

Spreading diversity throughout Saint Martin’s community

Hannah Gabel
Staff Writer

The newest addition to campus, the Diversity and Equity Center, found its home in the old Belltower office in Harned Hall, rooms 200 and 201. The center was welcomed with a blessing and ceremony on the afternoon of Sep. 13. Students and guest speakers took turns expressing their excitement and sharing their hopes of what potential changes will be made over time, starting with the opening of the Diversity Center.

Everyone is welcome to visit the center to learn about diversity issues and offer support. Serving as a safe space for people of color, the LGBT community, first generation students and religious minorities, the center is geared to support these various individuals as well as help them develop their sense of identity and obtain mentoring. Students, staff and faculty can all become more educated over different social justice areas effecting the community by visiting the Diversity Center.

The center will also be sponsoring various events around campus including the Interfaith Dialogue series and the Breaking Bread social justice series. The center shares the office of John Hopkins, who plays a big role in the diversity of the Saint Martin’s campus.

Harned Hall serves as a crucial location in maintaining a healthy, safe

environment for the Diversity Center. With a lot of foot traffic of students and teachers going to classes, as well as the Monks Bean downstairs, more people can find the center easily and conveniently. The last attempt at a Diversity Center took place in the TUB many years ago. However, the layout of the room

will have a space to just come and gather and relax from their days. They have a place where they can feel safe and say what they need to say without any judgement. They can be who they truly are” Arevalo said. It is important to have a room where all students can go and learn in a helpful environment. As Are-

really passing this message on to their students,” Arevalo says. This center provides a great opportunity for students and teachers alike to spread awareness on social justice problems, as well as share support.

While it is still a new center, there is a lot of optimism and high expectations on how the center will grow and positively impact the Saint Martin’s campus over the years. A meeting place for clubs, hosting events and serving as a safe place for students to gather and freely express themselves are all uses the center can offer. The Diversity and Equity Center is hoped to be a positive area that will inspire transformation on the Saint Martin’s campus for years to come.



Photo courtesy of Chelsea Mancilla
President Hendryckx at the opening of the diversity center

ended up being difficult to find and turned into a general meeting area rather than serving as a successful Diversity Center. Chantal Arevalo, student guest speaker at the opening ceremony, said, “It was in such an awkward spot, so it’s nice to finally have a designated area with our own label and its decorated and you can really see that it is the Diversity Center.”

Arevalo expressed eagerness over the services this new center will provide. “I’m excited that students, especially marginalized students,

valo states, “Students are encouraged to go to the Diversity Center, not only the students that the center was created for, but all students, so that we can learn from each other and make a positive space.”

Having an office dedicated to that program plays an important role in ensuring diversity and helping to encourage students of minority backgrounds or identities. The faculty and institution funding also play a big role in helping this program to thrive. “The positive space comes from administration and faculty

New Assistant Director of Campus Life, Elizabeth Rumbal

Taylor Gersch
Staff Writer

It’s that time of year again, summer is slowly drifting away and school work is trickling into our schedules. With 280 freshman entering Saint Martin’s University this year, Campus Life has their hands full with new activities to help everyone get back into the swing of college life. This year, Campus Life Director Katie Wieliczkievicz has brought a new member to the Campus Life team—Assistant Director Elizabeth Rumbal.

Rumbal joined Saint Martin’s from Utah State University where she completed both her undergraduate and



Photo courtesy of Elizabeth Rumbal
Assistant director of campus life, Elizabeth Rumbal.

graduate degrees. She also worked as an assistant to the sororities and fraternities on campus, as a graduate assistant, and was involved with student orientation and the

involvement office. Wieliczkievicz explained that they hired Elizabeth for her great energy, presence and background. She continued that with Rumbal’s assessment skills, ability to connect well with students and to think big with programming, she will be a great contribution to Campus Life. The Campus Life team consists of Wieliczkievicz and Rumbal, in addition to the student workers for the TUB and campus PROS (Programming Specialists). Campus Life also works closely with ASSMU and making sure student voices are heard and accounted for.

Campus Life aims to offer students a place to go

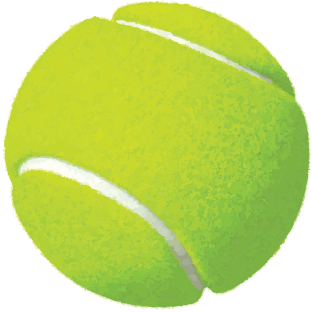
at random hours to study, hangout and to learn about opportunities on campus and the community. Wieliczkievicz and Rumbal both care deeply about what Saint Martin’s students need and value being a hospitable place. Wieliczkievicz explained that they are planning more diverse, social and informative events this year. Their goal is to bring performers on campus from all different backgrounds to mirror what our diverse student body exemplifies. Rumbal values the principles that Saint Martin’s follows throughout all departments and is hoping that Campus Life shows respect for all persons and wants to

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Role of the adviser

The adviser is a journalist, educator and manager who is, above all, a role model. The adviser's ultimate goal is to mold, preserve and protect an ethical and educational environment, not to monitor the final content of the student newspaper.



My fellow students,

Welcome back for fall semester! I am excited to be back at school again, and very excited to begin my role as Editor-In-Chief for the Belltower this year. With the amount of feedback we had received last semester on the paper, I am focusing on making the paper one that all of our staff can be proud of this year. Improvements with writing, layout, and our website will be coming in future issues, and I hope that you, our readers, will enjoy the changes.

To be completely honest, I am very nervous to take on the role of Editor-In-Chief, but with the amazing editorial and layout staff at my side, I have a feeling this year will be one of our best. It is my goal to expand the paper's presence on and off campus, and build something that our community at SMU can enjoy for many more issues. It has been amazing being able to move up from a simple staff writer position to head of the entire paper in such a short time, and I am blessed to have this opportunity to showcase students, faculty, and our amazing writers, editors and layout team each issue.

In this issue, you will find articles on the opening of two new installations on campus, the tennis courts and Diversity and Equity Center, coverage of our men and women's soccer teams, a feature of the new Assistant Director of Campus Life, and articles discussing common questions about the Catholic faith. I hope you all have a wonderful fall semester!

Best,

Sabrina White, Editor-In-Chief

Our Mission

As fellow students at Saint Martin's Univeristy, our staff is constantly working to keep you up-to-date on what is going on around campus, our community and throughout the world. Our newspaper will provide information that is valuable to our campus and especially to students at SMU. We will never back down from taking on any issue at our school and promise to give our best efforts to keep the community informed.

Are you interested in writing for The Belltower?

We are accepting articles from student writers. If you see something newsworthy, turn it into a story.

For questions, comments, applications, submissions, or suggestions, send an email to belltower@stmartin.edu,

Or drop a note under the door of the newsroom, HH 113

Guest Submissions Policy

Have an opinion about something you would like to write about? Consider sending an article to The Belltower. If you or someone you know would like to be a guest writer, submit articles to belltower@stmartin.edu for consideration.

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1 page	\$160	\$146.00	+205

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- References to the promotion of drug use/paraphernalia, their prices, and/or prejudicial messages are not allowed.

Summer movies and some you may have missed

Breanna Brink
Staff Writer



The summer of 2017 was a stretch full of interesting films; some were flops while others turned out to be quite fantastic. Long running series such as “Transformers,” “Pirates of the Caribbean,” and “Alien” added new installments to their franchises. Most did as well as you would expect them to—okay but not amazing. These were additions no one asked for, but Hollywood assumed we wanted. And of course, despite not being incredible, they made enough money to warrant

more continuations, spinoffs and prequels than the public knew they needed. There was also the ever-inescapable flush of superhero films, which everyone knows will not be ending any time soon. “Guardians of the Galaxy Vol. 2” kicked the summer off strong, clearing a path for DC’s “Wonder Woman.” This film broke box office records and was even praised by Marvel’s official Deadpool twitter for surpassing their film in box office revenue, stating “The Merc may be filthier, but her B.O. is stronger. Congrats #WonderWoman.” Though soon after, Marvel quickly recovered with “Spiderman Homecoming,” bringing about the light-hearted familiarity and reclaiming Spiderman from Sony as their own.

