can use that to fill in that need."

Coddington also stated that funding is based on the number of residents. So, a large hall like Tinglestad will have more funds to start out with compared to smaller halls.

Students do have a voice in what the front desk supplies for students.

"We don't know what you want or need," Coddington said. Most halls have a suggestion box, "or talk to your RA" Coddington suggested.



Which residence hall front desk has the best games and activities?

Tell us on Twitter:

@PLUMast



First-year Aspen Eckert
 "I'm going home to southeast Idaho. I plan to sleep in a lot and enjoy the sun."



Sophomore Katerina Volosevych
 "I'm going to go home and I'm literally just going to play piano, hang out with my family and play tennis!"

Lutes take a break

SAMANTHA LUND
 News Editor

Whether they're staying home or traveling far away, Lutes are looking to enjoy their spring break.

March 23-27 classes will be cancelled and Lutes will be free to do what they want.

Pacific Lutheran University offers an alternative spring break option for Lutes not wanting to get crazy or stay home with their parents.

Alternative spring break trips give students the chance to engage in service with the surrounding community and volunteer.

One trip will be volunteering with the Parkland community and the other will be traveling to the US-Mexico border to participate in an immersion experience in Texas.

Some sports teams will be traveling to different states for competition and to get

some sun.

The PLU Health Center is currently providing free condoms and the morning after pill for students to take with them on their trips over the break.

Susana Doll, the director of the Health Center, said students should remember all the risky activities during spring break that can happen like unprotected sex and getting intoxicated.

Well-known risks and dangers are not all that students need to be aware of, but there are many risks in just break-time activities, Doll said.

Driving for long hours, getting dehydrated and getting sunburnt are all very real problems that can become serious issues without students realizing.

Stop by the Health Center to stock up on enough medication and protection for any trip you might take and don't be afraid to ask questions when it comes to your safety.

Headshots by Matthew Salzano



Groundskeeper Diane Wallace
 "I'm taking my grandkids to Lincoln city — to the beach!"



President Thomas Krise

After visiting Washington D.C. next week, Krise and his wife, Patti, are visiting Lutes in Namibia. The Namibian people will inaugurate a new President the day before they arrive — "Our fingers are even crossed that we might be able to have a minute with him!"



Senior Joseph Norton
"I'm going to be writing my Capstone. It's about this crazy German philosopher guy named Martin Heidegger. And poetry, and stuff."

Sophomore Kiera Stevens

"I'm going to California with my friend. She invited me to go with her and I was like, 'Yeah! Let's go on an adventure!'"



Sophomore Kailyn Osaki

"The softball team is traveling to Arizona to play some non-conference games. I'm looking forward to seeing the nice weather. I haven't been to Arizona, so it should be a good experience."



Junior Reeder Turnbull

"I plan to work 40 hours again for a week, and have a kind-of relaxed spring break. Pretty mellow."



Educate yourself on global issues

TAHLIA TERHUNE
Guest Writer

"Suicide bombings," "air strikes," "cease fire treaties" and "mortality rates" are a small selection of the many depressing terms you'll hear in conversation regarding the Israeli-Palestinian never-ending conflict.

Terms you may have heard that I am particularly against are Pro-Israel and Pro-Palestine used by individuals who do not have any grounding to support their positioning.

This conflict that is rooted deep into history both religiously and geographically is a complex issue that many involved may not even see holistically. Younger generations have been raised to hate either side with no foundational reasoning.

A novel could be written to explain exactly where the conflict lies between Israel and Palestine, but to sum it up:

During the Holocaust, incentives to band together heightened as Jews were beginning to flock back into Jerusalem, desperately fleeing Nazi persecution during World War II.

Under the leadership of David Ben-Gurion in 1948, the Jewish Community in Israel reinstated sovereignty over their homeland. Israel's Declaration of Independence of the newly found modern State of Israel was announced the day British forces retreated from Israel on May 14, 1948 according to <http://science.co.il/Israel-history.php>.

