

# The Belltower

SAINT MARTIN'S  
STUDENT  
NEWSPAPER

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## To straw, or not to straw?

**Ashley Taylor**  
*Guest Writer*

Students and faculty at Saint Martin's University are still transitioning to the use of reusable straws, months after the school's food service provider, Bon Appétit, introduced a summer initiative to remove all plastic straws on campus. Bon Appétit initiated the company wide mandate on May 31, 2018, removing all plastic straws and drinkware, not only from Saint Martin's, but also from their other restaurant and catering locations. This is a decision in line with the company's vision for a more sustainable future. It is also the first of its kind to be completed by any food or major restaurant company in the country. To inform and remind the students of the change on the Saint Martin's campus, flyers are posted around designated eating areas advertising the average lifespan of plastic straws. The flyers emphasize the impact plastic straws have on the Earth, detailing that the waste equates to the length of the circumference of the Earth 2.5 times a day. In other words, roughly 500 million plastic straws are used by consumers every day.



Photo courtesy of creativecommons.org

Bon Appétit started phasing out straws at Saint Martin's on May 31, and aims to have zero straws in all their locations by 2019.

The student body has mixed emotions about the initiative. Some students did not find it as much of a surprise, but rather a restriction that should have been introduced earlier on campus. When asked her opinion about this subject, Jessica Andreas, a sophomore at Saint Martin's, says she is familiar with this ban from her previous exposure with her friend group's anti-straw policy. "It is a great thing they finally did this," she said, "turtles have always been a sacred figure in Hawaiian culture, and they are the species most affected

by the careless disposal of straws," Andreas was born and raised in Hawaii prior to coming to Saint Martin's for college. Exposure from her peers and cultural connection familiarized Andreas to the ban well before it was enacted on campus. The connection drawn between mammal endangerment and plastic straw waste is also a discussion point in the straw ban. During the burst of the anti-straw campaign in August 2015, a viral video of a plastic straw lodged within a sea turtles nose surfaced on web, raising a storm

of controversy over plastic straws circulating around the world. This video highlighted another issue surrounding the waste in question: the durable compounds and overall makeup of plastic straws. According to research conducted by the recycling company Eco-Cycle, due to the straws' lightweight design and shape, they become impossible to recycle entirely. As a result, the plastic, unable to be recycled, has the potential to pollute waterways and put other ecosystems in danger of contamination and harm, which Bon Appétit strives to reduce by enacting this ban. There is an argument against the ban that compares the danger of plastic straws to the larger danger of plastic litter as a whole. In a study conducted by Jenna Jambeck, an engineering professor at the University of Georgia, it was concluded that as of 2010, approximately 9 million tons of plastic waste ends up in the world's oceans and coastlines each year. Since straws are lightweight by design, they only make up approximately 2,000 tons of the 9 million tons of waste that pollute shorelines. In much simpler terms, straws only contribute to

See Straws page 3

## How to budget your way through college with student discounts

**Olivia Alvord**  
*Staff Writer*

There are plenty of opportunities and secrets to make it through college on a budget. Below is a list of resources for everyone to benefit from. It also includes a few common knowledge tips that minimize the number of times that you pay when you eat out. There are a lot of freebies available just for college students. First, a word of advice: you have to pay for a



Photo courtesy of Brian Messing

Kaycee Selga browses Amazon.com to use her discounted student version Amazon Prime.

meal plan, so use it. Do not waste your money going out to eat all the time. Sure, the food from the caf is not always what you want all the time, but get creative and use those already paid for meals. If you are really not into the food, find a way to spend your flex cash and meal credits to make your own meals in the community kitchens. I recommend Winco as a great place to buy in bulk for cheap, and Costco is worth it if you or a friend has a membership. Grocery Outlet also has great deals, just don't count on going back for anything you find because most of it won't be there next time. Many people have tons of flex cash and meal credits left over at the end of the year. Be smart and use your resources because if you don't, it is just a waste of money. Next, there are plenty of ways to get free items or reduced prices no matter where you go, which is a perk of being a college student. It never hurts to ask if the restaurant or store has a student discount when you are about to check out, most businesses are open when advertising about it. For most fast food restaurants and stores, you just have to show them your student ID at the register. Below is a list of options, but it is by no means exhaustive. Necessities are by far the most important category.

