

## Social media continues to influence societal changes

Gretchen Allen  
Staff Writer

In the ever-changing and ever-evolving world we live in, social media is one of the most impressionable forms of change in the world. We are a generation that does not see the world without having a cell phone, or more specifically, a smartphone, with us at all times. A mere decade ago, people didn't have the social media that we do today. Facebook was just starting out, Twitter was barely getting off the ground, and MySpace was the hippest media platform around. These social media sites were not frequented by millions of users until years later. By 2014, the world was booming with so many social media platforms that it didn't know what to do with them. Suddenly, people could share breaking news on Twitter, in real time and thousands of people could see what was happening just seconds after their post. Our world has gone from no social media to not being able to function without it 20 years later.

Today, we use social media without even thinking about it. We can connect with people across the world in seconds by a Facebook post, an Instagram picture, or a Snapchat, etc. There are many advantages to using social media, and several have surfaced in the past few years. A major use of social media now is to document and discuss what is going on in the world. We see this by the



There are hundreds of growing social media platforms available across the world.

various hashtags circulating Twitter to spread awareness and get people involved. The political world is not as far away anymore with many politicians involved--sharing their thoughts on events happening across the globe and interacting with citizens with the tap of a button. Social media has turned into a whole new world where almost anything seems possible. You can sell your clothes to someone across the country while Snapchatting your best friend, instant message your co-worker to pick up your shift, and check your bank account in less than a minute.

Sadly, social media has not been as cheerful with an increase in online bullying. Recently, an article about Snapchat on Daily Mail discussed how high school teachers are having a harder time helping students who are being bullied because of the rapid increase of social media

platforms and how easily accessible they are to everyone.

Increasing online platforms, especially in the business and banking realms, comes with a necessary increase in security. With a lack of security, people have hacked the systems and jeopardized whole businesses and billions of people's life savings. We see arguments being ignited on every social media site regarding politics, religion, and peoples' personal beliefs, because they are put out there for anyone to see, and that does not come with a safety net. The worst part about the arguments is the possibility of someone hiding under a different name, a different face, and not knowing who the actual offender is.

There are many misinformed, misguided, and downright hateful posts that may start on one site, but circulate through to every platform. Even if it's shared out of a dislike of the matter, this ignorance is spread faster than the truth. We feed the uneducated and ignorant people the attention they crave, when the real facts are forgotten or were never heard.

This digital age is rapidly growing and while we try to see all the good that comes with it, we cannot ignore the bad. Social media use is projected to increase tremendously this year. Instagram gained 100 million users in a few short months, two-thirds of WhatsApp users are online more than once a day, there are 313 million Twitter

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## Pack the Pavilion ends with two straight wins for SMU

Lauren Allison  
Staff Writer

The Marcus Pavilion bleachers were filled with eager fans for the double-header games during Pack the Pavilion night at Saint Martin's. Both the women's and men's basketball teams walked away with a win after tough fought battles. The student section was packed with fans wearing red from top to bottom as they cheered on the Saints throughout the night.

The women, currently ranked ninth in the standings (2-8) played against last place Alaska (0-10). After a back and forth fight to gain the lead throughout the games, SMU maintained control during the last three minutes, finishing with a 66-61 win over the Nanooks. The team lost their center player, senior Elin Johansson due to injury early in the game. Johansson is ranked third in scoring, third in field goal percentage, fifth in minutes played, eighth in blocked shots, 10th in defensive rebounding, 12th in rebounding, and 13th in offensive rebounding in the GNAC. The Saints shot 78 percent from the free throw line which came in clutch throughout the game. The Nanooks were up by eight during the second



Men's basketball team huddles before game

quarter, but a perfect 8-for-8 run at the free throw line for the Saints tied up the game going into halftime. Senior Hannah Reynolds, added two more free throws with five seconds left, making the score 64-61 and then another two after a turn over by Alaska, sealing the win for SMU.

Along with the 78 percent from the free throw line, the Saints shot 31 percent from the field and 23 percent from the beyond the arc. They recorded 32 rebounds, 8 assists and 5 turnovers, along with two blocks and seven steals. Saniah Simpson-Patu recorded a career high of

24 points, along with seven rebounds, one block and one steal. Followed by Makenna Shultz with 11 points, Rebekah Baugh with nine points and seven rebounds and Reynolds with 10 points, three assists and two rebounds.

Following the women's game, the SMU Men's team walked off the court with a well-deserved win of 75-69 over Montana State Billings (ninth in GNAC). Once again, Luke Chavez was a key factor in the win, finishing with 15 points, nine rebounds and seven assists. Jordan Kitchen recorded 14 points and five rebounds, followed by Matt Dahlen who had 13 points and three rebounds. As a team, SMU recorded 36 rebounds, 14 turnovers and seven steals. They shot 49 percent from the field, 50 percent from beyond the arc and 56 percent from the free throw line.

The game started off with back and forth scoring, putting the score at 5-5. With over five minutes remaining, the Yellowjackets went on a 10-0 run putting the Saints down by seven points (33-26) going into halftime. With 18 minutes remaining in the second half, SMU cut the Yellowjacket's lead to just two points. Two three-pointers from Rhett Baerlocher and Chavez put the Saints in

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# The Belltower

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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.*



To our readers,

I hope you all had a restful break! Here at The Belltower, we are very excited for the fresh start spring semester offers. We are hoping to publish content that sparks conversations, enlightens our readers, and brings the facts. We have been working toward making The Belltower a publication that everyone can enjoy as we look for off-campus distribution and expand our business department. We are also looking to recruit some wonderful new writers to bring us our best content yet. In this issue, we feature the unification of North and South Korea for the 2018 Winter Olympics, the severe storms that wracked the East Coast, lifestyles pieces to help you de-stress and stick to your New Year’s resolutions, a wrap-up of the Seahawks NFL season and the Huskies and Cougars college football season, as well as a feature on Martin Luther King, Jr. As always, we encourage our readers to submit their own work or topics for us to cover, and submit artwork or photography to be featured in the paper and our website. If you wish to submit, please review our submission guidelines printed below and our Letter to the Editor policy on page 12.

I hope you all enjoy the spring semester, may it be stress-free and entertaining!

Best,

Sabrina White, Editor-in-Chief

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## OUR MISSION

We strive to report any and all of our content factually and unbiased, and hold all content to the standards of journalistic integrity. The Belltower is an outlet for information, conversation, and community. We vow to be a publication worthy of our community and campus, providing to the best of our ability the highest quality content possible without silencing student voices.

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- The Belltower reserves the right to edit guest submissions for length, grammar, and content if necessary.
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- References to the promotion of drug use/paraphernalia are not allowed.
- Any content that clearly discriminates on the basis of race, gender, sexual orientation, age, creed, disability, ethnic origin, or religion will not be considered for publication.
- Any artwork submitted will be published at the discretion of the Editor-in-Chief and editorial board. Artwork must adhere to the same guidelines as written content.

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Pavilion, from cover

the lead. Two more baskets from Tavian Henderson and EJ Boyce kept them in front with a 52-49 lead with 11 minutes left in the game. The men then went on a 10-0 run, increasing their lead against Montana. The Yellowjacket’s were able to close the gap to 71-64, but the Saints responded with four free throws in a row which guaranteed them their 75-69 win. The Saints currently sit third in the GNAC with a record of 6-4.

Huskies, Cougars lose bowl games after starting season strong

Eric Parks  
Staff Writer

At one point during the 2017 NCAA football season, both the Washington and Washington State were exceeding expectations. Both teams hit their high mark in Week 7, with the Huskies ranked fifth in the national AP poll and the Cougars were ranked eighth. As the season wore on, both teams dropped in the rankings and eventually lost their bowl games.

To begin the season, the Washington Huskies were ranked eighth in the nation and second in the Pac-12 behind Southern California, while posting a 6-0 record. Then they lost 13-7 against unranked Arizona State, and never fully recovered. Talk show hosts had said that the Huskies were a good, not a great, team with an easy schedule, a scenario that happens much more frequently in college football than it does in the NFL. Excluding

their bowl game loss against Penn State, the Huskies played only one ranked team all season- Washington State, who was ranked thirteenth at the time. While the Huskies beat many teams by several scores, they inexcusably fell twice to unranked teams. Finishing the regular season ranked twelfth was well short of the team’s goal to make the four-team playoffs.

Over the past few seasons, the Huskies produced a large number of NFL players. This year, however, the Huskies will likely lose fewer key players to the NFL. The most notable losses are DT Vita Vea, C Coleman Shelton and WR Dante Pettis. Coach Chris Petersen will have plenty of talent to work with next year since RB Myles Gaskin will not declare for the NFL draft, and several key players will return from injury.

Washington State’s season was very similar to UW’s. The team started 6-0 which included a noteworthy victory over #5 USC 30-27,

but then lost to unranked California and Arizona State by several scores each to fall out of the FBS play-off picture. Heading into the final week, Washington State was ranked four above their opponent, UW, at thirteen. The highly anticipated Apple Cup matchup was predicted to be a relatively close matchup, but the end result was not what Cougar fans were hoping for. The Huskies won 41-14, which sent the Cougars into their bowl game with no momentum. Washington State fell to Michigan State in that game as well, 42-17.