Palestinians were then removed from the land they had called home for many

years. A majority of the conflict involves land and who is entitled to it.

While most of us are not in a position to take a side, that does not mean we should give up on being knowledgeable on worldly conflict. It is our responsibility in the world of academia to remain curious.

By free will we can surely have opinions, but that's not my point. If you truly value peace and desire a resolution between the two states, it's critical that we stop counting who's right and who's wrong. We need to take down the tally board we've been keeping to see who's worse or who's better.

It's important to have an understanding of what is going on in the world. You'll gain perspective and will constantly be challenging your views if you critically think about problems and solutions in the world we live in.

Headlines are constantly flooding the news with recent bombings injuring civilians. We need to be refocusing our attention on problem solving or creating feasible solutions.

The entire language surrounding this conflict must be altered to create a constructive environment in which leaders, peacemakers and mediators can begin to facilitate a dialogue to regain peace.

Qasim Rashid, a lawyer and best-selling author of "Extremist," wrote in an article published by Huffington Post, "Arab blood and Jewish blood are human blood — and all blood is equal."

This is what we must focus on, that all blood is human blood and it's equally valued. Comparing death toll

numbers is a morbid way to identify who is the enemy in this war. If we value peace we must value human life, which would lead us to believe all blood shed is valuable life lost.

I want to make it very clear I'm not saying that there has not been war crimes committed and there is surely evil on both sides.

However, for the sake of moving forward and creating solutions we must stop framing this as who is right and who is wrong.

Tim Mayfield, a writer for the Australian Broadcast Corporation wrote, "In the face of the intensifying tragedy in Gaza, Australia must be a voice in favour of moderation and constraint in this conflict, not a cheerleader for one side."

Many countries (not excluding the U.S.) favor a side and surely there are news sources skewed by these biases.

It's refreshing to see individuals acknowledging that peace will not be reached if we can't maintain civil dialogue to find a solution.

"I haven't been paying too much attention to the Israeli Palestinian conflict," junior Sara Suznevich said. "But I think countries should remain as un-biased as possible for the sake of progress."

We've muddled in the conflict for too long as biased individuals and nations. Let's work together to reframe the dialogue and broaden our perspectives of conflict both locally and globally.



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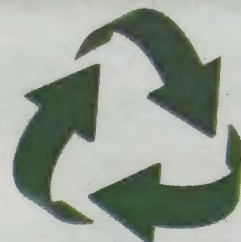
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The Mooring Mast



Letter From the Editor: Basics Unite

ALLIE REYNOLDS
General Manager of Mast TV

A lot of girls get offended when they're called basic. It's just another one of the hundreds of negative labels society uses to put down women, and I'm so tired of it.

I love iced vanilla lattes, scented candles from Bath and Body Works and worship the ground Taylor Swift walks on. To most, this makes me a basic white girl. According to Urban Dictionary, a basic white girl is "your run of the mill white girl that has no identity of her own." She wears leggings as pants, owns Uggs and North Face jackets and posts her coffee and food pictures on her Instagram account, using the hashtag #blessed.

I don't think women should feel ashamed for liking what they like. If you like posting pictures of your food on Instagram and counting down the days until Pumpkin Spice Lattes are available again, I don't think you should feel ashamed for being you and liking what makes you happy.

Society teaches young women that it's okay to compare ourselves to one another and put each other down. Calling other young women out on what they like is doing the same thing.

Life is so much easier when you surround yourself with friends who support you rather than bring you down for liking what makes you happy.

Senior Emily Mansfield is doing her Capstone project in sociology on women being called "basic" in the media and society.

"Girls are told to buy Starbucks, Ugg boots and other things that are considered basic. Once she buys them,



PHOTO BY MATTHEW SALZANO

News Editor Samantha Lund and Mast TV General Manager Allie Reynolds accidentally showed up to an event wearing the same outfit. Society considers the puffy black vest very 'basic' attire.

she becomes a negative stereotype, even though she was being told to buy these objects. I find it really frustrating," Mansfield said.

