

THE MAST

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From silent to survivor

Student turns trauma into a campus-wide movement against sexual assault, demands changes from administration.

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CONTRIBUTED TO BY LIBBY POSTOVOIT
Copy Editor

She walks from class to class sporting a black t-shirt and pair of white shorts. Another student suddenly stops her and says, "That's really bold of you to wear that shirt with those shorts because if you wear those shorts, you're kind of asking for it."

Vocal Performance major Miya Higashiyama is standing in front of Mary Baker Russell Music Center. She fashions her shirt as a new uniform and a statement. The black canvas is plain and simple with yellow text across the front reading "Ask Me How My College Is Protecting Rapists." Just then, standing alone in the courtyard, Higashiyama knew exactly what the other student was implying - "it" was sexual assault.

"It comes with the territory," Higashiyama said. Overnight, the junior went from opera singer to the face of a Pacific Lutheran University student-led movement against sexual assault.

Higashiyama launched a blog about her sexual assault, the campus conduct system and other students' experiences called "PLU is Protecting Perpetrators" earlier this month. The site details her experience with Student Conduct at Pacific Lutheran University after another student sexually assaulted her, and calls for PLU to take action.

"I've had tons of messages and emails from people all across campus," Higashiyama said. "I think we hit 2000 views in less than 24-hours."

The stories all give examples of how PLU's Student Conduct system made them feel uncomfortable, unheard or disrespected. Higashiyama and the women she's standing with all want to see changes in

bedroom. She says that once she was alone in the room with him, too intoxicated to consent to any sexual activity, he raped her.

"Rape and sexual assault are crimes all about power," Higashiyama reflected. "When it happens to you, it's like someone takes a piece of your soul."

She struggled to understand what happened for a while. She was torn between feeling violated and ashamed. She couldn't help but wonder if some of her friends were right in referring to it as "a hookup she regretted." After she explained what happened to a faculty member, due to mandatory reporting, her case was brought to the attention of PLU Student Conduct.

Her Student Conduct hearing occurred two weeks later, and it was less than comfortable for the first-year student. Before and during Higashiyama's hearing, PLU allowed the student who assaulted her to remain on campus and perform in concerts with her.

During the hearing, Higashiyama was placed on a Skype call with her perpetrator. He knew she was in a nearby room and they could see and hear each other through a screen. Higashiyama and her roommate sat in the University Center, looking into a screen, reliving the whole experience. Looking back on it, Higashiyama said she wished the conduct managers would have told her she could bring a faculty member or "support person" with her who had more experience.

Members of the panel asked her how much alcohol she consumed, what she was wearing and why she didn't fight or scream during the assault.

To top it off, Higashiyama noticed one of the conduct leaders in her hearing was

watching a football game on his iPad and drinking soda while both students told their stories.

She admittedly said she believes the panel had gathered enough information to make a fair judgment. However, the ordeal left her shaken. "By the time the hearing was over, I just wanted to crawl in a hole and never come out," she said.

Her perpetrator was removed from campus a month later, he was suspended and given sanctions. Sanctions, which are assignments PLU gives students found guilty in a conduct hearing, range from writing essays to taking classes, according to PLU's code of conduct. Once students complete their sanctions, they can re-apply and return come back to campus.

"Right now, sanctions for academic dishonesty are more severe than sanctions for rape and sexual assault," Higashiyama said. "How that's going to help someone not rape again, I don't really know."

Though Higashiyama feels that her perpetrator deserved harsher sanctions than he received, she is grateful PLU gave him sanctions. Other survivors of sexual assault who

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PHOTO BY MIYA HIGASHIYAMA

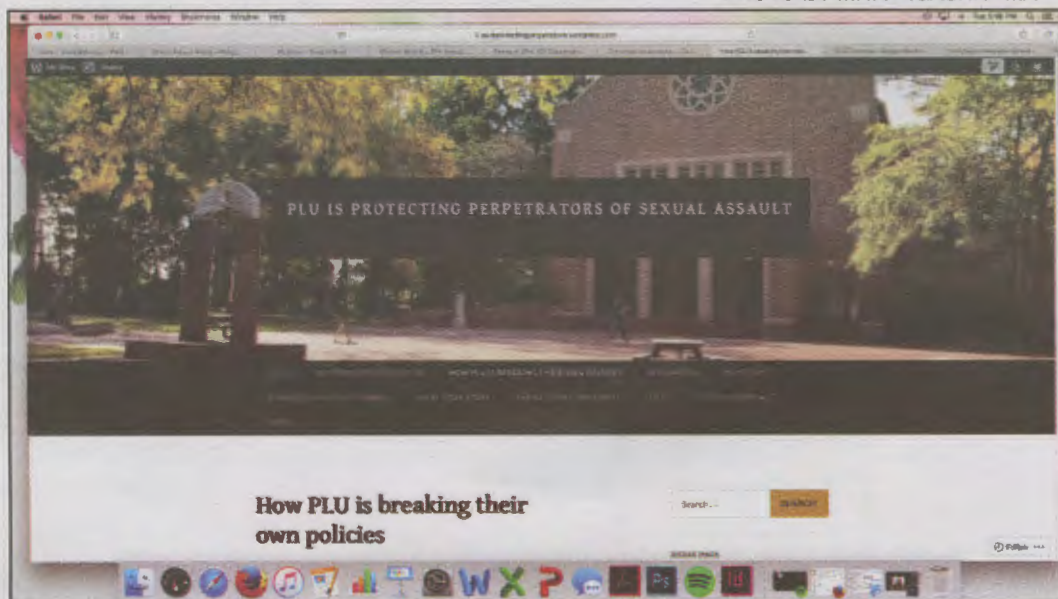
PLU's Student Conduct system. Additionally, the campaign has now turned to looking into Title IX and Title II as well as the Clery Act to clarify that PLU is operating within the law when it comes to student assault cases.

Higashiyama claims that PLU violates each law when it comes to survivors of sexual assault. She plans to meet with PLU President Thomas Krise and Vice President of Student Life Joanna Royce-Davis to voice the group's concerns.

Her Story

Higashiyama's love for music inspired her to join PLU's all-female A capella group HERmonic, it seemed like a natural fit for her. The female group and male groups on campus, sharing a love of performance and singing, naturally spent a lot of time together.

Eight weeks into her first year, Higashiyama went to an acapella party with both the female and male groups. After drinking and becoming severely intoxicated, she fell asleep on the couch. The next thing she knew, a man from the party was coaxing her into his



Higashiyama's blog is live and currently up to read at pluisprotectingperpetrators.wordpress.com. She updates it almost each day, giving followers an easy place to stay up to date with the movement.

Rowing defines success at Lamberth Cup



PHOTO COURTESY OF MCKENNA MORIN

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Our very own Pacific Lutheran University Women's Rowing team won the Lamberth Cup for the first time in 13 years, ending University of Puget Sound's winning streak.

The team will get back in the water for the Northwest Conference Championships Sunday, April 24 in Vancouver, Wash.

Coach Andy Foltz said he's immensely proud of the team but knows that in the end, their win is just one more step towards their original goals.

"On my end it feels really good, but to me the success is simply a product of the great student-athletes we have here at PLU. I inherited a team who wanted direction, a team who already knew how to work hard but just needed to be pointed in the right direction," said Foltz.

Foltz has had a lot of success in such a short time coaching this team, but to him it isn't about the wins or the losses. Foltz said it's about pushing the athletes to strive for the best in life, in and out of the water.

"[Success] is about graduating every student-athlete that comes through this program, becoming better people because of the experience they had as rowers and a student-athlete here at PLU," said Foltz. "These are truly the successes we have had in such a short amount of time. The on the water successes are nice, and our goals are to have more, but I often think of those off the water as having a greater impact on what kind of a team we are."

According to Foltz, the team had a handful of goals coming into the season.

The top focus for the year was to place within the top five with the Varsity 8+ at the National Collegiate Athletic Association championships and the team goal, to secure a full team bid to the NCAA's at the end of May, just to name a couple....

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Provost search: Mike Stevenson

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Editor's note: Expect full coverage of every Provost candidate in the next issue of Mast Magazine, as well as a farewell to current Provost, Steve Starkovich.

Being the Provost at a major university is a big deal. Not only does the person have to set the school's schedule, but the provost has several responsibilities and, if it comes down to it, could be in charge of laying off faculty members.

Steven Starkovich is Pacific Lutheran University's current Provost and senior Vice President of academic affairs. However, earlier this year he announced his plans to leave PLU. Ever since, the search has been on to fill his position for the 2016-2017 academic year.

Earlier last week, faculty, staff and students met with and interviewed potential candidates. One of which was Mike Stevenson this past Monday. Stevenson had a large turnout for his interview after emails circulated around campus with concerns about his previous position at the University of Southern Maine.

According to the Bangor Daily News, a news network in Portland, Maine, during Stevenson's time as the provost of USM he laid off 12 faculty members from nine departments. Stevenson's decision to dismiss the faculty members came from a diminishing budget and a need to find extra money for the university. At the time, the school had a \$14 million budget shortfall, according to the local paper.

Sheri Tonn, a professor of chemistry at

PLU and former Vice President of Finance, said faculty shouldn't worry about Stevenson coming in. She said if PLU's budget demands for layoffs like Maine's did, it wouldn't be the Provost's fault, and rather, it might be better to hire someone who has experience dealing with budget-demanding layoffs.

At Stevenson's public interview on Monday afternoon, PLU faculty spoke up about their concerns. Many questioned his time with USM, and if his work with dismissing faculty under budget constraints was indicative of what his time here could be.

"It's more fun to build than to destroy," Stevenson said. "People never retire from the places you need them to retire from [...] It was not the circumstances we wanted to make these decisions under, but we had to [...] make payroll."

Even though there are concerns about the next provost and who might hold that power, if PLU's budget holds strong there would be no reason for layoffs in the first place.

According to Tonn, PLU's long-term debt is nothing to be alarmed about. Even though \$60 million seems like a large number, it's reasonable for the size of PLU. However, Tonn admitted, the enrollment numbers and net tuition coming into the university might be something to focus on.

Over the last few years, PLU's enrollment decreased by 400 students - roughly 10 percent. Keeping that in mind, since 95 percent of PLU's income streams from tuition and fewer students are coming, the university is making less money. Not only that, but for the 2015-2016 year, PLU brought in \$112 million in tuition but \$48 million of that was in scholarships by the university, meaning the net income was closer to \$63 million. In 2014, the university brought in \$65 million in tuition after scholarships, but

that was also with 400 more students.

Don't worry though, Tonn mentions students should not be concerned about the declining rates. Even though it's daunting, she predicts the numbers will slow down and as President Thomas Krise and the new Provost grow into their new (ish) positions, they'll be able to grow in recruiting efforts after.