WSU’s future is cloudier than that of UW. The Cougars have much uncertainty surrounding the most important position, quarterback. Washington State’s starting quarterback in 2017 is graduating, and the presumed starter for 2018, Tyler Hilinski, died from a self-inflicted gunshot on January 16. Additionally, WRs Tavares Martin and Isaiah Johnson-Mack won’t be returning to the team next season, so the

passing game could potentially see a sharp decline. The Cougars are also losing their defensive coordinator, linebackers coach, and many starters on defense. It’ll be hard to imagine Washington State ranking in the top ten at any point next season while they go through a transition period.

As a whole, the Pac-12 did not do well this year. The conference was 1-8 in bowl games this year, the worst mark for a conference in one year ever (with a minimum of five teams making a bowl game from the same conference). In order for any team in the Pac-12 to receive national respect, the conference as a whole will need to improve. Perhaps Washington and the conference as a whole will improve next year and allow the Huskies to make another run at the National Championship, but for now both the Huskies and the Cougars need to focus on replacing players who aren’t returning.

Promising Seahawks season ends in disappointment

Eric Parks  
Staff Writer

When the 2017 season began, many fans and experts had high hopes for the Seattle Seahawks. With a roster and coaching staff that were both heavily stacked, the Seahawks were considered a serious contender to win the Super Bowl. While the team started off hot, they finished the season 9-7 and did not qualify for the playoffs for the first time since 2011.

Through the first seven games of the season, the Seattle Seahawks looked like the defensive juggernaut the league had come to expect. They posted a 5-2 record and held opponents to seventeen points or fewer five times. While the running game and offensive line were glaring weaknesses, Russell Wilson put the offense on his back to score just enough to win games. On Oct. 31, the Seahawks acquired Pro Bowl left tackle Duane Brown to help shore up their offensive line. Many people thought that adding a franchise left tackle to protect the blind side of Russell Wilson and pave lanes in the running game was the missing piece needed for Seattle to make a serious run for the Super Bowl. Unfortunately, Brown spent much of his first season on the injury report and failed to significantly improve the offensive line.

Following Seattle’s trade for Duane Brown, the team won only four of their last nine and only

one of their last four. While his failure to solidify the offensive line wasn’t the main reason for the Seahawks’ decline, it was certainly representative of Seattle’s struggle to utilize Pro Bowl talent effectively in 2017. In the last two months of the season, the team was unable to win against the beatable Redskins and Cardinals, losing by three and two, respectively. Additionally, the Seattle had four matchups against teams that would go on to make the playoffs, but were only able to beat Philadelphia out of that group. In Week 15, the division rival Los Angeles Rams came to CenturyLink in a game that was meaningful for both teams. The Rams played the best game of their season while the Seahawks effectively ended theirs, losing 42-7.

The Seahawks’ collapse had many causes. Even during their “hot start,” the team was not playing at a dominant level against inferior teams. Injuries to Kam Chancellor, Earl Thomas and especially Richard Sherman, whose season ended in Week 10 when he ruptured his achilles, left gaping holes in the Legion of Boom. Linebackers Cliff Avril and Bobby Wagner also missed time because of injury, and interior lineman Sheldon Richardson played well at times but did not live up to his expectations. These factors help explain why Seattle surrendered nearly 21 points per game, ranked 14th in the NFL, and a sharp decline compared to previous seasons. On the other side of the ball, the Seahawks were unable

to run the ball and were ranked in the bottom third of the league in rushing yards per game. This forced Seattle to become predictable in their offensive game planning, throwing the ball much more often than they would have liked to. While the team appeared to have the talent that would allow them to be one of the best teams in the NFL, they settled for mediocrity throughout the season and forced fans, executives and ownership to wonder “what’s next?”

While the defense struggled due to injury, a unit that has eight of eleven starters with at least one Pro Bowl appearance on their resume should have viable depth behind the starters. Every team loses key contributors to injury, even those that go on to win championships. Teams who find success in the NFL don’t avoid internal conflict and injuries, they overcome it. Seattle’s inability to overcome locker room conflicts and injuries forced Pete Carroll to examine his coaching staff and make some changes. The team ended up firing their offensive coordinator, defensive coordinator and offensive line and assistant head coach, moves that signify a change of direction for Seattle. With major adjustments to the roster inevitably coming in the offseason, the 2018 Seahawks will look a lot different than their 2017 version, a fact that will both worry and excite Seahawks fans.

Baseball spring schedule



Photo courtesy of SMU Athletics

Senior Luke Hare was selected to the NCBWA Preseason All-Region Team.

Date	Opponent	Time	Home/Away
2.11.18	University of Hawaii at Hilo	6:00 P.M.	Away
2.12.18	University of Hawaii at Hilo (DH)	2:00 P.M.	Away
2.13.18	University of Hawaii at Hilo	6:00 P.M.	Away
2.16.18	Hawaii Pacific University	6:00 P.M.	Away
2.17.18	Hawaii Pacific University (DH)	2:00 P.M.	Away
2.18.18	Hawaii Pacific University	6:00 P.M.	Away
3.03.18	Western Oregon University (DH)	12:00 P.M.	Home
3.04.18	Western Oregon University (DH)	12:00 P.M.	Home
3.09.18	Northwest Nazarene University (DH)	12:00 P.M.	Home
3.10.18	Northwest Nazarene University (DH)	12:00 P.M.	Home
3.16.18	Montana State Billings (DH)	1:00 P.M.	Away
3.17.18	Montana State Billings (DH)	1:00 P.M.	Away

Graphic courtesy of Brittany Orlosky

## Tips to stay on top of New Year’s resolutions

**Julia Lucas**  
*Staff Writer*

Welcome to 2018, Saints! Whether 2017 was the best or the worst year for you, it is now in the past. As we embark on the New Year, many of us have made resolutions or goals that we intend to achieve throughout the year. Even though making resolutions is simple, keeping those resolutions can be extremely difficult. Most people give up on their resolutions within the first month, or even the first week, but it is possible to fight against the statistics and achieve what you want this year. Whether your goal is fitness related, education related, or for personal growth, here are eight tips to help keep you on track this year.

- Do not give up:  
Sometimes it can be hard to live up to your resolutions and stay on track throughout the year, but you should never get discouraged. Even if you make a mistake that goes against your goals, there is still plenty of time to get back on track. Do not let one small slip up keep you from making 2018 your year.
2. Surround yourself with supportive people:  
The easiest way to ruin your

- resolution is to not have a support system. We all need at least one person in our corner who can help us reach our goals. Accomplishing a difficult task gets easier when you have someone to keep you on track. Maybe you can find someone who has the same goals as you and you can encourage each other to reach the finish line. Even if your support system is just someone checking in to see if you are making progress, it can be beneficial to have at least one person wanting to help you get better.
3. Set achievable goals:  
When setting your New Year’s resolutions, set a goal that you can actually achieve. If your goal is near impossible to reach, you will quickly become discouraged when you start falling behind. This does not mean you should make an easy resolution that you know you can reach, just to feel fulfilled. Make a resolution that pushes you to be better, but that does not push you so far as to harm you in the process, essentially hitting that sweet spot between being too hard and too easy.
4. Celebrate small accomplishments:  
Your resolution may require a long period of time to finally complete,

- but it may be helpful to find small wins along the way. Be proud of yourself when you take a strong step towards your ultimate goal. It helps to set milestones that lead up to the finish line and to celebrate when you reach each milestone. This way you will be encouraged and feel successful throughout your process. New Year’s resolutions are hard, but they can be even harder if you cannot find reasons to be proud of yourself.
5. Follow helpful social media accounts:  
Since most college students will have some type of social media account, you may find it helpful to follow inspirational pages on any platform. There are many of accounts that are used to inspire the general population. For example, there are plenty fitness accounts that post success stories and how those people accomplished their goals. There are also accounts that post quotes or videos that may lead a follower to personal growth.
6. Find a healthy balance:  
Do not set out to make extreme changes that you are not able to sustain. There needs to be a balance of working towards your greater goal, and allowing yourself to take a

- break. The best way to make a major change is to stay in between the two extremes: not doing anything and going too far. You will be far more successful in your goals if you can allow yourself to be human and have balance.
7. Do not compare yourself to others:  
There is always going to be someone who you perceive as greater than you in some way. If you are constantly comparing yourself to the people around you, you will quickly become discouraged. Instead, you need to focus on your own goals and succeeding for yourself. Never make a resolution that you think will make you look better in someone else’s eyes; only make a resolution that will better you as a person.
8. Believe in yourself:  
This may sounds cliché and unhelpful, but this is the most difficult tip to follow. While you may find some inspiration elsewhere, the majority must come from you. You have to believe you can reach your goals, in order to actually achieve them. See yourself reaching your goal in the future and truly believe that you can get to that point.

## The power of writing

**Amanda Chappell**  
*Section Editor*

One of the most effective decompressing strategies is to take out a journal and write down your thoughts. Many people believe they do not have the ability or the skill to write, but it’s not a matter of how good you are when it comes to letting it all out. Writing is an outlet that is readily available for anyone to utilize, many just take it for granted.

