

Ski Days  
with  
Campus  
Life

see page C1



Catch up on  
Saints athletics

see page D1

A unique approach  
to sustainable  
living

see page B2



# THE BELLTOWER



SAINT MARTIN'S UNIVERSITY MONTHLY STUDENT NEWSPAPER

Volume V

Issue 5

February 2013

## Survey reveals dissatisfaction with food service

**Tony Kern**  
*Staff Writer*

Nothing compares to a home cooked, warm meal around the table with the family. Unfortunately while away at school there is not always the option for mother's spaghetti. Students look to the food service to fill the void where slow cooked, mango, baby back ribs once stood. At Saint Martin's University, Bon Appétit does that job. Chances are you have had a meal at St. Gertrude Café, picked up a cup of coffee at The Monk's Bean, or grabbed a late night study snack at the Parson's Store. Bon Appétit is to thank for all these convenient choices.

Before the winter break a survey was taken to assess the students' satisfaction with their food service. When asked about service, the students said, "I love how nice and caring the staff is. All the way from management to cashiers to cooks to dishwashers. Everyone asks how it's going and smile sincerely which really makes my day brighter!" Students said that the staff made an attempt to learn names and actually cared about the well-being of their customer.

The survey rendered interesting results. Divided into categories, Ella Shepherd and the Residence Hall Council observed student's satisfaction with breakfast, lunch, weekday dinner, brunch, weekend dinner, selection quality, and quantity. Overall, 45% were

dissatisfied, 31% indifferent, and 24% were satisfied with the food service at Saint Martin's Bon Appétit. When looked at individually it is noticed that out of the eight categories, four categories were under the 25% satisfaction rate: dinner at 16%, weekend dinner at 18%, the selection at 15%, and the quality at 23%. The highest satisfaction rates were found with the lunch at 40% and brunch at 41%. Dissatisfaction is evident among SMU students.

The cost was something that was a major issue for students. Understanding the pricing of the meals became a highly talked about subject among the students who already pay so much for their education. If the total price for a meal plan is divided out, there is discrepancy between the values advertised for a meal when a Board Meal Credit is used and the price that each meal actually costs the students. The meal plans are separated for our convenience, we are offered four different plans: commuter, bronze, silver, and gold. After the flex cash amount was subtracted and the minuend is divided with the Board Meal Credit amount for each plan, the dividend is subtracted from the \$11.25 advertised cash value of each meal. The result is the amount that a student is actually paying for the meal minus the dollar amount it is valued at. If a student has chosen

see **Food** page B2

## Around the world in 180 days: Two students travel the globe for love of language and culture

**Amy Pollard**  
*Staff Writer*

When Mike Vandehey and Meghan Stewart arrived in Morocco, they knew little Arabic. After a month had passed, they were writing 500-word essays and conversing with taxi drivers in Arabic. After studying abroad in Turkey, Jordan, and Morocco, spending a semester in Washington D.C., Mike and Meghan, both seniors, returned to Saint Martin's University with a deepened appreciation for the language and culture of the Middle East.

From early June to the end of July, Mike and Meghan studied Modern Standard Arabic at Al Akhawayn University in Morocco.

"I wanted a study abroad experience that was more focused on language," says

Mike. The language intensive program crammed one semester of Arabic into four weeks.

"The most challenging part was the speed [of the program]," says Meghan. "We went from not knowing the alphabet to writing a 500-word essay in two months."

Every weekday, Mike and Meghan studied Arabic from 8 a.m. until 2 p.m., ate lunch with professors and spent their afternoons participating in cultural activities such as watching movies or drinking tea. Once a week, they participated in a calligraphy club.

Despite the heavy homework load, Mike and Meghan found time to meet new people and explore Morocco.

"We made a lot of really good friends over there,"

says Meghan.

On the weekends, they traveled with a group of friends to visit different locations around Morocco. One time, after volunteering to take a separate taxi, Mike was accidentally separated from the rest of the group. Fortunately, Meghan was able to locate him.

"We were trying to navigate the city. It took a couple hours of us using our broken and choppy Arabic," Mike recalls. "By time we got to the beach town, it's 11:30 at night; we don't have a cellphone; we don't know where our friends are at; we just know the name of this city. That's it. It was a crazy experience, but we ended up getting there."

Unaffiliated with Saint

see **Travel** page C1



Seniors Meghan Stewart (second from right) and Mike Vandhey (right) had the opportunity to travel to Morocco where they experienced the local culture and studied Arabic.

Photo Courtesy of Meghan Stewart

© Saint Martin's University 2013



## Nick Tudor

CAB's

OLYMPIC

CARDS & COMICS

4230 PACIFIC AVENUE • LACEY, WA 98503 •

STORE HOURS: MON. 10AM-9PM • TUE.-SAT. 10AM-MIDNIGHT • SUN. 10AM-6PM

THE SOUTH SOUND'S PREMIER SOURCE FOR...

