

30 plays in 60 minutes

Breanna Brink
Staff Writer

Eight actors, 33 plays, a small, brightly lit room and an audience controlling their performances. 30 Plays in 60 Minutes was the fall production presented by the Saint Martin’s University (SMU) Theatre Arts Department. The play ran from Nov. 11-19 in the Kreielsheimer Arts Building. The experience was one of strange comedy and some darker tragic moments. With 33 plays for the audience to pick from during the show, all actors were performing plays out of order and from memory with each performance. The play showcased the creativity of the actors and director. If you want to see all 33 plays however, you’ll have to just come back a second night, as only 30 were performed on Nov. 12.

Audience members yelled which number they wanted next like items on a menu. They chose the direction of the play and what the tone was, be it a mockery in 30 second chunks, a social commentary crammed into an awkward silence or an orange sitting in the middle of the room for a solid minute, the plays were all entertaining in their own right. Performed for a wide variety of audiences, there was a play for everyone present. Despite some of the plays only lasting a few seconds, others fulfilled their entire allotted two-minute run time. Not all plays were appropriate for those

under the age of 13, as there was cursing and sexual innuendo.

During the Nov. 12 performance, all eight talented actors successfully fulfilled their 30 play requirement. The plays were entertaining on their own, but the competition that soon arose among audience members to be heard became another source of enjoyment.

One audience member had figured out a system with a specific string of plays. He belted out the numbers he wanted in a row, being heard each and every time. He called out 22 and 33 after 6. The strategic

choices resulted in a chain of plays that were hilarious when performed one after the other. Some people engaged their whole row in shouting out the number of their choice in an effort to be heard. Needless to say, my row eventually was heard, and the plays that followed were worth all our efforts.

Thirty Plays in 60 Minutes did not overstay its welcome, and while audience choice can have the play end on a sweet or a bitter note, the concept on the whole was a pleasing one. My own group made the unfortunate decision to have a

social commentary be our last play, leaving everyone a tad confused and disheartened that that was the end of our run. This does not mean there weren’t moments to make up for this, as audience members were involved in a few of the skits.

Thirty Plays in 60 Minutes was a talent filled experience, and was certainly different every time. The experience goaded audience members back to another performance to know just exactly what those last three plays could have been. Though whatever play was picked, there was an undeniable amount of heart and passion from the entire cast, and it was well worth the watch.



Photo retrieved from Joe Saladino

Marcus Bufford and Alesha Garand performing “Pie and Egg” sketch

A brief history of Thanksgiving

Naomi Gilmore
Staff Writer

As children, we usually learn about the “first Thanksgiving” when the Pilgrims of the Plymouth Colony sat down to feast with the local Native Americans. There is a certain amount of truth to this story, but the actual evolution of the iconic American holiday is much more complicated.

The tradition of a “Thanksgiving,” where people gather to share food and give thanks for their blessings, or some specific success, is as old as human civilization and is basically universal. European colonists who settled in the Americas often celebrated thanksgivings to express their gratitude for having safely crossed the Atlantic. The Spanish explorers who founded St. Augustine in modern Florida are credited with celebrating the first European-style Thanksgiving in America in 1565. French colonists and English

colonists at the Jamestown Colony did so as well.

The most famous Thanksgiving, of course, occurred in 1621 in the English colony of Plymouth. After nearly starving during their first year in America, the Pilgrims, saved by the generosity and know-how of the local Wampanoag Native America Tribe, celebrated by gathering their first

harvest with a feast. Many Wampanoag attended as well, and the peoples most likely did share food. The event did not become immediately annual, but harvest-time thanksgivings were common in New England up through the American Revolution.

These celebrations were local, with each town inventing its own traditions and settling on its own day. The first national Thanksgiving was during the American Revolution, when the Continental Congress recommended a day for giving thanks in December 1777. As president, George Washington declared a nationally recognized thanksgiving holiday for November 26, 1789 (a Thursday), in gratitude for the newly-adopted Constitution. Later presidents called for thanksgivings as well, usually on a Thursday in



Photo courtesy of Naomi Gilmore

Thanksgiving as we know it first began in 1863

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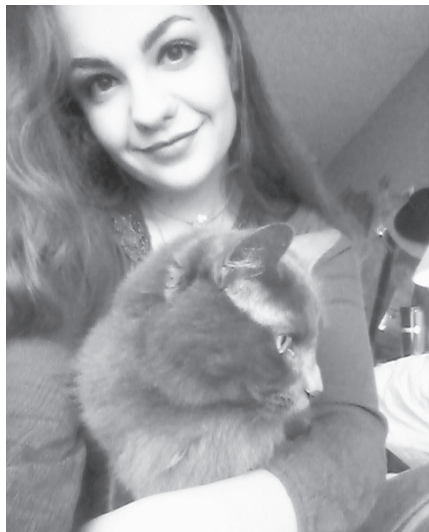


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Editor’s note:

The Belltower has changed so much over this last semester and I am proud of the direction we are going. Many editors and writers have come and gone, but I feel that our current staff is one of the strongest we have had in a while. We are making many great changes and I feel that our paper will become stronger and more timely, as well as a great source for accurate and informative pieces about our campus and beyond. Roslyn has been doing an amazing job as Editor-in-Chief, and I will be sad to see her leave at the end of spring. I am also sad to see Travis Munday, our wonderful managing editor, leaving at the end of this semester. It has been a blessing working with these two lovely people and I would like to thank them for helping me grow in my position as an editor.

This issue features pieces on the history of Thanksgiving, the reactions to President-Elect Donald J. Trump, spotlights on our amazing sports teams, and coverage of events like the Veteran’s Day ceremony and Careers for the Common Good.

I am so grateful for all our readers and dedicated staff for making this paper one we can all be proud of, and sticking with us through the many changes and improvements we are making. I am looking forward to what our paper can accomplish in future semesters.

Best,
Sabrina White, Section Editor

The Belltower

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

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Saint Martin's hosts commemorative Veteran's Day Ceremony

Cleo Pineda
Staff Writer

Saint Martin's University (SMU) hosted a Veterans Day Ceremony on Nov. 11 to honor the sacrifices of past and present soldiers, airmen, marines and coast guard members. Veterans of SMU and its community gathered at the Trautman Student Union Building (TUB) at 10 a.m. and walked together to the foot of the American flag in front of the Grand Staircase where the ceremony took place. Fiona Kelly, Chair of the university's Veteran committee, opened the event with a brief on the history of Veteran's Day.

"Veteran's Day was originally known as Armistice Day. So called by President Woodrow Wilson in November 1919 with these words: 'To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism in those who died in the country's service and with gratitude for the victor...As our nation stepped out of

the horrors of WWI, Armistice Day was a day of sacrifice and victory... The 83rd congress later voted and approved to replace Armistice Day with Veteran's, expanding the celebration to include all of those who had served our nation—past and present,'" said Kelly.

President Roy Heynderickx also attended the ceremony and spoke of the need to engage with veterans here at SMU.

"Today we are here to celebrate and I have a request from each of you and that is engage a veteran in a conversation, a friend, family member, thank them for defending our country," he said. Heynderickx continued, voicing his hopes to have people actively collaborate with one another to allow room for discussion and growth.

Joseph Williams, a veteran and three year SMU board chair member, served as the keynote speaker.

Williams spoke on his early ambition to serve in defense of America.

"I am both honored and humbled to be asked to say a few words here today," he said. "I grew up in Iowa. My favorite show was 'Combat with Vick Morrow'. My brother and I would go down to the Little Creek Bridge and play guns on the weekend. Ultimately I would join the Iowa Army national guard troops." His excitement to be a part of the armed forces resulted in volunteering three times.

"In 1979 or 1980 I thought we were going to war and I ended up volunteering multiple times- once to enlist, once to go airborne and once to go to the ranger



Veteran's Day event at Saint Martin's

battalion. I spent three years at the second 75th infantry rangers in Fort Lewis, Wash." Williams recalled.

Though he was in the military at a comparatively quiet time in history, he cherishes the lessons and memories he gained from his service.

"Vietnam was receding in our memories and the acts of terrorism had yet to fall. There were a few odd un-pleasantries. There was Grenada, El Salvador, Nicaragua and some drug cartel issues in Central America. I'm very proud to have served. I wouldn't take a million dollars for my experiences there," Williams said.

One of the most difficult parts about serving for the nation for Williams was leaving behind loved ones. However, the struggles of war have left him with characteristics he is proud of. He cited leadership, teamwork, determination and time management as effective strategies that he has carried into life outside of the military.

"The service provides its own education which is indeed applicable and desirable in civilian life," he said.

For Williams, continuing to higher

education after serving in the military has been a route for his development.

"So here we are at SMU, a safe place and one where we can evaluate who we are who we want to be. Where we can learn new skills, and augment those we brought with us. A place where we can relaunch ourselves a little older, a little wiser, perhaps just a little bit smarter," he said. Williams was awarded with the university's veteran coin.

The ceremony included a moment of silence for those who have lost their lives in defense of their fellows and loved ones in the nation and concluded with a medley of U.S. Armed Forces songs.

"Many of us are veterans, family members of veterans, friends of veterans. and supporters of veterans. The sacrifices of war are paid by many in many ways. The victories, however, should not be ignored. We stand here at this ceremony side by side. We grill in our yards, we laugh with our children, parents, friends, spouses—this is the victory of Veteran's Day," Kelly stated.



Fiona Kelly, Chair of the university's Veteran committee helps put on the event

Abby Maneman: Student-turned-athlete

Taylor Gersch
Staff Writer

Senior business major Abby Maneman has played basketball since she was in fourth grade and continued her career at Raymond High School with her father, Gene Maneman, as the coach. She was named MVP her senior year, earned a spot in the 500-rebound club her junior year, and the 1,000-point club her senior year. With her senior year coming to an end, she made the decision to start college without playing sports. She struggled with not being part of a team and playing a sport that is in her blood. She wasn't used to having free time and creating her own workouts. Once her junior year started, she felt a strong pull to start playing basketball again. She absolutely loved the sport and had every desire to return to what felt like were her first steps of life with a ball in her hand.

She questioned whether all the work would be worth it. Compared to other juniors and seniors, athletically she would be behind by two to three years. She contemplated whether she could catch up to the skill level of her team members.

Abby loves a challenge and the ability to make an extremely hard decision all on her own. Once Abby decided to pursue basketball, she kept it a secret from everyone she knew except the

coaches of the women's basketball team. She was working out constantly, dedicating all of her time and energy to the sport that she was happy to return to. She did this with little to no support, since she told her plans to no one. Once spring training began, she finally told family



Senior women's basketball player Abby Maneman

and friends of her plans to join the women's basketball team for the fall season.

It hasn't been an easy ride physically or mentally for Maneman. Being so far behind, and already a senior academically, she is only allowed two years of athletic eligibility, which begins this fall. Maneman dedicated her entire summer to perfecting her basketball skills and fitness, and she continues to dedicate almost all of her energy to her sport. This is not an easy task, as Maneman is extremely competitive and joined a team with many incredible players. While she does experience frustration with some of her abilities compared to her teammates, she continues to work harder than ever. Her endless dedication and drive to become a better athlete and teammate inspires those around her to be better too. Starting your athletic career as a senior academically is not the traditional route, and is not accomplishable for many students-turned-athletes. But if anyone can exceed expectations, it is Abby Maneman. She is one of the most inspirational and hardworking persons I've ever had the pleasure of meeting. As an athlete myself, many of us can learn from her love for the sport.

Photos courtesy of John Chaires

Photo courtesy of Abby Maneman

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Women's basketball feels confident ahead of new season

Victor Ieronymides
Staff Writer

Even though our Saint Martin's women's basketball team did not end their last season the way they had hoped, senior and team captain Hannah Reynolds expressed in an interview that the team this year is ready to change things up.

"We are on the right track as we approach our offseason workouts as well as our preseason games with poise, ultimately allowing us to succeed thus far," Reynolds said. "During conditioning we saw critical improvements and great efforts from the entire team. We pushed boundaries and found that our team is very responsive to the challenge at hand. The fall is to get us in great shape and make us mentally tough, and I'm so glad that it did exactly that," Reynolds explained.