Sign up for Amazon with your school email and receive Amazon Prime free for six months. After the trial is over, prime is only \$6.95 per month which turns out to be just \$49 a year instead of the regular member fee of \$99. In addition, Amazon gives 15 percent off select computers and cell-phones. Students are also able to get Microsoft Office programs for free when they sign up with their school email addresses. You can do this through the Saint Martin's website as well. With a valid ID at FedEx, students receive 30 percent off when sending documents, and 20 percent off on most other packages. Apple music is just \$4.99 a month for students, and Spotify Premium offers \$0.99 for the first three months, then moves to \$4.99 a month after that period. Spotify Premium members also receive Hulu and Showtime memberships. Also important is food, which is arguably also a necessity. Dunkin Donuts, McDonald's, Arby's, Buffalo Wild Wings, Subway, and Burger King give students 10 percent off purchases when you present your student ID. Dairy Queen offers a free blizzard when you download the Dairy Queen app. You can simply download the app for the one free thing, or keep it and get

See Student Discounts, page 8

## What to look for in this issue

### NEWS

Saint Martin's alumni and friends of the university surpass the \$10 million donation goal to complete construction of the new science building by the spring of 2019.

See Science Building, page 3

### SPORTS

Saint Martin's University hosted the Ken Garland Classic cross country meet on Sept. 22. The classic was named in honor of late Saint Martin's head baseball coach, Ken Garland.

See Cross Country, page 6

### CULTURE, CLUBS & RELIGION

In her returning column, Kianna Garmanian, discusses how commuter students can balance their school and social lives while living off campus.

See Ask Kianna, page 9





Dear readers,

Thank you for taking the time to pick up a copy of The Belltower. I hope your semester is going well, and you find that reading this issue is a good way to relax for a while. This is my first year as the Section Editor for sports, and I take pride in thorough Saint Martin’s sports coverage and excellence throughout our issues.

In this issue, we cover a range of topics. In news we cover the hurricane season, our new science building, and an update on Elon Musk and Tesla. In sports, the soccer and cross country teams are discovered, as well as an update on the Seahawks. The features section includes articles about the updated straw policy at SMU, and an overview of the business fair. In arts and entertainment, you can find a tribute to Aretha Franklin, and suggestions for fun fall activities.

Here at the Belltower, we greatly appreciate student involvement. Feel free to email us at [belltower@stmartin.edu](mailto:belltower@stmartin.edu), for any opinion submissions or questions to be answered by our “Ask Kianna” column. Feel free to look us up on Facebook or visit our website at [belltowersmu.com](http://belltowersmu.com).

Thank you for your continued support of Saint Martin’s student newspaper,

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*Photographers*  
**Jenna Gerber**  
**Hasley Villadelgado**

*Business Team*  
**Sean Dempsey**  
**Amanda Grengs**  
**Astrid Serrano**

*Advisor*  
**Julie Yamamoto**

*Staff Writers*  
**Kianna Garmanian**  
**Olivia Alvord**  
**Katherine Pecora**  
**Samantha England**  
**Nate Pearsall**  
**Luke Hare**  
**Sophia Lim**

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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.

### Keep in Touch!

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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 guidelines as written content.



Straws, *from cover*

about two-hundredths of one percent of the plastic trash reported along the coast. Although they are a key contributor to environmental waste, one must also take into consideration the fraction that it adds in comparison to other plastic waste products, like the household plastic bag. Local governments have also taken steps in Thurston County to terminate the use of single use disposable plastic bags, unless requested by customers for an additional charge. Unlike straws, approximately half a million plastic bags are used by Americans daily. This amounts to about 30 billion plastic bags per year, ultimately resulting in about 200,000 bags being discarded in landfills and other waterways. This showcases how plastic restrictions are not new to individuals in Thurston County, and ultimately highlights the magnitude to which plastic bags influence waste population in comparison to straws. These bans present in entire cities or major companies are designed to be beneficial for the future of the world, but some students believe it has the opposite effect. When asked his opinion on the effectiveness of the Bon Appétit campaign, Jansen Dacquel, a sophomore at Saint Martin’s, said that overall, the straw ban is accomplishing what it intends to. However, while

it may be contributing positively to environmental awareness and health, he believes it is only a good thing to a certain extent because students and other individuals with disabilities are unable to drink from these cups if they are unfamiliar with the ban, “therefore highlighting their debilitation,” said Dacquel. The ban poses as a double-edged sword that comes with repercussions that some students think are not being addressed. Although not enacted on the Saint Martin’s campus, Bon Appétit has taken another step in their plastic ban. The company has substituted plastic straws for a more sustainable product on the University of Portland campus: paper straws. Paper straw dispensers are on hand at the university for those who need them. Although paper straws are also a single-use parcel, the elements of the paper are much more biodegradable than their plastic straw counterpart. Though paper straws are an eco-friendly alternative, the cost of production and distribution is substantially more than plastic straws. Plastic straws, on average, cost about half a cent, while paper equates to approximately two and a half cents. This difference in price adds up overtime, restricting the possibility of major companies to invest in them. The company, Life Without Plastic, offers fur-

ther alternatives like bamboo straws, which run at a whopping price of \$19.15 for a pack of 12. Whether a student is anti-straw or couldn’t care less about the absence of plastic drinkware, this ban on the Saint Martin’s campus has produced an increase in student conversation regarding important environmental issues that expand further than just straws. A new organization called the Sustainability Club sprung up on campus during the beginning of the new academic year. This club is dedicated to “raising awareness among the SMU community and beyond, concerning issues of environmental, social, and economic sustainability,” as described in their mission statement. Sustainability plans to accomplish this through participating in projects like river cleanup and reaching out to GRUB, a company offering volunteering opportunities to students.

