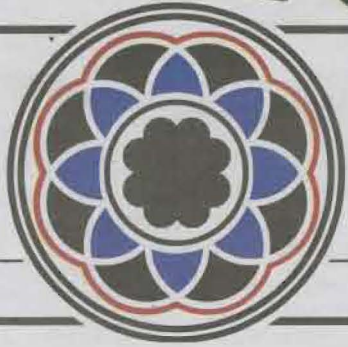




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VOLUME 89 NO. 13

ROTC honored as one of top 8 programs in the country

By ALISON HAYWOOD
News Editor

Pacific Lutheran's Reserve Officer Training Corps (ROTC) officers already knew the senior class cadets were exceptional this year. Winning the MacArthur Award just confirmed it.

The U.S. Army Cadet Command announced on Feb. 20 that PLU's ROTC program was one of eight programs to win the MacArthur award for the 2011-2012 school year, marking it as one of the most distinguished ROTCs in the country.

Cadet Battalion Commander William Mackey said winning this award was a big deal. "Every school in the nation knows which schools placed in the top eight," he said. "It's just cool to know that PLU has the prestige now."

Cadet Command and the MacArthur Foundation have been honoring high-quality ROTC programs that emphasize the values of "duty, honor and country" since 1989, according to the U.S. Army's website. The selection process is based

on a variety of factors, including the program's recruitment and retention rate and cadets' individual achievement based on leadership ability, GPA and physical fitness.

Lieutenant Colonel Jason Shrader, a professor of military science, said the significance of the MacArthur Award is primarily a matter of pride and receiving recognition from across Cadet Command. He said the award may be taken into account when Cadet Command has extra funding to give out, but extra funds are not a direct result of the award.

Mackey said being in ROTC is a lot of responsibility in addition to being a student, as ROTC events require an hour every weekday morning, one Saturday per month and two full weekends per year of students' time. "A lot of people can't handle it," he said. "You really have to stay on top of your school work."

Major Angela Gentry, assistant professor of military science, said, "they're load is

ROTC CONTINUED PAGE 4

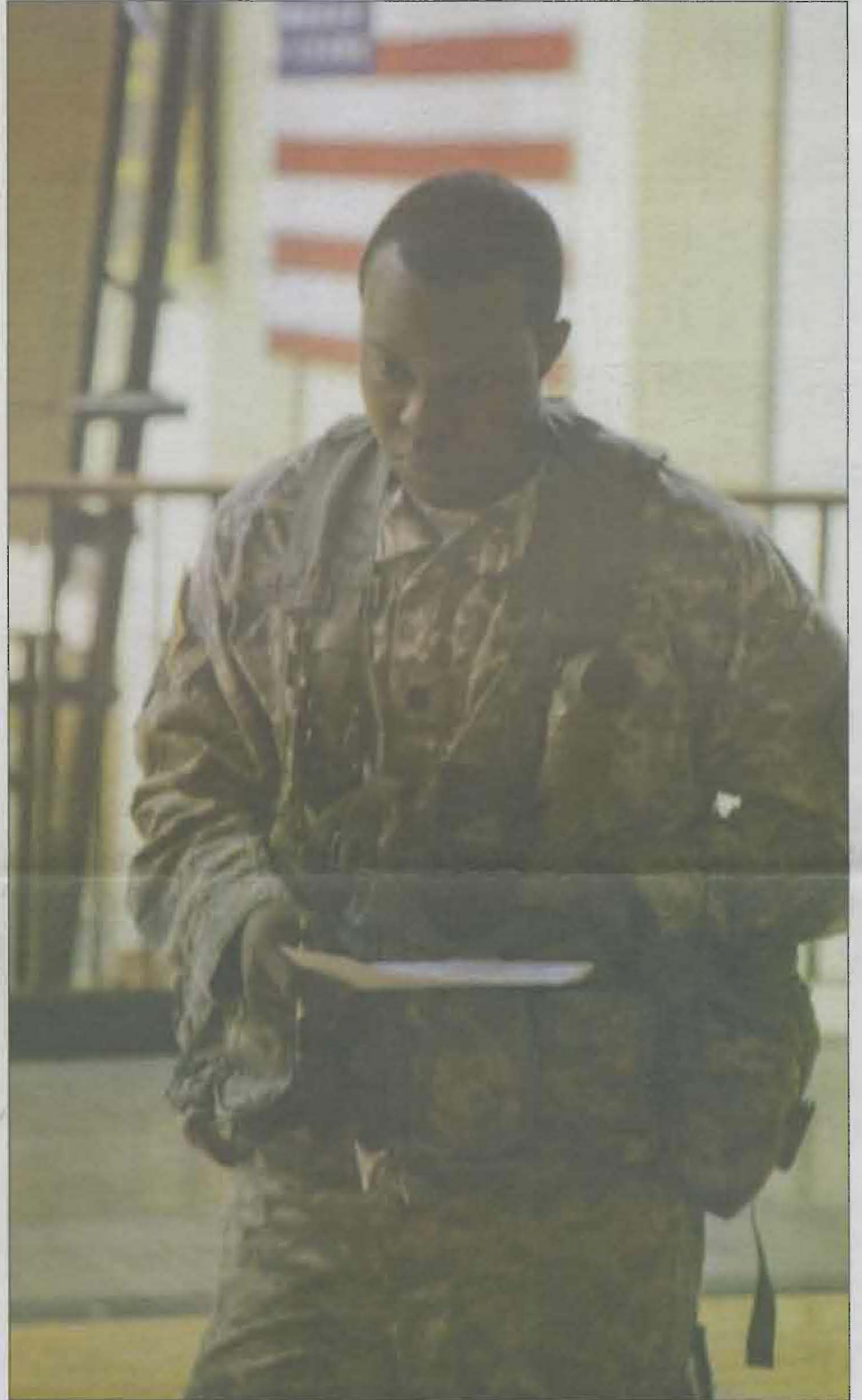


PHOTO COURTESY OF CHRISTOPHER SLAUGHTER

Demetrius McNeil, a cadet senior from Saint Martin's University and former U.S. army sergeant, reviews his operations order before briefing his team during a training exercise at Olson Auditorium on Feb. 14.

Student club partners with nonprofit to provide care packages for AIDS patients

By DENAE MCGAHA
Guest Writer

Around the world, over 33 million people are living with HIV-AIDS.

Intervarsity Christian Fellowship, one of PLU's religious clubs, partnered with World Vision, a Christian humanitarian nonprofit, to run the Feb. 21 Caregiver's Kit event in the Andersen University Center. Students volunteered by assembling the "caregiver's kits" — bags

of supplies volunteers use to care for AIDS victims in Africa.

Over 30 students gathered to assemble the kits. Some were merely looking for an event to attend that night. Others were drawn for spiritual reasons.

"Jesus loves the poor, and this is a way that we can love the poor," senior Bethany Joy-Powell said. She and others said they were glad for the opportunity to do just that.

Participants carefully filled the bags with

basic but valuable supplies, including latex gloves, bars of soap and washcloths. Each package contained a handwritten note of encouragement as well — an item said to be much appreciated.

Sophomore Emily Ames was encouraged by the turnout. "College students do have resources, and there are ways we can use them," she said. "[They] can do a whole lot more than they think they can."

WorldVision sent 110 kits to the caregivers.

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Columnist examines prevalence of eating disorders
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Sex Positive event tackles the taboo

By LINA AAS-HELSETH
Guest Writer

Nearly 50 people gathered in the Diversity Center Monday for one reason: sex.

The Diversity Center, Women's Center, Lute Fit and the Health Center teamed up to bring students the latest event in the Sex Positive series, a Q-and-A session with a panel of "sexperts" entitled "Let's Talk About Sex."

Panelist Allena Gabosch, director of the Center for Sex Positive Culture in Seattle, shared stories of her

own sexual experiences. Matt Freeman, director of the Health Center, and Matt Munson, health educator the Health Center, took the lead on the science of sex such as physical and anatomic concepts.

Gabosch was open about her own sexuality during the Sex + event, telling the 30-person audience how she thinks her sex life has made her into a self-confident woman.

"There is something about kinky sex that is intriguing and exciting," Gabosch said. She gave examples like bondage and sadomasochism. She also said she

lives a polyamorous lifestyle, meaning she has multiple lovers simultaneously.

Freeman and Munson discussed things such as genitals and masturbation. During the event, a hat was sent around for the audience to submit any of their questions on paper anonymously, and panelists Freeman, Munson and Gabosch answered these.

The three answered questions such as, "how often is too often?" and "does masturbation hurt or cause injury?" Often they said it simply depends on the person.

"Masturbating

doesn't hurt as long as you're doing it right, and masturbating 13 times a day is okay as long as you have time for school or work," Freeman said.

Actually, when it comes to masturbation, the implications for not masturbating are far greater Freeman said, explaining it is healthy. Inflammation of the prostate can occur if a man does not masturbate.

Gabosch said there are more psychological issues for women in

SEX POSITIVE CONTINUED PAGE 4

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Rock the Casbah: Author, journalist uses pop references and humor in lecture

By **KELSEY MEJLAENDER**
Copy Editor

In the wake of Ambassador Chris Stevens' murder by extremists, his longtime friend Robin Wright presented a memorial lecture to Pacific Lutheran University the morning of Feb. 21.

Wright — an author, journalist and foreign policy analyst — also spoke about her book, "Rock the Casbah: Rage and Rebellion Across the Islamic World," and the state of affairs in the Middle East.

The terrorist attack on the U.S. Consulate in Benghazi, Libya on Sept. 11, 2012, left four Americans dead, including the ambassador. As Wright said during her lecture, Stevens is the first American ambassador to be killed since 1988.

"He [Stevens] knew the street, as well as the elite," Wright said. "This country lost the most promising diplomat."

Throughout the lecture Wright kept the tone fairly light, telling funny stories from Stevens' life, such as when he started a snowball fight between Israelis and Palestinians, and even cracking a joke about the underwear bomber.

Her message was one of hope tempered with realism. While Wright said Stevens would not be the last person to die in the effort to achieve peace, she also pointed out several promising signs.

The importance of a "culture of change," Wright said, cannot be underestimated.

These cultural changes include new role models available to the Islamic community, ranging from a comic book featuring Muslim superheroes to Muslim playwrights and stand-up comedians.

One of the most important cultural developments is in music, Wright said, as "rap has become the rhythm of resistance," and there are "voices of dissent in music."

She said this cultural transformation was something Stevens understood.

Nearing the final stretch of Wright's lecture, she outlined 10 trends that will shape the future of the Middle East. These included the welfare of women, corruption and the many Islamic political parties.

Regarding these parties, Wright said, "if there's one word you take away [from this lecture] it's Salafi." She spelled the name for the audience and said the party is "a new phase of Al Qaida,"



PHOTO BY ALISON HAYWOOD

University President Thomas Krise presents Robin Wright with a plaque commemorating the first annual Chris Stevens Memorial Lecture entitled "Rock the Casbah: Challenges and Solutions in the Middle East" on Feb. 21 in Lagerquist Concert Hall. Wright is an author, a journalist and was a close friend of Chris Stevens, the U.S. ambassador to Libya who was killed during the terrorist attack on the American consulate in Benghazi.

that "believes in the pursuit of Muslim states."

