

Father Kilian remains a staple of Saint Martin’s

Gretchen Allen
Staff Writer

If you want to take a look at what life as a monk is like, then dive in with me as we talk with Father Kilian about his opinions on life, faith, Saint Martin’s, and his up and coming rapper name.

Father Kilian has been at Saint Martin’s since 1952, and still remembers what it was like his first years here. His family moved to Washington later in his life, and they sent him on his way to get an education at the nearest Catholic high school; Saint Martin’s. He says that it was not out of the ordinary to send children off to school back then, and he enjoyed his times. Father Kilian hitch-hiked his way to Lacey and hitch-hiked his way back home during the breaks. In his early days, Father Kilian had many different jobs around campus, some of these jobs included working in the residence halls, campus ministry, the registrar, and as Dean of Students. While a student, he worked in the gardens, tended to the animals, noting that everyone pitched in. His first year teaching was in 1961.

I asked what the one thing Father Kilian would change about Saint Martin’s University, as he has seen many years pass, and he says his biggest wish is “For Saint Martin’s to have a swimming pool. I have always wanted to have a wonderful Olympic size swimming pool for students to exercise and to swim.” As generations have come



Father Kilian has been a staple monk of Saint Martin’s since 1952.

and gone at Saint Martin’s, one thing Father Kilian says has stayed the same is the eagerness for students to learn, the excitement they have for the knowledge, and experiences they are gaining.

On a more serious note, we discussed some faith questions with regards to monks, priests, and our students today. His response to the differences in the vows of a traditional priest, and our Benedictine monks is that, “The monk commits himself to a monastic community of other monks living in unity with one another. The priest does not do that. His commitment is to the bishop, and the bishop assigns where his parish is.”

One difference between the monks and the priest, is that while the priest can be moved around many times, the monks vow themselves to one monastery. Each Benedictine monastery

has its own mission, Father Kilian explained, and most of them have schools. The question arose of what would be two things that he would say, if the opportunity came about to speak with God face-to-face.

Father Kilian began his answer with expressing gratitude for the amazing life he has been given already, for his family and the people he has met. “I would ask God if and when there would be a time of peace and justice in the world.” He refers to the Kingdom of God being a place of justice and peace, and is curious if we are doing a good job at obtaining those matters. He sees the hope of a future where people are not suffering, or impoverished, and peace. He pleads with God, “Why is it taking so long for this kingdom of justice to come around?” The second question was a heart-felt one asking “Are my mom and dad peacefully in Heaven? Are they happy?” Anyone who knows Father Kilian can see his caring and compassionate heart.

A wise man that he is, I asked “What would be some wisdom you would like the current class to have? What do you think we have wrong?” Father Kilian makes the point that “You are a select few. Not everyone goes to college.” He explains that your education is not about being able to get a better job or a better car, instead he offers the advice that “your education is about

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Buffalo soldiers, Tuskegee airmen among those honored at Vet Club event

Jessilyn Dagum
Staff Writer

Among the several clubs on campus that hosted events to celebrate Black History Month, the Veterans’ Club commemorated this time of year by paying tribute to the important black men and women who currently serve and have served our country. “The event is to celebrate black history, in particular black veterans who were an integral part in the success of not only wars but the military and how they helped progress it,” states Samuel Bradford, Vice President of the Veterans’ Club, “Really, it’s just a social event. It’s to bring understanding and the community together and honor some amazing soldiers.”

On Wednesday, Feb. 21, the Veteran’s Club celebrated Black History Month by hosting an event in honor of famous and historically significant black veterans. At noon,

on the second floor of Harned Hall, the club opened its usual biweekly meeting time to the Saint Martin’s community. While students, faculty, and staff enjoyed pizza and beverages provided by the Veterans’ Club, slides with facts and pictures of different black veterans was projected on a screen. Veterans such as the Buffalo Soldiers, black soldiers who mainly served on the western frontier following the American Civil War, and the Tuskegee Airmen, the first black military aviators in the U.S. Army Air Corps (AAC), were paid a special tribute from the club through these slides along with several other men and women.

After thanks and honorable mentions from club representatives, the club’s treasurer, Patrick Duron, said a few words and gave a quick rundown of what the hour would entail. “Today is about honoring the service of African-American members within the military and

bringing what they’ve done in the military to light as far as sharing it with some of our Veteran population and non-veteran population here within the school. As well as, encouraging selfless service within the non-veteran student population and bring a little bit of camaraderie amongst veterans and non-veterans,” said Duron.

The club’s vice president followed with other club business and announcements for members and those interested in joining. “As far as the future of the club, I want to do more inclusive events with the rest of the population. So look for future events with LGBTQA, BSU, International Club and more. We’re looking at outreach programs in the future as well. Honestly, we’re just trying to get things going in a positive direction and I hope events like this as well as future events will let everybody see what we’re doing and that will drive up

participation,” Bradford remarked. After different items and information was discussed, attendees were able to enjoy lunch and mingle amongst each other. The event also included two raffles with a variety of gift cards as prizes. “We’re all about giving back,” Bradford said as he distributed the prizes to the event’s lucky winners.

Upcoming events for the club include a suicide awareness event which the club is participating in called #EndtheStigma on April 4, and a Benefit Briefing event on April 18 that will cover different resources for veterans as well as have a Veteran Affairs representative present to answer any questions. “Come with your questions. This will be at time for you to present them and get you the information you need. If we can’t get you that information then we’ll get you to the right person who can,” stated Bradford.



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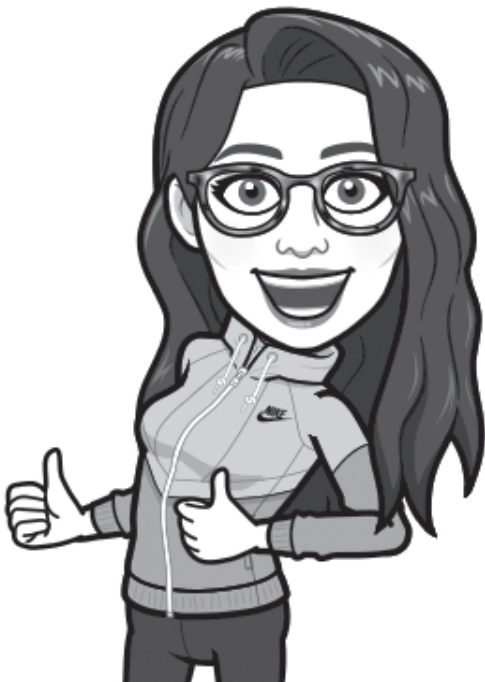
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Role of the adviser

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

To our wonderful readers,



We thank you again for your continued support of our paper. We have been working our hardest to make the paper something great, pushing to higher quality content and more interesting content, and we always enjoy when we get feedback on what is going well and what we need to work on. As always, I encourage our readers to submit their own work, or a Letter to the Editor. You can also submit original artwork to be featured in the paper and the website.

I am very proud of how far the paper has come this semester, and I hope that the staff and our readers can be proud as well. I look forward to our last few issues of the semester, and I have really enjoyed my time as Editor-in-Chief so far. The Belltower has encouraged me to think outside the box, as well as helped me form new friendships, relationships, and a better sense of my community. The Belltower has been such a blessing for me academically and socially, and I have appreciated everyone who has helped make the paper what it is now.

In this issue, we cover the national walkouts, gun control debates, opinion pieces on religion and the cafeteria, as well as a lot of arts and entertainment pieces covering a variety of topics. I am very impressed with our content this issue and all the hard work that went in to create what I feel is one of our best issues yet.

I hope you all continue to enjoy our publication, and as always, I thank all of you for picking up a copy of The Belltower.

Best,

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

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References to the promotion of drug use/paraphernalia are not allowed.

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Any artwork submitted will be published at the discretion of the Editor-in-Chief and editorial board. Artwork must adhere to the same guidelines as written content.

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Dietary restrictions and medical conditions seemingly of no concern

Sabrina White
Editor-in-Chief

With the excitement surrounding the renovations of Saint Gertrude’s Café, and the hope for a revamped menu as well, many students have started to feel disappointed with the daily selections offered. From serving the same food a few days in a row, especially at dinner, to a lack of options for those with dietary restrictions, many students have expressed concerns with the café foods and practices. These concerns were often similar and echoed frustrations that students have held for the duration of the semester. I interviewed students from across campus to get more information on the opinions of the student body. The students who responded to my inquiries asked to remain anonymous, so names have been omitted to reflect their privacy.

The café has been quite lacking in options for those with dietary restrictions, especially vegan and gluten-free foods. For many, this is quite disappointing. Not only is it an inconvenience, but it also discriminates against those students who have severe allergies or diseases that require a very specific diet. One student commented on the lack of vegan options, as the only truly vegan food item is the white rice offered at the kettle. The sophomore student stated, “I wish there was more vegan options so that my family could come in during meals with us, but due to the fact that they have literally zero vegan options for

dinner choices they can never come and visit.” In addition, a vegan sophomore student mentioned “I would like more vegan options. I’m vegan and I’m tired of only eating vegan burgers.”

Another student, a junior, mentioned that the café seems to ignore severe allergies and medical conditions. He was very passionate about the topic, as it severely affects his life because he was diagnosed with Celiac disease. “In 2016 I was diagnosed with Celiac disease. This was a moment of shock, and a momentous life changing event. For nineteen years I ate what I wanted and without the slightest care in the world, like any teenager. Of course, this all changed, and now I have to worry what I eat, for if I ingest gluten I become very sick, and not just for a few days, but months. This can be triggered through a small amount around the size of the tip of your pinky. It doesn’t take a lot. Celiac disease is where your body cannot process gluten, which can cause you to become very sick. With my Celiac, my body removes not only the gluten but any other food in my system, which in short makes me starve myself. If I continue to eat gluten my intestines collapse and will then lead to death.”

The student continued, discussing the options available at the student store on campus as well as practices that led to him being unable to continue to eat at the Café entirely. “When I was informed that I had Celiac I was uncertain of how I would eat food on campus. The

student store has little that is certified gluten free, and for the Café, well that’s another story. You may inform staff of your medical need, but the chefs working there seem like they could care less. Of course, that was my personal experience.”

“I would order a chicken breast with vegetables, and I would look over to the grill, where right next to my order was a wheat bun. I wondered how many orders ago there was a wheat bun toasted where my order was being cooked. In general, looking at the descriptions of meals, none of them are “gluten-free certified.” None. To me the school doesn’t really care for those with dietary restrictions or medical needs, even though Celiac disease is an increasing disease in America.”

Other students were generally upset with the quality of the food and service. A sophomore student remarked, “The food isn’t all that great and the service is mediocre. It’s disappointing because the café is a fun place to be at but getting disappointed by the quality of food and service is just frustrating. The options for food are limited and more often than not, it takes forever to get your food.”

Another sophomore stated, “The food is delicious, but after awhile it starts to feel really repetitive.” Many students feel the same about the repetitive menu options.

In my own experience, I find that there are not many options available for students with dietary restrictions or medical conditions. I am lactose intolerant, and much of the food in



Photo courtesy of Abigail Lowrie

The salad bar lacks labeling of sides, leaving students unaware of ingredients

the café is made with dairy products. Most often, I am limited to the salad bar when I choose to eat at the café, and even then, the salad bar does not look very appetizing. When I ask the staff whether or not an item is gluten-free, they mention that certain things are made without gluten but cannot be certified gluten-free, this is due to cross contamination across the entire kitchen. Even if something is carefully prepared, there seems to be no way to avoid cross contamination in the kitchens as they use the same utensils and surfaces to prepare all of the foods. This is quite frustrating for me, as it makes it infinitely harder to be gluten-free and lactose-free on campus.

Though some of the foods are labeled with indicators to alert students of possible allergens, there is often no specific answer for what exactly contains the allergen. I am quite disappointed with the lack of attention for many students who require dietary restrictions, and the general lack of options for vegan, vegetarian, gluten-free, and dairy-free students.

Religion: choice or forced belief?

Amanda Chappell
Section Editor

One thought that has consistently been on my mind since I “left the nest,” and became the sort-of independent adult I think I am, is the previous presence of religion in my life, and how it is no longer a prevalent existence. From the age of eight until 18, I attended church regularly, oftentimes more than once a week, because it was instilled in my mind early on, that it was a necessity in my life.

I never thought twice about that, because I respected parents enough to not question their decisions for me and my siblings’ wellbeing. Of course, I was young, and could not comprehend life decisions such as what I believed in, so I went along with it and lived my life as a conservative Christian.

By the time I was in high school, my parents weren’t as adamant on attending regular services, but I had already been brought under the wing of several church volunteers, that at this point, I now spent 3-4 days at the establishment, constantly volunteering my time and energy into the church. I thought nothing of this, however, I thought I was doing what I was supposed to as

a member of the church, and a “Child of God.” When really, I got too caught up in trying to live up to what I believe my “mentor” expected of me.

When I was in the transition from high school graduate to college freshman, I consulted members of my church, regarding the new church I would call home, in Lacey. I was given a few options, and tips to find the “right” one, but the idea slowly became less important. Three months had gone by, and I hadn’t cracked open my bible or stepped foot in a church... I didn’t feel the need to.

By the end of the first semester, I wasn’t committed to religion anymore, and I rethought everything I used to believe in. I concluded that I was taught lies. I was told to put my faith into a being that I had no proof of existence. That didn’t sound right. I dove into all the other hate that had been preached by people I considered my mentors, ones who I looked up to. Before, I was ignorant to social matters, and only adhered to what the church told me was righteous. Whereas now, I understand what it’s like to accept those who are turned down by these megachurches and prideful speakers.

My depression began around the age of 14,

when I had made an important decision in my life. I was miserable, scared, and begging this supposedly omnipotent present for my happiness back, because “He” was the one to control that, according to the church, it will be “in His timing.” Since then, I still deal with my hard days here and there, but I found happiness within myself, not in the hand of an old guy sitting on a cloud.

My point here is this: I wasn’t forced into religion, I just didn’t know any better – it was what I was used to. Until I became an adult and had the chance to decide for myself, it was my life. But, too often, parents are not giving their children the opportunity to explore their beliefs at the right time. It shouldn’t be until college that a person understands their beliefs, it should be experienced in their teens.

The ability to speak and stand-up for what you believe in is a wonderful thing, and it shouldn’t be dictated by who raised you. I think it’s important that we encourage younger minds to explore their beliefs, to challenge what they’ve been taught, and find out what feels right to them, not their families.

LETTER TO THE EDITOR POLICY

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

SMU baseball preseason series ends with 7-1 loss

Vanessa Kuffner
Staff Writer

The Saints baseball team traveled to Hawaii for an eight-game series. It was a fun experience for everyone on the team, especially to those who get to call Hawaii home. Unfortunately for the baseball team, they only won one game in a doubleheader day against University of Hawaii at Hilo (UHH).

The first games were a back and forth battle between the UHH Vulcans and the Saints. In the second game of the series the Saints lost 17-16 and then again 5-0. Both games were a battle, having a better run in the morning than the afternoon game. The first game the Saints won 12-6 in the doubleheader and lost 1-6 in the second. Hawaii Pacific started strong but the Saints fought back with six straight runs to take over the game. Bryant Nakagawa came out in the third inning to score two runs to put the Saints up 2-1. Nakagawa, a freshman from Wailuku, Hawaii has been playing since he was five years

old, and with his dad having coached his youth team it made it really special to go back home to play and have his dad watch.

