

The Belltowner

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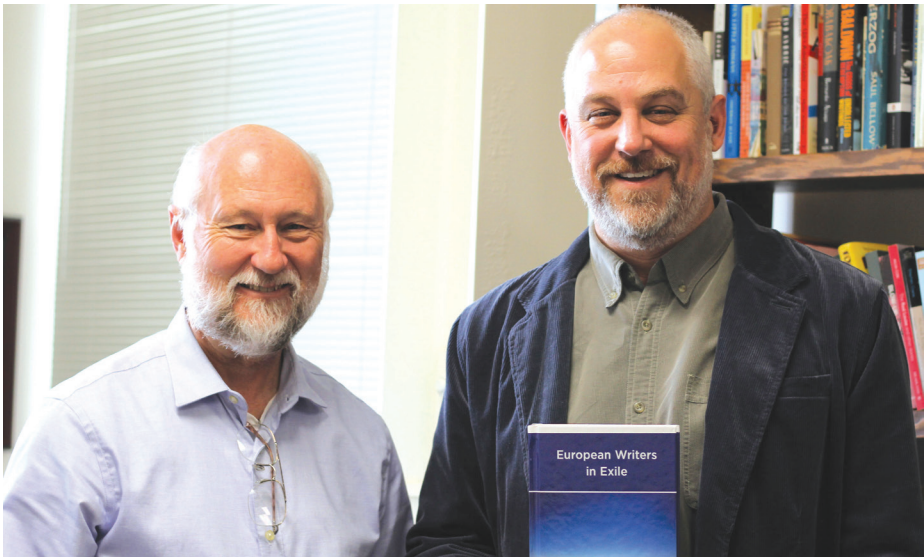
Exile and identity: How does exile impact writers?

James Colasurdo
Staff Writer

Originally teaching a class together at Saint Martin's University, titled "Chasing the American Dream," SMU's Jeff Birkenstein, Ph.D and Robert Hauhart, Ph.D found themselves collaborating and co-editing what is now a third published book "European Writers in Exile."

"At first, we didn't create the class thinking we'd create books on unrelated topics," said Birkenstein, "but many times one project leads to another." After publishing their other two works before: "American Writers in Exile" and "Social Justice and American Literature," Birkenstein said that he had people asking about European writers in exile. Starting from American stories of exile and literature to European ones based on questions they received, this felt like the next logical step. The book contains essays about famous authors not only from Hauhart and Birkenstein, but also from writers all around the world.

"European Exile" writers include writings about many notable authors such as James Joyce, Thomas Mann, Franz Kafka, and Joseph Conrad. One may think of exile only



Professors Robert Hauhart Ph.D., and Jeff Birkenstein Ph.D., pose with their third book "European Writers in Exile."

in the strictest sense: where citizens, and in many cases, political leaders, are forced out of their country by political enemies. However, as Hauhart notes, there are three main types of exile: "Political, social, and voluntary." Furthermore, the book is unique in the sense that as Hauhart states, "the way it analyzes how exile impacts how authors write."

One writer was Conrad, a Polish-British writer, who was politically exiled from Poland, which at the time was controlled by the Russian government. On arriving

to England, Conrad anglicized his name (from Józef Teodor Konrad Korzeniowski) and wrote exclusively in his second language, English, for the rest of his life. Though he followed events in Poland, he never wrote about them.

Another example is Kafka, a German-speaking Bohemian Jewish novelist, and short story writer. Kafka is acclaimed as one of the major figures of the 20th century and experienced immense social exile his entire life in Prague, (then a part of the union known as

Czechoslovakia). Kafka's social exile resulted from the time period he lived in, where segregation, discrimination, and anti semitism were all common. Hauhart, who wrote the section on Kafka in "European Exile" writes, "Introverted and insular to nearly the point of self-annihilation, Kafka's neuroticism manifested itself in illness, somatic complaints, and alienation. His immersion in the imaginative, brooding stories he created coupled with the evasive self-denying life he led, produced a literature of exile without Kafka ever leaving his home, his country, or his culture—a pure exile of the mind."

The last main type of exile is voluntary. In almost a polar opposite way to Kafka, Birkenstein, in his essay about Joyce, states, "Estranged from his home country and, especially, his city of Dublin, because of what he thought to be the stultifying effects of British colonialism, the Catholic Church, and excessive provincialism, he nevertheless wrote about nothing but Ireland." The concept of self-exile for Joyce was there from the beginning, as seen in his play titled "Exiles" in 1918. Joyce had left Ireland in 1912.

See *Exile and Identity* page 9

"Snap, crackle, pop" engineering team wins first place at national competition

Olivia Alvord
Staff Writer

This year, Saint Martin's University's very own engineering team won first place in the Precast/Prestressed Concrete Institute (PCI) Big Beam Competition. This is the second year in a row that Saint Martin's has won the competition. This is an outstanding accomplishment, as no other school has had back-to-back winners, other than Notre Dame. This year, they earned a cash prize of \$2,000, as well as some additional smaller prizes. Team captains, Jarad Roschi, and Joel Rodgers led members: Luis Camacho, Carthney Laukon, Jesse San Nicholas, Tyler Sloan, Turner Kreman, and Chase Weeks, to their victory. The team did a good job competing in such a prestigious competition against many other competitors and making our small school proud.

Laukon, a senior, said the best part of the competition was, "...going to Concrete Technology Corporation to build the big beam and then a couple of days later going to UW-Seattle to do the load testing 'breaking the beam.' I liked it because it was very hands on and it was a good learning experience outside the classroom."

Kreman, also a senior, shared his experience. "We were a little crunched on time and our con-

crete beam only had a 14-day cure. Usually you want at least 20 days, but the design, build, and testing went smoothly. When the design was finished, computer aided design (CAD) drawing was developed so our sponsor, Concrete Tech, could provide a mold. Once that was done, we made a trip to Concrete Tech in Tacoma where we assembled the mold and put in the steel reinforcement. Concrete Tech then pre-stressed the steel reinforcement and poured the concrete. After it cured, we went to UW in Seattle where we tested the beam. When you put in the effort, small schools can accomplish big things."

Senior and one of the two team captains, Roschi, shared his thoughts on how he thought the competition went, "I think this year's competition went much better than I originally expected. No one on the team had taken a prestressed concrete design class before so we were all learning at the same time. Our sponsors and advisors helped us learn the concepts and answered all our questions, but we still did all the work ourselves. We are the second school to earn the PCI Big Beam Title two years in a row--the first being Notre Dame. This would not be possible without the hard work of those that competed before us. Joel Rogers and I were a part of the team last year and had the priv-



The SMU Civil Engineering "Big Beam Team" becomes second team to win the Big Beam competition back-to-back.

ilege of leading this year's team. We were able to take what we had learned from the previous year and apply it to this year's team, design, and overall competition. This competition is a great opportunity for engineering students to get hands-on experience on something they learn about in-class, but rarely get to see in person while in school. This has opened up many opportunities

See *Engineering*, page 5

What to look for in this issue

CLASSROOM

Open Educational Resources may be the answer to expensive class materials and overpriced textbooks. Students and teachers alike may now have access to free materials to utilize in the classroom.

See *OERs*, page 5

SPORTS

The women's basketball team looking to start the season with new faces and fresh expectations. With 40-60 new to returning ratio, the Saints expect a stronger season overall than in previous years.

See *Women's Basketball*, page 6

FEATURES

Father Peter describes the history of SMU's disc golf course and the long road to its installation, which involved not only having the course approved, but also introducing the sport to the campus community.

See *Disc Golf*, page 9



Dear Belltower readers,

Thank you so much for picking up this copy of our newspaper. We at the Belltower take pride in our work, and are glad that you are able to enjoy our efforts. The reason our newspaper is good is because of our dedication. We show our dedication by the countless nights that we edit articles until 1 a.m. We are dedicated because of the long layout weekends that we spend preparing the paper for publication. But perhaps the strongest sign of our dedication is our belief that we are making a difference by producing a newspaper for Saint Martin’s University.

In this issue of the Belltower, you will find a wide variety of articles about a plethora of topics. These include a piece on open educational resources, another edition of our column “Ask Kianna,” and a pre-view of the men’s basketball team. We always strive to hear from you, and we hope that you will inter-act with us by reading and responding to our paper every issue.

As mid-terms are over and we look ahead to the latter half of the semester, we hope that you will contin-ue to keep reading the Belltower. We know that things can get busy, but don’t forget to carve out a few hours in your day to separate yourself from your work and read our newspaper to stay informed.

Sincerely,

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Our Mission

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

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For more information, e-mail belltower@stmartin.edu or visit our website, belltowersmu.com

Guest Submission Content Policy

Guest submissions are to be published upon approval by the Editor-in-Chief and editorial board.

The Belltower resreves the right to edit guest submissions for length, grammar, and content if necessary.