"It's more fun to build than to destroy"

Mike Stevenson
Provost Candidate

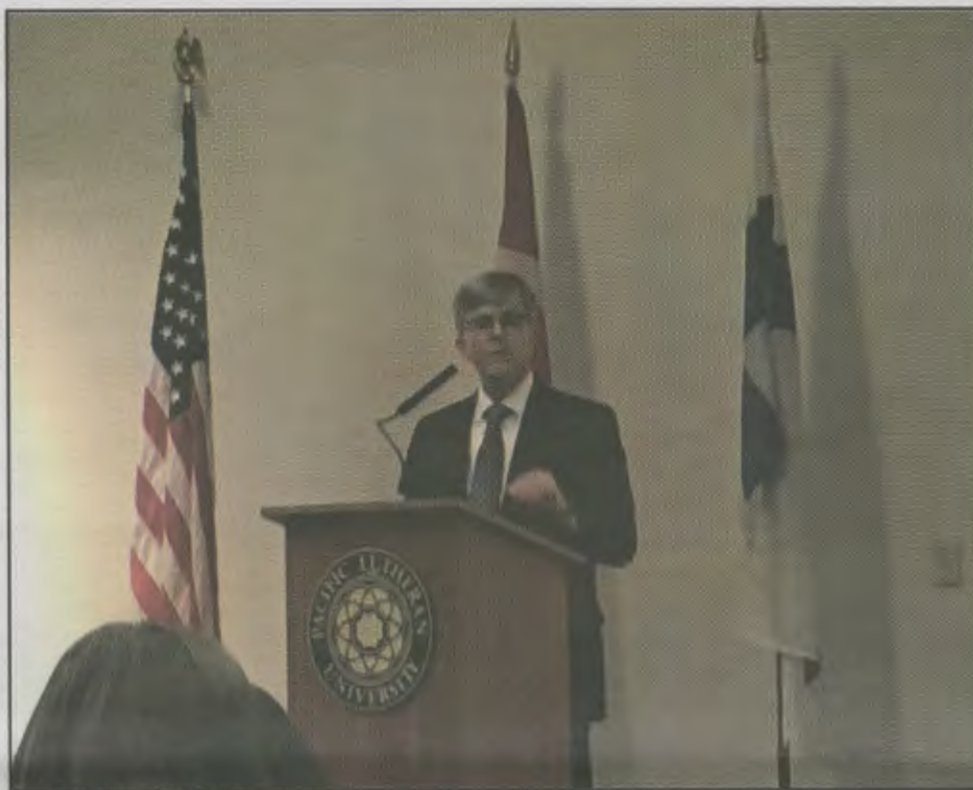


PHOTO BY JEFF DUNN

Mike Stevenson is a candidate for Provost. Formerly of the University of Southern Maine, he worked with their president Theo Kalikow to cut four departments to correct their budget deficit.

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Contact Dave Carlson:

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Letter to the Editor: *On the budget*

Dear Editor,

I recently read the April 8th article, "PLU's budget: some hard facts, some soft ones" with a certain amount of bewilderment. While I applaud the effort to understand the university's complex budget and operations, the article is riddled with inaccuracies and quite frankly, some statements that are simply false. And as the chief financial officer for PLU, I was surprised that no one from The Mast has asked me, or my colleagues, for an interview. Fortunately, The Mast also ran a banner directly below the article asking for feedback from "an expert on the PLU budget." I am an expert on the PLU budget, and I would like to provide the following clarity on a number of points put forth in the article.

In the opening statement, the reporter notes that she looked into the "sale of KPLU and other assets to be sold soon." While the sale of KPLU continues, we have no plans to sell any other assets.

The article states that the PLU budget is made up of three major parts: "cash and money... assets and debts." In fact, what the reporter is describing is the university's balance sheet. The PLU budget is made up of operating revenues and expenses, with tuition revenue being the largest component of revenues, and faculty and staff salaries being the largest component of expenses. Anyone interested in learning more is welcome to join me over the coming weeks at a series of ASPLU-sponsored conversations focused on understanding the PLU budget and how tuition dollars are spent. The first two events will take place Friday April 22nd and Monday April 25th at 10:30 am in AUC 201.

The article mentions that PLU has "about \$5.3M in cash." This figure was taken directly from the year-end financial statement, and it requires some context. PLU's primary bank account typically ranges in balance from a high of more than \$50 million to a low of \$4 or \$5 million during any given school year.

That range occurs because tuition monies are received in large amounts each semester, and the cash is used to pay expenses throughout the year. As a result,

the cash balance is always lowest around the end of the fiscal year in May. As of the end of February, our cash on hand in the operating checking account was more than \$20 million. It is worth noting that while many universities actually borrow on a short-term basis at the end of the school year to pay expenses, PLU has not. Ending the year with more than \$5 million in the checking account is actually a sign of financial strength.

Another important part of the asset equation is the value and importance of the PLU endowment. At the same time our cash account held \$5.3 million, the endowment was valued at more than \$85 million, and contributes more than \$3 million annually toward scholarships and endowed faculty positions across campus.

The implication of the article, it seems, is that cash is not sufficient given the amount of debt PLU carries. Yes, PLU has \$63 million in debt used to finance construction and remodeling of campus facilities. It would be highly unusual for a private university to not have issued debt as part of its capital raising. If asked, I would have shared that PLU has the lowest debt per enrolled student of any of the independent colleges of Washington (including the likes of Gonzaga, University of Puget Sound and Seattle University).

The article also included a false conclusion when it states that, "many students and staff believed that PLU was selling KPLU to get out of debt;" that the \$7 million cash sales price might be used to pay debt. In fact, the administration and Board of Regents have committed to placing that \$7 million directly into the endowment to earn money in support of student scholarships.

That PLU might default on its debt is simply not true. It is true that PLU did not meet a loan covenant requirement for liquidity, and anytime you violate a loan covenant, you are considered potentially in default until the covenant is cured, or a waiver is obtained. The explanation of the debt covenant violation is lengthy, but please know that PLU obtained the waiver in December. The bottom line is that PLU is nowhere near defaulting on its debt. In fact, our debt service coverage (the

ability to pay the current year debt costs) is considered very strong at more than 1.6 times the debt amount, and it far exceeds our covenant requirement of 1.1 times.

It's also worth noting that a number of financial institutions have been competing for the right to refinance our debt over the past few months. In the last two weeks, PLU was provided a commitment letter from a regional bank to refinance the entirety of our 2006 bonds totaling \$52 million. While they fully recognize the enrollment challenges faced by all private universities, they also recognize PLU's sound financial position and ability to easily service our debt. As a result, PLU will save a minimum of \$800,000 annually through 2037 on our debt service costs.

The statement that "PLU has actually been deferring its bond payments" is also incorrect. PLU has never missed or delayed a bond payment, and in fact we maintain a separate cash balance with another financial institution in excess of the required annual debt payment at all times as a debt service reserve. That amount is currently greater than \$3.8 million, and yes, that is a cash asset above and beyond the amount in our operating checking account.

The statement "PLU actually owes KPLU \$2 million in cash" shows a lack of understanding of basic accounting principles and of PLU's structure. The first thing to know, which may come as a surprise to many, is that KPLU doesn't exist as a separate legal entity. KPLU is a department of PLU. Take a moment to search for KPLU on the Secretary of State's charities web site and you will see that PLU is the only legal entity, and that KPLU is a DBA, or "doing business as" name used to support the station. Like any other department on campus we use the accounting term "due to" or conversely, "due from" to indicate how much of our total cash on hand is associated with any given fund or project. Since there is only one PLU there will never be a need to "fork over the money." The University of Washington recognized this fact in the purchase agreement, which states that no cash or deposits on hand at PLU are included in the purchase.

You might also be interested to know

that PLU provides more than \$1.5 million annually in in-kind support to the station, including technology infrastructure, accounting systems, human resources, audit and legal services, and many other costs that are direct expenses paid by the university. Should the Friends of 88.5 community group succeed in purchasing the station, these are real costs that the new station will have to raise annually to operate on a stand-alone basis.

Finally the article states that, "PLU is consolidating, streamlining and trimming the fat around campus." PLU is certainly being much smarter about our finances, and proactively taking steps to stop wasting money that could be used to better support our students. Yes, the bookstore loses money. Yes, we are looking for smarter options. Yes, students have indicated they would prefer the bookstore be more conveniently located on campus. We aren't pursuing options, as the reporter suggests, because the budget might not be in fine shape, although that would be a logical reason to stop losing money on any venture. We do it because we strive to invest more wisely in our shared future at PLU, and it simply doesn't make sense in this age of online shopping to support a 15,000-square-foot operation that is more than twice the size of bookstores at similarly sized campuses.

The article concludes with the question, "Did you know PLU currently has \$5 million tied up in construction in progress?" If asked, I would share that the \$5.0 million represented the work being done on Ordal last summer and was funded with bond financing so it didn't 'tie up' any funds that could have been used for other purposes. I would also share that the project is complete and that there is no longer \$5.0 million in construction in progress.

I hope that The Mast reporters will ask questions directly of PLU staff and administrators who can shed light on budget matters before publishing more articles on the subject. My door is open, and I welcome your thoughtful questions.

Allan Belton, VP for Finance & Administration

CSI: Campus Safety Investigations Taken from weekly Campus Safety reports

Theft

CSAF was contacted by a PLU student who reported the theft of a PLU laptop she had checked-out. She believes it was taken from her off-campus residence within the past week. There is currently no suspect information available. I&TS was notified of the theft

Theft from a vehicle

CSAF contacted non-students for a theft report at the Garfield Commons. Video surveillance observed a suspect break into a vehicle and then flee on Garfield Street. PCSD was contacted to take a report.

If you ever need help

Call Campus Safety at 253-535-7911
Email Campus Safety at csin@plu.edu
Or visit campus safety in the lower level of Harstad Hall



Theft

CSAF was notified of vandalism on the vending machine in the Olson Auditorium by a staff member. The vending machine had been pried open and the money removed. CSAF notified the vendor and temporarily secured the machine. No suspect information is available at this time.

Vandalism

A pickup truck (unknown make, model and license) drove in circles on the grass in front of South Hall before fleeing the scene eastbound on Garfield Street. CSAF noted damage to bushes, grass and an electrical box. PCSD performed an area check with negative results. No further action by CSAF.

Lute OverKnight:

Giving future Lutes a taste of campus life

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Lute OverKnight took place last weekend, giving prospective students an up close and personal look at campus life.

Current students got the opportunity to host potential Lutes and tell them what it's really like to be a student at PLU. Riley Dolan was one such student who told me all about his experience as an OverKnight host.

Dolan hosted two prospective students. Jayson and Ian, high school seniors from Washington state who are interested in studying political science majors.

The day began when Jayson and Ian arrived on campus mid-afternoon last Saturday. Dolan showed brought his students to his room in Stuen, where they hung out with other OverKnight groups and talked about what attending PLU is really like.

Eventually dinner time came around, and Dolan took his students to the UC where they got some entertainment with their meal. While Jayson and Ian dined at the Commons, they got the chance to listen

to PLU's famous a capella groups and witnessed a unique performance of Chinese culture.

"We went to dinner and they had entertainment at the UC, which was pretty cool," said Dolan. "There was Plutonic and Hermonic performing. And there was like a Chinese dragon that danced around. That was pretty cool. You don't typically get that with your dining experience."