"It was great to go home for a little while. My whole family came out to watch me while I played in Oahu and it was great. Just being close to home with my family around and playing the sport I love brought me happiness." Says Nakagawa.

The transition from high school sports to collegiate level can be rough, a whole new level of competition for athletes, "It has been a great experience so far playing collegiate ball. It's a whole new level compared to high school but it is also more enjoyable." Noted Nakagawa, "Playing in my first series was a good learning experience because now I know where I am at and what I need to improve on."

Playing in the warm Hawaiian weather was a bit of a shock for most of the men, coming from the cold of Washington. Nakagawa said, "Playing at home was definitely a plus for me, because I was very comfortable in the environment. I couldn't

have asked for a better environment to make my college debut."

The Saints went on to win the first game, keeping the Hawaii Pacific University Sharks at bay. However, the next game of the day was less successful. In the second game, the men lost their rhythm. The Sharks scored two runs in the first inning while the Saints went hitless until the seventh inning. They finally broke the spell when Jake Leonard hit a double. Junior Kahi Hirano put the SMU on the board to finish 6-1.

The last two games of the series were close calls, SMU losing both 2-1 and 0-1 to finish out the series. With the season having just started, SMU still has plenty of games left. The next home series will be versus Northwest Nazarene University on the March 9 and 10. Our team will definitely appreciate the support if our school came out to games. "This year's team is special group and I believe we can win a GNAC title so definitely more support from the audience will help us out." stated Nakagawa.

Despite not meeting expectations, U.S. Olympic Team still shines

Eric Parks
Staff Writer

Prior to the 2018 Winter Olympics, Team USA was projected to place in the top three in medal count and seriously contend for the top spot. At the end of the games, America had nine gold medals and 23 total, finishing fourth in both categories.

After being banned from the 2018 games for systematic doping, Russia, who edged out the United States for the top spot in 2014 before several of their medals were stripped- was out of the competitive field in Pyeongchang. Because Russia lost 13 of its medals earned in 2014, the United States were in a position to win the medal count for the third consecutive winter games. Unfortunately for the U.S., Norway, Germany, and Canada all took home more gold and total medals, leaving America to fall short of their own lofty expectations. Entering the Olympics, Team USA was expecting to take home 37 medals, a total that would have put them in serious consideration for another Olympic victory. Their end total of

23 was far fewer than most experts had predicted.

The main reason why Team USA failed to defend its title was because other countries outperformed expectations. While Norway isn't known by many as an athletic powerhouse, skiing is a staple of their culture, and the source for most of their Olympic success in Pyeongchang. Thirty-four of their 39 medals came from skiing related events, including 14 in cross-country skiing. Norway found success in speed skating, winning four medals and taking home the bronze in curling. Germany didn't quite live up to their own expectations either, but after winning 14 golds (tied for first) and 31 overall (second), they cannot be disappointed with their results. Germany, like the United States, is on much more well-rounded team than Norway, but doesn't exceed nearly as much in one type of event as Norway does in skiing. The Germans took home medals in nine sports, ranging from curling to bobsled, biathlon to hockey. Canada also fared well, taking third in gold medals with nine and third overall

with 29.

Although the raw medal count was not encouraging for the United States, the team had special moments throughout the games. Early on, the United States found themselves atop the first two snowboarding events for both men's and women's, including inspiring success stories from Chloe Kim and Red Gerard, as well as an incredible performance from the legend Shaun White. The men's curling team won gold after qualifying for the gold medal match for the first time in team history. The match was tied 5-5 in the eighth end (similar to an inning in baseball), but Sweden, who had also never reached the championship match before, made an error that allowed the United States to score five points. Towards the end of the tenth end, Sweden conceded, knowing they had no way of winning.

Perhaps most satisfying for American fans was the women's ice hockey gold medal. In 2002, 2010 and 2014, Canada had defeated the United States in the final which helped enhance the rivalry between



Meghan Duggan helps lead Team USA to their first gold medal in women's ice hockey since 1998.

the two North American hockey powerhouses. Canada was vying for their fifth straight gold medal, and were up 2-1 with 6:21 left in regulation when Jocelyne Lamoureux-Davidson evened the score for Team USA. She also won the game in the ensuing shootout, giving the United States a 3-2 advantage in the sixth round of the shootout before goaltender Maddie Rooney sealed the victory with a save. While the United States didn't fare as well in the medal count as they had intended to, women's hockey, men's curling and many other athletes helped make the 2018 games enjoyable for viewers across America.

Ten SMU basketball players named to GNAC All-Academic Team

Lauren Allison
Staff Writer

Ten Saints were named to the All-Academic team for the 2017-2018 Great Northwest Athletic Conference (GNAC) season. To be eligible for the GNAC All-Academic Teams, a student-athlete must be of sophomore standing or higher, be in their second season competing at their current institutions and have a cumulative GPA of 3.20 or better. There were a total of 61 selections to the 2017-18 GNAC Women's Basketball All-Academic Team.

Senior Hannah Reynolds led the seven women with a perfect 4.00 GPA while earning her master's in business administration. This will be the third year that Reynolds was selected and was one of two selections who earned a 4.00. Reynolds played in all 28 games and had four starts averaging 4.4 ppg and is shooting an impressive 86.7 percent from the free throw line. Following

her lead was fellow senior Elin Johansson who is majoring in psychology, and played and started in 19 games. Johansson was having an impressive season and was expecting to set records before an injury shut her down for the rest of the season. At the time of the injury, Johansson ranked third in scoring (14.9, points per game), third in field goal percentage (51.3), fifth in minutes played (31.3), eighth in blocked shots (0.8 per game), tenth in defensive rebounding (4.4 per game), 12th in rebounding (6.5 per game), and 13th in offensive rebounding (2.1). The third senior, Lauren Lindley, majoring in psychology as well, played in 27 games and had one start averaging 1.7 rpg while shooting 53.6 percent from the field. Johansson posted a 3.23 GPA and Lindley a 3.62 GPA.

Three juniors, Rebekah Baugh, Emma Kennedy and Mallory Kessler return to the All-Academic team for their second time. Kennedy,

who is from Spokane Wash., and majoring in biology played in all the games, making 11 starts this season. Kennedy posted a 3.72 GPA. Kessler, who is from Ritzville, Wash., an accounting major played in 14 games this season. Baugh, the final junior from Poulsbo, Wash. saw the court in every game this season, with 24 starts. The final Saint to make the team was sophomore Makenna Schultz from Lacey, Wash. Majoring in biology, with a GPA of 3.31, Schultz named GNAC Player of the Week and Saint of the Month in January, played in 28 games, and had six starts.

Two juniors and one sophomore were the three Saints on the men's basketball named to the All-Academic Team. The first junior, Rhett Baerlocher, an education studies major from Missoula, Mon. was named All-Academic for the second year in a row with a 3.57 GPA. Baerlocher has played in 25 games so far this season, starting in 24 of

them averaging 8.1 points per game and 3.7 rebounds per game. The junior is shooting 45.9 percent from the field and 41.8 percent beyond the arc. The second junior, Kazuma Lane from Beaverton, Ore., majoring in civil engineering posted a 3.22 GPA. Lane has seen the court in 12 games so far this season. The lone sophomore that made the All-Academic for the Saints, Cameron Chatwin posted a 3.74 GPA. Chatwin is a communication studies major from Gilbert, Ariz. and has appeared in 18 games this season. He's averaging 2.1 points per game and 1.5 rebounds per game. In his 6.2 minutes per game, Chatwin is shooting 40.0 percent from the field, and 41.2 percent beyond the arc.

Following strong start SMU women's basketball falls short

Eric Parks
Staff Writer

After a season that started with two exhibition wins and a 4-2 overall record through the first six regular season games, the women's basketball team went on a losing streak and ended the season 8-20 overall and 4-16 in Great Northwest Athletic Conference (GNAC) play.

At the beginning of the season, the Saints were ranked eleventh--dead last--in the preseason GNAC poll. Last season, they managed only five wins in 28 games and only one in conference action. This season, however, they improved both of those winning totals by three and finished one spot ahead of where they were ranked in the conference at the beginning of the season. Although winning only four games in conference play was undoubtedly frustrating for the players, it was a notable improvement from last season.

Head coach Christy Martin started her first season with the Saints, spending the last few seasons at Tacoma Community College. At the beginning of the season, Martin said, "I have a proven track record of rebuilding programs and creating lasting success and with the administration, campus, and community's support I believe we can accomplish that at Saint Martin's." While winning four conference games wouldn't appear to be a step in the right direction, this season could end up representing just that as Martin continues to rebuild the team, a process that can take several seasons.

Throughout the season, many underclassmen made large contributions to the team. Freshman



Photos courtesy of smusaints.com

Senior Hannah Reynolds posted a 4.00 GPA qualifying her for the All-Academic Team.

Saniah Simpson-Patu lead the team in starts (28, all games) and minutes (855), rebounds (171), free throws made (102), field goals (142), points (395) and other categories. Sophomore Makenna Schultz made only six starts but tied for Simpson-Patu with 855 minutes and was second on the team with 371 points. Sophomore Mercedes Victor also posted impressive numbers with 503 minutes, 63 field goals and 4.0 rebounds per game.

While there were many underclassmen who contributed to the team this season, all three seniors saw significant playing time. Hannah Reynolds played minutes in all games this season, Lauren Lindley played in all but one game, and Elin Johansson started all 19 games before suffering a season ending injury. Reynolds accumulated 579 minutes played (20.7 per game) and 127 points. Johansson was the only player to have a field goal percentage over .500 and finished sixth on the team in minutes despite having to sit out the last nine and a half games of

the season. Additionally, junior Rebekah Baugh started the second most games on the team.

While the Saints technically exceeded expectations and improved from last season, there will still be plenty of work to do before next season. While a majority of the team will be retained, more pieces will need to be added if the Saints are to be competitive. Only three players averaged more than 10 points per game (Simpson-Patu, Johansson, and Schultz), and that will need to change. Additionally, the team let up nearly 200 more points than they scored, so they will need to improve on defense.

One area where the Saints could catch up is three point shots. The Saints took 239 fewer three point shots than their opponents (428 to 667), and made 78 fewer (131 to 209, notably less than the opposition). While the team improved from last season, especially by starting 4-2, they will need to avoid the losing streaks of eight and six games that plagued them this season in order to become competitive in the future.



Saniah Simpson-Patu led the Saints in most categories, including points and starts.

Saints break school records at the GNAC Championships

Vanessa Kuffner
Staff Writer



Photo courtesy of SMU Athletics

Jackson Hand finishing his leg of the 4x4 strong

The Track & Field Great Northwest Athletic Conference (GNAC) championships were held in Boise, Idaho this past month. We had multiple Saints make it to the finals, and break personal and school records across the board.

Assistant Coach Atanas Atanassov stated, "I think it was a very good performance because we had 11 personal best results and multiple

school records were broken..." Ashleigh Fraser broke the school record for women's long jump, hitting the mark of 5.43 meters, placing fourth overall. Tiffany Pott also started off the meet by breaking a school record for the pentathlon, placing 11th overall. "I think [the GNAC championships went] alright, I was just hoping to just get an improvement from last year but ended up getting the school record... but there was a lot of good competition over all," said Pott.

The men's 4x4 relay team beat the school record, coming in at 3:35.93. Zachary Anguay and Jackson Hand, who are a part of the 4x4 team, said they were excited and nervous for the meet. "I didn't think that we would get the school record, we all just kind of looked at the clock and were all in shock at first. We all ran hard and that's pretty much how it went." Said Anguay. Hand added, "It was just surprising, we thought we could that was the goal and everybody ran well so we were happy with it."

Matt DeHan PR'ed in his 60-meter dash at 7.16, right behind Logan

Armstrong at 7.15. DeHan also placed 12th overall in pole vault, with high marks of 6.48 meters. "GNAC went really well for how the season started off, I only had one mark which was right before break. And when we went to Boise, Idaho, I jumped 15 feet and after that I had no marks. So, the meet went really good because I finally cleared a bar and it was at the meet that counted and I was really happy about that." Commented DeHan.

At the GNAC as a senior, Anthony Manago, finished his indoor season winning overall in the long jump at 6.93 meters. "It's a little sad but I am happy just to do the sport that I love. I'll keep training and maybe be an assistant coach so that should be fun." Said Manago about finishing his last season of track. After running track since the sixth grade, Manago's season may have come to an end but he will continue to support the Saints by sticking around a little longer to coach and mentor the incoming team members.

Fellow jumper, Josh Schulz, placed third in the finals with 6.58 meters after landing a seed of 7.0

meters. Liz Larson also got third place for weight throwing, landing an impressive 16.22 meters. Ariya Kendrick finished third overall in the women's 60-meter hurdles at 9.23.

Overall the GNAC championships were successful for the Saints. They will begin gearing up for the outdoor season. The outdoor season will begin at the University of Puget Sound Quad Meet in Tacoma. There will also be one home meet for the Saints on May 14.



Tiffany Pott throwing shotput, one of her many events in the pentathlon

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Saints clinch postseason berth; beat Central in GNAC Tournament

Patrick Burns
Staff Writer

The Saint Martin's men's basketball team played in their second consecutive Great Northwest Athletic Conference (GNAC) Tournament hosted in Alaska. The men were the third seed in the 2018 Championships and took on Central Washington University (CWU) in the first round. The Saints finished off the last season beating CWU in Marcus Pavilion and had an undefeated record against the Wildcats for the season.

This season has been a remarkable one for the Saints. At the end of last season, which concluded with a disappointing loss to Western Washington University in the GNAC Tournament, the Saints lost almost all of their starting five, including a ton of key players. Those players included Tyler Copp, Fred Jorg, Brandon Kenilvort, Trey Ingram, and Cole Preston. With all of them gone, it was looking like the Saints might enter a rebuilding season.

Then stepped in the talents of Luke Chavez, E.J. Boyce, Matt Dahlen, Tavian Henderson, BJ Standley, and Jared Matthews. These new players, paired with Jordan Kitchen and Rhett Baerlocher, have created the most magical season for the Saints in a long time. This is the first time an SMU team has won 20+ games since the '08-'09 season, which was a team that defeated NCAA Division I opponent, Colorado State University.

These new Saints did not waste any time to make their marks on the SMU community as they started out the season 5-1 before conference play that included a strong victory on the road versus #7 California Baptist University. In that game, Matthews led the Saints with 19 points, Chavez had 17, and Dahlen had a double-double. These new faces made a big splash in the Division II basketball world and they had the GNAC in their sights. At one point in the season, the Saints had won eight in a row and finished off the season with a four-game win

streak.

Chavez, the team's leading scorer, attributes this team's success to how all the players were able to come together, "We have a lot of guys coming from different schools and from different areas from just the past year. We were able to create a great bond with each other with only knowing each other for a short period of time and able to come together and create something special this season."

Chavez says that winning the tournament has been the plan from the beginning, "By believing in each other and believing in the ultimate goal. We came together before the season and wrote out our goals and the championship was one of them. That's why we work so hard. We are a persistent group of guys who will do anything to win. With that combination we feel like we have a chance to win every game we play in. Now it's just about going up there and bringing back a banner. Why not us?"