The Belltower will not accept guest submissions that violate our content policies, go against Benedictine values, or the goals and aims of Saint Martin’s University.

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

Any content that clearly discriminates on the basis of race, gender, sexual orientation, creed, age, disability, ethnic origin, or religion will not be considered for publication.

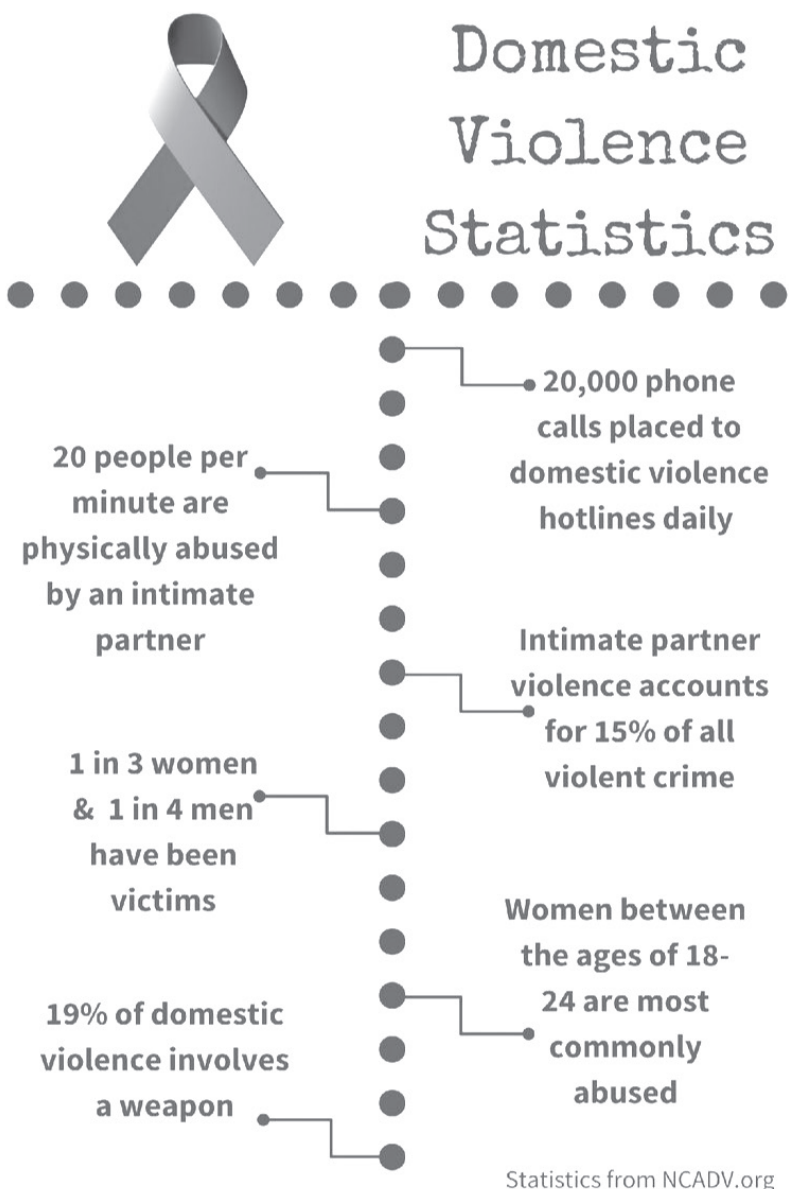
Any artwork submitted will be published at the discretion of the Editor-in-Chief and editorial board. Artwork must adhere to the same guide-lines as written content.

Breast cancer and domestic violence among issues highlighted in October

Olivia Alvord
Staff Writer

In addition to being a month of candy, disguises, and pumpkins, October is both National Breast Cancer Awareness month and Domestic Violence Awareness month. According to the National Breast Cancer Awareness Foundation website, “One in eight women will be diagnosed with breast cancer in their lifetime. Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer, and more than 40,500 will die.” Although these facts and the majority of outreach for prevention of breast cancer is geared toward women, it is still extremely important for men to be aware of the signs and to do self-exams as well, since men can also be diagnosed with breast cancer. Doctors disagree on whether or not self-examinations are helpful since most people do not know how to examine themselves. This is why it is important to know exactly what to check for, and to do it often. It does not hurt to do it, but it helps even more if you talk to your doctor about exactly what to do. Self-exams can be done simply by lifting your arm up in the shower or putting one arm around your head while lying down and feeling around the side of the breast for lumps. Another important thing is to check for discharge, sores, peeling, and a change in direction of the nipple. There are a lot of explanations online for how to do it, so take the time to look and be preventative for your health. According to the National Domestic Awareness Violence Hotline website, “On average, 24

people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States — more than 12 million women and men over the course of a year. Nearly three in 10 women (29 percent) and one in 10 men (10 percent) in the US have experienced rape, physical violence and/or stalking by a partner, and report a related impact on their functioning.” Although many may be aware of the concept of domestic violence, there are many facts of which not everyone is aware. Abuse is common--anyone can be a victim, not just women. In most abusive relationships, leaving an abusive partner or significant other can be very difficult. Hearing someone talk about their experiences with abuse can be challenging for others, not to mention that abuse victims often have a stigma associated at them, and can face a world of blame. It is hard when someone faces domestic violence, but it is even harder for them if they do not have anyone to talk to when they need it. There is also the added factor of people not believing them or blaming them for “letting it happen.” Given this, it is always important to be cautious about how you approach the situation. Providing support is the number one go to, and will do a world of wonders for both the victim and you. It is also important to use resources to get help, to be able to have an informed outlook, and to be able to talk to others. Domestic violence is a heavy topic, but hopefully this is a baseline necessary to better understand what exactly people are going through when they are a victim of domestic violence.



- Resources available to students:**
- The Counseling and Wellness Center: 360-412-6123
 - Saint Martin’s University Public Safety: 360-438-4555 (24 hours/7 days a week)
 - The Crisis Clinic of Thurston County: 360-586-2800 (24 hours/7 days a week)
 - The National Domestic Awareness Violence Hotline: 1-800-799-7233
 - Saint Martin’s Health Center: 360-412-6160

Do active people have bigger brains?

Prya Oliveira
Staff Writer

What if there was something that you could do right now that would instantly improve your brain function? Would you do it? We grow up with the idea that exercise benefits your long-term physical health, but has anyone ever told you about how exercise affects the health of your brain? Of course, working out has proven to have positive effects on your physique as a whole, but let’s not forget that working out is a huge mental game. Wendy Suzuki, Ph.D., professor of neuroscience at New York University, dedicates her career to studying the effects that exercise has on the long-term health of the brain. She says that “Exercise is the most transformative thing you can do for your brain.” Her interest in this study sparked when she decided to go to the gym for the first time, and soon realized she instantly felt better after her workout. In her research, she concluded that there are three benefits that immediately affect your brain after a single workout. The increase of dopamine and serotonin, the ability to shift focus and attention lasting for two hours, and an improvement of reaction time. Suzuki shared her research during her TED Talk titled, “The Brain-changing Benefits of Exercise” that got over four million views online. Her passion of learning about the mental aspect of exercise is clear in her TED Talk, especially when she had the audience do a quick two-minute workout. Suzuki then observed how the crowd’s energy changed after that and noticed that everyone seemed to have a boost in their moods. Dementia is a scary condition to have. It affects everyday life by impacting judgement, communication, memory, and visual percep-



80 percent of adults in the United States fail to get the recommended amount of physical activity per week.

tion. Numerous people are unaware that Alzheimer’s disease falls under the umbrella of dementia and is the sixth leading cause of death in the United States, according to the Alzheimer’s Association. Exercise is the one thing that you can do to decrease the risk of getting dementia by increasing the volume of the hippocampus. The hippocampus is the portion of your brain that is responsible for your memory, emotions, and your ability to learn. A study done by the Proceedings of the National Academy of Science, proves that the hippocampus shrinks with age, increasing the risk for dementia, meaning that anyone could be affected by this condition. The experiment, involving 120 older adults, concluded that, “Exercise training increased hippocampal volume by 2 percent, effectively reversing age-related loss in volume by 1 to 2 y.” Suzuki also further confirmed that a 30 minute session of exercise generates new cells in the hippocampus, expanding its volume, leading to the improvement of memory. A 35 year study done by Cardiff University gathered that there are five behaviors that

would reduce the risk of dementia. These behaviors come as no shock: not smoking, having a clean diet, limiting alcohol intake, exercising, and maintaining a low bodyweight. However, researches were “really amazed” to see that exercise was the most effective behavior at bettering long-term mental and physical health. Many would not associate dementia with exercising at all, but the principle investigator of this study, Peter Elwood concluded that, “Healthy behaviors have a far more beneficial effect than any medical treatment or preventative procedure.” Although dementia cannot be cured or prevented, it can be slowed down with exercise. The term “working out” can, and often does, intimidate people. A study done by CBS revealed that 80 percent of adults in the United State fail to get the recommended amount of physical activity per week. You don’t have to be at the gym every day to meet the recommended amount because it can be easily achieved. The U.S. government suggests that adults should get at least 2.5 hours of intense physical activity per week, which can be broken up into a few minutes per day. This includes simple activities like walking around the block or choosing to take the stairs instead of the elevator. Educating yourself on the benefits of exercise will lessen any fears that you have associated with working out. Exercise not only produces chemicals that improve mood, but also the ability to improve the strength of memory and focus. Along with improving the body and overall health, exercise expands the hippocampus, decreasing the risk of being affected by dementia.