The night continued as Dolan took his student to Olsen for a game of dodgeball, then the group ate delicious s'mores in Pflueger, and later participated in a campus-wide scavenger hunt. They even got to watch a local improv group: The Clay Crows.

Jayson and Ian got to venture all around campus and experience the fun PLU community. Dolan was glad to say that they had fun, and have shown serious interest in becoming PLU students.

"I know that Jayson has committed to going here. And Ian, this is one of his top two choices."

The moments that happened during OverKnight reminded Dolan about his own personal experience that led to him becoming a PLU student. It all came down to having great

hosts. Dolan raved about his fantastic overnight hosts and his positive experience that led him to choose PLU for his academic career and want to become an overnight host himself.

Upon discovering he was eligible for the Presidential Scholarship, Dolan attended a President's Weekend event where he stayed overnight at PLU with his very own hosts.

"So, when I was staying here for the President's Weekend, I had good hosts, Austin and Raymond, and I still see them around on campus and everything," said Dolan. "... so I wanted to try and have that same experience to try and pass it on."

Passing on the legacy of hosting students at PLU motivated Dolan to become an OverKnight host. The idea of sharing his experience with prospective students inspired him to become a host, and he encourages more Lutes to become hosts themselves.

Lute OverKnight gave Dolan an opportunity to express why he chose PLU in a way that felt genuine and personal.

"I visited a ton of different colleges," said Dolan. "Like twelve, fifteen colleges. I don't know. Something like that.

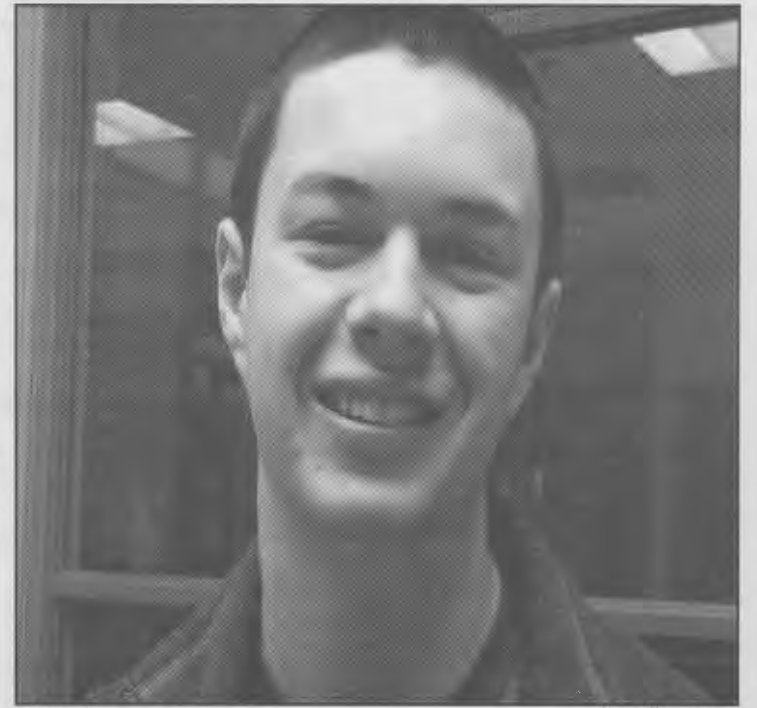
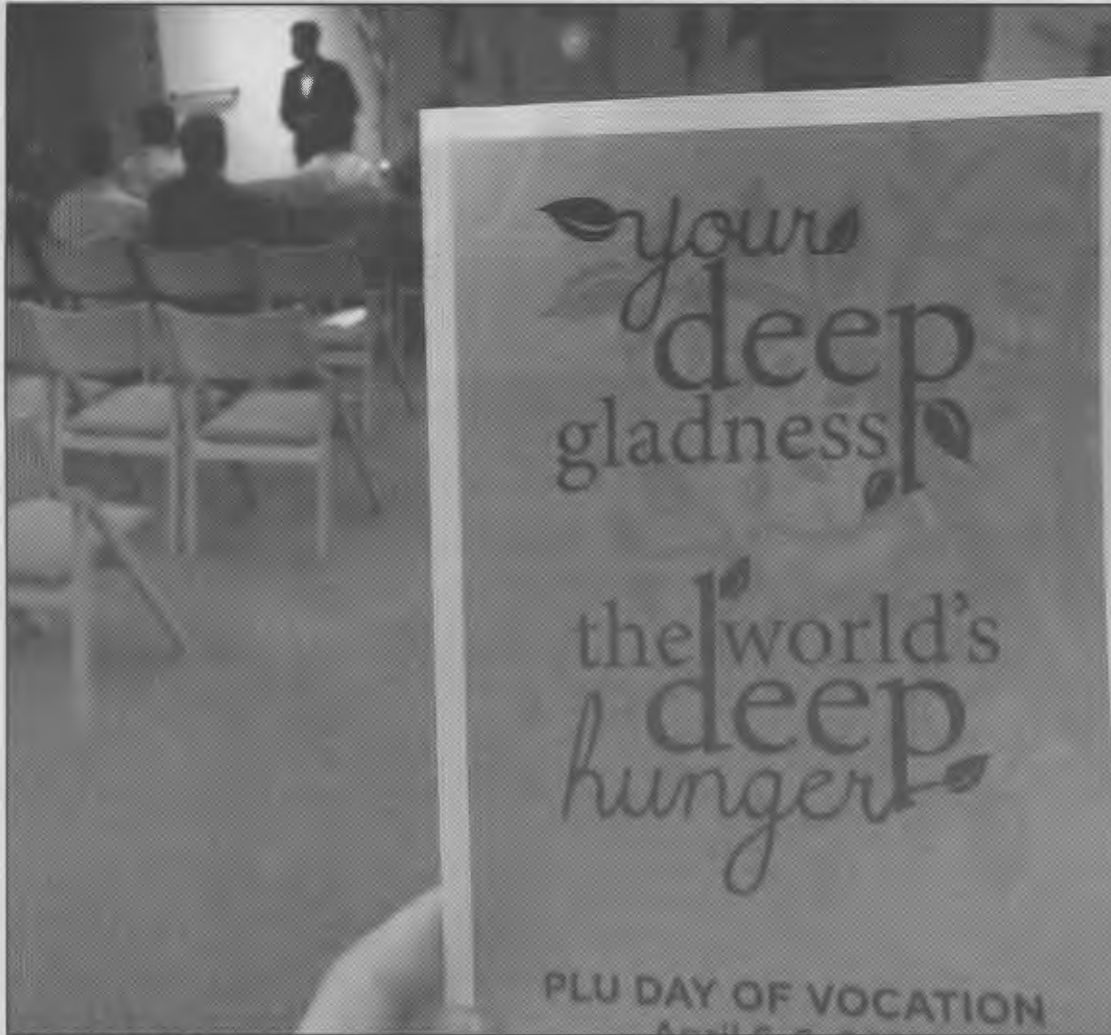


PHOTO BY ERIC ZAYAS
Riley Dolan hosted two high schooler students for Lute OverKnight. He participated in Lute OverKnight when he was a prospective student, said his positive experience led him to attend PLU

And none of them felt like the environment here where people are just really friendly. Really open and nice... and the food! The Cross Cultures, that's my

Day of Vocation 2016:

Your deep gladness, the world's deep hunger



SCREENSHOTS COURTESY OF MAST TV

PLU Regent and Alumni Michelle Long gave the keynote address at PLU Day of Vocation 2016. During the day, students participated in thoughtful inquiry about their vocation.

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"What is it you plan to do with your one wild and precious life?" As Lutes, we've heard this question since Orientation. PLU's Day of Vocation is devoted to discernment, discovery and the big enough questions that drive

our choices of majors, life partners and careers.

The second part of spring semester of the spring semester kicked off with some "big enough questions." The annual day of vocation was celebrated across campus with events engaging and asking the PLU community to consider their own vocational journey.

"Day of Vocation helps student explore their vocational journey," said Academic Advisor Heather Leque. "We're talking about how students' deep gladness meets with the world's deep hunger."

The day began with a keynote address from PLU Regent and alumni, Michelle Long.

"The importance of 'Day of Vocation' at PLU really has a



lot to do with helping students become better," Long said. "It's the ability to step outside their comfort zone and ask the difficult questions."

In addition to the series of speeches and presentations, or LuteTalks, a handful of fake trees were set up in Red Square. Students wrote their passions and interests on paper leaves, while reflecting on the world's needs.

The LuteTalks featured student speakers and faculty. The "Scientists and Philosophers in Dialogue," which had several professors of physics, philosophy and chemistry discussing how they found their own vocation.

A&C

Dance Continuum reflects *diversity*

LIBBY POSTOVOIT

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The word that would best describe Pacific Lutheran University's Dance Continuum, which took place April 8-9, is undoubtedly "diversity."

Directed by PLU theatre professor and Director of Dance Ariella Brown, the program featured more than 50 student dancers and showcased variety through choreography and music.

Before the program, several dancers performed pre-show improvisations. Their freedom from formal themes and willingness to experiment with different techniques set the tone for the rest of the program. The audience met this year's Dance Continuum with positive reception because its wide array of emotions and styles allowed for greater expression.

With choreography incorporating elements of hip-hop, step, swing and modern dance, Brown, guest choreographers and student choreographers represented the varying tastes of PLU's student body.

Though not the main focus of the Dance Continuum, the variation of musical genres enhanced the quality of the program. Pop songs, timeless jazz selections and original songs written by PLU students fit well together and framed unique stories for the dancers to tell through their movement.

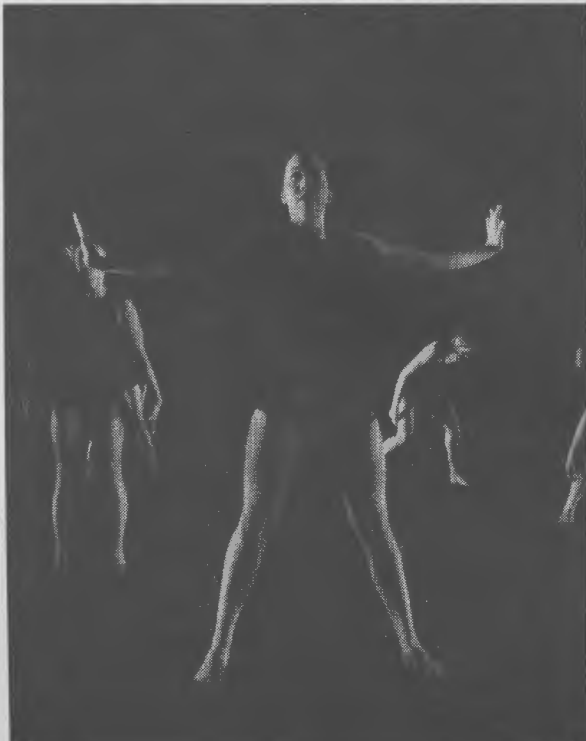
Audience favorites from the program included "All We Got (Girls)," a fast-paced swing dance number choreographed by senior Virak Pheng, and "Calypso," a lively step piece choreographed by senior Lute Nation co-captain Johanne Madsen and sophomore Yadira Avendano.