Head Coach Alex Pribble was in


his second GNAC tournament since taking over the team in the 14-15 season. He had prepared this team since he took over to be in this position. At home games, Pribble can be seen on the sideline acting more intense than any of his players, showing that he wants it just as bad if not more than they do. He has taken this program to the next level in his time at the helm and this year will hopefully be the year that the team reaches their goal.

The Saints took on CWU on Thursday, Mar. 1, and WWU on Friday, Mar. 2, winning both games. The Saints played Western Oregon in the championship game on Saturday, Mar. 3. The Saints also have a strong enough record that they could earn an at-large bid to the NCAA West Regional Tournament as they currently are the eighth ranked team in the West.



Sport	Opponent	Date	Time
Men's Baseball	Northwest Nazarene University	3/9/2018	3:00 p.m.
Women's Softball	Northwest Nazarene University	3/9/2018	12:00 p.m.
Men's Baseball	Northwest Nazarene University	3/10/2018	3:00 p.m.
Women's Softball	Northwest Nazarene University	3/10/2018	12:00 p.m.
Men's Baseball	@Montana State Billings	3/16/2018	1:00 p.m.
Men's Baseball	@Montana State Billings	3/16/2018	1:00 p.m.
Women's Softball	@Western Oregon University	3/17/2018	12:00 p.m.
Women's Softball	@Concordia University	3/18/2018	12:00 p.m.
Women's Softball	@Azusa Pacific University	3/23/2018	11:30 a.m.
Women's Softball	@Cal State San Marcos	3/23/2018	2:00 p.m.
Women's Softball	@San Francisco State University	3/24/2018	9:00 a.m.
Women's Softball	@Chaminda University	3/24/2018	11:30 a.m.
Men's Baseball	@Central Washington University	3/24/2018	12:00 p.m.
Women's Softball	@Humboldt State University	3/25/2018	9:00 a.m.
Women's Softball	@Dominican University of California	3/25/2018	12:30 p.m.

Graphic courtesy of Brian Messing



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Golf seniors looking forward to spring season and life after golf

Patrick Burns
Staff Writer

The men's and women's golf teams both are starting their spring portions of their year-long seasons. The season for both teams is different than other SMU sports because they start at the beginning of the fall and then continue to the beginning of spring. This means the fall portion is just as important as the upcoming spring season. However, for seniors Andrew Raab, Chace Daskalos, Alex Aguilar, Lisa Zelasko, Hailey Warren and Hannah Reynolds, this will be their last tournaments as a Saint.

During the fall season, the men's team travelled to Bellingham, Wash., Portland, Ore., and Hawaii while also hosting a tournament in Olympia, Wash. The biggest success of this fall season came in Hawaii when they placed fourth out of eight teams with Trevor Frisby and Raab leading the way for the Saints. The women travelled to Dupont, Wash., Bellingham, Wash., and to San Marcos, Calif. Their best finish came at the SMU Invitational where they placed fourth.



Photos courtesy of SMU Athletics

Andrew Raab

Raab has played on the team since his freshman year at SMU and has enjoyed his experience. Raab has taken on every role as a Saint as he has been with four different groups of guys. He is also the only remaining player from his freshman class; the other two transferred after their first years. Raab said "It's crazy to think that this is my senior year and last go round at tournaments. The last three years have been amazing and so enjoyable with the different teams I've been a part of. Being a senior and our captain has been fun for me because this is my team. I'm trying to be a good mentor for our young guys and help our team be better in any way possible. This has been challenging at times but a lot of fun as well." After graduating, Raab will be staying competitive with golf, but will not try to turn professional. He wants to use his accounting degree and venture into the auditing field.



Chace Daskalos

Daskalos has been with the Saints since he transferred here after his freshman season at Carroll College. At Carroll he was named Second Team All-Conference. He has been a strong competitor for the Saints since he joined the team and as a senior he is looking to help lead the Saints to a regional berth. Making the regional tournament as a team would be a great way to finish out his senior year. Daskalos had this to say about his experience and the season that the 2018 Saints are having, "Being a senior has been awesome, and it really does feel like my whole career flew by really fast. I feel like I was a senior in high school two years ago...I'm looking to improve on that (his putting) this spring season. As a team we were pretty up and down but put ourselves in a decent spot regionally for the spring." Daskalos will look to lead the Saints during this spring season and after he graduates he plans to find a job that is special to him while also playing golf in his free time.



Alex Aguilar

Aguilar started playing for the Saints during his junior year after spending two seasons with Olympic College. Aguilar has been a strong member of the Saints team during his time here and he is very thankful for the experience. "It's bittersweet to be in my senior season. I've had a lot of great experiences playing these past two years and I'm looking forward to finishing on a high note." Even though he will be finishing his time as a Saint on the golf team, he will be continuing as a Saint in the Masters of Business Administration (MBA) program starting in the next fall semester. He will also be participating in some amateur golf events throughout the Northwest in the years to come.



Lisa Zelasko

Zelasko has been a Saint since her freshman year and like Raab, is the only Saint that stayed on from her freshman class. Zelasko has been a strong piece on the team her entire career and showed leadership on and off the course. Her experience has been an amazing one for her and she is starting to imagine life without it. "Being a senior has felt surreal. I have played for this team and our coaches Bob Grisham and Mark Jensen for four years. It's crazy to think at this time next year I won't get the opportunity to fly to beautiful places with an awesome team and play such a fun game," said Zelasko. Even though she will be done with her career at SMU, she will be moving on to the University of Washington Law School.



Hailey Warren

Warren came to the Saints from Spokane Community College and has spent the last two seasons playing for SMU. Even though she has only been with the Saints for a short time, she has had an amazing experience and made great memories. She had this to say about her favorite memory, "My time as a Saint was short but my favorite memory with my team is pretty much every time we're all together. All of our personalities are very different but they work so well together. The best time with the team was probably when we were in Phoenix last year and our coach and the Concordia coach raced on the highway. We were going really fast. We definitely beat them." Currently, Warren is enjoying her senior year and looking forward to the future, "Being a senior is really exciting and nerve-wracking all at once. I'm just trying to finish the semester strong with all my classes and enjoy the time with my friends and team before it all ends...My current plans are heading back home and finding a job in my field. I'm also looking into grad school opportunities. I think golf will always be in my life and maybe one day I'll be a high school coach or something and help the game continue to grow."

A slice of Japan right in Olympia

Hannah Gabel
Staff Writer

Named after one of the famous port cities in Japan, the Osaka restaurant serves everything authentic from fresh sushi to fried pork bowls and yakisoba. The restaurant has been offering its delicious main courses for well over 20 years and is located in Olympia just off Martin Way.

The quaint restaurant is family-owned and operated with fully-trained and experienced sushi chefs working to provide the highest quality food.

The restaurant pays homage to its namesake, city of Osaka, Japan. The city opens up to a large bay, provides plenty of seafood, and thus the development of sushi over many years. Osaka has been known for being “the food capital of the world,” for its exquisite and unique cuisine, such as udon, a type of noodle dish served commonly as a soup, takoyaki, a fried octopus dish, and os-hizushi, a pressed sushi dish.

The restaurant even loosely resembles much of Osaka’s traditional architecture and design, and with the low-thatched, wooden roof, the Osaka restaurant is a simple one-story structure that has a delicate and welcoming interior. The inside is decorated with soft browns and beiges, bamboo accents, soft lighting, and shoji rice paper window shades. The walls are decorated lightly with traditional style drawings and paintings depicting various foods and teas, as well as other themes. The restaurant provides a relaxing atmosphere with its gentle use of colors and lightings.

Sushi is the most popular item at the Osaka restaurant, and they certainly advertise for it.

Sushi has a longstanding history deep within not only Japanese culture, but also in Chinese culture. Sushi was believed to have been invented

in ancient China when people would wrap fish up in rice to help preserve it longer. The method spread to Japan in only a matter of time, as fish is a huge staple food there as well. The Japanese took it further and began to make more intricate dishes with various seafood and rice. They created something called “nigiri sushi,” meaning finger sushi, where an oblong piece of fish is laid out over rice. There are also other, more modern forms of sushi like sushi rolls, where seafood, vegetables, and rice are wrapped up in a piece of seaweed. Sushi has had a sizeable influence on the food world and many other cultures seem to perform their own twist on the traditional dish. The Osaka Restaurant works to balance the modern and traditional aspects, creating a unique variety of various sushi dishes in many forms, from popular modern rolls to more traditional nigiri sushi.

The Brink family first discovered the restaurant many years ago with Breanna’s grandma introducing them to the place, wanting to try the food out of curiosity. She described, “My grandma’s adventurous and willing to try stuff, including hole-in-the-wall Japanese places.” Ever since that first introduction to the restaurant, Brink and her family have been visiting the restaurant for a long time, frequenting the sushi bar mainly and appreciating the originality of the dishes. They far prefer this over most other Japanese restaurants and believe they will continue going there for a long time yet.

The Osaka is a one-of-a-kind type of restaurant. With traditional food, hints of modernity, and a flair of Japan, it offers a welcoming and unique experience that is bound to be a pleasant one. The staff are friendly, the mood is relaxing and the menu is large. With so many options to choose from and foods to try, it is a great



Photo courtesy of Hannah Gabel

Visit Osaka restaurant for a taste of traditional Japanese cuisine, only a 10 minute drive from campus!

place for anyone with a large and adventurous appetite. The dishes are rather affordable as well, most ranging from six to 10 dollars during lunch, and ten to 15 dollars for dinner, with the inclusions of multiple extra sides per dish. Once you start going there you’ll never want to stop.

The Osaka restaurant is open Monday-Friday from 11 a.m.-10 p.m. and Saturday from 12 p.m.-10 p.m. and can be reached at (360) 413-3911.

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“Atypical:” An eye-opener to the reality that normalcy is a myth

Sophia Lim
Staff Writer

“I’m a weirdo, that’s what everyone says.”

Sam Gardner, played by Keir Gilchrist, is the main character in the 2017 comedy-drama Netflix series directed by Robia Rashid, “Atypical.” Season two is expected to arrive in the future with the first season currently available. The central focus of this TV show is to bring attention to the social works of an 18-year old boy diagnosed with autism, who is trying to find love amidst the cruel and dangerous world of girls and dating. The show is a narrative of Gardner’s thoughts and mix of some of his sessions with his therapist Julia played by Amy Okuda. Gardner tends to relate many of his social, awkward, interactions with facts about the Antarctic life and penguins, of which he is well-versed.

“Atypical” shows the struggles of an autistic individual attempting to find a way to fit into this world of “normal,” through ways that are not normal, with his mother Elsa, played by Jennifer Jason Leigh, who is trying to get a grip of her own life. His father Doug (Michael Rapaport) wants to be closer to his son after years of never really trying to bond with him due to his diagnosis. His sister Casey (Brigette Lundy-Paine)

happens to be the only one in his life who treats him as normal, while at the same time, she is also very protective of him. This series is a well-mixed batter of drama and comedy.

Apart from being socially awkward and overly factual, Gardner suffers from the symptoms of autism that make his everyday surroundings a struggle to deal with. The show teaches us how some take advantage of the many opportunities that everyday neuro-typical functioning people have, that those who are atypical such as Gard-

ATYPICAL

“Atypical” received a 76 percent rating from Rotten Tomatoes after its first season.

ner, don’t get to experience. It showcases how it affects the whole family and those who are close to the person and, in a way, brings viewers a sense of understanding and empathy towards all.

Though the main focus is Gardner and his

journey to find himself a girlfriend and build a love life, each character in the show also has their own individual story, which teach great lessons. Each character tries to better themselves, while also building close and personal relationships with those around them. They all try to improve, try to be present, and try to be normal.

But, normal is overrated. Like Gardner, with his research and interviews on how to talk to girls, they all do things to get somewhere, too. Elsa finds ways to be a better mother and wife, and to accommodate Gardner’s needs. Doug compensates for walking out on his family years ago, trying to rebuild a relationship by being there for Gardner to talk to, as well as asking his therapist for ways to better communicate with him. Casey, as a teen with a boyfriend, tries to balance her life of track and field, and battling the guilt of whether or not she should take a scholarship, far away from her brother. As each attempt to grasp the whole idea and concept of normalcy and perfection, they learn they can’t. As Gardner himself stated: “Whoever said practice makes perfect is an idiot. Humans can’t be perfect because we’re not machines. The best thing you can say about practice is that it makes, better.”

Photo retrieved from creativecommons.org

“Annihilation” - an intelligent mix of horror and beauty

Breanna Brink
Staff Writer

“Annihilation” is an experience about self-destructing beauty which captures the thin line between complex glory and gruesome horror. Like with any movie that’s primarily focused on emphasizing subtle visuals, character interactions, and scientific dialogue, it runs the risk of creating something that polarizes audiences. “Annihilation” is likely to be that film, especially with the way it ends. However, before making any quick judgments about the films potentially pretentious mindset, I can only recommend witnessing it for yourself. The movie will be free on Netflix, March 12, due to a strange production choice by Paramount, much to director Alex Garland’s dismay.

Never has a film made the prospect of aliens so beautifully horrific. The world is set up with a powerful cast of primarily female actors, each one carrying a different kind of baggage, willing to enter Area X’s bubble of mystery, codenamed, “the shimmer.” Within the dome, expedition 12 begins a journey through a mutating national park in Florida. They encounter altered wildlife, foliage that defies the laws of nature, and find evidence of past expeditions that is disturbing beyond belief. This film toils with the ideas of lost time and mental instability, while

trapping you in a beautiful wasteland of rapid evolution. The film is not only visually engaging, if not violating, but also an audible experience to behold. Autostradle author Kayla Upadhyaya said, “The movie itself goes through various mutations. Gentle acoustic music scores the first stretch, sounding more like the soundtrack for a road trip scene in an indie rom-com than for a sci-fi horror movie. In the movie’s final act, the music strikingly shifts to a haunting original score, the slicing synths as unshakeable as some of the movie’s bloodiest scenes. What starts as a fairly straightforward sci-fi horror hybrid gradually becomes something much weirder.”

Natalie Portman produces some eerie seriousness as her character, Lena, a biologist and former soldier who enters the shimmer to help her husband (played by Oscar Isaac), simply stating “I owed him” as her reason, which the film later explains in a carefully woven series of brief, disheartening flashbacks. Leading her and three others is Dr. Ventress (played by Jennifer Jason Leigh), a psychologist and strangely stony woman, whose one drive is to reach the shimmer’s origin. Gina Rodriguez plays Anya Thorensen, a soft butch paramedic who is a strong and careful woman. Tessa Thompson, portrays young Josie Radek, a physicist and pacifistic genius. Cass Sheppard, a surveyor and geologist, one of the most sympathetic

characters of the entire expedition, is played by Tiva Novotny. This impressive cast of women take charge, tackle social struggles of mental illness and slipping sanity, and face disturbing occurrences within the shimmer. This includes one of the most horrific scenes of cinema I have been forced to witness in ages. There is no makeup, there is no padding, giving the women in this film a remarkable position.