Production of biopolymers is less green than petroleum products

Emma Lankford
Guest Writer

Plant-based plastics appeal to environmentally conscious consumers because they are made of renewable resources. However, a study done by Michealangelo Tabone suggests that these biopolymers are less green than they are thought to be.

Since 1950, the world has produced over nine billion tons of plastic, according to phys.org. At this rate, twenty-three percent of the plastic produced has made its way and will continue to travel into the ocean, harming wildlife and destroying fragile ecosystems. The National Geographic reported that at least seven hundred species of marine animals have been affected by polymer waste. Conventional plastics, made from petroleum products, can take up to five hundred years to fully degrade. Biopolymers, on the other hand, take roughly a year to five years to fully degrade, making them a seemingly ideal replacement. “The main concern for us is that these plant-derived products have a green stamp on them just because they’re derived from biomass,” says Amy Landis, a member of Tabone’s study. “It’s not true that they should be considered sustainable. Just because they’re plants doesn’t mean they’re green.”

According to The World Congress on Biopolymers, biopolymers are chain-like molecules made up of repeating structures. Biopolymers are created from either starch from plants such as

cornhusks, or from bacteria cultures developed by fermentation. Conventional plastics are created from refining petroleum. Biopolymers degrade faster than conventional plastics because they use living organisms as a base material.

However, while there is not a negative environmental impact from decomposition, biopolymers do exhibit negative side effects from their production. Research determines that the pesticides and fertilizers used to grow biopolymer starting materials have a negative effect on the environment. Although biopolymers reduce the amount of nonrenewable resources used, such as fossil fuels, the impacts on eutrophication, human health, and eco-toxicity are increased.

Research suggests that some biopolymers need assistance from high temperatures or light to become readily biodegradable. Few facilities are equipped with machines that will get hot enough to initiate degradation. When they do degrade, biopolymers emit methane, carbon dioxide, and water—the same as petroleum polymers do, but in smaller amounts. However, the impact on global warming is less than compared to petroleum plastics.

“I don’t want people to take away from this that biopolymers are bad,” says Landis. “There is a lot of research going on to create biopolymers based on non-corn feed stocks.”

This research suggests that biopolymers are more efficient than petroleum polymers, especially for non-recyclable materials, such as single use

products. The main problem applies to the production of bioplastics, which could be resolved by creating a non-corn feedstock as Landis suggested. The consumers can also make a difference by purchasing non-polymer products, or recycling and reusing polymer products after use.

Biopolymers have also become increasingly controversial because they require plants that could be used for food. Green-orientated companies, such as the Full Cycle Bioplastics in California, have tried to reduce this impact that biopolymers have on food resources and agricultural land. Instead of using edible food products, these companies create biopolymers from food waste, crop residue (such as inedible leaves), garden waste, woody biomass, algae, and un-recycled paper or cardboard. This style of production also reduces the amount of toxic chemicals used in the fertilizers and provides another use for unwanted food.

Consumers have the power in their wallets. On one hand, biopolymers are hazardous to make and can be considered a health concern to the public. On the other, the degradation of biopolymers has fewer effects on the environment and health than petroleum products. The difference between conventional polymers and biopolymers is time. While there has been more time to fix and troubleshoot the production of conventional polymers, biopolymers are new and just now being explored. As time continues, innovation in biopolymers continues as well. Greener plastics may be on the horizon.

Brett Kavanaugh confirmed as Supreme Court Justice

Katherine Pecora
Staff Writer

Justice Brett M. Kavanaugh was confirmed to the Supreme Court on Saturday, Oct. 6 by one of the slimmest margins in our nation’s history. After a high profile confirmation process, and an FBI investigation that found no corroboration of alleged sexual assault claims, Kavanaugh was confirmed. For a Supreme Court confirmation to be this close is unprecedented and can be attributed to the recent partisan nature of American politics. At 53, Kavanaugh will likely serve his nation for decades and could shape America for a generation or longer.

Though the alleged sexual assault claim was the primary reason for some to oppose Kavanaugh’s confirmation, other issues were brought up by those who opposed Kavanaugh. A Supreme Court Justice must be non-partisan, and some raised the issue that he might not be able to represent both sides of the aisle, given his somewhat partisan opening statement. Others have noted

that Kavanaugh was under extreme stress, dealing with a potentially false claim, and acted accordingly during the hearing. They note that partisan comments during the hearing may not be reflective of his demeanor as a Supreme Court Justice.

The testimony of Christine Blase Ford, Ph.D, against Justice Kavanaugh brought to light the changing times that we are witnessing. During Kavanaugh’s confirmation process, women associated with the “Me Too” movement protested, sometimes in a disorderly fashion, through the halls of the capital building and on the steps of the Supreme Court. Over 100 people were arrested in these protests.

Some of Kavanaugh’s current colleagues expressed concern over his impending confirmation. “Part of the court’s strength and part of the court’s legitimacy depends on people not seeing the court in the way that people see the rest of the governing structures of this country now,” Justice Kagan said in an appearance at Princeton University. “In other words, people

thinking of the court as not politically divided in the same way, as not an extension of politics, but instead somehow above the fray, even if not always in every case.”

For Kavanaugh’s supporters, the fight over his confirmation represented a dangerous direction in which the country is heading. The idea that someone could be accused of a crime with limited evidence and be presumed guilty, and have their career stunted and their family humiliated, is a scary thought. On the other hand, it is just as frightening for assault victims to think that their stories and experiences could be cheapened or made irrelevant. The confirmation fight also highlights the partisan nature of American politics, with Senate Minority Leader Chuck Schumer saying he would “oppose Kavanaugh with everything [he’s] got,” even before any alleged claims were made. Many of Kavanaugh’s supporters also bring up the convenient timing of the accusations as further evidence of partisanship. This was highlighted in the confirmation vote, which was



From left to right, Senator Mitch McConnell, Justice Brett Kavanaugh, Vice President Mike Pence, and Senator Jon Kyl

Photo retrieved from creativecommons.org

almost completely along party lines.

After the FBI probe was released, the several Republican senators who expressed their concerns (most notably Senator Jeff Flake, Senator Susan Collins, and Senator Bob Corker) were convinced to support Kavanaugh by the lack of corroboration in the probe. Additionally, one Democrat, Senator Joe Manchin, voted in favor of confirming Kavanaugh.

Justice Kavanaugh was sworn in as a Supreme Court Justice, with his wife and two daughters by his side. Kavanaugh is the 114th Justice of the Supreme Court.

U.S. headed for divided government after mid-term elections

Brian Messing
Managing Editor

Over the past several decades, there has been a consistent cycle in American politics: one party wins a general election and congress, and then proceeds to perform horribly in their first mid-term election. The pattern continues with the party in the White House winning again in the next general election. This was the story for presidents Barack Obama, Bill Clinton, and Ronald Reagan. Despite this pattern, the supposed “blue wave” does not appear to be nearly as destructive as it could be for President Donald Trump and congressional Republicans. Recent polls show that the Senate and House of Representatives appear to be moving in opposite directions, with the House of Representatives shifting toward the Democrats, and the Senate shifting toward the Republicans. According to Fivethirtyeight’s election forecast, which looks at polls in every Senate race and an-

alyzes the results, the Republicans are likely to keep their majority with the same number of seats that they have now, 51, or gain one seat. The forecast gives the Republicans a 78.6 percent chance of keeping the Senate as of now. It’s also worth mentioning that the Republicans would have a practical majority with only 50 seats, since Vice President Mike Pence can break all 50-50 ties. Part of the reason why the Senate is leaning to the right is because of the seats that are up for re-election. Only nine of the 35 seats that are up for re-election are currently held by Republicans, meaning that they have fewer seats to defend. Additionally, since the seats up for re-election were last up for re-election in 2012, a year when Democrats performed well at the polls, there are many democratic incumbents who may be vulnerable. For example, 11 democratic seats are up for re-election in states won by President Trump. National political events have also influenced the mid-term elections, more so than usual. The

confirmation of Brett Kavanaugh can be credited for energizing the GOP base in the mid-terms. Senator Heidi Heitkamp of North Dakota, a red state Democrat who was on the fence over the confirmation and ultimately opposed Kavanaugh, is currently down by a weighted average of eight points for re-election. Heitkamp is the most vulnerable Democrat up for re-election and has declined in the polls since opposing Kavanaugh. Despite their woes in the Senate, Democrats appear to be almost a lock in the House. Fivethirtyeight gives the Democrats an 84 percent chance of taking the chamber back that has been under Republican control since 2010. The forecast currently predicts that Democrats will gain an average of 39 seats, giving them a majority in the lower house of congress. Democrats also lead on the generic ballot by around nine points, showing that their party is more popular as of now, which is typical in a mid-term election year following a general election defeat.