✦ Comics

✦ Graphic Novels

✦ Boardgames

✦ Sports Cards

✦ Roleplaying Games

✦ Collectible Card Games

✦ Action Figures

...AND MUCH MORE!



Ask about our

LOYALTY PROGRAM!

(360) 459-7721

WWW.OLYMPICCARDSANDCOMICS.COM



# Building a sustainable future one bottle at a time

**Clarissa Strayer**  
Staff Writer

For the young woman who desired a vegetarian lifestyle since the age of nine, Saint Martin's Residence Director, Ella Shepherd, has evolved into an environmentally conscious expert. In August, Shepherd decided to challenge herself with the Zero Waste Lifestyle by converting her waist-high garbage can into a recycling bin, composting as much as possible, and most significantly, stuffing any non-compostable, non-recyclable items into plastic water bottles. The experience has opened up endless avenues to further her dedication to limiting her footprint on this Earth. Using her aunt and a useful online blog as her guide, Shepherd has immersed herself in the countercultural means of living that focuses on minimizing the wasteful tendencies of human beings.

Shepherd is no hippie. Growing up in Florida, her surroundings consisted of processed foods and a rising obesity rate. Always a conscious consumer, Shepherd constantly sought ways to reduce waste. In high school, while driving back from lunch one day, she witnessed someone throwing their trash from McDonalds out the car window. She proceeded to pick up the bag and return it to the owner, letting them know they "must have dropped their trash." Concerned with the careless attitude of many people, Shepherd hopes that others will gain awareness of how our consumer tendencies damage the environment. Unfortunately, a certain stigma exists about those who try to preserve the Earth.

"Caring about the environment makes you a hippie," explains Shepherd, but even with this hurdle of a mindset that humanity must overcome, she still has hope for change.

While people used to grow and cook their own food, we now live in a world complete with packaged food and frozen dinners. As more

people acknowledge the rising levels of illness, disease and obesity in our society, she thinks we may slowly drift back into that self-sustained living that was so prevalent in generations before.

Although filling plastic water bottles with trash seems more difficult than simply throwing garbage in a large trash bin, Shepherd thinks the Saint Martin's community could easily get more involved in some sort of environmentally friendly regime. Surprisingly, the transition to a Zero Waste Lifestyle seemed natural and easy for her. For college students, the dining hall makes this lifestyle relatively simple. The central problem Shepherd and many others face is the lack of time to prepare everything from scratch. The visual display of water bottles filled with trash shows just how much unnecessary waste exists.

Shepherd's aunt first inspired her to take on the water bottle challenge and to no longer have to take a trash bag out twice a month. Now, Ella fills plastic water bottles with what little trash she has in hopes of reducing her trash amount as much as possible. She plans to send the trash-stuffed water bottles to her aunt in Northern California who will use them as an addition to her house. Since the garbage is not biodegradable, her aunt wishes to make some use of it, while keeping it out of the landfill.

On the easy-to-follow blog that Shepherd follows, <http://zerowastehome.blogspot.com>, where the motto is to "Refuse, Reduce, Reuse, Recycle, Rot," the founder, Bea, displays a tiny bag of trash that her family of four produced in four months time. Although Bea practices the Zero Waste Lifestyle quite extremely, her blog has many tips and recipes for anyone to try.

Additional motivation for Shepherd came from the book "Seven", where a woman "fasts" in seven areas of her life for one month each. Shepherd's inspiration came from the sections on minimizing stress, possessions, and packaged food.

Living in the Olympia area further supports Shepherd's lifestyle choice. Olympia provides countless opportunities for people to help lessen their footprint. Shepherd often visits the Eastside Food Co-op in Olympia where she brings her own containers to purchase goods in bulk. With such an environmentally conscious city in such a progressive state, Northwesterners could encourage a nationwide change in the ways we view consumerism and waste.

Saint Martin's Bon Appétit has a commercial composting bin behind the dining hall in which Shepherd disposes of her compost once every other week. When she considers the lifecycle of a product and how long it will last, it helps her make a decision as to whether or not she needs to purchase the product. Considering the durability of the product, and the actual necessity of the product helps her reduce as well. Shepherd would love to see the Saint Martin's community join her in her mission to reduce her footprint, and she says a good place to start for students is cutting

out the usage of plastic bottles and plastic bags.

"Everyone is capable of reducing their footprint and helping the Earth, but you just need to do what is right for you and your specific lifestyle," Shepherd explains. "The first step is to be aware, consider



Photo By Clarissa Strayer

As a way to live waste free, Resident Director, Ella Shepherd has begun stuffing her non-recyclable and non-compostable garbage into water bottles which she will send to her aunt in California to promote a sustainable lifestyle.

your footprint, be conscious and actually care about your impact."

Although she admits at first, the concept of using water bottles as a disposal seems weird and a little crazy, it feels good knowing that she is doing her part at preserving, and extending the existence of our environment.