## Generous donation makes new science building a reality

Sophia Lim  
*Staff Writer*

Saint Martin’s University has reached a historic milestone with construction underway of the new science building. Thanks to the donations of the Abbey, alumni donors, and friends of the university, the school was able to reach its goal of \$10 million, and had raised \$10.4 million to fund the construction of this new facility. The building is meant to complete the STEM complex that will be at the core of the campus, and will be located near Cebula Hall, neighboring the Panowicz Foundry for Innovation, and the E.L Wiegand laboratories. After a long process, and a few years of discussion, this project has finally come to life and will consist of a 30,000-square-foot classroom and laboratory facility. President of Saint Martin’s University, Roy Heynderickx, announced during the ceremony that they aim to have the building completed by early spring. In that way, the graduating students would also be able to reap the benefits before they leave the school. Peggy Guevara, a lab manager who is also a graduate of the SMU class of 2014, shared that when she was a freshman attending Saint Martin’s University, there had been some talk about a new science building, and she now felt privileged to be able to witness it actually happening. Many of SMU’s graduating seniors with science majors attended the event and shared their excitement about it. “It’s going to be a major improvement for the science department, and such a new environment to utilize. It’s nice to finally have an update,” said Kaylin Fosnacht, a senior at SMU. In the new science building, there will be a lot more lab space and students will have access to more equipment. As compared to the few tight-fitting labs that they have in Old Main, this upcoming facility will be modern and by that, lower the safety risks and concerns for the students. Guevara says, “There will be more room for research and labs because there were only four labs, now there will be three times more. And that means more research.”



Graduate Terry Monaghan ‘62 and Mary Louise Monaghan cap off the final donation to complete the new Science Initiative Building, raising more than \$10.4 million.

The building will also allow the science faculty to all be in one place and in that way form a more effective collaboration among them and the students. Professors will be able to have their own research labs, and students will not have to be crammed in the few labs that there are now. The building will not only benefit the students through improved safety, but also through more effective learning. Luke Richmond, a senior at SMU says, “Our science majors wouldn’t have to worry about degrading, this new building will give a good face for us.” Adding on, Guevara also states that not only will the facility benefit the current students, but also the alumni and incoming students as well. “When the program gets accredited it holds degrees higher, it will give higher accreditation to past and new students alike.” George Parker, a member of the Board of Trustees, says this

development will serve the students with state of the art equipment and allow them to develop relationships, do research, get grants, and more. The growth that this building will facilitate is an important one. “The space it’ll provide will give labs a new avenue of growth in the future and can even expand and cater to student growth,” explains Ian Lee, a civil engineer who is part of the design team. He says it is exciting to see all the progress that has been made so far. The facility is intended to attract more students into the STEM majors. Jeff Crane, Dean of the College of Arts and Sciences, also announced that the construction of the building will effectively support Saint Martin’s University students. Overall, the construction of the new science building plays a huge role in growing our campus, promotes learning between students, and effective productivity among staff.

Many are excited to witness the completion of this project and be able to benefit from and use it as well. This has marked a huge milestone in the history of Saint Martin’s University, and will change and affect the school greatly, for the better. John Carr, also a member of the Board of Trustees, shares in his speech a wonderful message, “We at Saint Martin’s could do better, so we at Saint Martins must do better. Now, here we are, doing better.”

Photo retrieved from smartin.edu



# Hurricane Gita in American Samoa: My grandmother’s silent prayers

Marycrully Godinet  
Guest Writer

In the first week of February, tropical cyclone Gita ripped through the islands of Tonga, Fiji, Vanuatu, and American Samoa. As the cyclone paved a wave of destruction in the South Pacific, authorities in American Samoa issued hurricane statements to keep locals aware of Gita’s location and when it was expected to hit. The pending storm led authorities in American Samoa to issue a warning alerting the people to prepare and remain on safe grounds. Teachers were told to report back to their schools to secure classrooms. A local hurricane statement issued around early morning on Feb. 9 warned the public that Gita was in the neighboring island of Western Samoa, and was making its way to American Samoa. Because the roads are dangerously close to mountains and streams, landslide warnings were also issued. The storm was slowly moving east-southeast, with maximum sustained winds near 50 mph. However, the arrival of a cyclone was not foreign news for American Samoa as the small island has had several past experiences with strong storms. A local woman named Nelma Upuese, from the village of Alao, said in an interview through email that it is, “In times such as this where Samoans come out and lend each other a hand.” Large crowds of people filled stores, collecting food and water to get through the storm. Families hammered large planks against windows to protect them against strong winds and heavy rain. The governor of American Samoa, Lolo Moliga, advised the public to stay away from roads so first responders could get to the people who called in for assistance and to clear debris. Many first responders were unable to get to their destinations because of the rising danger of weather conditions. The American Samoa Power Authority (ASPA) shut down all power around the island as a precautionary measure. This power outage prevented the National Weather Service office from providing an update on the