Stand-out dancers from the program included first-year Erin Baker, sophomore Lauren Castle, first-year Kseniya Larsh, first-year Hannah Mortimer, sophomore Claire Saitta and sophomore Tessa Wright.

"I had a lot of fun," said Baker, who danced in six of the 13 pieces, "I loved all the different dance styles. Not having the same stuff made it interesting for me and for the audience."



PHOTOS BY QUINN HUELSBECK



Molly's Music Reviews: Ina Wroldsen

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Ina Wroldsen is a Norwegian singer and songwriter based out of London. Wroldsen worked in the music industry for several years. However, it is only in the past couple of years that she's become

a name people know, although she has written songs for One Direction, Demi Lovato, The Pussycat Dolls and Britney Spears amongst others, for the past nine years.

Few people know this but she is actually the voice of Calvin Harris' single, "How Deep is Your Love."

Wroldsen is half of the Norwegian and Icelandic duo Ask Embla. A duo that has been active since 2011

Most recently, she worked with Broiler, a Norwegian DJ and electronic music duo. Together, they released the song "Lay it on me" on Friday 8 April.

Wroldsen has only released two solo singles, "Aliens" in 2014 and "Rebels" in 2015. Hopefully there is more to come.



PHOTO COURTESY OF 730.NU

Tacoma Art Museum shows Edvard Munch

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"Edvard Munch and the Sea," an exhibit featuring the Norwegian painter known for his famous piece "The Scream," opened at the Tacoma Art Museum April 9 and will remain a main exhibition until July 17.

The sea is a major theme in much of Munch's works. In one piece on display at TAM, "On the Waves of Love," a woman is painted in black as her hair and the waves of the sea behind her meld into one. Another piece on display, "Angst," shows several figures dressed in drab garb in a



PHOTO COURTESY OF OURPURSUITOFART.BLOGSPOT.COM

procession marching from the sea, again in all black.

Juliano Verboort, though unavailable for comment, wanted to stress that the exhibit is free for students.

"We'd love for students to be exposed to multiple impressions/articles about the exhibition so they'll be encouraged to come see it," Verboort wrote in an email to the student body.

In addition to the exhibit at TAM, the Scandinavian Cultural Center will host several events in the coming months highlighting Munch's legacy and connection to Scandinavian heritage. "Munch and Medicine," (April 23 at 4 p.m. in SCC) features Allison Morehead, an Associate Professor of Art History from Queens University. Morehead will weave together Munch's interest in the sea and medicine, and will present her research from an ongoing project "Munch, Modernism and Medicine." She will also participate as a guest judge in the "Inspired by Munch" student exhibition, displayed in SCC.

The student exhibition, which offers a cash prize of \$500 for first place, \$250 for second place and \$125 for third place, will encourage students to submit works of art or reflecting techniques and motifs used by Munch. Full rules for the exhibition can be found at plu.edu/scancenter/munch.

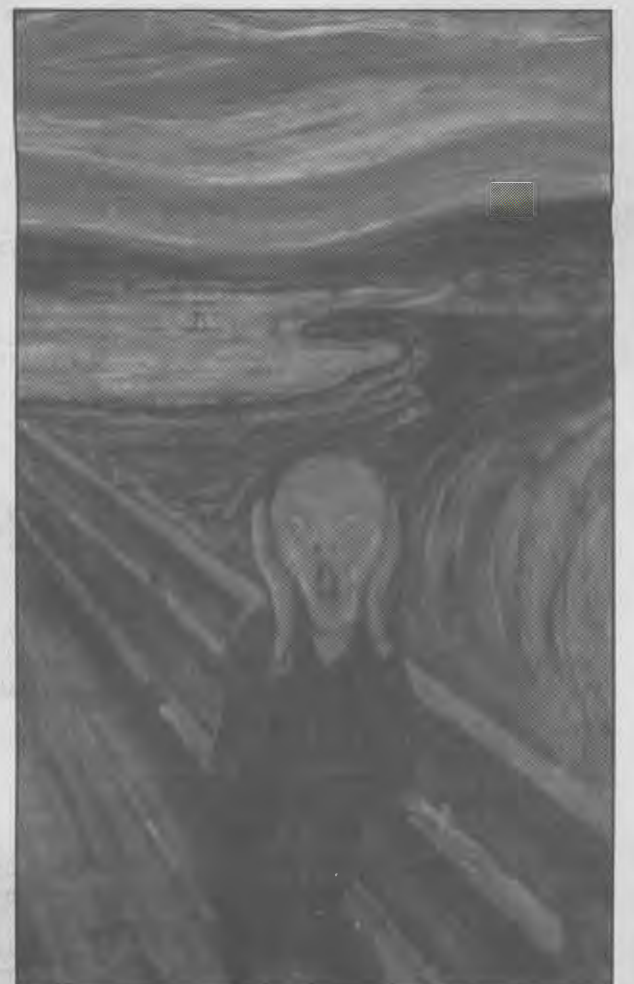


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Nordstrom Knows Best

BROOKE THAMES
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Pacific Lutheran University's Career Connections added fashion advice to their list of services when the department partnered with Nordstrom and The Center for Gender Equity last Thursday to consult Lutes on wear for the workplace.

Students in attendance not only earned a complementary Career Connections laptop bag, but also a plethora of fashion tips to help ensure their style success both during the interview process and post-employment.

"[We wanted to] equip students to feel confident and comfortable in the clothes that their wearing so that they can present their best selves," said Jennifer Smith, Director of the Center for Gender Equity.

The Career Connections fashion show is a familiar event to PLU. The show previously used in-house models consisting of faculty, staff and students.

This year Carrer Connections and the Center for Gender Equity joined forces with Nordstrom to present students with professional and stylish clothing options currently available on the market.

Through its current relationship with Nordstrom's internship program, Career Connections featured six Norstrom employees who modeled various outfits and answered questions about everything from fitting and fabric prints to tattoos and piercings in the workplace.

Each employee - along with the fashion show's moderator, sales manager Terry Doan - emphasised maintaining identity and personality while still presenting oneself in a professional manner.

"Talking to students about how they can dress themselves in a way that represents who they are and also communicates their professionalism I think is important," Smith said. "They

did a really good job at the show to highlight [the fact that] it's about your personality, emphasizing who you are and doing you rather than wearing a costume of what you think is professionalism."

Simultaneously, the Career Fashion worked to remind Lutes of how their fashion choices matter both during the interview process and on the job.

"Often we don't know if we're violating a [fashion] principle in interviews until the interview is over," said Allie Grill, Assistant Director of Academic Internship and Career Development. "To empower students to realize that they have the right items in their closet I think helps them see that they have the tools to be professional."



PHOTOS BY BROOKE THAMES

"It's about your personality, emphasizing who you are and doing you."

Jennifer Smith

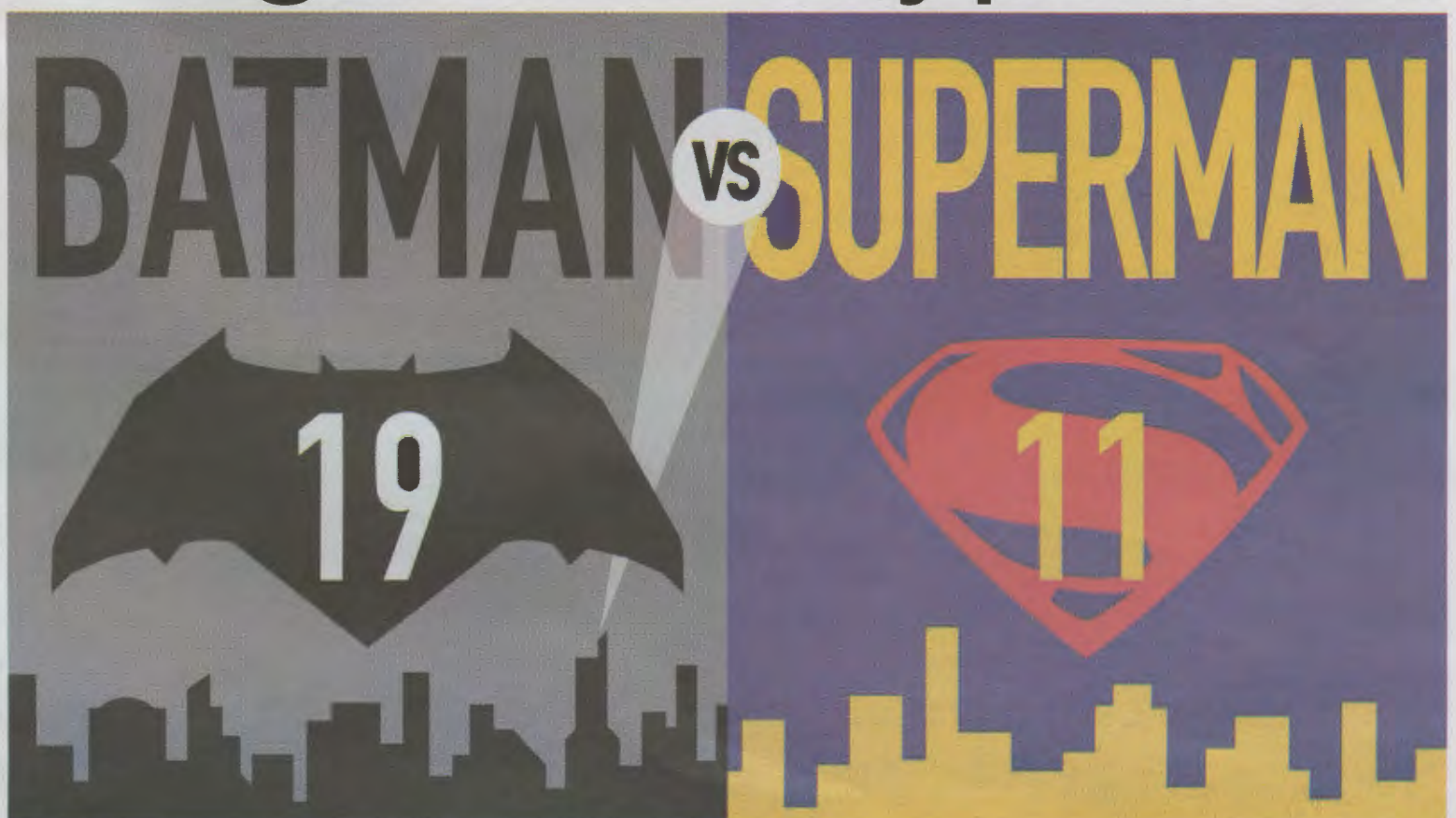
Director of the Center for Gender Equity



Dark Knight vs. Kryptonite

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comptose@plu.edu

Batman vs. Superman came out a couple weeks ago and we know practically everyone saw it. The movie inspired furious debate over the essential question: who is better, Batman or Superman? The Mast polled 30 students around campus and found that Batman beat Superman 19 to 11. To engage the rest of the PLU community, *The Mast* is currently featuring a poll online at mastmedia.plu.edu until the end of April. Let's see which superhero PLU loves more: Batman or Superman? You decide!