With each new season comes new additions to the team's roster, so there is a need to ensure that the team chemistry is right before heading into the season.

"I am really excited about our team this year. We have formed a tight knit group that wants to see everyone succeed. The new players have come in and filled their roles perfectly, and we are able to build off of each other really well.

With that being said, I think everyone playing for each other will positively reflect on the court," Reynolds said.

According to the Great Northwest Athletic Conference (GNAC) preseason poll, SMU's women's basketball team was picked to finish 10th out of 11 schools, and the Saints can't wait to prove everyone wrong. Coming after two consecutive exhibition wins to successfully complete the preseason, the Saints feel ready to compete and chase after a higher-ranking spot in the GNAC.

"We were obviously not pleased with our preseason poll," Reynolds stated, "but we understand that we are in a very competitive league, having in mind that no game is given to you like that. The start of the season will give us the chance to go out every night and try to show that we are better than what we were ranked. The coaches ranked us before seeing us play, and I believe we will be the team that surprises people this year. We have a lot of heart and determination and by the end of the year I think we will earn the respect we deserve."

Junior Elin Johansson seemed both

humbled and motivated by the projected poll for the Saints.

"The preseason poll results have really motivated us to push ourselves like never before and constantly work hard everyday. Being the underdog isn't necessarily a bad thing, but a chip on one's shoulder won't help. We just need to keep our heads down, work hard in silence and let success make the noise when we do achieve a higher rank than projected," she said.



Photo courtesy of SMU Athletics

The SMU 2016 women's basketball team

Saint Martin's University fall sports recap

Nathan Pearsall
Staff Writer

Fall sports have come to an end, and there have been some memorable moments along the way. Here's a recap of the 2016 Fall season for Saint Martin's athletes.

The women's soccer team, led by captains Kelli Bannerman, Taylor Gersch and Micaylla O'Leary ended the year with a 3-14-1 overall record, and a 2-10-0 record in conference play, tying for eighth in Great Northwest Athletic Conference (GNAC) standings to end the year. Two Saints, Hannah Frakes and Sara Masee, were selected for the GNAC All-Conference second team. Frakes, a senior from Boise, Idaho, led the team in goals with five while starting and playing in 17 of the 18 games played this season. Masee, another senior from Gig Harbor, Wash., started all 18 of the Saints games and totaled two goals and two assists in the season.

Their biggest win came against Western Oregon University on Oct. 6 during a 4-3 overtime thriller where the game was tied and won within minutes. In minute 89, Bannerman tied the game at 3, pushing the game to overtime. At 49 seconds into overtime, Bannerman would also net the game winner.

The team will lose six more graduating seniors alongside Frakes and Masee. Bannerman, Camryn Althaus, Gersch, O'Leary, Emma Jantzer and Sunny De Boer.

The men's soccer team, led by captains Max Harvey, Kaleb Strawn and Tim Teipel, finished up with nearly the same record as the women's team, 3-13-1 overall and 2-9-1 in conference putting them in sixth place in the GNAC final standings.

For the second year in a row, junior forward Kyle Witzel was selected to the Second Team All-Conference. Alongside him on the honorable mention team was

senior midfielder Kaleb Strawn and senior defender Jake Zimmer.

Witzel broke the SMU season record for goals in a season, recording 11. The previous record was nine, set back in 2009. He also tied the GNAC and school record for goals in a game with four against Concordia University. Witzel and the rest of the men's team will be losing a core group of seniors to graduation including Strawn, Zimmer, Harvey, Ian Fry, Ricky Gijon-Hernandez and Derrick Gonzales.

The men's and women's cross country teams also had successful

West Regionals.

Unfortunately, no men qualified for the National Championships in Florida later in the month.

The women's team shared much of the same success as the men's team, winning the Puget Sound Invitational and finishing with five top 10 finishes through the season including a fifth place finish at the GNAC Championships. This was the best finish by any SMU women's cross country team since they joined the GNAC in 2001. Shannon Porter added her name to the SMU history books with the best individual



Photo courtesy of SMU Athletics

Kyle Witzel breaks past two defenders.

seasons. The men's team finished with three team in the top 10, including a win at the Puget Sound Invitational and a 10th place finish at the GNAC Championships. Seven men were selected to run at the NCAA Division II Regionals in Billings, Mont. Redshirt senior Josiah Shelman led the men's team with a 98th overall finish and a time of 32:57.40 on the 10,000-meter race. The next three closest Saints behind Shelman were Jasper Heckman (112th 33:10.31), Joe Edgecomb (120th 33:24.06) and Austin Miller (125th 33:36.08). The men's team finished 23rd overall at the

finish for SMU by finishing 2nd at the GNAC Championships. Porter was named the GNAC Newcomer of the Year after winning three races throughout the season.

Seven women also ran at the NCAA Division II Regionals and were again led by Porter, where she placed third overall with a time of 21:16.64. This qualified her for the NCAA Championships in St. Leo, Florida on Nov. 19. The next best three Saints times were posted by Yadira Lopez (43rd 22:33.52), Megan Teigan (114th 23:45.47) and Larissa Kolasinski (119th 23:49.47).

Both cross country teams will

lose a tremendous amount of talent following this season. The seniors leaving, from both teams, are Porter, Teigen, Shelman, Claire McCloskey, Alexis Carandang, Josh Hunt, Jasper Heckman, Skyler Larson and Mitchell Hughey.

The Saints volleyball team was led by senior captain Maddie Knecht, and junior Nicolette Nesbitt this year. Knecht, out of Gig Harbor, Wash., was the only senior on the team this year. Her final season in a Saints uniform started with a bang. The Saints began the season with a school record, a 4-0 start, winning all four games at Cal State East Bay in Hayward, Calif.

This season also began the career of first year coach Jon Killingbeck, who was hired in March of this year. Killingbeck would go on to get his first win to open up the season against the Academy of Art in a 5 set match, winning 3-2.

The biggest win of the volleyball season came against GNAC rival, the Alaska Fairbanks Nanooks. Last season, the Saints were beat at home in five sets by the Nanooks. This season, they got their revenge. Opening up their conference play, the Saints travelled up north and took down the Nooks in a hard fought five set match.

Eight Saints were recognized for their academic excellence this season, being named to the GNAC All-Academic Team: Cassidy Apo, Vegas Casey, Jennifer Codd, Rachel Gondrezick, Megan Vernoy, Dani Williams, Knecht and Nesbitt.

With fall sports coming to an end, it is time to look forward to men's and women's basketball games in Marcus Pavilion all winter long.

Men's basketball ranked eighth in coaches' poll

Lauren Allison
Staff Writer

The men's basketball team was ranked eighth in the preseason coaches' poll this year. Last season the team finished 15-13 overall and 9-11 in the Great Northwest Athletic Conference (GNAC). The Saints had their first winning season since 2009-10, ending the season in a tie for sixth place. Western Washington University (WWU) won the tie-breaker, so the Saints were not able to continue to the playoffs. WWU is ranked to finish second this season in the preseason poll. The Saints led their conference with the most 3-point field goals per game, 3-point field goal percentage and 3-point field goals made. The team ended the season strong, winning eight of their final 11 games.

Junior forward Victor Ieronymides, who averaged 4.1 points per

game last season, said, "This should be without a doubt our breakout season. The fact that we were predicted to finish eighth in the GNAC preseason polls is something that we are currently using as motivation in order to prove everybody wrong," he said.

The Saints are boasting 13 returning players from last year as well as two new additions, Logan Adams and Rico Nuno. This gives the team a lot of experience on the court. The veterans include four seniors; Cole Preston, Tyler Copp, Brandon Keenilvort and Fred Jorg. Copp led the team with 18 points in their first exhibition game against division 1 Eastern Washington University. Copp, a senior who averaged 10.1 points per game last year, said the team has set high expectations for themselves this year and believes they have a great shot at playing for the GNAC Championships.

Using their eighth place ranking

as "fuel for the fire," the team looks to prove everyone wrong and focus on making the playoffs, which has yet to be accomplished for SMU in years past. The playoffs will be held right here at the Marcus Pavilion, making the desire to go all the way that much stronger for the Saints. The team is motivated and hungry this year for the opportunity to go out and make it to the playoffs, according to Copp.

This year's season includes three exhibition games and 14 home games. The Saints look to face some tough teams during pre-season in order to help prepare for regular season play. The season will start off with games against Fresno Pacific University on Nov. 11 at 8 p.m. and then the next day against Point Loma University at 5:30 p.m. in Fresno, Calif. The first home game will be Nov. 15 against Hawaii Hilo University at 7 p.m. in the Marcus Pavilion.

GNAC play will start for SMU at home on Dec. 1 at 7 p.m. against WWU. The Saints will play their last home game Feb. 11 at 7:30 p.m. and then close out the regular season with four games on the road.



Photo courtesy of SMU Athletics

Senior Tyler Copp takes a three point shot.

The Sounders clinch playoffs after slow season start

Lauren Allison
Staff Writer

A few months ago, the Seattle Sounders didn't seem to have any hope of making the playoffs seated last in the West. Fast-forward to Oct. 23 and the Sounders clinch a spot in the playoffs with a 2-1 win over Real Salt Lake. They are now currently seated in the fourth place spot with 48 points. The season started off with three losses in a row and continued on a rocky path with an occasional win, but the team saw many more losses and draws. The team has suffered some tough injuries that have taken crucial players out of the game. Clint Dempsey, Sounders captain and key player, was benched for the some of the season due to an irregular heartbeat.

Head coach Sigi Schmid, has

been the only head coach since the Sounders formation eight years ago, he parted ways with the team earlier in the season. Schmid had lead the Sounders to seven consecutive Major League Soccer (MLS) playoffs, but struggled to get the team on the right track this season. He was replaced by assistant coach Brian Schmetzer, who helped the team finish with an 8-2-4 record in the last 14 season games as well as the first two playoff games. Before he was named head coach, the team sat in ninth place in the Western Conference with just 20 points from 20 matches.

Part of the coaching staff since 2009, Schmetzer had seen the program go through its rough patches. Schmetzer had been involved with the Sounders organization for many years. He was head coach for the

USL Sounders, winning league championships in 2005 and 2007 before they joined the MLS. When he took over, Schmetzer changed the leadership of the team which turned their season around drastically. The Sounders have a lot of experience with tough games and know how to play in those "need to win" situations. Schmetzer's leadership style and toughness brought the team on the right track and they are focusing on taking it all the way through postseason playoffs.

The Sounders face off against the Colorado Rapids Nov. 22 in Seattle. The Sounders beat FC Dallas 4-2 to face the Rapids in this upcoming championship game. Colorado is currently in second place in the Western Conference with a total of 58 points. The Rapids beat LA Galaxy in penalty kicks, advancing

the Rapids to the upcoming game against Seattle. The winner of this game will advance into the Major League Soccer Cup on Dec. 10. The Sounders are slightly favored to win over the Rapids in the upcoming match. In the beginning of the year they had a five percent chance of winning the title, and now they have a 27 percent chance of winning out of the final four teams, which is a huge improvement. It has been a hard fought battle this entire season for the Sounders but, they were able to turn it around and now will be battling for the Western Conference Championship, something most Seattle fans did not see coming at the beginning of season.

Taylor Gersch receives prestigious award for both athletic and academic excellence

Victor Ieronymides
Staff Writer

Student athletes spend most of their time every week either practicing their game, or studying for the next big test. In other words, a student-athlete is constantly on the move and in order to succeed, one needs to be extremely focused, determined, disciplined and most importantly, extremely organized especially when it comes down to time management.

Senior captain of the women's soccer team at Saint Martin's University, Taylor Gersch, was recently honored with the respected College Sports Information Directors of America (CoSIDA) Academic award, which is considered to be one of the most prestigious awards a student athlete could possibly receive in college.

"Being a student-athlete is a once in a lifetime opportunity and it means the world to me to have had the chance to play the sport I love while earning a quality education," Gersch said.