Engineering, from cover

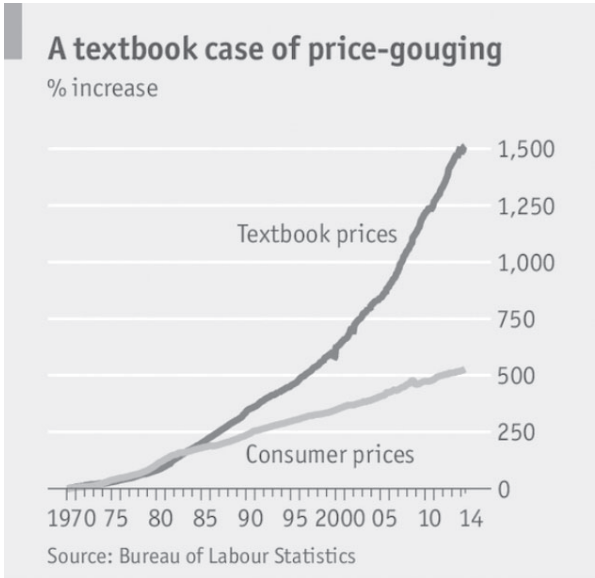
for me, the team and the school. I hope to see our school name in the top of this competition as well as, every other competition for many years.” The work that the team accomplished will prove very useful as they continue their education, and begin to start their careers. Being a part of this team and going through the motions of the competition and beating out many other big and prestigious schools was no easy task and it proved to be well worth it.

Want to avoid paying for textbooks? OERs might be the solution

Katherine Pecora
Staff Writer

For those unfamiliar with the term, open educational resources (OERs) are freely available and distributable materials for classes. OERs place an emphasis on students having free access to the information needed in their courses. They can encompass all matters of class materials from syllabi to in-class presentations. The main benefits of OERs, and perhaps their biggest draw, are that they are available at no cost to faculty or students. They can be modified by faculty and students, and can be redistributed by faculty who have made changes to the original work. The majority of this can be achieved by obtaining the license that accompanies the materials. For students who might not take notes quick enough in class, OERs can help to supplement classroom learning.

In the traditional setting, faculty members are given a list of classes to teach. Many of these classes have a textbook attached to the course. At Saint Martin’s, it is often listed as the required reading for the course. Though some professors will list optional supplemental reading or materials, this is not always the case. This text might include handouts or copies of the slides for an in-class discussion. The professor may modify these materials for their own class, but they cannot legally share these changed materials.



The nominal price of textbooks has risen more than 15 times since 1970, three times the rate of inflation. Students at SMU taking a full time course load regularly spend over \$1,000 on textbooks per semester.

For many students, purchasing textbooks can put quite a dent in one’s wallet. Often, a single textbook can start at \$200. For students taking five classes, that is a minimum of \$1,000 per semester alone. At Saint Martin’s, when a professor writes their own material, it can be even more expensive, and will also be required reading.

OERs present an alternative to costlier and more labor-intensive solutions. Faculty are

able to choose from pre-existing materials that they tailor towards the class. When the class is complete, the professor can make the material available so that others can do the same thing with the information. For students, this means less money spent on required materials. Rather than just reading a textbook for a semester, OERs can help to challenge students on more than just their retention skills.

Saint Martin’s University has many educational resources open to its students. One of these is the ability to meet with librarians on campus. Kael Moffat, information literacy librarian at O’Grady Library, is a large proponent of OERs. “With the rising cost of education, OERs create a more democratic possibility for education, when some students are faced with the decision of food or textbooks. It is important to think about it in this philosophical way.” According to a recent article by the Economist, “The nominal price of textbooks has risen more than fifteenfold since 1970, three times the rate of inflation.” As costs hit astronomical highs, students are often put in a tough place: try and struggle through a class without the textbook or purchase the textbook instead of other necessary purchases. This could harm low-income students. By taking advantage of OERs, colleges could better format their material to the classes being taught as well as prevent students from shying away from their area of interest, simply because of the looming cost of a textbook.

Corrections to “Saint Martin’s welcomes distinguished new faculty”

The Belltower would like to make some corrections on behalf of Patrick Cooper for the article entitled “Saint Martin’s welcomes distinguished new faculty” from Sept. 10. The edited version can be found on our website.

Original: “For him, it was a deep learning experience, especially concerning sociology and his thoughts on it, “So sociology for me is that of a maturation of questioning...”

Correction:“For him, it was a deep learning experience, especially concerning theology and its relationship to philosophy: “ So theology for me...”

Original:“During his time in Belgium, he had moved in with his then fiancée, was accepted to the University of Leuven’s theology graduate program, etc.”

Correction:“Shortly after becoming married in Cincinnati to his wife Helena (from Bern, Switzerland), Cooper was accepted to the University of Leuven’s theology graduate program

and thus moved to Belgium...”

Original:“Zemel was familiar with the Benedictine values at Saint Martin’s University...”

Correction:“Cooper was familiar with the Benedictine values at Saint Martin’s University...”

Original:“I think Saint Martin’s is a tremendous place that I’ve been greatly impressed by in so many different topics....But I feel that I have kind of a unique perspective on a different Benedictine monastery, you know....”

Correction:“ I think that Saint Martin’s is a tremendous place that I’ve been greatly impressed by in so many different respects.... But I feel that I have kind of a unique perspective on the differences of various Benedictine monasteries and institutions.... You know, each monastery has a bit of their own character.”


And Cooper would like to bring out that uniqueness in his work at the Benedictine Institute.

See an error?

Our goal as a staff is to provide you with a newspaper that is accurate and objective. If you notice any inaccuracies or details that need to be corrected anywhere in the issue, please feel free to let the Belltower know by emailing or contacting any of the staff. We want to be able to provide you all with information that is as concrete and credible as we can make it. In order for this to become possible, we are inviting feedback from the readers to be able to improve our upcoming issues.



Email us at belltower@stmartin.edu



SECOND YEAR STUDENT OPEN HOUSE

Wednesday Oct 24, 2018 1-3 p.m.

Location: The Center for Student Learning, Writing, and Advising in the lower level of O'Grady Library.

SNACKS, DRINKS AND PRIZES!

The Center will be holding an open house/reception for second-year students, as a chance to get to know each other and ask questions or get help with academics, campus activities, and other services available to them.

Women’s basketball looks to excel this year with a plethora of new players

Luke Hare
Staff Writer

Forty percent of the Saints Women’s Basketball team is new this season, including four true freshman, which signifies that this is a “rebuilding year.” On top of that, the Saints were only allowed open gyms for the first six weeks, due to NCAA regulations, and two full weeks of practice before their first scheduled game against a Division 1 opponent, the University of Idaho. Yet, they have already developed a bond as if they have been together for much longer. “In a weird way, not jumping into the full swing of practice for the first few weeks has benefited us in that we are all pretty close to each other off the court,” said senior Rebekah Baugh. “We haven’t had much on court due to limited time but we really seem to be moving forward and now that practice has started, things are really seeming to move forward.” While some people may only think that the few hours of open gym hurt the team, others look at the positives that those hours bring to the team.

“I mean practice has its benefits for sure, but these scrimmages really help us keep the pace of play up,” said junior and transfer Megan Nilsson. “With us just being able to play ball at a fast pace, it helps us realize that we aren’t just a set up and call a play type of team. We want to be the team tiring out the other team in the latter half of the game, not us having that done to us.” Just as the school year started, the team went on a week-long vacation to help them bond as a group off court. “This really brought us closer as a team. Having time to just be with each other outside of basketball really immerses us into team culture, keeps us on the same page for our season goals, and gives us expectations of what we expect to do on the court,” said Nilsson. This year, the Saints will try to replace their graduated senior Elin Johansson. Last year, she led the team in rebounds, blocked shots, and was tied for the team high in point per game. The plan to replace her has not been to try to replicate her as just one player but to fill



Senior Rebekah Baugh dribbles a basketball on the court.

the needs of the team as a whole. “The new girls are really quick and can move really well,” said Baugh. “We don’t have to wait for them to

set up in their position. They are very agile and that benefits us because it doesn’t let the defense set up or have us slow down and wait for them to get down to set up. We like to push the ball in transition and beat the other teams down the court.” With Baugh playing all four years of her collegiate career at Saint Martin’s, she has seen many versions of the SMU women’s basketball team and believes the Saints are a much stronger team this year than the years before. “We are a much stronger and faster team. A lot more people on the team are vocal and have their own leadership role,” said Baugh. “We aren’t just leaning on one girl to take over for the whole season. Any given night it could be either guard or post. We are more balanced than before. Every single one of us could be the girl that is having that hot streak and that is something that benefits us all.”