Of course, this summer also had some cinema catastrophes too. With the setback of Sony’s Popeye film, they mistakenly released the biggest slap in the face to our film-going standards. I won’t discuss the “Emoji Movie” long, but with a score of 2/10 from IMDb, everyone should be aware it isn’t just a harmless movie made for kids. But that should be quite obvious from a single, unfortunate viewing.

With a slew of good and bad films flooding the market this summer, epics like “Dunkirk” and another “Planet of the Apes” movie couldn’t save these box office numbers.

According to Forbes media and entertainment writer Scott Mendelson, “The bad news is that the summer box office, specifically the domestic summer box office, ended up with around \$3.606 billion from May to August, which was the lowest domestic gross since 2006. And in terms of tickets sold (around 405 million tickets), it was the lowest attendance since the summer of 1992.” With this in mind, it’s possible that a few films may have slipped under the radar, but are still worth a viewing.

“Baby Driver” is a film I have to recommend. With a IMDb score of 8.1/10, this movie will at least entertain. The movie revolves around Baby (Ansel Elgort), a very talented getaway driver who uses his own personal soundtrack to help him during heists. However, when he wishes to leave his high-impact life for the girl of his dreams (Lily James), he is coerced into one more heist, which he believes is doomed to fail. With a flowing soundtrack and excellent acting, this movie is made to keep you in your seat along with Baby the entire time.

Lastly is “Logan Lucky.” With a score of 92% on Rotten Tomatoes, the audience score for this movie was high, and it is well deserved. This is a film about family and stealing from NASCAR. Jimmy Logan (Channing Tatum) teams up

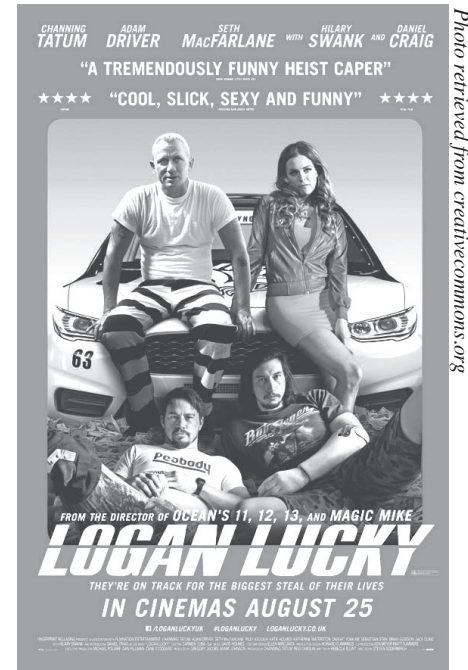


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with his brother Clyde (Adam Driver) and sister Millie (Riley Keough) to steal money from the Charlotte Motor Speedway during the Coca-Cola 600. During this they recruit Joe Bang, which features a breakout performance by Daniel Craig, as he shows us he is no longer just James Bond, but can take on a southern role.

Overall, the summer of 2017 had a number of notable films, even if audiences failed to attend them in their usual masses.

Get involved and know your campus!

Breanna Brink
Staff Writer

Saint Martin’s University is certainly a college that is invested in making sure all of its students have ripe opportunity for success and involvement. All students are encouraged to attend a wide variety of events, look into club activities, and of course, help build the community around them. First year students are often encouraged to get involved and learn about the potential opportunities SMU provides. Opportunity can also be paid, as demonstrated by our Career Center helping students of all backgrounds and majors define their career goals and objectives as they relate to future employment or graduate school opportunities. As the college website says, “Career planning begins with the student’s entering year at Saint Martin’s and continues through graduation. The center’s services are available to all students at the University’s main campus and its extension campuses. Alumni are welcome to use the Career Center for all services.”

One of the easiest ways to get involved is to check out the TUB. The TUB, also called the Trautman Student Union Building, is home to the campus concierge, where you can get discounts to local events and games, free locker rental for commuting students, sports and camping equipment check-outs and event publication services. The TUB is also the housing location for several of our on-campus events, such as



Photo retrieved from creativecommons.org

cultural events, game nights, music and comedy shows, dances and socials and off campus trips to area attractions and sporting events.

SMU students have a variety of events and clubs they can participate in on campus as well. Katie Wieliczkiwicz, Director of Campus Life briefly described the ins and outs of club life at SMU, as per her email stated: “I think in terms of clubs and activities, it’s very easy. Students want to engage each other to get involved and begin to learn the ways of SMU. It may not be the leadership level of high school right away, but there’s plenty of ways to grow and learn. This can be through club membership, ASSMU committees, events on campus, jobs or even volunteering on campus.” She continued on after questioned about the difficulty of starting or continued attendance of clubs. “I think club events are only growing in popularity. We are working to be

more inclusive and support clubs in their marketing. We want to not over program each other and get students to as many events--offered by clubs and departments--on campus as possible!”

But of course, where would connection be without community? Susan Leyster was kind enough to lend her opinions for an interview. After moving to the TUB from Old Main, she is spending her last year at SMU in the luxury of a much more open space. Leyster invited me in to tell me about the immersion trips students can take to get involved with both their campus classmates, as well as the communities that are in need close to Olympia. There are a diverse number of opportunities to spend time helping shape your community in a purely positive way. You can take a trip down with the Portland Immersion trip, looking for a way to have not just a meal with the homeless

population, but a conversation. As Leyster put it “Doing things is a vehicle for forming relationships, our intent is not to go make sandwiches, we make contact.” She continued on saying, “Change happens with a discussion--a two-way discussion. “ Which is exactly what these trips provide.

There are several other trips, such as the Yakima Spring Break, where students go and visit migrant workers and orchard owners to see what is happening, and why. Or, you can do something more locally with the Urban Plunge, where you go and visit a local family shelter and help both with food and communication. Leyster also stated that they are looking for new student leaders for these programs, stating “You don’t have to know a lot about social justice, you just have to be passionate about it.” I left on a friendly note, knowing that I was “Always welcome to stop by and have a coffee or hot chocolate.” Which was an invitation she wished to extend to all students as well. As well as taking her parting words into consideration. “Promote the community to promote campus life.”

Tennis courts return to Saint Martin's

Hannah Gabel
Staff Writer

On Sept. 11, benefactors, trustees and students alike gathered behind the softball field to celebrate the grand opening of the new tennis courts. The idea to rebuild the old courts started five years ago when new Cebula Hall was built. The condition of the previous courts was poor, making them difficult to play on, before they were removed altogether. When they were removed it was promised that new courts would be installed in the future. Since then, students have regularly expressed interest in new tennis courts.

Thanks to generous donations from various individuals and families, as well as the Abbey, the promise of new tennis courts came true. Over the last nine months, the courts were constructed and completed, and are now open for the community to use.

Kathleen Heynderickx, wife of Saint Martin's University's president, expressed excitement over the grand opening. "This is satisfying to me to service our Saint Martin's community," Heynderickx stated. The tennis courts provide ample student engagement, allowing more opportunities for the community to interact and connect through activities. Heynderickx commented that "just being able to have club tennis would be

great and involve us more in a different aspect than our regular sports teams."

One of the women's basketball team coaches, Lindsey Foster, also showed her support at the ceremony. Foster said, "I look forward to seeing students get together and just come out and have fun. They don't even have to be part of an athletic team, you can just get some friends and come out here and enjoy yourself." The courts offer another avenue of exercise with health benefits to follow. "These are great and new and I think that's going to be something that students really love," Foster said. With lots of requests for the new courts, there is a lot of excitement for their future use.