## Food, from cover page

gold they are paying an extra \$6.25, silver: \$6.50, bronze: \$10.16, and commuter: \$6.58. The question that comes up is what is this money for, and where does it go? If a student is using the gold plan that is a 64% tip per meal.

In response to the overall experience of dining at Bon Appétit, student Becky Franklin says, "Something's <sic> are great, some not so great; but it's the not so good things we remember."

At the end of the day, Bon Appétit does its job-it feeds its customers-so the short comings are often overlooked; however, it is obvious that the satisfaction of the students is low.

According to survey respondents, there are some simple solutions that

can be looked over by the management. Students say prices should be adjusted and methods of communication between the students who eat at Bon Appétit should be more accessible. By connecting the students with the staff, there would be ways of assuring that what the students want to see out of the food service is implemented.

## NOTE:

Discussions about how to improve food service at SMU are not finished. In the Jan. 24 ASSMU meeting, Dean of Students, Melanie Richardson, said that results of the survey will be presented to and discussed with Bon Appétit management. What this means for students is unsure, but The Belltower will continue to follow the issue and report further developments.

## Hui 'O Hawai'i Lu'au

Join the Hawai'i Club as it celebrates its annual Lu'au on

**Saturday April 6, 2013!**

Tickets will go on sale February 20, 2013 and be sold every Wednesday, Thursday, & Friday from 11 a.m. - 1:30 p.m. in front of Saint Gertrude's Dining Hall.

Table reservations are accepted with 8 ticket holders.

Will-Call or Reserving tickets to Pay-at-the-door are available.

Any Questions? Email [huiohawaii@stmartin.edu](mailto:huiohawaii@stmartin.edu)

GENTLY USED AND NEW

**HOME  
FURNISHINGS  
DOWNTOWN  
OLYMPIA.**

SAVE MONEY, RECYCLE, GET BETTER STUFF.

**A DIFFERENT KIND  
OF FURNITURE STORE.**

402 WASHINGTON ST NE OLYMPIA, WA 98501

**360.570.0165 OLYFURNITUREWORKS.COM**

M-F 12:30-6 SAT 10-6 SUN 10-4







Touring Morocco gave Meghan Stewart the opportunity to experience new things...like riding a camel.

### Travel, from cover page

Martin's University, the Morocco trip represents student initiative to study abroad. Dr. Ian Werrett, associate professor of Religious Studies, who has a colleague at Al Akhawayn University, suggested the trip to Mike and Meghan.

"It was a well-structured program,

with a great mix of control and freedom," says Mike.

"It was a fantastic experience—I can't wait to go back," Meghan adds, "Studying abroad was one of the most fun things. I definitely recommend it to SMU students."

In contrast to the Morocco trip, the Washington, D.C. Semester trip was affiliated with Saint Martin's University. During the fall semester, Meghan studied Journalism at American University and interned for New Story Leadership for the Middle East, a nonprofit that seeks reconciliation between Israeli and Palestinian college students. She served as editor, helping to compile, edit and publish a book of personal narratives that the students had composed.

Ironically, Meghan says she realized during the trip that "journalism isn't my thing. I became more interested in international relations."

During his semester at American University, Mike studied Middle East & Current Affairs, interning for TransAfrica, a non-governmental

organization, or NGO, that works to increase the sustainability of American foreign policy in Africa. He also spent three weeks in Turkey and Jordan, visiting historical sites and listening to a variety of speakers.

"I learned a lot and met a lot of cool people," says Mike. "I'm never going to forget this trip."

Since their return to Saint Martin's, Mike and Meghan have begun envisioning future encounters with Middle Eastern language and culture. Meghan aims to study Hebrew in Israel.

"I'm concerned with U.S. policy toward the Middle East, especially Israel and Palestine," she says.

Corps and to eventually earn a master's degree in International Relations or Middle Eastern Studies. However, he tries to keep an open mind.

"I'm a history major and I'm just really interested in history, international relations and language," he says. "What do I want to do with it? I'm not sure. I'm going to be working and traveling internationally—that's the goal."

After months of hard work and cultural immersion, Mike and Meghan came away from their study abroad experiences with a broadened appreciation for the Arabic language and Middle Eastern culture.



Photos Courtesy of Meghan Stewart

Even though study was rigorous, Meghan (left) was able to explore the local sites on weekends with new friends she made at Al Akhawayn University.

Mike aspires to join the Peace

## Hit the slopes with Campus Life

Cassidy Choi  
Staff Writer

While looking for fun activities to do on campus, many students reach out for exciting events off campus. St. Martin's University Campus Life is responsible for allowing students to participate in school coordinated functions on and off of campus. One way they do this is by providing Ski Days for students to attend. Campus Life rents a bus and brings SMU students, who can also bring a 'plus one,' to either White Pass or Crystal Mountain Resort to ski or snowboard.