This was the group that killed Stevens, Wright said.

"I've given you the good news and the sobering news," Wright said. The "next decade is likely to be tumultuous," but "it doesn't change what people ultimately want."

This, Wright said, was something Stevens understood.

Over 500 people listened to Wright's speech in Lagerquist Concert Hall. There was a brief time for questions at the end of the lecture, before most filed into the

Instrumental Rehearsal Room to sample Middle Eastern food and have Wright sign copies of her book.

Student response to the lecture was positive.

"The lecture was amazing," sophomore Danay Jones said. She said she appreciated Wright's advice to see those who perpetrated 9/11 as individuals and not representative of "the whole culture or whole community."

Sophomore Andrew Larsen read Wright's book through the Wang Center's "Reading Group Challenge," a program that gave PLU faculty and students free copies of Wright's book to read and discuss in a group.

"It [Wright's book] really outlines both the new ways that people in the Islam world are trying to fight extremism," Larsen said, but also points out problems "we still need to work on."

Anne Stevens — the ambassador's sister — encouraged PLU students to study abroad. Chris Stevens "was comfortable here [the U.S.], he was comfortable there [the Middle East]," she said. "He was a man of the international community, and that's where we all need to be."

Check out Mejlaender's story "Journalist, author gives lecture about Middle East" in the Feb. 22 issue of the Tacoma News Tribune



VIDEO
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ONLINE

"He [Stevens] knew the street, as well as the elite."

Robin Wright
author, lecturer

Christian conference critiques organized religion

By **RELAND TUOMI**
Guest Writer

A new trend indicates that young people are becoming less involved in organized religion with every generation, yet individual spiritual life is growing.

Author Diana Butler Bass, who holds a doctorate in religious studies and politics, noticed this trend and said she wanted to know why.

Bass presented her findings last Friday, giving a 30-minute lecture at Trinity Lutheran Church to a group of local Protestant parishioners. This was only a brief preview of what was to come on Saturday, the main event day for the Associated Ministries Second Annual Conference.

Bass presented her keynote speech on Saturday, giving two presentations during the day with the audience breaking up into group discussion between the presentations.

Bass' lectures were based on her latest book, "Christianity After Religion: The End of the Church and the Birth of a New Spiritual Awakening."

She emphasized the difference between religion and spirituality, and how younger people — age 18-25 — are becoming more spiritual and leaning away from organized religion.

"The top three negatives are ... religious institutions are overly concerned with money and power, religious institutions focus too much on their rules and they are too involved in politics," Bass said, explaining why she thinks people who are atheist or agnostic do not associate



Diana Butler Bass introduces herself at the 2013 Associated Ministries conference in the Chris Knutzen Hall on Saturday. "I want to begin my lecture by getting this out of the way," she said, pushing the podium aside.

PHOTO BY FRANK EDWARDS

themselves with a religion.

Bass also said that older churchgoers need to look at the big picture of religion to see the future of their parish. She used the metaphor of global warming to stress the importance of the big picture, rather than just looking at the weather, an isolated problem only occurring in a local area.

"Bass has a lot of good insights

on a lot of good information," the Rev. Martin Yabroff, pastor at St. Andrew's Episcopal in Tacoma, said. "We need to look beyond our own experience to say what's the larger context in which we live in."

Chris Morton, executive director for Associated Ministries, also had praise for Bass. "She has her finger on the pulse of the religious life

and does a wonderful job of presenting what that picture looks like for the rest of us," Morton said. "She makes it clear and approachable."

Morton said the conference took place at Pacific Lutheran University because the school is a good partner, and he said he wants to encourage students to "keep wrestling with faith and spirituality."

"We need to look beyond our own experience to say what's the larger context in which we live in."

Rev. Martin Yabroff
Pastor, St. Andrew's Episcopal

What to do at PLU

Ongoing

Join Campus Ministry for spiritual discussions on Wednesdays during Lent. AUC Chef's Table room. 12:30-1:30 p.m.

Friday

HERmonic and the Clay Crows present: Aca-Improv. The two groups push the boundaries of entertainment with a combined improv and a cappella show. Free admission, tickets available through concierge. Lagerquist Concert Hall. 7-8 p.m. and 9-10 p.m.

Saturday

South Sound Sustainability Expo. A public event to address sustainability needs in the greater Tacoma community. Tacoma Convention and Trade Center - 1500 Broadway, Tacoma. 10 a.m.-3 p.m.

Jason Gilliam & Paul Evans Recital. PLU faculty perform on euphonium and tuba. Lagerquist Concert Hall, 8-9:30 p.m.

Sunday

Cameron Bennett and Friends concert. SOAC Dean performs chamber music with local musicians. Lagerquist concert hall, 3-4:30 p.m.

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SMELLS LIKE THE HOLY SPIRIT

Guest lecturer examines role of incense in ancient religion

By **ASHLEY GILL**
Guest Writer

Miniature deep blue vials filled with aromatic liquid populated a table in front of the Scandinavian Cultural Center.

Incenses, spices and perfumes were the focus of Pacific Lutheran University's religious studies lecture on Tuesday. With standing room only, students and community members took their places to listen to Deborah Green, associate professor of Hebrew language and literature at the University of Oregon.

She spoke about the connection between smells and ancient Judaism. When it comes to the relationship between perfumes and religion, first-year Gailon Wixson said, "it was something I never would have considered before."

Not only used for religious purposes, ancient peoples would lather oils on after bathing, and they used incense in cleaning and burned it after eating, Green said.

They even buried perfume bottles with the dead.

The only rule when it came to oils and incense, Green said, was people were not allowed to use the same combination or recipe that the high priest used in the temples.

Concerning the Hebrew Bible, Green said she had a specific interest when it came to animal sacrifices. Above all other forms of communication with God, even prayer, sacrifices were believed to be the best.

"It kind of works on God like perfume works on us," Green said.

Green said the ancient peoples believed God didn't need sacrifices to sustain him like humans need food. Instead, they thought the pleasant and soothing odors from the sacrifices would rise and calm God. The society's intent, Green said, was for God to recall these sacrifices later on when the people asked for forgiveness.

Green shared pictures and the audience laughed along with her



University of Oregon professor Deborah Green shares her take on the role scents have taken in ancient Jewish text. The crowd gathered in the Scandinavian Center on Tuesday evening for her lecture entitled "Holy Perfume and Functional Frankincense: the Spicier Side of Ancient Judaism."

PHOTO BY QUINN HUELSBECK

as she pointed out what appeared to be a smiley face on an incense shovel. Other photos she showed were of brightly colored spices and various oils along with beautiful perfume bottles and temples where sacrifices would be performed.

After the lecture's end, a few members of the audience asked Green questions. Questions, she said, are her favorite part about talking to schools on this subject. Green said she is still curious about how women wore pins that were filled with perfume and that

she is "dying to know what they [the pins] looked like."

If further interested about this subject, students can read Green's latest book "The Aroma of Righteousness: Scent and Seduction in Rabbinic Life and Literature."

SEX POSITIVE CONTINUED FROM PAGE 1

relationships when they do not masturbate. "Women have a higher risk of becoming detached from their own body, and that can ultimately lead to a life where sex is no longer enjoyable."

Masturbating in front of partners and learning how another's body works is part of a healthy love life, Munson said. "Communicating with one another, talking and using non-sexual body language can be just as erotic as the actual intercourse."

He continued by saying, communication with a partner — what works and what doesn't work — is key. "You just have to get out there and tell your partner what you like. They aren't mind readers, no matter how well you know each other."

Some questions centered on defining sex and what it is. Gabosch said sex is not necessarily penis-in-vagina intercourse.

"There are many nuances attached to the notion of sex, but if what you're doing gets you horny and excited, then it may as well be sex — or at least pretty close to it." Other questions revolved around having sex for the first time and how that can change you.

Gabosch said, "losing one's virginity has a negative connotation to it by referring to something being 'lost,' especially when it comes to women. It's as if men do not have anything to 'lose' when having sex for the first time."

Munson said it is "a social construct in today's society due to the female's hymen being breached," a fact that leads people to think "something is therefore automatically lost."

Panelists also discussed abstinence as a practical and completely positive option that helps prevent pregnancy and STDs. There were also several questions on whether birth control causes cancer, such as breast and cervix cancer, or not.

"Birth control is the most studied medical component in the history," Freeman said. "There is no risk of it causing cancer." Freeman did say the risk is greater when the user smokes or if there is a history of cancer in the family or other medical issues.

Following this discussion, the question of why there is no male hormonal contraception arose.

"It is easier to stop one ovulation once a month than 400 million sperm cells up to several times a day," Munson said with a smile.

After the event, many students stayed behind to talk about what they had heard from Freeman, Munson and Gabosch.

Sex + began at Pacific Lutheran University when it became clear students needed access to a more complete view of sex.

Angie Hambrick, director of the Diversity Center, and Jennifer Smith, director of the Women's Center, had attended a women's conference in Wisconsin in 2009 where they realized this.

The emphasis, Hambrick and Smith said, needed to be on healthy relationships and the prevention of relationship violence. From there, Sex + was born and has since been an annual event and a forum for discussing sex in a positive way. Its focus is on promoting a satisfying image of one's own sexuality and self-identity at PLU.

Sex + events were already happening on a nationwide scale, Hambrick said, but they all dealt primarily with the fun part of sex.

Sex is fun, she said, but events on sex should also be educational, particularly in a college. Hambrick and Smith said they "would hear about condom parties, but the educational aspect of it all was severely lacking."

Hambrick said they "wanted the sex positive culture and its message to be not only fun, but also communicative." A major focus would be on expressing needs and communicating with one's partner or partners.



"Sexpert" Allena Gabosch, director of the Center for Sex Positive Culture, discusses taboo topics and answers students' most pressing questions during Monday's Sex + event.