Photo retrieved from SMU Athletics

Saints baseball adds two new faces to coaching staff

Nate Pearsall
Staff Writer

You may have noticed a new face driving around campus, and another working the front desk at the Recreation Center. They are the newest additions to the Saints baseball team, coaches Andy Forgione and Cole Brouker. Forgione joins the Saints after spending the last three years with Centralia College. There, he spent his time working with the outfielders and base runners and helped with the offensive scheme of the Trailblazers. During his time with Centralia College, the Trailblazers reached the Northwest Athletic Conference (NWAC) playoffs all three years, and posted a top ten in fielding percentage every year in the NWAC. Coach Kelly Gau weighed in on the impact Forgione brings to the Saints, “Andy’s time coaching at the community college ranks and local ties will bring great perspective as well as recruiting connections to our program.” Brouker brings his recent playing experience with him to the coaching staff. His playing career ended in 2017, after he had Tommy John surgery to re-

pair a torn ligament. Brouker was previously with both the Braves organization, and the Cubs. As for his college, he was a part of the powerhouse Oregon State program, after attending Sacramento City College in 2010. Gau had this to say about Brouker, “Cole’s energy and passion will provide for great direction of our pitching staff.” These two additions came after Gau became the Head Coach, after spending the 2018 season as the interim Head Coach. Gau looks to bring a new identity to the Saints baseball programs after several seasons of not meeting expectations. Joey Swanson also took on a new role in the coaching staff. Entering his third season with the Saints, Swanson takes over as the catchers’ coach and will take over as the hitting coach. The Saints are coming off an 11-37 season last year; a year that dealt with heartbreak. Look for the Saints to take the field this year in pursuit of their absolute best. For students interested in following the team’s progress, follow them in the offseason on Twitter @SMUSaintsBSB, and now on their newest Instagram page @Saintsbasesballsmu.

These two pages will keep you up on the latest news and scores once we reach the regular season.



The Saints baseball players are excited to add two reputable coaches to their team.

Photo retrieved from SMU Athletics

Women’s soccer hopes to finish season on a strong note

Luke Hare
Staff Writer

The Saint Martin’s women’s soccer team is closing the 2018 year. Leading the Saints is Kiersten Madsen, with five goals and three assists. Not far behind is a tie for second between Shea McKnight and Kylee Sarchett who both have four goals and two assists. Seeing most of the time at goalie is senior Ali Koehler, who is now third all-time in the SMU Women’s Soccer record book in career saves with 206, second for most goalie games started with 43, and second in shutouts with five. With the last quarter of the season still to be played, the Saints have not come close to throwing away the season. There are still three conference games remaining and the Saints look to finish on a winning note. “We are looking at our last four games as a new season,” said Koehler. “We want to learn from the mistakes we have made earlier in the season and be true to our style of

play. We want to end on a high note and continue to get better every day.” Fellow senior, Sarchett, is on the same page and wants to continue to keep the season moving forward. “Our goals are just to continue to get better every game while finishing with the results we want and deserve,” said Sarchett. All of these goals, no pun intended, are possible with the way that they have started to pick their game up starting in the second half of league play. In their last five games, despite going 1-4, they lost two of those four games by one goal with one of the games against Central Washington University going into double overtime. A lot of this has to do with the changes they made midway through the season. “On the pitch, we have become a much more versatile team,” said Sarchett. “We have developed multiple systems of play to use to our advantage. We have cut the number of goals scored on us in half, which has a lot to do with our

goalies stepping up their game, as well as our defenders, and our ball control. We have also doubled the number of goals scored, and this is still with two games to go.” “This year, we came up with three values that relate to us: love, care, and serve. If we love each other, care about each other, and serve each other, the results will play out on their own.” Koehler agrees with Sarchett that a lot of this has to do with how they have put in the time off the pitch and toward team chemistry. “Off the field there is a new love and pride to be a part of this program,” said Koehler. “The team chemistry has benefited the most throughout the season and I think it roots from the investment that we have in each other.” With this being Koehler and Sarchett’s last year stepping on the collegiate pitch for Saint Martin’s, they have begun to realize that this is more than just them talking about their memories of playing

soccer. This is about being a leader to the underclassmen and letting them know how this is more than just a game and that they should take full advantage of what they are blessed with being able to do. “Step on the field each day with the mindset that I am going to make my teammates better today,” said Koehler. “If you’re pushing yourself to make others better, then everyone benefits because they will return the favor to you.” Sarchett believes in the same idea and is doing everything she can to not only take in her last few games, but also to display and show the returners for next year that this is a once-in-a-lifetime opportunity. “I would tell all underclassmen going forward to never take a moment for granted,” said Sarchett. “Make the best of every 6:00 a.m. workout, every six-hour bus ride, and every double day we have. Being a collegiate athlete is a once in a lifetime opportunity and it goes by faster than you can imagine.”

Men’s basketball anticipates another successful season

Ryne Oshiro
Staff Writer

The Saint Martin’s University men’s basketball team had their first ever tournament win in the Great Northwest Athletic Conference (GNAC) championship tournament, and their first ever second place finish as well. With the hopes of the Saints on the brink of capturing that ever so elusive tournament championship win, they are hoping to build off the success of last season and take on this upcoming one with confidence and a “one game at a time” mentality. Coming off a remarkable season last year, the Saints finished third in the regular season, and after a last-second floater in the semi-finals by leading scorer Luke Chavez, they found themselves in the championship game. Their opponent was the Western Oregon Wolves, which boasted an All-American guard, Tanner Omilid. The Wolves went on to beat the Saints in a heartbreaker, 65-55. In a game that saw the Saints struggle in the first half of play, shooting for 23 and a mediocre 34.8 percent from the field, the team showed perseverance by coming out in the second half

shooting 14-26 with a 53.8 percent field goal success rate. With a 24-8 record, the Saints benefited from an at-large bid to enter the regional tournament and faced Cal Poly Pomona. The Saints, a fifth seed, beat Cal Poly in the first game, and were then eliminated by a familiar foe in the Wolves to end their season with a 25-9 record. With a lot of success to build off of, this summer the Saints boosted their roster by signing a 6’6” junior transfer guard in Logan Rooney, a 6’9” sophomore transfer center Marky Adams, a 6’2” true freshman in Alexis Angeles, and a 6’2” senior transfer guard, Chandler Redix. Although they lost senior Matt Dahlen to graduation, the Saints have 11 returning players currently on the 2018-2019 roster and have high hopes of looking to get back to the spot they found themselves last year: fighting for the GNAC championship. Returner Tavian Henderson was a bright spot for the Saints, leading the conference with a 72 percent field goal percentage, according to Saints Athletics. Chavez, the hero of the Saints victory in the semi-finals, also led the team in scoring, with an average of 16 points per game. For senior Rhett Baerlocher, this upcoming season will always be based on the game that is

in front of them. Baerlocher says he treats every game with as much importance as the next and previous one. “In the GNAC, there’s never a free night,” he stated. The Saints had just completed their first workout of the day and looked anxious towards the first official practice in the later afternoon as well. Baerlocher returns as one of two four-year starters, alongside power-forward Jordan Kitchen. Baerlocher was also among the four players who shot over 40 percent from the three-point line last year. Among him were EJ Boyce, Jared Matthews, and Luke Chavez. To boost his profile even more, Baerlocher was also named to the NABC Honors Court as reported by Head Coach Alex Pribble. Kazuma Lane, Boyce, and Matthews were also among the others selected for the award. “Don’t ever take a day for granted, because I really don’t want this to end, but that’s just how it is, that’s life.” Baerlocher is one of eight seniors on the roster, as they look to start the season off right. On Oct. 24, the Saints go on the road to face Division 1 Brigham Young University and their first home game will be on Nov. 19 against Walla Walla University. The team would appreciate the support of all SMU students and family.

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Cinderella wears a baseball cap and metal spikes

Ryne Oshiro
Staff Writer

If there is one thing this world loves, it’s a good underdog story. Once projected to finish toward the middle of their division and not fight for a playoff spot, the Milwaukee Brewers certainly qualify as an underdog. Yes, you read that right, as of Saturday morning, the Milwaukee Brewers were a few steps away from going to a World Series. So how does a team that went 86-76 in the previous year become a division winner and advance to the National League Championship Series (NLCS)? How does a team that has not reached the World Series since 1982 become one series away from it? How does a team that has had a 12-game winning streak stay hot heading into the latter half of the post-season? And the biggest question, how does a team compiled of one of the smallest markets in Major League Baseball become contenders? Some questions are better answered by simply watching them unravel in front of you.