I encourage young women to own their "basic." Take as many selfies as you want, drink your flavored lattes and yell One Direction and Taylor Swift lyrics at the top of your lungs. You shouldn't feel ashamed for liking things that make your day a little brighter.

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SPORTS SCOREBOARD

Baseball

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

Next Game

Doubleheader: Tomorrow 12 a.m. & 3 p.m. vs. Whitworth



VS.



Softball

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

Next Game

Doubleheader: Tomorrow 12 p.m. & 2 p.m. vs. Linfield



VS.



Men's Tennis

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

Next Match

Sunday 10:30 a.m. vs. Whitworth



VS.



Women's Tennis

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

Next Match

Tomorrow 1 p.m. @ Whitman



VS.



Men's Golf

UPS Invitational

TEAM	RANK	SCORES	TOTAL	PAR
Pacific Lutheran	1	296 299	595	+19
Olympic College	2	310 288	598	+22
Whitworth	3	304 298	602	+26
Puget Sound	4	317 312	629	+53
Whitman	5	330 306	636	+60
Linfield	6	328 316	644	+68
Lewis & Clark	7	375 362	737	+161

Next Tournament

Tomorrow for the Lewis & Clark Invitational @ Heron Lakes Golf Club



VS.



PHOTO COURTESY OF HERON LAKES GOLF CLUB

Women's Golf

UPS Invitational

TEAM	RANK	SCORES	TOTAL	PAR
Whitman	1	317 315	632	+64
Whitworth	2	321 314	635	+67
Lewis & Clark	3	338 332	670	+102
Pacific Lutheran	4	337 344	681	+113
Puget Sound	5	374 375	749	+181
Olympic College	6	402 420	822	+254

Next Tournament

Tomorrow for the Lewis & Clark Invitational @ Heron Lakes Golf Club



VS.



PHOTO COURTESY OF HERON LAKES GOLF CLUB

Hilliker's Highlights: A home run type season



PHOTO COURTESY OF CREATIVE COMMONS
The Seattle Mariners went 87-75 during the 2014 regular season.

Austin Hilliker
Sports Editor

It's almost that time again. Sunflower seeds, hot dogs and rally fries. A time when sunshine is consistent and rooting for the home team is encouraged; it's baseball season.

Spring training for professional baseball has officially started up. The excitement

around the sport is unparalleled to anything we've seen in awhile, especially for Seattle Mariners fans.

Here's everything you need to know about the M's and what to watch for as we get closer to Opening Day of baseball season.

We were so close

It came down to just one game last year. The Kansas City Royals stole the spotlight from the Mariners as they grabbed one of the last playoff spots available.

Left with a bitter taste in their mouths, the Mariners made some wholesale changes with the hope that feeling would never come back again.

In the off-season, the M's managed to steal out-fielder Nelson Cruz from the Baltimore Orioles. Cruz was the 2014 home-run leader in Major League Baseball. Cruz is expected to give Seattle the upper hand on offense, something that has been a point of emphasis for the clubhouse in recent years.

In addition to Cruz, the Mariners picked up pitcher J.A. Happ from the Toronto

Blue Jays. Happ produced quite well for the Blue Jays, holding a 4.22 earned-run-average (ERA) during the 2014 season.

Pitcher Taijuan Walker, a player that has bounced around in the Mariners farm system, also looks to hold his own, and he will most likely be a key component of the Mariners pitching staff throughout the 2015 season. Walker pitched only eight games last year, but has made managed to grow on the M's clubhouse during his time in Seattle.

Spring training so far

Spring training might not count toward teams overall records in the regular season, but it's still a time where every player gets the chance to show off their skills during this evaluation process.

So far, the Mariners don't look too shabby. They have fought through 10 games in spring training and hold a record of 4-5.

Don't let the record fool you though. It's hard to evaluate a team only in the spring because the line-ups are constantly changing and some of the more talented players don't play as much.