Who can enjoy the new tennis courts? Everyone who is a part of the campus community is free to enjoy the tennis courts from 8 a.m. to 10 p.m. every day, as well as bring friends from around the community. Alumni can also come and utilize this new facility. Equipment or not, there are tennis rackets and balls available in the Rec Center that can be checked out. Courts can also be reserved for up to two hours.

While there are no official tennis teams currently, there is a unified hope that the courts will bring out various collaborative activities among students and the community. These courts will allow the ease of tennis clubs to start, and with



Photo courtesy of Chelsea Mancilla

Trustee Joseph S. Williams cuts the ribbon at the opening ceremony for the tennis courts.

growing interest, eventually intramural sports. Whether experienced in tennis or not, everyone is welcome to enjoy these tennis courts at their leisure, with friends, family or as a club. These courts provide more than just a covered space to play tennis. They provide a chance to connect the campus and the community and expand the facilities that Saint Martin's offers. With many requests for new courts over the past few years, Saint Martin's promise has come to fruition for students, staff and faculty to enjoy.

Saints shine at the Puget Sound Invitational

Lauren Allison
Staff Writer

The Saints Men's Cross Country team was picked 11th in the preseason poll while the women's team was picked 8th for the 2017 season. The women's team excelled at the Puget Sound Invitational held in Lakewood, Washington. SMU competed against University of Puget Sound, Pacific Lutheran University, Olympic College and Green River Community College. Junior Larissa Kolinski opened up with an early lead and was able to hold on to it until the end, finishing first out of the 31 runners. Kolasinski commented on the meet saying, "it was a good meet but it a very hot day and everyone's time was pretty slow. I was running in front by myself which was hard because there was no one to run with to keep pushing me and right behind me was a pack of Puget Sound runners."

Despite the obstacles, she was able to fight through and walk away with the win. Following Kolasinski,

sophomore Yeshi Vaughan finished 11th, freshman Sadie Dagleish finished 13th, Olivia Abbott finished 24th and Cassie La Brake finished 25th giving the Saints five more points.

Senior Josh Hunt finished 7th overall for the Saints while junior Levi Schilter finished close behind in 9th place. Senior Austin Miller finished 20th, freshman Miguel De LaMelena finished 22nd and freshman Derrick Howlett finished 24th out of the 38 runners.

As a team, the women finished second with 60 points and the men finished 3rd with 79 points. The next weekend Hunt finished 15th overall with Schilter and Miller finishing second and third for SMU. On the women's team, Kolasinski finished 12th overall, junior Lindsey Dorney finished 16th and Vaughan finished 3rd for SMU.

When asked about the competition this season, Kolasinski stated, "The race we had here last weekend which was rescheduled last minute, had some great competitions

like WWU which is a really strong team!"

This season looks to be filled with tough competition for both the men's and women's team. According to sophomore Seth Chism, "the toughest challenge will be for everyone to stay healthy."

Chism stated, "last year our women's team performed amazing but the men were riddled with injury. For me personally, last year ended on a sour note getting injured and I want to come back this season stronger than ever before. Now with a full healthy squad I think we can really go out there and surprise some people."

The returning runners as well as the freshman this year seem to really want a great season. Chism says that, "Our captain, Skyler Larson as well as Josh Hunt, Larissa Kolinski and Levi Schilter really worked their tails off this summer and its paying off. Our freshman came in hungry and have been working hard from day one. The rest of the returners are looking to improve from a

disappointing last season." The Saints had a little bit of time until their next meet which was the SMU Invitational on Saturday, Sept. 23 at 10:00 a.m. at home.



Photo courtesy of Saint Martin's Athletics

Larissa Kolaninski wins the race despite the heat.

Women's Volleyball Score Sheet

Date	Opponent	Score
Sept. 1, 2017	St. Cloud State University	L 0-3
Sept. 1, 2017	Fresno Pacific University (Calif.)	W 3-0
Sept. 2, 2017	Adelphi University	W 3-2
Sept. 2, 2017	Cal State San Marcos	W 3-0
Sept. 7, 2017	Humboldt State University	W 3-0
Sept. 8, 2017	Point Loma	L 0-3
Sept. 9, 2017	Notre Dame De Namur University	L 1-3
Sept. 9, 2017	California State University, Dominguez Hills	W 3-2
Sept. 14, 2017	Western Oregon University	L 0-3
Sept. 16, 2017	Concordia University (Ore.)	W 3-1
Sept. 21, 2017	University of Alaska Anchorage	L 0-3
Sept. 22, 2017	University of Alaska Fairbanks	L 1-3

New kids on the field

Katherine Pecora
Managing Editor

After a number of years, the Saint Martin's University Women's Soccer Team has brought in a completely new coaching staff. "I never want my players to feel like a number on a roster [I] want them to feel like people" said new head coach Heather Cato. Cato has brought on Paige Pontarolo as her assistant coach, a former player at Rogers State University and Walla Walla Community College. Cato also brought on Shannon McMahon as another assistant coach, a former player from Concordia University. Cato is excited to begin fresh with the SMU Women's Soccer team. The women had a short pre-season arriving in Lacey mid-august. They played their first Great Northwest Athletic Conference (GNAC) game on Sept. 21 at Seattle Pacific University.

This season is all grit and no quit for the women. As Cato explained, the team decided on the motto "all grit no quit" for the season, an idea they wished to walk on and off the field and feel that they embodied their motto. Cato hopes to instill a positive attitude to her players. "I want them to feel like winners when we walk off the field even if the game did not go their way." Cato spoke of her desire to build a positive culture here at SMU, she knows this will not happen overnight but strives to help her players be successful in life first and foremost. Cato wishes to build up her players as people and empower them to be



Photo courtesy of Saint Martin's Athletics

New Saint Martin's women's soccer coach, Heather Cato

the best they can on and off the field.

Cato received her undergraduate degree in Criminal Justice and Sociology from the University of Arkansas. During her time there, Cato was a four-year starter at Arkansas from 1996-99 and played on the U.S. Women's National U-20 Team. She ranks as the seventh all-time leading scorer in Razorback history with 24 career goals. After this, Cato received her Master's degree in Criminal Justice from University of Arkansas-Little Rock. "As a coach, you always think you want to coach at the highest level possible," but this turned out not to be completely true for Cato. She began her coaching career at University of Arkansas - Little Rock after this she worked as a criminal investigator. Before becoming a criminal investigator, Cato then left coaching for five years when her brother was diagnosed with

Lou Gehrig's Disease (ALS). Upon her return to coaching she came to Whitman College in Walla Walla, Wash. Her most proud accomplishment was going 11-9 in her last season at Whitman. She left Whitman to be the head coach at Rogers State in Oklahoma. After this Cato went to fulfill the assistant coach position at Central Michigan University (CMU). Cato Strives to bring the same mentality and culture to SMU that she felt at CMU, she saw the atmosphere there as a character driven process with great people in the leadership.