There are still two trips remaining for this season. There is a trip on Feb. 16 to White Pass and a spring

break weekend trip from March 8-10 at Hood Meadows. Signing up and paying for either of these events can be completed at the TUB. A minimum of 20 people is needed for Ski Days to occur to make the bus rental cost effective, so sign up with a friend or family member. If a guest decides to attend, the guest pays the same fees as the student but with an additional \$10 transportation charge.

Students of any skill level can attend the Ski Days, and Ginny-Beth Joiner, Director of Campus Life, encourages students to tag along for a fun day of skiing or snowboarding. Joiner's only concern is students not taking care of themselves and not being mindful of his or



SMU students eating lunch at Crystal Mountain Resort (r-l) Erin Ward, Ryan Conrad, Allie Barner, Austin Brenner, Meghan Stewart, Mike Vandehey.

her own limits. While there is no available rental service for clothing,

Campus Life does have a few items that can be utilized if necessary. Athletes are also required to have their coach's permission to attend Ski Day because of the chance of injury.

Ski days can be a fun activity, but can also be a social adventure. All students are allowed to sign up and international students enjoy coming along as well as some of the faculty and staff from St. Martin's University.

"I think it is fun for students to be able to interact with their professors outside of the classroom," Joiner explains.

The day is literally filled—the bus leave at 6:45 a.m. and the expected return time is 7 p.m.—with excitement and fun.

If any student has a desire to hang out with some SMU friends or even try a new activity, get more information and sign up for the Ski Days at the TUB.



© Saint Martin's University 2013

Students getting ready to snowboard at Crystal Mountain Resort.



# Bringing rugby to SMU

**Rae Pennock**  
*Managing Editor*

Ty Skirmont, a junior at SMU, spent last semester in New Zealand and brought back with him the game of rugby. Skirmont says he has been playing rugby for a while thanks to family in Australia, but he did not really start until he went to New Zealand.

"I played almost every weekend, went to the bars afterward, and then played again the next day," Skirmont says of his time in New Zealand. He sees rugby as "football on steroids."

While in New Zealand, he messaged the Gaming Club on Facebook to see who was interested in picking up this game and that is how it all started.

For now the Gaming Club is playing "touch" rugby until everyone gets a handle on the game. Skirmont says they may move up to playing

tackle, but after the first session of touch "some people couldn't walk straight or sit down; we're going to see how everyone's fitness goes."

Micah Corey, a junior and Gaming Club member says, "It is a wonderful physical workout and we would like to have more people."

Shanyese Trujillo, also a junior,

says, "Being the only girl out here, I could use another girl so come play!"

Gaming Club is orchestrating the games' scheduling, but everyone is welcome to join. If you are interested, check out the Gaming Club's Facebook page or contact Ty Skirmont.



Micah Corey dodges a tackle during a Gaming Club rugby game.



While the games were "touch" rugby, collisions still occurred.

Photos by Jesse Lamp

## SAME: New club looks to help military-oriented engineers

**Nick Tudor**  
*Staff Writer*

A chapter of the Society of American Military Engineers (SAME) has recently been reinstated into the Saint Martin's community as of October 2012, and has quickly taken off. The nationwide society is the premier professional military engineering association in the United States. Its purpose is to prepare for and overcome natural and man-made disasters as well as improve security at home and abroad. With

over 27,000 members nationwide, the organization is able to provide opportunities for training, education and professional development, whether it is through conferences, networking events, publications, or workshops.

The SAME mission is to promote and facilitate engineering support for national security by developing and enhancing relationships and competencies among uniformed services, public- and private-sector engineers and related professionals, and by developing future engineers

through outreach and mentoring. Ideally, as is the goal of the Saint Martin's University chapter, the Society of American Military Engineers wishes to be a globally recognized organization leading the professional and personal growth of all members in support of military readiness and development of solutions to national security challenges.

The Saint Martin's University chapter is the youngest club on campus, but boasts the largest number of participants at over sixty

members. SAME's goal is to mentor members in all aspects of engineering while forming professional relationships in the community. One of the foremost plans for the chapter is to hold frequent banquets in order to associate students with job opportunities. Always looking for new enthusiastic members, the club encourages students to contact Professor John Sladek, the club's faculty advisor, if interested in joining.



Photo by Jesse Lamp

On Jan. 19, senior Roger O'Neill became the 18th player in SMU history to break 1,000 career points.

Congratulations, Roger O'Neill!

© Saint Martin's University 2013



# Women’s basketball fights for a postseason spot as season draws to a close

**John Hamman**  
*Staff Writer*

The women’s basketball team started January with a loss at the Marcus Pavilion to the Yellowjackets of Montana State – Billings, 67–49. The Saints shot 25.2%, led by Chelsea Haskey with 16 points, while the Yellowjackets shot 31.1%. Defensively for the Saints, MacKenzie Taylor pulled down five rebounds, and Jori Skorpik and Brooke Paulson recorded two steals.