PHOTO BY VICKY MURRAY

Coming soon:

Sex +: Philosophers Between the Sheets

March 4, 6-8 p.m.
AUC room 133

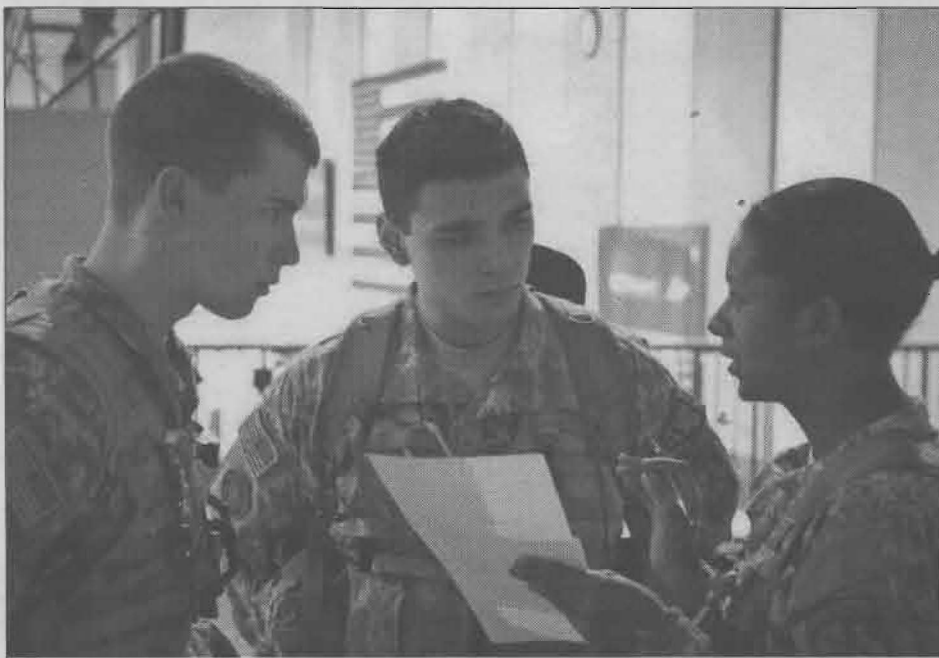


PHOTO COURTESY OF CHRISTOPHER SLAUGHTER

Senior Paola Tenorio, a cadet in the ROTC program and active duty army sergeant, provides cadets Jordan Scanlan (left) and Jacob Shrader (right) feedback after a training event at PLU on Feb. 14.

ROTC CONTINUED FROM PAGE 1

significantly different [than that of other students]. They're not only a student, but — we call it — student, athlete and leader, and they have to excel in those three areas."

There are 273 ROTC units in the nation, which are divided into eight brigades based on location. PLU's ROTC is part of the Eighth Brigade, which includes programs in Washington, Oregon, Idaho, Montana, California, Nevada, Alaska, Hawaii and Guam.

Shrader described Eighth Brigade as "typically one of the best brigades in the nation," saying, "when you get selected from Eighth Brigade, you are

really on top of it."

Gentry said she attributes winning this award to the cadets in the program. The program is distinguished by the peer-to-peer mentorship, Gentry said. "They [the cadets] spend their own time developing each other and encouraging one another and building and teaching outside of where we see them."

Cadets from across the nation attend a "summer camp" at Joint Base Lewis-McChord the summer before their senior year where they are evaluated on leadership ability and physical fitness. This score, in addition to their GPA, will determine where they stand in the National Order Merit List, a ranking system for cadets. Last summer about 5,700 cadets attended.

Shrader said 36 percent

of PLU cadets received an "E" for Excellence in these evaluations, the highest score possible, beating the national average of approximately 16 percent.

PLU's ROTC also won the MacArthur award in 2011 and in 2001. In 2001 PLU did not have its own ROTC program, it was a joint program with Seattle University, and winning that award prompted PLU to develop its own independent ROTC.

"Winning it twice in the last three years is kind of unheard of," Gentry said. "It just shows consistency in the quality of cadet that we're producing."

Upon graduation, ROTC cadets are automatically commissioned to the rank of Second Lieutenant. "It's an officer training program," Gentry said.

LATE-NIGHT PROGRAMMING A HOLE IN ONE

Evening events aim to entertain students

By CAMILLE ADAMS
A&E Writer

One need not look any further than the Anderson University Center (AUC) on weekend nights to avoid the throes of boredom.

Late-Night Programming offers students a chance to participate in fun, cost free activities, such as zumba, laughter yoga and laser tag.

The program is one of Pacific Lutheran University's student leadership options, providing an arena for creative Lutes to plan evening and weekend events for others as a team throughout the year.

Last Friday, PLU students gathered in the upper AUC to show off their prowess at mini golf.

Golfers toted child-sized, brightly colored plastic golf "bags" and putters. Miniature holes with matching greens were set up at various spots, including several in the CK.

While it may seem simple at first glance, many students found themselves tested by the task of

"How can you beat mini golf on a Friday night?"

Lauren Berg
Junior

landing their golf balls into the holes, or in this case, plastic cups.

Junior Lauren Berg was confident in her mini golfing abilities. "I'm getting a hole in one every time," Berg said, "how can you beat mini golf on a Friday night?"

Late-Night Programmer, senior Amy Larson, said the student attendance for mini golf was around average with about 30 to 35 people there. Larson said, "we have events that 10 people come to and events that 75 people come to."

As one of three Late-Night Programmers, Larson brainstorms and executes creative activities designed to appeal to the student body.

While the goal of Late-Night Programmers like Larson is to keep the student population entertained and informed, some said they feel more could be done to spread the word about Late-Night events.

One attendee, first-year Virak

Pheng, said, "only some people knew about this event. They should make it more known to the people so a lot more will join."

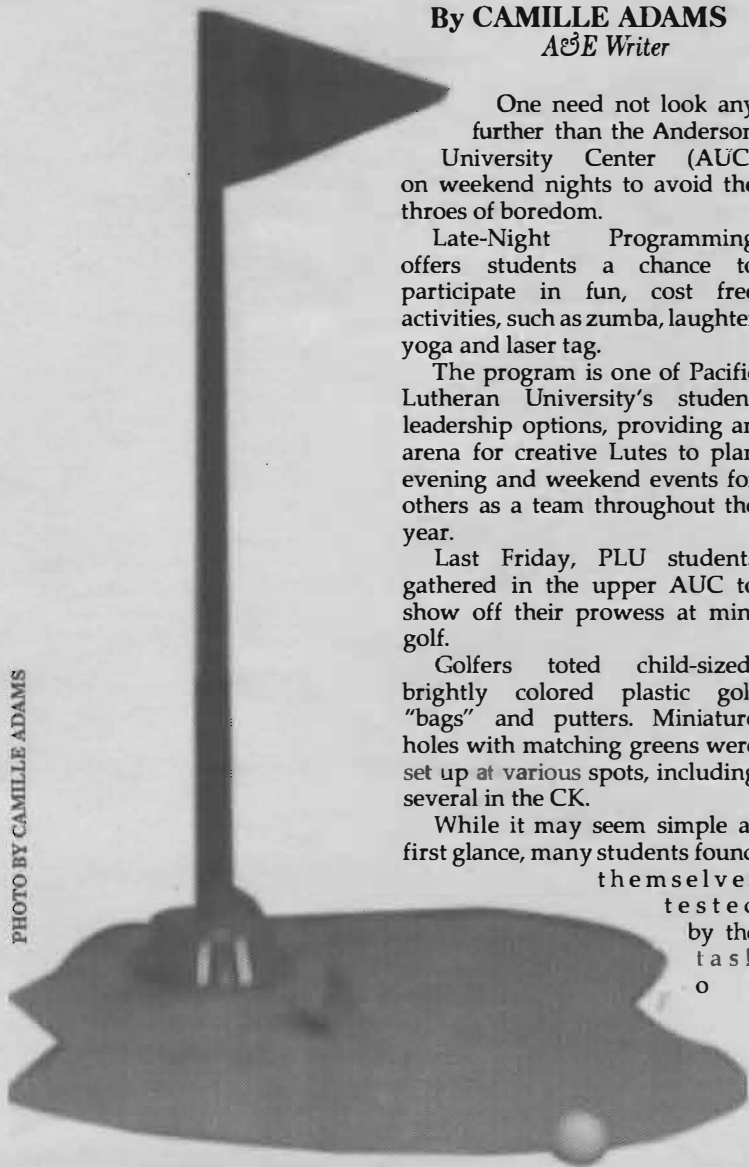
To get involved with Late-Night Programming, simply "like" their page on Facebook, or keep an eye out for posters on the Impact boards to stay informed on upcoming events.



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Late-Night Programming will host a giant volleyball game in the field house of Olson Gymnasium on March 8.

PHOTO BY CAMILLE ADAMS



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Sat-Sun: 12:40, 3:20, 6:10, 8:55
Tue: 3:20, 8:55

Lincoln (PG-13)

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Tue: 4:55, 8:05
Wed-Thu: 1:30, 4:55, 8:05

Holy Motors (NR)

Tue: (2:00), 6:35

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CERAMICS MAJOR HOPES TO MAKE 'FUNCTIONAL POTTERY FOR ALL'

By RACHEL DIEBEL
A&E Writer

For ceramics major and first-year Sarah Henderson, art has been a prominent part of life since childhood.

At five-years-old, Henderson drew a picture of a rabbit and what was probably a horse — one of her earliest pieces of art. "That's the first one [artwork] I remember," Henderson said.

Since the early days of her art, Henderson said she has been interested in creating collages and using hot glue.

Ceramics is similar to gluing things together, "taking different ideas and applying them to one piece," Henderson said.

Artistic flair runs in the family. Henderson said her dad also enjoys gluing things together and transforming random junk into artwork. Both of her grandmothers are artists as well, and one is a painter with her own studio.

Henderson said she always took initiative with her art. "My mom tells me that she never had to worry about giving me markers or anything like that. I always just drew on paper."

Throughout elementary school, Henderson said she enjoyed every art project. "I guess I've always just kind of known I liked it [art]," Henderson said.

Her first experience with ceramics though, came in high school when she finally got the opportunity to sign up for a ceramics class.

"I just fell in love with it," Henderson said. "I'm very tactile and I love working with my hands. It makes more sense to me to be really hands on, building things and throwing on the wheel."

Even though Henderson said her love for ceramics is strong, she is practical about the future and what it might hold for a ceramics major.

"I definitely have a dream," she said. Near the end of high school, Henderson said one of her goals was to make functional

pottery for all.

This type of pottery not only looks artistic and beautiful, but also works on a practical level as bowls or cups, moving it beyond mere decoration.

"I like the idea that there's an interaction that happens between the artist and the viewer with functional pottery," Henderson said. As you use a cup or some other object, you experience a "communal feeling of communication."

Henderson realizes that the market for functional pottery is not large, so she has a back up plan.

"I think that having art in the schools is really important, so I'm definitely looking into being a teacher," Henderson said. "I think there's so much to lose if the arts are lost, so I think it's a big deal to try to learn as much as I can now so I can maybe pass it on later."

She was inspired by several educators herself at Pacific Lutheran University, such as Assistant Professor Micheal Stasinos and a visiting professor Craig Cornwall.

It was PLU art instructor Steve Soback though, Henderson said, who encouraged her to take ceramics seriously and choose it as a major.

Henderson said even though PLU is not an "art" school, it is the perfect place to foster her love for ceramics. "It feels like home," she said. "I feel like I can just come here whenever I want and be free to create."



PHOTO BY RACHEL DIEBEL

Ceramics major and first-year Sarah Henderson creates pottery in Ingram. Henderson says that studying ceramics at PLU feels like home, where she can be free to create.



VIDEO
COMPONENT
ONLINE

GROUNDNS FOR GREATNESS

The four top coffee vendors in Tacoma

By COLE CHERNUSHIN
Guest Writer

If you've ever ordered your favorite coffee from any given location on campus and thought to yourself "this surely cannot be Seattle's best coffee," you're not alone.