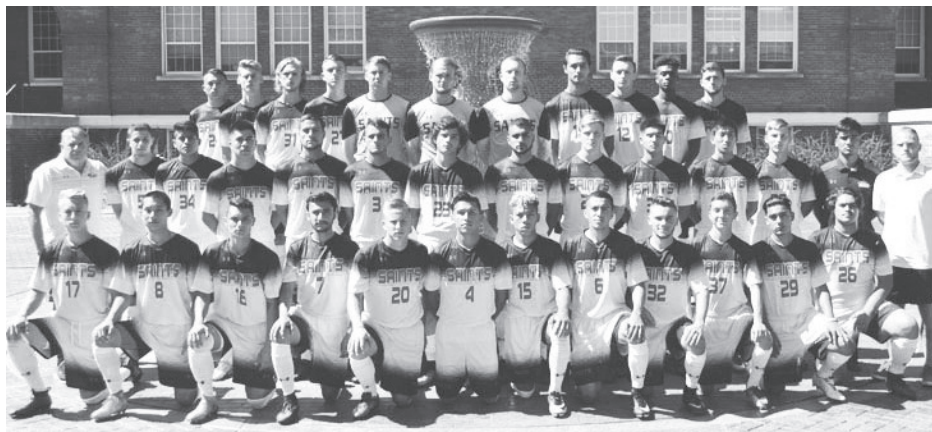
The women here at SMU have begun their season with the goal of making it the best season it can be for the three seniors: Dulce Armas, Lauren Allison and Brittany Orlosky. This year the women brought on 13 new players. Cato commented that many players have stepped up to be positive and create a competitive environment for the team. In particular junior Jade Casteneda has started the year off right. Casteneda, who has been fighting injuries for the last two years came into this year and has played in every game, sophomore, Rose Robbins has commanded the back line with a definitive presence. "Rose has been very vocal as a center back so far this season," said Cato. Captain of the Saints, Kylee Sarchett has been the driving force behind the Saints so far this season. Her determination and tenacity on the field is unmatched.

Men's soccer hopeful for a better season

Lauren Allison
Staff Writer

The Saint Martin's University Men's soccer team was ranked 6th in the preseason poll this year. The men have added 16 new players, totaling the roster to 37. Head coach Rob Walker previously coached both the men and women's soccer programs. In the spring, Walker took over the men's team full time for the 2017-2018 season. The Saints started off the preseason strong, winning their first three exhibition matches. The first match against Corban College ended in a 3-0 victory for the Saints. The second victory was against Northwest University, ending in a 2-1 victory. The third game ended with a 3-2 win over Pacific Lutheran University.

The Saints traveled to Portland, Ore. during the first weekend of September where they played two tough opponents, San Francisco State and Humboldt State. Senior McKray Kohn was able to get the ball in the back of the net during the first half in the first match against San Francisco State. Following his lead, freshman Edgar Iniguez scored a second goal for SMU during the second half. Unfortunately,



2017 men's soccer team

after a tough match the Saints weren't able to finish anymore opportunities and fell 5-2 against their opponents. Following the loss, the Saints played Humboldt State where they out-shot their opponents 10 to 7 but weren't able to capitalize any of their opportunities and fell 3-0.

The following weekend, the Saints traveled to California to play against California University State Los Angeles (CSULA) and California State University San Bernardino (CSUSB). SMU fought hard in both matches and ended with a 2-1 loss against the California universities. During the first match against CSULA, goalkeeper Griffin Small

recorded 11 saves while forward Brandon Madsen claimed the only goal for SMU. Madsen recorded another goal in the 20th minute of the match against CSUSB. The CSUSB Coyotes tied the match 15 minutes later and took the lead with a second goal in the 40th minute. SMU outshot CSUSB 12-10 with 6 shots on frame.

Despite the tough losses, Rob Walker is proud of the way the men have played. He states that, "First and foremost, we have been competitive in all four games, despite losing all four. Three of the four teams competed in the top half of the CCAA (California Collegiate Athletic Association) last year,

which is one of the biggest and most competitive D-II conferences in the country".

Senior, McKray Kohn stated, "The biggest challenges we will face this season will be playing on the road as well as keeping players healthy mentally and physically. Last season we were very good at home but often gave up too many goals on the road. Being able to manage sleep, schoolwork, and practice will play a huge part in overcoming this challenge." It can always be a challenge having so many new players join a team for any squad. SMU recruited 16 new players this season.

According to senior Christian Caro, "The mix of the new players with returning players has been surprisingly very good. It feels like we've been playing together for a much longer period of time."

Freshman Brandon Kam stated, "being a new player has been really exciting and a lot of hard work, I've really enjoyed getting to know a good group of guys and building relationships that are going to last these next couple of years in order for us to compete competitively."



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Short-term international experience opportunities

- The Japan Cultural Exchange Trip (JCET) The annual JCET trip takes place every year in May. Five SMU students, a faculty and a staff member will be selected to be "Goodwill Ambassadors" and to visit SMU's sister universities in Japan.
- International Service Projects Saint Martin's students have been volunteering to teach English in China, Vietnam for many years. Japan is added to the list in May 2018.
- Faculty-led Study Tours (London, Russia, Berlin, Switzerland and many more) There is no better way to learn about another country, enrich one's cultural experiences and earn credits at the same time by participating in faculty-led study tours.

Semester/yearlong Studying Abroad

- Students can study abroad at SMU's sister universities, partner universities or colleges/universities through third party providers that are affiliated to SMU.

SMU's Sister Universities:

Reitaku University
Kobe International University
Mukogawa Women's University
Shanghai Maritime University
Shanghai University of Traditional Chinese Medicine
Konkuk University
Sogang University University of Duisburg-Essen
Trier University Partner Universities and Third Party Providers
American University of Paris
CEA
Syracuse University
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Working towards health and equity in Sierra Leone

Jessica Varvil
Staff Writer

Rainbow kites in the shapes of fantastic creatures dangled from the ceiling on a late summer evening in Olympia. Space was limited in Traditions Café, and strangers struck up conversations as they crowded the small tables, each covered in unique, brightly colored cloths. The hot summer air did little to dampen the cacophony of friendly chatter. Though this scene took place in Olympia, Washington on Sept. 11, the people gathered there were united in support of a community nearly seven thousand miles away — Sierra Leone.

Mara Kardas-Nelson, the director of community-based programs for Partners in Health in Sierra Leone mingled with patrons. When Kardas-Nelson took the small stage, she asked the audience to call out words or phrases that they might commonly associate with Sierra Leone. Tentatively, and then more rapidly, responses rung out: mud slides, civil war, Ebola, diamonds, poverty. The only positive association was The Refugee All Stars, a reggae band from Sierra Leone. Kardas-Nelson acknowledged that Sierra Leone has been war-torn and beset upon by natural disasters for a long time, but she emphasized the nation's "incredible history of solidarity and

leadership."

In covering a brief history of Sierra Leone, Kardas-Nelson notes that freed slaves from the UK founded Freetown during the abolitionist movement. She summed up the nation's history by stating that "Sierra Leone is a country that has had an incredible amount of oppression, but also an incredible amount of resistance."

The main topic of Kardas-Nelson's presentation was the organization Partners in Health (PIH), through which she is employed in Sierra Leone. PIH views "health care as an intricately political act" because they make the statement that all people are equally deserving of high quality medical care. To further this end, Partners in Health takes a "health system strengthening approach" that places them in high need areas for 20-25 years at a time. They are not a short-term emergency response organization, but they did respond to the Ebola crisis in Sierra Leone.

They differentiated themselves from other aid organizations by committing to stay in the area for 25 years, partnering with local clinics and Non-Governmental Organizations with the goal of creating a stable and equitable public health system.

According to Kardas-Nelson's presentation, Partners in Health was founded by Paul Farmer, Ophelia Dahl, Jim Yong Kim and others in 1987. The organization is based in Boston, Mass. and has programs in 11 countries. During the Ebola outbreak, PIH moved to the Port Loko area to work alongside "dysfunctional government clinics," Kardas-Nelson explained. Their first year consisted solely of Ebola response, but they have expanded their focus to a more holistic approach in the past two years.

A lack of coordination plagued the massive number of volunteers and organizations that flocked to Sierra Leone in the aftermath of the Ebola epidemic and tragic mudslides. Partners in Health sent several employees, including Kardas-Nelson, to work directly with the Ministry of Health to coordinate volunteer and aid efforts. Kardas-Nelson estimates that there are roughly 4000 Ebola survivors currently living in Sierra



A doctor works with locals from Sierra Leone.