If you are not a fan of venting your life’s problems and feeling like a burden to someone, a journal is the best route to go. Journals provide the confidentiality, comfort, and secrecy that some people do not. The best way to start journaling, if you never have done it before, is to completely clear your mind and set a 30-second timer. As

soon as the timer starts, write down anything that comes to mind without thinking hard about it. When the timer is up, go over what you wrote, and I guarantee that you will learn more about yourself in just those 30 seconds than you could imagine.

Maybe physically writing out with pen and paper isn’t your thing, but typing is, the same concept can be applied. The key thing to remember, however, is to not think too much about what you are writing – type the first you think of. That way, you are not fighting against your thoughts, and allowing yourself to accurately let out what you have been bottling up.

Another tip when writing, if you don’t like writing directly about yourself, is to try writing a short story with a character that struggles with problems that are similar to yours. For instance,

let’s say the thing that is stressing you out the most right now is a stack of homework you have yet to complete. The character you create could work as a columnist for a local newspaper and has a plethora of article deadlines that are piling up. This way, you aren’t putting the focus just on yourself, and you are exercising your creative talents.

Whether you are feeling the overwhelming pressure of schoolwork, or maybe other areas in your life that are hard to keep up with, try to track your mental health at the end of every day by either writing it out in a journal, or typing it up on your laptop. Although it may be tough to start out at first, if you let writing change your life, it will.

## De-stressing tips from Belltower editors

**Sabrina White**



Fuzz therapy is my favorite way to de-stress. Grab a blanket, dress comfy and find your cat or dog. I prefer my cats because they are extra soft and fluffy. I bury my face in their bellies, pet them and just let myself take a nice relaxing moment, until my cat gets upset and runs away. My dog is always excited to see me and my cats always enjoy cuddling under the blankets with me while I watch TV. If you already have a cat or dog, this tip will be super easy. If not, find a friend or family member with a dog or cat, I’m sure they are willing to share.

**Brian Messing**



When I am having a stressful day, I usually handle it by getting outside. I spend so much time inside that when something is bothering me, I find it is best to venture outdoors. Usually I go for a walk around our beautiful campus, which is something that I try to do for several hours a day anyway. In fact, I usually walk an average of 20,000 steps per day, nearly all of which is walked outside on my walks contemplating life and politics.

**Amanda Chappell**



My favorite way to handle stress is to temporarily escape from the real world by taking a nap. To enhance the experience, I typically turn on “The Office” at a low volume, but audible enough to hear the hilarious dialogue, crawl under my warmest blanket, and have my cat curl up on my chest. Between my favorite TV show, the comfort of my bed, and the purring of my cat, a restful nap comes easily.

**Brittany Orlosky**



When I’m stressed I workout and go for a run while listening to music. Sweating makes me feel refreshed and energized and gets my mind focused away from the stress. Breathing is a helpful tool to calm me down when I get anxious.

When did “new year, new me” become a thing?

Mia Rollins  
Staff Writer

When thinking of the New Year, it’s almost impossible not to think about ways to improve ourselves, to have a better year than the one before. Resolutions have become a part of western culture in a huge way. They take up magazine pages, TV time, and billboard spaces and every year people are asked what their New Year’s resolutions are in hopes to change and grow for the better. But every year it’s the same resolutions—lose weight, begin a healthier diet, make more money, become an upgraded version of yourself all in a matter of twelve months. Why is the New Year such a big celebration globally, and when did it start becoming a tradition to make these resolutions?

According to History.com, it was the Ancient Babylonians who started the wave of setting goals for the new year. “The ancient Babylonians are said to have been the first people to make New Year’s resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March,

when the crops were planted.” The article continued explaining that the Babylonians had also made promises to the gods to pay their debts.

“These promises could be considered the fore-runners of our New Year’s resolutions.”

The Babylonians were not alone in pioneering the common holiday today. It has been said that the Egyptians and the Romans celebrated the upcoming year and its opportunity.

“Roman emperor Julius Caesar had moved the first day of the year to Jan. 1 in honor of the Roman god of beginnings, Janus, an idea that took some time to catch on,” wrote author for How Stuff Works, Laurie Dove.

As mentioned earlier, celebrating New Year’s Eve and day seems to be one of the more common shared holidays wherever people live.

Today in the U.S. the most common resolutions are starting healthy habits. Statista breaks down this year’s YouGov poll on the most common new year’s resolutions. Eat healthier--37 percent, get more exercise--37 percent, save (more) money--37 percent, focus on self-care (more sleep)--24 percent, read more--18 percent, make new friends--15 percent, learn a new skill--15

percent, get a (new) job--14 percent, take up a new hobby--13 percent, and “I don’t plan on making a new year’s resolution”--32 percent.

While these all sound great and somewhat manageable, how do people keep on track and keep accountable of these new commitments to themselves?

Psychology professor, Joe Ferrari from De Paul University in Chicago offers the suggestion of using social media to help keep those new promises alive.

He points out, “When you keep resolutions a secret, no one is going to check up on you. You’re only accountable to yourself”.

Ferrari continues and says that using social networks where people can be vocal and publicly post their personal promises to their friends and family is a way to encourage the continuing of the lifestyle change.

As social media and technology has a stronger hold on the lives of not only Americans but those around the world, it’ll be interesting to see how social media has affected the traditions of setting new year goals by the next year.

You are beautiful: a lesson in self-love

Kianna Garmanian  
Staff Writer

How many of you have glanced in the mirror and were disappointed at what you saw, or constantly told yourself how bad you looked? We are all probably familiar with these moments, whether it be shaming your weight, height, hair, or general appearance. And, let me tell you, if you have dealt with these feelings, you are not alone. According to various studies, about 85 percent of individuals deal with low self-esteem and body image issues. Some may experience more negative feelings than others, so the result of self-esteem issues leads to different outcomes for everyone.

Children, teenagers, young adults, and adults are constantly being told by the media and others that they are not good enough, not fit enough, not talented enough, not pretty enough, not perfectly flawless, and not free of imperfections. Companies feed on such claims and sell thousands of products that are supposedly able to “cure” your body from any sort of blemish. How about the miracle cream that reduces under eye circles

or the secret formula to losing 20 pounds in a week? Ever heard of the anti-aging advertisements or the perfect shampoo to win over the love of your life? The list goes on and on, and millions upon millions of dollars are invested each year into these types of products.

We live in a world where looks are criticized, judged, and picked apart. Beauty is defined by specific labels and standards, mostly centered around outward appearances. So then, what hope does 85 percent of the population have to “achieve” or “earn” beauty? According to many media sources, beauty is all about sculpting the perfect body, with small waists for women, six pack abdominal muscles for men, and of course, not having any cellulite! Yet, amidst all the false definitions of beauty, the Bible has a different view on this matter.

1 Peter 3:3-4: “Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”



Photo courtesy of SMU Campus Ministry Facebook

Students join one another in friendship and laughter.

What a wonderful reminder to each of us who has struggled or currently struggles with low self-esteem and body image issues. This beautiful Bible passage explains that it is your soul, your very essence, that matters most. How do you treat others? Are you a kind-hearted and loving individual? Contrary to what society says, beauty is not about what you look like on the outside, but instead, who you are on the inside. Sophomore Melissa Brito comments, “I feel like beauty is defined by who you are and your personality, rather than what is externally, or on the

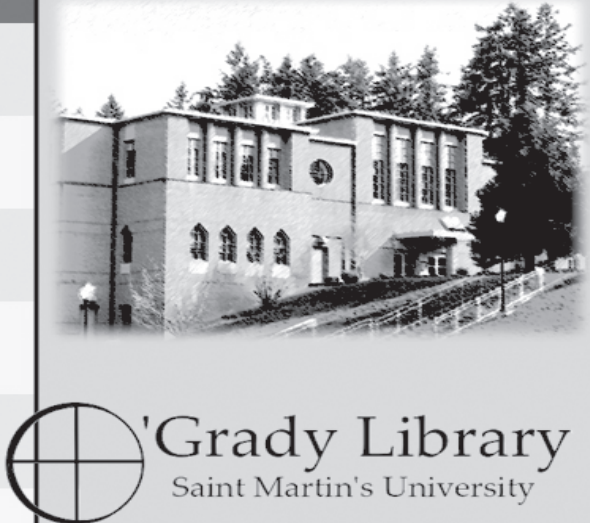
outside. The thing is, what society defines as beautiful will fade away with age- yet, your personality will not.”

The next time you start doubting your worth, importance, or beauty, remember this Bible passage and the great love of God, who looks upon the beauty of your soul. Freshman Rowan Carabba says, “God made everything beautiful, and God made you. Therefore, you are beautiful!”

Remember, you are beautiful and you are loved! Don’t let anyone tell you otherwise.

Come join us February in the library!