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Northern Pacific Coffee Company (NPCC)
Garfield Street

Come visit Parkland's own coffee Mecca. Dark wood frames the entry, setting a tone for the laid-back pace perfect for ordering products made with the utmost care and precision.

Aside from all the skinny jeans, scarves and music you probably haven't even heard of anyways, NPCC serves Olympia Coffee.

Roast Magazine, a publication committed to specialty coffee roasters, named Olympia Coffee

"Micro-Roaster of the Year."

That being said, should you be in search of a white chocolate drink, NPCC will leave you feeling small inside.

Come here instead for some of the best coffee on this side of the Atlantic, thought provoking artwork, authentic cafe conversations and superior Wi-Fi.

Experience what it feels like to be one of those cool kids who just might play on "Open Mic Night" every Wednesday.

Metronome Coffee

Sixth and Union, Tacoma. Parking in the garage and the lot directly behind the shop

Of all the coffee house atmospheres to be found in Tacoma, this place definitely tops the charts.

With a decor clad in stainless steel, a miniature stage in back and fireside seating outdoors, Metronome is the perfect spot to make a date with either a human or laptop.

Located mere minutes away from the Grand Cinema, this alter to espresso makes a wonderful addition to any outing.

Though this place certainly serves up a good cup of coffee, if one demands a barista with a Ph.D. in general coffee knowledge, then disappointment lies in store.

Experience what it feels like to be one of those cool kids who just might play on 'Open Mic Night' every Wednesday.

Also, rumor has it that Mondays here are designated "Open a Nights" where local performers step up on stage to serenade those fortunate enough to be caught in the right place at the right time.

Satellite Coffee

Various locations throughout Tacoma, my favorite spot: Sixth Avenue near Wright Park

When I first decided to make PLU my choice for collegiate studies, I asked the divine favor of my local coffee shop owner for the name of one great place to find my daily brew in the Tacoma area. His response: Satellite Coffee.

Though one also has the option of obtaining the bean on tap at this location — Portland's own "Stumptown Coffee Roasters" — via a trip to 208, for some, a trip off campus might be worth the visit.

Readers of the Weekly Volcano — a Tacoma and Olympia newsweekly on entertainment, art and food — voted Satellite Coffee "Best Cup of Coffee" and "Best Coffee Shop in Tacoma." Coffee fans of all ages should launch into this orbit as soon as possible.

Batdorf and Bronson

516 S. Capitol Way, Olympia; 111 Market St. NE, Olympia

This brand can be found on both Main Street at a shop of the same name, and along the wharf

across from the farmer's market at "Jumping Goats."

This local roaster makes for a great cup of coffee no matter who is pulling the espresso.

Order a Con Pana, an espresso topped with whipped cream, for best results, or just use anywhere that serves Batdorf and Bronson for a quick getaway from the like of Starbucks and Tully's.

Plenty of other coffee joints deserve mention, so keep in mind that the journey always surpasses the destination and go exploring.

So either take my advice, or take your choice of car, bus or bicycle by the horns and venture forth toward any number of other lovely coffee shops in our vicinity. Stay caffeinated Lutes.

Where's your favorite place to get coffee?

Tweet your answer to @TheMastArts



MUSEUM OF GLASS HOT SHOP VISITS PLU

By **KELSEY MEJLAENDER**
Copy Editor

A billowing tent with lit furnaces underneath dominated Red Square from Monday to Wednesday this week.

The set up was part of the Tacoma Museum of Glass Mobile Hot Shop, a program that takes the art of glassblowing out of the museum and into the public scene.

Rebecca Jones, the museum's coordinator of the event, said the furnaces are fueled by propane and require time to reach the proper temperature for glassblowing — 2,200 degrees.

This is why museum employees set up the hot shop on campus two days before the event began Wednesday morning.

In front of the tent were dozens of chairs, but few people chose to sit in them, preferring to get up as close as possible to the creation of the glass.

A table stood among the seats, laid out with candy, Tacoma Museum of Glass internship opportunities and a drawing to win a pair of free museum tickets.

During the event, the MC — Morgan Peterson — made observations and explained the glassmaking process, as it was happening, with a microphone.

A glass blower herself, Peterson was able to provide a variety of commentary and answer questions.

She said the method of glassblowing they performed was in the Italian style and that Seattle is a major area for the art because of the influence of Dale Chihuly, a famed glass artisan and Tacoma local. "Seattle and Tacoma are the

main hubs of glassblowing pretty much in the world right now, besides Murano [Italy]," Peterson said.

Glass blowers made about six pieces, primarily creating cups of a transparent pink color called copper ruby. One piece glassblowers created was a dragon-stemmed goblet — a dragon with wings composed the stem of the goblet.

Upon completion, Jones said all art goes into a special oven called an annealer, where they are kept at 900-940 degrees for 14 hours until the gradual cooling process begins. Without this step,

Festival. They have also traveled as far away as California and Arkansas, Jones said.

Before setting up the hot shop, the museum coordinated safety procedures with the Pierce County Fire Department. Jones said all of the equipment is also custom-made with fail-safes and all the artists are glass technicians and well trained.

Many of the students observing had been to the glass museum before.

First-year Kelsey Johnson said, "it's really interesting to hear the process [of glassblowing]. It kind of makes me want to like, take a class or something." She said it was better than seeing the glass blown in the museum, because you could move a lot closer to the process and see more of the art being created.

Another observer, first-year Brendan Stanton, had also been to the glass museum before. "It's really interesting to see the creativity formed in different pieces of glass — each artist's creativity," Stanton said. "It's kind of neat because it's a different art form than you normally find."

Stanton said he thought it was a great way to expose more people to the art of glassblowing and would like to blow glass himself at some point in the future.

The Tacoma Glass museum's goal with the Mobile Hot Shop, is to educate people and provide students who may not be able to afford a trip to the museum with the artistic glassblowing experience, Jones said. "It's really exciting that we can go out to schools and bring the magic of glassblowing out to them."

Jones hopes the glass created can be donated to PLU and put on display for students to see.

"Seattle and Tacoma are the main hubs of glassblowing pretty much in the world right now..."

Morgan Peterson
Glassblower, Hot Shop MC

the glass would not last.

Ninety percent of the mobile hot shop's destinations have been schools, Jones said. College visits began just last year, after the Museum received a grant from the Washington State Arts Commission to travel to college campuses.

"I really felt the need to focus on connecting better with the college-age students," Jones said. So far, the hot shop has visited the University of Puget Sound, South Puget Sound Community College and the University of Washington Tacoma.

The hot shop also visits local community events such as the art-focused Tacoma First Night



Going Clockwise: Offering both education and entertainment, the Tacoma Museum of Glass Mobile Hot Shop caught the eyes of students in the Red Square on February 27th. Courtney Branam and Rich Langley have been blowing glass for over sixteen years. Photo by Leigh Wells. A fully equipped glass blowing studio was set up, where highly skilled artists show their talent of working with molten glass while Morgan Peterson explains the science of glass. Photo by Vicky Murray. The team demonstrated how to create Venetian-style goblets and vases. Photo by Leigh Wells. While watching Rich Langley form a vase, first year Taylor Hardman found it interesting how different these techniques were from her knowledge of glass blowing. Photo by Leigh Wells. First year Maylen Anthony said, "I've been on the glass bridge, so it's really interesting to see how they make these things. It's just amazing." Photo by Ben Quinn.

A day on campus

by **BENJAMIN QUINN**
Photo Editor

Throughout the day, time can turn into a blur. I explored this



By Frank Edwards: The track isn't specifically my favorite place, I just love the outdoors. I love seeing people enjoying the weather and being active. I track a lot throughout the year, and there's something about being outdoors that I genuinely just appreciate on a whole other level.



By Thomas Soerenes: I chose the location because I enjoy night photography, and I love how the lights make the building "glow" at night.

day, we tend to visit locations only at certain times, to the point where we could never imagine seeing them in a different light. The passage of friendly neighborhood into an alien landscape, but some places can withstand the distorting effects of light and shadow. *Mast* photographers came over the past week by finding their favorite places on campus and photographing them at different times throughout the day.



By Leigh Wells: Xavier is one of my, if not the, favorite building on campus because it reminds me of old European brick.



By Quinn Huelsbeck: Red Square to me feels like a crossroads that connects all of upper campus. Something is always happening, whether it be an event, or a place to hang out with friends and have a swell time.

a feminine critique

EATING DISORDERS EAT AWAY AT LIFE

By RUTHIE KOVANEN
Guest Columnist



As many as 24 million people in the United States suffer from an eating disorder. Among these people, 95 percent are between the ages of 12 and 25, making adolescents

and college students the most vulnerable group.

The National Eating Disorder Association has found that eating disorders stem from a mixture of psychological, interpersonal, social and biological factors. Eating disorders often act as a coping mechanism for individuals experiencing stress, anxiety, depression and troubled familial or peer relationships.

With all of the psycho-social stressors of college that can amplify the aforementioned contributors, it's no wonder college students are so susceptible to eating disorders. Being away from home for the first time, navigating a new social network, balancing school, work and play while experiencing increased pressure in regards to the future all cause major stress and anxiety.

Aside from stress about homework and deadlines, pressure from the media can amplify concerns about weight, eating and exercising habits. Our culture is highly obsessed with thinness, partially due to the media's very narrow definition of beauty.

According to the National Association of Anorexia Nervosa and Associated Disorders (ANAD), "the body type portrayed in advertising as

the ideal is possessed naturally by only 5 percent of American females."

The constant depiction of a body type that represents only a small fraction of the greater population is an excellent moneymaker for advertising companies, but damaging to the self-perception and health of the greater population.

Advertisements frequently consist of highly edited photos, which can provoke feelings of inadequacy in consumers.

Because of societal pressures to be thin, the prevalence of dieting among children has increased. Eighty percent of 10-year-olds worry about becoming "fat" and 42 percent of first through third grade girls — aged six to nine — wish that they were thinner.

The feelings of inadequacy brought upon and perpetuated by the media are many times the catalyst for highly restrictive eating behaviors and extreme exercise that pushes beyond healthy limits. Twenty-five percent of college women have said that they practice bingeing or use laxatives in order to control weight.

Eating disorders are certainly not just a "women's issue," however. Many young boys and men suffer from

eating disorders or distorted body image. In fact, 10-15 percent of people struggling with eating disorders in the United States are men. Men, like women, experience pressure from the media and their peers to achieve a certain body "ideal," which often consists of an extremely muscular physique.

This pressure often manifests itself in unhealthy eating habits or extreme exercise routines. Because many men have the perception that eating disorders only apply to women, they are often reluctant to seek out treatment.

If you think that you or a friend are suffering from an eating disorder, disordered eating or exercising habits, or low self-esteem and body dissatisfaction, you are certainly not alone.