"Living the life of a student-athlete is not an easy feat as there are several of us on the women's soccer team that not only take a full load of

classes-anywhere between 15 to 18 credits- but also balance work, internships, club meetings, practices, games and daily visits to the training room. In between all of these activities, we also



Photo courtesy of Amy Althaus

Center back Taylor Gersch clears the ball upfield.

have to find time to enjoy being in college by spending time with family and friends. We all have a hectic schedule, but the truth is I wouldn't want to have it any other way," said Gersch.

"Time management is extremely important, but luckily it is a skill that comes easily to me,"

Gersch continued. "Personally, I am very organized and have my day and sometimes my week planned out to the hour. However, I have turned into a night owl and enjoy doing most of my writing and reading at night and into the early morning."

Gersch was flattered to be receiving an award like this for her school-life balancing act. "It feels amazing to have received such an award, and I'm thankful for all of those teachers and peer tutors that have helped me get to where I am today. I am also thankful for the constant encouragement from my family, friends, and teammates. It's not easy to earn an award like this one, as I've had to make numerous sacrifices in life because I wanted to study a little more, proofread my paper once more and read a little extra," she said.

Having achieved an award that most student-athletes dream about, Gersch had an unexpected and selfless answer to her favorite aspect of the achievement. "I was able to represent Saint Martin's on such a large scale," she said.

Are we seeing a party realignment?

Brian Messing
Staff Writer



Trump supporters are in favor of bringing back manufacturing jobs to America.

The 2016 U.S. presidential election was not normal. It featured the two least popular presidential candidates in history and ended with the election of the first president ever without prior political or military experience. It was also unique because it showcased a possible shift in what we consider “normal” for the electoral college. Donald Trump broke Hillary Clinton’s “blue wall” by winning rust belt states like Wisconsin, Pennsylvania and Michigan. Clinton also performed better than previous democrats in Georgia and Arizona, and won easily in Nevada, Colorado and New Mexico, states that were thought to be somewhat competitive. The changes between which states are competitive and which ones are no longer competitive shows that there is a case for a partisan realignment.

With every generation, there is a “redefining” of which states are safe states for a party and which states are competitive. The last election that resulted in this sort of redefinition was in 1968. It was then that the modern boundaries and coalitions of the Republican and Democratic parties were established. Since the U.S. has two main political parties, these parties must rely on multiple groups of voters to win a national election. The groups that form the core coalition of a political party define which states are competitive. For example, President

Franklin Delano Roosevelt defined the New Deal Coalition by bringing together working class whites, southern democrats, immigrants and African-Americans. President Ronald Reagan won by bringing together old conservatives, neo-conservatives, Christian conservatives, libertarians and working class democrats.

In 2016, there was one major shift that should be noted as a sign of political realignment in American politics. Donald Trump won the vote of high school graduates and those without high school degrees, a group won by Barack Obama in 2008 and 2012 and generally a reliably Democratic voting bloc. Trump appealed to the working class in rust belt states that gave him a powerful advantage in the electoral college. In contrast, Hillary Clinton won among college educated Americans, a reliably Republican voting bloc that voted for Mitt Romney in 2012, according to the New York Times. The result was that the rust belt broke for Trump and places like Orange County, a virtual symbol of the GOP from 1968 onward under Nixon and Reagan, went for Clinton, according to the Los Angeles Times.

Trump did well in rural areas and Clinton did well in suburbs, like Orange County, which were previously seen as part of the Republican coalition. It is possible that we could

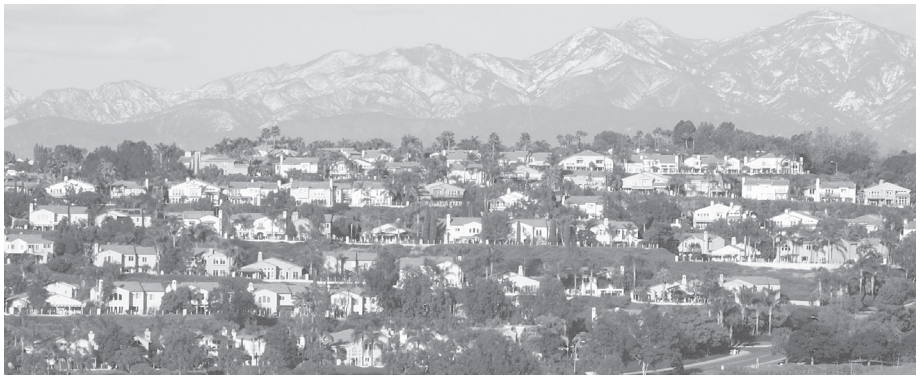
see two new parties emerge from this election based on the results. We could see a Republican Party, led by Trump, built around a right-wing populist message. Trump has built a coalition of Christian conservatives, working class populists and some of the remaining mainstream Republican Party. The Republican Party is increasingly more like the anti-establishment parties of Europe, such as the UK Independence Party (UKIP), the party that led the Brexit campaign. This could be the new kind of conservatism that defines our world and our country. Our politics are increasingly divided on issues of globalization and populism vs. mainstream politics, not on the culture war which defined our old party realignment starting in 1968, according to the New York Times.

The Democratic Party could build on Clinton’s success with college graduates to forge a new coalition. Part of Clinton’s problem was that she faced an identity crisis within her own political party. Was she a common-sense, mainstream liberal? Or was she a left-wing populist like Bernie Sanders? She never made up her mind and wound up with a party that lacked enthusiasm. Perhaps the Democrats could move away from populism and towards the center. College graduates tend to support smart policy initiatives that are good for the country, such as free trade, green energy and an interventionist foreign policy. These are all initiatives opposed by the president-elect, yet they are favored

by centrists, college graduates and experts. If democrats moved to the center on certain social issues, moved back to supporting free trade, used Clinton’s assertive foreign policy as a future model and continued to advocate for the environment, they could build an electoral coalition based on the successes that Clinton had in places like Orange County and win future elections. They could even become the party of business, a title long held by the republicans that began to slip with their shift to populism. Perhaps this new coalition would be better than their previous coalition because of the potential to support better policy initiatives that are favored by experts.

We know that climate change is supported by 97 percent of scientists and that 85 percent of economists support free trade. Losing an election with a voting bloc that wants policies that work is not the worst place to start building a new coalition.

This election could have just been an anomaly. We should not forget that everything about it was unconventional and that any new coalitions that were formed could have been a reaction against two deeply unpopular candidates. On the other hand, perhaps the anomaly status of the 2016 presidential election is what will make it the defining point of a shift in party realignment in American politics.



Hillary Clinton did well with voters from suburban areas.

Recent assault near Saint Martin’s campus

Bethany Montgomery
Staff Writer

On Friday, Sept. 30, the Saint Martin’s Office of Public Safety received information about an attempted sexual assault near the City of Lacey’s retention ponds on the north side of Abbey Way SE, near the Saint Martin’s University disc golf course. An older woman had been overpowered and dragged into the bushes by an unidentified male assailant. The woman was able to convince her attacker not to hurt her further. After a brief conversation, the assailant apologized and pleaded for her not to call the police. They walked out of the area together where the assailant hopped on a large silver mountain bike and rode away.

On Tuesday, Oct. 4, Saint Martin’s Public Safety office was informed by the Lacey Police Department that the victim had contacted the police and was working with them to identify the attacker.

Lacey Police released the following description of the attacker that evening: “The suspect is described as a white male approximately 6’2

with a heavy athletic build. He was wearing a gray zip up hooded sweat shirt with strings hanging from the hood with bright yellow ends, light brown khaki pants and brown loafer or leather shoes. He was described as having a one-inch long full beard and mustache that was reddish brown in color.” Anyone who sees this person or has information about him should contact Detective Williams with the Lacey Police Department at (360) 459-4333.

This has been the first incident of a stranger assault at or near Saint Martin’s since 2008. Although these incidents are rare, Public Safety is vigilant in keeping the campus safe. Patrols are constantly walking the woods and throughout campus to ensure the safety of the students and to move along any transients in the area. Any potential safety issues like open windows, burnt-out lightbulbs and broken doors are immediately addressed. Police patrols, who work closely with Saint Martin’s, often drive through the campus to provide a visible deterrent. Public Safety stays up-to-date on any potential problems around the campus.

Although there are Public Safety staff present

around the clock, students can also prevent incidents from occurring. Students are advised to be aware of their surroundings when walking by the ponds or in the wooded areas and to avoid walking alone at night. If possible, students should walk in pairs or groups. To avert possible car break-ins, students and staff are encouraged to not leave valuables in vehicles left unattended or parked overnight. All first-floor dorm windows should be closed if students are not occupying the space. Public Safety provides escort services from on-campus buildings any time of day to both the residence halls and parking lots. Students should not hesitate to take advantage of these services and safety measures, and should not be oblivious to the surrounding area or to the safety warnings sent out over e-mail.

Public Safety is an all-day, every-day service designed to protect the students of Saint Martin’s. Their coordination with the police is designed to better serve the university. Any and all concerns will be addressed.

Students are encouraged to call in any suspicious activity to either Public Safety at (360) 438-4555 or the police department.

The end of the presidential race

Bethany Montgomery
Staff Writer

President-elect Donald J. Trump's victory in the race for the White House was a surprising turn of events. With 279 electoral votes, he claimed the presidency against his opponent, former Secretary of State Hillary Clinton, who managed to secure only 228 electoral votes. Although the states of New Hampshire, Arizona and Michigan declared no official endorsement to either side, the majority of the states still voted for the Republican nominee.

Despite winning the election with electoral votes, Trump lost the popular vote to Clinton by nearly 1.3 million votes. This is the fifth time in American history that a presidential nominee has lost by popular vote but won the electoral college. The most recent instance was the 2000 election. Al Gore beat President George W. Bush by popular vote, but lost by five electoral votes. Although a rare occurrence, this is not entirely uncommon.

Secretary Clinton graciously faced the end of her race, encouraging her voters to be optimistic about the future president.

"Last night I congratulated Donald Trump and offered to work with him on behalf of our country. I hope that he will be a successful president for all Americans," Clinton told her supporters in New York Wednesday morning.

"We owe him an open mind and the chance to lead," she said.

The morning of Wednesday Nov. 9 at the White House Rose Garden, President Barack Obama also expressed his willingness to work with the Trump transition team to make the switch of administrations as seamless as possible.

"So I have instructed my team

unity and strength.

"We are not democrats first, we are not republicans first. We are Americans first. We are patriots first. We all want what's best for the country," he told reporters.

Popularity predictions prior to the election strongly indicated a Demo-



Photo retrieved from creativecommons.org

Donald Trump won the electoral college vote on Nov. 8, 2016.

to set the example that President Bush's team set eight years ago, and work as hard as we can to make sure this is a successful transition for the president-elect," he reassured the crowd. The president encouraged his team to stay positive and noted their efforts to improve the efficiency of the government.

"The presidency and the vice presidency is bigger than any of us," he continued. "We are all rooting for his success in uniting and leading the country."

Despite the strong opposing views between the current president and future commander-in-chief, President Obama voiced his hope for

crat victory, but the Republican Party successfully secured the House of Representatives, the Senate and the presidency. Of the 34 Senate races, less than 10 had a chance at switching parties. Nevertheless, the republicans came out strong. This is the first time the party has controlled congress and the presidency since 2006. This is predicted to have an effect on the balance of the judiciary branch as well.

Protests in west coast cities that started as peaceful marches quickly turned violent as college students began to smash cars and store windows. In Portland, Ore. and Oakland, Calif., protestors assaulted police

officers, started street fires and vandalized local businesses. Fire crackers and bottles were thrown through windows and at those trying to contain the mob. Ironically, protesters who have called Trump cruel and hateful sought justice by destroying local businesses and vandalizing property with hateful slurs.

In contrast, many citizens have gathered to peacefully express their concerns with the president-elect. In cities like Philadelphia and Minneapolis, somber crowds gathered in opposition to Trump's views. Trump even commented on his admiration for the passion the protesters have shown for the country. Although many have been arrested at the vicious street riots, injuries have been minimal. Numerous citizens of the U.S. have expressed their anxiety for the years ahead. The few that have resorted to violence and hate have caught the attention of the world, but seem to have accomplished little but destruction.