Leone. The long-term health effects of Ebola are largely unknown, which causes these survivors much uncertainty.

In Kardas-Nelson's words, PIH strives to "provide immediate clinical care and community based care." Their support of eye and vision exams has been crucial to Ebola survivors, who are more prone to infections that could lead to blindness if untreated. Partners in Health has also focused on community reintegration, noting that many people had their houses burned and possessions taken, placing them in a position where they require immediate financial support. Kardas-Nelson also hopes that her organization's strengthening of the public health care system will lower Sierra Leone's maternal mortality rate, which is currently the fifth highest in the world.

PIH's community programs reach out to patients on a community level. Community health workers will encourage medical testing then meet with patients in their homes to talk about treatments and offer support. Both immune response and follow up rates in people reached through these programs has doubled in the three years PIH has been involved in Sierra Leone. Kardas-Nelson states strongly that PIH is different from other aid organizations because they view patients and communities holistically, striving to understand and rectify the individual and systemic forces that create vulnerability for the most marginalized in Sierra Leone.



The Traditions Cafe was filled with patrons prior to the talk.

World news at a glance

Brian Messing
Section Editor

Brexit Update: Domestic trouble ahead



British Prime Minister Theresa May

British Prime Minister Theresa May faces a tough challenge ahead as she negotiates the Brexit deal with roughly eighteen months to go before the UK leaves the European Union. The troubles come from negotiating the divorce bill that the UK will pay to the European Union upon leaving the bloc in 2019. Since losing her parliamentary majority in June, May has had to balance the concerns of brexiteers who want to pay a small divorce bill and other ministers who are willing to pay money to the European Union, possibly for several years, to ensure access to the single market and potentially close ties to the EU.

At the core of the struggle is British Foreign Secretary Boris Johnson. Johnson, a longtime brexiteer, laid out his own vision for Brexit separate from May. Johnson called for a much smaller divorce bill and was critical of Mrs. May's willingness to pay more to the European Union. Johnson published his thoughts in a controversial essay published in the Daily Telegraph, a British newspaper. Some expected Johnson to resign over the article, however this does not appear to be likely for now. Johnson is considered by many to be a top leadership contender in the next Conservative leadership election. Most people think that this will likely be after Britain leaves the EU in 2019.

Germany holds federal election



Incumbent Chancellor of Germany, Angela Merkel (third right)

Germans voted on Sep. 24 in the election for the Bundestag, the German parliament. The leader of the political party in the Bundestag that can form a coalition to command the confidence of the body will become the next Chancellor. This election is a test for the incumbent, Angela Merkel, to see if her center-right alliance can stay in power for a fourth term. Merkel's main challenger for the top job is center-left politician Martin Schultz, who is the former President of the European Parliament.

There have been many issues that have been at the center of the election. Immigration and Merkel's decision to allow 800,000 Syrian refugees to relocate to Germany has given rise to the right-wing populist Alternative for Germany (AfD) party. The party is likely to gain representation in the Bundestag, but is unlikely to be a part of the next governing coalition. The European Union and leadership of the European Union are also crucial in the election. Germany is the most powerful and influential member of the European Union and whatever the composition of the governing coalition is will have a huge impact on all issues relating to the EU from the euro to Brexit to defense against Russia.

Tensions with North Korea

Mariah Partin
Staff Writer

Despite concerns of another missile test, North Korea marked its 69th anniversary on Sept. 9, with a gala party for the scientists involved with carrying out the country's most powerful nuclear test over Labor Day weekend. The test was the detonation of a hydrogen bomb that could be delivered on a missile. According to The New York Times, North Korean Supreme Leader Kim Jong-Un's government called it, "a merciless sledgehammer blow to the U.S. imperialists." This was their sixth nuclear bomb detonation.

This prompted the Trump administration to respond. Secretary of Defense James Mattis warned North Korea, "any threat to the United States or its territory, including Guam or our allies, will be met with a massive military response." The New York Times reported that the tremors were felt through China and South Korea. Experts estimated that the blast was four to sixteen times more powerful than any the North had set off before, with far more destructive power than the bombs dropped on the Japanese cities of Hiroshima and Nagasaki during World War II, according to the New York Times.

South Korean President Moon Jae-in's administration made a statement that their goal is to work together with allies to seek a

Photo retrieved from creativecommons.org



peaceful denuclearization of the Korean peninsula. Despite warnings and statements from Seoul and Washington, Kim continues. He has conducted over 80 missile tests since taking power in 2011. The tremor from the test was followed by a second tremor, which the United States Geological Survey called a "collapse," most likely a cave-in at the nuclear test site.

Instead of celebrating the government's anniversary with another nuclear test, there were dance parties and art performances, with a rare appearance by the first lady of North Korea, Ri Sol-Ju, breaking traditions of former leaders not

being photographed in public with their wives. The rare appearance of Ri led people to worry that she may have lost favor with Kim. This is particularly concerning given his history of having family members and other government officials killed. His uncle was executed in 2013, while his brother was killed in the Kuala Lumpur airport in Malaysia earlier this year. U.N. Experts also say Kim has been illegally exporting over \$270 million in coal, iron and other commodities to China, India, Malaysia and Sri Lanka this past year. Kim continues to ignore restrictions and the United Nations is currently investigating North Korean presence in Africa and the Middle East, including their involvement in "prohibited activities," according to Fox News. Two unnamed countries intercepted shipments for Syria; the contents of these shipments have not been identified and Syria has yet to respond. The U.S. has called for new, stricter sanctions on North Korea, including banning all oil and natural gas exports to the country, and freezing all foreign financial assets of the government and Kim. According to CBS, Sept. 11 was set as the target date for the adoption of these new sanctions. This resolution is made in hopes that North Korea will feel the threat, and discontinue nuclear testing. The resolution however, requires the votes of Russia and China, both of whom have been against stricter sanctions on North Korea.

Devastation strikes Barcelona and Cambrils

Mariah Partin
Staff Writer

On Aug. 17, 2017, an act of terror devastated the Las Ramblas district of Barcelona, Spain, a popular tourist destination. A van plowed through the shopping district, killing 14 people and injuring about 100. People from at least 34 countries were among those injured in the attacks. Eyewitnesses described the chaos, and reportedly saw people running into shops.

According to The Washington Times, in light of this being the first attack in the country in a dozen years, Spanish Prime Minister Mariano Rajoy called for European security chiefs to meet and work to "establish more stable mechanisms to exchange information and adapt our intelligence agencies to the growing threat."

The man who directed the attacks, Abdelbaki Essati, recruited young Islamic radicals to carry them out. Like the attacks in Brussels and Paris, Essati targeted young men, specifically sets of brothers, mostly under the age of 25. The New York Times speculates that this is because family ties make it more difficult for individuals to leave the group. Essati and many of the men suspected were living in the small town of Ripoll, Spain.

The families of the deceased suspects grieved, explaining their shock at their children's actions. Essati was an imam, the prayer leader at the local mosque, and though many of the boys rarely attended, and were previously not very religious, they were brought under the influence of Essati. Rajoy also criticized the overreliance on electronic methods, speaking of a need for more human assets and upgrades to police fieldwork.

There is some concern and controversy after details came out about Essati eluding the attention of many European authorities, including surveillance, or lack thereof in France and Belgium. People are questioning why his terrorist cell could thrive, despite being watched by authorities in multiple European countries. The day following the Barcelona attack, five attackers drove into a crowd in a nearby coastal city, Cambrils, Spain, 70 miles away from Barcelona and another popular tourist destination. The terrorists were killed by the police.

In the two cities, the final death count came to 16, with many more injured. As of Aug. 27, 19 were still hospitalized.