The Lady Saints then took on the Seattle Pacific University Falcons at home and won 70–66. The Saints defense was on fire forcing 23 turnovers and stealing the ball 15 times with Skorpik having a team high of three steals. The Saints beat the

Falcons at home for the first time since 2005. The Saints’ scoring attack was led by Haskey with 18 points and Angela Gelhar coming off the bench with 14 points.

The women travelled to Central Washington University and beat the Wildcats, 62–56. Haskey recorded a double-double with 17 points and 10 rebounds during the Saints’ win, and Jordyn Richardson chipped in 13 points, shooting 75% beyond the arc. The Saints shot 45% to Central’s 29%.

The Saints then travelled to Northwest Nazarene, where they lost to the Crusaders, 69–86. Haskey had a season high 24 points, followed by Richardson with 13 points. The Crusaders recorded 19 offensive rebounds leading to 20 second-chance points.

The women continued to play on the road by defeating the Wolves of Western Oregon University 54–47. The defense, which held the Wolves scoreless for the first 11 minutes of the game, was led by Ciara Pedroni with three blocked shots and Skorpik with three steals. The offense was again led by Haskey with 14 points, followed by Richardson with 13, and Taylor with nine.

Returning home, they kicked off a series against the Alaska schools by winning against the Alaska – Fairbanks Nanooks, 74–57. The offense led by Gelhar with 20 points, Haskey with 16 points, and Richardson with 15, Gelhar and Richardson contributed all eight of the Saints’ three pointers. The Saints defense was phenomenal forcing the Nanooks to shoot 32.8% from the field, led by Erika Wilson with two steals.

The Saints lost at home in a nail biter, 45–48, to the Alaska – Anchorage Seawolves. At the half, the Saints were down 19–32 but rallied back with Haskey leading with 18 points, seven rebounds, and three assists. The Saints defensive efforts were led by Richardson with three steals and Pedroni with three blocks, but the Seawolves held a



Photos By: Jesse Lamp

Junior Chelsea Haskey has led the women’s team in scoring, tallying over three hundred points this season and grabbing four double-dohubles.

|                  | Points | Rebounds | Assists | Steals | Blocks |
|------------------|--------|----------|---------|--------|--------|
| Chelsea Haskey   | 273    | 129      | 13      | 17     | 13     |
| Brooke Paulson   | 159    | 54       | 22      | 19     | 4      |
| Jordyn Richarson | 120    | 33       | 28      | 15     | 1      |
| MacKenzie Taylor | 93     | 114      | 27      | 25     | 4      |
| Erika Wilson     | 62     | 27       | 37      | 22     | 4      |
| Jori Scorpik     | 52     | 45       | 40      | 31     | 1      |

45–46 lead with 1:28 to go in the game and would score two free throws to seal the deal.

The Saints (11 – 8, 4 – 5 GNAC) are currently sitting in fifth place in the GNAC and are still in the hunt to lock down a postseason spot with nine games remaining in the season.

# Men’s basketball struggles through January

**Joey Keeton**  
*Staff Writer*

The SMU men’s basketball team kicked off 2013 with seven games in January. The first three were up against Western Oregon, Alaska-Anchorage and Alaska-Fairbanks. SMU came up with the win at home against Western Oregon with a final score of 71-59, shooting 51.7% from the field. When it came to the half, SMU led by 22 points and held a strong advantage until the end. This set the Saints up with high confidence as they traveled to their next two games in Fairbanks and Anchorage, Alaska. They lost their first game against the Nanooks making an impressive 11 three-pointers in the first half. Saint Martin’s came out short in the end with a loss to Fairbank Alaska, 81-58.

Saint Martin’s took on their next opponent, Alaska-Anchorage, where they recorded a season low 34.9% shooting. Out-scoring the Sea Wolves in the second half was not enough for the Saints, coming out of the half falling by 10 points because of 10, first-half three pointers. This left the men with a close 74-71 loss to the Sea Wolves.

Returning to SMU, the men hosted Simon Fraser. Pulling out a 78-65 win against SFU, Saint Martin’s had a strong lead most of the second half of the game, giving them the advantage needed to

easily put another win under their belts. The men finished the game by shooting 50.9% from the field. The next game was a tough loss for the men as they played the second nationally ranked team, Western Washington University. With a low shooting percentage of 21.1%, the Saints lost 104-56. With everything landing perfectly for WWU, SMU just did not have the kind of night they needed to walk away victorious.

To finish out the month of January, the men went on the road to take on

Montana State University-Billings and Seattle Pacific University. Senior Roger O’Neill tallied 23 points in each of the two games, but it still was not enough to take the win in either contest. After Billings took a quick lead before the half, the Saints trailed by 13 points going into the second half and ended with a 64-77 loss. Seattle Pacific, who brought a 15-2 record (8-1 GNAC) with them into the contest against the Saints shut the men down 54-82, leaving them Saints with a 6-11 (2-7 GNAC) record as they enter February.