The unexpected proceedings that took place on election day have shocked the political world and caused a great amount of confusion for the Democratic Party and the 25 cities across the U.S. experiencing massive protests. However, the optimistic views of both President Obama and Secretary Clinton has reassured many that hope and a bright future may yet be in store for America.

World news at a glance

Brian Messing
Staff Writer

Russians behind failed coup in Montenegro



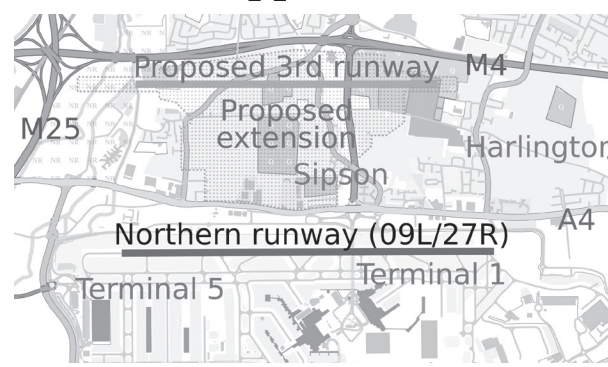
Milivoje Katnić, Montenegro's Chief Special Prosecutor, reported on Nov. 6 that Russian nationalists in Montenegro were behind an election day coup attempt to assassinate the pro-Western Prime Minister. Milo Đukanović, the Prime Minister of Montenegro, has pursued a pro-European and pro-Western foreign policy in the Balkan nation that separated from Serbia. Đukanović angered Russian Nationalists when he proposed that the country join NATO, possibly as early as spring of 2017, which would distance the country from both Russia and Serbia. The coup attempt failed. Twenty plotters were arrested on the day of the parliamentary elections. Some of those arrested fought alongside pro-Russian forces in Ukraine. The coup shows that Russia is stretching its muscles in various parts of eastern and central Europe as it attempts to gain both control and influence over the region. The coup also left NATO forces in Europe on high alert, per the Christian Science Monitor.

McDonald's to introduce mobile order app in 2017



Despite being the world's largest restaurant chain, McDonald's has fallen behind in technological realm. The fast food giant is planning on catching up with other corporations, such as Starbucks, that have utilized mobile order technology. The McDonald's app is available for download now, but only boasts few limited features thus far. McDonald's began testing mobile order technology at 22 locations around Columbus, Georgia, as well as in Austria. McDonald's plans to have mobile order technology in place by 2017 in the U.S., UK, Canada, Australia and France. They plan to have it in place in 25,000 of their 36,000 stores by 2018. The move comes as some people have complained about the long lines and wait times at McDonalds locations around the world, per the Daily Mail.

Heathrow expansion approved



Photos retrieved from creativecommons.org

The UK Parliament approved plans to add a controversial third runway to London Heathrow Airport, the sixth largest in the world. The plans to expand Heathrow date back to 2009 when it was first proposed by Prime Minister Gordon Brown and was a part of the Labor Party's 2010 manifesto. The project was stalled by Prime Minister David Cameron. The National Infrastructure Commission recommended that the government choose to expand Heathrow rather than Gatwick to meet the UK's rising demand and looming aviation capacity. It was projected by the Commission in their report that the UK would run out of aviation capacity by 2025 if no action was taken. The decision has not come without controversy. Many people are set to lose their homes if a third runway is added. Although the project may to boost the UK and highlight its infrastructure and strong economy, many also have concerns over the impacts to the environment that a third runway will bring. The Member of Parliament for Richmond Park, Zac Goldsmith, resigned from the Conservative Party and is seeking election in the by-election for the constituency in protest of Heathrow. The expansion is also unpopular among most who live in the surrounding constituencies, according to the Construction Enquirer.

Student Perspective: A.J. Berbisco on the Careers for the Common Good fair

Cleo Pineda
Staff Writer

An initiative launched by the Career Service Center, Careers for the Common Good (CFCG), is a student-driven effort with a mission to empower and support students in the pursuit of work opportunities in the nonprofit, public and private sectors. On Nov. 8, Saint Martin's students gathered at the Worthington Conference Center to talk and learn more about different services. This year's objective was to encourage students to look for the kinds of careers that will make a difference in the world.

A.J. Berbisco, a sophomore and civil-engineering major, learned about the fair from the e-mail that was sent out to all students by Ann Adams. He decided to join one of his friends at the event. Berbisco



looked forward to learning more about his prospective career.

"I was excited to talk to a few engineering firms but there wasn't any so I just spoke to a few people



Careers for the Common Good fair gave students the chance to network.

about the possibility of entering a master's program," Berbisco said.

Advocates from local colleges were there to engage students and talk about taking the next step in higher education. Among the numerous advocates were educators from Evergreen State College, who set up a booth which promoted their Master of Environmental Studies program. They answered questions and gave out informational pamphlets along with their business cards so that students would be able to stay in contact with them. "I also talked to North Thurston Public School representatives about a previous job opportunity I had with them," Berbisco continued.

Attendees were free to wander around the fair and choose which tables to stop at.

"There was one group that stood

out to me and that was the Summer CYO (Catholic Youth Organization) Camp," Berbisco shared. CYO Summer Camps are a ministry of the Catholic Archdiocese of

Seattle devoted to helping children encounter Christ through an experience of outdoor adventure. Their camps aim to serve children in kindergarten through 12th grade and were offering office intern, camp counselor, nurse, lifeguard, wrangler, kitchen and leadership staff positions to students who were interested in applying.

"I did a camp just like it before when I was younger which was a lot of fun. This time, instead of being one of the little kids, I want to be a leader, and that's why it caught my eye," Berbisco explained.

The Career Center hoped to redefine and encourage the pursuit of public service careers through this event. Berbisco found the fair to be an excellent way of networking.

"These kinds of events are beneficial to students because it helps people who are into those kinds of fields to build a connection and also to get their foot in the door," he said.



Circle K Group works to benefit community on and off campus

Breanna Brink
Staff Writer

Saint Martin's University (SMU) is home to a expansive variety of clubs and groups. One such collaboration of students is our very own Circle K Group. The best definition of the group can be lifted from their website: "Circle K International (CKI) is the premier collegiate and university community service, leadership development, and friendship organization in the world. With more than 13,770 members in 17 nations, CKI is making a positive impact on the world every day." These clubs are organized and sponsored by a Kiwanis club (an umbrella organization for educating youth), located primarily on a college campuses.



The beach clean up crew braved the harsh weather to better their community

Photos courtesy of Toni Christy

members, and is just one of about 500 clubs on campuses worldwide. With goals to educate responsible adults and to develop leadership skills, the club has done a momentous amount of community service around the Lacey and Olympia area. They recently took a three-hour trip down to Seaside, Ore. focusing this community event on the Circle K members who are student athletes. Since beach cleanups are a common practice within the group, they wanted to be sure that each of their members had a chance to participate. The trip helped those who had schedules crammed with sports to be able to get down and dirty to help keep the beach clean without conflicting with their practices or game schedules.

Working through horrendous weather, the team of nearly two dozen students cleaned the beach in sopping clothing, taking breaks to dry off in their vans. The group enjoyed themselves immensely, despite the weather.

"We were soaked after two hours, but the beach looked amazing. People clapped and cheered us on, thanking us for our hard work. It was an incredible experience and I am so glad I was able to share this with such amazing friends," recalled psychology major Alyssa Slate.

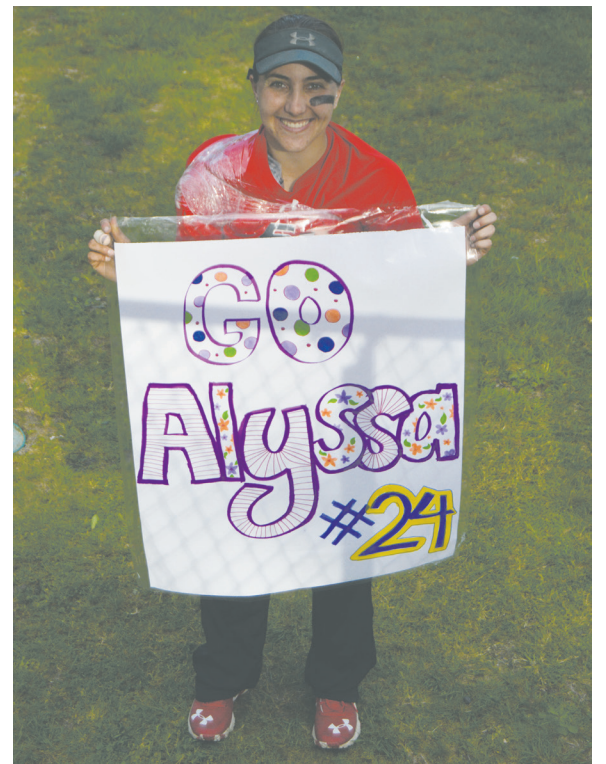
Circle K does more than just help the environment. Preserving nature is a large part of what the group does, but they also help fundraise for a variety of other projects. They are currently operating a Go Fund Me page (<https://www.gofundme.com/the-eliminate-project-smu-cki-2wbbnrqk>) for UNICEF to help eliminate Maternal/Neonatal Tetanus.

Even though this disease has been preventable since 1924, it still kills one baby every nine minutes. With little hope for survival of both mother and child, SMU and the Circle K Club are dedicating their time and money to try and

help eliminate this disease, putting all the money that is raised toward vaccinations. Three doses of the vaccine will create an immunity to Tetanus, which can also be passed from mother to child.

Emy Suazo, one of the CIK members on campus, spoke of the morality behind community service.

"When people hear about how many hours of community service I have done they ask, 'Do you get paid?' When I say, 'No,' they wonder why I do it. I tell them it's because one of my virtues is service and because I like to help people," Suazo said.



Alyssa Slate, Circle K member, participated at the beach clean up event.

Saint Martin's Social Justice Club holds peace rally

Travis Munday
Managing Editor

Photo courtesy of Harrison Devine



On Monday, Nov. 14, at 1:15 p.m., Saint Martin's Social Justice Club hosted a campus-wide walkout in support of unity after a divisive election season, spearheaded by club member Samantha Bibeau and ASSMU Senator of Cultural Diversity Gerardo Rodriguez. Those that chose to participate met at the bottom of the grand staircase and selected signs with slogans like, "Black Lives Matter," "Love Without Walls," "Human Rights Matter" and many other signs sharing similar sentiments.

According to an e-mail written by Rodriguez that had circulated throughout the student body, "The goal of this walk out is to stand in solidarity with and send a message of support to students and people in the Lacey community who are vul-

that they couldn't express their anger at the people who were walking."

"Tensions were high throughout the walk, especially toward the back," said senior Chantal Arevalo, another of the rally's attendees. "There were a lot of things said, and you could feel it. People were uncomfortable standing by the Trump supporters, and people were constantly trying to move forward."

Tyler Copp, president of the Conservative Club on campus, responded to an e-mail request for an interview, writing, "The allegations made that the Trump supporters

were shouting and provoking other members of the rally to tears is absolutely false. In fact, other 'peaceful' members of the rally who weren't holding Trump signs were the ones trying to censor a U-S-A chant."

Blake Cloward, the Belltower's Layout Manager, was also in attendance, and verified that he and others reacted much differently.

"People joined in (with Trump supporters) and chanted U-S-A, but it died down pretty quickly. I chimed in for a couple chants," Cloward said. "The protest wasn't because of the election; it was because of the last 600 days of election season."

Copp continued, writing that "the Trump signs were a symbol of unification. The American people have spoken. Both members of the Democratic and Republican Parties have publicly stated that it's necessary for our country to unify," adding that "Trump will Make America Great Again, and with this being said our support of Trump was a patriotic and peaceful act."

Yet, Trump's promise to resurrect an as-of-yet undefined greatness of the past remains ominous to many Americans, given America's complicated history with minority groups.

"Most of the people at the rally are the people that were hurt the most by this election season—people of color, the LGBTQ community, among others," Cloward said.

Contentiousness aside, rally participants generally agreed that the walk-out achieved what it had set out to do.