In the 2018 off-season, the Brewers traded for Christian Yelich and signed free agent Lorenzo Cain to a premium contract. “We are always looking to make our team better and our organization better,” said Brewers General Manager David Stearns. “As the competitiveness of our Major League team increases, we talked openly that we’re going to have to supplement that group. We are going to have to add to that group to push us in the right direction.” Not only did they sign two of the most important pieces on

this Brewers team, but they also created the sort of buzz that needs to be brought into the MLB. “The Milwaukee Brewers are the last team Major League Baseball and Fox executives want to see in the World Series.” according to USA Today. So why hate on the fun? Baseball is a game that was created based on strategy and the ability for players to simply mind their own business and “play the game.” In baseball, you were not supposed to be flipping bats and dancing around the bases because that sort of thing belongs in sports such as football.

Heading into the National League Championship Series (NLCS), the Brewers are the team from the smallest market left. Their opponents, the Los Angeles Dodgers, the Houston Astros, who are the reigning champions, and the Boston Red Sox are all big-market teams. The Brewers were not supposed to be in the position they are now, not with the flare and quirk they play with, nor were they supposed to have an MVP candidate in Yelich roaming the outfield at a young 26 years. What sets them apart from the rest is their unique style to heavily rely on great pitching, flawless defense, and timely hitting. The Brewers will use roughly a dozen pitchers out of their bullpen in every series they will play. “It’s as deep a bullpen as you’re going to see in the big leagues. Very good arms, very neutral as far as left hand versus right hand.” according to The Ringer. Starting pitchers are supposed to throw at least five to seven innings for a good pitching performance, but for the Brewers, there were occasions, and there will



Fun fact: the Brewers logo is an “M” and a “B” for Milwaukee Brewers.

continue to be occasions, where “good” starting pitching lands between three and four innings. This type of baseball will continue to have viewers questioning how long the Brewers will remain hot and possibly win their first-ever World Series. There are no superstars like you see on the other squads- there is no Mookie Betts, Jose Altuve, or Clayton Kershaw on this team. The Brewers simply rely on every single player making an impact and contributing bits and pieces to their team. As of Saturday morning, Oct. 20, the NLCS is tied between the Dodgers and Brewers 3-3. For now, you will be left to watch and continue to be amazed by the magic story of the 2018 Milwaukee Brewers unfold in front of your eyes. So don’t blink, you might miss something special.

Mariners have strong season despite continued playoff drought

Nate Pearsall
Staff Writer

The 2018 Mariners season has ended, and the M’s found themselves eight games back from the Oakland Athletics for the final spot in the American League post-season. The Mariners won 89 games, something most fans would normally consider a great season. However, the American League had three teams record over 100 wins, and the last wild card team, Oakland, won 97.

Seattle was out to a commanding lead in the first half of the season. On June 16, the Mariners found themselves up 11 games on the A’s, and 20 games over the .500 mark with a 45-25 record. From June 16 to Sept. 24, the Mariners were 85-71 while the A’s cruised to a 95-62 record.

In that span, the A’s made a historical run, going 61-26, while the Mariners went 40-47.

Mitch Haniger has been the most

valuable Mariner in years. He has cemented his role in this lineup. While his defense may seem slightly suspect with his off and on route running, he makes up for it with his arm. Haniger ended the year with 12 outfield assists, tied for first with Andrew Benintendi of Boston and Billy Hamilton of Cincinnati.

Among all this outfield praise, Haniger also took control at the top of the Mariners lineup, hitting .285 with 26 home runs, 93 runs batted in, 90 runs scored and 38 doubles, becoming the first Mariners outfielder since Ken Griffey Jr. to record more than 25 home runs, over 90 RBI’s and greater than 30 doubles in one season.

A lot of this production was found in the leadoff spot for the M’s, a change that occurred on Aug. 9. Entering a series against Houston, the defending World Series Champions, the Mariners sent Haniger to the top of the lineup and dropped



Despite winning 89 games, the Mariners missed the playoffs again.

former lead off Dee Gordon to the nine hole of the lineup. While at the time, it may have been a move to get Gordon straightened out and back into his old role quickly, Haniger stepped in and showed the M’s that this move was permanent.

Haniger, from Aug. 9 to the end of the season, hit .329 with 7 home runs, 21 RBI’s and 37 runs scored. Alongside Haniger, Edwin Diaz

shined as bright as any, closer in the game in the last decade. Diaz, in only his second year, became the talk of the league when he stated his goal for the season: 50 saves. Any baseball fan knows 40 saves is a big feat, but 50? Diaz did not shy away from the scrutiny. With 12 games remaining in the season, he found himself seven saves away from breaking the regular season record. While he would not end up breaking this, nor reaching 60 saves, he still had the second-best season ever with 57.

The Mariners have some depth, but they also have some positions with little to no talent or potential, so the moves to come this offseason should be one to watch for when they enter the MLB Winter Meetings in December. Until then, stay positive, root for the Seahawks, Sounders and Storm, and look forward to opening night in March 2019.

Upcoming home games

Date	Sport	Opponent	Time
10/25/18	Women’s Volleyball	Northwest Nazarene University	7 p.m.
10/27/18	Men’s Soccer	Montana State Billings	12 p.m.
10/27/18	Women’s Soccer	Western Oregon University	2:30 p.m.
10/27/18	Women’s Volleyball	Central Washington Univeristy	7 p.m.
11/7/18	Women’s Basketball	Pacific Lutheran University	7 p.m.
11/8/18	Women’s Volleyball	Western Washington University	7 p.m.
11/10/18	Women’s Volleyball	Simon Fraser University (B.C.)	7:30 p.m.

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Exile and Identity, from cover

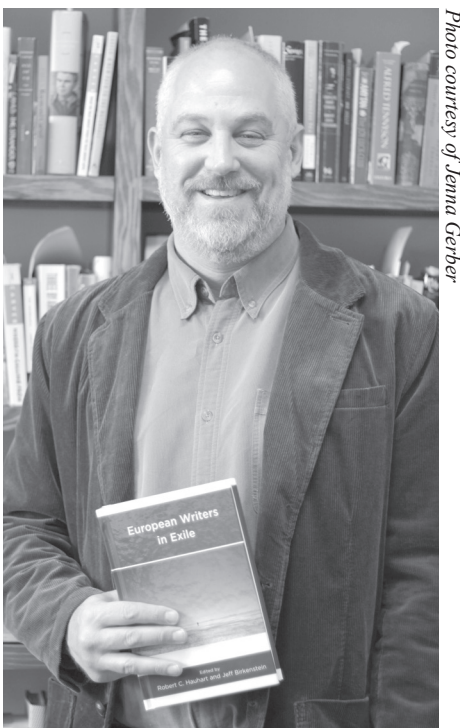
No matter the type of exile, there are many borderline philosophical questions that can be asked concerning the subject:

“Self-identity and nationality are complicated. What happens when your identity is uplifted?” asks Birkenstein, “What does nationality mean? What does it mean in the context of literature?”

For instance, in regards to Joyce, there is much debate over whether to view him as an Irish writer or a metropolitan writer, but “no doubt we can land comfortably somewhere in the middle, which is to say that Joyce was indisputably Irish and, just as certainly, influenced by his long life living on the European continent.” From there, Hauhart states that

one of the main objectives of the book is to analyze, “What kind of an impact does exile have on writers?” Hauhart notes that while writers such as Joyce, Conrad, or Kafka may not reflect on their experiences of exile right away, ultimately, writers respond to experience. Maybe not until much later on in their lives, but if the myriad of writers presented in the book can attest, eventually a topic as pivotal as exile as will be written about. Hauhart mentions that one of the main messages he wants the audience to come away with is for “readers to learn something new about writers.” Particularly, “their lives and the exile they went through.” From analyzing their experiences, one can relate them to people today who are exiled. The concept of exile today, specifically exile of the political nature, is a hot-button issue. Hauhart notes that in the United States, there is an immigration crisis. While exile is sometimes volun-

tary, it is often forced. “From South and Central America, refugees are escaping the country. Lots of the countries are police states,” Hauhart said, referring to the many corrupt and totalitarian governments that have risen in those countries. Additionally, while we may have the feeling that we are disconnected from the issue, Hauhart states, “Many students and faculty have parents that fled from another country.”At Saint Martin’s University, faculty members such as professors Irina Gendelman and Victor Kogan are among them. Birkenstein mentions that the collaboration was fruitful, not only because of Hauhart, but from “extensive communication with scholars around the world.” If there is one lesson that Birkenstein thinks is meaningful from the experience it is that “you never know what collaboration will lead to.”



Following their previous book which highlighted American writers in exile, Birkenstein and Hauhart turn their focus to European writers in exile.