GRAPHIC BY COLTON WALTER

Vote at

Mastmedia.plu.edu

From silent to survivor

CONTINUED FROM PAGE 1

their perpetrators walk away from hearings without punishment, according to Higashiyama's fellow blog contributors.

"If a perpetrator is suspended, then they're allowed to come back," Higashiyama said. "For example, my perpetrator has a couple minor things to complete, then he can waltz right back in. And that terrifies the crap out of me. My rapist can just walk right back on campus and resume life."

Higashiyama's perpetrator received a "no contact order" from Campus Safety, meaning he could not be near or talk to Higashiyama. When he tried to contact her, she said she called Campus Safety to report it but never heard anything back. She began to feel hopeless, living in fear, and decided to try and move on from the process.

It wasn't until a few weeks ago when her music history class was watching an opera film that all of her pent-up trauma came back in full force. When a rape scene came up, she was so upset that she grabbed all of her things and stormed out of the classroom.

That night, some of her friends asked if her reaction to that scene came from a personal history with assault. When she told them her story, something unexpected happened: several friends admitted that they too were survivors of sexual assault. They shared their stories with her and it was clear to the Higashiyama that most of the survivors' experiences with PLU's conduct system was miserable.

"There were a lot of common themes I saw going," Higashiyama said. "Then I started connecting the dots, it's not just my case that wasn't treated very well - there was a pattern going on."

Once Higashiyama realized how prevalent the problem was - even just in one of her classes - she decided to address the larger PLU community about assault and the scarring conduct process.

From Campus Safety
"That would be very out of character for my office," Director

of Campus Safety Greg Premo said when asked about the alleged nine emails one student sent to his office that weren't responded to.

According to Higashiyama's blog and her own anonymous source, one student who was assaulted emailed Campus Safety nine times without a response when a perpetrator was contacting her after receiving a no-contact order through PLU. "That's hard to imagine, but easy to look up if that student wants to come forward and we can find out what happened," Premo said.

"Campus Safety really plays such a small role in these incidents," Premo said, sitting in his office in lower level Harstad. Premo admits he hasn't read the entire blog, but looked over the section regarding Title IX and the Clery Act.

Premo and his office were tied into the PLU movement when Higashiyama's blog directly stated that Campus Safety and PLU were in violation of the Clery Act, meaning PLU was failing to make crimes public by reporting them to the government. The Clery Act is a fluid act, Premo said, trying to explain how hard it was for someone to understand just by reading it.

There are several institutions and groups across the country that work with campus safety divisions to understand and abide by the act. Premo admits the Clery Act threw him through a loop the first time he tried to understand it as well.

The main issue that Higashiyama's blog points out is that PLU Campus Safety is not reporting an accurate number of crimes and is not providing the public with a Crime Log that is updated at least every 60 days.

"I understand where the confusion comes from," Premo said, continuing on to explain that the Clery Act only applies to crimes on-campus. Meaning stories like Higashiyama's that occurred in houses off-campus wouldn't fall under the Clery Act even if they were reported to PLU entities.

The crime logs are another concern of Premo's. Understandably, not many students request the crime logs from each month and the process to getting them isn't as easy as Googling the topic. To obtain crime logs through Campus Safety, a student

needs to make a request to a non-student staff member. From there, all the documents are public and will be released or shown to anyone who would like to see them.

The Crime Log is different than the Clery Act reporting. The campus Crime Log includes any incident (whether someone is found guilty or not, whether the accusation is revoked or not) that is reported to Campus Safety. That means the log is completely comprehensive of everything the Campus Safety office works on.

"I want to say about 90 percent of assaults aren't even reported to Campus Safety," Premo said. If nothing is filed, there's nothing Campus Safety can do - the office is meant to be a crime reporting system. Premo is proud of the work PLU is doing with Campus Safety, the conduct system and the Center for Gender Equity, saying the campus has come a long way in the last few years and is still looking to grow. "We have a victim-centered process," Premo said. "It's meant to empower the victim because a criminal investigation can be intrusive and traumatizing. This way they don't have to do anything they don't choose to."

The National Movement

Even though the movement was recently sparked at PLU, campaigns to raise awareness about sexual assault on college campuses have been popping up across the country. In 2014, President Obama took a similar stand against college sexual assaults. Obama cited that one in five college women are raped and had one thing to say to all of them: "I have your back." The President called for campus presidents nationwide to step up and start making changes.

Recently, the End Rape On Campus (EROC) national campaign was started as a tool for student survivors to understand their rights, become educated, get personal help and make change on their campuses. The organization's main goal is to enforce Title XI and the Clery Act in schools as well as to educate students to know when those laws are being broken.

Following their lead, many

students with similar stories to Higashiyama started other campus-wide campaigns. This March, a student at St. Olaf college launched a similar campaign and blog titled "My College is Protecting Rapists." The St. Olaf blog and movement was the inspiration for Higashiyama's blog for PLU students.

California students filed similar claims against UC Berkeley, Occidental College and the University of Southern California, according to an article published in the Los Angeles Times. Through several audits and investigations, it was found that USC and Occidental failed to report dozens of sexual assaults in their annual crime reports of 2010 and 2011. In September of 2014, Occidental managed to make monetary settlements with 10 of the women involved in the federal complaint, according to the L.A. Times.

President Obama set a precedent, stating that this kind of national movement could easily spur a governmental task force to fight such injustices across the board.

Campus Sexual Assault in Numbers

According to the National Sexual Violence Resource Center's annual "Campus Sexual Assault Fact Sheet," 20-25 percent of college women are sexually assaulted or raped during their time at school. Of those, 90 percent knew their perpetrator before the offence occurred.

Between 79-88 percent of victims (both male and female) are either forced into sexual activity or incapacitated as Miya had been before the assault.

Sexual assault can be anywhere on a range of sexual misconduct. In a CNN survey of more than 150,000 students from more than 27 universities, results showed that only 11 percent of sexual assaults involved penetrative or oral sex.

It's important to note that these statistics, though they're widely accepted, come with criticisms - as well as support. Many professors and educators in this field criticize most sexual assault statistics because they either take their samples of students from too few universities, or their definition of sexual assault is too



broad or too narrow. For example, originally campus sexual violence was defined as sexual intercourse that is unwanted or non-consensual, including kissing, etc. This led to CNN, and some Oklahoma professors. That with broad no way to go, so everything is down to spec

Several groups around PLU students getting Sexual Assault topic through Student Life Responsibility of PLU and Equity.

A panel on campus will discuss Perpetrators Wednesday 2

To get involved, send an email to her social media.

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Higashiyama me with this are coming o

Higashiyama movement is involved at with the risk being verbal community.

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RIGHT: PLU students rally together during the annual "Take Back the Night" rally. Sophomore Audrey Lewis leads participants in "radical cheers" against sexual assault as they march around campus at the events Take Back the Night and Walk a Mile in Her Shoes on April 25, 2013. Take Back the Night happens every year, this year's rally is scheduled for Thursday, April 21.



PHOTO FROM MAST MEDIA, 2013



A little video before we start the week...

APRIL 11, 2016 / 2 COMMENTS

I just want to clarify a few things/our intentions and address hate mail as we head into week two of this campaign. Thank you everyone for your continued support.



SCREENSHOTS BY SAMANTHA LUND

Screenshots from Higashiyama's blog. Left is her original announcement post on her site, above is a screenshot of her YouTube video responding to hate male she received.



PHOTO BY HANSEL DOAN

TOP, LEFT: Last year, students across campus joined the "It's On Us" campaign to stand together against sexual assault on the Pacific Lutheran University campus. Polaroids aligned a wall in the University Commons of all the students who joined one afternoon.

LEFT: *The Mast* published a feature last year about Colby Klingele, a PLU alumn who dedicated her senior year to fixing the university's conduct system and making it better for victims of sexual assault. Klingele is pictured to the right, talking with Lt. Col. Celia FlorCruz who presented at PLU about sexual assault in the military. You can read more at mastmedia.plu.edu.

OPINION

Satire: 7 simple ways to save the planet

That you're just too lazy to do...



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ALL GRAPHICS BY JULIA GROSVENOR

Take a reuseable bag to OMM



It's that time of year when everyone either has way too many dining dollars or they just restocked after guiltily their parents about starving. Either way, buying snacks is now a serious task. The cashier doesn't even need to ask, they just whip out the paper bags. Instead of wasting that paper, how about a reusable bag? They can be found almost anywhere and they are never expensive. Come for the cool designs and stay for the convenience of never tearing a bag again!
Why you won't do it: If you're still dealing with leaving your assignments on your desk, there's no way you're remembering to bring an empty bag on the off-chance you feel like shopping.

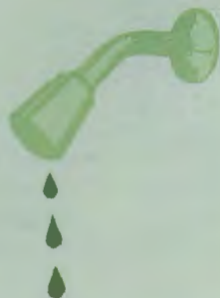
Own actual dishes...and silverware!



Buying paper plates and plastic forks might seem like a decent choice as a first-year, but the sucky thing about disposables is that they get disposed and restocked and disposed. Unless there's a new fad diet only the horizon that only allows food that can be eaten with one's bare hands, there's nothing economic about cheaping out on cutlery. Seriously, they sell normal dishes at the dollar store. Go get some.
Why you won't do it: Buying normal adult things makes you feel too much like a grown-up and you are terrified of growing old and facing your own mediocrity.

Cut back on showering... seriously

Dermatologists actually say that the best thing for your skin is to shower less (every 2-3 days, and avoiding really hot water) but most college students are already stinky grease-balls, so instead try to take shorter showers, or turn off the water until it's time to rinse.
Why you won't do it: You stopped respecting my opinion as soon as you read the "shower less" thing. But I'm right, and you can Google it.



Avoid the landfill



It's 2016, you're on an eco-friendly campus, and there are more ways to avoid throwing things in the trash than ever before. Pretty much anything that looks like it was recently a plant or edible or somewhat organic can be put in the compost. Even some plastics can be composted, if they have a leaf or something on them. And most of everything else is recyclable if it is clean. Everybody deserves less garbage.
Why you won't do it: The compost bin is all the way at the end of the haaaaaallllll... uuuggghhhh... We'll be lucky if you recycle this newspaper anyway.

Rent, resell, recycle textbooks



There's nothing like the fresh, crisp, chemically smell of a new textbook- and there's also nothing like the price of one. E-books are great, but for some reason, they are also really expensive most of the time. Fortunately, getting a hold of a used book saves money and saves all the resources that would have gone into printing a new one. And when it's served its purpose, you can send it to a new home (a recycling plant also works). Plus, there's nothing like old book smell!
Why you won't do it: Ew, this has pencil marks in it, and some of the page corners are folded in! Yucky.