According to CNN, police found a house in Alcanar, Spain that was destroyed the evening before the



Photo retrieved from cnn.com

Emergency workers respond to attack in Barcelona.

attack because the materials that were supposed to be used as explosives in the attacks were detonated prematurely. Investigators found TATP, a powerful explosive used by Islamic radicals, in the remains of the house. TATP was used in numerous terrorist attacks in Europe, including the 2015 Paris attacks, the attacks in Brussels, as well as the Manchester bombing in May.

The explosion at the house in Alcanar meant that the attackers were unable to use the material as planned for the Barcelona and Cambrils attacks. Controversy developed as questions came up as to

whether the attacks could have been revealed before, if authorities had gotten to the house sooner to investigate the explosion. It is speculated that Essati, the leader, was killed in the blast, as well as one other. Four suspects have been arrested, including Spanish and Moroccan citizens. King Felipe of Spain called for a 3-day period of mourning following these attacks. Half a million citizens marched in Barcelona following the attacks, united with the phrase "We are not afraid," to show their political and social unity against terrorists.

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Tuition increase at Saint Martin’s seeks to benefit student and faculty programs

Taylor Gersch
Staff Writer

Many students struggle to pay tuition while in college. They take out enormous loans in order to afford their education but end up with massive amounts of debt when they graduate. The U.S. News and World Report cited that the average 2016 graduate maintains \$37,172 in student debt. In addition, a Citizen Bank survey found that 59 percent of millennial graduates do not know when they will be able to pay off their debts. As tuition continues to rise each year, it is increasingly difficult to focus on education without worrying about its price tag.

This year, Saint Martin’s yearly tuition increased 3.5 percent from \$33,950 to \$35,250. I spoke with Saint Martin’s Chief Financial Officer and Vice President of Finance, Edward Barton, to discuss the increase, the reasons behind it and the benefits it provides to those on campus.

Students often ask why we are constantly raising tuition, especially since the Saint Martin’s mission aims to keep college affordable. They try to care for faculty, staff and students in the most economic way possible without having a huge negative effect on the students’ wallets. This year the \$1,300 increase in tuition contributed to student services (11 percent), academic support services (14 percent), and gave an extra two percent raise to all faculty and staff making under six figures. So how exactly are

Institution Name	Average tuition for full-time undergraduates (FY2016)	Average tuition full-time graduates (FY2016)
Reed College	\$49,640	
Whitman College	\$45,770	
Willamette University	\$45,300	\$37,600
Lewis & Clark College	\$44,744	\$19,386
University of Puget Sound	\$44,740	\$30,077
University of Portland	\$40,080	\$16,758
Pacific University	\$38,950	\$29,200
Linfield College-McMinnville Campus	\$38,300	
Whitworth University	\$38,168	\$16,100
Pacific Lutheran University	\$37,600	\$22,052
Seattle Pacific University	\$36,684	\$23,712
Saint Martin's University	\$32,800	\$13,140
George Fox University	\$32,430	\$14,592
Corban University	\$28,980	\$8,295
Northwest University	\$27,700	\$14,000
Walla Walla University	\$25,587	\$23,709
Bastyr University	\$24,198	\$24,200
Heritage University	\$19,032	\$9,240
City University of Seattle	\$16,500	\$13,708

Graphic courtesy of Taylor Gersch

students going to benefit from this increase? Well, mainly in scholarships and academic services. Saint Martin’s aims to give back as much as they can to students in the form of academic and athletic scholarships and financial aid. In addition, Saint Martin’s contribution to academic services like the Center for Student Learning, Writing and Advising aims to provide aid to students in their academics. Saint Martin’s is hoping this will make for happy students and staff.

The Board of Trustees, who sets tuition prices determines increases almost two years in advance. Barton encourages students, professors

or staff with any questions regarding Saint Martin’s finances to visit the finance page on Saint Martin’s website, stop by his office, or visit the New York Times Economic Diversity and Student Outcomes page for more information. Saint Martin’s wants to be as transparent as possible and flexible with students’ wants and needs.

Although some schools have chosen a locked tuition system or are dropping their sticker price with no aid offered, Saint Martin’s has not chosen either of these paths and is in preliminary stages of implementing something along these lines. Saint Martin’s takes pride in being

able to provide scholarships and aid to students who might otherwise not be able to earn an education.

How does Saint Martin’s tuition compare to other schools? Saint Martin’s is near the bottom of the list of private schools in the area in regard to tuition with Seattle Pacific University ranking one above and George Fox University one below. The tuition for next year, the 2018-2019 school year, is expected to have a 4.8 percent increase--putting tuition at a price tag of \$36,950. But when reading this, take into account the amount of scholarship money available for Saint Martin’s students, \$17 million for the 2015-2016 school year and \$19 million for the 2016-2017 school year. Saint Martin’s also prides themselves on providing a great return on investment for students and income mobility. Saint Martin’s is one of the highest in Washington and highest in the country of schools that provide upper mobility. Compared to other colleges in Washington the New York Times reported that Saint Martin’s ranks 4th out of 53 in the likelihood that a student attending would move up two or more income quintiles. Among private colleges, Saint Martin’s is ranked 110th out of 578, in the Great Northwest Athletic Conference (GNAC) they are ranked 1st out of 7, and out of all colleges ranked 514th of 2,137 colleges. While doing all of this they continue to balance aid for everyone while attracting and attaining an economically and demographically diverse student body.

Trump moves to rescind DACA

Jessica Varvil
Staff Writer

President Barack Obama signed an executive order on June 15, 2012 that polarized the nation’s political atmosphere in regards to illegal immigrations. Through DACA (Deferred Action for Childhood Arrivals), the Secretary of Homeland Security just announced that illegal aliens who came to the United States as children could request deferred action for a period of two years, provided that they meet several requirements. These requirements included being younger than 31 as of June 2012, having entered the United States before the age of 16, and not having any felony convictions. This executive order elicited consternation from Republicans and conservatives not only on immigration grounds, but also constitutional arguments about the extent of power allocated to the executive branch in the

Constitution. President Trump’s campaign relied heavily on his strong stance against illegal immigration, including promises to build a wall along the U.S. border with Mexico and repeal of DACA and DAPA (Deferred Action for Parents of Americans).

This month, President Trump ordered an end to the executive order. As a result of President Trump’s actions, U.S. Citizenship and Immigration Services are no longer accepting initial requests for deferred action and will no longer approve advance parole requests associated with DACA, according to their website. In January, Saint Martin’s University President Roy Heynderickx signed a letter stating his support for the protections afforded through the federal Deferred Action for Childhood Arrivals. President Heynderickx signed another letter, along with other independent and public colleges in Washington. According to an email sent by President Heynderickx to the student body of SMU, this letter supports “undocumented students in their college communities and throughout the nation.” Though the executive order has been rolled back, the provisions in DACA have a can still be implemented through the legislature. CNN and other major news outlets report that “consensus is building in Washington” over passing legislation that would enshrine the federal Deferred Action for Childhood Arrivals. Senate Minority Leader Chuck Schumer and House Democratic Leader Nancy Pelosi claim to have made a deal with Trump to “enshrine the protections of DACA into law quickly, and to work out a package of border security, excluding the wall.” However, Trump sent out a tweet claiming that no deal had been made about deferred action or the border wall with the democratic leaders.

There has been backlash about this series of events from both sides of the political spectrum. Conservatives, both those who were skeptical of President Trump in the past and those who



Former President Barack Obama meeting with “dreamers” in the White House.

supported him, are angry over broken campaign promises and perceived softening on this key issue. Some conservatives are even going so far as to burn their “Make America Great Again” hats in protest. On the other side, many people who were or would have been covered under the DACA provisions are understandably uncertain of their immigration status and future within the United States. The protections offered under the deferment period will be phased out over six months, so there is still time for affected persons to seek legal advice about their immigration status before deportation or other actions would be legal. The future of the “dreamers” will be determined by the legislatures actions over the next six months.