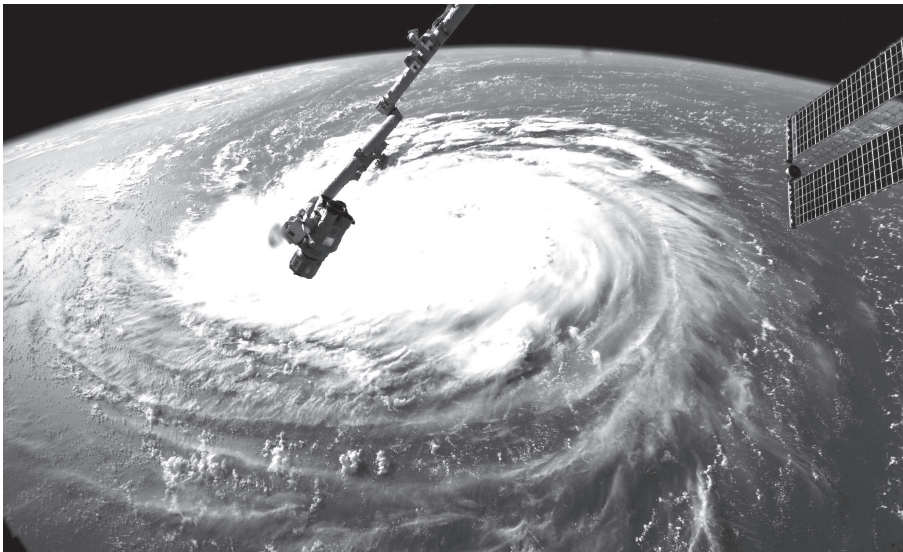
storm, leading the weather office in Honolulu, Hawaii to take control. The airport was closed and the local flights from Honolulu were delayed for 24 hours. Government offices closed and evening shifts for the Starkist tuna factory were canceled. Authorities turned Tafuna Elementary School into a shelter to aid those who needed immediate help. Villages already affected by flooding were urged to call in to set up appointments. The hospital and all health clinics were still open. Everyone had a role to play despite the hurricane’s continuous rise in speed and power. Children were tasked with gathering flashlights, pillows, blankets and watching over the elderly or, as some children have called them, “Mama and Papa.” Locals compared this hurricane to a “whirling monster.” This whirling monster encircled the tiny island, and its large form was evident by the skies and howling sound of the wind outside. Trees shook violently as sounds of broken branches and pouring rain beat against every door and rooftop, echoing in every corner of every village. Gita ripped through houses and villages like a predator to its prey. Families affected huddled in corners of their houses, frightened. Neighbors went out of their way and risked their lives to take in those whose houses were severely damaged. Many locals have described that over the horrific sounds, there was another sound that could be heard in every village. It was of gospel hymns sung by families as they prayed for help. The Samoan culture focuses greatly on emphasizing the importance of God’s presence being central to people’s lives. Every family, during this time of disaster, stayed close together in their homes, all while praying for safety. From Feb. 9 to 14, Hurricane Gita refused to leave American Samoa; however, its punches and kicks had grown less severe. Wind speeds gradually decreased to a point where families could come out and gather more supplies. In the aftermath of this horrible hurricane, American Samoa was left bruised and beaten with no electricity, water, or damaged communities. No injuries or deaths were reported, but many are still without power. Gita caused widespread

damage to homes and infrastructure. The Samoa News said in an article, “All public schools closed as crews continued to clean up down trees, debris, and utility lines. President Donald Trump approved a disaster declaration for the U.S. territory, which makes federal aid available. Gita is still a very healthy cyclone with winds around the center at around 145 mph gusting to a whopping 175 mph. The track has the system veering toward Fiji, but it appears that Gita may re-curve and head south to cooler waters.” Hurricane Gita remained a threat to every island it encountered, leaving behind remains of flooded roadsides and broken homes. The people of American Samoa were without water and electricity for two weeks. In an interview over the phone with Savannah Falesoani, she stated that her family is one of the many whose houses were damaged by Gita. Falesoani said that without electricity and water, they had to head to a village 30 minutes away to obtain water and to shower. Falesoani states, “My parents bought large cases of water and we used it for showering, food and laundry. The hurricane destroyed everything that night and all I could remember was the sound of my grandmother’s silent prayers.” In most villages, some families either rely on government supplied water or village water that comes from streams unfiltered. However, families could not rely on village water because it was heavily contaminated by landslides. The people resorted to interesting means in dealing with scarcity of food and water. They turned to fresh, natural resources as a way of taking care of their families. Men in villages climbed coconut trees to gather coconuts. Many families with plantations had taro, bananas, and breadfruit. They relied entirely on fresh produce and their natural resources. Even after such a strong storm, the island remained strong in spirit and in community.