Only do full loads of laundry

Surprisingly, this isn't a water thing. A washing machine uses about the same amount of energy washing small loads as it does large ones. For the same reason it's also a good idea to wash with cold rather than warm water. This is a perfect opportunity to be more lazy about chores!
Why you won't do it: Either you already do this, or you want to but you're still mad at me for suggesting less showers. Your "me time" is sacred and I'm sorry I said anything, ok?



The Lonesome, Crowded West

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Isaac Brock was right. In the album released by Modest Mouse "The Lonesome Crowded West", Brock predicted the now-inevitable metropolitan megalopolis that will end the Seattle-Tacoma area as we know it.

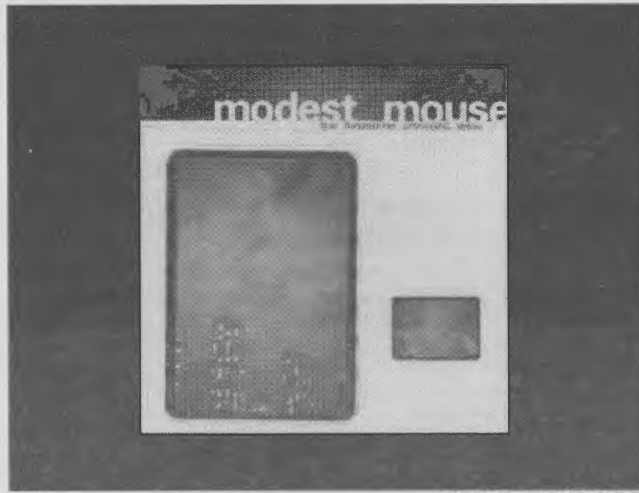
OK, you could say I'm a bit bitter. "Lonesome Crowded" was released in 1997, just before the city began to feel the weight of its own size and expansion. At the time, nothing was being done to prevent issues Brock points out. We've made progress since then, but too little, too late, and for the foreseeable future I will be forced to endure the endless monotony of traffic up and down the I-5 corridor.

The satisfaction we gained from our rapid and immediate expansion has cost us much more than just our elbow room. We would've been better off "compacting" our conscience and keeping it safe for another time, rather than to "bottle and sell it." Nineteen years later, "Lonesome Crowded's" predictions for a dystopian Seattle have come to fruition. To someone like Brock, who was quick to point out that he was an Issaquah native and who penned such lines as "I didn't

move to the city, the city moved to me," which carried more weight under the surface than above it. Brock becomes (or already was) the character Cowboy Dan in the song of the same name, who rails against the city encroaching on his lonesome, crowded west. On "Convenient Parking," Brock bemoans the destruction of nature to make way for the paved world. He even comes off as accusatory (Well aren't you feeling real dirty/Sitting in your car with nothing/Waiting to bleed on the big streets).

"Teeth Like God's Shoeshine" opens with "From the top of the ocean / To the bottom of the sky / I get claustrophobic." Here, at the top of the album, Brock sings against the dangers of consumerism. Brock's entire world is shrinking around him.

The Seattle he knows and loves is rushed with wave after wave of new residents, draining themselves into spaces that weren't there before, propelling the city ever-forward on its capitalist tide. The influx of Amazon employees has long been touted as the reason behind rising rent costs in the downtown and South Lake Union area (Brock couldn't have predicted Amazon specifically when he wrote "Workin' real hard to make that internet cash/ work your fingers to the bone while sittin' on



Album artwork for Modest Mouse's second LP The Lonesome Crowded West. Isaac Brock, the band's frontman and lyricist, predicted the metropolitan nightmare that Seattle would become in the years following the album's release. The artwork features the two towers of The Westin Seattle hotel.

your ass on the album's fifth track, Jesus Christ Was An Only Child). Seattle has crested since 1997.

The Seattle-Tacoma-Bellevue area added 57,000 people in the last year and remains the nation's 15th largest metro area, with 3.61 million people. Sixty-five thousand of those people live downtown, and 24 new residents move in per week. That's a lot of people. And all of these people are always out and about. I

don't know if you've tried to get anywhere downtown recently, but it's a nightmare. It's the fifth most traffic-congested city in the U.S., with drivers in the metro area waiting in traffic for an average of 89 hours per year.

Seattle has nearly 100,000 parking spaces downtown. But, as Seattle Business editor John Levesque puts it, "it always seems that my car is No. 100,001 in line." Brock and Levesque share the

feeling that though we live in the metro area, something as simple as convenient parking has gone down the drain.

The city has not been stagnant in getting traffic flowing again. In November of 1996, (yes, 1996) King, Pierce and Snohomish County voters approved a tax increase which allocated funds for a 25-mile light rail system. This began what is collectively known as the "Dark years" for Sound Transit. I'm not being dramatic for effect, the time between 1999 and 2009 wherein the project faced numerous political and financial delays is referred to in numerous source documents as "the Dark years."

While the Link is open now, and in fact just opened two new stations in Capitol Hill and the U District, it isn't a solution. The process that was funded 1996, won't even be anyway to "Ride the Wave" line to ride from Federal Way until 2023.

Seattle is, however, ranked the best city in America to find a job, the fastest-growing big city in the country and the most "cultural" city in the U.S., according to the State of Downtown 2015 release. We may have made small steps in the right direction, but Brock's central message was ignored. The time has come to pull the bottle of conscience off the shelf, pop the top and drink up.

Twenty hours is simply not enough

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As college students, the pressure is put on us to be able to do it all: get into school, go to class, study, be social, do extracurricular activities, volunteer, stay in touch with your family and, of course, hold down

a job. For those who live off campus, the job market is an ocean of possibilities spanning as far as you are willing to go, but for those who reside within the Lute dome, it's better not to go past Pacific Avenue and Garfield. That being said, PLU does offer a plethora of occupational opportunities, but there's a catch. According to the financial aid office, you are

limited to 20 hours a week at most. That, to me, is not going to support you.

On-campus life provides a home, basic utilities and dinner every night with some extra money for other food during the semester, but that's really it. It does not provide textbooks, clothes, dishes, school supplies, most toiletries (aside from the condoms found in residence hall bathrooms) and many other necessities for everyday life and use. Some of this list you are expected to bring with you from home so you don't start out your school year with an empty void of a room, but there are some things that do need replacing after some time or are one-use items. And now that you're on your own you have to find a way to afford these things. There are times when 20 hours is simply not going to be enough.

I know it's not everyone's favorite activity in the world, but let's do some math shall we? PLU student employees are paid once a month, resulting in four weeks of working,

Let's just assume that you are a particular student employee and, for four weeks straight, you have met the limit of 20 hours per week ~~exactly~~. This would result in 80 hours worked for that month. Not all, but a majority of on-campus positions are minimum wage jobs. Let's also assume you have one of those and make \$9.47 an hour. Multiply \$9.47 by 80 and you have earned \$757.60. However, that is before taxes. Using the site Dinkytown.net I was able to calculate exactly what would be on your paycheck: \$642.63. Also keep in mind that, in my experience as a part-time worker, I have discovered that employers will perhaps schedule you to never have a chance at meeting the 20-hour limit so as to save labor, but I recognize that all employers are different.

At first \$642.63 may seem like you're rolling in the green, but then you start shopping. First you need your books for class, we'll round up to \$200 to make it simple. Next is supplies, and let's face it, you're

probably going to the Garfield book store because Walgreens is rather limited in its selection and the nearest Walmart is either in Spanaway or Puyallup. And we all know how much the bookstore charges... take away another \$150. Let's remove another \$50 for household items like toiletries. Perhaps you need some spare dining dollars in case you ran out, to make it easy I'll just knock off \$100. Add it all up and take it away and you have \$142.63 left in your bank account. This is not including vehicle gas and care, clothes, school payments, potential graduation fees, technology repair/replacement and so on... and all of these must come before any sort of spontaneous spending. At the rate you're going you won't even get there.

What is all this math supposed to mean? It means that though it is not portrayed on the surface, even if you live in a dorm you still need a reliable source of income. You are a student, but you are an adult as well and as such you are required to be able

to provide for yourself. PLU should not be limiting the income of the students that really need it or need to save it in case of emergency.

PLU does have a decent reason for the limit though. According to www.edvisors.com "every \$10,000 increase in student income will cause up to a \$5,000 decrease need-based financial aid." It is alarming to imagine your financial aid going down, but reasons such as this is why scholarships exist to be able to pull you back up. If anyone is willing to work full-time and simultaneously go to school, they deserve some scholarships.

All in all, PLU may believe that they are ultimately helping their student body by limiting their labor, but perhaps they forget the struggles of a student trying to live off of minimum wage while paving the vocational road in front of them. Twenty hours a week is nice, but for many students, it is just another burden to bare. Perhaps our university will realize that some day.

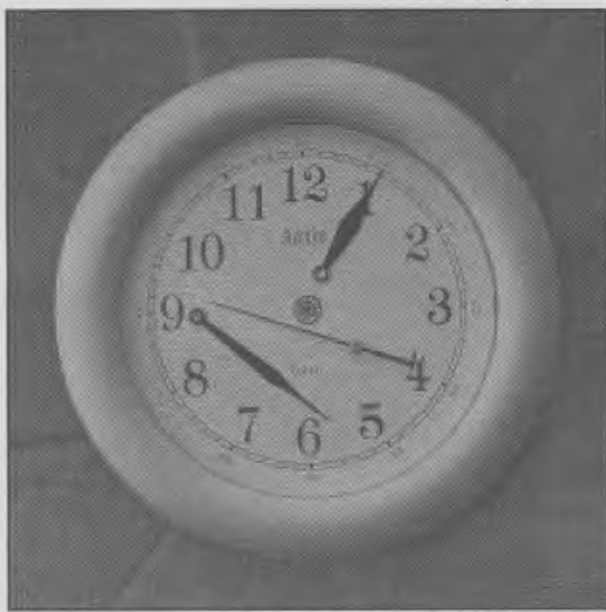


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The "Self-conscious-ie"

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Over spring break a couple of weeks ago, I got a new smartphone. It has all the newest technological advancements I will likely never use nor know how to (The few icons that grace my phone's background are about what you would expect from a conservative Christian and self-proclaimed nerd: Fox News, The Holy Bible and a Merriam-Webster Dictionary app. Am I tech-savvy or what?). One particular feature of my new device's selfie-mode, however, did catch my eye. For a phone that boasts to be the latest and greatest, this feature seems sorely behind the times.

The application I'm referring to is called "Beauty Mode." It allows users to, before they even take a photo, prematurely correct the untouched hideous result that will be produced otherwise. Because who actually wants a selfie to look like his or herself?

Beauty Mode can smooth your skin tone to blur over any wrinkles or imperfections, and slim your face so you can get that sexy apocalyptic-zombie look. Always wanted to look like Mort from "Madagascar?" Make those peepers bigger with the "Large Eyes" option. There's even a "Shape Correction" option if your face-shape is just, well, incorrect.

The best part? You don't even have to reset these face-corrections every time you take a photo. Beauty Mode will remember your preferences and automatically regurgitate an altered image of yourself whenever you take a selfie - like a deceptive mirror.

In all honesty, the myriad ways to enhance your selfie make me think you might be better off just using good ol' "Paint" to glam yourself up.