"It was peaceful. No one went out into the street. No one yelled at the people flipping us off," said Mota-Martinez. "At least for Gerardo's thing (Monday's rally), we tried to not make it a protest, because we were not protesting Trump or Hillary, it was just making sure that the community knew and that other students knew that we were there to support them."

"A lot of people did come out to support the peace walk," Arevalo added. "We had people from different groups, also staff and faculty, so it was cool to see a whole bunch of people come out in support of this."

"Building off of that," said

senior Colin O'Loughlin, another rally attendee, "it's really important that you have faculty, professors, for students to see them there in solidarity with students."

"What's great about Saint Martin's is the professor to student ratio," O'Loughlin added. "You can have real, personal interactions with professors and even personal relationships, so showing their support like that really sends a message to students, I think, that Saint Martin's is a place where you can be who you want to be and you can feel welcome and you can feel safe, no matter who you are. I think that has definitely improved over the four years that I've been here."

Mato-Martinez has been to a number of post-election-centered events on campus, and remains hopeful of the traces of peace and unity he has seen.

"There was a discussion in the TUB with the president and other students and there were two conservatives there. They said they had voted for Trump, but that they stand up for black rights and LGBTQ rights and they said that our job as conservatives is to make sure that other conser-



vatives know that we should act a certain way and that we should stand up for people that feel targeted, like minorities," he said.

"A couple of students said that right after the election that night they were feeling hopelessness," added Mato-Martinez. "Then after the rally, they felt some sense of hope, like they're not all alone. There's a community behind them, there's support, there's people to talk to."



nerable and afraid, and to make our voices heard. This rally is geared toward bringing members of our community together and promoting Peace."

The message went on to stipulate, "Please keep in mind this is not an anti-Trump or anti-Hillary rally, but everyone is free to express themselves in whatever way they need, so long as it does not incite violence."

Some in the group became discouraged when members of the Conservative Club on campus appeared holding Trump/Pence signs, ready to walk. The signs may have been within the bounds of the e-mailed conditions, but they didn't exactly inspire peace among those concerned by Trump's rhetoric and cabinet appointments.

Rodriguez's fiancé, senior Dante Mota-Martinez, also took part in the rally and noted one significant disruption to the rally's purpose.

"Once we got back to the TUB (after the rally), there were three or four girls that were crying because of what the Trump supporters were saying to them," Mota-Martinez said. "I guess the Trump supporters didn't realize it was a peace rally, not a protest, and I guess they were angry



Saint Martin’s regional symposium discusses film and climate change

Evan Lake
Staff Writer

On Nov. 4, students and faculty gathered in Harned Hall Lecture Hall 110 to attend the Regional Symposium on Teaching and Learning: “Using Film to Teach.”

The symposium, organized by the SMU College of Arts and Sciences, was hosted by Dr. Irina Gendelman of the Communication Studies program. Designed as “a forum to discuss and learn new methods of pedagogy, teaching, and conversation,” the symposium emphasized the importance of film as a narrative device in education.

According to the SMU website, this year’s symposium fostered “conversations about how we can best harness the storytelling power of film to develop critical thinking skills among a visually oriented generation of students.”

The event commenced at noon with a screening of the documentary film, “How to Let Go of the World and Love All the Things

Climate Can’t Change.” Produced by environmental activist Josh Fox, the documentary explored the prospective future of human civilizations facing the effects of climate change, including natural disasters, agricultural destruction, rising sea levels and migration from afflicted regions.

The filming of the documentary spanned six continents to explore world developments in climate, pollution and environmental activism. Fox joined the Pacific Climate Warriors and Pacific Islanders in Australia in their protest to block coal barges from accessing the port of Newcastle, the world’s largest coal port, by clogging the waters with kayaks and traditional canoes.

According to The Huffington Post, which reported the 2014 incident, the protestors succeeded in blocking at least two coal barges. Being close to sea level, the Pacific Islanders expressed concerns that Western coal consumption and consequent carbon dioxide emissions disproportionately affect those living at

lower sea levels whose communal land is literally being washed away.

Fox also documented the localized effects of pollution in Beijing, where opaque clouds of smog produced by the coal-powered manufacturing industry settle on the city. Daily air quality advisories akin to weather forecasts measure particle pollution and make health recommendations, such as whether to wear a breath mask.

Fox’s message is intermittently about hope and despair. In a promotional video on the film’s website, Fox asks, “What are the things that climate change can’t destroy? What are those parts of us that are so deep that no storm can take them away?”

The symposium featured a second documentary film entitled, “This Changes Everything,” inspired by Naomi Klein’s bestselling book, “This Changes Everything: Capitalism and Climate.”

According to the film’s website, it integrates stories of environmental activism around the world with Klein’s narration to mentally

link “the carbon in the air with the economic system that put it there.” Klein’s thesis boils down to the idea “that we can seize the existential crisis of climate change to transform our failed economic system into something radically better.”

Following the screening, a faculty panel discussed how narrative and storytelling play a role in education. Jamie Olson, associate professor and English chair, discussed the importance of stories in creating meaning. Heather Grob, associate professor and economics chair, emphasized that labor should enter discussions of economic resources.

The event, which lasted for several hours, concluded at 7 p.m. with a wine and cheese social.

The symposium sought to illustrate the importance of film as a teaching medium and storytelling device, especially for an issue which is notoriously difficult to capture in a single image. If a picture is worth a thousand words, then perhaps a film is worth thousands of pictures.

Fitness options at Saint Martin’s recreational center

Rebecca Robinson
Staff Writer

The Charneski Recreation Center offers free classes to all current Saint Martin’s University (SMU) students, faculty and staff. This provides opportunities for SMU students to participate in a wide variety of sports competitions and physical activities. Those who are interested in taking classes are required to present their SMU ID card for entry.

The goal of these classes is to promote physical education, activity and to help students to get in shape and be involved in campus activities. Exercise is important for increasing overall health and well-being. It’s also known for having direct stress-busting benefits.

Upcoming classes for Winter 2016 include Co-Ed Basketball, Dodgeball and Pickleball.

Note: Some classes require a form of payment to participate.

FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY
Barre @12p.m.	Barre @ 7a.m.	Couch to 5k @ 4p.m.
Couch to 5k @ 4p.m.		Yoga @ 12p.m.
Zumba @ 4:30p.m.		
5:30p.m.		
THURSDAY	Register online at	
Body Conditioning @ 7a.m.	www.imleagues.com/stmartin	
Yoga @5:30p.m.		

Saints and Scholars event connects historical saints to Year of Reason

Alesha Garand
Staff Writer

The Saint Martin’s community continues its quest to define reason. On Tuesday Nov. 1, the second event in conjuncture with the Year of Reason occurred with the Saints and Scholars event.

This event was hosted on All Saints’ Day, which primed people for celebrating the lives of saints through learning.

The room was mostly filled, the audience varying from students to faculty to monks.

Sr. Gertrude, the event’s key organizer, said the event was a “great way to celebrate All Saints’ Day, the beauty of faith and saints in the making.”

Each presenter was asked to select a saint over the summer to talk about in connection to the Year of Reason here at Saint Martin’s Univeristy. They all chose saints who were examples of key figures in their own lives and shared the life stories of those saints as well as how they exemplified reason.

Derrick Gonzales spoke first about Saint Benedict of Nursia. Gonzales’s connection to this saint is through his participation in the first cohort of Benedictine Scholars. After introducing the saint’s background, Gonzales added a personal twist to his lecture. He solidified the importance of reading the Rule of Benedict, even though it can be difficult to grasp in a first read through.

“I use the values, and the rule, as a means for understanding how I can create a dialogue with myself in order to develop principles and develop ideas that I live by,” Gonzales said.

Through his experience with the Benedictine Scholar program, Gonzales interacted with Fr. Killian and found him to be the greatest example in his life of living the value of reason.

“He loves every single person that he meets. He sees every single person that he interacts with day to day and sees them for what they are: a beautiful soul,” Gonzales explained.

Saint Bede the Venerable was presented by Br. Bede next. The

passion that Br. Bede had for his patron saint was clear throughout his speech.

Saint Bede, who was a Benedictine monk, was also a linguist and a poet. He was generally known for living simply.

Professor Katie Bugyis, Ph.D., introduced her favorite saint, Saint Hildegard of Bengin. Bugyis had a lot of info to present concerning her saint, including a PowerPoint presentation.

Saint Hildegard was most known for her great works including plays, music, art and even the creation of her own language. This saint made an impact on the world through her artistic contributions which she developed through visions from God.

Bugyis advised the audience to watch the movie “Vision” if they wished to learn more about Saint Hildegard.

Second to last was Sr. Gertrude, presenting on her patron saint, Saint Gertrude the Great.

“Gertrude the Great reminds me to move from the head to the heart, because that’s what she did,” she said.

Sr. Gertrude points out that Saint

Gertrude is relevant in our lives today through her example of the Benedictine values of awareness of God and service.

Taking a different approach than the other presenters, Katie Wielicziewicz, director of Campus Life, shared with the audience the story of Dorothy Day, who was not a saint by definition of the Catholic church. Wielicziewicz recognized this woman in history as not easily dismissed and as having a strong will and soul. Day’s faith and her family were at the core of her being, and fueled her radical motivations for ideals like the women’s suffrage movement in the early 20th century.

“She is someone who fought the system, because she loved the system,” Wielicziewicz stated.

There are many lessons that can be learned from this “saint” and her willingness to challenge the system.

The discussion of the presenters’ patron saints was indeed fitting for All Saints’ Day and provided information and greater insight for a rapt audience.

Thanksgiving history, *from cover*
November, but these were still sporadic affairs, not annual holidays.

The celebration of Thanksgiving as we know it began in 1863, when Abraham Lincoln called for it to get people looking on the bright side during the misery of the Civil War. A major proponent of Thanksgiving as a national celebration was the writer Sarah Josepha Hale, who petitioned multiple presidents to adopt it. She wrote some still-popular Thanksgiving recipes and popularized the idea in her articles. It was mainly due to her influence that Lincoln made it an annual holiday,

celebrated on the last Thursday of November.

During his presidency, Franklin Roosevelt tried to get the date changed to the second-to-last Thursday (this would have allowed more time for the Christmas shopping season), but people resisted the change. As a compromise, the date was set for the fourth Thursday, which is usually the last but not always, and it has been that way ever since.

Food at Thanksgiving has changed a lot over the years. Turkey has long been the traditional main course, and the settlers and Native Americans

of Plymouth may have eaten it as well. However, more of the meat at the Pilgrim celebration would have been other kinds of wild bird, such as duck and venison. Corn was probably on the menu as well. Desserts like pumpkin pie were probably added early on, but were not present at Plymouth because the settlers had no butter or flour to make crusts. Sweet potatoes and mashed potatoes were later additions, since they are native to South America, and green bean casserole wasn't invented until the 1950s.

As for the iconic football games, college and professional teams

began playing on Thanksgiving in the 1890s as soon as the sport had begun. The Detroit Lions were the first professional team to host an annual game that day, beginning in 1945. Many of the most competitive games in college football are played over Thanksgiving weekend, as this is traditionally the end of the college regular season.

Hopefully, knowing some of the history behind Thanksgiving will help us to better appreciate the traditions we have, as a nation and as individual families. We can all benefit from a day set aside to celebrate and count our many blessings.

Bethany Montgomery
Staff Writer

For many students at Saint Martin's, this semester has been spent living away from home. For some of these students, this has been the first time while others are all too familiar with the feeling. Although it is common for students to look forward to moving out, gaining independence and making their own decisions, not everything about living away from one's home town is enjoyable. As Thanksgiving approaches, students from many different backgrounds living on campus reflect upon what they miss most about home and look forward to when they will go back.

Raedel Rivero, a freshman from Seattle, admitted that even living only an hour away and having relatives in the Olympia area, there is plenty that she loves about her home.

"I really miss the culture of Seattle," says Rivero. "My mom and I would take drives from Lake City through Ballard and look at all the diverse things that there are in Seattle. I really miss just the city."

As she is returning to Seattle for the holidays, Rivero stated that she has a lot she is looking forward to.