There are a myriad of great resources right here on campus such as the Women's Center, the Health Center and the Counseling Center. Great web resources include <http://www.nationaleatingdisorders.org> and <http://www.eatingdisorderhope.com>.

Rather than viewing your body as a "trouble zone" with fat that needs to be "blasted" away, feed your body what it needs and move in ways that promote and sustain health. Broaden your definitions of beauty and attractiveness, and encourage others to do the same.

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

"It's no wonder college students are so susceptible to eating disorders."

Make choice not to multitask

By KELLI BRELAND
Guest Columnist

A middle-aged man in a spotless suit and tie appears on your television screen and concernedly asks a group of children, "so what's better, doing two things at once or just one?"

"Two," the children gleefully answer, as a smiling young boy proceeds to simultaneously wave his hands and shake his head. Then an edited picture of an iPhone emerges as an unseen narrator points out "doing two things at once is better."

In today's technology-saturated society, AT&T is among many companies pushing us to multitask by emphasizing the idea that multitasking leads to greater productivity.

They advocate products that can simultaneously perform multiple functions at high speeds. As a result, this innovative technology is becoming more widely used and available.

The problem arises when our phones, laptops, televisions and iPods become a distraction in the academic world, because while our phones can multitask, we cannot.

Contrary to common belief, the human brain cannot process two separate tasks at once. Instead, we switch back and forth at rapid speeds.

Earl Miller, a professor of neuroscience at the Massachusetts Institute of Technology, said, "switching from task to task, you think you're actually paying attention to everything around you at the same time. But you're actually not."

What some perceive as efficient multi-tasking, is actually a practice that results in lower productivity.

Imagine your professor is giving a demonstration for a lab you are about to do. As your professor rambles on, a voicemail pops up on your phone, so you slip in a headphone and begin to listen.

While you think you are paying equal attention to the professor and to the voicemail, you are actually switching back and forth between listening to each source, and missing portions of both. When it's time to start the lab, you suddenly realize you can't remember the first step, but perhaps you can remember the third or fifth.

In this particular example, multitasking becomes extra difficult

because two similar tasks are competing for usage of the same parts of the brain. Both tasks involve incoming auditory information, so the corresponding section of the brain, the temporal lobe, cannot process both tasks at once.

While the idea that we can only focus on one thing at a time may seem bleak, there is good news. Because our brains have to choose between one task or another, we have developed the ability to prioritize tasks and tune out distractions.

This is a result of another part of our brain, the frontal lobe, which has what Daniel Weissman, a neuroscientist at the University of Michigan, refers to as "the executive." This part of the brain decides which tasks are important.

So when you're studying for tomorrow's test and your roommate's TV show is blaring loudly, you can choose to focus your attention on your homework and "the executive" will tell the rest of your brain to ignore the distraction. Just don't decide the TV is equally important. Make the choice to set technology aside from your academics, and you won't waste your time switching back and forth between the two, missing parts of each.

By separating your tasks instead of attempting to multitask, you'll get more out of your studying, texting, emailing, social networking and TV entertainment.

You have the ability to ignore distractions, but it's your own choice. When it's time to pick up the pencil, it's time to put down the phone.

"What some perceive as efficient multi-tasking, is actually a practice that results in lower productivity."



THE MOORING MAST

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LETTER FROM THE EDITOR

Tricks and tips to combat college cabin fever

By BENJAMIN QUINN
Photo Editor



As college students, we are expected to behave in contradictory ways.

We are encouraged to follow our dreams, then

discouraged when our dreams pay out less than \$100,000 a year.

We are told we have a choice between a healthy social life and healthy grades, and we are expected to have both. We are told that we should find a job right out of college in order to pay our debts, but we graduate into a job market that never seems to have any openings.

Perhaps most basic of all these college contradictions is that we are expected to explore our world and prepare for our foray into it,

but we are prevented from doing so due to, well, college.

It is all too often that we spend long stretches of time in our rooms or the library, straining our eyes at the fifth revision of an assignment that ultimately makes up a small part of our "key to the future." We're perfectly capable of doing it, of course, but it takes its toll.

The feeling of sitting inside and tapping away at the keyboard while the world churns on without you is painful, and can't be alleviated through expensive study away programs.

It's enough to make you go a little stir-crazy.

I'm an introverted person.

After a large amount of social interaction I have to take some time to recover, which is often spent in my dorm room doing something unproductive. I find that having some shamefully idle time alone can be the only way to get me through a stressful day, and I take my access to privacy very seriously.

At the same time, I love social interaction. I crave it in the same way that I crave exercise: it can be a fun way to exert energy and is personally nourishing, but doing it all day would kill me. However, the opposite is also true: unplugging from the world can be refreshing, but to avoid socializing would be like

depriving a plant of sunlight. So when I'm recharged and ready for socializing again, my college obligations chain me to my chair.

Depending on your work load or personality, you might not have the same experiences as I do. But we all know the feeling of having "real life" get in the way of our attempts to get a life.

Fortunately, to keep myself from contracting cabin fever, I've developed several different ways of compensating for the restrictions that school and work often put on me.

Procrastination is not only the enemy of productivity, but also of your mental well-being. One way to keep from distract on is to keep exactly that in mind — when you are buried in your room, you are depriving other people of yourself.

Another way of avoiding cabin fever is to do what you think you're missing out on. After a solid block of work, take a half-hour off and go bug your friends

or work on what you love doing most, such as a hobby or that fiction you have been pecking at throughout the year.

Skipping out on what you love can not only cause boredom, but I have found that it deprives you of a crucial part of your identity that you rely on to sustain morale.

Most of all, every once in a while do something to remind you of the outside world. It's easy to feel so isolated that there appears to be nothing of importance but you and your assignment. If you feel like you're hitting this point, take a break from campus. Go for a walk or have dinner at a nice restaurant — anything to break the monotony of campus life.

If you feel like what I'm describing fits you alarmingly well, you aren't alone. If you think you're the loneliest, most asocial busybody on campus, remember that many of the people around you are thinking the exact same thing, no matter how socially active they may seem.

"We all know the feeling of having "real life" get in the way of our attempts to get a life."

Tween protestors should not follow parents' politics

Anti-abortion beliefs a personal decision

By ANNA SIEBER
Columnist



There was an anti-abortion protest for the 40th anniversary of the Roe v. Wade ruling in Washington, D.C. Jan. 22.

Hundreds of thousands of people flocked to the Capitol.

I was there for a J-term class and saw a huge number of these protestors waving signs proclaiming, "abolish abort on" and "this is the pro-life generation."

I think everyone has the right to assemble or petition the government, but where I have a problem is when there are children involved.

Yes, children. There were so many children there.

These are human beings — minors — who do not yet have the right to vote.

These kids are likely aged 14 at the most, virgins and maybe have not gone through the sex education courses taught in high school. Likely not all of the girls have begun their menstrual cycles. And they are still years away from being able to vote.

Yet they are projecting a view, classifying themselves as the pro-life generation. This is not simply an opinion, but a stance they are shouting at our elected officials.

I am not saying that those who cannot vote cannot get involved in

politics. They can certainly work on campaigns and volunteer.

But protesting is another matter entirely. Protesting is a way of asserting your opinion on representatives. In the case of abortion, the issue is moral.

To be frank, I do not trust these tweens' values. They screamed and shouted and could not adhere to typical polite metro-riding etiquette. They were a swarm that menaced the metro system — unable to stay on their feet without flopping all over the place, unable to maintain a respectful volume when shouting immature things at one another, not being mindful of how their Pro-Life Generation signs poked passengers in the face. They are projecting adult opinions when they cannot even act like respectable adults for a 30-second elevator ride in the U.S. Capitol Building.

It is our future: politically active individuals who do not know what they think.

I had to wonder whose beliefs they were projecting. Certainly, it was not their own. Like I said, they were around 12-years-old and do not know what they think.

Granted, many adults who vote or protest are neither informed nor well-mannered in public places. But those people are voters. They still have a constitutional right to participate in the democratic process. Children cannot vote.

On the trip, one of the things that really stuck with me was something an associate from Cassidy & Associates, a big lobbying firm, said: everyone has the right to petition the government and the right to assemble.

Yes, those are rights given to citizens in the First Amendment. But seeing these kids protesting, I have to wonder how far that right extended, and whether it should be extended to 12-year-olds.

Anna Sieber is a first year student at Pacific Lutheran University. She likes to write—which is why you're reading this.

"To be frank, I do not trust these tweens' values."

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Subletter wanted from June 1 to Sept. 1 for Wheeler street house. Rent is negotiable, but will be somewhere around \$365. If interested, contact 541-207-7974.

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

Republicans need to divorce from religious right

By BRIAN BRUNS
Columnist



The Republican Party is in trouble. Louisiana Gov. Bobby Jindal gave the party a verbal spanking last Thursday at the Republican

National Committee's Winter Meeting.

Jindal advised Republicans to stop treating voters like demographics and more like individuals. He reminded them skin color is not an accurate predictor of how someone will vote. Jindal even took time to blast Obama's economic policies.

While Jindal is saying all the right things to distinguish himself as a possible Republican presidential candidate in 2016, tough talk and fresh perspective will not be enough to win his party's nomination.

Jindal is missing or intentionally leaving out one important factor that has determined the winner of almost every Republican primary since 1980. A candidate must win over the religious conservative base to be nominated.

A 2012 Gallup poll showed only 48 percent of Republican voters would be willing to nominate an Atheist and only 47 percent willing to nominate a Muslim. According to those numbers, non-Christian candidates vying for the GOP nomination would find winning it practically impossible.

Republicans who emerge from the messy primary process often seem too extreme in the religion department for many independent Americans to vote for them. By the time they reach the light of the general election, they've been questioned about where they stand on abortion or equal marriage, what god they believe in and what churches they've attended.

Richard Finger, Forbes online contributor, said in a post-2012 election interview, "the definition of conservative has shifted from running a responsible government with a balanced budget to how many days a week you punched your attendance ticket at church."

Finger also said Republicans could gain more voters if they would adopt a policy of tolerance and stop alienating potential conservatives on issues of morality such as abortion or same-sex marriage.

I agree with Finger. If the Republican Party wants to win elections consistently in the future, it needs to shake off the image of intolerance by attempting to reverse the coupling it has with religious conservatism.

This is no easy task. The Republican Party cannot simply ignore a group as

politically active as the Christian conservatives.

Nor can Republicans allow their party, and by extension their candidates, to be defined as intolerant of something like same-sex marriage as states across the country are passing same-sex marriage laws in record numbers.