Date & time	Library event & location
Feb. 1 11:00-1:30 p.m.	Community library card sign up with Lacey Timberland Library, Harned Hall entry way
Feb. 6 4:30-5:30 p.m.	MLA workshop, Main-Level Classroom, O’Grady Library
Feb. 6 6:30-7:30 p.m.	MLA workshop, Spangler Conference Room
Feb. 7 4:00-5:00 p.m.	APA workshop, Main-Level Classroom, O’Grady Library
Feb. 8 6:00-7:00 p.m.	APA workshop, Spangler Conference Room
Feb. 22 3:00-4:00 p.m.	Starting to See Whiteness: A Panel Discussion on Race, Benedictine Reading Room, O’Grady Library



O'Grady Library  
Saint Martin's University

Social Media, from cover

users, 10 billion daily video views on Snapchat and Facebook has 2.07 billion active monthly users. In the next decade, we can only wonder how the powerful influence of social media will continue to shape the world.

The Doctor is in: Doctor Who announces new lead actress

Breanna Brink  
Staff Writer

“Doctor Who” has been a staple of the BBC for several years now. With that comes several unique ideas; the entire series is built on the idea of going through time to different worlds to have adventures and build character. A constant theme throughout the series is that the Doctor constantly changes and grows as well, and with a hazardous life that this species lives, our beloved Gallifreyan will regenerate. With the Christmas special in 2017, we saw the fall of the actor Peter Capaldi as the twelfth doctor. In a much-earned twist of fate, the Doctor, our main character, finally regenerates as a female character. Enter Jodie Whittaker, our thirteenth Doctor.

Live Science summarized the history of “Doctor Who” quite strictly, just to give the non-fans a quick backstory. “Since the long-running program debuted in 1963, 12 actors have held the leading role of the Doctor, a Time Lord from the planet Gallifrey. As a regenerating extra-terrestrial, the Doctor has returned from the point of death 11 times,

each time with a different body and personality (and with a taste for uniquely eccentric wardrobe choices). But for over 50 years, every regenerated Doctor was steadfastly male.”

With this regeneration however, we see a break in the norm. Of course, this is not an impossibility or a far reach out of the norm for Doctor Who, as any Gallifreyan can regenerate into any sex. If you consider a time lord to just be a genetic Gallifreyan, then there are several examples scattered throughout the series of female characters, with a prime example being in Season 8, where the Doctor’s nemesis, The Master, had regenerated into a female, Missy (Michelle Gomez).

There has still been a bit of backlash against news outlets for covering this topic of a new female lead to a predominantly male show. Here is where things differ from the distress over remakes such as “Ghostbusters” or “Ocean’s Eleven.” Audiences did not ask for a remake of already popular movies that did very well and are considered classics. No one requested we remake a film and change of the sexes of the characters on screen. If it isn’t

broken, no one asked you to fix it with a feminine touch. That being said, Doctor Who has long since had fans asking for a female regeneration, and it is not out of the norm to continue a series that deserves to be continued. This is not a remake, this is not unwanted. The backlash in the media isn’t because Whittaker is a female, it’s because they are claiming she is the first female time lord, which is not true. Even the show itself has shown in season nine that gender and sex are not fixed for this specific species, as a Gallifreyan general has regenerated on screen from male to female.

In all honesty, so many of “Doctor Who’s” fans are overjoyed with the new regeneration. The Guardian offered some insight with Whittaker as she talked briefly about how she came to be the new doctor and how it felt. “Some of the actors selected are pre-existing fans of Doctor Who (Capaldi); others have literally never watched it (Smith) – Whittaker appears to fall somewhere in the middle. After she was told she had won the part, “It was incredibly emotional because my entire life, as a child, all I ever wanted to be was be an actor, and I wanted to do it



Photo retrieved from creativecommons.org

The TARDIS is a police box used as a time machine in the series.

because I wanted to play pretend, and that is the ultimate,” she told BBC Radio 6 Music’s Shaun Keaveny in August. “I’m about to play an alien, a Time Lord. And that as a girl? Who knew? That’s incredible.”

75th annual Golden Globes becomes latest stage for activism

Zara Kulish  
Staff Writer

When the first Golden Globe Awards took place in 1944, there was no gala associated with them, the awards were in the form of scrolls rather than statuettes, and there were only eight journalists representing the Hollywood Foreign Correspondents Association (the precursor to today’s Hollywood Foreign Press Association).

The following year, the Hollywood Foreign Press Association held a contest to determine what the shape of the statuettes would be. They wanted something that would convey the aims of the organization, and settled on the globe and pedestal to represent the world - an idea presented by the group’s president that year, Marina Cisternas. In 1945, a formal gala and banquet were added to the ceremony. It was held at the



“Big Little Lies” cast from left to right: Nicole Kidman, Zoë Kravitz, Reese Witherspoon, Laura Dern, and Shailene Woodley. Many stars auctioned off their dresses to pay legal fees for victims of sexual assault.

Beverly Hills Hotel. The 73rd annual Golden Globe Awards were held on Jan. 7 this year, celebrating achievements in movies and television. While awards shows have a history of being used for activism and political statements, the big focus has always been the red carpet, and the fashions that it brings. This year, the two combined in a display of solidarity for the victims of sexual harassment and assault in Hollywood (and the rest of the world) with women wearing all black in support of the #MeToo and #TimesUp movements.

Dwayne “the Rock” Johnson told Mic that men would also be participating in the protest. The publication, however, states that this will not provoke much of a change, as most men show up to the Golden Globes in all or mostly black anyhow.

There was also some controversy over this act of protest because the women were wearing the same glamorous, sparkly gowns. It does not have to be an empty gesture, though - there are five more major awards shows this season, and celebrities can continue to make this statement, whether with black dresses, or by bringing activists as their dates, or even auctioning their designer dresses to pay for legal representation for victims of sexual misconduct, as some of the biggest stars of the Golden Globes - including Reese Witherspoon, Viola Davis, Tracee Ellis Ross, and Nicole Kidman - are doing with the Time’s Up initiative.

In addition to the wardrobe activism on the red carpet, the opening monologue given by Seth Meyers, the host of the evening, was peppered with jokes that were meant not only for a laugh, but to make a point. The monologue began very bluntly with “marijuana is finally allowed, and

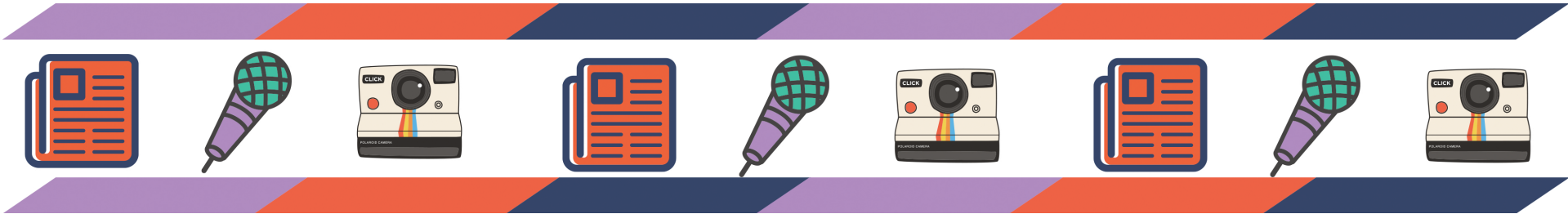


Photos retrieved from Twitter.com

Gal Gadot (left) and Margot Robbie (right) wore black in support of the #TimesUp movement at the 75th annual Golden Globes.

sexual harassment finally isn’t” His remarks on the sexual disparity in Hollywood included a joke about how the awards were “the first time in the last six months” that it would not be worrisome for the men in the room to have their name read out loud, and a crack about all the women turning down the host position because it’s in a hotel.

It was an overall productive year for the Golden Globes, with women triumphing in most categories, powerful statements of progress made verbally and visually, and despite the monotone theme, gowns as stunning as ever. The media and rest of the world eagerly awaits to see what future statements or stances against sexual harassment the world of Hollywood will make at the next awards.



## “Star Wars: The Last Jedi” divides fan opinions

**Breanna Brink**  
Staff Writer

“Star Wars: The Last Jedi” has been teasing fans with trailers for months, and when it finally hit theatres on Dec. 15, the film quickly generated a total of over 1.2 billion dollars against a budget of 200 million. This should not come as a surprise. With a fanbase in the millions and spanning across generations, “Star Wars” has become one of the most iconic film series. Naturally, this comes with its ups and downs. A series so good being followed up by another that was, at best, enjoyably boring and would warrant confused reactions to Disney resurrecting a legacy long since capable of polarizing its fans. Now that George Lucas himself is rich off the Mouses’ decisions to officially own the space operas content, have the new movies been doing well as fans had hoped?

This is not the first new instalment in the series, and much like Episode VII, Episode VIII has received polarizing opinions. With a brief and spoiler-free explanation provided by IMDb, we know that “Luke Skywalker’s peaceful and solitary existence gets upended when he encounters Rey, a young woman who shows strong signs of the

Force. Her desire to learn the ways of the Jedi forces Luke to make a decision that changes their lives forever. Meanwhile, Kylo Ren and General Hux lead the First Order in an all-out assault against Leia and the Resistance for supremacy of the galaxy.” The film itself can’t help but carry over ideals from previous films, while also introducing some new concepts to the series. In a quote from Kylo Ren himself, “let the past die.” Entertainingly enough, this concept still seems to be something the new trilogy is struggling with, and fans can hope to see a whole new brand of Star Wars with the third instalment all but set in stone.