This film is the original creative work of Jeff VanderMeer, the author of the “Southern Reach Trilogy.” At the conception of the film “Annihilation,” only the first book existed, which caused some casting discrepancies later on, as actors and novel characters races briefly clash. Though the director and author had no trouble with this, some fans were quite offended. This was not the only struggle of the films pre-production. The novel and movie differ to a serious degree, and should be taken as near separate entities. Depressingly enough, this film was also considered “too intelligent” when screened with test audiences, as compared to another “Transformers” film...clearly Hollywood needs to rethink its priorities. This statement is somewhat offensive, when one looks at the kind of movies we are presented with and realizes those are what Hollywood thinks engages us. “Annihilation” is a film about prompting conversation, and tackles the very fabric of

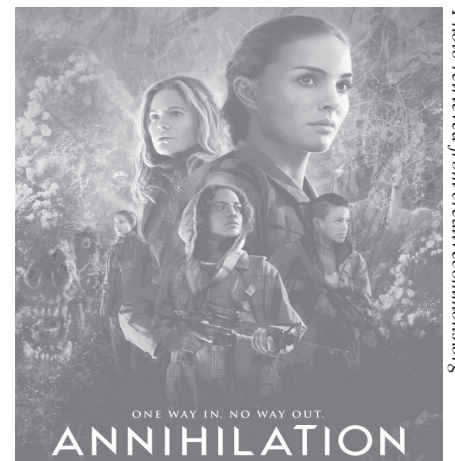


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“Annihilation” has earned an 86 percent rating from Rotten Tomatoes and will be released internationally to Netflix on March 12. However, this does not include the US.

our sanity. Slashfilms critic Chris Evangelista said “With ‘Annihilation,’ Ex Machina director Alex Garland has crafted a weird, challenging, and disturbing sci-fi horror film that will repel some and amaze others. This is the type of strange, hypnotic work that film fans obsess over. Don’t be surprised if people are studying and talking about this film in years to come.”

If you happen to catch “Annihilation” in theaters before Netflix gets its hands on it, you will be greeted with a sumptuous world of creative cruelty--a female cast that upholds a perfect level of shock and awe, a complex ending that will leave you searching the internet for answers, and perhaps drive you to a great book trilogy.

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Editor’s playlist: Artists of the month

Sabrina White
Editor-in-Chief

As someone with a very eclectic taste and a passion for music, I have thousands of hours of songs and artists that I listen to. I tend to rotate through genres and artists every day, picking a soundtrack to suit the mood I am in. For many people, it can be hard to branch out and find a new type of music or a new favorite artist. That is why I have compiled a list of artists of the month, to share my music tastes and help you all enjoy some new and awe-some music! Below are five genres of music that I have been listening to lately, each with my favorite artist of the month for that genre and my top four songs for each artist.

Who are your favorite artists? Submit your picks to belltower@stmartin.edu to be featured in the next issue!



Photo retrieved from creativecommons.org

HIP-HOP AND RAP:
My favorite artist this month for Hip-Hop and Rap music is Kendrick Lamar. With “Black Panther” just re-leased, and his last album “DAMN.” becoming the soundtrack of my summer drives to and from work, Lamar has become a staple in my music rotations. His music is passionate and pushes boundaries, as well as being catchy, funky, and something I can groove to. Many of his songs are hype music for my workouts or when I really need the motivation to do something. I always am in a good mood when I put on one of Lamar’s songs.

Top four songs by Kendrick Lamar:
“DNA.”
“ELEMENT.”
” HUMBLE.”
“King Kunta”



Photo retrieved from twitter.com

DECADES (late ‘60s through ‘90s):
My favorite decades artist this month is hands down Kenny Loggins. From his iconic movie soundtracks to standalone songs, Loggins always has something to suit my musical needs. Loggins was responsible for creating many of the hit tracks from ‘80s movies and will always be one of my favorite ‘80s artists. All of his songs are catchy and upbeat and make me want to dance around my room like a crazy person. If you don’t know who Log-gins is, I suggest you take a listen.

Top four songs by Kenny Loggins:
“I’m Alright”
“I’m Free (Heaven Helps the Man)”
“Footloose”
“Danger Zone”



Photo retrieved from creativecommons.org

OLDIES (‘30s through early ‘60s)
As always, I’ve got to pick Nat King Cole as my favorite oldies artist of the month. No other artist can match Cole’s voice or classic style for me. His music is soothing, romantic, and gives me a warm fuzzy feeling. I love to listen to Cole when I’m daydreaming, relaxing or feel like living the old dream. His voice is unlike any other classic singer and captivates me every time I listen. I prefer to play Cole’s songs on vinyl, but if you don’t have a record player any old streaming app will do.

Top four songs by Nat King Cole:
“Unforgettable”
“Love Me As Though There Were No Tomorrow”
“Orange Colored Sky”
“Red Sails In The Sunset”



Photo retrieved from creativecommons.org

AMBIENT/CLASSICAL/SOUNDTRACKS:
This month, I’ve picked soundtrack mastermind Jeremy Soule, specifically because he produced the “The El-der Scrolls V: Skyrim” soundtrack. Soule’s master style is evident throughout the soundtrack, and the music is perfect to listen to when you’re studying or just need a mental break. Because Soule’s songs were designed for the open world of Skyrim, they are produced to help you focus and hone in on the game itself, which makes it the perfect companion for study music. I like to put it on a low to medium volume, find a comfy chair or spot and study away. I also listen to it when I feel inspired to paint some Bob Ross style paintings in my free time. The soundtrack is mystifying, and will transport you to Skyrim, a land of huge mountains, dense forests, magical scenery, beautiful auroras, and captivating skies.

Top four songs by Jeremy Soule:
“Ancient Stones”
“From Past To Present”
“Dragonsreach”
“Secunda”



Photo retrieved from twitter.com

ELECTRONIC:
My go-to artist for electronic music right now would be WRLD. WRLD is an electronic artist from the Nether-lands, who produces very bright and upbeat songs. His music is what I would call a mix between vaporwave and classic EDM. This style of music is one of my absolute favorites, I always put it on when I need a good workout song, some hype music to distract me from doing my laundry or cleaning my room, or as background music while I just chill out. WRLD’s music combines happy tones and ‘synth’ backgrounds and is just a good style to play regardless of your mood.

Top four songs by WRLD:
“By Design”
“Everything (feat. Ashdown)”
“You & Me”
“Orbit (feat. Richard Caddock)”

HAVE WORK YOU’RE PROUD OF?



Submit it for publication!
Email submissions to belltower@stmartin.edu
Submissions must adhere to the guest submission content policy printed on pg. 2



“Black Panther” wows audiences worldwide

Breanna Brink
Staff Writer

“Black Panther” is considerably one of the most exciting, and anticipated, movies to come out this year. Taking over theaters beginning Feb. 16, this power film made sure to strike gold during Black History Month. Within a week, the film had earned 404 million dollars, doubling the production budget of 200 million. To put this in perspective, within a week, this film has made more than “Justice League” made in an entire month. This film has successfully beaten all but “The Avengers” film, “Wonder Woman,” and “Logan,” to name a few. There have been 18 films released within the Marvel Cinematic Universe, and with more planned, we can likely expect to see a wider variety of characters soon to come. This film has not only broken box office records, it has greatly surpassed other superhero movies. With a Rotten Tomatoes score of 97 percent, which is based off of a cumulative 335 reviews, the website reveals “Black Panther elevates superhero cinema to thrilling new heights while telling one of the MCU’s most absorbing stories—and introducing some of its most fully realized characters.” Currently, it is the highest-reviewed live-action superhero film on the site, beating “The Dark Knight” and “Iron Man” (both 94 percent).

IMDb gives a brief summary of what to expect from the film, “after the death of his father (which takes place in Marvel’s Civil War), T’Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T’Challa’s mettle as king -- and as Black Panther -- gets tested when he’s drawn into a conflict that puts the fate of



“Black Panther” has taken box offices by storm, earning a 97 percent rating from Rotten Tomatoes and earning over \$704 million

Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.” With this film taking place over several continents, the viewers are exposed to beautiful scenery, as well as some amazing CGI. But what is most impressive is the fictional world of Wakanda, which has such a colorful culture and the ability to take itself seriously at all the right times. With Ryan Coogler spear heading the creative direction of this film, the hype was met with success. Peter Debruge of Variety said, “Black Panther celebrates its hero’s heritage while delivering one of Marvel’s most all-around appealing standalone installments to date.”

Todd McCarthy of The Hollywood Reporter wrote, “The actors are all seen to very good advantage. Boseman (T’Challa) certainly holds his own, but there are quite a few charismatic supporting players here keen to steal every scene they can – and they do, notably the physically imposing Jordan (Killmonger), the radiant

Nyong’o (Nakia) and especially Wright (Shuri), who gives her every scene extra punch and humor.” Andy Serkis plays a slightly psychotic side villain, and Martin Freeman returns as agent Ross, who made his first appearance in Civil War.

This movie has done more than beat records however, The Grapevine released an article in early January 2018, stating that New York resident Frederick Joseph created a GoFundMe campaign in hopes to raise money to help children of color at the Boys & Girls Club in Harlem to see “Black Panther.” Joseph called the release of “Black Panther” a “rare opportunity for young students (primarily of color) to see a black major cinematic and comic book character come to life. This representation is truly fundamental for young people, especially those who are often underserved, unprivileged, and marginalized both nationally and globally.” The campaign exceeded its goal, making \$42,000 over a \$10,000 goal. Once he realized he could reach such a wide range of people, he reopened the GoFundMe with a new goal of \$100,000, which was met with celebrity contributions.

“Black Panther” has become more than a film; it has become a message to others that you can achieve more through hope than with violence. That the more we unite the stronger you become, and because of this, we can open up a safe place for conversation and recognition. This film is striking, and even The New York Times called “Black Panther” “a jolt of a movie,” saying, “in its emphasis on black imagination, creation and liberation, the movie becomes an emblem of a past that was denied and a future that feels very present. And in doing so opens up its world, and yours, beautifully.”

SMU Students disgruntled with Snapchat update

Julia Lucas
Staff Writer

A few weeks ago, popular social networking platform, Snapchat, unleashed their biggest update so far, resulting in major backlash from the general public. The new update changed the entire layout of the app, and many are struggling to understand how to use the “improved” menu. The biggest changes have come from the Snapchat story locations changing from one list, to mixed into the individual snaps people receive from each other. Users have to scroll down to find everyone’s Snapchat stories, so

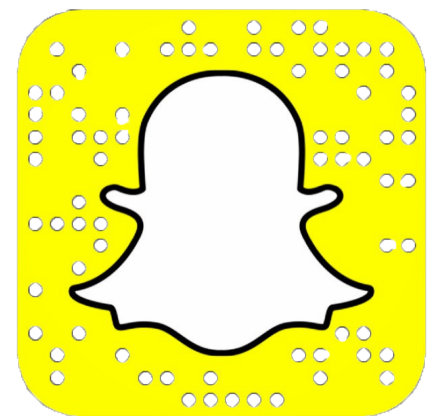
many people do not watch stories anymore. While stories used to be a major part of Snapchat, where one person could show all of their friends one picture or video, stories are now almost entirely disregarded. Stephen Murray, a freshman, commented on the stories by saying, “I don’t like how you check stories. I want the story page again.” Murray was among many other Saint Martin’s students who have strong opinions on the update.

When asked about their feelings on the new update, students did not hold back from sharing their opinions. Nicole Porter, a freshman, replied, “It’s trash and I think they should go back to the old one because no one likes it and everyone’s complaining.” Junior, Hannah Snow, offered her strong opinion on the subject, saying “I really hate it because it’s really unorganized.” Many students responded with intense hatred and strong words, but others replied in a more simplistic way.

Paige Miller, a senior, simply responded, “I don’t like change. If it ain’t broke, don’t fix it.” Similarly, Amber Burbridge, a junior, reiterated the three words, “I hate it.” Most of Saint Martin’s campus wish they never updated Snapchat, and want to change it back immediately. Everyone’s dislike of the app made it easy to find people who had

opinions they wanted to print in the paper. Lauren Diuco had a different take on the app update and said, “From a business perspective, what they did wrong was they took away focus on consumers and put it on advertisement.” Diuco was clear-headed when she spoke about the Snapchat update, and made a key observation of the update. The way in which Snapchat rearranged the layout made advertisements easily seen and accessible. With one swipe to the left, the user is sent to a page of only advertisements, including “news” sources, such as Daily Mail or BuzzFeed. While Snapchat announced the update as a way to better the user experience, they obviously fell short on upholding this ideal.

Most students hated the Snapchat update, but a few had neutral or positive opinions on the matter. Nicki Dehan, a sophomore, replied to the question with, “The Snapchat update does not affect my life; therefore, I’m not bothered by it. No one snapchats me anyway, so I don’t go on it.” While Dehan poked fun at the update from her perspective, she said she has found a way to stay off social media a bit. Kylie Lopez, a sophomore, found a positive, “It’s not that bad because you aren’t as addicted to it anymore.” Whether Snapchat intended to keep users off social media more, their



Snapchat is a popular app boasting 150 million daily users globally

update provided this opportunity for many.

Snapchat has not come forward about changing the app back, but the company has said that they will make minor changes to assist in the user’s happiness. Blaise Ingram, a sophomore, replied, “It is a big change, so there will be backlash no matter what. Either a few months will go by, and we will get used to it, or they will change it back.” Most people are hoping for a full reboot of the app to go back to the original, but Snapchat has only made promises to revise the update, not revert back. Like with many changes, students may even end up familiarizing with the new update and possibly learn to like it.



Sabrina White showcases Snapchat’s filters.

Ask Kianna: Accepting our humanity

Kianna Garmanian
Staff Writer



Photo courtesy of Kianna Garmanian

Send your questions for Kianna to belltower@stmartin.edu

Dear Kianna, one thing I constantly struggle with is learning how to come to terms with my humanity. How can I serve the Lord and do his work if I am constantly making mistakes and failing? I don't feel "good" enough for God. Do you have any advice? -Anonymous

To the wonderful individual who sent in this message- thank you. Your words bring a smile to my face because of how much I, and many others, can relate to the feelings you described. Your question is spot on, as you ponder how we as imperfect

people can even strive to do good in this world or follow the will of the Lord. I sincerely hope that I can share with you a few truths I have learned throughout the years that have brought me comfort and assurance about this topic.

Take it from me, I am about as imperfect as it gets. Each day, I make many mistakes and mess up all the time. Do you know why? Because I am human. But, do you want to know something? It's okay to be human, in fact, it's wonderful to be human. Our humanity, in all its goodness and imperfections is beautiful.

In fact, about a year ago, I really struggled with exactly what you described in your message. At the end of each day, I found it extremely challenging to carry out Christ's mission of love. I always felt like I had a good heart that was glued inside a very imperfect individual. In other words, I desired more than anything to do Christ's work and love others but felt unqualified to do so because of my own sinful actions. For a long time, I let this idea prevent me from carrying out the Lord's mission. I didn't feel good or worthy enough to be considered a disciple of Christ.

Seeking guidance, I approached my parish priest and shared my thoughts and feelings with him. I now wish to share with you what was told to me, as these words

brought tremendous peace into my life.