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President Donald Trump

Catholicism 101: An introduction to the Catholic faith

Kianna Garmanian
Staff Writer

Have you ever had questions about the Roman Catholic Church, its teachings, or faith? Ever been curious about what Catholics believe and why they have specific practices and traditions? Since St. Martin's is a Catholic, Benedictine university, questions about Catholicism have probably crossed your mind. The Catholic faith is vast and can be very complicated, but let's focus on some important truths, and hopefully this will bring clarity to your questions.

Question 1: Who is Jesus Christ?

Jesus Christ is the one and only



A Rosary, a popular form of devotion in the Catholic Church

Son of God, the Father, the Messiah "The Anointed/Chosen One" and the Savior of the world. Catholics believe Jesus Christ is fully human and fully divine, which is a mystery that our minds can never fully grasp. Jesus spent about 33 years on earth before he was crucified on the cross and died for the salvation of all souls. On the third day after his death, Jesus rose from the dead and walked the earth for 40 more days as our risen lord. After this period, he ascended into heaven and joined God the Father, making it possible for all of us to join him in heaven.

Question 2: What does "catholic" mean?

The word "catholic" comes from the Greek "katholikos," meaning universal, which was first used to describe the church in the early second century by St. Ignatius of Antioch. This means that the same liturgy, scripture readings and practices are observed in unity by many diverse cultures across the world. This distinct form of unity is unique among all other religions.

Question 3: How do Catholics practice their faith?

Catholics practice their faith in many ways, and each Catholic does

so differently. But, there are five precepts that all Catholics must follow, which includes attending Mass every Sunday and holy days of obligation, receiving the Sacrament of Reconciliation (Confession) at least once a year, receiving Holy Communion at least once during the Easter Season, honoring the days of fasting and abstinence throughout the year and supporting the needs of the church to the best of one's ability. These five obligations are the minimum requirements to be considered a practicing Catholic.

Question 4: Why do Catholics go to church every Sunday?

On Sundays, Catholics honor the Third Commandment, which calls all the faithful to "keep holy the Sabbath." But, Sundays are more than just respecting the Lord's Day, but also provide the opportunity to receive Holy Communion, which is the centerpiece of the Catholic faith. Once a week, all Catholics across the globe are invited to join as one family in Christ, praise the name of Jesus, and receive the body and blood of our Lord in the Eucharist. Jesus, who then physically unites with our beings, fuels us to grow deeper in faith, spread



A Crucifix, a symbol of the Catholic faith

the Gospel message, and love others. The Eucharist is a complicated and deep topic, so stay tuned for an upcoming article that will discuss all about this beautiful Sacrament.

Question 5: What is the difference between Christians and Catholics?

Simply put, all Catholics are Christians, but not all Christians are Catholics. Catholicism is the original and largest branch of Christianity, instituted by Jesus Christ in the first century, and has both similar and different teachings, beliefs and practices than other Christian branches.

A call to love

Kianna Garmanian
Staff Writer

To my fellow students, teachers, monks, faculty members, and campus community,

As we begin another exciting and joy-filled school year, let us reflect on the importance of respect, kindness and love. Each of us as human beings, have been created in the image and likeness of God, and therefore, are beautiful and individually unique. Most importantly, we each possess dignity that can never be taken away from our beings. My friends, may you take some time to dwell on these truths and seek out their deeper meanings.

Imagine what it would be like if we each looked into the eyes of our peers and saw the good in one another. As individuals, we all have our own opinions, our different faith practices, and do not always see eye-to-eye on current events, politics, governmental affairs and many other issues. Often, it is easy to get caught up in such differences



St. Martin's Track and Field athletes praying together before their races.

and focus on the negativity of others instead of promoting the goodness possessed by each of us. Remember that, aside from our differences, we all are human beings and deserve to be treated with the utmost kindness and respect. Imagine a community that lives by these beliefs and works to uplift, encourage, and inspire one another.

This year, our school is focusing on the importance of community. Sophomore Melissa Brito describes community as "A gathering of people who are willing to stand up for each other and compromise- mainly, to be united and at peace with one another." But, if we analyze this topic further, community requires all members to practice the virtues of faith, hope and charity (love). Simply put, international student Sakura Kohnoike states, "Love is EVERYTHING!" And, as St. Thomas Aquinas defines it, "Love is willing the good of the other."

You never know what your peer across the classroom is going through or the difficulties your professor is currently battling. Picture the impact that a simple smile could have in the lives of these individuals. It is the simplest acts of kindness, a warm greeting, a quick "hello," a positive word, that are the most beautiful. There is a beautiful quote by St. Therese of Lisieux that serves as a great reminder for all us: "Do SMALL things with GREAT love." May we meditate on the meaning of this quote and apply this truth to our everyday lives.

We have a wonderful community of individuals at St. Martin's, and together, let us strive to promote the values of respect, kindness and love. Let us transform this campus into a space where good deeds are done, charity is promoted, and love consumes the air. As brothers and sisters in Christ, we are one family and will always



A group of St. Martin's students in Baran Hall

be united together. So, the next time you feel tempted to point out the "bad" in another individual or treat others with disrespect, stop and challenge yourself to act in a different manner. Instead, work on finding and promoting the good in each person. Kindness is powerful, and know that every good deed will positively influence and shape our school, larger community, and entire world.

As students, teachers, monks, faculty and community members, we each have different missions and goals for our time here at St. Martin's. Whether we are a student who is studying for four years, a teacher who is teaching for ten years, or a monk who is living on campus for fifty years, our mission remains the same: TO LOVE! No matter who you are, what position you hold, or how long you intend on staying at St. Martin's, each of us are called to love others through our words and actions. Together, let us continue to build our community out of love for one another, then watch as we strengthen this wonderful bond of friendship between us all.

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Campus Life, from cover

tailor their programs to all and not just the traditional student body. Rumball will be working with other officers on campus to pull in more students from different majors, backgrounds and clubs to be involved.

Rumball has never been on a campus as small as Saint Martin's before and is excited to meet the student body and have people show up to Campus Life's events this year. Wielickiewicz is also excited to work with ASSMU in launching set town hall meetings to address issues and maintain the funding program. If you want to get involved with Campus Life anyone is welcome to apply for a position with the TUB and PROS, stop by the office, or participate in the many activities planned this year.

Keep a look out for the following Campus Life events and for more information:

Sept. 29 PoBev (Poetry and Beverage), location and time to be determined, an open mic opportunity to showcase your talents with performance by Mitch Mirande.

Oct. 5 Saint Sports Day attend a variety of Saints sporting events with tailgates and activities.

Saint Martin's students welcomed back with new café

Brian Messing
Section Editor

Students at Saint Martin's University were welcomed home with a nice surprise, a newly renovated Saint Gertrude's Café. According to an email from Edward Barton, Vice President of Finance and Chief Financial Officer of Saint Martin's University, the plans to renovate the café "started a year ago, and progressed through design and bidding in the Spring semester. Work began shortly after school ended in June, and was completed just in time for school to start in September." According to an email from Carole Ann Beckwith, General Manager of Bon Appetit at Saint Martin's University, the total time that it took to complete the renovations was "just about 12 weeks." Since most of the work was done efficiently over the summer, the impact of the renovations was minor for most students. Anyone who was on campus during the summer, however, may have remembered that the café was closed and that only the Monk's Bean was open in addition to the temporary café in Cebula. For those who did not, the newly renovated café was a glorious gem that awaited their return to campus. There were several reasons why the café was renovated. For one, it was time for another renovation. Beckwith noted in an email that it had been eight years since the last renovation to the café. Barton noted, "There was work to both the parts you can see (the dining room) as well as

Photo courtesy of Chelsea Mancilla



A look inside the renovated dining space in the café.

to upgrading some of the equipment in the kitchen – which was failing and nearing 20 years old." The cost of the new café will be about \$1.1 Million, when complete according to Barton. Barton also stated that "Bon Ap and SMU shared in the cost of the remodel." The money is well spent for anyone who uses the café daily and is excited for more meal options, a new lasting kitchen and a wonderful new design. The main changes according to Barton are "adding approximately 30 seats to the café, moving the salad bar, drink station and checkouts to improve flow and adding a coffee/espresso bar that is open extended hours." Beckwith also noted that there is now a third register for checkout and extended hours for the espresso area. These changes have enhanced the café and made it fit for a new era of education at Saint Martin's University as we continue to

welcome more and more students. Students may have also noticed the updated modern style that was part of the renovations. Beckwith noted that students seem to enjoy "the updated look, the openness and espresso area" most.