"We were supposed to move out of my house, but now that we aren't, I have a home where I can spend Thanksgiving and be with my mom,"

Home for the holidays

she said.

Mc Erl Dave Andres, a freshman from Hawaii, misses both the food and having family close during the holidays and special occasions.

"What I look forward to this Thanksgiving is experiencing a new sense of Thanksgiving outside of the Hawaiian Spirit. It's a new perspective I'm going to be seeing away from my family and that's exciting," Andres said.

Other students, like junior Whitney Lumsden, have been living away from home for quite a while. Lumsden spent six years in the army, as well another five years away from her family in California, so she is quite familiar with spending the holidays alone as an adult.

"Holidays when you were little were very magical," she describes. "You saw people you hadn't seen in a long time, there were decorations put up, there were smells of baked goods and the holidays. When you're out by yourself, you are trying to recreate those traditions, but without a family you don't have a tradition, even if at home you do," she said.

Many students like Risa Tokanaga are completely unfamiliar with Thanksgiving. Tokanaga, a junior study abroad student from Japan, misses her friends and family as well as traditional Japanese food, but is thankful for the semester she is spending in the U.S.

"When I go back home I will probably get a job and go back to school," Tokanaga said. "I



Many Saint Martin's students are excited to go home for the holidays.

will have to talk to my professors, so hopefully I can speak better English with my native English speaking professors."

Tokanaga has greatly enjoyed her time in the U.S. and looks forward to going home and testing out her new and improved English skills next semester. She also expressed her excitement to spend this new holiday with her friends here at the university.

Saint Martin's hosts students from the local area, far away states and foreign countries, some having never experienced living away from home before. Whether they get to go home for the holidays or not, students from Saint Martin's seem to recognize the value of home and always seem to look forward to familiar comforts, no matter how enticing independence sounds.

Chyteira Dues
Guest Writer

Chyteira Dues is Saint Martin's University's first student Fulbright recipient. Dues graduated from Saint Martin's University in the spring of 2016 with a Master in Teaching degree. She will be teaching at Juan de Castellanos University in Tunja, Boyocá, Colombia for the 2016-2017 school year.

As a person who has traveled quite frequently over the last decade and lived in several countries for an extended period of time, one would think that I would have outgrown the effects of culture shock by now. I have attended more cultural immersion briefings than I can count and I've even had the opportunity to give many of them myself. But after all of this, I still find myself succumbing to the unpleasant side effects of culture shock as I complete my third month living abroad. Why am I still affected by culture shock? Shouldn't I know how to deal with it by now? I've found that the answer to this question is...it depends. Each new experience brings different opportunities for learning and for growth. Where you are in your life growth cycle plays an important role in determining how new experiences will affect you.

After reading many books and talking to fellow travelers, I came to the determination that there is no definitive, universal way to deal with and to overcome culture shock. In fact, I don't know that culture shock is something we can overcome, but rather that we must learn to manage – at least as a first step. I believe that, at the very least, there are many things you can do to remedy the

unpleasant effects of culture shock while living abroad. I'll share a couple of things that have worked for me based on where I am in my life in hopes of helping future travelers cope with the depressing (and seemingly unavoidable) effects of culture shock.

One of the most important things I have found in alleviating some of the effects of culture shock is to indulge in my passions. But I discovered that it's best to know and embrace those passions



Chyteira Dues has developed techniques to cope with culture shock.

before leaving your home country. This way you can have them in your toolkit of protection against the effects of culture shock before you arrive abroad. Trying to find a passion in the midst of sorrow and an intense desire to return home isn't fun nor is it recommended. For me, I knew that teaching and working with children was a great passion of mine. But I found that it wasn't enough after the first couple of months. I needed

more. I needed to embrace another passion. So I turned to the one thing that brings me great peace no matter where I am. I turned to nature. Taking hikes, finding new ecological sites and even visiting local farms and ranches have been my salvation for the last month. These activities have brought me comfort and tolerance toward all life, and hopefulness about my future. Without having found my second passion, I'm pretty sure I would have scheduled an emergency trip home by now – to be in a familiar environment with familiar people, food and customs for a couple of days.

A second trick that has worked wonders for me is to find a dedicated contact person back home, someone who is 100 percent on board with sending me random, unscheduled messages of love and support. This has helped me tenfold as I have navigated living and working abroad. Although I didn't arrange this message-sending agreement with my best friend before coming to Colombia, I've found that it's the best thing she developed for me over the last couple of months. They don't have to be long, drawn-out messages, they just have to be positive, supportive, and caring. Being able to send that person similar messages in return is an added plus. Giving love and support is just as important as receiving it.

So if you're ever planning to live in another country, I recommend finding several passions before you leave your home country that you can turn to while abroad, and establishing a dedicated contact person to be there for you whether you need it at the moment or not. Although this list is by no means complete, I know that it has helped me drastically so far and I'm looking forward to adding to it in the coming months.

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Photo retrieved from Chyteira Dues

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Doctor Strange: A diagnosis and review

Breanna Brink
Staff Writer

Doctor Strange delivers story true to Marvel classic despite flaws

Breanna Brink, Staff Writer

If that itch to go seat yourself in a giant auditorium, eat butter loaded popcorn and sneak sodas into your local movie theatre intrigues you, then I recommend doing so while watching Doctor Strange. The film was written and directed by Scott Derrickson, and is his first contribution to the Marvel Cinematic Universe (MCU). In keeping with its PG-13 rating, the film has a few bloody moments of both the classic Marvel kind and the painful, surgical kind. The plot is almost entirely true to its comic book roots, save for some minor details, but overall is an enjoyable visual buffet.

Following Dr. Stephen Strange's recovery from an accident rendering his hands useless, he enters a world filled with meta-comedy and sorcery, which eventually ties his

fate unwillingly to those who are trying to save the world and those who are trying to end it.

Benedict Cumberbatch firmly owns his place in the MCU. His performance is both believable and

record was not the case as Disney's Chinese relations prohibited them from casting the roll with its original ethnicity). Pairing these three against the villain Kaecilius (Mads Mikkelsen), the story unfolds with



Photo retrieved from creativecommons.org

very entertaining to watch. With great chemistry between Cumberbatch and the secondary main character Mordo (Chiwetel Ejiofor), the two have an on-screen presence that is enjoyable to witness and lays groundwork for many important plot points. Tilda Swinton was successful in her role as The Ancient One, even in the midst of receiving backlash for the apparent "white washing" of the cast (which for the

both comedy and tragedy, keeping viewers invested the entire time.

The cliché and unfortunately flat female character that this MCU offering provides is Rachel McAdams' Christine Palmer. Doctor Strange also suffers from being a Tony Stark/Iron Man copycat for a portion of the film. This could be blamed on an absence of concrete motives for his character and the lack of specific characters from

Doctor Strange's original backstory. In the comics, Stephen had a family, and without treading into spoiler town, they played a gigantic role in his god-complex. Without giving us this initial motive, he appears selfish and conceited in the movie, which does not bode well for making him an original or enjoyable character and gives him no discernable reason for his attitude.

The film has been received positively, boasting a 91 percent audience approval rating on Rotten Tomatoes. I would have to agree. Its faults in no way detract from the overall experience of the film. This is a must-see for Marvel fans and it requires no previous understanding of the MCU to be enjoyed. Only a few small hints are dropped about the Avengers or other preexisting plotlines. Keep your ears out for when they mention the Infinity Stone, and as usual with Marvel, stay until the end of the credits.

A cappella artist Peter Hollens is a sensation on social media

Alesha Garand
Staff Writer

Singer and songwriter Peter Hollens is a renowned music producer on YouTube. Beginning his career in a cappella at the University of Oregon (UO), where he earned his bachelor's degree in music, he has since expanded his work throughout the realms of YouTube.

Ever since his involvement in the creation of UO's a cappella group, On the Rocks, Hollens has participated and judged a cappella competitions.

In 2010, he was featured in NBC's "The Sing Off" with his old college group. The group sang "The Final Countdown," "Kyrie" and "Bad Romance."

Although originally from Ashland, Ore. Hollens now lives in Eugene, Ore. with his wife Evynne and his

son Ashland.

Evynne, who also founded an a cappella group (Divisi), has her own YouTube channel and collaborates with her husband on many songs. From "Les Miserables" medleys to Taylor Swift medleys to their cover of "I See the Light" from the movie "Tangled," the Hollens' voices blend together magically.

Aside from collaborations with his wife, Hollens works with many other artists. Among them are the Piano Guys, Lindsay Sterling and Jason Mraz.

Hollens began his work through YouTube in 2011 and has now reached 1.5 million subscribers, according to his website. He is best known for his work as an a cappella cover artist, but also writes and produces original pieces such as "Ashland's Song," "Sleepwalking" and "December Song."

The videos accompanying Hollens's work are phenomenal. He works with a production team and a video team in order to keep a continuous output of videos flowing.

Hollens' most recent album is "A Hollens Family Christmas," and includes classics such as "Carol of the Bells" and "Little Drummer Boy," as well as his original, "December Song."

His video with the highest viewing on YouTube is "Skyrim," co-created with Lindsay Sterling. The song has over 61 million views.

Hollens covers genres ranges from Disney to Celtic to pop. Songs such as "Somewhere Over the Rainbow" and "Loch Lomond" capture the audience with an ear for folk songs, while his covers of "Budapest" and "Pompeii" engage those interested in the pop realm. Further still, "Gollum's Song" and "Misty

Mountains" appeals to niche groups like fanatics of J.R.R. Tolkien's "Lord of the Rings" series.

He affectionately calls his supporters and subscribers the "Hollens Family." This allows for his listeners to feel connected to the work he does and for them to wish for and contribute to his success.

Hollens funds most of his work through a company called Patreon. On this site, people can pledge any amount of money they want per song that Hollens produces. His goal is to produce two videos a month, but aims for one video per week.

According to his website, Hollens has produced over 125 digital singles since his beginning in YouTube.

Hollens can be heard on Facebook, Twitter, Spotify, Pandora, iTunes and more.

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Aquinas: A beginner's guide

Evan Lake
Staff Writer

Picture in your mind the modern world: a whirling spectacle of space exploration, nuclear fission, cellular networks, supercomputers, talking robots, gene mapping and neuroimaging.

To minds accustomed to the modern era, the medieval scholar Thomas Aquinas seems ancient. The name resonates with a dull sacredness of bronze church bells and private libraries softly illuminated by candlelight.

What could studying Aquinas possibly offer minds like ours in an age like this? According to Edward Feser, a philosophy instructor at Pasadena City College and author of the volume in question, more than you might think. And if, as coincidence would have it, you don't believe you have a mind or that the sentence you're reading has meaning, then studying Aquinas might just be a moral imperative.

Published in 2009 by Oneworld Publications, Feser's "Aquinas" is an introductory text, a primer designed for students and popular readers interested in learning about Thomism, the philosophical and

theological thought developed by Aquinas in the 13th century, which synthesized Aristotelian philosophy and Augustinian theology.

Feser is not interested in studying Aquinas as one would a dusty museum exhibit or historical artifact. Rather, Feser projects Aquinas's ideas into the present, not to modernize them, but to reveal their timeless, universal significance.

"The main value," writes Feser, "of studying what Aquinas or any other thinker said about God, science, or some other topic is to find out whether what he said is true, or at least likely to lead us closer to the truth."

Contained in the text is an introductory explanation of relevant metaphysical concepts, such as actuality and potentiality, form and matter, essence and existence, cause and effect, and so forth.

Feser steadily builds up the reader's knowledge using language that is systematic and readable. Aware that the technical verbiage and complexity of Aristotelian metaphysics can hinder newcomers, Feser illustrates his points with carefully chosen examples that non-specialists will find accessible.

Simultaneously, Feser avoids

oversimplification and incorporates the nuances of contemporary scholarship, including objections from notable contemporaries on significant points.

"Aquinas" introduces readers to quintessential topics, including Aquinas's "Five Ways," divine conservation, the rational soul and natural law, among others.

In "The Intellectual Life," the French Catholic philosopher A.G. Sertillanges wrote, "The intellectual position of Thomism is so well chosen, so removed from all the extremes where abysses of error yawn, so central as regards the heights, that one is logically led up to it from every point of knowledge, and from it one radiates, along continuous paths, in every direction of thought and experience."