Looking to the regular season

Opening Day is closer than we all think. On April 1, the Mariners will open their season against their American League West rivals, the L.A. Angels, in a highly publicized game.

This year looks bright for the Seattle Mariners. Expect an abundance of home-runs from our offense and gold-glove type plays from our defense.

Don't strike out on an opportunity to miss a great season for another Seattle sports team.



PHOTO COURTESY OF CREATIVE COMMONS
Nelson Cruz will play the 2015 season in a Seattle Mariners uniform.

March Madness, Cinderella is always invited to the dance

Steven McGrain
Sports Writer

The idea of an upset should be thrown out the window when discussing March Madness.

If the top-ranked men's Kentucky Wildcats were defeated in the first round by a 16-seed from a small college, it should not be considered an upset. The underdog was just making the most of their opportunity and wanted to win more.

March Madness is a 68-team single-elimination tournament for Division I men's and women's basketball. The event occurs over the span of six weekends. All 68 teams are broken up into four different regions: west, Midwest, south and east.

It begins with the First and Second Round, then Sweet Sixteen, Elite 8 and at the conclusion of the

tournament is the Final Four. Ultimately, the two best teams in the tournament play for the National Championship.

At this point, the Cinderella aspect of March Madness needs to be forgotten. The universities who have been given this title in previous years cannot be labeled with this character's forename anymore because they are invited to the dance every year.

Mid-major teams are considered any school not associated with the five main conferences: Big 12, Pacific-12, Big Ten, Southeastern Conference (SEC) and Atlantic Coast Conference (ACC). Any team not involved with these conferences has less of a chance to win the National Championship.

Gonzaga is not part of any of

those conferences but has been in the tournament on a consistent basis ever since Dan Dickau



PHOTO COURTESY OF CREATIVE COMMONS

Gonzaga plays in the West Coast Conference. The bulldogs have made the NCAA Tournament the last 15 straight years

transferred from the University of Washington in 2001.

Similarly, the Butler University Bulldogs were described as a "sleeper team," but this does not make any sense considering they were ranked 11th in the country. The entire season, they went unnoticed by most people because of their conference, the Horizon League, has no big name schools.

Was it because their roster was not full of household names? Gordon Hayward, Shelvin Mack and Matt Howard were well known in their region.

This Bulldog team ended up making it to the National Championship where they fell to Duke University.

Furthermore, if this Cinderella dance session for Butler was just a one-time occurrence, then they should not have made it

in the following year (2011), but they did, losing in the National Championship game to Connecticut in 2013. Butler is projected at a #6 seed for this year's tournament.

College basketball fans are filling out numerous brackets. When inking in what team should win it all, look at the body of work by these schools throughout the year, the experience, how they play and then make your choice.

Do not choose by color of their uniforms, mascot, mascot's name, flipping a coin or what your pet's name is, but by actually doing the homework on each team.

Then, like everyone else, you'll realize there are no Cinderellas, just elite basketball teams playing for a National Championship.

On the same team, giving the best to PLU athletes

Brooke Wolfe
Staff Writer

The Health Center, under new leadership, aims to continue protecting and providing for athletes throughout the spring. Coinciding with the American College of Sports Medicine requirements, the Health Center assures that students are ready for the rigorous competition of collegiate sports.

Sports physicals are free for students. The appointments are covered by the Wellness Plan, which each Lute pays \$350 dollars for per year.

"In Italy they do an EKG [a process that records electrical activity of the heart] on all athletes...high school athletes on up," Director of the Health Center Susana Doll said.

"The horrible sudden death [occurrence] can sometimes be detected through this."



PHOTO BY AUSTIN HILLIKER

The Health Center has chosen not to perform EKG's because of the expensive price and low risk of abnormality.

However, sudden death symptoms are still asked in the history questionnaire.

The center previously perform blood work for every athlete, but after multiple years of the practice, that requirement was removed from the testing from required physical protocol.

Each physical should take

thirty minutes from paperwork to walking out the door.