The journey of disc golf at SMU

James Colasurdo
Staff Writer

Spanning from behind the O’Grady Library to beyond the retention ponds is Saint Martin’s University’s disc golf course, which has been in place since 2013. Many people might be asking: what is disc golf? Disc golf is similar to golf in that you are trying to get an object, whether it is a frisbee or a golf ball, into a pole/hole. In the words of Father Peter, “you throw a plastic frisbee at the basket that’s at the top of the pole.” “Like golf, you try to get it in the basket in the fewest strokes that you can.” According to Father Peter, another similarity between the two is, “You can easily translate the scoring of golf to disc golf.”



Father Peter, Campus Chaplin, poses by the disc golf course on the Saint Martin’s campus

For those unfamiliar with scoring in golf, every time you swing at a golf ball with the intention of hitting it, that counts as a stroke. Likewise, in disc golf a stroke is counted each time a disc is thrown and when a penalty is imposed. Strokes are totaled to calculate the game score. Like in golf, the players with the fewest strokes win. According to Father Peter, to get better at the game, “You’ll soon want to know how throw the disc golf 300 feet—the length of a football field. There are people who can throw 500 to 600 feet, but you don’t need to learn how to throw that far to play this course.” “Usually, the first step for people is to learn how to throw the frisbee 250 feet. Usually it takes a little practice to learn to how to do it.” “[Normally] You’re used to throwing a frisbee straightforward,” Father Peter mentions.

However, “to throw a frisbee really far, you need to throw it sideways across your body, walk sideways, turn your hips, and your shoulders back and then unwind your body first from the hips, then the shoulders, and then follow from the arm to get this triple action to put a lot of acceleration on the disc for it to fly real far.” Father Peter became an avid fan of disc golf when living in the Midwest. He vividly remembers his own introduction into the sport, “I just remember going home one year to visit my mother, and I noticed in the park there are these unusual looking metal poles with baskets and chains on top and I started to inquire, ‘what are these?’ Then I was told there are these targets for you to throw frisbees at and there was a guy who was selling these special frisbees out of his trunk, and so I bought a few and just started playing and I really enjoyed doing that.” However, when he moved out to Lacey, Wash. in January 2002, almost nobody knew what disc golf was. When Father Peter moved to Lacey he noticed there were no courses in town. At the time, Father Peter did not know that there were courses as near as Tacoma, Wash., but even if he did, getting all the way to Tacoma would have been very challenging. “So I started asking people around here and they didn’t know exactly what disc golf was,” he stated, “people were also skeptical in the sense that he wanted to use land in order to build the course, “and so [the people] really didn’t see any benefit of building [the course] at the time.” In 2006, there was a disc golf course built in Olympia, Wash. at Yauger Park. However, “The City of Olympia was having trouble with that course and so they took it out,” Father Peter states. Even still, that gave people a taste of disc golf and people wanted to continue playing. That’s when things really got off the ground. Father Peter said, “From 2006–2011 students [at Saint Martin’s University] made up a little course of their own. There weren’t any baskets, but they would take ultimate frisbee discs and they would go around campus and throw to hit different objects, like a tree or a side of a building.” Around 2010, there was a course built near Lacey at Woodland Creek Park. From there, students started playing at Woodland. Orion Desilets, who works at the Norman Worthington Conference Center at the Marcus Pavilion, is also a big fan of disc golf. Desilets and the students “worked together to create a temporary basket,” Father Peter said. The students then started asking, “If we had a course on campus, what would it look like?” To get the course approved by the university, a few key things needed to happen. “I kind of asked for it, so the school understood there was monastic support for [disc golf] but they didn’t understand what it was,” Father Peter stated. From

there, the introduction of disc golf at Yauger Park and the Woodland Creek Park allowed the administration from Saint Martin’s to become familiar with the sport. Father Peter says, “Orion was instrumental in organizing students and by organizing students they were able to put things in.” In setting up the course, Desilets and two students were experimenting and debating where to put a nine-hole course, the typical length of a disc golf course. They were thinking about how to introduce students to the game and so they made the course simpler to play on. Moreover, they also wanted to do it in an open area, so students wouldn’t lose frisbees in the woods. Three holes are about 250 feet, about five are 300 feet, and there is one that is 550 feet. “Some you need to go straight, some right, and some left,” Father Peter said. In spring 2012, Desilets made a proposal to the university, saying that they would like to put in the metal baskets. The metal baskets were installed. That was when Father Peter got excited and called his mother for his discs in Nebraska, “Go ahead and ship those out to me because we have a course now!” The only thing missing was something called a T-pad. According to Father Peter, “The T-pad is a little rectangle of concrete where you throw from. Usually a throw involves you traditionally making three steps in the process of you putting acceleration on your disc by twisting your body by pulling the frisbee forward.” Father Peter stated, “[At first] we just had a marker to throw from.” However, Father Peter mentions Desilets and some of the others were a little hesitant to insert the T-pads into the course. “Once you put a T pad in that’s a pretty permanent thing. That is a 3-foot-by-9-foot piece of concrete,” said Father Peter. That means that every pole inserted onto the hole would have to be thought through, so that everybody is certain of where a hole should be. The first three years, there were no T-pads. Eventually, after throwing from the same place in dirt, in the summer of 2015, it was decided where to put the T-pad. At last, the construction of Saint Martin’s own disc golf course was complete. When Father Peter was explaining how to throw a frisbee the length of a football field, he also referenced that there are local tournaments for those interested, if you feel you’re good enough. **“However, ultimately winning does not matter as much, because Father Peter remarks, ‘there’s a saying in disc golf: the most fun wins.’”**

Ask Kianna: Our daily crosses



Photo courtesy of Kianna Garmanian

“Dear Kianna, I’m currently struggling with my faith because I am going through some difficult moments and daily battles. Since I have been so down lately, it has been harder for me to follow Christ, pray, read the Bible, etc. I’m not sure what to do or how to strengthen my relationship with Jesus. Do you have any words of inspiration?” -Anonymous

To whomever sent this letter, I would like to thank you for your openness and honesty, as I am certain that most individuals can relate to the feelings and experiences you described. Often in life, we do not fully understand who we are, who we are meant to be, or the purpose of our lives. Some days may feel empty, long, endless, or incomplete. You may find yourself doubting your worth and importance. How am I supposed to follow Jesus during difficult moments in my life? During these low moments, as you mentioned, it may seem impossible to spread the good news when the last thing you want to do is smile. You probably feel stuck in a whirlwind of negativity as you face challenges that seem too overbearing. The truth is, we all experience low moments in our lives and have crosses that seem nearly impossible to carry. So, the question is this: How can you and I continue to serve Christ amidst all the daily challenges and setbacks we face? My dear friend, let me share with you a passage from a book I am reading by St. Francis de Sales, titled “Roses Among Thorns” “How happy you will be if while you are in the world you keep Jesus Christ in your heart! Remember the principle lesson he left to us: ‘Learn of me, for I am meek, and humble of

heart.’ At every moment give such a heart to our Savior, and let it be the heart of your heart. You will see that to the extent that this holy and considerate friend (Jesus) takes up a place in our mind, the world with its vanities and trifles will leave you.” Offer your heart, your very being, and your entirety to Christ each and every day. Try beginning the day with a simple prayer and tell the Lord that you give your heart to him and wish to do his will. Allow your soul to connect with his and offer up the crosses you bear for the goodwill of others. Jesus himself says in Matthew 16:24, “Whoever wishes to come after me must deny himself, take up his cross, and follow me.” Christ knows that this life is not easy, and so he offers himself to assist us in all we do. Even when it’s difficult to pray or when you are not in the mood, dig deep within your being and trust in the Lord. Trust that he is with you and will never leave your side. In fact, in moments of suffering, Christ draws nearer to you and his Sacred Heart showers you with plentiful love, mercy, and grace. Therefore, do not be discouraged or lose hope because our God is greater than all pain, all trials, and all suffering. Take up your cross, follow Christ, and know that he will give you all the necessary graces

to do this. We shouldn’t be afraid of the crosses in our lives, since they do not define us. Our identity is in Christ- we belong to him, and as his sons and daughters, we are infinitely loved. It is through our challenges that we draw closer to Jesus and unite our pains with the pains he suffered on the cross, which is both sacred and beautiful. Let me leave you with a final quote from Father Mike Scmitz: “I may be afraid, but I’m not alone, God, because you are with me. I don’t know where this path is taking me, Lord, but I’m not afraid, because you are with me. I may be in the midst of great pain, great sorrow and great uncertainty, but I’m not afraid, because you are with me. Today, I invite you to choose joy, knowing that God is with you.” May God bless you on your journey.

“Therefore, do not be discouraged or lose hope because our God is greater than all pain, all trials, and all suffering. Take up your cross, follow Christ, and know that he will give you all the necessary graces to do this.”