This holistic vision of knowledge appears to defy the compartmentalization to which the modern mind is accustomed. Subjective truths breed rampantly in the intellectual doldrums of relativism, whereas the lofty, ethereal air of Thomism exists only at the summit of absolute Truth.

The significance of Feser's guide is not merely that of fanciful intellectual abstraction. Rather, it

presents and defends the claim that Aquinas's arguments are true.

Feser, himself a Thomist, writes that the central theme of the book is, "That Aquinas's work should be read as a challenge to us today – and a challenge, as we shall see, not merely to our conclusions, but to many of our premises too..."

Feser thereby presents a challenge to philosophical materialism in general and eliminative materialism in particular, some supporters of which reject the existence of the mind or the semantic properties of sentences.

The development of philosophical materialism and subsequent rejection of Aristotelian philosophy is, according to Feser, one of the most significant shifts in intellectual thought in the history of Western civilization. If Feser is correct in arguing that Thomism is true, then the greatest philosophical tradition in Western history has been forgotten.

Saint Martin's University commemorates Aquinas on Dec. 9, Saint Thomas Aquinas Study Day, an appropriate gesture to the Patron Saint of students and universities.

A feast for the eyes: Thanksgiving themed movies

Naomi Gilmore
Staff Writer

After stuffing ourselves with turkey and fixings at Thanksgiving, we might want to settle back and watch some Thanksgiving themed movies. Here's a list of some good ones, not including the universally famous "Charlie Brown" special.

If you like romance, "Hannah and Her Sisters" (1986) is a drama directed by Woody Allen centering around two family Thanksgivings that describes the romantic entanglements of three sisters. It stars Mia Farrow and Dianne Wiest, and is considered one of Allen's better movies, with an excellent cast and acting.

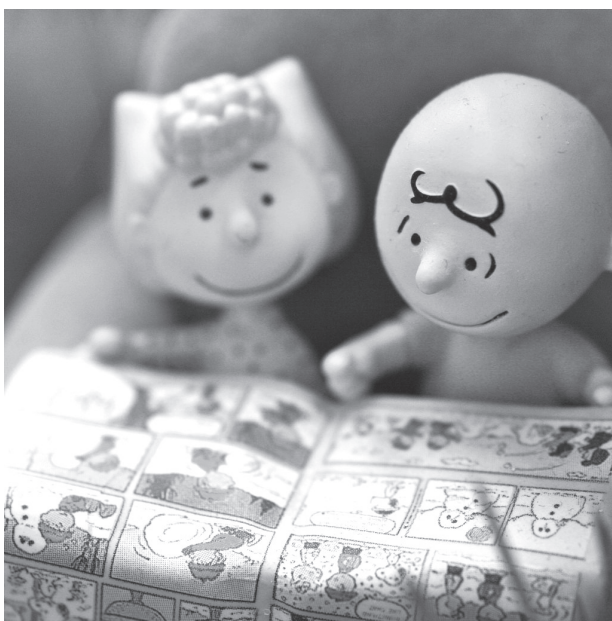
Another decent romantic comedy set during the holiday season "You've Got Mail" (1998), directed and with a screenplay written by Nora Ephron, and starring Tom Hanks and Meg Ryan. They portray owners of rival bookstores who are enemies in the real world but fall in love over the Internet as they send anonymous e-mails. The e-mail plot, which was probably modern in the 90s, now seems rather trite, but Hanks and Ryan deliver good performances in some easy-watching fun.

Most Thanksgiving movies seem to be comedies, including "Grumpy Old Men" (1993), which stars Jack Lemmon and Walter Matthau, and was directed by Donald Petrie. The main characters are elderly neighbors, whose long-time feud becomes even more heated when both fall for a pretty newcomer in town. Lemmon and Matthau are a longstanding comedy duo, and are as good and funny as usual.

Campy but still highly amusing, "Addams Family Values" (1993) is only marginally about Thanksgiving, as Wednesday and Pugsley take part in a play of the first Thanksgiving at summer camp. Still, the antics that ensue as "normal" people (summer camp directors and murderous

gold-digging nannies) take on the Addams family earn it a spot on the playlist.

In "Planes, Trains and Automobiles" (1987), Steve Martin and John Candy star as Martin tries to get home for Thanksgiving, with the "help" of a traveling salesman. Written and directed by John Hughes, it is a story of comical ineptitude, with generally good acting and some strong language probably not appropriate for young relatives.



"A Charlie Brown Thanksgiving" is one of the most iconic Thanksgiving holiday films

"Paul Blart: Mall Cop" (2009) is a rather silly comedy also set during the Thanksgiving season, in which an inept mall security guard squares off against a gang of thieves trying to rob the mall, and attempts to win the heart of his love. Although it's not high-quality entertainment, Kevin James stars and is funny as usual, and the movie is easy-watching and family friendly.

Another good comedy is "Dutch" (1991), in

which a fun-loving working-class man attempts to bring his girlfriend's bratty son home for Thanksgiving, but finds the task more challenging than expected as he and the boy clash. Ed O'Neill and child actor Ethan Embry deliver good performances, and the plot is a satisfying one about the importance of family and getting along with people.

An appropriate movie for after dinner might be "Free Birds" (2013), an animated comedy about turkeys time-travelling to the first Thanksgiving in order to remove themselves from the traditional meal. The film is directed by Jimmy Hayward, and is an enjoyable experience for audiences of all ages.

A few good dramas also take place around Thanksgiving, including the uplifting film "The Blind Side" (2009). In it, a homeless but talented football player is adopted into a family, who help him reach his full potential. Based on the true story of Michael Oher, it might be a good compromise for families divided on whether to watch movies or football games. It stars Quinton Aaron, Sandra Bullock and Tim McGraw.

Finally, there is the classic "Miracle on 34th Street," which first came out in 1947, with a remake in 1994. The film centers around a Macy's store Santa who is declared insane after claiming to actually be Santa Claus. Romance and wishes-come-true follow as a lawyer and a young friend of Santa's try to get him off. Technically, of course, this is a Christmas movie, but it begins at Thanksgiving, and the day after Thanksgiving is the beginning of the commercial Christmas season.

There don't seem to be many movies that center around Thanksgiving, and the ones that do are predominantly comedy or family movies. However, this list can get your Thanksgiving break movie-watching off to a good start.

The problem with testing methods in higher education

Rebecca Robinson
Staff Writer

Memorizing and regurgitating information is a popular teaching method at most learning institutions. I could argue that this poses a problem from elementary school onward, but the use of this method of testing in colleges is particularly troubling.

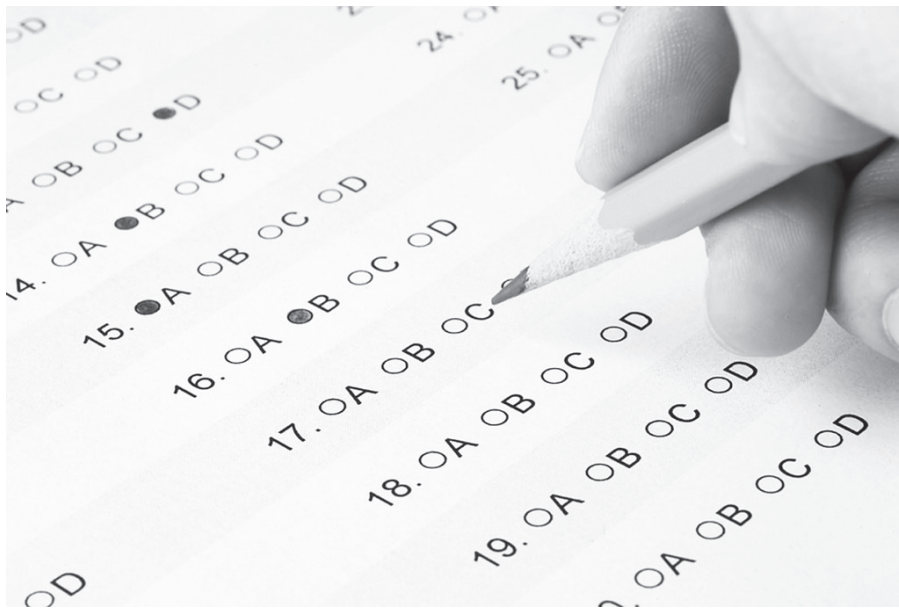
College is supposed to prepare students for the professional world but the focus is usually on the next exam rather than the big picture. Many exams are structured in a way which requires rote memorization that isn't based on any sort of critical thinking or real-life experience.

A lecture environment in which the teacher talks about what will be on the test while students furiously take notes is not where any type of learning and application takes place. Factual knowledge is important, but many students are not able to apply this knowledge to critical thinking and reasoning because they aren't actually learning anything.

After students memorize the information, they sit down for their test, regurgitate information, turn it in and walk away. They may retain some small percentage of the test material, but most of it will be forgotten within a few weeks. Learning is the sense of acquiring knowledge through understanding. When information is memorized only to be regurgitated onto a test, the student cannot properly digest it. There may be remnants of it left,

but most of it is gone.

I had midterms only a couple of weeks ago, but I've already forgotten most of the information that was on my exams. When I finish a test, I'm elated with the feeling of getting it over with, even if it covers a subject or topic I'm interested in.



Many college students feel forced to memorize information in preparation for exams.

I've taken hundreds of quizzes and tests in my lifetime. Let me attempt to recall a specific bit of information that I've acquired from any one of them...

The problem is, I can't remember. What I do remember is that my chemistry teacher was almost fired for nearly blowing up the labs. I remember all of the titles of the books that I read and discussed throughout "book club" in elementary school. I

remember being excited to take advanced music theory in community college, but disappointed when the entire curriculum of the class was based on daily quizzes and weekly testing.

In many cases, failing a test in college can ruin your entire grade point

average. While students worry about a test and how it will affect their future, an unhealthy learning environment is born. This exhaustion impacts their ability and desire to retain knowledge.

Furthermore, tests are assumed to be an accurate measurement of one's ability and intelligence. When students fail an exam, in their minds, they also fail life by association.

Students are not learning the actual material on a test. Instead, what they're really learning is how to memorize and take tests in accordance with their teacher's testing methods. Some teachers think that open-ended questions or even fill-in-the-blanks are a better measure of what students know. Although these types of questions require more effort than multiple-choice questions, it is still possible to answer them correctly only through memorization. It just might take a little longer.

Over-reliance on memorization is systemic, like many other problems with education. According to a study conducted by Harvard University in 2011, only 56 percent of students who seek a bachelor's degree program finish within six years. Just 46 percent of Americans complete college once they start. There are a multitude of reasons for this, but it is obvious that something is wrong with the way our education system is operating.

The sad but undeniable truth behind the reason the student's dropout is that they were too stressed out from an unfulfilling education that resembled more of a chore than anything else. Learning is supposed to be enriching, but when the majority of higher education is based on rote memorization, students begin to lack motivation.

Something needs to change. Relinquishing this excessive reliance on memorization and regurgitation would be a good place to start.

The Great Debate: How to deal with bad referees

Taylor Gersch
Staff Writer

It is quite ironic that I am writing this article because I'm pretty sure every referee in the Pacific Northwest has given me a yellow card throughout my soccer career. I've had my fair share of yellow cards and never really worried about the amount I acquired until I reached college, where you are only allowed so many in a season before being benched and eventually suspended.

I reflect often and understand that many of my yellow cards are deserved due to illegal tackles. Most of the time they're from mouthing off to the referees. I've quickly discovered that they do not like their authority to be challenged. However, in one away game, I felt attacked by a referee.

As a captain, I am one of three players on my team who are given the "right" to be the intermediary between the referee and my teammates. Without going into details, this referee had the ego the size of Texas and was trouble before the game started. After giving myself, my other captain and our assistant coach a yellow card, he proceeded to leave the field without shaking the hands of my teammates or coaches, which is

something customarily done in soccer after a match is played.