Women can opt for a breast exam added to their general examination, while men receive a hernia exam and are reminded how to perform tentacular exams on themselves.

Every athlete must complete a physical before practicing and playing their sport. For first-years, this consists of a pre-participation physical. Medical, injury and family history is all covered during

this time.

"The history is everything," Doll said. "You almost never find something on a physical."

Last year, all first-years were required to have their physical on-campus, but this year the Health Center accepts physicals performed in the last year from off-campus doctors.

For upperclassmen, a screening physical is required. Both the pre-participation physical and screening physical can be completed at the Health Center, the student's primary provider or an emergency clinic.

After June 1, every participating student must be cleared in order to practice. Incoming first-years can complete their physical anytime after their deposit is made.

To beat the fall rush, summer and late spring appointments are an option.

Scheduling physicals early and before sports seasons start helps keep the crowds moving in and out in a timely manner.



PHOTO COURTESY OF GOLUTES.COM



PHOTO COURTESY OF GOLUTES.COM



A closer look at Lute athletics



Record-holding lute climbing the ladder

David Mair
Staff Writer

The longest tennis match ever recorded in the Guinness Book of World Records lasted 60 hours 59 minutes and 58 seconds. It was played in Missoula, Mont. on March 11, 2011.

The one who holds this record is none other than Pacific Lutheran University's own tennis player, senior Sam Angel.

"Sam is definitely a positive for our team on and off the court," said head coach John Cassens.

For Angel, winning that world record was one of his proudest moments. He knew he had done something no one had done before and it even raised money

for the children's shelter in Missoula.

During Angel's freshmen year of high school, he primarily played soccer, along with baseball. He was interested in tennis because it included aspects of both sports.

Angel saw that tennis was active like soccer and also involved hand-eye coordination like baseball.

Due to his soccer and baseball schedules, Angel missed almost all of the tennis practices. Despite his lack of attendance, he still won junior varsity divisional.

"That was a great feeling and I loved how I picked up the sport so quickly," said Angel.

When he came to PLU's courts, Angel said he started at the bottom of the ladder. Now, he

has reached his aspirations and rests at the top.

"I feel like I've taken on more leadership and I like watching the other guys play where I used to be," Angel said.

Since he is now a leader on the team, Angel said that he helps motivate the team by example, in addition to encouraging his teammates.

Angel started out 5-4 in singles and 2-1 in doubles during 2011-12 season. He went 6-13 in singles and 7-11 in doubles during the 2012-13 season and 1-12 in singles and 3-10 in doubles during the 2013-14 season.

Right now, the PLU men's tennis team is 2-5. Angel has been injured this past week, but coach Cassens hopes he's back for the

weekend.

At the midpoint of the season Angel set 5th place as the team's goal.

Angel acknowledges that the top four teams in the conference are really tough, but he says that he "just wants to have fun with the guys this season and get as many wins as possible."

As Angel nears the end of his career, he says that the friends he has made thus far will be what he cherishes the most.

"I've met some of my best friends and incredible role models through my experience," Angel said. "The memories will last forever and sharing that with a team is really special."

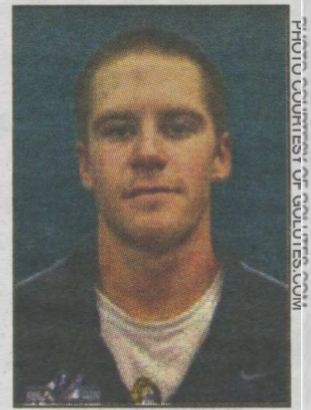


PHOTO COURTESY OF GOLUTES.COM

Sam Angel finished second in the state doubles competition while attending Hellgate HS. He also was an all-state tennis and soccer player.

Smooth transition for softball outfielder

Christian Bond
Guest Writer

A successful first attempt in sports is a rare occurrence for any new athlete. More athletes fail their first time around, finding success later rather than sooner.