While it may be fun to embellish your portrait and essentially photo-shop yourself, Beauty Mode doesn't quite sit right with my brain's Critical-Thinking Mode. I must ask the question: are these smart-phone application simply harmless fun, or can they actually produce negative consequences?

Beauty Mode and similar features on cameras are quite intriguing in that they alter the camera's original function of essentially being a mirror and instead turn the camera into a mold. This makes a personal photo less of an accurate reflection of oneself, and more of a manifestation of one's insecurities. The existence of Beauty Mode, after all, implies that there is something un-beautiful about the original image that ought to be corrected. The selfie becomes a "self-conscious-ie."

Beauty Mode encourages comparison (which Theodore Roosevelt wisely deemed the "thief of joy") by establishing a standard definition of beauty for one to compare oneself to. While I'm certainly not against the pursuit of a healthy body, this app perpetuates harmful standards that do not equate to physical health and should not represent one's goals for his or her body.

Furthermore, one's genetics determine, to a very large extent, the possibility or impossibility of a person to possess certain features. Therefore, the comparison

of one's body to another or to an "ideal" standard of beauty is a thoroughly depressing and useless endeavor as one cannot inherit another's body by envying it. An old adage I heard repeated throughout my childhood seems especially relevant: "You get what you get, and you don't throw a fit." Comparison will only hinder one's happiness with oneself - and comparison is exactly what Beauty Mode inspires.

This feature is made even more harmful by the increasingly common trend of parents letting their young children play with smartphones. Things like Beauty Mode can, at an early age, ingrain in child's mind the idea that their body is not good enough without alteration. This is an especially toxic message to teenagers, typically regarded as the biggest fan of selfies - as well as the age-group most insecure and uncomfortable with their bodies.

Finally, Beauty Mode eggs on our appearance-obsessed selfie culture, the consequence of which is a neglect of the importance of inner beauty (This is actually quite ironic, as inner beauty plays a colossal role in outer beauty). The selfies we take are a representation of how we hope to appear to the world. Certainly, people deserve to feel comfortable in their own bodies. But if such a representation revolves around physical appearance, it's all too easy to forget the invisible things that no selfie can truly capture - things that cannot be added to a photo, even with the latest and greatest device. Things like kindness, patience and compassion. Your spirit. Your you-ness.

If the ideal selfie - your ideal representation of yourself to the world - is an altered, enhanced,

"beautified" image, what does that say about how we view ourselves, and about our culture? Such a question makes me wonder if Beauty Mode accomplishes its purpose of making one more beautiful, or if it even makes one feel more beautiful. Really, aren't the two the same thing?

When I got my new smartphone, I

tried out Beauty Mode for myself - enlarged my eyes, slimmed my face, hid a few zits and polished my unbalanced skin-tone. The enhanced image made me feel more diminished than anything else: no freckles, no familiar eyes, no round happy cheeks. According to my phone, I had been "beautified." "Mummified" seemed to be a more appropriate fit.

I turned off the features, for a moment, cringing slightly at the actual tone of my face in comparison to the flawless, baby's bottom, porcelain skin that my phone had just told me I had.

But I set the phone down and remembered - the most important image of ourselves is the one we will never see. It's how we look through the eyes of a friend, a grandfather, a sister, a boyfriend, a mother, a child. Consider how we look to God - a uniquely and intentionally created, one-of-a-kind, original individual made righteous through Jesus: no corrections needed. And remember: no Beauty Mode on a phone will ever be able to create such a beautiful picture.



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it's all online:

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CARLY STAUFFER
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My name is Carly and I'm a Physics major here at PLU. I'm a total nerd, in love with Olympic National Park, and enjoy singing in University Chorale, writing, learning, acting and spending time with family (and Jesus!). While I somehow manage to look as though I've got my life pretty under control, I generally feel like I'm awkwardly stumbling around, trying to figure out life...just like Little Carly. Enjoy!

THINGS I SHOULD ALSO HAVE A DEGREE IN WHEN I GRADUATE:

- | | | | |
|---------------------------------------|--|---|--|
| ① HOLDING DOORS OPEN FOR PEOPLE, B.A. | ② PUTTING STUFF IN A COMPOST BIN, B.S. | ③ PRONOUNCING NORWEGIAN NAMES MOST-LIKELY INCORRECTLY, M.S. | ④ GOING TO OMM FOR A SNACK, REGARDLESS OF THE HOUR, M.A. |
| ⑤ CEREAL-EATING, M.S. | ⑥ AVOIDING PUDDLES, WHILE BALANCING BREAKFAST, COFFEE, AND A BACKPACK, BEFORE 8 AM, B.S. | ⑦ QUADRICEPS-WORKOUTS (THANK YOU, HINDERLIE HILL), B.A. | ⑧ BOOKING IT TO ADMIN FROM MORKEN WITH A SNACK BREAK AND PIT-STOP IN BETWEEN, ALL UNDER 10 MINUTES, B.S. |

Carly E.
2/2016

SPORTS

In-Depth With NWC Athletes of the Week



STEPHANIE COMPTON
Sports Editor
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Sophomore Marissa Miller and junior Cole Johnson earned NWC student-athlete of the week honors last week after strong weekends on the mound and at the plate.

Miller stepped up big for the Lutes this season, going from the number two pitcher last year to the number one pitcher this year.

"From my freshman season to this season I have tried to focus on being able to command both sides of the plate from the start of the game to

the finish," she said.

Miller's ERA dropped two points from last season to this season and she's on track to break her strike out number from last year.

Cole Johnson is a junior infielder who boasts three home runs on the season. When asked about the team's strengths, Johnson said, "Our team's greatest strength is defense. Our team's defensive numbers are outstanding and have been all year. Besides that I feel that our ability to come together when things don't go our way is a great strength. We have some very tough individuals on our team who put the team first. That's what this game is all about."



Junior Cole Johnson is a infielder/pitcher for the Lutes baseball team.

Sophomore Marissa Miller (#32) is a pitcher for the Lutes softball team.

Q: What's your favorite pre-game meal?

M: Oatmeal, coffee and yogurt

Q: Do you have any pre-game rituals you have to do?

M: Listen to "All Hands on Deck" by Tinashe with the team

Q: What's your favorite sports-related movie?

M: "The Blindside"

Q: What's your favorite sport besides softball?

M: Basketball



All Photos Courtesy of GoLutes

Q: What's your favorite pre-game meal?

C: Sausage and egg sandwich. Homemade of course.

Q: Do you have any pre-game rituals you have to do?

C: Listen to "The Chain" by Fleetwood Mac on the way to the field.

Q: What's your favorite sports related movie?

C: "Friday Night Lights"

Q: What's your favorite sport besides softball?

C: Basketball

LaRoche Chooses Family Over Baseball

KELLEN WESTERING
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Those of you reading this article learned how to read either through public, private or home schooling.

In other news, Chicago White Sox designated hitter Adam LaRoche is retiring from baseball.

Not because he is burnt out on the sport, not because he can't hit a baseball anymore but because team president Ken Williams told LaRoche that he had to cut back the time his 14-year-old son, Drake, spent with the team.

LaRoche, 36, walks away from a 13 million dollar contract this season.

When I first saw this story I thought that it was pretty profound that a professional athlete would walk away from that much money for something he firmly believed in. LaRoche is big on family. After he announced his retirement, he tweeted out thanking the Lord for allowing him to play baseball with the hashtag "familyfirst".

Many stars in Major League Baseball such as Bryce Harper and Chipper Jones supported LaRoche with tweets also with the hashtag #familyfirst.

I was totally in support of

LaRoche for standing up for what he believed in.

Then I got to hearing about how much time LaRoche's son Drake was spending in the clubhouse. It was way too much time for a 14-year-old. He had his own locker for goodness sake. I've had the opportunity to be in the Seahawks locker room after a game, and afterwards I felt like I needed to take a shower and wash my mouth out with soap because of the language I heard. I'm sure Drake heard many things that a 14-year-old ninth grader should never hear.

Imagine if every player from the Chicago White Sox organization brought his little one to the clubhouse. It would turn into a day care facility. The wives of the players would be asking their husbands what times drop off and pick up are. I have no problem with kids spending time with their parents at work, but there's a time and a place for that, and it needs to be in the appropriate setting.

With all this time Drake spends in the clubhouse, he must be home-schooled. Or is he?

I read a story by Will Leitch who writes for a website called, "Sports on Earth." The title of his article is, "Good Lesson, Clubhouse isn't School." There's a quote in the story from Adam

LaRoche and this gives you the inside look into who Adam LaRoche is. "Me and my wife, we're not big on school. I told my wife [Drake's] going to learn a lot more useful information in a clubhouse then he will in the classroom, as far as life lessons."

After reading that, my respect for Adam LaRoche just went out the window faster then the baseball coming off his bat after he'd hit a home run in Safeco Field. Not big on schools, huh?

So I have some news for you, Adam LaRoche. All of our teachers, accountants, doctors, nurses and principles went to something called a school. That Louisville Slugger bat you use, guys who created those went to school as well. They probably went to Harvard, Yale, USC, Cal, Texas or Wisconsin.

People give schools a bad rep. Everybody is always criticizing teachers. Well, guess what? They have to deal with your child too. Ever been to a school? Just walk down the halls of one. You'll see boys fighting, spit-wads and girls screaming that they can't get attention on Instagram.

Schools sometimes do a lot of the heavy lifting when it comes to parenting. Thank God the schools are filled with the teachers I had. My best friend's parents were going through a divorce.



PHOTO COURTESY OF CHICAGO TRIBUNE

Adam LaRoche and son Drake in Chicago White Sox dugout

Those teachers were surrogate fathers to him. To this day I have an amazing relationship with teachers I had growing up. Rob Stoltenberg, June Corley, Rico Ancehhta, I know them well, talk to them on occasion. I will never forget the impact they had on me. They have and always will be, true role models in my life.

I believe team president Ken Williams was doing LaRoche a favor when he told him that

Drake's time around the team needed to be cut back. LaRoche could continue to make a lot of money for his family, and his son Drake could be getting a quality education. But I guess you would've had to go to school to know that.

Coach's Corner

KELLEN WESTERING
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Men's Baseball head coach Nolan Soete:

"It has been a good transition from assistant coach to head coach. This is my tenth year coaching at PLU and before that I was a student-athlete here, so it has been my home for a long time. I credit the players for making the transition a smooth one."



Photo courtesy of GoLutes

Player's Corner

STEPHANIE COMPTON
Sports Editor
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Senior Women's Tennis Player Samantha Lund:

"It's hard being injured at the end of my senior season but the team has done a great job stepping up and making the best of it, the girls really are amazing. Athletics has been amazing too, letting me stay involved and be a leader still of the court."



Photo courtesy of GoLutes

Opinion: Women's Basketball Deserves More

DYLAN FOREMAN
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Last week, the University of Connecticut women's basketball team won their fourth straight national championship against Syracuse leaving the National Collegiate Player of the Year, senior Breanna Stewart, with a career record of 151 wins and only five losses.