Now, I am not blaming the referee for the loss, but I do count him as a major component. So what do we do with referees like this? During a game, do we simply ignore them and stay off their radar, or do we invite the possibility of confrontation? This is definitely easier said than done. Do we listen to everything they say and bow down to their every call, or do we challenge them? When my teammates get fouled and their physical health is in danger, yet no foul is called, I guarantee you will hear my voice yelling at the referee. When any of my teammates are hit hard, I get right up in the opponent's face and exchange some words. When a referee makes a bad call, I let him or her know. But is this the most effective way of doing things? Without a doubt there are referees that remember players like me who make their job more difficult, and before the game starts there is already a target on our back.

These types of referees have a sense of being untouchable. They think that whatever we do or say doesn't affect them. But it does. So what do athletes at Saint Martin's think? What is the best way to deal with difficult, ego-driven referees?

Senior and women's basketball

player Sami Robinson favors the approach of keeping your head down.

"I have learned over the years to be quiet. You can't control the referees. You can only take care of the little things that you directly control. I've realized that just because you don't like a call doesn't mean the ref has to change it," she said.

Sophomore and women's soccer player Kylee Sarchett found that the most effective way to deal with referees is to have good intentions.

"There are two types of bad referees: there are the bad referees that actually mean well and are respectful to you, and then there are the bad referees who are full of entitlement and abuse their authority. I have found that the entitled referees who are stuck on their power trip are not worth my time, energy and not worth running the risk of getting a card. However, with others, I like to challenge them and get answers on their calls. Rather than tell them they're wrong, I try to understand what they saw on the call so I can further communicate with my teammates," said Sarchett.

Junior men's soccer athlete McKay Kohn creatively describes how he deals with difficult referees.

"Dealing with difficult referees is like dealing with a younger brother.

If you keep taking jabs and talking to them, they will feed off of it and it can influence the game in a negative way for your team. The best way to deal with them is to just be quiet as you are never going to change their mind," he said.

Sophomore men's basketball player Rojhae Colbert believes that being quiet and staying off their radar is the most effective way to deal with bad referees. Yet this is often hard to do as Colbert has received around ten technical fouls throughout his high school career. However, he takes a different approach to the game, explaining that "the refs call the final shot so arguing with them is not going to help your case or change the call. I've learned to keep playing through the bad calls. I have also gained respect for referees after refereeing high school games in Washington this summer. I now understand that the referees' job is hard and they do the best they can with making calls," said Colbert.

All these athletes have their own ways of dealing with horrible referees. Mine usually consists of yelling and complaining, which hasn't been successful in the past. But I have two more games in my soccer career to change that.

Censorship and intellectual cowards

Jessica Varvil
Staff Writer

At a university, intellectual concepts strive against each other in the pursuit of truth, and all voices are welcome to submit their own arguments to the gladiatorial arena of academia. At least, that’s how it should be.

There is a growing culture of censorship at many universities. Authority figures silence any ideas that contradict the accepted paradigm or offend the sensitive few. This has become the new normal for America’s largest Catholic university. President Dennis Holtschneider of DePaul University rejected a student group’s request to post flyers because the Black Lives Matter (BLM) group on campus might find them offensive. DePaul is a private university, so this is not a breach of First Amendment rights for any of the students involved. It is a gross abrogation of the university’s mission, which specifies the pursuit of academic excellence through a diversity of perspectives.

A university should not shield their students from anything that might offend them. Rather, professors ought to present challenging ideas. These are not children at a daycare, but adults pursuing truth and learning.

The DePaul College Republicans, a student club, submitted their flier to their student body association under the school’s policies. However, the handout passed through the ranks of the student union and administrative faculty until it landed on the desk of the president of the university himself.

The standard sized sheet of paper drew such extraordinary attention because the College Republicans had modeled the style of the advertisement off of the BLM movement.

The flier read: “Unborn Lives Matter.” Holtschneider compared this flier with racial slurs against immigrants and the use of a noose against students of color. Holtschneider’s entire analysis is ridiculous. The handout was meant

to incite discussion and encourage attendance at the DePaul College Republicans meetings to discuss abortion and its disproportionate effect on minorities.

In 2012, the NYC Department of Health and Mental Hygiene reported there were more black babies killed by abortion (31,328) in New York City than were born (24,758). Across the nation, abortion rates in black communities exceed those demographics’ percentage of the total population.

No part of the promotion criticized the BLM movement, but the president censored the students anyway. Was he afraid of the backlash he might receive? Did he fear riots in the streets? Riots and high profile protests are common methods of demonstration for the Black Lives Matter movement.

Or was he seizing upon an opportunity to silence students he disagreed with under the guise of political correctness?

According to DePaul’s website, the university seeks to encourage “critical moral thinking and scholarship founded on moral principles which embody religious values and the highest ideals of our society.” A discussion on abortion and its impact on minority communities would entail “critical moral thinking.” By censoring the conversation, Holtschneider has prevented students from engaging in important argumentation.

This flier abrogated none of the guidelines for student activism. Nothing about it was profane or obscene, unless students are now subject to censure by an Orwellian thought police that condemns any ideas that contradict the established paradigm. The university’s mission statement offers that “it seeks diversity in students’ special talents, qualities, interests, and socio-economic background.” By silencing one group of students in favor of another, the University fosters an environment devoid of diverse perspectives and “interests.” Even if this advertisement was offensive, it is infuriatingly paternalistic to assume that those it targeted could not handle the

intellectual conflict it would cause.

The university stipulates that “the principal distinguishing marks of the university are its Catholic, Vincentian, and urban character.” It further explains that “DePaul strives to bring the light of Catholic faith and the treasures of knowledge into a mutually challenging and supportive relationship.”

The Roman Catholic Church has condemned abortion as murder since the first century. In 1995 Pope John Paul II declared that “direct abortion always constitutes a grave moral disorder, since it is the deliberate killing of an innocent human being.” DePaul University has not only silenced their students’ viewpoint, but the stance of the Church that they claim to align themselves with. If they continue down this route, DePaul should no longer claim to be a place of learning or Catholic values. DePaul cannot continue to cave to a small and violent portion of the student body that wishes to silence all ideas that contradict their own.



Photo retrieved from creativecommons.org

Censorship is a hotly debated topic at private institutions.

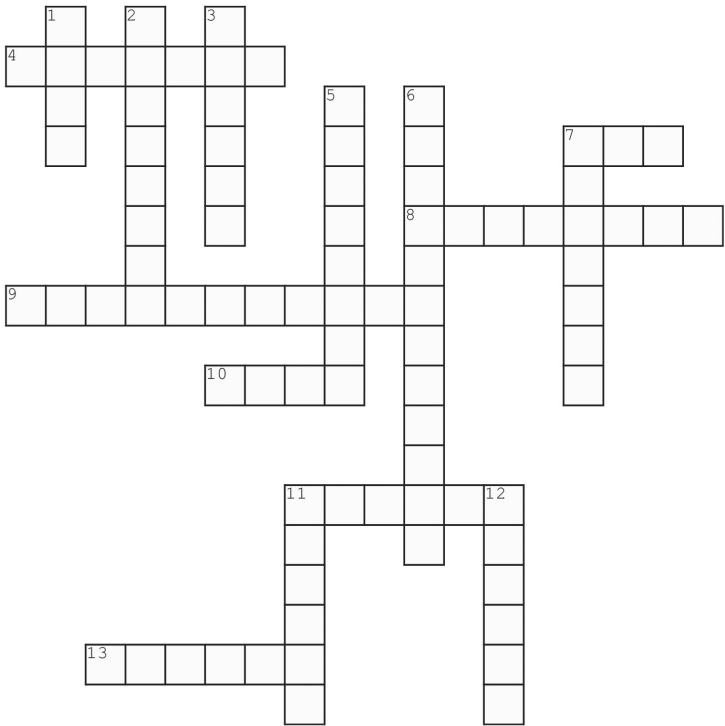
Corrections

Last issue, the article “Assault near Saint Martin’s campus” had the wrong byline and headline. The article was supposed to be titled “Sexual assault prevention program on campus” and was written by staff writer Taylor Gersch, not Bethany Montgomery. The actual “Assault near Saint Martin’s campus” article written by Montgomery can be found in the News section of this Belltower issue.

Letters to the Editor policies

Everyone is invited to submit Letters to the Editor in response to previously published material, or about things not in the paper. All Letters to the Editor (LTE) will be responded to either by personal response or in print in The Belltower as space allows.

- 1. 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.
- 2. The Belltower reserves the right to edit letters for length and grammar.
- 3. 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.
- 4. Letters of questionable origin will not be published until confirmation of the author has been made.
- 5. As time permits, writers of letters will be contacted for confirmation.
- 6. 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.
- 7. The Belltower reserves the right to print a selected number of LTEs. The EIC makes this decision on a case-by-case basis.

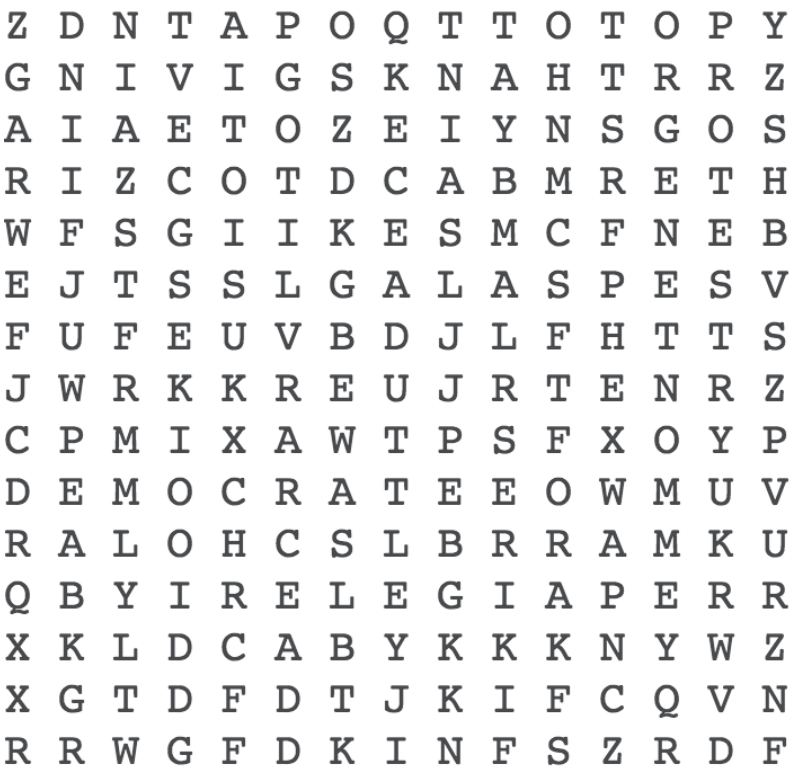


Across

4. A celebration
7. The ratio between circumference and diameter
8. The 11th month
9. A vegetable often cooked in a casserole
10. The season between Summer and Winter
11. Give _____
13. A gathering of people to celebrate

Down

1. It's edible
2. You make a wish on this after Thanksgiving
3. You love them but it's complicated
5. Soccer
6. A traditional American holiday between Halloween and Christmas
7. Jack-O-Lantern
11. Gobble
12. An evening meal



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Men's basketball box scores

Date	Team	Score
Oct. 30	v. Eastern Washington University	L (69-80)
Nov. 1	v. Evergreen State College	W (84-67)
Nov. 5	v. California State University at Fullerton	L (67-70)
Nov. 11	v. Fresno Pacific University (Calif)	W (73-59)
Nov. 12	v. Point Loma	W (86-80)
Nov. 15	v. University of Hawaii at Hilo	W (97-89)
Nov. 18	v. Sonoma State University	L (60-77)

Belltower Between the Lines

Every weekend before the paper comes out, the team gets together to finalize the issue...these are some things said during this process.

“A date with Blake? Let’s auction that shit off!” - Roslyn

“It’s like birth control for your anxiety. You don’t wanna overdose.” - Lexi

“It’s like hide-and-go-seek with Jesus Christ.” - Roslyn

“I was woman-splaining how to man-splain.” - Sabrina

“Hitler’s mustache is like a soul patch that moved up.” - Travis

“They can’t all be funny.” - Roslyn

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