The Saints enter February play on the road at Western Washington University. The game is underway, but no information is available at this article’s deadline. The Saints continue February play against Alaska Anchorage and Alaska Fairbanks in Marcus Pavilion on Feb. 7 and 9.



Junior Rei Jensen dunks for two against a wall of Simon Frasier defenders. The men pulled in the win, 78-65.

# Julie Sullivan steps down as head cross country and track & field coach

**Caley Wiseman**  
*Column Editor*

Head coach of the cross country and track & field teams, Julie Sullivan, stepped down from her position and left the Saint Martin’s athletic program on Jan. 9. Sullivan began her SMU coaching career in January 2004 and quickly became the head coach by September of 2006.



Photo courtesy of SMU Athletics

During her seven seasons of coaching cross country and six seasons as the head coach of track & field at Saint Martin’s, Coach Sullivan has had three national qualifiers in each respective team as well as an outdoor track & field All-American.

With her many accomplishments and competitive drive as the head coach, Sullivan will be missed by her athletes.

Assistant coach, Chad Colwell, will replace Sullivan as the head coach of cross country and track & field. Coach Colwell joins Saint Martin’s with coaching experience from the University of Great Falls, the University of Portland, Duke, Cal Poly Pomona, and Eastern Oregon University. Coach Colwell is a level 1 certified USA Track and Field coach and brings promise to the Saints cross country and track & field teams.



## New Counseling and Wellness Center location benefits visitors

**Cassaidy Choi**  
Staff Writer

**Kenzie Long**  
Managing Editor

As many students might have noticed, the St. Martin's University campus is undergoing many significant changes. One of the many changes is the location of the Counseling and Wellness Center. Originally located on the second floor of Old Main, the Counseling and Wellness Center can now be found in the Lynch Center. Located just north of Old Main, the Lynch Center is the brick building with a bridge found across from the Abbey Church. Although the relocation of the Counseling and Wellness Center might be a little inconvenient, the new atmosphere of the center is well worth the hassle.

The Counseling and Wellness Center moved over the break and all of the counselors seem very excited about the new environment, explaining that the new building is more relaxed and gives more of its visitors a better sense of anonymity. Confidentiality can be comforting for people who seek the Counseling and Wellness Center. The new center is more spacious, having five offices instead of three and a large conference room, as well as

a kitchen, and two gender-specific bathrooms. The underlying reason for the move is unclear, but Jan Berney, Director of the Counseling and Wellness Center, explains that there is a bigger picture of what is going to happen—the Counseling Center needed to find a different place. The offices on the second floor of Old Main might be shuffled around to better suit the needs of students and faculty; however, this could not have worked out better for the Counseling and Wellness Center.

Chelsey Lew, Counseling and Wellness Center receptionist, enjoys her new work environment stating that, “the center looks a lot more professional; there is a sense of a real cohesive office.”

The great ambience is not only brought on by the professional and welcoming staff, but by the beautiful Lynch Center that is owned by the Abbey.

“We are deeply grateful for the Abbey allowing us to use their space,” Berney says.

Owned by the Abbey, the Lynch Center has a bit of history in the building. Andrew Moyer, the Associate Treasurer for the Abbey, divulged his historical knowledge about the Lynch Center. The building was built in 1924 and was wood-clad until later that decade when it became the brick building

seen today. Originally, the building was built for the Brothers of the Monastery. The second floor of the Lynch Center—where the Counseling and Wellness Center is now—used to be the infirmary for the St. Martin's High School until the 1980s. Dan Lynch donated money in memory of his wife Evelyn and the building became the “Lynch” Center. Management Information System offices were also located on the second floor, in the space now belonging to the Counseling Center. The Lynch Center also includes a museum on the first floor and guest rooms on the third floor for guests of the monastery.

If any student feels the need to talk to a school counselor, the Counseling and Wellness Center is open Monday through Friday from 9 a.m. to 5 p.m., but the counselors are willing to make exceptions as needed. As long as the visitor is enrolled, a student can make appointments by email or walk-in. Keep in mind, a crisis does not have to be the reason for a visit. The Counseling Center can be used as a place to problem solve.

As Kaj Kayij-Wint shares, “some of my favorite moments are when students have their ‘A-ha!’ moments. That is pretty rewarding.”

The top five issues the counselors are experienced in are academic

stress, adjustment issues, anxiety problems, depression, and relationship stress. The average number of sessions per student is six sessions, and each student may visit the Counseling and Wellness Center up to 14 times during a calendar year. No one should be ashamed to ask for help, and hopefully many students who have been skeptical to visit the Counseling Center prior to the move will reconsider if there is an issue that can be talked through. The Counseling and Wellness Center is a place for students to be honest, and the new environment exudes a comfortable aura for students to relax and feel an air of safety.



Photo courtesy of SMU

Jason Kilmer has a Ph.D. in Clinical Psychology and has been a part-time substance abuse prevention program coordinator at St. Martin's University for 12 years.