He said that God does not expect us to do everything right. In fact, he knows that because we are all imperfect individuals, we will mess up on a daily basis. Here's the truth, all that matters is that you try. God focuses on the effort you put into learning how to become a Christ-like individual who is unafraid to love others. He does not expect us to live our lives perfectly, but instead, hopes that we sincerely desire and work on becoming a good person, rooted in the virtues that Jesus displayed for us all. Once I began to understand this message, I started believing that I was worthy enough to do God's work. Yes, I make a ton of mistakes. Yes, I am not proud of any of my wrongdoings. But, I am enough. I know what my heart desires, and I really do want to make a positive impact in the lives of others. My intentions, my hopes, and my sincerity are all that matter in God's eyes.

So, I want to extend this message to you and all others who have dealt with similar feelings because it is one of the most important truths you'll ever hear: You are good enough. You are worthy. God knows your heart and he completely understands the meaning behind your actions and feelings. Don't be discouraged if you feel like you are constantly failing at being a

loving individual. If you mess up, get back up and try again. You are worthy enough to be a disciple of Christ because that is who God is calling you to be. Furthermore, he calls each and every one of us to take on a different mission during our earthly lives so that together, we can bring peace, love, and goodness to our world. God is asking for your heart, not your perfection. So, I invite you to be fearless; be fearless to love in the name of Christ. He will guide you, I promise.

Some of the greatest Saints were the greatest sinners. To be a Saint certainly does not mean to be perfect or without sin, it means to embrace our humanity and strive with our whole hearts and minds to follow Christ. A Saint places their full trust in God, even when their humanity seems overbearing and overwhelming.

Finally, one important reminder that a priest told me was to call upon the Holy Spirit. Ask the Spirit to guide you in your daily life. You will be surprised to learn about the many ways in which you will receive guidance and graces. It's time to wake up and realize that you are the vessel in which God is intending to work through. Continue striving for goodness, my friend. May our Lord's blessings shine upon you and direct your path.

The Sacred Heart of Jesus

Kianna Garmanian
Staff Writer

February and Valentine's Day have passed, and you may still be yearning for some love. I have some good news- you can experience love and goodness more than just once a year when Feb. 14 comes around. Allow me to introduce you to one of the most popular and widespread devotions of the Catholic Church, a devotion that is particularly unique and beautiful: The Sacred Heart of Jesus.

Let's first look at how this devotion came to be. Throughout the years, many of the Saints have specifically promoted and encouraged devotion to the Sacred Heart of Jesus. One Saint in particular, St. Margaret Mary, experienced a number of revelations and encounters with the Lord himself. Christ spoke to her of his passionate love for humanity and the graces given to believers who love him back. A letter written in 1685 by Margaret Mary Alacoque describes those who devote themselves to the Sacred Heart, "which includes an abundant shower of blessings on every place where a picture of his Divine Heart shall be set up and honored." So, throughout the years, Christ revealed the image of his Heart to St. Margaret Mary, and she noted: "I saw this divine Heart as on a throne of flames, more brilliant than the sun and transparent as crystal. It had its adorable wound and was encircled with a crown of thorns, which signified the pricks our sins caused him. It was surmounted by a cross which signified that, from the moment of his Incarnation, that is, from the time this Sacred Heart was formed, the cross was planted in it."

This specific description of Christ's Sacred Heart has been artistically depicted in photos, images, paintings, and badges, and can be found in the houses of Catholics all throughout the world.

Supporting the artistic depictions of the Sacred Heart of Jesus, the Catechism of the Catholic Church (CCC) officially recognizes and teaches about the devotion that has inspired many believers. Further explaining the meaning of Christ's

Heart, the CCC states, "He has loved with a human heart. For this reason, The Sacred Heart of Jesus, pierced by our sins and for salvation, is quite rightly considered the chief sign of that love," according to CCC 478. In the Bible, there are multiple examples of Christ expressing his love in many ways. His entire Passion, Death, Resurrection, and Ascension, along with the various miracles he performed are symbols of his divine and life-giving love. The artistic pictures and badges of the Sacred Heart depict this love by showing Christ's blood flow out, which represents his sacrifice on the cross.

The thorns symbolize our sins, faults, and weaknesses, so it is humanity's sins that pierce the heart of Jesus. Yet, his love still pours for us, and not only does he accept us as we are, so broken and weak, but he extends his mercy to all sinners. Jesus himself says in Luke 5:32, "I have not come to call the righteous to repentance but sinners."

So, what does all this mean to you? How can the Sacred Heart of Jesus impact and transform your own life? Well, let's look at the words of Jesus himself, as spoken to St. Margaret Mary Alacoque. Jesus revealed twelve promises to those who devote themselves and honor his Sacred Heart, and I now wish to highlight a few of them: "I will give them all the graces necessary in their state of life," "I will establish peace in their homes," "I will comfort them in all their afflictions," "I will be their secure refuge during life, and above all, in death," "I will bestow abundant blessings upon all their undertakings," "Sinners will find in my Heart the source and infinite ocean of mercy," and "Those who shall promote this devotion shall have their names written in my Heart." Understanding these truths, here is the core message of the Sacred Heart: Jesus is always with you. No matter where you go, you are never left on your own with the absence of his divine, merciful, and heavenly love. Jesus' love surrounds and envelopes your being, and he invites each of us to accept this love, love him back, and in turn, be open to offering love to others. Junior Olivia Abbott remarks, "Falling in

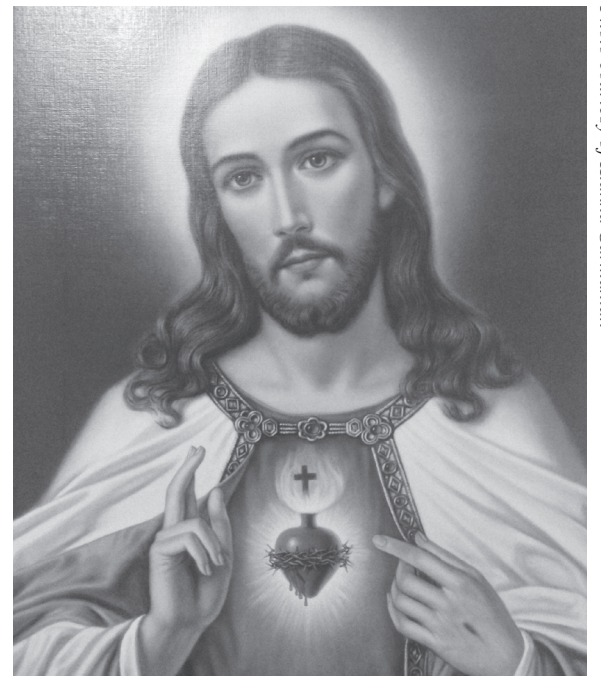


Photo courtesy of Kianna Garmanian

An example of a picture that is hung in rooms, offices, and houses.

love with Jesus is a relationship like no other because you are not afraid to fall. You can only benefit from his love, which allows you to grow stronger with each mistake. He makes you feel wanted and you know that you are chosen because he loves you." By allowing your own heart to be transformed by Jesus' Sacred Heart, you are allowing his love to transform your hardened heart into one that is filled with compassion, mercy, and kindness.

To bite or not to bite: The truth behind dog breed statistics

Hannah Gabel
Staff Writer

When it comes to dog breeds, there are a lot of debates and assumptions made on whether certain breeds are “good” or “bad.” These can be very broad, and blanket terms to describe a dog species as a whole, and can lead to some negative images about certain dog breeds that can make great pets.

Every dog breed was bred for a specific purpose, whether that be hunting specific animals, like rats, moles, or birds; for tracing specific scents; herding farm animals; or a number of other reasons. There are no dogs bred specifically to attack humans, and while those instances can happen, they are rather rare.

Throughout the years, there always tends to be one specific dog breed targeted with ideas about them being excessively aggressive, and more likely to attack anything. In the past, it was believed that dogs such as Dobermans, Rottweilers and Bull Terriers were the dangerous ones. However, those perceptions have been changed on those dog breeds, while people now seem to focus on the idea that Pitbulls and other similar breeds are the most aggressive. Yet, a growing number of people are speaking out in defense of Pitbulls, and how they make great family pets.

To start, Pitbulls are not a specific dog breed, but rather a term used for a group of similar breeds, such as American Staffordshire Terrier, American Bully, Staffordshire Bull-Terrier and many others. Most of the dogs under the term are called “Bully Breeds,” a breed group that originated in ancient Greece to herd farm animals and livestock, much like Collies and shepherding dogs. They obtained the nickname “bully breed” when were used to hunt bulls in a gruesome sport called “bull-baiting.” However, that sport has long since been outlawed and is no longer a common use for bully breeds.

Because of this regular belief that bully breeds are fairly aggressive, numerous studies have been



Photo retrieved from creativecommons.org

Many dog breeds have bad stereotypes, but can be loving pets when raised by caring owners.

come out that focus on the number of attacks, and bites, people receive to give an accurate assessment of which breeds are more “dangerous,” and where bully breeds actually rank on that list. On the surveys studied, all of them either had no bully breeds on the top ten list at all, or had them ranked lower than first on the list. Two-thirds of the surveys listed the Chihuahua as the most aggressive dog. While it might be humorous given their size, it does make sense as it is common for people with small dogs to put more effort into training them because they are a small breed and thus cannot cause much damage if they do misbehave or even snap. Canine Journal conducted an open survey over three years which didn’t even have bully breeds on the “top ten most likely to bite” list, and even had some bully breeds on the “least likely” list. Dogs that were on the “most likely” list were various herding group dogs, such as Collies and German Shepherds, among other breeds. The reason for this is that shepherds and herding dogs are specifically bred to not only protect livestock, but also guide and steer large flocks of them to certain areas, which can often involve nipping at the livestock’s heels to encourage them to move. When owners fail to properly satisfy the herding dog’s needs, the dogs can turn to trying to herd the owner and their family and friends.

Yet, bully breed dogs still are commonly seen as the most aggressive or dangerous. The reason for this is that they are known to be used in dog fighting rings which earn a bad reputation for the breed as a whole, to no fault of their own. But the truth is that bully breeds are naturally very gentle dogs, and owners that put in the proper care and time into raising them, as they should with any dog breed, will have a very loving, loyal, family dog.

Dog bites and attacks still do occur though, but it isn’t as common as some people may think. According to a few studies, dog bites are estimated to happen about 4.5 million times each year, but over 80 percent of them cause little to no injuries. The study states that people are more likely to die from cataclysmic storms, hornet, wasps, and bee attacks, or from choking than they are from a dog attack. And there are always some extra precautionary measures to take to prevent potential dog attacks.

First and foremost, never approach or suddenly pet a dog, unless you have permission from the owner, not only is this polite for the owner of the dog, but the owner can warn you if they know their dog isn’t very social. If you ever come across a dog that seems unfriendly, back away slowly and calmly, while still facing the dog, making sure to avoid eye contact. When first introducing yourself to a dog of any sort, put out your hand palm up so the dog can get your scent, never immediately go to petting a dog on top of the head, as it can startle them and make them nervous or uncomfortable. Most importantly, don’t obsess over the idea that you’ll be attacked by a dog, as it is actually very rare. Dogs of all breeds are very loving and affectionate in their own ways, especially when raised properly.

Bodysuits and catsuits, a flash back from the ‘80s

Olivia Alvord
Staff Writer

A one-piece suit that was once only worn in the world of gymnastics, ballet, and ice-skating, has become increasingly popular, in the fashion world. These unitards are also known as leotards, or catsuits. They have made a flashy comeback from the once bright and form-fitting pieces of clothing, popular in the ‘80s.

The unitard has been around for quite some time, but has just recently been improved and popular again. Catsuits can be traced back to 1940, when Catwoman was first introduced, and Britney Spears’ outfit for her famous 2000s hit, “Oops! I

Did It Again.”

The catsuit has proven to be the go-to outfit for celebrities lately, when attending award shows, and performing on stage, because of their versatility, and ease of movement. They have a “new and improved pantsuit” look, which often include flashy and revealing details, as well as lace and see-through patterns. These types of unitards are mostly worn by celebrities, because of their expensive qualities and revealing looks.

The everyday unitard takes on more of the one-piece swimsuit look. It was made with the intent to be the alternative to a tucked in shirt, but often looks like a flashback to ‘80s workout wear. It can be worn for a cleaner look on the top half of your desired outfit.

Some every day catsuits take on the appearance of a onesie, much like some of the ones Miley Cyrus has worn. These often have elaborate graphic designs and fun, loud prints.

With the creation of the new and improved unitard, controversy has risen on whether they are just for the elite, or if they can be worn for day-to-day responsibilities. One of the statements that often comes up, when arguing against everyday wear, is the complexness of the tricky buttons at the end of the one-piece. The unitard is said to look like an adult version of a baby’s onesie, complete with the buttons to fasten

it on. This key part of the piece is often one of the turnoffs when deciding whether or not to make a place for it in your wardrobe.

Another turn off, is that the full-length catsuits are difficult to take on and off, and simply do not look good on everyone. They have also been compared to a flashy version of a pantsuit.

In the end, choosing to wear a unitard is a bold, fashion choice that often takes a healthy dose of confidence to wear. Many people shy away from even trying them on because of their form-fitting, and sometimes scandalous, appearance. Many people feel that they are too flashy or show too much skin, while others lust after the tight clothing to show off their body. This just goes to show that current fashion trends can either be a hit, or a miss, especially the fads that comeback from the ‘80s.

Sometimes fashion trends don’t make it full circle here on the west coast, especially in the Pacific Northwest, because of the constant changing weather patterns, and minimal exposure to the fashion world. To get the scoop on this ‘80s comeback, I talked to a few students around campus to get their thoughts on this statement piece.

Mary Seiner, sophomore, gave her opinion on this new fashion trend. “I have never worn unitards before, but whenever I see people wear them, it is usually celebrities—all



Nicki Minaj is another popular artist who has been seen wearing bodysuits in concert.

bejeweled or with leopard print. In everyday life, I have to pay close attention to fashion to be able to recognize if someone is sporting a unitard. They look like regular shirts when tucked into pants, and I think that is a very clean look. A person does not need to spend five minutes trying to tuck in their shirt if they own a unitard. It also has a slimming effect as well, which I would imagine boosts confidence in a lot of people.”

Another Saint Martin’s student, Trystan Rackham, said, “I don’t know why they came back. They were tolerable in the ‘80s but now I just think that they are unattractive and that they shouldn’t have come back.”



Photo retrieved from creativecommons.org

Beyoncé wears a sparkling bodysuit in concert.

Bipartisan budget deal approved by White House

Mariah Partin
Staff Writer

In February, the White House, along with congressional Democrats and Republicans, finally approved a budget that the president signed after a very brief government shutdown. Senator Rand Paul of Kentucky, delayed the vote with a “one-man blockade” according to the New York Times, and was the cause of the short closure, which is being called the least disruptive government shutdown in history. The new 652-page deal includes 300 billion dollars in additional funds over two years for military and nonmilitary programs, as well as almost 90 billion dollars in disaster relief in response to last year’s hurricanes and wildfires.