# Hurricane Florence pummels the Carolinas

Samantha England  
Staff Writer

Though now a past event, Hurricane Florence has wreaked havoc, destruction, and death over the course of its lifetime. As much damage as it has caused, however, it has also brought forth the power of community as various neighborhoods have come together to aid each other in the aftermath of the natural disaster that had befallen them. Hurricane Florence started as a strong tropical wave off the coast of Africa around the end of August, turning into a tropical depression near Cape Verde, and then wavered in strength as it made its way across the Atlantic Ocean. For Cape Verde, there were a few landslides, some localized flooding, and heavy rainfall, but no material damage was reported. It was not until Sept. 4 that Florence reached hurricane status. Small in size initially, Florence took advantage of the low wind shear area it found itself in, and grew rapidly. Florence became a Category 4 hurricane on the Saffir–Simpson scale on Sept. 5, with winds reaching speeds of 130 mph. The sheer speed at which the hurricane changed shocked weather forecasters as Florence had outgrown its predicted model by previously unimaginable numbers. Hurricane Florence became a Category 4 hurricane, but was brought back down to a tropical storm until it reached hurricane-favorable



A view of Hurricane Florence from space

conditions on Sept. 9, and again reached Category 4 status on Sept. 10. This time it had reached new top speeds of 140 mph and was headed for the United States. Taking a path similar to the Chesapeake–Potomac hurricane back in 1933, Hurricane Florence was headed to make landfall just south of Wrightsville Beach in North Carolina. North Carolina Governor Roy Cooper declared a state of emergency on Sept. 7, followed by the governors of South Carolina, Virginia, Maryland, and the Mayor of Washington DC in preparation for the arrival of the hurricane. “Disaster is at the doorstep and is coming in. If you are on the coast, there is still time to get out safely,” Cooper said, urging citizens to evacuate the coastal cities and beaches.

Hurricane Florence had downgraded from major hurricane status when it made landfall on Sept. 14. Since landfall, the hurricane returned to tropical storm status, with maximum wind speeds only reaching 35 mph, and battering the coastlines with record rainfall in both North and South Carolina. As it headed upwards in a northwest direction, following its predicted trajectory, it left behind not only heavy rainfall, but severe flooding in the more inland towns and cities. Rivers overflowed onto the sidewalks and streets, rising to levels as high as 25 ft. Ever since Hurricane Florence made landfall, stories of heroism and crime started coming in from all parts of the states affected by

the tropical storm. A man drowned on Sept. 11 at Florida’s Playalinda Beach, trying to rescue a 10-year-old boy who had gotten caught in a rip current. A woman in Hampstead, N.C., died from a heart attack as first-responders tried to save her in storm conditions that prevented them from reaching her in time. More tragically, was the discovery of a suspected case of a murder-suicide on Harker’s Island. On a more cheerful note, is the sight of multiple communities coming together to rescue local cats and dogs from the floodwaters, most notably a school bus lined with carrier crates with animals inside them. Aid rushed in as fast as the rising water levels, with President Donald Trump making a major disaster declaration in South Carolina on Sept. 17, allowing state and local governments to be reimbursed through FEMA for costs associated with emergency and life-saving actions during the course of Hurricane Florence. The NFL Foundation has also donated \$1 million to relief efforts and encourages fans to donate what they can.

Photo retrieved from NASA



# Secretary DeVos proposes new rules for sexual assault on campus

Katherine Pecora  
Staff Writer

Secretary of Education, Betsy DeVos, is preparing new policies regarding campus sexual misconduct that would reform the rights of the students accused of assault, harassment, or rape. These new rules, obtained by the New York Times, streamline the definition of sexual harassment, assault, and rape. The new policy holds schools accountable for formal complaints filed through proper authorities and for assaults occurring on college campuses. These changes have come at a time when many high-profile universities are experiencing public cases of sexual assault. The Ohio State University, the University of Southern California, and Michigan State University have had to deal with the explosive fallout of high-level sexual misconduct.

The New York Times stated: “Last fall, Ms. DeVos rescinded a 2011 letter prepared by the Obama administration that outlined the responsibilities of schools and colleges that receive federal funding to address episodes of sexual misconduct. Victims’ rights groups praised the Obama-era guidelines for aggressively holding schools accountable for complaints of sexual harassment, assault and rape that they said had often been played down or ignored. But critics contended that too often they trampled due-process rights for accused students.” The new rules also implement Secretary DeVos’ policy of mediation to reach informal resolutions. This allows a victim to request evidence from a perpetrator or vice-versa to determine what happened in the situation. Under the policy of the Obama administration, mediation was declared not appropriate, even if it was volun-

tary. The policy of President Obama strongly discouraged the two parties’ ability to personally question each other in hearings. These new rules also only require schools to investigate instances of assault or harassment that occur on campuses. This would prevent universities from investigating cases of sexual assault taking place outside of their jurisdiction. The Obama administration previously mandated that schools are required to investigate a complaint regardless of the location of the incident.