“Audience of One”

Kianna Garmanian
Staff Writer

What are your goals, dreams, and aspirations in life? Where do you see yourself in five, 10, or 20 years down the line? Who will you be as an individual? Where will you be living? Will you be single, married, or have a family of your own? Will you be rich, famous, or successful? What will your career and work situation look like? Will you be happy with the choices you made in life? Now, I realize that those are difficult questions to answer, since none of us can predict our futures. For some of you, just thinking about those questions may cause anxiety, worry, and fear. Our lives are precious and unique, since we only have one. So, how will you make the most out of the one life you have been given? Let me introduce you to a beautiful phrase that can serve as your motto in life, if you so choose: Audience of One (AO1). This popular Christian phrase refers to God being at the center of your life and conforming your life to his will in all circumstances, situations, and events. In other words, by understanding that your life is made for and directed to the Lord, he is your only “audience.” God’s view of you is what truly matters in this life, and because you are his beloved child, he looks upon you with mercy, tenderness, and affection. NFL football player Carson Wentz recently start-

ed an “AO1 Foundation” and comments: “What does AO1 mean to us? It means that we are playing for an Audience of One. When the lights go on and all eyes are fixed on us, our eyes are fixed on him: Jesus, the creator of the universe. It’s not just a slogan, it’s a lifestyle. Living for him, playing for him, and giving him all the glory. Win, lose, or draw—I play for an Audience of One.” For those who are interested in his foundation, feel free to check out <https://ao1foundation.org/>. Try connecting the meaning of AO1 to your own life, visions, and goals. In whatever you do, say, accomplish, or fail to accomplish, do for Christ. By submitting your will to him in every task you take on and conforming your life to the Lord’s, you are truly living for an audience of one. This means that whether you live in Washington or New York, are single or married, a millionaire or struggling financially, a world-class musician or a janitor, you are first and foremost a son or daughter of Christ. Knowing this, it is not the successes in our lives that define us, but rather, how we make the most of each day or situation. If you are a teacher, be the best teacher you can be for Christ. If you are a professional singer, be the best performer you can be for Christ. This concept applies to all areas in our lives. By fully adopting the concept of AO1, we can blossom as individuals and reach our full potential. Instead of worrying about impressing others or striving to be the best for selfish rea-



Photo retrieved from pixabay.com

Audience of One is a concept suggesting that our accomplishments in life should be focused on pleasing God and not others. sons, our thoughts can be directed towards God and God alone. Living for an audience of one is not only transformative, but will bring about much peace and happiness. You are not alone and never have been. God is with you, and when you live for him, you are living your best life.

Need some advice?

Ask Kianna!

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The history of Halloween and celebrations at SMU

Chelsea Mancilla
Guest Writer

Halloween is around the corner. From the purchasing of candy to the readying of costumes, the average American is gearing up for October’s grand finale. But what is Halloween all about, really? With a rich history, and great market success, America’s second largest commercial holiday to Christmas is far more than it seems.

Halloween is observed in several countries around the world. In the United States, it has been an annual holiday since 1920. Yet, the traditions appeared in North America long before there was a United States. Halloween was introduced to the original colonies by European immigrants, primarily those from Ireland and Scotland. Because of the Protestant presence in the Northern colonies, such traditions and beliefs were strongly discouraged. In the Southern colonies however, where there was more ethnic and religious diversity, there are several accounts of Halloween celebrations mixing with Native American harvest celebrations.

Halloween is based off the pagan holiday known as Samhain (pronounced “Sow-en”), which marks the end of the harvest and the end of summer. Celts believed that Samhain was the day when two worlds, the living and the dead, came together. They would prepared for the arrival of both good and evil spirits on this day, using jack-o-lanterns to light the way for good spirits and bonfires to drive away the evil. Masks were used to avoid being recognized by ghosts. People also placed bowls of food outside their homes to appease the ghosts and prevent them from entering. Samhain also incorporated traditions from the Romans. By 43 A.D., the Roman Empire had conquered most Celtic territory. Scholars believe that two festivals of Roman origin were combined with the traditional Celtic celebration. The first festival was Feralia, a day in late October when the Romans traditionally



A popular Halloween tradition involves going to a pumpkin patch to find the perfect pumpkin to carve into a Jack-O-Lantern. Pictured is Brian Messing at Schilter Family Farm.

commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple, which could explain the common Halloween game of “bobbing” for apples.

Many traditions have evolved from the superstitions and beliefs surrounding Halloween, some of which were meant to help young women find their potential spouses. Young women were told to sit in a dark room in front of a mirror and if they waited long enough, the face of their future husband would appear. Girls were also told to throw apple peelings over their shoulders, in hopes that the peelings would form the initials of their true love. While these beliefs are obsolete today, it is telling of how Halloween was

a period of belief in the invisible and in fate. Unfortunately, delinquents and organizations such as the KKK, often used Halloween as an excuse to engage in criminal activity. It wasn’t until the late 1800s that a movement began in America to mold Halloween into a family-friendly and communal event. Parents were encouraged by newspapers and community leaders to take down any “frightening” or “grotesque” decorations adorning civic centers, classrooms, and private homes. Costuming became popular for Halloween parties in the early 20th century. However, in a surprising turn of events, the traditional act of trick-or-treating was initially met with opposition. Some parents and community leaders believed trick-or-treating was akin to extortion.

Fortunately, by the late ‘30s, vandalism decreased as more children partook in trick-or-treating. The term was coined in a newspaper from Portland, Ore. Anoka, Minnesota was the first city to officially hold a Halloween celebration. Festivities became grander every year, cancelled only during World War II. Anoka is now known as the “Halloween Capital of the World.” Salem, Mass. also lays claim to the title due to its association with witches.

Speaking of celebrations, Saint Martin’s is offering a series of activities and events leading up to Halloween. On Oct. 23, there will be a trip to the pumpkin patch at Schilter Family Farm. On Oct. 24, pumpkin carving will be offered at the TUB. Saint Martin’s students have also planned an annual event known as Community Halloween, for community members in the Charneski Recreation Center, or the Rec. Students are encouraged to participate. This year, Community Halloween is Oct. 27, at 10 a.m.--and don’t forget Saint Martin’s Spooktacular event on Oct. 31, in Cebula’s third floor.

Armed with a deeper understanding of its origins and a wealth of information on campus holiday events, may Saint Martin’s students have a Happy Halloween!

Britain’s royal family continues to enthrall world with big changes in 2018

Bethany Montgomery
Editor-in-Chief

This year has been a significant year for Britain’s beloved royal family. In April, the Duke and Duchess of Cambridge welcomed their third child, Prince Louis to the family. Louis, the second son and youngest of the royal family, is fifth in line for the throne behind his grandfather, Prince Charles, his father Prince William, and his brother and sister. His christening, which took place on July 9, was held in the chapel at St. James’s Palace, and was attended by close family and friends.

His two siblings, Prince George (5) and Princess Charlotte (3) also had a busy year. Both have been involved in three weddings in 2018 as a page boy and bridesmaid, that of their uncle Prince Harry, their father’s cousin, Princess Eugenie,

and Sophie Carter, a close friend of their mother. In addition to their involvement at a multitude of family functions, the prince and princess both started school in early September; George starting his second year at Thomas’s Battersea and Charlotte at Willcocks Nursery School. Although charmed by their first day of school photos in 2017, the world will not be seeing any snapshots of the children every year, says People magazine, because of their parents’ wishes to keep the prince and princess’s lives as private as possible.

Another royal baby is on the way, but this time, the Duke and Duchess of Sussex are the expectant parents. Prince Harry and Meghan Markle, who married in May this year, announced the spring arrival of their first child on Oct. 15. Harry, who spoke at the Invictus Games Opening Ceremony on Oct. 20, referenced his excitement for

the big news. “First of all, thank you for the welcome you have given Meghan and I over the last few days,” he stated, “I have been so proud to be able to introduce my wife to you and we have been so happy to be able to celebrate the personal joy of our newest addition with you all.” The Invictus Games, held in Sydney, Australia is a special event for the royal couple, as it was the first place they made their official debut as a couple last year, according to People.

In addition to Harry and Meghan’s wedding this past spring, the Royal Family celebrated another wedding in October, this time for Princess Eugenie. Eugenie, the daughter of Prince Andrew, the Queen’s second son, married her boyfriend of seven years, Jack Brooksbank in St. George’s Chapel at Windsor Castle, the traditional wedding venue for the royal family. Diagnosed with

scoliosis as a child and undergoing surgery at the age of 12, the princess chose to reveal her back scar in her glamorous 1940s style wedding dress, stating that this purposeful choice was made to hopefully change the public’s perception of beauty, according to Cosmopolitan. Known for her humanitarian work against human trafficking and modern slavery and abuse, Eugenie and her fiancé choose to incorporate one of her many charities in their wedding, handing out goodies bags to the wedding guests put together by Women’s Interlink Foundation.

The Royal Family has not failed to disappoint the public in 2018, with exciting developments and a barrage of photos to satisfy their devotee’s adoration for their lifestyle, day-to-day activities, and public service.

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Answers to the Oct. 1 word scramble:
Influenza, career, service, hurricane, discount



Letters to the Editor

- 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 the 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.
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