This isn't the case for first-year outfielder Jessica Alcomendas.

Alcomendas' first collegiate hit for the Pacific Lutheran University softball team was a home run against Northwest University. The first-year outfielder found a pitch to her liking and drove it over the left field wall.

Alcomendas calls Vancouver, Wash. home. She attended Mountain View High School where she was a 2nd team all

league outfielder her junior and senior year, as well as captain of the softball team.

When asked about the transition from high school to college softball, Alcomendas said, "The transition hasn't been that bad for me."

She said that college softball is a lot more intense than high school softball.

"We do a lot more weight lifting and more hours of practice than in high school," Alcomendas said. "But other than that I was honestly ready for that next step of intensity for softball. I love playing college ball here at PLU."

Alcomendas attributes her success to both her parents and past coaches.

"When I was four years old my parents put me into multiple sports to get a feel for what sport I liked best," Alcomendas said. "The moment I stepped onto a softball field I knew that this was my sport."

Alcomendas described her parents as her role models, because "they taught me that it is okay to fail and in the game of softball you have to be okay with failing sometimes but be able to find your way back to being the best you can be."

Alcomendas said that her past coaches were a huge part of who she is today.

"They pushed me to be the best I could be and would believe in me when some days I didn't even

believe in myself," Alcomendas said. "I play for my role models on that field because without them I wouldn't love the game as much as I do now or cherish it as much as I do."

There are very limited opportunities for softball players to continue on to be professionals. Alcomendas understands that these next four years could be her last for playing competitive softball. Her dream away from the softball diamond involves becoming a K-9 officer.

Alcomendas is still young, but shows great promise for the future of PLU softball. Her energy in the outfield, along with her big bat are great attributes the team can use.



PHOTO COURTESY OF GOLUTES.COM

First-year Jessica Alcomendas has a batting average of .286, going 4-14 so far this year.

Japan to the U.S., sophomore has no limits

Stephanie Compton
Guest Writer

As sophomore Lute tennis player Emily Beemsterboer steps up for a serve, she plays a song in her head. It helps her "keep the pace and stay positive" in a match.

But before Beemsterboer started tearing up the court at Pacific Lutheran University, she was tearing it up over in Japan. She came all the way to PLU from her hometown of Tokyo.

She began playing tennis as a freshman in high school while in

Japan with some help from her computer science teacher.

"[The computer science teacher] was the coach... he needed more girls to play and he asked me to join," Beemsterboer said.

Beemsterboer also said the biggest difference between tennis in Japan and the U.S. is the amount of people who play tennis. "[In Japan] we would only play a couple of international students."

Beemsterboer's tennis idol Kei Nishikori, also from Japan.

"He has changed a lot and it shows me that I can improve too,"

Beemsterboer said.

Beemsterboer is also very motivated by growth in her sport and enjoys excelling at the game she loves.

Winning isn't everything and Beemsterboer values tennis for giving her a group of friends that she gets to enjoy this journey with.

Women's tennis head coach Lorrie Wood said Beemsterboer is a hard worker and is very invested in her teammates.

Beemsterboer may be a sophomore at PLU, but she is only in her first year of athletic

eligibility. She chose not to play in the 2013-2014 season for academic reasons, but this season tennis has helped with her academics.

"Tennis helps me manage time between homework and practice," Beemsterboer said.

After PLU, she hopes to travel through Europe and hopefully back to Japan, but tennis will never be far from her mind. Beemsterboer believes that tennis is "good for all ages" and hopes more people take up the sport that she loves. And with the summer months ahead, there's no better time to get out and play.



PHOTO COURTESY OF GOLUTES.COM

Emily Beemsterboer spent one year as tennis team captain and one as MVP at Yokota HS in Japan.

Spring season sports starting up...

Men's Track & Field

PLU Invitational
9:30 a.m.
@ PLU Track

Women's Track & Field

PLU Invitational
9:30 a.m.
@ PLU Track



PHOTO COURTESY OF CREATIVE COMMONS



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