Despite fans being undeniably excited for a new film, people tend to feel one way or the other about this attempted move away from the traditional formula. Mat Zoller Seitz with RogerEbert.com had a few things to say as an old-time fan. “The Last Jedi” still manages to maneuver in unexpected ways, starting with the decision to build a whole film around a retreat where the goal is not to win but to avoid being wiped out.” With this as the catalyst for a story, each moment in the fight for survival is extended and should carry proper weight, Seitz explains that, “along that narrative backbone “The Last Jedi” strings

what amount to several tight, often hastily devised mini-missions, each of which either moves the heroes (or villains) closer to their goals or blows up in their faces. The story resolves in lengthy, consecutive climaxes which, refreshingly, don’t play like a cynical attempt to pad things out. Old business is resolved, new business introduced.” It is enjoyable and well-acted; the scenery is beautiful and we are introduced to the new flora and fauna of the “Star Wars” universe.

However, others consider these flaws to be more problematic, and are not swayed by the environment and acting. As a whole, it can be noted that timelines fail to match up on several occasions. Rey’s Jedi training seems to take months of practice and plot points, however everything else the film presents us with spans only over 18 hours or so. This movie, as one writer for Vox put, “can be taxing to watch.” They discuss pointedly how some scenes can be easy to complain about. The plot could have been written better, characters are introduced to be thrown away, and the weight of the world is not settling properly on the audience’s shoulders, but is more so disproportionately annoying with unwarranted scenes that go nowhere or are never clarified. For people who have seen this film, most can



“Star Wars: The Last Jedi” is the ninth installment in the “Star Wars” franchise.

agree the majority of Poe’s plot could have easily been resolved with a simple conversation.

This film seems to be more impactful than its predecessor, with the division it has caused among fans. Some have proclaimed it as their new favorite, exalting it above the originals. While others would rather watch all three prequels back to back instead of witnessing the monstrosity again. This film is great when it’s great and bad when it’s bad, however simple that is to say. And just like there is no shortage of opinions, there will likely be no shortage of Porg merchandise. Fan of “The Last Jedi” or not, this film has made milestones and broken them, gaining new fans, and blowing people away with its visuals and stellar cast. And if you didn’t like this film, you can hold your breath for “Star Wars: A Solo Film,” for some time later this year.

Photo retrieved from creativecommons.org

## Students recommend their favorite books to read

**Julia Lucas**  
Staff Writer

Now that the second semester is officially underway, our stress levels may be starting to rise, thinking about homework and tests that we will have. Most of us will be required to read some sort of text in our classes, and for many this may be a burden. Reading is an important part of life and can expand our minds, but it is understandable to procrastinate reading when it is pushed by your teachers. As we start a new year, here is a list of six books that are must-reads, as recommended by SMU students.

“Sum: Forty Tales from the Afterlives” by David Eagleman

This book was suggested by a Saint Martin’s student who wishes to remain anonymous. The student passionately believed that everyone should read the book before they die. The student described the book as, “a collection of short stories that provides different theories about what happens when you die.” So, if you are confused or scared about what happens after you take your last breath, pick this book up to try and find a theory that you may connect with.

2. “All the Light We Cannot See” by Anthony Doerr

Senior Tess Dixon speaks highly of this novel saying, “it is beautifully written and incredibly moving.” This novel takes place during World War II and features a blind French girl and a German boy who find each other at the height of the war. They are both highly talented and deep characters so be prepared to analyze this book from cover to cover.

3. “The Lovely Bones” by Alice Sebold

Junior Sabrina Hicks felt very strongly that this book belonged on any list of necessary reads. This book came out in 2002, with the movie premiering seven years later. Many of you may have already read the book or seen the movie. But if you have yet to read this book, Hicks states, “You have to read it. I promise you will not regret it. This book is extremely thought provoking, so you will not be able to put the book down.” The basis of the novel is that the main character was raped and murdered by a man, and is now watching her family from the afterlife. This book may give you the chills.

4. “The Defining Decade: Why

Your Twenties Matter and How to Make the Most of Them Now” by Meg Jay, Ph.D.

This is another book suggested by Dixon. She said, “This is a really good book for people in their twenties in today’s world.” Since many SMU students are already in their twenties or will be turning twenty in the near future, make sure you read this book, so you can help yourself before life gets too tough. Many people struggle with who they are and what their life means throughout their lives, especially in their twenties. This book works to combat that negative thinking and push readers to live their best.

5. “The New Jim Crow” by Michelle Alexander

This book is one of the most well written with the most background research I have ever read. This was a required text for Introduction to Criminal Justice taught by Teri Herold-Prayer, and most people in that class will agree when I say it is a necessary read. This book will open your eyes to how criminals today are treated in a similar manner as African Americans were treated during the Jim Crow era.

6. “Before I Die” by Jenny Downham



“The Lovely Bones” was first a bestselling book before becoming a major motion picture adaptation.

Freshman Cori-Ann Morioka-Kam wanted everyone at SMU to at least hear about this book because she connected so well with it. Morioka-Kam provided me with a short summary of the book and wrote, “A teenage girl, named Tessa, has leukemia and she aims to complete her bucket list of things that range from learning to drive a car to falling in love within the three months she has to live.”

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## Severe winter storms pummeled Eastern United States

**Jessilyn Dagum**  
Staff Writer

By now you've probably heard that the East Coast has been experiencing some freakishly cold weather since the holidays. You might have seen it on the news or somewhere on social media over the winter break. Maybe you were even traveling through it back to campus. Whatever the case is, one thing is for sure. The East Coast has undergone some serious cold weather this year. And it's only January.

During the last week of 2017 and first few weeks of the New Year, parts of central and Eastern U.S. had experienced below freezing weather. Scientists are calling the winter storm a "bomb cyclone" based on how rapid the weather was traveling. According to several different reports, the cyclone caused one of the coldest two-week periods on record for late December through early January. The Weather Channel reports that according to the Southeast Regional Climate Center,

cities that experienced their record-coldest between Dec. 23-Jan. 5 include Bangor, Maine, Worcester, Mass., Buffalo, N.Y., Flint, Mich., Green Bay, Wisc., Duluth, Minn., Rockford, Ill., Waterloo, Iowa and Lincoln, Neb.

Aside from these cities, dozens of other cities have also experienced some of the coldest weather in history during the two-week stretch ending Jan. 5.

Over the course of the record-breaking phenomenon the coldest wind chills recorded came from Mount Washington in New England. The hurricane-force winds took the recorded temperature from the -30 degrees to staggering -80s and -90s on Jan. 6. The Dakotas and northern Minnesota also experienced severe wind chills 50 to 60 degrees below zero from Dec. 30 to Jan. 1.

The coldest temperature recorded during the arctic weather outbreak was a reading of 45 degrees below zero in Embarrass, Minn. and Hettinger, N.D., on Dec. 31 and Jan. 1.

As of Jan. 21, temperatures are

expected to be much milder for much of the week ahead in the central and eastern U.S. The winter storm is expected to start the week with snow and ice in the upper Midwest and parts of Northeast, moving into a thaw-out of the Midwest, East, and South for the rest of the week. Washington, as well as much of the west coast, is expected to experience cooler and active weather pattern in the upcoming weeks.

So, what is the cause for such drastic degrees you might ask? Some say the cyclone is a random phenomenon. Others say it is a result of climate change. Stefanie Gorzelsky, O'Grady Library Circulation Manager and Pennsylvania native, had this to say on the matter: "The winters were always insanely cold over there. I mean, lots and lots of snow. Growing up we got to ice skate on the streets a couple times because there were ice storms... I would say, yes, this weather is a result of climate change, because it is going more to the extreme. We had a couple bad storms in the early

90s but they weren't ever this bad. I definitely think it's changing. It's getting more severe."

Scientists would agree with Gorzelsky. According NASA's Global Climate Change Website, "sixteen of the seventeen warmest years on record have occurred since 2001. The warmest being 2016."

Earlier this month, climate experts from NASA and the National Oceanic and Atmospheric Administration (NOAA) provided the annual release of data on global temperatures and discussed the most important climate trends of 2017 during a media teleconference at 11 a.m. EST Thursday, Jan. 18. One of the most notable facts being, "2017 was the second hottest years since 1880, when global measurements first became possible." The fact is, the world is getting warmer and the East Coast's winter storm is only one of the many weather phenomena happening around the world because of it.

## Iranians protest their government in rare show of opposition

**Mariah Partin**  
Staff Writer

Towards the end of 2017, protests started in Iran, sparked by anger at Iran's economic status and corrupt government. As the situation quickly escalated, protestors began to call for the overthrow of the government, challenging the rule of Supreme Leader Ayatollah Ali Khamenei. According to CNN, this is the largest public display of discontent in Iran since the 2009 Green Movement and was triggered after severe sanctions lifted in 2015 failed to improve the lives of the Iranians, like they had expected. Many Iranians anticipated their living situations to take a positive turn, but government policies have brought about higher unemployment and inflation.