This past year, the South was hit by a number of destructive natural disasters, and California as well as other parts of the Northwest, suffered from constant spreading wildfires, ruining much of the land and tragically eradicating people’s homes. Supporting President

Trump’s earlier promises, there will be an increase in military and infrastructure spending. Senator Paul was against the bill because of the large spending increases, and demanded to vote on an amendment that would have capped spending, leading to frustration for both Republicans and Democrats alike.

The bill already faced trouble in the House, where many opposed the deal as it did not address the young undocumented immigrants in the U.S., who have been protected under the Deferred Action for Childhood Arrivals (DACA), also known as Dreamers. Though immigration reform was not addressed in this bill, Speaker of the House Paul Ryan addressed DACA, stating that a solution will be found once the budget deal was approved. House Democrats were divided on this deal, with Representative Nancy Pelosi opposing the deal while also not pressuring other Democrats to vote against it. Representative John Yarmuth of Kentucky, noted that the budget deal met many of their priorities and commented on the

importance of compromising.

According to USA Today, the bill includes expanding a tax credit to reward companies for practicing “carbon capture and storage.” This is an expensive process that its supporters say can take out up to 90 percent of the carbon dioxide emissions generated from the production of fossil fuels that result from electricity and other industrial processes. This tax credit had bipartisan support as Republicans liked that the process helps industry extract oil and natural gas deposits, and Democrats liked its potential to reduce carbon emissions. The bill also includes a boost for different health initiatives and more medical research. This includes six billion dollars to help fight the opioid epidemic and fund mental health initiatives.

The bill also increases funding for community health centers to serve low income patients and provide repairs to veteran’s health clinics. This new budget plan, however, fails to eliminate the budget deficit which has been a goal of

the Republican party for decades. This large deficit occurs because U.S. government spending is higher than its revenue. The Washington Post reports that Ryan had proposed 4.6 trillion dollars in cuts to eliminate the deficit over the course of ten years, but these changes have not been adopted by Congress, nor were supported by the Obama administration. This budget plan from the Trump administration will call for cuts over ten years, to reduce the deficit growth by three trillion dollars, but wouldn’t be enough to entirely eliminate the deficit. The U.S. government’s deficit is growing at an alarming rate, but the White House projects that, with the economy growing faster, more tax revenue will help offset spending.

President Trump backs ban on bump stock devices

Mariah Partin
Staff Writer

Following an incredibly emotional several days after another school shooting occurred at Marjory Stoneman Douglas High School in Parkland, Flor., President Trump has addressed the debate on gun control. After a number of shootings in 2017 and 2018, including at a church in Texas, the tragic attack at a country music festival in Las Vegas, and now this Florida high school shooting, some people have demanded the president make a change.

After the devastating incident in Florida, dozens of teenage students went to the White House to express their frustration, anger and hope for increased gun control in the United States. With students coming out and voicing their fear of simply attending school, it has encouraged even more of a conversation on gun control and pressured the White House, who are holding sessions to listen to victims and parents of those involved at past school shootings. The shooting in Parkland took the lives of 17 people, including students and staff. The assistant football coach Aaron Feis, was killed when shielding students from oncoming bullets. Other victims ranged from new freshmen to seniors preparing to go



A semiautomatic rifle with a bump stock can fire nearly 600 rounds per minute.

to college.

After hearing from some students and other victims of shootings, including those affected by Sandy Hook and Columbine, President Trump moved to regulate bump stock devices. In February last month, he signed a memorandum recommending Attorney General Jeff Sessions propose regulations to make bump stocks illegal, as they turn legal semi-automatic weapons into illegal machine guns. Bump stocks are devices that can enable a gun to trigger faster, making it fire similar to the rate of an automatic weapon.

The gunman that killed 58 people in Las Vegas last year used a bump stock that allowed him to engage his weapon’s trigger faster. According to NBC, President Trump stated that a Justice Department review of bump stock regulations

started in December after the Las Vegas shooting. Jennifer Baker, a spokeswoman from the National Rifle Association (NRA), said that the NRA has not judged on the President’s action yet as no rule has been officially published, however she stated that banning semi-automatic firearms and accessories has not shown to prevent criminal activity.

Another issue raised by NBC news reports that the Bureau of Alcohol, Tobacco and Firearms (ATF) has taken the position that bump stocks are not regulated under the Gun Control Act or National Firearms Act, therefore they do not have the authority to regulate firearm parts. This could cause problems with the president trying to enforce bump stock regulations. There has yet to be word on more legislation regarding gun control, but according to ABC news, White House press secretary Sarah Sanders, commented that the door has not been closed on the gun control conversation. So far, there have only been reports of a bill to seek to improve the national background check system. Given the number of recent shootings, many are divided, moved to have a conversation on gun control and find that regulating bump stocks is not enough, while others are concerned about President Trump enacting gun control regulations.

Trump proposes anti-free trade tariffs on steel and aluminum

Brian Messing
Section Editor

President Trump announced on Thursday that he would impose tariffs on steel and aluminum imports. Trump’s specific plan called for a 25 percent tariff on steel imports and a 10 percent tariff on aluminum imports. The impacts of this policy will be wide-reaching and will affect most Americans.

President Trump has rejected the post-war consensus that free trade is superior to protectionism. America lowered tariffs and cooperated with her neighbors. America followed the principle of comparative advantage for decades and wealth was created. America did well under free trade policies during the second half of the twentieth century. The prices of consumer goods decreased substantially and opportunities were

created for people seeking jobs in fields that America specialized in.

More recently, free trade has become a divisive issue in American politics. The 2016 election was unique in that it was the first time in over a century that both major candidates ran on a platform rejecting free trade. President Trump was notorious for claiming that free trade hurt working class communities in America. This became a staple of his “America First” campaign and an issue that he proved could be used to cross party lines. Additionally, Hillary Clinton came out and opposed the Trans Pacific Partnership (TPP), a free trade agreement between 12 nations, that she helped negotiate when she was Secretary of State. According to the World Bank, if TPP had gone into effect, it would have raised the GDP of member countries by an average

of 1.1 percent by 2030, leading to greater wealth for Americans.

Support for free trade hit an all-time low in 2016, with only 45 percent of Americans supporting free trade agreements. This number increased in 2017 to 52 percent, bouncing back after the election campaign was over. Perhaps this shift away from free trade is a by-product of being out of an election year.

Despite the increasingly favorable opinions on free trade in America in 2017, President Trump has held true to his campaign promise and called for tariffs last week. The reaction was mostly negative. The stock market plunged on Thursday, with the Dow closing over 400 points down in a reaction to the announcement about the tariffs. Wall Street’s fear is that by raising the price on steel and aluminum imports, companies

that import steel and aluminum will be forced to pay more, assuming that they import the materials from foreign nations.

The tariff issue likely affects you in that prices for any goods that use steel or aluminum will increase. The cost of tariffs is not placed solely on corporations, but rather is passed onto the consumer through rising prices for consumer goods. Additionally, many economists have predicted that increased tariffs could lead to the United States entangling itself in trade wars with other nations. Reactions from Canada, Mexico and the European Union have already been negative. At a minimum, it is likely that these countries will raise tariffs on U.S. exports, further causing issues for Americans.

Romney to run for Senate in Utah under center-right platform

Zara Kulish
Staff Writer

Mitt Romney is back in the political sphere after his 2012 bid for the presidency. Since 2012, Romney has been loosely involved in politics, speaking up when he felt it was necessary. Romney warned Republican primary voters against electing Donald Trump in 2016, and was also considered a possible "unity choice" to be Secretary of State under Trump for the purposes of uniting the party. Romney's break from politics ended this February, when he officially announced a bid to replace retiring Republican Senator, Orrin Hatch of Utah, who has served as President Pro Tempore of the United States Senate since 2015. While Romney is not a native of Utah, he has a strong following in the state, which is largely Mormon, and home to the George W. Romney Institute of Public Management at Brigham Young University, named after Romney's father. Additionally, Romney has always had a large presence in Utah, dating back to his role in the 2002 Salt Lake City Olympics.

In the announcement, Romney

said that he is running for the Senate because he believes that he can "bring Utah's values and Utah's lessons to Washington." His vocal opposition to Trump has garnered him support from Democrats, which if elected, bodes well for his chances at the across-the-aisle collaboration that we need to make progress -- increasing bipartisan cooperation was even one of the reasons he gave for running. Romney avoided any direct shots at the president in his announcement on Feb. 16, but he did say that Utah "welcomes legal immigrants from around the world -- Washington sends immigrants a message of exclusion. And on Utah's Capitol Hill, people treat one another with respect." His message was focused on opportunities for Utah, and what his state could do for the nation, going so far as to say that "Utah is a better model for Washington than Washington is for Utah." If he is elected, Romney's center-right positioning could help the Republican Party to find direction again in these increasingly polarized times.

The 2018 midterm election is not expected to be a particularly tough one for Romney, because he

is already enormously popular in Utah. In addition to deep connections with the Mormon church in Utah, he helped the state overcome a bribery scandal surrounding the 2002 Salt Lake City Winter Olympics. Former Utah Governor Michael Leavitt, who advised Romney during his first presidential campaign in 2008, said that Romney "has a center-right philosophy that is quite consistent with the main stream of Utah." The road to Washington is not, however, without obstacles for Romney. Before Romney had even announced his run for the open seat, his most likely opponent, Democratic Salt Lake County Council member, Jenny Wilson, spoke about Romney as someone with a fundamental misunderstanding of the people of Utah.

"Utah needs an independent voice for our communities that are struggling, not a hand-picked candidate of the Washington establishment... Utah families deserve a Utahn as their senator, not a Massachusetts governor who thinks of our state as his vacation home."

Despite his popularity, there is still some dissent among Republicans. Don Guymon, a member of the Utah



Former Presidential candidate Mitt Romney reenters the political scene.

Photo retrieved from creativecommons.org

Republican Party Executive Committee, expressed concern that due to some recent changes in Utah's election system, people would assume that Romney is the nominee, not giving a chance to lesser known candidates. In addition, he was worried about some more liberal positions that Romney has held in the past, on issues like abortion. "Mitt's had various positions over the years, so what are we getting? Which Mitt are we getting? He's never held a town hall and answered questions from Utah citizens yet." Though it is not yet clear what he will focus on if he gets elected, he has been addressing controversial issues such as global warming and expanding legal immigration, which appeal to the more centrist citizens of Utah.

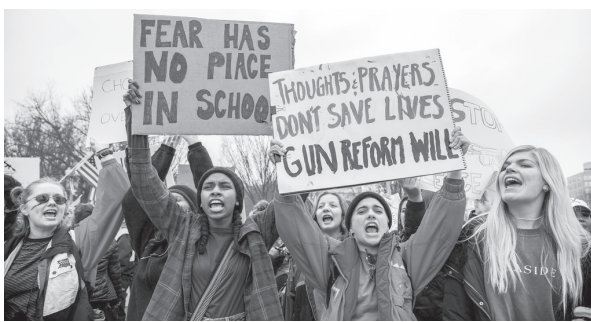
Students walkout across the country following Parkland shooting

Zara Kulish
Staff Writer

On Feb. 14, 17 people were killed in a shooting at Marjory Stoneman Douglas High School in Parkland, Flor. The suspected shooter, 19-year-old Nikolas Cruz, who was a student at Marjory Stoneman Douglas High School, until being expelled for disciplinary reasons, was arrested by law enforcement shortly after the event. The gun used in this shooting was an AR-15, which is a semi-automatic rifle. There was an armed guard outside of the school, but neither he nor the police went in right away. This was one of seven school shootings this year that have resulted in injury or death.

The public reaction was similar to that following other mass shootings -- people sending their thoughts and prayers, followed by a debate on gun control. This past Wednesday, Feb. 21, a number of students from across the nation lent their voices to Parkland survivors' call for action by walking out of their classes and gathering together to honor the victims of the shooting, and call for the end of violence in schools. President Trump, and others, have suggested the possibility of arming teachers with concealed weapons to stop attempted shootings in the future, but there is opposition to this idea.

I spoke with Claudia Velie, a junior at Kingston High School in Kingston, Wash., about her reasons for participating in the walkout, and what schools can do to improve safety for their students. She said the following: "I participated in the walkout mainly for two reasons: the first being to honor the 17 students who were killed in the Parkland shooting, and the second being to bring awareness to the faculty, parents, and even other students, that we are dying and we need to reduce these occurrences drastically. I believe that guns are absolutely okay to own, but not weapons that are created for an army to use in combat. Distribution of guns should be controlled and guns should be registered with the police or the government, which absolutely does not take away one's right to bear arms. I do not think it would be wise to arm teachers. The



High school students across the US walked out to protest gun issues.

Photo retrieved from creativecommons.org

whole point of the walkout, and all these protests, is to reduce gun violence, not create hazardous conditions for all faculty. An idea brought up in my class [to improve student safety] was to install metal detectors, and although that may not be possible in all schools, I think it would be a step in the right direction."

Seth Hillsberry, also a junior at Kingston High School, and a Running Start freshmen at Olympic College, was not going to participate in the walkout because "the first thing I had heard of it was that it didn't matter your position on gun control and that it was just to respect the deaths of those killed. If that was the truth, I would have participated... After [one of the participants] said that they were protesting AR-15s, I proceeded to walk to my class."

His position on gun control is this: "I believe through the empirical evidence that has been shown throughout the U.S., and the historical significance surrounding it, shows that gun control is ineffective. I stand with the second amendment, and regard it as the one that protects all the others. Thousands of Americans die to protect our freedom, and through ignoring our constitution, we are systematically wasting their efforts. [Gun control] doesn't work, and it is a restriction of freedom. Forcing teachers to carry guns won't solve anything, however those that want to should be able to go through training and get certified to carry in schools. If [the law enforcement in Parkland] had done their job, it's very likely that less people would have died. I think [improving safety] is important and very

significant, but I can't help but mention that the chances you will ever see one of these shootings in your life is almost nothing. Overall, we protect our president with guns, we protect our country with guns, and pretty much everything else important. We can do the same with children."

While students across the nation walked out to get the attention of their school administrations and government officials, some did not feel the need to. Port Townsend High School in Port Townsend, Wash., did not walk out. According to Lysa Falge, the athletic director at the school, the administration takes this issue very seriously, and has already set up an anonymous call line for students who notice concerning behavior, as well as having a student resource officer on duty at most times.

I spoke to one more student during the course of my inquiries. His name is Thaddeus Smith, and he did not participate in the walkout at his school, because he felt it was taking advantage of the 17 people who died in the Parkland shooting to "push a political agenda that is flawed and ill-defined."

Smith holds a firm stance on gun control, stating that he is "against anything that blatantly restricts what weapons the American public may or may not own, except background checks. The second amendment is clear, and gun control measures in Australia and Britain have had no effect on overall homicide rates. I think that in the public school system it isn't wise to directly arm teachers, but in private schools absolutely. All schools should have some form of armed security, however. The lives of youth outweigh anything else. Honestly, the best thing we can do for student safety is armed resource officers who aren't cowards like the Broward County Police Department. The shooting could have been stopped immediately if the police had just entered the building."

Debate continues about the correct and most effective response to these shootings as many seek to find closure on these nation-shocking events.