There were relatively few challenges faced during the renovations. Beckwith mentioned that the only challenge was "serving meals in 3rd floor Cebula, the BA team did a great job with coordinating and transporting meals from the main kitchen in old main to 3rd floor Cebula for 3 meal periods. While also coordinating catering event transport as well. Teamwork is how we made it through. We have a great team."

There are many things that one might enjoy about the new café, following renovations. When asked about what he enjoyed most, Barton said, "I love the new layout and the espresso bar – now those of us with classes and offices in Old Main don't have to brave the rain to go to the Monk's Bean to get coffee or a snack." Beckwith said that she enjoyed "the updated look, but mostly it's the smiles of on the face of our customers and their happiness with the outcome of our project" that she enjoys most. Whatever it is that you enjoy most about the new café, the Saint Martin's community is delighted that we have a new café that is built to last into the future and will serve us well for many years to come through its efficiency, design and dependability.

The trouble with Bernie Sanders' new healthcare plan

Brian Messing
Section Editor

If you follow the news, there's a decent chance you've seen something about healthcare recently. As Republicans try to repeal and replace President Barack Obama's health care law, with a law that limits government intervention, some Democrats have started to show their dissent against the Affordable Care Act by proposing more government intervention. The crux of the latter movement can be summarized in Vermont Senator Bernie Sanders' new healthcare plan that he released on Sep 13.

To summarize, the plan would expand Medicare and provide coverage that is even more expansive than other countries with single-payer health care systems such as Canada and Taiwan. The proposed plan would provide dental services, for example which is something not covered in the Canadian plan. Additionally, people would not be required to pay anything for health insurance except for prescription drugs. According to MSN, this is uncommon on the international front, for example in Taiwan people pay for doctor's visits and in Australia people pay 15% for visits to medical specialists.

While this may seem like a nice idea, like most socialist ideas,

Photo retrieved from creativecommons.org



Senator Bernie Sanders caricature

it is not in any way practical as a political policy. The largest gaping hole in the Sanders plan is that there is no way to pay for it. The bill itself does not include funding mechanisms to cover the huge costs associated with it. To understand what the plan might cost, consider how much the federal government spends on Medicare and Medicaid now. Between Medicare and Medicaid, which provide some portion of insurance to low-income individuals and the elderly (and often not nearly as generously as the Sanders plan would) the federal government spends approximately \$1.436 Trillion annually according to the CBO. That is about 37% of the federal budget. To compare, the defense budget takes up a mere 15%. And the scary thing is that 37% of the entire federal budget only pays for 55 Million people to receive Medicare (with an average of 50% of their healthcare costs being covered

by it) and 74 Million people to receive Medicaid, according to the Kaiser Family Foundation. Imagine how much it would cost to cover all 325 Million Americans under a more expansive plan.

But the go to answer at this point for those peddling the Sanders system is that by having the federal government take over the healthcare industry, costs will magically go down. Their argument is simple, without hospitals negotiating with many different insurance providers the government can set low prices for everything and the cost will decrease. While this makes sense in theory, it ignores the fact that while prices may be able to be lowered (lots of people in the healthcare sector may take pay cuts or they won't be lowered at all) usage may increase dramatically.

The best argument for why single-payer healthcare will not decrease costs is because people are no longer paying for the benefit that they are receiving. When you go to a store and buy something, you ask yourself if you need it and if it is worth it for the price that it is being offered for. If you agree, you buy it and if you don't you pass. But if you went to a store to buy something and the government was paying for it, you probably wouldn't care how much it costs. This is in large part one of the major issues that our current

healthcare system faces and why costs are so high in the first place. With so many subsidies in the form of Medicare, Medicaid and the Affordable Care Act, people don't care how much something costs since they aren't paying the full price. This inevitably leads them to go to doctors more and more, often for operations and services that they don't need. Introducing a full single payer plan would take an already delicate situation and make it much worse. The result is that you, the American taxpayer, get stuck with the bill when everyone in the country goes to the doctor for services that they don't need.

America desperately needs a new health care plan. If one thing is clear from the current Congress it is that no solution seems to be popular with everyone. The Sanders solution is not the solution for America. Choosing a policy based off shiny promises of a perfect healthcare system is not the way to go. We must look at the facts that show that we cannot afford this system and that choosing it would mortgage our children's future and hurt our nation's economy.



Welcome Back to fall Semester

Last spring we asked students to submit their best jokes to the Belltower...

these were the staff favorites...

- “Why can’t you give Elsa a ballon? Because she’ll let it go!”
-Annonymous
- “What did the cell say to his sister when she stepped on his foot? Mitosis!”
-Cristina@smu
- “How does Moses make his tea? HeBREWS it!”
-Lauren Diuco
- “Why does Snoop Dogg carry an umbrella? Fo’drizzle”
-Heather Berg
- “What do teenage boys and the enzyme Helicase have in common? They both want to unzip your genes!”
-Roslyn Buff
- “What’s the difference between a drug dealer and a prostitute? A prostitute washes her crack and resells it!”
-Annonymous
- “A proton checks into a hotel, the clerk asks if he needs help with his luggage, to which he responds ‘no thanks, I’m traveling light’”
-Luis Camacho
- “What kind of melon never gets married? A cantelope.”
-Holly Reed
- “Why do girls come in odd numbers? Because they can’t even.”
-Annonymous

10 free ways to relax on campus



1. Read the Belltower



2. Take an on-campus fitness class



3. Walk the trails (with a friend, of course!)



4. Turn off your phone and spend time with your friends



5. Grab a warm beverage from the monks bean

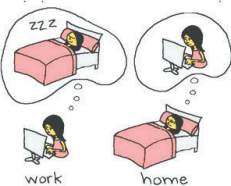
6. Plan your week ahead



7. Take a bath and use a sugar scrub



8. Watch "Planet Earth"



9. Curl up in freshly washed bedding

10. Visit the counseling center for more tips and help



E C I P S M B B F N J E A C S
O C Z L C R O I S G A J A T C
L V Q I E Z R N S C I J I B A
I O D D O E O O K W A X S Q R
D E I S P R Y K V S L R Y N E
R P A L G N E H U O B L Y T C
S H A S E M U T S O C E A K R
C C P G U U D L A Y S P A F O
E S P L W T O S W E I F A N W
O T L U V U Q E Q J W W C M Q
R C E N T A H T F Y D S E F C
F S R U H H S P O O K Y W V L
A L D R D T N Y E H F I G R C
K W S V B O P M M H O C F T V
B R V K V W V T C L I C Y Q S

fall Word Search

Apple
Autumn
Cider
Costumes
Fall
Fireplace

Monks Bean
Scarecrow
Scary
Spooky
Spice
Spider

WANT TO SEE SOMETHING SPECIFIC ON STUDENT ACTIVITIES?

submit ideas to belltoweratsmu@gmail.com or slip them under our door in Harned 113.