The Atlantic reports that half of all Iranians are under the age of 30, therefore more people are entering the workforce each year than there are jobs that exist or are being created. In December, the new budget proposal reduced subsidies to the poor and increased the cost of basic necessities, further fueling unrest and distrust in government, as well as increasing unemployment and inequality. Many Iranians have been negatively affected by the nation's economy recently and are ready for change.

Another factor is the Shiite Muslim fundamentalist government. Many protestors are young and progressive, having with been ruled by, what The Washington Times refers to as

"Shiite Muslim hard-liners," led by Khamenei. The Green Movement in 2009 was in response to the victory of former president Mahmoud Ahmadinejad, who was known for committing numerous human rights violations.

According to The Washington Post, protests have been especially concentrated in smaller cities, which comes as a surprise, as smaller cities tend to be generally apolitical and inhabitants participating in anti-government movements are more likely to be identified and arrested. This development also shows that the protests started in the working-class. Protests have now spread to 130 cities. CNN reports that the message is getting out primarily through social media. Iranian authorities have restricted Instagram and Telegram, but users are accessing them with virtual private networks, known as VPNs. The Iranian government does not allow freedom of speech and controls the media--several basic tenets of liberal democracy.

However, despite the mass protesting, Iranian officials do not anticipate a revolution occurring. Iranians know their government will use force to keep power. If the protests are put down, the resentment will remain and likely resurface in the future. The Washington Times states that Iran's rulers have inflicted death by torture and gunfire on citizen protesters since the new year. More than 8,000 people have reportedly been arrested. President Trump has spoken out in support of the protesting Iranian citizens.



Iranians have been killed under suspicious circumstances during the protests.

The European-based National Council of Resistance of Iran identified one deceased protester, Kianoush Zandi. He disappeared Jan. 4, and although his body was returned to his family by Sanandaj Intelligence who told them he was killed in the demonstrations, his body showed signs of torture. The body of another young man, Mohammed Nassiri, was returned to his family with the statement that he had committed suicide. Judiciary chief, Sadeq Amoli Larijani, is known for endorsing cruel punishments and has played a direct role in the execution of thousands of people over the years to repress his nation's people. A Middle East analyst, Jim Phillips, said to The Washington Times that many Western leaders have turned a blind eye to the protests for the sake of maintaining the Iran nuclear deal struck by President Obama in 2015, while President Trump has vocalized his support of the protestors and criticized the 2015 deal.

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## YouTuber Logan Paul reprimanded for insensitive video

**Jessilyn Dagum**  
Staff Writer

YouTuber Logan Paul has created an uproar of controversy after posting video of what appeared to be a dead body hanging from a tree in Japan's Aokigahara forest, also known as Suicide Forest. Paul, 22, is one of the largest YouTube stars on the Internet with over 15 million subscribers and is valued at 11.5 million dollars--or so he was. Since his initial post on Dec. 31, 2017, Paul has been dropped from YouTube's top advertising ranks, which guarantees content creators on the video-sharing platform reliable revenue from some of its premium advertisers, the Rolling Stone reports. The online star has also been dropped from several of YouTube's other projects, including a sequel to the 2016 YouTube Red movie "The Thinning."

Aside from filming someone's deceased body, many are upset by Paul's initial reaction to its discovery. The YouTuber can be seen laughing and making crude remarks upon finding it in the Japanese

forest. In the video that sparked such outrage across the Internet, Paul pans over the body while blurring out the face, describes the body's condition, and speculates the time of death as he giggles out of what some argue is shock and others say is sheer disrespect. The New York Times writes, "Mr. Paul, who has television experience and has trained with comedy troupes, begins to engage in the kinds of behavior most familiar to his viewers: exaggerated reaction shots and nervous laughter." Toward the end of the video, Paul discloses that his smiling and laughing "is not a portrayal of how I feel about the circumstances," and argues that it is his coping mechanism. His choice to share the footage as well as his reaction is still very questionable to many.

Since then Paul has received major backlash for his actions including other YouTubers speaking out against his channel and viewers sharing the suicide hotline along with their own stories about struggles with mental illness. One particular YouTuber took Paul's

actions, as an opportunity to remind to the world of travel customs and respecting others' countries. Japanese YouTuber, Yuta Aoki, argues that Paul's visit to Japan was more problematic than what meets the eye. Looking at Paul's other footage of his trip to Japan, Aoki expresses his distress upon seeing Paul and his colleagues act buffoonish in one of Japan's religious temples eventually leading to them being kicked out. Aoki questions why anyone would act such a way in a religious place in any country and asks that travelers try to be more mindful as guests in the places they visit.

In the week following Paul's original post, he apologized to his viewers in a series of tweets on Twitter and then in a YouTube video. "I should have never posted the video. I should have put the cameras down," he said.

More recently, in an open letter of apology from the video-sharing platform, it condemns Paul's actions and acknowledges its own lack of communication on the matter in a statement it tweeted from its main account: "Suicide is not a



Logan Paul is one of the most watched YouTubers prior to the controversial video.

joke, nor should it ever be a driving force for views. As Anna Akana put it perfectly: 'That body was a person someone loved. You do not walk into a suicide forest with a camera and claim mental health awareness.' We expect more of the creators who build their community on @YouTube, as we're sure you do too. The channel violated out community guidelines, we acted accordingly, and we are looking at further consequences."

## North Korea and South Korea to unite for 2018 Winter Olympics

**Mariah Partin**  
Staff Writer

The 2018 Winter Olympics will begin their Opening Ceremony on Feb. 9 in Pyeongchang, South Korea. Pyeongchang beat out bids from cities including Munich, Germany and Annecy, France. One of the larger topics of conversation this year is of North Korea's participation in the winter Olympics. Given the recent tension with North Korea and their unbalanced leader's nuclear threats, the Winter Olympics provide a chance for South Korea's new president Moon Jae-in to develop more political credibility and allow for North Korea's Supreme Leader Kim Jong Un to push his constant agenda of attempting to show the importance of his country. According to Forbes, up to 500 North Korean nationals will be traveling south including athletes, cheerleaders and government officials. President Moon came out in support of their first ever unified hockey team, hoping it could lead to better relations with North Korea. At the least, North Korea's participation will provide a temporary thaw between the two countries as Kim Jong Un will not launch any more provocations during the Olympics. North and South Korean officials met face-to-face for the first time in two years to discuss the North sending a delegation, however only two North Korean figure skaters have



The Demilitarized Zone acts as a neutral point between North and South Korea.

qualified for the Games as they did not meet the Oct. 30 deadline to accept their spots. The question is still raised on how they plan on transporting and housing some of the world's most distrusted citizens. There is also a lower interest in this year's winter games. Forbes reports only 30 percent of tickets have been sold as of last month. There is an issue of cost as well as transportation of North Korea's citizens. South Korea and the International Olympic Committee will pay for some of the accommodations, according to Forbes. Given that South Korea and the IOC hope the unification of these bordering nations will foster a future of better cooperation, they are willing to cover some costs despite the fact that North Korea's leader has spent billions on nuclear weaponry to target South Korea and

its allies.

South Korea is hoping this cooperation can be achieved under President Moon, the son of North Korean refugees and a former human rights lawyer. President Moon came into power after the last president was accused of government corruption, and had the support of many people ready for change. There are concerns of adding North Korean women hockey players to the South Korea team shortly before the Olympics as that could have a negative effect on the team, but President Moon hopes that this historical event could have an everlasting effect, Time reports. In the past, Leader Kim Jong Un has made sports a priority, but less so with winter sports. However, North Korean athletes and coaches tend to isolate themselves from others as they are kept under close scrutiny of defection. In North Korea's state-run Korean Central News Agency, they accused South Korea of using the Olympic Games to pave ways for negotiations on North Korea's weapons programs and chastised President Moon for agreeing that President Trump's stance on Pyongyang helped push negotiations. Many are hoping that these new discussions and negotiations will lead to a better relationship with North Korea but it seems this may just be a temporary union for the sake of Olympic participation.

## President Heynderickx sends update on union withdraw

**Brian Messing**  
Section Editor

As students returned from Christmas break and started classes this semester, they received an email from Saint Martin's President Roy Heynderickx. The email, entitled "Letter from the President" opened with wishes from the President for academic success and a happy Martin Luther King Jr. Day. The email went on to discuss some news that Heynderickx received over break.

According to the email, "...SEIU withdrew its petition to represent Saint Martin's contingent faculty and therefore the NLRB has administratively de-certified the election held in spring 2016." This email comes as little surprise to the Saint Martin's community as the Faculty Union Organizing Committee had sent an email to all faculty and staff on Sept. 27 of last year announcing the withdrawal of their petition to

unionize through the NLRB.

The Belltower covered this development in our Oct. 16 issue from last year. This recent letter from President Heynderickx falls in line with what we discovered in our previous article. After interviewing several members of the Faculty Union Organizing Committee, the Belltower learned that faculty pursuing unionization would seek an alternative route outside of the NLRB.