Programs offered at REC provide a healthy way to have fun

Brenna Woslum
Staff Writer

The Charneski Recreation Center (REC) offers a variety of diverse programs and activities for people who are dedicated to fitness, as well as people who want to get out of their comfort zone and have fun. Fitness classes, like Zumba and Thai Chi, are offered numerous times throughout the week. Below you will find a detailed explanation of all the fitness class as well as information about intramural sports, and the Saints Outdoor Adventure Recreation (SOAR) program.

Zumba is an aerobic fitness program that features fast and slow rhythms, with dance moves inspired by Latin American cultural dances. Zumba fitness classes are based on a fun and easy workout that sculpts your body in the process. These classes are available Mondays from 5:30-6:30 p.m., and Thursdays from 5:00-6:30 p.m., in the upstairs studio of the REC. The environment is fun and upbeat, and the instructors offer a welcoming environment that encourages newcomers.

HIIT, High Intensity Interval Training, is offered in the studio on Tuesdays and Thursdays from 6:30-7:30 in the morning. This training class requires 100 percent effort for the intense bursts of exercise, which are followed by short recovery periods. This is the class for someone who wants to get in shape, but doesn't know how to go about it. The instructor is very encouraging throughout the 45-minute workout.

Yoga is a physical workout as well as a workout for the mind. It is an intense workout that will make you sweat while connecting your breathing with your movement. If you're up for a relaxing, yet challenging workout, come out to the studio on Monday afternoons from 12:00-1:00 p.m. and on Tuesday mornings from 7:00-8:00.

Pound fitness is a workout inspired by the fun you experience when playing the drums, that

includes cardio and weight training as well as rhythmic techniques from Pilates. This cardio-packed jam session leaves you dripping in sweat and feeling like you can conquer the world. You can rock out in the studio on Tuesday evenings from 5:30-6:30 and Wednesday afternoons from 11:30-12:30 p.m.

Cardio Kickboxing is a workout specific to the cardiovascular system. It combines boxing, martial arts, and aerobics, while also including traditional cardio kickboxing movements, like kicks and punches. If this is your jam, make sure to come out to the studio on Wednesday evenings from 4:30-5:30 p.m.

Barre classes have just recently been added to the long list of fitness classes. Barre is offered in the studio on Thursday evenings from 6:30-7:30, here you can gain full body strength through a rigorous fitness class. The instructor helps you focus on your strength and alignment for better posture and flexibility while using the ballet barre to sculpt your entire body.

Mixed Fit is a dance-based fitness class that incorporates boot camp-toning techniques with explosive dance moves. It takes place in the studio on Wednesday evenings from 5:30-6:30.

MMA Conditioning is a new fitness class offered in the studio on Wednesday nights from 4:30-5:30. MMA Conditioning is a full body workout. This is an intense class for those looking to take their traditional workout to the next level. Here you will learn to strike and move just like the MMA pros, all while getting some great exercise during this killer workout.

Thai Chi is a traditional Chinese form of exercise that incorporates deep breathing into movements that are done in a slow and focused manner. If you're up for a cultural experience during your workout, it is offered in the studio on Wednesday afternoons from 3:30-4:30 p.m.

There are also numerous Intramural Sports offered in the evenings, so establish a team and



Photo courtesy of Brian Messing

The REC has an upcoming activities board with available classes, located in the stairwell.

prepare to compete. Winter league sports include 4 v 4 volleyball, 5 v 5 basketball, and ultimate frisbee. If you are interested in those you will have until next January to make your team, as the season just ended. Registration is going on now until April 3 for archery tag and until March 29 for soccer, so be sure to sign up.

The SOAR program is a mix of various activities that are offered on Saturdays. You can participate in go kart racing, hiking, indoor rock climbing, snowshoeing and snowboarding trips for a small fee of \$15. Trips meet at the REC where students are required to fill out a participation form to attend. Indoor rock climbing is happening soon, and no experience is necessary, so be sure to sign up at the link below.

If there is something that the REC does not currently offer, feel free to swing by, or email David Crawford, Director of Campus Recreation, he is always up for new ideas that encourage student involvement.

Sign up for all programs and activities at www.imleagues.com/stmartin.

BLP summit promotes leadership growth in students

Abigail Lowrie
Layout Manager

Each fall, the first phase of the Benedictine Leaders Program teaches new students what it takes to be a Benedictine leader, following our core themes of community, service, reason and faith. This year, speakers included Katie Wielickiewicz (community), Dr. John Hopkins (reason), Angela Carlin (faith), and Dr. Jeff Crane (service) to give us their perspective on what it means to lead through these four core values, and wrapped up the six week course explaining how they are all interconnected when it comes to leadership.

The spring semester hosts BLP phase 2, a full day of leadership learning, workshops, and discussion, with your fellow peers to have a better understanding of your own personal leadership styles, and how to use your personal talents to contribute to the common good. Sophomore, Madelyn Laskowski, explained, "BLP to me, means that we are shaping the future. It is a place where we can develop our own leadership style and find out more about our own leadership. It's definitely a place where ideas are welcome and can be bounced off

of."

This year the keynote speaker was Danielle Roberts from the University Engagement team at Catholic Relief Services (CRS), based in Baltimore. Her message focused on ethical means of consumption, and considering the impact of every single action that you make including the good and bad. Roberts started her speech with a story about her time spent in El Salvador, and working with families high in the mountains, who did not have direct access to clean drinking water. A truck would come on a random schedule to fill each families water bucket, but if they couldn't afford it at the time, they would miss their chance at clean water for an unknown period of time. Roberts began to investigate how much the water cost, assuming it was a pricey item, considering so many families went without it. When she discovered that it was only \$5 to fill their bucket, her instant reaction was "I have \$5 in my pocket, I'm sure everyone in this group has \$5. Why don't we just give them each \$5 or even \$20?" assuming she'd found the solution to their water problem. It is this kind of service thinking that continues the cycle of living for these families, Roberts explained,

quick fix solutions are not ones that are long lasting and don't address the systematic problems at hand.

Student leaders were handed a piece of paper with 4 grids with the letter P, A, C, and T. We closely examined the meaning of each letter and how it relates to our leadership both in our community and globally. P meaning pause, encouraging us to step back and consider the affect our actions will have. A meaning assume that you are wrong, you can not enter someone else's culture and simply give them what you assume that they need, you must integrate yourself into their culture, engage with the people, and begin to learn and understand what they need, not just what you assume is the problem. C meaning creativity and joy, service is not about deprivation but what can you change or do better in your day to day activities, and thinking about how you can do things in a new way while still meeting your needs and bringing happiness. T meaning together, how can you share an experience or make it easier for others? Think about advocating, education, and passion, the butterfly effect.

Speaking about their interpretations of Roberts' speech, Carlin, Hopkins and Wielickiewicz hosted

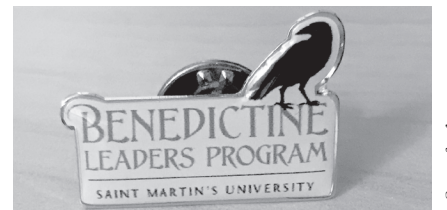


Photo courtesy of Abigail Lowrie

Pin presented to students who complete the Benedictine Leaders Program.

a panel discussion to emphasize the importance of what we heard, and how we can apply it to our Saint Martin's community. Wielickiewicz discussed how Roberts' message fit perfectly with Saint Martin's Year of Community, explaining, "we cannot build a community without knowing who is in the space, contributing their talent to the cause. If you are going to live a life of joy, we need to see the beauty in every day and every person. We have so many battles to fight but we can't do everything, having a community means that you can divide up the work that needs to be done, and conquer."

The symbolic ending to the Benedictine Leader Program Summit is the pinning ceremony. Father Kilian joined Angela Carlin in blessing the pins, prior to presenting them to newly distinguished Benedictine Leaders.

Seniors share mixed emotions as graduation approaches

Jessilyn Dagum
Staff Writer

Sixty-eight days. That's how many days are left until Saint Martin's University's graduation day. Only sixty-eight days. For some, that's quite a long time, but to many of those graduating on May 12, 2018, it seems like tomorrow.

Senior year can be a very exciting and a very stressful time for college students. While some seniors have finished their graduation requirements early on, others are taking a full credit load to meet them. While some seniors begin internships and different career paths, others are beginning the post-graduate search for work. Nevertheless, the world seems to pose the same classic questions regardless of the individual: What are you going to do after graduation? What are your plans? Where do you want to work?

As the countdown to graduation nears, an array of mix feelings arise from Saint Martin's class of 2018. Here's what some of them had to

say about the approaching commencement ceremony and, their plans for the future:

Victoria Nunez, psychology and social work major:

Q: How do you feel about graduation being right around the corner?

A: "I feel the strangest combination of excitement and pure terror when I think of graduating college in May."

Q: What are your plans for after graduation?

A: "Immediately after graduation, I will be traveling around Southern Asia with some friends to celebrate, and then I will be relocating to whatever graduate school I pick. I will be getting my master's in social work, whether that be staying in Washington or starting over in Denver, Colo."

Daniel Merlino, communications major:

Q: How do you feel about graduation being right around the corner?

A: "I'm stoked that graduation is around the corner, because it means this chapter of my life is closing

and it's long overdue. I'll miss my friends, but we have social media for that."

Q: What are your plans for after graduation?

A: "I was offered a full time position at a national home builder. I'm ecstatic about it because I have a career lined up before graduation. However, I'll be taking my LSAT and my GRE in the fall to continue my education."

Alana Llacuna, social work major:

Q: How do you feel about graduation being right around the corner?

A: As graduation comes around the corner, I feel really nervous to be a full-fledged member of society, relieved, because I'll be done with school, sad, because you'll never get that same college environment where you enjoy coffee dates with friends. Also really excited that I get to be in this generation that will make an impact on our country.

Q: What are your plans for after graduation?

"After graduation, I plan to work in my field for a year with homeless

families or do macro work where I take action on our state's policies. Then, go back to grad school in Hawaii to further my education so that I can be able to work with people back home and hopefully partake in the process to one day relieve and/or end the chronic homelessness in Honolulu."

Whether it is traveling around the world, starting graduate school, or beginning a career, at Saint Martin's University there seems to be a bright future ahead for our seniors. Arguably, this is because of the amazing guidance and resources our university offers, including programs and events such as Saints Have A Plan, Saint4Hire, as well as the school's annual career fairs. This year's Career and Internship fair will be held on April 18, 2018. Additional information for seniors, or those eager to start planning their post-graduate careers, can be found through the College and Career Center at careers@stmartin.edu.

The history behind SMU's Marty the mascot

Brenna Woslum
Staff Writer

Have you ever wondered about the origin of our beloved mascot? Well, settle in, because here at the Belltower, we are in the business of getting answers. Saint Martin's University was founded in 1895, and until the 1930s, operated as an all-boys' school, providing the equivalent of a high school education to boys aged from 10 to 20 years old. During the first year of operation, the Saint Martin's boys' school had a class of one, a young man who traveled all the way from Shelton to attend classes, supposedly by canoe. In the 1930s, then-Saint Martin's College gained four-year college accreditation, and by 1974, the high school closed down. The 1940s bore witness to Saint Martin's University's first collegiate sports teams, and it was around this time when they earned

the nickname of "The Saints." According to sources at the college, it was not until the early 2000s that the college saw the birth of the mascot in his current form. Prior to this time, the college found itself without a mascot entirely.

To fully understand our dear mascot, it is important to have a little backstory on Saint Martin himself. Saint Martin of Tours was born in the fourth century A.D. He converted to Christianity at the age of 10, against the wishes of his parents. As the son of an officer in the Roman military, Martin entered military service around the age of fifteen. Saint Martin served in the military until his early twenties, when he became the equivalent of a conscientious objector, and refused to bear arms and kill others. Soon after, he was released from military service, but not after a threat of jail for his pacifist beliefs. This brought us the origins of our present-day mascot.

"Marty," who is clad in Roman military garb, is a depiction of Saint Martin during his military service. Apparently, the mascot takes the earlier form of Saint Martin, because the idea of the Saint in his conscientious objector stage was deemed not intimidating enough for a sports team, so we now have our beloved fighting Saint.

At one time, the college almost had a different, less militant mascot. In the 1990s, a committee began working on a potential redesign of the college logo, and a rebranding of the mascot. The reason behind the potential change has its roots with a tale of Saint Benedict. Specifically, the story of Saint Benedict and the Raven. According to legend, when a jealous priest attempted to feed Saint Benedict poisoned bread, Saint Benedict shared his bread with a raven, and instructed it to take the poisoned crumbs far away. The raven complied, and then returned to

his side. This is believed to be the reason many artistic depictions of Saint Benedict feature a raven. According to sources in the university administration, the committee got so far as to have mock ups of the Raven drawn up, but the idea was eventually put aside. Whatever the reasoning, this rejection paved the way for the introduction of Marty not long after.

At the time of this writing, we could not yet verify who designed Marty in his current form or procure a copy of the mock ups of the Raven. For now, Marty's origins will have to remain half cloaked in mystery, much like his namesake.

English degree requirements: a closed book?

Amanda Chappell
Section Editor

Saint Martin's University offers a wide variety of degree options, in hopes of appealing to the interest of every student. From a plethora of science degrees to humanities, St. Martin's provides career options for every mindset. One major that can often be overshadowed in the world of technology is English, a degree in which those who are passionate about literature and composition can delve into the wonderful world of words strung beautifully together. But, how does the major at St. Martin's compare to other universities across the country?

Here at SMU, English students are required to take College Writing I & II, Literary Studies, Literary Foundations, as well as the undergraduate core requirements, for their lower division electives. For upper division, students have

the options of American Literature to 1870 or After 1870, Shakespeare, and, of course, Senior Thesis Seminar. To make up the rest of the credit hours, five upper division electives are mandatory, with many different course options available.

One question that arisen amongst current English students here, is the absence of a modern literature requirement. Sure, modern fiction and modern poetry are offered as electives, and if you're lucky, they just might be added to the course list while you're a student. Second-year English student, Savannah Schilperoort, said, "our English classes are great, it's not that they don't teach us about valuable literature, but honestly, they sometimes feel like history classes. We need more modern literature that speaks to modern students. If not for better engaging the students, then for those who are thinking of pursuing a career in non-academia." The

argument persists that interests lay beyond the historical context of literature, as there is so much yet to be learned in the texts that have been produced in the last fifty years.

Stanford University seems to have picked up on this notion, as one of their English fulfillments prompts the student to choose between Introduction to African American Literature or Modern Literature for a core requirement. Though still a choice, it seems to be a more prevalent option, instead of a once-every-two-years class.

California universities seem to be key advocates for modern literature, as University of California, Davis, follows suit with teaching contemporary works. Their second required course, in the catalog listed on their website, is Introduction to Modern Literature and Critical Theory, a course designated to introduce students into a small portion of contemporary texts (chosen

by the professor) and familiarize them with techniques to critique and understand the texts.

Not all are opposed to St. Martin's approach, however. Olivia Kemp, also a second-year English student, spoke about her opinion on the program requirements, "I think [the required classes] are that way because [the faculty] wants us to know the kind of writing that lead up to modern literature. Since we can't time travel, it is important to know what kind of writing was being produced back then. Compared to what is being produced now. How historical authors may have influenced and inspired modern-age authors."