# Elon Musk has decided to “420 blaze it” with Tesla

Samatha England  
Staff Writer

On Aug. 7, entrepreneur Elon Musk, posted a tweet that sent the business world, and more importantly the Tesla Board of Directors, into shock. “Am considering taking Tesla private at \$420. Funding secured.” Less than two hours later, after Tesla stock had already risen 7 percent, the Nasdaq froze as Tesla published a letter from Musk explaining to employees the implications of privatizing Tesla. Later, Tesla stock rose again, and ended the day up 11 percent. In a later interview he explained the dollar amount of 420, as the first thought that comes to mind is the number’s reference to the counterculture code for marijuana. “It seemed like better karma at \$420 than at \$419,” he told David Gelles, the Corner Columnist for The New York Times. “But I was not on weed, to be clear. Weed is not helpful for productivity. There’s a reason for the word ‘stoned.’ You just sit there like a stone on weed.” On Aug. 15, Musk revealed a new and worrisome definition to his



Tesla founder and CEO Elon Musk finds himself in hot water with SEC.

personal identity. In an interview with The New York Times that was reported the next day, Musk broke down in tears and choked with laughter as he revealed that the past twelve months have been, “the most difficult and painful year of my career. It was excruciating.” In this surprising interview, the world learned of how Musk had been working 120-hour work weeks. A work ethic so dedicated that it has caused him more harm than good, particularly in his personal life. He has not spent much time with his kids, nearly missed his brother’s wedding earlier this year,

and friends have come to him concerned about his health. He admitted to The New York Times that he had been taking Ambien, a prescription sedative to help those with diagnosed insomnia, to help him sleep. The Tesla Board of Directors had been aware of the stress that Musk has faced. There had been attempts to find someone to ease that stress by taking on some of Musk’s duties and obligations. That search has been kicked into a higher gear recently, but it may already be too late. The tweet that Musk posted to Twitter on Aug. 7 has also brought trouble to Tesla’s doors in the form of investigators from the San Francisco office of the Securities and Exchange Commission (SEC). Tesla and Musk have received subpoenas from the SEC days after an initial request for an explanation about the Twitter post. On Sept. 27, the SEC filed a suit against Musk for fraud, alleging that he violated Rule 10B-5, a powerful antifraud rule, the first ever case of fraud against a CEO regarding social media. On Sept. 29, Musk agreed to a settlement with the SEC in

which he resigned as Chairman of Tesla and paid a \$20 Million fine. However, for Gelles, the business reporter who received the startling interview from Musk, it was an important revelation about the chief executive of Tesla. It was a remarkable interview for him, as he wrote for the Times Insider, “It was one of the most extraordinary interviews of my career, and by one simple measure it was a first: In all the conversations I’ve had with business leaders over the years, not until Elon Musk got on the phone had an executive revealed such vulnerability. By speaking with such candor — choking up, pausing repeatedly to regain his composure — Mr. Musk made clear just what a steep toll his work was taking on his personal life. It was a reminder that despite all their efforts to make the public believe otherwise, C.E.O.s have feelings, too.” Musk is just as human as anyone else, and we now see the limits placed on him by his stress.

# LOTT provides innovative techniques for wastewater treatment

Kennedy Birley  
Guest Writer

LOTT Clean Water Alliance provides innovative techniques for wastewater treatment Kennedy Birley- Guest Writer OLYMPIA, Wash. - LOTT Clean Water Alliance in Olympia, Wash. has discovered non-FDA approved levels of pharmaceuticals in reclaimed, non-potable water, due to improper disposal of medications, and use of environment damaging cleaners by citizens. With extreme weather conditions resulting in phenomenons of raging fires, earthquakes, tsunamis, and drought, many regions have opted to use reclaimed water for household tasks. Non-potable water cannot be used for drinking water. It comes from water in the sewage waste system that go through an intense cleaning process to be used for toilets and irrigation. Water lines using the reclaimed water are distinguished with the use of purple piping. This use of reclaimed water is very important for regions that have been suffering extreme drought, as it reserves clean water exclusively for drinking. Although, as LOTT has discovered, reclaimed water has more problems than scientists first anticipated. Pharmaceuticals have been appearing in measurable levels in the reclaimed water after cleaning. “These results were not surprising. Many of these chemicals are ubiquitous in the environment,” Wendy Steffensen said over email