Heynderickx continued his email to discuss how this most recent change would affect the community at Saint Martin's. Heynderickx stated that despite the SEIU no longer representing the contingent faculty at Saint Martin's, that the issues raised by the community would not go unanswered. Heynderickx noted that "The Abbey and the University have heard faculty's concerns about compensation, working conditions and representation." Heynderickx noted that he would continue to work with faculty and staff to

make changes to normalize salaries per 3-credit hour classes as well as adding non-tenure track faculty to university and academic committees.

Heynderickx concluded his email by discussing Saint Martin's mission to "educate and serve you, our students." This email should serve as hope for contingent faculty affiliated with the union that their concerns have been heard and will be addressed, as relief for students who were unhappy with the situation caused by unionization, and pride for all as our school confronts its struggles through our Benedictine values, setting the stage for future success.

## Prayer in the midst of our busy lives

**Kianna Garmanian**  
Staff Writer

During your time at Saint Martin's, you may have seen the monks gather together for prayer during the morning, afternoon, and evening. In fact, they meet at the Abbey Church four times a day, for three prayer services and Mass to praise God, present specific intentions, read Scripture, and more. Why, you may ask, would the monks want to pray so often? Fr. Paul Weckert remarks, "St. Paul tells us to pray constantly, to be in union with God. So, we stop and pray during the day and take that prayer into our work, and even into our sleep. Over the years, prayer has brought me closer to God and even lured me to pray more."

Prayer is more than just a bunch of words that are said in a specific sequence and at certain times of the day. Prayer is the way for each of us to communicate with God and grow in our relationship with him. You may wonder, why do I need to talk to God about what my day, what I am feeling, or what's going on in my life, since he already knows? Well, think about this: To develop a friendship with another individual, you



SMU students gather together in prayer at a retreat led by Campus Ministry

must invest time to communicate and get to know them. What makes your relationship with God any different? If you desire to grow closer to the Lord, start by building that foundation, bond, and love by spending time with him in prayer.

Freshman Moises Garcia comments, "Prayer, to me, is like an escape, because I can just go to God and talk about my day. And, I don't need to do it in a way that satisfies anybody. I can just go to him and not worry if he understands me or not, because he always understands us. He knows us better than we know ourselves. Prayer feels like a relief because I can bring in all my feelings- I

can just dump them on God. It's always an enjoyment to go to him because he brings love. I can feel that love in my life, which shows that he is always listening."

Amid our busy lives and hectic days, calling upon the name of Jesus brings tremendous peace, comfort, and joy. If you ever feel overwhelmed by work, exams, relationships, or struggles, try saying a few simple words to God, like "Lord Jesus Christ, please be with me" or "God, allow me to experience your love." If you wish, try reserving a section of your day, just 5-10 minutes, to spend with God in prayer. You will be amazed to see how life-giving such time with the Lord is and how much Christ will strengthen your soul. And, if you don't have any spare moments, do not worry because there is a solution for you. When you are getting ready in the morning, walking to class, working, or preparing meals, invite Jesus to walk with you during the day. You can invite him into your daily life, and his presence will never leave your side.

Prayer is for everyone, and Jesus encourages each one of us to partake in a special relationship with him, which can be strengthened by prayer.

## Advice for first year students: starting fresh for spring semester

**Mia Rollins**  
Staff Writer

While college for most is an amazing experience filled with newly found freedom and independence, it's also a wild experience of learning how to balance studying for finals, maintaining consistent sleep schedules, community living, and attending all the classes we pay so much money for. Not only are first-year students having to do all those things, they are having to learn them for the first time.

One common scenario for first year college students is to over pack their schedule. Students are eager to learn so they might take an extra class, sign up for three clubs, or take more than one on-campus job. While it is good to get involved and to join activities to make friends, it's important to remember that it's only the first year and students still

have four years to join clubs and participate in events.

A suggestion for this semester for first year students is to try to focus most of your energy toward classes first for a month. After a month, if you feel as though you could add either an on-campus job or an off-campus job on the weekend, you should pursue it. After all, this is a good way of meeting new people and making money.

Another suggestion is to remember the importance of self-care. Self-care is not always about taking baths and expensive massages. Instead, self-care could be an extra hour of sleep, going on a 15-minute walk, or watching an episode of a favorite TV show from time to time. Taking that extra step towards bettering yourself could positively impact all your other commitments and education.

There are some students who have

made it a habit to not get involved whatsoever. There are a couple reasons why this could be harmful to a first year's experience and education.

Not going to any school events such as games, fairs, and dances can negatively affect a students semester; college students who do this are not allowing themselves to meet new people. It's common to hear people say, "in college you are going to meet some of your best friends." This is to go saying that it is not guaranteed to meet close friends in just a matter of couple months.

There is an emphasis on friends because it is also good to take that extra step in class. That way, if you miss a class or need a study buddy, you have one available. Having this extra resource can become very handy and maybe just save people from failing tests or missing

assignments.

With all of that being said, it is obvious to say that college is not a cakewalk and these suggestions are no more than suggestions. There is no perfect guide book as to how to succeed the first year at college. Students come from an array of backgrounds and therefore not all routes to completing school is going to be the same. As also stated, there is not a pressure to go only one route.

As mentioned before, there is plenty of time to figure out what works best and what doesn't work best. One thing that could help speed that process is honesty to oneself. Ask, "is this too much?" or, "could I be working harder?" These are both great questions to ask when starting fresh. If there is an honest answer, follow that and make changes based on those answers.

## World eagerly awaits royal additions

**Bethany Montgomery**  
Managing Editor

It's no secret that the British Royal Family has captivated the hearts of many Brits and Americans alike—especially the Duke and Duchess of Cambridge and their two adorable children Prince George (4) and Princess Charlotte (2). This year however, the family is looking forward to new members. In September of 2017, the Duke and Duchess announced their third pregnancy. Although Princess Kate has suffered acute morning sickness during the first trimester of all three of her pregnancies, she has recently made a recovery and has been making appearances at social and charity events, like those at Birmingham and for the Children's Global Media Summit. This third addition to Prince William and Princess Kate's family has bumped Prince Harry, the Prince of Wales, down to sixth in line for the throne.

On Jan. 8, the Royal Family released portraits of Princess Charlotte taken by her mother of her first day at Willcocks Nursery School in west London. Prince George also began school this past September at Thomas's Battersea elementary school in London. Although Prince George and Princess Charlotte are attending high-end private schools to prepare them for their roles as royals, both are planning to interact with the other students as their peers, going by their first names and not their royal titles.

Outside of the Cambridge's, the Royal Family has another upcoming change that has the whole world in a frenzy. On Nov. 27, Prince Harry announced his engagement to American actress Meghan Markle. The couple met through a blind date in July 2016 and officially began dating that October. The couple struggled to keep their romantic and personal lives private, receiving criticism for their public appearances and lack-there-of, but in September, Markle reassured the public in an interview with Vogue that their love story would not be kept a secret forever. "I'm sure there will be a time when we have to come forward and present ourselves, and have stories to tell, but I hope what people will understand is that this is our time. This is for us. It's part of what makes it so special, that it's just ours. But we're happy. Personally, I love a great love story."

The engagement itself took place several weeks before the official announcement, following Markle's sudden resignation from her hit show "Suits" and long visit to Kensington Palace. The ring, designed by Cleave and Co., features two diamonds from the late Princess Diana's personal collection and a diamond center piece from Botswana, a country that the couple spent a portion of time in together. According to ABC News, Markle was touched by the by both the beauty and significance of the ring in relation to Prince Harry's late mother. "I think everything about Harry's thoughtfulness and the inclusion



Megan Markle (left) joins Prince Harry (right) at annual Christmas day morning service in Sandringham.

of [Diana's stones] and, obviously, not being able to meet his mom—it's so important to me to know that she's a part of this with us," Markle described, "It's incredibly special to be able to have this, which sort of links where [Harry comes] from and Botswana, which is important to us. It's perfect."

The rest of The Royal Family expressed their joy over the engagement, Prince William in particular gave an amusing statement of his happiness for his brother. "For me personally, I hope it means he stays out of my fridge and will stop scrounging my food, which he's done for the last few years," he told the media.

Both the Royal Family the rest of the world anxiously await the birth of the new prince or princess and the wedding this spring. Although Markle will not be given the title of princess, she has already earned her place in the hearts of many as royalty with her humanitarian efforts and elegant manor.

## Behind a day of remembrance: Martin Luther King Jr. Day

**Gretchen Allen**  
Staff Writer



Photo retrieved from creativecommons.org

Martin Luther King Jr. Day became a Federal Holiday in 1986

Born in 1929 in Atlanta, Ga., Martin Luther King Jr. grew up in a segregated public school and thrived in his academic work all throughout his years of education. Then he met Dr. Benjamin Mayes who sparked his interest in racial equality. King became a civil rights activist fighting for equality for all and strongly believed that every man is created equal. His speeches, marches, peaceful protests, and nonviolent resistance to segregation laws made him stand out from his

predecessors.