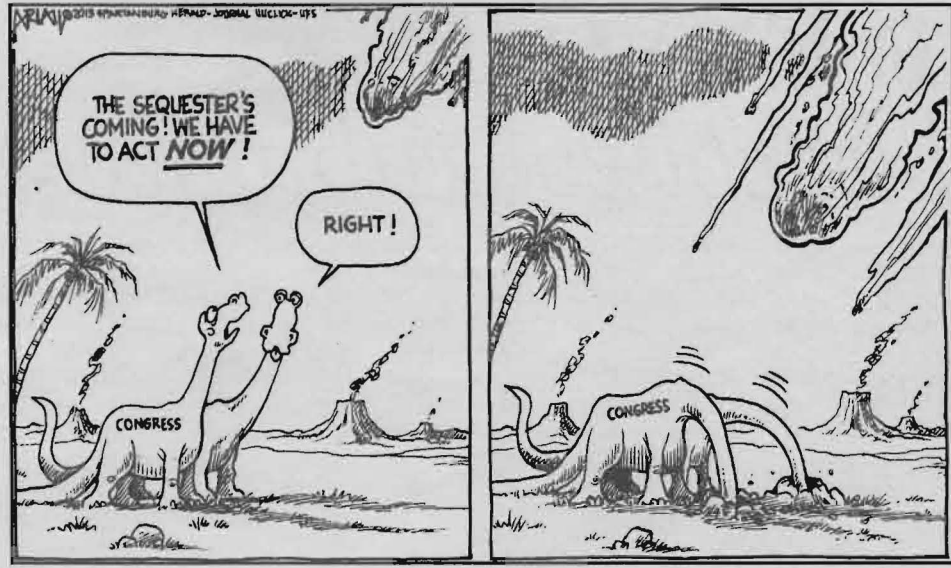
There would certainly be tremendous backlash from Christian conservatives if the Republican Party suddenly became tolerant on issues that fundamental Christianity has largely been intolerant of. There is no telling what its own members would do if such a policy was implemented.

There are no easy answers for how the Republican Party can take control of its own destiny.

As long as it keeps setting itself up as the party of fundamental Christian morals, it will immediately alienate a large block of voters who would otherwise support the Republican Party's political agenda.

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

"Republicans who emerge from the messy primary process often seem too extreme in the religion department..."



Universal Crossword

Edited by Timothy E. Parker February 24, 2013

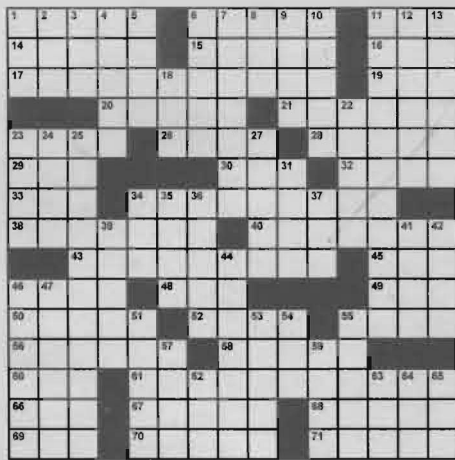
ACROSS

- 1 "Yippee!"
- 6 Components
- 11 Brazil's ____ Paulo
- 14 Blow one's top
- 15 Certain board material
- 16 Unusual
- 17 With "show," demonstrate skill
- 19 Szyslak behind the bar
- 20 Kind of common stock
- 21 Princeton supporters
- 23 It may wind up in a yard
- 26 Accident on ice
- 28 Buenos ____
- 29 Oater actor Wallach
- 30 Do some henpecking
- 32 City east of Phoenix
- 33 Fix, as an election
- 34 High heating-cost periods
- 38 Slave's state
- 40 Dark solar area
- 43 Most sovereign
- 45 Barely achieve (with "out")
- 46 Word with "string" or "horn"
- 48 "Before" to poets of old
- 49 Spy org.

- 50 Blade handles
 - 52 Alone at the prom
 - 55 Grip for a goblet
 - 56 Not straight up
 - 58 Eat into
 - 60 Trident-shaped
 - 61 With "show," get better
 - 66 Little green man
 - 67 Bar orders for the calorie-conscious
 - 68 Chambermaid's charge
 - 69 Employ pupils?
 - 70 Swap
 - 71 Cay
- DOWN**
- 1 Parliamentary vote
 - 2 Artist Jean
 - 3 Primitive shelter
 - 4 Make one's views known
 - 5 NFL Hall-of-Famer Graham
 - 6 Accelerator, for one
 - 7 Cherokee or Sioux, e.g.
 - 8 Arbiter with a whistle
 - 9 Hurried pace
 - 10 A neighbor of Jordan
 - 11 What to "show" Aretha Franklin

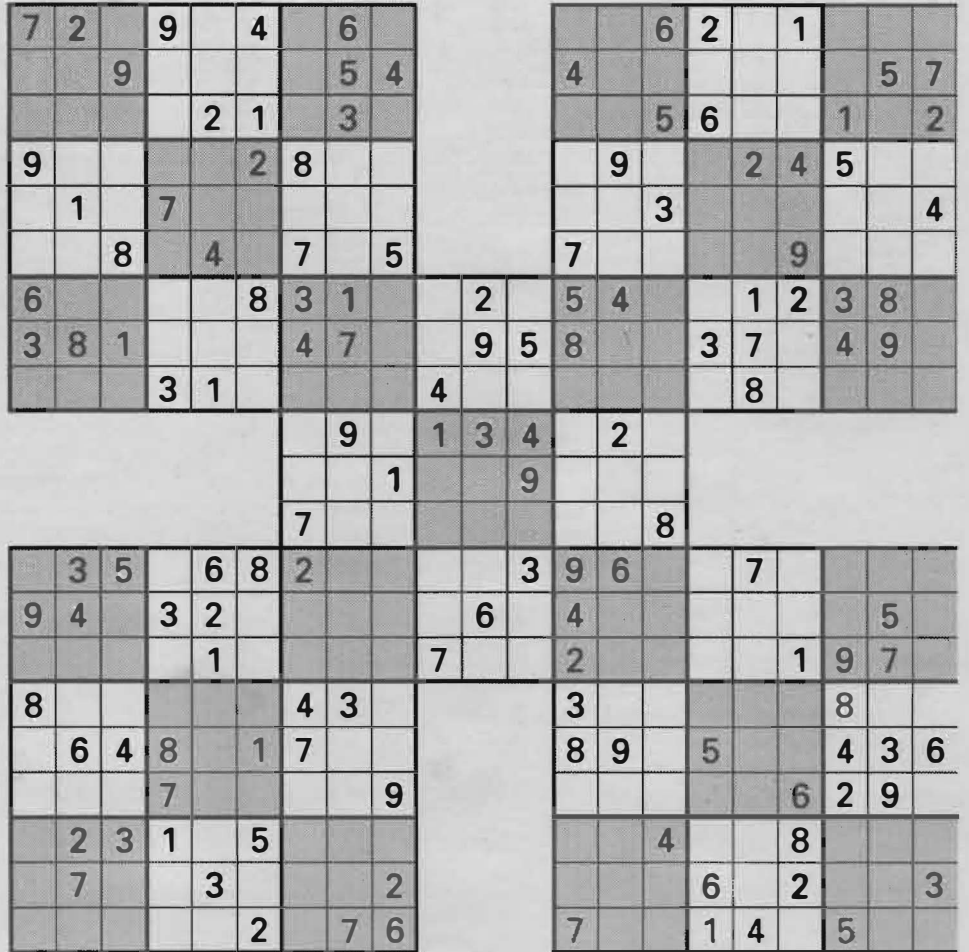
- 12 Has a crush on
- 13 "Potemkin" mutiny site
- 18 FedEx alternative
- 22 Hobbles
- 23 Chef's seasoning
- 24 Melange
- 25 What a "Star Trek" tricorder might "show"
- 27 Like eight-tracks
- 31 Black wildebeests
- 34 Twist-off thingy
- 35 Fairy tale baddie
- 36 Looks nastily
- 37 Formicary dweller
- 39 "____ circumstances beyond our control ..."
- 41 "The Grapes of Wrath"

- migrant
- 42 A group working together
- 44 Like some parking spots
- 46 Square and cube, e.g.
- 47 Big inconvenience
- 51 Like proverbial milk
- 53 Cropped up
- 54 .edu alternative
- 55 Final Four matches
- 57 Chief in a burnoose
- 59 "Take a number" site
- 62 H.S. support group
- 63 8 x 10 or 11 x 14 (Abbr.)
- 64 Word before maiden names
- 65 It may be used with a plunger

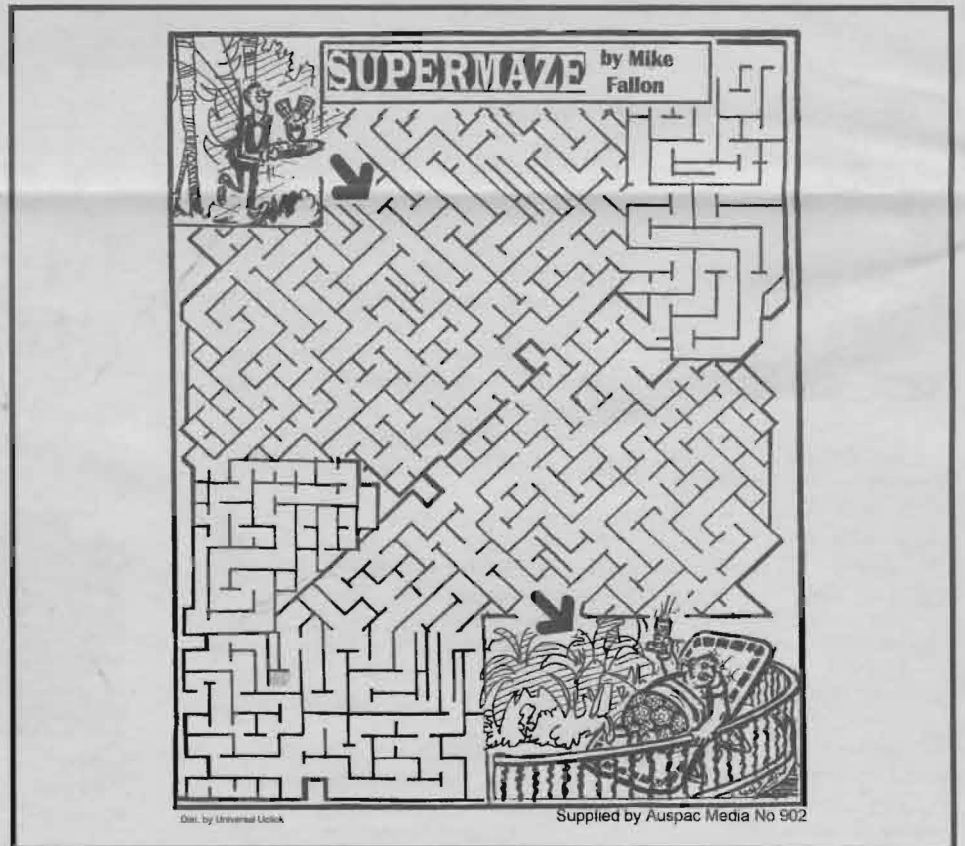


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SUDOKU High Fives



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



sidewalk What do you think of the PLU Compliments and Confessions Facebook pages?

TALK



"I love it. I think it's hilarious. It might actually do some good for people."

Ashley Dell'Osa, senior



"I love the compliments page. It always makes me happy when I see it."