Tuesday, Sept. 11th. Waste water treatment processes are not specifically made to remove all residual chemicals; some may be removed, while others remain in the reclaimed water. To completely remove all chemicals from the water, there is a process called reverse osmosis which is very expensive and has its own set of environmental downfalls. LOTT is also studying chemicals from soap, household cleaners, pesticides, and artificial sweeteners. According to the 2009 Wastewater Epidemiology Study in Washington and Oregon, 18 facilities including the LOTT Budd Inlet Treatment Plant tested positive for traces of MDMA and Methamphetamine in wastewater. Despite this testing, LOTT “[has] not tested for illegal drugs as part of our routine testing or as part of the Reclaimed Water Infiltration Study,” said Steffensen in her email. In recent studies, there are accounts of fish becoming feminized and able to produce eggs harming the population, but there is no evidence of harm to wildlife as a result of reclaimed water entering groundwater as it has gone through cleaning and has lower levels of chemicals than when originally collected. Another aspect of the reclaimed water study is infiltration. This is the process of reclaimed water mixing with groundwater. This process begins with the used water from a typical home being channeled to a treatment facility, which is then cleaned and piped into infiltration basins. The water in these infiltration basins then soaks through sand and gravel to join groundwater in a shallow, un-

confined aquifer. The water in this section is then naturally moved to monitoring wells and basins to ensure compliance with the Washington State groundwater quality standards. LOTT suggests to help by disposing of pharmaceuticals properly. There are many drop boxes in the community where leftover prescriptions can be dropped off, such as the Thurston County Courthouse, Lacey Police Department, and the Tumwater Police Department. Some pharmacies will accept leftover pharmaceuticals for disposal, and in October every year, there is the National Prescription Take-Back Day. It is specifically stated to not flush or rinse medications down the drain or toilet. It is also suggested to use less toxic household cleaners and cosmetics, natural cleaners are a great option. While you may not be seeing purple pipelines under your house yet, this network has expanded to the LOTT Regional Services Center and the Children’s Museum for flushing toilets, and has the potential to be used throughout the area.



## Men’s soccer bounce back after tough start

**Nate Pearsall**  
*Staff Writer*

Lacey, Wash. – The Saint Martin’s men’s soccer team enter today with a 1-2 record in conference, and a 3-6 overall record, more overall wins than their 2017 season. The Saints found themselves in a slump to begin the season with a 1-3 loss to Westminster College of Utah, and a 0-1 loss to California State University, Los Angeles. Coach Rob Walker had some strong words for the way the men played and their future games. “Griffin Small’s second half goalkeeping, the play of our centerbacks, the play of our midfield, and the hard work of our front players, made this a very competitive game. Now, we need to make a carbon copy of this effort, work on improving the little things, and get ready for a great road trip to Southern California next week.” A great start in California followed as they ran out on the field against California State University, Dominguez Hills. They were led by Small, who was named GNAC Defensive Player of the

Week. Small played well with five saves and held out on late game attacks by the Toros for a clean slate. Brandon Madsen ultimately gave the Saints their lead with his second goal of the season. The Saints moved on after their first win to play California State San Marcos. After falling behind 2-0 in the second half, the Saints were still looking for a spark to create opportunities. They got that in the 75th minute when Madsen hit a penalty kick in the top right corner creating a one-score game with 15 minutes left. Unfortunately, they could not capitalize. SMU would go on to lose their final California game 1-2 to the University of California San Diego. When the Saints returned to Lacey, they won 4-1 over the Vulcans of Hawaii-Hilo, and then 3-1 over the Vikings of Western Washington. In these two wins, Madsen stayed hot, scoring one goal in each match. The Saints unfortunately ran into a tough, talented team in Simon Fraser, the No. 3 ranked national men’s team. Being down 1-2 at half-time seemed like good striking position for the Saints, but things took a turn and SMU



Photo courtesy of Ian White

The men’s soccer team has started the season with a conference record of 1-2. Teammates embrace the victory. gave up four unanswered goals to The Clan losing 1-6. The Saints continued their home stretch with games against Northwest Nazarene and Seattle Pacific on Sept. 27 and Sept. 29.

## Women’s soccer start the season strong

**Nate Pearsall**  
*Staff Writer*

The Saint Martin’s women’s soccer team is off to one of the best starts in recent years. At 4-2 overall, they find themselves having already topped last year’s win total of two. Through their six games, the Saints have been led by sophomore midfielder Kiersten Madsen, the younger sister of men’s Saints star Brandon Madsen. She leads the Saints with five goals and 12 total points off 27 total shots. She also has two assists, which is tied with fellow midfielder and junior, Shea McKnight, and senior forward, Kylee Sarchett. These three have accounted for 10 of the Saints’ 13 goals on the season through the first six games, and look to be a force in the future as the Saints enter GNAC play. To begin the season, the Saints