Unfortunately, many people don't really care about this statistic. In fact, many probably do not care about women's college basketball or women's college sports in general, and that is a sad reality.

I do understand where you are coming from though. Women's sports compared to men's sports can, at times, seem dull and boring.

A true sports fan however, would relish the opportunity to delve into a team like the UConn women's team.

It all starts with respect. Not even as a fan but as an institution the NCAA needs to promote the importance of women in college sports. Title IX is no longer an effective tool that can invoke increased participation for women's athletics.

Title IX was put into effect so that all women's sports could receive equal opportunity as men's sports in collegiate

athletics. According to Women's Sports Foundation, in college, women "receive 63,000 fewer opportunities at NCAA Institutions (193,000 female vs. 256,000 male)."

Not only is participation down, but women in college sports receive about

\$183 million less in scholarships than men. I understand the argument that men's programs tend to bring in more money for a university, but it is not justification of the fact that any women's collegiate team at any level works just as hard as their male counterpart.

For example, here at Pacific Lutheran University I can personally attest to the fact that the women's basketball team works just as hard as the men's basketball team in the off-season and in-season. Granted, at the Division III level, athletes do not receive compensation, but the concept still applies: women work just as hard as men do.

It all starts from the people at the top. The NCAA needs to develop a new method of building women's programs in college sports. If that happens, I strongly believe that will trickle down into more fan involvement because at the end of the day, they deserve it.

The day of the national championship game between UConn and Syracuse, I tried to turn the game on at dinner. However, the Mariners game was on and practically everyone sitting in that area was more inclined to watch one regular season baseball game out of a 162-game season instead of a game that happens once a year, one of the biggest stages in college sports.

If the amount of support UConn had during that game is any indication of the appreciation of women's collegiate athletics, there needs to be a change in how people view women's collegiate athletics.



PHOTO COURTESY OF FLICKR
2016 UCONN Women's Basketball Team

Four schools, four teams, four years

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Whitefish Montana - California Lutheran - Wenatchee Valley College - Central Washington University - Pacific Lutheran University. The journey of PLU baseball player Kyler Blades has been anything but average. It took four schools, but Blades has found a home both on and off the baseball field. Kyler Blades is one of eight

seniors on the Pacific Lutheran University baseball team, but is unlike any other. Blades hails from Whitefish, Montana and graduated from Whitefish High School. Blades has made stops at four different colleges.

"I transferred for a multitude of reasons," Blades said. "At California Lutheran I realized I could not afford it for four years. From there I went to Wenatchee Valley College because it was cost efficient, kept me on track academically, and the coach offered me a spot on their team. Central Washington was next, but in the fall, I was left off their roster."

Blades had success at Wenatchee Valley College. Blades was a lead off hitter and batted .390 in conference. Blades was honored with the Wenatchee Valley College Leadership Award. Blades remained on track academically and earned his Associate of Arts and Science Degree by the end of his year at WVC.

Although he didn't make the team at Central Washington, Blades stayed hungry to keep playing the game he loves.

"I was under the impression and confident that after my quality year (at WVC) I would make their team," Blades said. "I made the decision to transfer a final time and used being cut as a motivator. I remember working out, hitting, and taking ground balls six-seven days a week eager to get one more shot."

Blades shot came at PLU. Blades has a career batting average of .292 in two seasons in a PLU uniform. Blades has a career on base percentage of .378. Blades is listed as an infielder, but his athleticism allows him to play all over the diamond.

After being the new student at four different schools, you could almost say that Blades has become used to it. However Blades considers reestablishing yourself among roommates, teammates and finding new friends to be the toughest part of being in new places. Members of the PLU baseball team have helped Blades find a home both on and off the ball field.

"My teammates have been awesome," Blades said. "When I arrived last year, I was welcomed no questions asked. It felt like I

had been here for years already. Events like volleyball games or flag football were places I got asked to go and that really helped getting connected to all kinds of people.

At PLU I would say a greater sense of community among students as well as the professors that genuinely care about each individual's success. Overall, I am glad to be surrounded by a great group of guys to close out one final season."



ALL PHOTOS COURTESY OF GOLUTES



Illustration by: Colton Walter

Stephanie's Stance: Rio Fights to Fill Seats

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Everyone loves the Olympics. It is an athlete's dream and a fan's greatest vacation. The Summer Olympics are set to be hosted in Rio de Janeiro this summer but no one seems interested in going. Only 50 percent of the Summer Olympics tickets and only 15 percent of the Paralympic tickets have been sold, a margin much lower than London had at this time four years ago.

There are a few factors that may be influencing fans' decisions on whether to go Rio this summer, the biggest one being the Zika virus. The Zika virus came into public eye earlier this year but has been around since the 1950s. It has reached a new outbreak level in 2016 and primarily affects expecting mothers and their babies.

Anyone can get the Zika virus, but most healthy adults only experience a fever and flu-like symptoms. There is no treatment for this virus, and there is no vaccine. The Zika virus has had outbreaks in South America and Africa recently.

Though the Zika virus has not reached the level, nor is as lethal, as another recent outbreak of Ebola, many are scared and are diverting their summer vacation plans from regions that are affected. Brazil is not a country that is at

high risk, but it is nearby many countries that are at high risk.

Another factor that is influencing ticket sales is the falling economy of Brazil. The Olympic Games were awarded to Brazil seven years ago at a time when Brazil's economy was strong and they had just hosted the World Cup. Many of the stadiums needed to host the Olympics were already built and Brazil had a plan to pay for the rest without going into billions of dollars of debt (as Russia did).

Brazil's president now faces impeachment and Brazil's economy is struggling to control inflation. The state of the economy does not have fans excited to spend their money at such an unstable time. An unstable government also does not appeal to fans that want to stay away from politics and just enjoy the game or events they love.

The trend of low ticket sales doesn't appear to be changing and Brazil hasn't done much to fix the trend. The biggest thing that Brazil has done is to advertise to Brazilians. Brazil seemed to advertise ticket sales toward foreign tourists over local fans. As that seems to be failing, Brazil is attempting to get a large number of Brazilians to attend.

If ticket sales do not reach a higher level, we may see a decrease in the price of tickets across the board. Be on the look-out for last minute ticket sales if your dream is to go to the Olympics, but your budget holds you back.

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Rowing Defines Success at Lamberth

CONTINUED FROM PAGE 1

"We've so far been on pace to accomplish those goals and have the opportunity to compete at the NCAA's. We certainly aren't counting our chickens before they are hatched. But we feel good about where we are at and are still working to get faster. We know that our conference teams will get faster in the next couple of weeks and so we are dialed in to doing the same."

One of the biggest goals, however, is representing the student in student-athlete. The team made a goal for a combined team grade point average (GPA) of above a 3.3. The team started spring term well above that goal and continues to work hard to stay at their 3.5 GPA.

Q: What was it like to break UPS's streak?
A: "It's always good to beat a streak, but I

think we've really been poised to take this win for a couple of months now. We have a great group of student-athletes who have been pushing themselves very hard to meet our new standards and I think that work is really starting to pay off. I have had trouble putting into words how proud I am of the team over the course of this weekend's races, but at the same time this also feels like another step in our process to achieve the goals we laid out at the beginning of the year. Regardless... It feels amazing."

Q: How long was the streak?
A: "UPS has won the Lamberth Cup for the last four years. However, it has been 13 years since PLU has won the Lamberth Cup in an eight+. That was also the last time that a different team other than UPS has gone to the NCAAs from the West Region. That team was PLU."

Q: Can you talk about the success that each boat had? (2 8s and 2 4s)

A: "Each of our eights' this season are undefeated against Division III teams. The only teams we have lost to in these two boats are against Division I teams like Oregon, Seattle U, and the University of Portland as well as Division II team Western Washington Univ. The 2 4's are made up of our third Varsity 8 and have been in some very close races this year but have still not yet been able to secure a victory."

Q: What were your goals going into this season and have you accomplished them?

A: "We started the season with a lot of goals and a lot of steps to accomplish our goals. Our number one goal/focus for the year is placing in the top five with the Varsity eight+ at the NCAA Championships at the end of May, along with that our number one team goal is to secure a full-team bid to

the NCAAs. In order for us to get there, we have some goals we need to accomplish."

Q: How does it feel to have this much success in such a short time of coaching this team?

A: "On my end it feels really good, but to me the success is simply a product of the great student-athletes we have here at PLU. I inherited a team who wanted direction, a team who already knew how to work hard but just needed to be pointed in the right direction. At the end of last season I knew that this year we could have a very competitive season. I knew that the returning group that we had coming back was going to be very strong and felt that if we could recruit a strong incoming class of freshman we would be very competitive."

THE LUTES SET LIST

Men's Tennis:
at Home, Lost 9-0

Women's Tennis:
at Lewis & Clark, Lost 9-0

Up Next: at Witworth, Saturday, 1 p.m.

Up Next: at Home, Sunday, 1 p.m.

Baseball:
at Home, Won 9-7

Softball:
at Whitworth, Lost 9-8

Up Next: at Puget Sound, Wednesday, 4 p.m.

Up Next: at Home, Saturday, 1 p.m.

NORTHWEST CONFERENCE STANDINGS

Men's Tennis

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Pacific	15	3	0	9-1	Won 1
Whitman	14	7	0	9-1	Won 3
Lewis & Clark	11	7	0	8-2	Won 5
Whitworth	10	7	0	6-4	Won 1
George Fox	7	9	0	5-5	Won 2
Linfield	4	10	0	4-10	Lost 1
Willamette	3	8	0	3-7	Won 1
Puget Sound	1	9	0	1-9	Lost 3
LUTES	1	13	0	1-9	Lost 9

Women's Tennis

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Lewis & Clark	15	2	0	11-0	Won 4
Linfield	11	4	0	8-2	Won 3
Whitman	11	8	0	8-2	Won 2
George Fox	11	8	0	6-4	Won 2
Pacific	6	9	0	4-6	Lost 2
LUTES	5	8	0	4-6	Lost 2
Whitworth	5	11	0	4-6	Lost 1
Puget Sound	2	14	0	1-9	Lost 3



Baseball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Whitworth	23	7	0	15-6	Won 1
George Fox	20	13	0	13-8	Won 3
LUTES	20	14	0	13-8	Won 5
Pacific	20	13	0	12-9	Lost 1
Linfield	20	14	0	12-9	Won 3
Willamette	17	16	0	10-11	Lost 1
Puget Sound	14	18	0	11-13	Lost 3
Whitman	12	23	0	7-14	Lost 3
Lewis & Clark	11	25	0	3-18	Lost 10

Softball

TEAM	WINS	LOSSES	TIES	CONFERENCE	STREAK
Whitworth	26	9	0	18-6	Won 7
Linfield	24	11	0	16-8	Won 7
George Fox	24	12	0	14-10	Won 2
Pacific	21	14	0	13-11	Won 2
LUTES	19	15	0	11-13	Lost 5
Lewis & Clark	17	19	0	11-13	Lost 2
Willamette	10	14	0	14-15	Lost 2
Puget Sound	9	25	0	3-21	Lost 8