Teddy Spencer, first year



"I have read them. I think it's a 'thing.' It's better than Like A Little was. Some make me happy, some scare me. Others just exist."

Casey Church, senior



"I've only been on Compliments. I don't actually have a Facebook, so I can't go to Confessions because it's private."

Dylan Nehrenberg, first year

SPORTS SCHEDULE

Baseball

Upcoming Games

Tomorrow vs. Willamette (2), 11 a.m.
Sunday vs. Willamette, 11 a.m.

Previous Games

Win(3-0): Feb. 24 at Concordia
Win(8-1): Feb. 24 at Corban

Softball

Upcoming Games

Tomorrow at Whitworth (2), noon
Sunday at Whitworth (2), noon

Previous Games

Loss(1-0): Feb. 24 at Lewis and Clark
Win(8-2): Feb. 24 at Lewis and Clark

Men's Tennis

Upcoming Matches

Tomorrow vs. Lewis and Clark, 1 p.m.
March 6 at Puget Sound, 4 p.m.

Previous Matches

Win(5-4): Feb. 23 at Willamette
Loss(9-0): Feb. 22 at George Fox

Women's Tennis

Upcoming Matches

Today vs. Puget Sound, 3:30 p.m.
Tomorrow at Lewis and Clark 12:30 p.m.

Previous Matches

Win(6-3): Feb. 23 at Willamette
Win(5-4): Feb. 22 at George Fox

Track and Field

Upcoming Meets

March 1-2: Linfield Erik Anderson
Icebreaker

Previous Meets

(none)

Making the big time where she is

NCAA Div. I transfer bolsters the reigning national champion softball team's roster

By **SAM HORN**
Sports Writer

Nearly 3,000 miles away last year, a future Lute was in the process of becoming a softball star. Last season was Kelsey Robinson's first year at Troy University, a NCAA Division I school in Alabama.

After not being able to contribute as much as she wanted to the team at Troy, Puyallup native Robinson said she decided it would be best if she moved back to the state of Washington to be closer to her family.

"My family inspires me because they give me so much support and have given me all of these opportunities to become the player and person I am, so I want to make them proud," Robinson said.

One of Robinson's coaches from a softball camp in Oregon recruited her

to play at Troy after seeing her pitch at the camp.

Robinson saw some time on the field in her first season at Troy. After appearing in three games during the season, Robinson allowed three hits while pitching in 2 2/3 innings.

Robinson said she was lured to Pacific Lutheran University because her pitching coach in high school told her about the school's prolific softball program.

"I want to contribute in any way I can to make our team successful. I want to grow as a leader," Robinson said about the privilege of participating on a national powerhouse softball squad.

Once Robinson arrived on the campus of PLU, she made a name for herself in the realm of softball.

Robinson not only pitches at PLU, but also plays right field. So far this season, Robinson has batted .400

while driving in 4 runs. Concerning her pitching performance, Robinson has not been kind to opposing batters.

She currently boasts a 2.33 earned run average, which means she allows less than three runs a game, an impressive statistic for a pitcher.

Being a part of the softball team at PLU has been a way for Robinson to take a mental break from obstacles in her life and simply focus on what's happening on the field.

Robinson started playing softball at a young age and said she has always loved the idea of being part of a team. She said she enjoys sharing the same passion of softball with her teammates, which ultimately results in success on and off the field.

"Our goal as a team is take it game by game. I think this team has what it takes to win another national title," Robinson said. "I'm excited to see what the season will bring."



PHOTO COURTESY OF KELSEY ROBINSON

Sophomore Kelsey Robinson pitches against Louisiana-Lafayette for Troy last March. Growing up in Puyallup, Robinson says she transferred from the Alabama school largely to be closer to her family.

Baseball team plays well in Oregon

Lutes go 3-1 in NWC-CCC Challenge, improve to 7-3

By **CHRISTIAN DILWORTH**
Sports Writer

The Lutes baseball team had a strong showing in the CCC-NWC (Cascade Collegiate Conference - Northwest Conference) Baseball Challenge last weekend in Oregon. In the four games they played in three days, the Lutes finished 3-1 on the weekend, amassing an impressive 7-3 overall record.

Linfield 3, PLU 1

Last Friday on a rainy night, Pacific Lutheran University faced a strong Linfield pitcher in Aaron Thomassen, who held them to only three hits over seven innings, ending Pacific Lutheran's three-game winning streak. PLU junior ace Max Beatty was in strong command of the mound through four, before a broken double play allowed Linfield to tie the score at 1-1.

With one out and runners at the corners, Beatty fielded a grounder from Tim Wilson. Beatty dished it to junior shortstop Nicholas Hall who turned to find that Wilson had beaten the throw by a step, allowing the runner from third to score. After a stolen base by Wilson and a walk given to Corey VanDomelen, Nate McClellan drove a double into left field, driving two more runs.

After the Lutes scored one run in the second, Thomassen bore

down, allowing only three base runners over the next five innings.

The Lutes almost found a rally in the ninth inning when sophomore outfielder Markus McClurkin hit a two-out double to the left field fence. This was stymied soon after Linfield relief pitcher Justin Huckins struck out his fourth PLU batter with the tying run on first.

PLU 5, OIT 4 (10 innings)

On Saturday, PLU played the Oregon Institute of Technology where the teams went into extra innings before the Lutes pulled out a win in dramatic fashion.

Tied 4-4 going into the bottom of the 10th inning, senior infielder Jacob Olsufka started a rally after being hit by a pitch on the eighth pitch of the at bat.

Junior outfielder Dominick Courcy got his fourth hit of the game on a single to right-centerfield, allowing Olsufka to advance to third. Six pitches later, McClurkin hit a walk-off single to right-centerfield.

First-year Cory Nelson, sophomore AJ Konopaski and sophomore Chris Bishop each threw a scoreless inning in relief before handing it off to sophomore Jacob Otness who, in turn, threw yet another scoreless inning and picked up the win. The five PLU pitchers held the Owls to only eight hits.

PLU 8, Corban 1

Trevor Lubking had a strong outing against Corban allowing five hits, one run, a walk and 8 strikeouts through five innings. The bottom four hitters of PLU's lineup combined for nine hits, seven runs and six RBI.

Sophomore Curtis Wildung, a catcher and first baseman, finished a single short of the cycle going 3 for 4 with two runs scored, driving in three.

PLU 3, Concordia 0

Pacific Lutheran scored three unearned runs in the top of the eighth to decide the pitcher's duel between PLU's Chris Bishop and Concordia's Alex Boss.

Sophomore starting pitcher Bishop dominated the Concordia lineup through seven innings. He only gave up six hits and two walks while striking out a whopping 14 hitters. Konopaski

picked up the save, striking out another four batters.

It was the Lutes' third shutout of the young season.

With a record of 7-3, the Lutes open up their Northwest Conference schedule this weekend when it hosts Willamette in a three-game series.

The teams will play a doubleheader tomorrow starting at 11 a.m. and a single game on Sunday also beginning at 11 a.m.

In other news...

- Sophomore pitcher Chris Bishop was named the NWC Pitcher of the Week after striking out 14 batters over seven scoreless innings in a 3-0 win over Concordia on Sunday. He also pitched a scoreless inning of relief the day before, striking out two.

- The reigning national champion softball team was upset last weekend. Twice. Pacific knocked the Lutes off 6-3 Saturday on a walk-off grand slam and Lewis and Clark downed the Lutes 1-0 Sunday.

- The women's swim team earned Scholar All-America team recognition for the fall with a team grade point average of 3.03.

- Follow @MastSports on Twitter for up-to-the-minute PLU sports coverage.

SHOUP SHOTS

A behind the scenes look at stories that are not told in the box score

By **NATHAN SHOUP**
Sports Editor

It was the start of my first season at Pacific Lutheran. We were taking what is now our yearly preseason trip to Phoenix to play some baseball games in the sun against some quality opponents.

Now a senior, and after playing far too many games in the rain, I've really come to appreciate that Arizona trip.

As we started getting off the bus at Sea-Tac at the departures terminal three years ago, we noticed a larger, much nicer bus pull up behind ours. The University of Washington softball team, the reigning national champions, started filing off the bus.

On that Husky softball team was Danielle Lawrie. She was the returning National Player of the Year and would go on to win the award that year as well. She had won just about every softball award imaginable.

We had all seen her play in the NCAA Div. I Softball World Series the year before. We were in awe.

As we checked into the airport and printed our boarding passes, we obviously noticed the UW softball team was heading to a gate that was at least close to ours. When it was time to board, they got in the same line as us. We were going to Arizona on the same plane as the national champions.

"We would like to welcome the University of Washington softball team today," a flight attendant said over the intercom. "And also the PLU baseball team," she mumbled.

That is when it started — NCAA Div. III (D3) problems.

D3 athletes are supposed to be students first and athletes second. Sports are supposed to be secondary. Whether we buy into that philosophy or not, the translation is simple: your small school team doesn't get nearly the funding of larger schools.

I want to be clear — I'm not complaining. I have loved every second of my four-year baseball career at PLU and no dime could change that. But D3 problems, as many others and I have coined it, is something that everyone can laugh at.

And over my time at PLU, I have humorously noticed my share of these problems.

After the flight to Phoenix landed, we all made our way to the baggage claim. As we and the UW softball team watched the endless stream of baseball and softball bags pass, one of our junior catchers spotted his bag. Lawrie noticed hers.

Our catcher walked right in front of Lawrie, who could be deemed a "celebrity," cutting her off and almost causing a collision.

"Freshmen..." she said to our coach as she shook her head.

Once we finished laughing and had collected our bags, we crammed onto the shuttle bus. The bus took us to the car rental center to pick up our white vans — driven by the coaching staff — that would provide our transportation over the next five days.

We watched the Husky softball team board their charter bus and go on their way.

D3 problems.

When we drive anywhere in Arizona, we drive in a caravan. The three vans drive behind each other primarily because only our head coach in the front van knows

where we are going.

Last year in Arizona, my junior year, we were driving from one of our games and my van — the trail van — got lost. It became apparent that we weren't the only ones driving white vans in Phoenix.

We had accidentally started following a random white van. It wasn't until we pulled into the parking lot of a grocery store that we realized we had no idea where we were.

D3 problems.

It didn't take long to eventually find our way, but the story is still told among the team.

When we fly to Arizona, we have to pay out of pocket for any bags we check, meaning most of us cram our uniforms and any clothes we need into our two carry-on bags.

"The dynamic created by a baseball team and a women's basketball team from rival schools sharing breakfast together can only be described as awkward."

As we passed through the security checkpoint this year, some of us discussed how nice it would be to check our bags so we weren't forced to carry our heavy, on-the-brink-of-exploding bags around.

At that same time, the Seattle University men's basketball team walked by carrying nothing but their phones and iPods. The school presumably paid to check their bags.

D3 problems.