Jan Berney is the Director of the Counseling and Wellness Center, and is a Licensed Mental Health Counselor in Washington State. Berney earned her Master's Degree in Counseling Psychology from Washington State University and has over 20 years of counseling experience.



Beng Ligasan has a Master's Degree in Clinical Psychology and over eight years of experience in the mental health field. Ligasan's field experience includes assessment, diagnostics, psychotherapy, crisis intervention, consulting, and training.



Kaj Kayij-Wint is the Master's Level Contract Therapist for the Counseling Center. Kayij-Wint earned her Master's Degree in Counseling from St. Martin's University. Her specialty is family and marriage therapy.



Jennifer Lee is a Master's Level Intern for the 2012-2013 academic year. Lee is in the process of completing her Master's Degree in Counseling Psychology at St. Martin's University.

## Indoor track & field smashes records in the new year

**Caley Wiseman**  
Column Editor

Saint Martin's track & field athletes competed in the University of Washington Indoor Preview on Jan. 12, setting the pace by breaking two broken school records and an NCAA qualifying mark. Senior Laura Tesch cleared 5'5.75" on the high jump crushing her personal and school records for the second time this season. Tesch also qualified for the NCAA Division II provisional with her jump which landed her a place on the DII performance list with the tenth-best jump in DII this season. Tesch topped her resume with the ninth-best jump in the GNAC's track & field history.

Two other women track & field athletes placed in the top ten for the triple jump: Stephanie Kellogg who placed sixth with a mark of 37'3.75" and Kelly Chronic with a jump of 36'7.5" finishing in ninth.

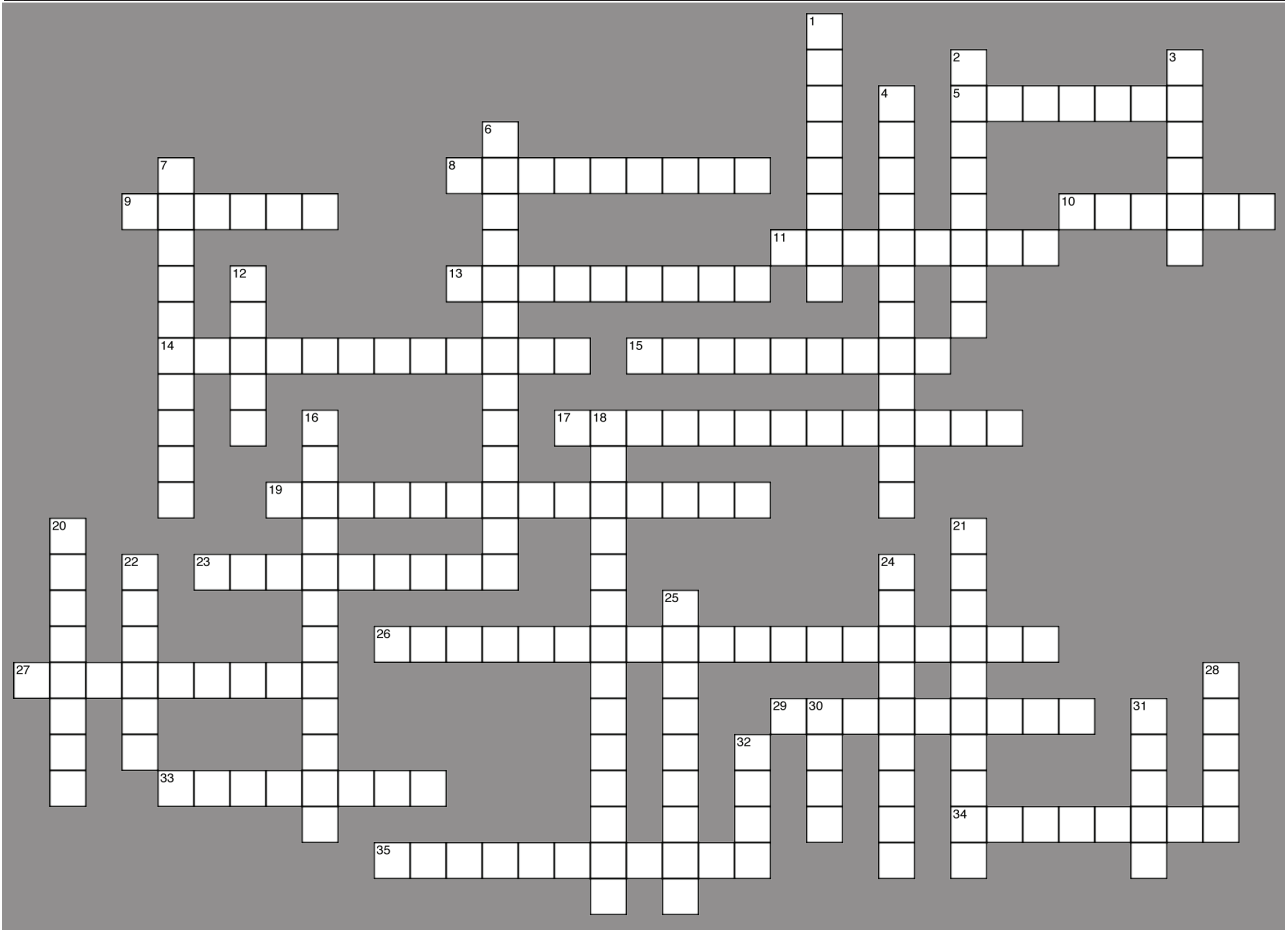
Sophomore Michael Davis also made a name for himself at the UW Indoor Preview in both sprinting and jumping. Davis ran the 60m sprint in 6.97 seconds placing fifth in the event and setting a new school record. The sprint also landed him a spot on the top ten all-time performance list in the GNAC. Davis won the triple jump with a mark of 45'5.25" and became the tenth athlete in the GNAC to break seven records in the 60m sprint. Another notable performance from the