His famous “I Have a Dream” speech in 1963 bursts with hope and faith in a nation that treats each man and woman as equal, no matter the color of their skin. He yearned for our nation to be the first nonviolent democratic nation to treat each citizen with dignity and be judged on their character rather than their appearance. King received the Nobel Peace Prize in 1964 a year after his speech, the youngest person to ever receive this honor. Determined to make a difference, King continued to lead marches for voting rights, against fear, in support of workers in Memphis. He gave many more speeches until his final speech “I’ve Been to the Mountaintop” on April 3, 1968, where he ended his speech telling the crowds that he was not afraid to die because he had seen the Promised Land and was only here to do God’s will. The next day King was shot and killed by James Earl Ray.

A Martin Luther King, Jr. federal holiday was introduced a mere four days after King’s assassination. On Jan. 15, 1969, the King Center observed their first commemoration of his birthday. Two years later, a petition with three million signatures, did not pass in congress to make Martin Luther King Jr. Day a federal holiday. Many did not lose sight of their goal, especially his wife,

Coretta Scott King, who appeared before Congress and the Senate Judiciary Committee multiple times. Five years went by before the first state, Illinois, passed the law for a state holiday celebrating King. By 1980, four states acknowledged King’s holiday statewide and a hit song “Happy Birthday” by Stevie Wonder urged citizens to celebrate the life of King. After years of fighting for remembrance, President Reagan signed Martin Luther King, Jr. Day into effect on the third Monday of January starting in 1986. Three years after, only 44 states celebrated this day, and many were still fighting for a paid day off work. In June of 1999, New Hampshire was the last state to sign the King holiday into effect.

Today, every state has two representatives who choose how the state will celebrate MLK Day. It is observed as a paid day off work as employees are encouraged to get involved with their community, take action for social needs, promote interracial cooperation, and social work in remembrance of King. More than 100 nations have established a holiday in support of King because of his work in civil rights and nonviolence. Today, we will not forget to stand firm on the statement, “We hold these truths to be self-evident, that all men are created equal.”

## States seek to reform service animal laws

**Hannah Gabel**  
Staff Writer

Most pet owners dream of being able to bring their animal with them everywhere. However, since many restricted areas forbid the presence of animals, it remains only a dream. Despite this, individuals with registered service animals are allowed to bring their animals with them most anywhere, since the service animals carry out a meaningful duty in keeping their owner safe. Service animals are trained for a number of purposes, including alerting the owner to an impending flare up of a health problem, passing out from conditions such as hyperglycemia, diabetes, or other health related issues, or leading them away from areas that pose health hazard to the owner. If the owner has an allergy to certain foods the animal can be trained to detect that and keep them away.

Registering service animals can be a confusing process as currently there is no government sponsored registration site, and limited registration per state. Instead, an animal that passes a service training course is given a vest to wear and a signed piece of paper that indicates that they are fully registered. Unfortunately, many of those vests can be found online and easily replicated. Because of this easy access to a vest

and the law making it illegal to question someone’s service animal’s legitimacy, many people are able to have so called “imposter service animals.” This means animals that have never gone through service training, and whose owners have no intent of putting them through service training, can go with the owner wherever they go. With this growing rate of imposters, all dogs are looked at warily and store and restaurant owners internally question whether the animal is really registered or not. Of course, there are some giveaways, such as if the dog is poorly trained in general or misbehaved.

While it is never okay to fake the status of a personal pet to pretend they are a service dog, it is understandable why people do so in order to bring their dogs on planes with them. Every year, pets are highly likely to go missing, end up sick or injured, or even dead if they are transported on planes with the rest of the luggage. Some airlines allow certain breeds of dogs in the cabin of a commercial airplane, but for many years they had to be crated and counted as checked luggage, which led to dangerous conditions for the animals. Because of that, people began buying service animal vests so they could get their larger dogs to ride in the cabin with them personally rather than in luggage compartments.

A number of states are beginning to implement laws that ban people from pretending to have a service animal. Wyoming is one state that has recently implemented a law like this. The biggest dangers with having fraudulent service animals is that people will bring their dogs into places they are not technically allowed to, which could result in distracting or startling a real service dog. If the fake service dog isn’t properly socialized or well behaved, it might try to attack, play with, or get the attention of a real service dog and prevent the service dog from doing their job. The Wyoming ban lists the misrepresentation of a service animal as a misdemeanor, and enforces the admittance that true service animals are allowed into large and small businesses, while also eliminating discrimination in apartment complexes or rental homes against people that have service animals. At least 19 states across the country, with more following suit, have enacted laws similar to this that punish people for misrepresenting their animals as a service animal.

These states are taking large steps in the right direction, helping to reduce the amount of imposter service animals to keep true service animals properly focused on their job. Airlines are also trying to accommodate animal transportation, but there is room for more improvement.



Photo retrieved from creativecommons.org

A service dog with proper identification.

Everyone wants to be able to bring their beloved pet with them wherever they go, but that does not mean people should be going to extremes to fake their animals as a service animal. People can now face a fine, a misdemeanor charge, and other legal affairs have been and will continue to be implemented to prevent them from continuing to misrepresent their personal pet. These individuals need to remember that service animals serve an important purpose for their owners in keeping them safe and protected every day and that this should not be something that other people fake for their own personal convenience.

## Calling all Artists!

Submit your original artwork to be featured in the paper and online!\*

e-mail submissions to [belltower@stmartin.edu](mailto:belltower@stmartin.edu)

Apply to be our Illustrator!

apply at [belltowersmu.com](http://belltowersmu.com) or email [sabrina.white@stmartin.edu](mailto:sabrina.white@stmartin.edu)

\*submissions must adhere to the guest submissions policy, printed on pg. 2

# Winter Weather Mad Lib by Bethany Montgomery

Although I usually enjoy the warm weather, this past \_\_\_\_\_ I started to really miss the snow. There is something  
(month)

about curling up with my pet \_\_\_\_\_ in a \_\_\_\_\_ blanket, drinking a hot cup of \_\_\_\_\_  
(animal) (adjective) (liquid)

When the first snow finally came, my \_\_\_\_\_ burst into my room, excited to go \_\_\_\_\_ outside.  
(family member) (verb)

After putting on our snow \_\_\_\_\_ and snow \_\_\_\_\_, we swung open the front door.  
(plural article of clothing) (plural article of clothing)

I couldn't believe my \_\_\_\_\_! The picturesque scene looked like something right out of \_\_\_\_\_  
(body part) (movie)

My \_\_\_\_\_ grabbed me by the \_\_\_\_\_ and exclaimed "\_\_\_\_\_! Lets go make snow  
(same relative) (body part) (pet name/nickname)

\_\_\_\_\_!" We played and \_\_\_\_\_ all day. Finally, my mother called us in for some delicious  
(object plural) (verb ending in ed)

\_\_\_\_\_ noodle soup. I sat at the \_\_\_\_\_ table with a \_\_\_\_\_ of soup, my \_\_\_\_\_  
(type of bird) (room of a house) (type of dish) (color)

eyes twinkling. What a \_\_\_\_\_ day!  
(adjective)

## Word Scramble

1. rujanay

J \_ \_ \_ \_ \_
2. eenwrya

n \_ \_ \_ \_ \_
3. litoeuosrns

r \_ \_ \_ \_ \_
4. tssptreo

p \_ \_ \_ \_ \_
5. tmrso

s \_ \_ \_ \_
6. wteinr

w \_ \_ \_ \_
7. on dbesllogge

g \_ \_ \_ \_ \_
8. misadttneeevr

a \_ \_ \_ \_ \_
9. toeyubu

y \_ \_ \_ \_
10. aidcase limo

s \_ \_ \_ \_ \_
11. eawkssah

s \_ \_ \_ \_ \_
12. uhissek

h \_ \_ \_ \_ \_
13. ouagsrc

c \_ \_ \_ \_ \_
14. nregdia

r \_ \_ \_ \_ \_
15. Intoisieev

t \_ \_ \_ \_ \_

Hint, all of our words are chosen based on the content in the current issue!

## Sudoku

5	3	2			1	9	6	
					5	3		
	8		4	6		1	5	
	2		3		8		9	
	1	6		5	9		3	
		9	6					
	6	8	5			7	2	4

How to play Sudoku

Fill empty cells with digits 1 through 9. The numbers can only appear once in each column, once in each row, and once in each box. Each column, row, and box should have the numbers 1 through 9. Use the numbers already filled in as prompts to help you solve the rest.

## LETTER TO THE EDITOR POLICY

- Everyone is invited to submit Letters to the Editor (LTE) in response to previously published material, or about things not in the paper. All LTE's will be responded to either by personal response or in print in The Belltower as space allows.
- All letters must be signed by the author to be published. Names can be withheld upon request of the author and at the discretion of the Editor-in-Chief (EIC). They must have some credible contact information (email, telephone number and/or address) for notification and verification.
- The Belltower reserves the right to edit letters for length and grammar.
- Letters of questionable taste will be evaluated by the Editorial team and in applicable situations will be voted on and handled as the team sees fit.
- Letters of questionable origin will not be published until confirmation of the author has been made.
- As time permits, writers of letters will be contacted for confirmation.
- The Belltower reserves the right to not publish letters deemed libelous, obscene, in poor taste, or otherwise unfit to print. The EIC will make this final decision upon consultation with the Editorial team and the Faculty Adviser.
- The Belltower reserves the right to print a selected number of LTEs. The EIC makes this decision on a case-by-case basis.