So, the question remains to be unrequited, of why Shakespeare seems to be the foundation of all literature-based programs, or why modern fiction doesn't get the attention it deserves at some institutions, but it's important to know that options are available, elsewhere.

Father Kilian, from cover

opening your mind, enabling you to be able to read and judge critically, honestly, and to see people as they really are.” We are reminded to not take this for granted and we are a very special group of people. Father Kilian states that there are millions of people in the world who cannot even read or don’t have a job. He says students should be very grateful and use that to fuel their service towards others. “You are responsible to help heal those in need. Help them. Change them. Your education should not just be for you to hold onto. Its’ to enable you to be an ambassador of goodwill and of God to the world.”

A thought he gave me to ponder was “Were we better off communicating with each other before everyone got caught up in their phones?” Walking down the halls, you pass over half the people on their phone who don’t even look up. When you walk in a classroom, everyone is sitting silently on their phone. Were we really better at communication before the devices we claim to help us communicate more efficiently? Father Kilian thinks that “Maybe always being on our phones breaks down that sense of interaction.” Technology is good; but is it always the best? We could see technology diminishing interaction with

students and faculty face-to-face. He says “Sometimes I find [phones] to be too much. Other times I can’t say whether it negatively impacts the relationships between students and faculty.”

As we continued to talk about students and faculty, Father Kilian remembers when students would bring their horses to campus. He described how he would take students riding during classes and on weekends. “Everyone loved it. Students would go crazy about it.” Father Kilian wishes that we could still have horses on campus today, but due to the horses being so close to residential areas’ water, the city

of Lacey declines our request for horses. He shared with me that he did not grow up wanting to be a monk, but instead wanted to be a jockey. His dream was to ride horses, to train them. But he says, “Since then I have realized that professional horse racing can be very cruel to those animals.” Currently, he is protesting any type of animal cruelty because of his love for horses and all animals.

As far as Father Kilian’s rapper name; we can expect to see Killer Kilian dropping some mix tapes here soon.

Saint’s Alums welcomed back on homecoming weekend

Mia Rollins
Staff Writer

Homecoming weekend welcomed alumni from past decades. Saint Martin’s University invited distinguished alumni to share recognitions, stories, memorabilia, and laughs.

The annual Distinguished Alumni Awards event took place on Saturday, Feb. 24, at the Charneski Recreation Center.

Alumni entered in the building with soft jazz playing in the background, displays of historic photos, and Saint Martin’s keepsakes. Some of these included class of 1968 yearbooks, baseball mitts, flags, cleats, and a Saint Martin’s gym bag. And of course, surrounding the vintage Saint Martin’s swag, was new and updated memorabilia.

While the gathering had officially started at 11 a.m., alumni spent time mingling with fellow alumni, friends, and even past professors. As the small crowd settled, Abbott Neal blessed the brunch.

While the number of attendees wasn’t

overwhelming, the atmosphere was lively, and it felt like a family event. This could be because the fact that alumni brought other family members such as kids, siblings, and grandkids to attend the afternoon’s function.

As guests enjoyed their meals, they were entertained by a picture slideshow filled with reminiscent photos of the Saint Martin’s campus, classmates, monks, and in some cases, their own yearbook photo.

After President Heynderickx spoke, and officially introduced the event, Associate Dean of Students and Director of Career Development, Ann Adams, was brought on stage to begin announcing the distinguished alumni to share a few words about their experience at Saint Martin’s.

The first recipient was Tom Barte, who cheerfully told the crowd that he prepared some notes, but decided not to completely follow them. Barte thanked his wife and other family, but most notably, he also thanked the university. Barte spoke meaningfully, “Saint Martin’s means so much.” He later explained that his original planned not to stay on campus for very long, but the small community is what kept him here.

Following Barte, was Thurston County Judge, Christine Schaller. Schaller followed in her father’s footsteps, and started her college career at Saint Martin’s in 1989. Schaller mentioned that her father was awarded the same recognition in 1996. Schaller shared, “My dad would always say that Saint Martin’s changed his life.”

Through her father’s involvement with the school, she grew up wanting to be a Saint, and live on campus. She had also expressed that it was through scholarships that she had the opportunity to live on campus.



Saint Martin’s students pictured from 1968, celebrating the 50th anniversary.

Another highlight that brought lots of laughter to the crowd, was when Father George Seidel was recognized, and invited on stage. Instead of giving the traditional thanks, Father George chose to read aloud a few class evaluations from his philosophy students. In the evaluations, students were asked to explain how the course could be improved, and Father George read these answers, “drop it,” and “get a new philosophy teacher and have Father George be the comedian he’s always meant to be.”

As there was light laughter throughout the occasion, there was an overwhelming amount of appreciation that was given to the school, and how Saint Martin’s had positively affected these individual’s lives. The event could be viewed as something positive for students to attend and hear testimonials straight from alumni for motivation and inspiration. The overall theme of the event was surrounded by community and the fact that even though Saint Martin’s is small, its faculty and fellow peers are here to support each other.



The Alumni event was hosted in the Marcus Pavilion.

Photos courtesy of Mia Rollins

Influential pastor Billy Graham dead at 99

Julia Lucas
Staff Writer

William Franklin Graham Jr., also known as Billy Graham, was an American evangelist, and an ordained Southern Baptist minister. Graham was born on Nov. 7, 1918, and passed away on Feb. 21, 2018, at the age of 99 in his North Carolina home from natural causes.

Graham is said to be the most influential preacher in the twentieth century. Graham pastored at churches, joined missionary groups, and was appointed president of a group of Christian schools; but he eventually found his calling, and decided to focus directly on preaching. His preaching began with a small audience, but eventually grew to larger masses. He gained national fame in 1949 by preaching in a tent in Los Angeles. Graham was invited to preach at revival meetings, or Christian religious services held to inspire members of the church

to work to bring in new members. These revival meetings were held in circus tents, and were held for eight weeks, which was five weeks longer than originally intended. Graham found his calling in preaching, and he proved to be incredibly successful.

Throughout his life, Graham struggled with his religious beliefs, and was challenged often by the general public and fellow preachers. Graham’s faith faltered when a fellow preacher argued the validity of his Christian faith based on theological history. Graham did not know how to argue against the facts, so he decided to take a new approach. Instead of changing his whole faith based on historical contradictions, Graham began preaching what the Bible says, and nothing else. He began his crusades, or revivals, and never looked back. Graham was charismatic and inspiring; he had the ability to convert thousands of people to Christianity, and even

more to a better life. While Graham was preaching for the Christian religion, he was able to gather support from members of various world religions. Graham’s sermons may have originally been intended for Christians, but he reached an even wider audience over time.

Graham’s fame and influence on society earned him significant roles in supporting victims, and their families, during national tragedies. In 1995, Graham spoke at the memorial service for the victims of the Oklahoma bombing. Again in 2001, on Sept. 14, he led a service for the victims and family members of the 9/11 terrorist attacks. Lastly in 2006, Graham, accompanied by his son, held a festival in New Orleans, when they were recovering from Hurricane Katrina. Graham was the beacon of hope for many Americans, by preaching the gospel confidently. He always assured people that Jesus Christ will bring them comfort during their pain, and

God will be there to support them.

Graham’s sermons were not only broadcasted in the United States, but also worldwide. He reached individuals from 185 different countries and territories. When Graham began his television and radio sermons, he was able to broadcast his message overseas to anyone willing to listen. His estimated lifetime audience is 2.2 billion. He also impacted the lives of all U.S. presidents since Harry Truman, most of whom he knew before they reached the White House and had close personal relationships with after. Even Queen Elizabeth II was deeply moved by his preaching, and met with him on several occasions. Graham found success everywhere he went, and it was because of his confident sermons and strong messages about God.

On the farm until pigs fly: A country childhood

Jenna Gerber
Photographer



Photo courtesy of Jenna Gerber

Maggie Scotto shows her sheep, Charles, at the Thurston County Fair this past summer.

On a dewy morning in the spring, a young Magdalena Scotto runs out to the barn at daybreak. Hearing the moos, she has bottles in hand ready to feed the hungry calves, one of the necessary tasks she needs to complete before she goes to school at 8:45 a.m. Inside there are around 50 hungry calves that patiently wait their turn to be fed. Each calf is bottle-fed by either Scotto or her brother, and takes a total of one and a half to two hours to complete.

Since birth, Scotto has lived on a farm. Her father grew up on a 40-acre farm in Oregon, and once

married, acquired a 20-acre farm in Yelm, Wash. Living on a farm was a lifestyle choice, so her family doesn't rely on it for financial stability.

On the forest side of the property, there are many fruit trees, including cherry, apple, and pear. During the winter, most of the extra land floods over, creating a "pond," so it becomes the perfect spot for duck hunting. Being the smart businessman, her father rents out this area for duck hunting, which is one of the ways they make money. They are also fairly popular in the hay business, and make a fair amount selling hay bales.

Scotto has spent countless hours riding tractors, watching her parents tend to the farm animals, watering plants, collecting eggs, keeping her mom company while she canned pie fillings and jellies, and playing with her siblings making forts and hiding in the haystacks. As she got older, she took on more responsibilities, like training lambs and pigs to show at the county fair, hosted by an organization called Future Farmers of America (FFA). The FFA chapter in Yelm is said to be the largest chapter in Washington, and is almost more popular than sports. By the time she graduated from high school, she had been participating in FFA activities for five years.

"You could either do the farm side of it, and show animals at fairs, judge livestock, or you could do more of the leadership side, and

you could compete in resume building, extemporaneous speaking, and marketing plans." Scotto describes that for the leadership side of things, everything is agricultural based - marketing, business, science: with the requirement to be connected to real-life facts and events. This event happens monthly, and is a way for the whole community to come together to support the youth of Yelm. However, "it's not just about sows, plows, and cows, but also speakers, beakers, and job-seekers." FFA exposes youth to the business side of things - advocating farming and public speaking, the science behind the "right" way to produce product, and the careers and jobs that the industry as a whole offers.

Scotto clarifies: "FFA wasn't the reason why we lived on a farm; it was just a bonus. Our parents just wanted us to do something to get us out of the house and it was a way for us to be involved." Through FFA, Maggie was able to take on the responsibility of raising, training, showing, and selling either sheep, goats, or pigs, at county fairs.

Aside from her FFA involvement, Scotto had many other tasks on the farm. She would shear the sheep during the spring and summer months. She also helped her father with the hay business, and raked hay. She describes that, in the summer, there is a certain sweet smell, mostly from the fresh hay, that comforts her and can bring back all her childhood memories. During

the winter months, there was less time to do the "fun" things, and their main priority is the health of the animals.

I asked Scotto if she had a choice to could go back in time and relive her childhood and she replied: "I think it's kind of how it shaped me, living on a farm has shaped me to be who I am. I definitely wouldn't want to live anywhere else but on a farm. I think when I grow up, I have to have some acreage; I couldn't live in the city. I don't know, it's my hometown roots, I can't just not do it again."

Upon visiting her farm, I can definitely see the appeal; all the things that keep you busy during the day allow you to be more connected in your community, and less connected to a television or computer screen. I even held one of the 3-day-old baby goats. I know we all think about ways we could manipulate our own past to make it more interesting to experience what we consider "unordinary." You would assume that perhaps she wouldn't even want to be near another goat, or sheep, because she's been around it for 18 years. But, it's the complete opposite. She plans to pursue the farming lifestyle when she gets married and has a family of her own.

Fans celebrate Dr. Seuss' 114th birthday

Bethany Montgomery
Managing Editor

Author of beloved literary favorites including, "Horton Hears a Who" and "Green Eggs and Ham," Theodor Seuss Geisel had what would have been his 114th birthday on March 2. In 1937, under his famous pseudonym, Dr. Seuss, already a popular cartoonist, submitted his first children's book for publishing: "And to Think That I Saw It on Mulberry Street." Although it was rejected over 25 times before being published, his determination led him to write over 60 books, like some of the most well-known children's classics of all time, such as "Green Eggs and Ham" and "The Cat in the Hat."

Dr. Seuss's distinct rhyming patterns, creative use of simple words mixed with his own nonsensical words, and whimsical illustrations lent not only to the creativity and humor in his works, but also his boundless childlike imagination. Kaili Lebanon shared her own experience with the works of Dr. Seuss: "I can admit that I grew up on Dr. Seuss books and films. He wrote

several books that I remember reading over and over again. In fact, I think his books helped me begin to read as a child. I will forever cherish his stories and his amazing capability to rhyme," she described.

Saint Martin's celebrated the birthday of Dr. Seuss by paying tribute to the author with specials at the Monk's Bean and the Cafe. For breakfast, students could choose a Dr. Seuss classic—green eggs and ham, while later in the day serving "roast beast," a veggie pizza entitled

"Oh, the Veggies you'll eat," and creative cupcakes inspired by "One Fish, Two Fish, Red Fish Blue Fish." The Monk's Bean offered a one-day-only "truffula tree" Italian soda, made with monin mango, strawberry, and marionberry syrup. Dr. Seuss did not only inspire the menu at Saint Martin's, but children's authors and book readers from all walks of life, both here at Saint Martin's and all across the world.

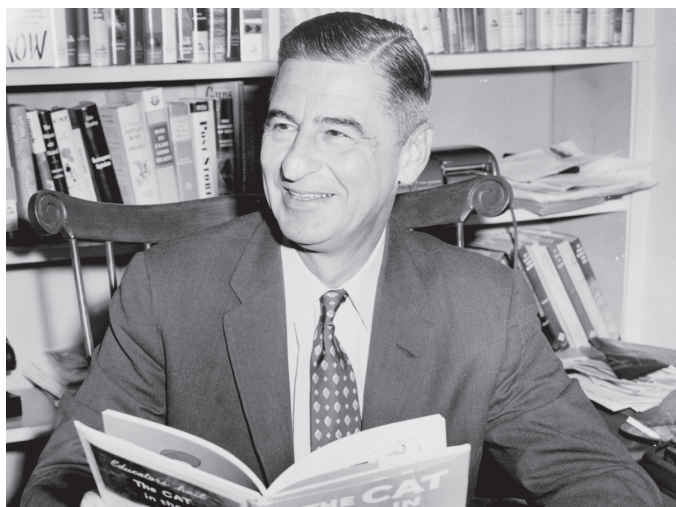


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Theodor Seuss Geisel published his first book "And to Think I Saw it on Mulberry Street" in 1937 under the name Dr. Seuss

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An unlucky Saint Patrick’s Day Mad Lib by Brian Messing

I had _____ hopes for this St. Patrick’s Day. It would be a day that I would remember for _____.

At breakfast, I discovered that my _____ had turned into a _____ the night before. I immediately noticed the _____ effects on my _____. As I struggled, my pet _____ ran into the room. My _____ noticed the problem and _____ out of the room. I decided to go to the _____ and see if I could get a _____. As I got into my car and started driving, a giant _____ landed on top of my car and bounced off onto a _____ on the street. The _____ was barely alive, so I rushed to the _____ first. When I arrived at the _____ I noticed that there were _____ people standing around. I asked if any of them had a _____ knowledge of helping _____. The best any one could do was pour _____ on _____ for healing purposes. Someone else suggested that I pour _____ on my _____ for healing. I made _____ progress with my injury and realized that it was the _____ St. Patrick’s Day ever.

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