Five of the nine teams in the Northwest Conference are in the

Portland/Salem region — George Fox, Linfield, Pacific, Willamette and Lewis and Clark. When we play at one of those schools, we always stay in the same hotel in Tigard. So do various other sports teams from different schools.

Last weekend, we stayed at that hotel. So did the PLU softball team. So did the Whitworth women's basketball team, which won the NWC tournament. So did the Puget Sound baseball team. It was a busy hotel.

Continental breakfast is served in a small banquet room in the hotel. On Saturday and Sunday morning we shared the room with the Whitworth women's basketball team.

The dynamic created by a baseball team and women's basketball team from rival schools sharing breakfast together can

elevator with four PLU baseball players either.

I doubt the University of Washington baseball team ever stays in the same hotel as Washington State.

D3 problems.

Two seasons ago, we played Willamette in Salem during a monsoon. Because of travel and money, it is imperative to fit all conference games in during the weekend. It is expensive and difficult to find time during the season for a makeup conference game.

The game started that Sunday at 12:15 p.m. It didn't finish until 6:47 p.m. The game took more than six-and-a-half hours after several lengthy rain delays. That was, and always will be, the longest game I have ever played.

D3 problems.

We call them D3 problems, but in reality they aren't problems at all. They are minor hiccups that come with the territory of playing collegiate athletics, which we are all grateful for.

If anything, they provide fun stories that will be remembered forever.

I will never forget cramming into those white vans, luggage stuffed to the ceiling, with my best friends — knowing that we got to spend the next five days in what was essentially baseball paradise — Arizona.

I will never forget the fun memories staying in that Tigard hotel, counting down the minutes until curfew when we all have to go back to our rooms.

I will never forget the opportunity I was given to be a part of something bigger than myself, to represent this university.

D3 perks.

The Mast Spring Sports pick 'em

By **NATHAN SHOUP**
Sports Editor

Props to Hegge, DenAdel and Tacuyan for picking the underdog, road team (Stanford) last week. But the Cardinal lost by 11 in Eugene and the three now have an uphill battle sitting at 0-2.

The rest of the field is wrestling among itself in a first-place tie at 1-1.

We are staying in the Pac-12 conference this week in a game that typically divides the state.

Washington State (11-17, 2-13) travels to Seattle this weekend to play Washington (15-13, 7-8).

The game isn't nearly as anticipated on a large scale this season, because both teams have struggled. The Cougars are in last place in the conference while the Huskies aren't doing too much better in ninth place.

But for two teams that aren't going to the NCAA tournament — unless either wins the Pac-12 tournament — and their fans, this is the biggest game of the year.

Expect to see better basketball than the two teams have played this season as the teams actually have something to play for — pride.

Washington snuck past the Cougars in Pullman, winning by five, the first time the two teams met in early January.

The Huskies have won two of their last three games while Washington State has dropped eight in a row. The Cougars' last victory came on Jan. 26 over Oregon State in Corvallis.

The basketball version of the Apple Cup tips off Sunday at 12:30 p.m.

Washington State Cougars
at
Washington Huskies

Kyle Peart
track thrower
pick: UW
record: 1-1

Peart picked Oregon by 15 and the Ducks won by 11. He picked Washington by 10 this week. Bonus points will not be awarded for predicting the point differential. We will all be impressed though.

Melanie Schoepp
athletic trainer
pick: WSU
record: 1-1

Last week, we said Schoepp was an Oregon fan, but we didn't point out just how big a Ducks' fan she is. "I will root for any team aiming to beat the Huskies," she said. Is she thinking with her heart instead of her head?

Jacob Olsufka
baseball player
pick: WSU
record: 1-1

Olsufka is an eastern Washington native (Spokane) so he had to go with the Cougars this week. His response when asked who he was picking, "please..."

Haley Harshaw
softball standout
pick: UW
record: 1-1

After watching hours of game film and reading up on the game as much as possible, Harshaw came to one drastic conclusion. "UW. I like their uniforms better."

Arvid Isaksen
basketball player
pick: UW
record: 1-1

Isaksen was seen on national TV at the Jan. 31 Husky game against Arizona. He was wearing purple and he stands by that this week.

Dustin Hegge
NWC golf MVP
pick: UW
record: 0-2

Last week, Hegge picked UW even though the game to predict was Stanford at Oregon. This week was a given for Hegge, but he still found a way to pick a non-playing team. "Cougars all lack brains. Bow down to Washington #golutes," he said.

Andre Tacuyan
swimming torpedo
pick: UW
record: 0-2

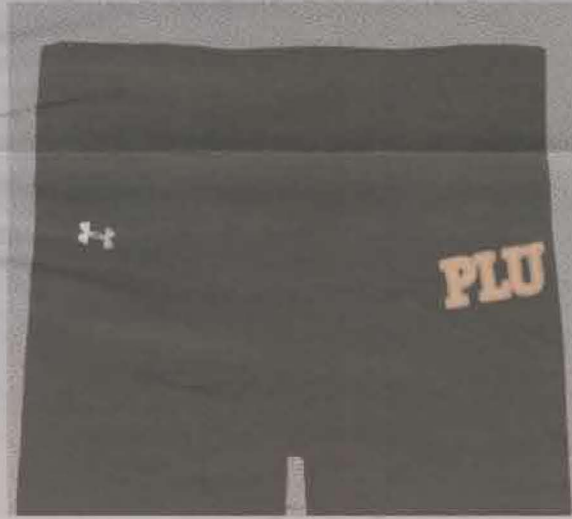
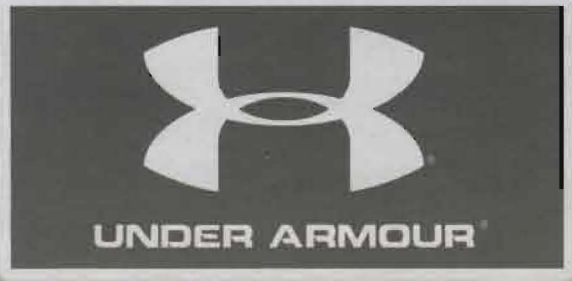
Tacuyan could really use a Washington win this week. Nobody has ever started 0-3 and come back to win. This is only the second season of the Mast pick 'em, but history is history, right?

Alan DenAdel
cross country stud
pick: UW
record: 0-2

DenAdel may be long-distance-running his title chances into the ground. He will remain in last place despite the outcome but will be within a game of the leaders with a Husky win.

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Lutes try winning for a change

After going 0 for 2 years in conference, the women's tennis team is 4-0



PHOTOS BY THOMAS SOBRENES

LEFT: First-year Payton McGriff backhands a ball during her 7-5, 6-4 win on Saturday. RIGHT: The women's tennis team gathers following its 6-3 victory over Willamette Saturday.

By **BRANDON ADAM**
Sports Writer

Pacific Lutheran's women's tennis had a tremendous start to the season, winning its first four games while curbing an infamous two-year conference losing streak.

So far, PLU has defeated the regionally ranked Linfield and Pacific University in their season opener and accumulated two more wins last weekend defeating George Fox and Willamette.

Senior team captain Tina Aarsvold had a phenomenal performance in her match in the season opener at Linfield and was awarded Northwest Conference Women's Tennis Student-

Athlete of the Week. Aarsvold is undefeated in both singles and doubles.

Aarsvold, along with her hitting partner, junior Leah Newell, remains unbeaten in women's No. 2 doubles. The two dominated all four matches winning 8-4 against Linfield, 8-6 against Pacific, 8-2 against George-Fox and shutting out Willamette 8-0.

Their most astounding win out of the four games was against Linfield.

"Linfield has been conference champ eight years," Newell said. "So it was a really big match."

As team captain, Aarsvold said she is pleased how the season has

begun and hopes to carry the winning momentum throughout the season.

"It started off really well and we're just going to keep that going," Aarsvold said.

Other standout players this season are first-years Samantha Lund and Payton McGriff, who set the pace by winning the No. 1 doubles match in Linfield 8-4 and then winning a crucial tie-breaker at Pacific.

McGriff feels the team's cohesion has been a factor in the team's strong start.

"We're all very good at working together," McGriff said. "I thought it was a really great way to start our season off."

Singles tennis is also experiencing some success this season. Sophomore Allison McClure has won three of her four singles matches as well as both of her doubles matches in the season opener.

McClure attributes this season's winning streak to her team's work ethic.

"What went well was our preparation going into that match [Linfield]," McClure said. "We went out and we had a lot to prove coming in as the underdog."

Pacific Lutheran hosts Puget Sound this afternoon at 3:30 p.m. before traveling to Oregon to play Lewis and Clark tomorrow at 12:30 p.m.



VIDEO
COMPONENT
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And the bass keeps runnin'

PLU sprinters and jumpers ready to get it (season) started



PHOTO BY FRANK EDWARDS

Sophomore sprinter Marqui Makupson reaches for the baton from sophomore teammate Shaun Bradley during relay practice on Tuesday. The PLU track team starts its season today at the Linfield Erik Anderson Icebreaker.

By **BRANDON ADAM**
Sports Writer

With their season starting today at Linfield, Pacific Lutheran's track events for sprints, hurdles and distance running are showing promising depth this season. Athletes and coaching staff alike hope for an excellent season while placing high in conference.

"We're gonna be strong," running coach Michael Waller said. "It depends how much depth we have."

The depth Waller was referring to is how many points each athlete can bring in. "I could win every race and lose conference if I don't have depth," Waller said.

Returning athletes are enthusiastic to meet new personal records. Senior jumper and runner Joseph Mungai has his goals set.

"I'm looking forward to improving my high jump," Mungai said. Last season,

Mungai's record for high jump was 6'4".

Another returning athlete is sophomore sprinter and jumper Marqui Makupson, who said he wants to score even higher in the triple jump and sprints.

Makupson won the Northwest Conference triple-jump title last year, leaping 45-7 and 3/4 inches and finished fifth at the conference meet in the 100-meter with a time of 11.23 seconds.

"I'm really excited for everything that's coming, especially after a really great last season," Makupson said.

Makupson said he feels like he is in for a strong season. He aims to triple jump 46 meters, long jump 22.6 meters, and run the 100-meter in 11 seconds flat.

Men's hurdling is looking promising as well. "We should sweep," hurdling coach Faven Araya said. "My hurdlers should be at the top of the conference."

The hurdling prospects are seniors Jeffery Tolman and Dave Fisher. Tolman placed

25th in hurdlers in the previous conference with a time of 25.55.

Araya holds her hurdlers in high esteem and hopes to place high in conference. "I'm looking forward to doing better than the previous year," Araya said. "Our men hurdlers did exceptionally well last year."

Though the men's roster is developed, the women's side of the events lacks depth, mainly because of economic reasons and other commitments.

"A lot of the students that come out to the track are multi-sport athletes," head coach Heather Krier said. "Instead of coming out for track, they're having to get jobs and internships."

Though the women's roster is weak in numbers, Krier believes the remaining female athletes have tremendous potential. "The talent is still there," Krier said. "We have got quite a few freshmen on board."

Eight of the 20 women on the women's roster are first years.