meet was Joseph Patti who finished 22<sup>nd</sup> out of 50 competitors in the 10,000m. Patti finished with a time of 4:21.94.

Tesch and Davis were also named the GNAC/Red Lion Field Athletes of the Week following their spectacular performances at the UW Indoor Preview. The Saints also competed at the Idaho open on Jan. 19. The Saints had top performances from many athletes. Sam Washington placed second in the weight throw with a mark of 55'-8.5" missing a national qualifier by 8cm. Chronic had a great jump on her second attempt to mark 36'-9.75" and place in first. Frank Krause had a comeback win in the 800m after

getting trapped earlier in the race. Krause ended up placing second in the meet with a time of 1:55.28. Joey Keeton cleared 13'-11.25" to tie for third place in pole vault. Edd Brown also took fourth in the 200m with a time of 22.73, missing the school record by .16 seconds. Krause was named GNAC/Red Lion Field Athlete of the Week for his performance at the Idaho Open in the 800m. The Saints will compete at the University of Washington indoor open on Feb. 10 before they head off to Boise, ID for the GNAC indoor championship on Feb. 15 and 16.





# The Month of *Love*

## Wordsearch Clues

- AMETHYST  
APHRODITE  
AQUARIUS  
ARROWS  
ASH WEDNESDAY  
BE MINE  
BLACK HISTORY  
CANDY  
CARDS  
CASANOVA  
CHOCOLATE  
CUPID  
EROS  
GROUND HOG DAY  
HEART  
HUGS  
JEWELRY  
KISSES
- LEAP YEAR  
LOVE  
LOVEBIRDS  
MARDI GRAS  
PINK  
PISCES  
PRIMROSE  
PRESIDENTS DAY  
RED  
ROMANCE  
ROSES  
SUPERBOWL  
SWEETHEART  
TAJ MAHAL  
VALENTINE  
VENUS  
VERONA

## Crossword Clues

- Across
- 5 the favorite flower of Venus
- 8 First Sunday of February
- 9 flower color symbolizes enchantment
- 10 flower color symbolizes desire & enthusiasm
- 11 “The World’s Greatest Lover”
- 13 Fat Tuesday
- 14 February 2nd
- 15 small, affectionate parrots
- 17 February 18th
- 19 Famous British writer born on Feb. 7, 1812
- 23 symbols of undying love
- 26 he applied for his patent on the telephone on Feb.14, 1876
- 27 traditional gift of candy
- 29 Greek goddess of love
- 33 built by Mughal Emperor Shahjahan for love of his wife
- 34 February in the sky (1st half)
- 35 Cupid carries these around
- Down
- 1 plus one every four
- 2 Flower of February
- 3 the city of Romeo and Juliet
- 4 Famous Inventor born on Feb. 11, 1847
- 6 XOXO stands for
- 7 ancient Romans celebrated Juno with this feast
- 12 This king of England declared Feb.14 St. Valentine’s day
- 16 First day of Lent
- 18 He produced the the first box of chocolates for Valentines Day
- 20 Birthstone of February
- 21 In Finland Valentine’s Day translates as...
- 22 February in the sky (2nd half)
- 24 These people wrote the oldest surviving love poem
- 25 Punxatawney, PA
- 28 Roman goddess of love
- 30 flower color symbolizes grace & elegance
- 31 this son of Venus brings love with his arrows
- 32 Greek name for Cupid

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

## Unexpected pregnancy?

We are here for you.

- pregnancy testing
- first trimester ultrasound
- limited STD testing and treatment
- accurate medical information
- parenting education and support

\*Cam Net does not perform or refer for abortion or contraception.\*

360.753.0061

24 hours a day/7 days a week

You are not alone.

www.carenetolympia.org

### Hey Folks!

Welcome back to a new semester!

This activities page is created for your enjoyment, as there is no prize this month. [Insert frowny face here] Be sure to keep an eye out in the next Bell-tower issue though. And there are no tricks to the activities this month either, though some of the words in the word search are in fact answers in the crossword. Enjoy!