Photo courtesy of SMU Athletics

The women’s soccer team won four out of the first five games this season. opened with a pair of nice wins against Corban University (Ore.), and Northwest Christian University. Madsen and McKnight both showed off their offensive prowess with two goals each through two games. Un-

fortunately, the offense slowed when The Academy of Art came to town. While the Saints showed their ball control, and maintained possession for most of the game, the Saints fell to the Urban Knights 2-0. “Academy of Art is a quality side, but we took too long to get things going,” said Saints second-year coach Heather Cato. The Saints however bounced back strong with a 2-1 win over Holy Names University, and then their best win of the year so far with a 3-2 win over The Evergreen State College. As the newest rivalry began, the Geoducks jumped out to an early 2-0 lead, putting all the pressure on the Saints. After regrouping at halftime, Sarchett scored her first goal of the year in the 56th minute, making it a one-score game. The Geoducks tucked back as the Saints came alive. 13 minutes later, McKnight netted the equalizer.

As the game entered the golden goal overtime, the defense played the biggest role of the game. Goalkeeper Sara Christensen kept SMU in the game with an important save which led to the Saints outbreak and game winning goal by Sarchett to cap off an incredible comeback win. This also gives the Saints their best non-conference start in school history. The Saints took their 4-1 start to Northwest Nazarene University on Sept. 15. After Madsen scored the first goal within the first ten minutes, the Nighthawks took over and never looked back, scoring six unanswered goals en route to a 6-1 victory over the Saints. While SMU goes back to the drawing board, they also look to build off of their historic beginning and make a push through conference play to the playoffs.

## Saints look to build momentum after great start

**Eric Parks**  
*Section Editor*  
**Luke Hare**  
*Staff Writer*



Photo courtesy of Ian White

Teammates Miguel De La Melena, Derrick Howlett, and Joe Phina-zee pace each other during the UPS Invitational. The Saints started the season strong at the UPS (University of Puget Sound) Invitational, with three women and two men finished at top ten, at the UPS Invitational. The teams continued their hard

work at the Ken Garland Classic--their home meet. “The expectations for the team this year is to be consistent about training and to have a better mentality when it comes to race day,” said senior Lindsey Dorney. “I think the consistent training will help the team with racing well at the right time; at GNAC and at Western Regionals, which are the two most important races of the season.” The women have four returning runners and two new faces. Led by Dorney who finished second overall at the UPS Invitational, the Saints also had freshman Alyssa Robinson finish fifth in her first collegiate race, and senior Sadie Dalglish finish 10th. They look to use this strong first outing to play a huge role heading forward in this season. “Lindsey ran a great race from start to finish,” said head coach Jim Brewer. “She started off just behind the front runners and managed to pass one halfway into the race. What was really impressive is that she ran a 1:11 minute personal record on this course and moved up to our fifth best finish in school history at this race. Her summer training and consistent running over the last couple years is paying off.” “Coach has been talking to us about having a better mentality on race day,” said Dorney, when asked about the expectations for the season. “Racing has a lot to do with the physical aspects, but also mental. I think our coach is expecting us to increase our mental strength by visualizing and thinking about a specific thing that makes us want to push and work harder in races.” On the men’s side, freshman Andrew Oslin, led the team for nearly the whole race at UPS. He

started off his collegiate career on a very strong note, finishing fourth overall and continued his success at the Saint Martin’s meet by nearly breaking the team’s record for the course. “Andrew had a good race, ran very consistent,” said Brewer. The men finished sixth out of 14 teams at the Ken Garland Invite, while the women finished ninth of 11. Coach Brewer noted that the meet was very competitive with many good programs in attendance. “Western Washington, they’re a very strong program, typically ranked nationally. Southern Idaho, they’re very good. Their coach is a former olympian. They had a guy last year who won cross country nationals at the junior college level.” Brewer was thankful for everyone who helped make the event special. “I really appreciate our [track and field] team making themselves available to help showcase our beautiful campus and support the cross country athletes and all the hard work they’ve been putting in. I think we put on a really good meet. It helps us prepare for the NWAC championship meet on Nov. 10 [at SMU]. It’s a testament to the course we have that a championship level meet is held at Saint Martin’s University.”



## Senior spotlight: Rachel Gondrezick and Megan Vernoy

Luke Hare  
Staff Writer



Rachael Gondrezick and Megan Vernoy posing for their team pictures before season

Photo courtesy of SMU Athletics

Since the first time they picked up a volleyball, outside hitter Rachel Gondrezick and right-side hitter Megan Vernoy fell in love with the game. Something clicked for both of them with this sport and throughout their long careers, neither had the same feelings they have right now as the only two women on the team that have been at Saint Martin’s all four years of their career. Heading into their final season, however, they both are set on having a great last season. “Emotionally, I’m soaking in every single second I have on this court,” said Gondrezick, “with Megan and I having been through it all, we are looking to teach the freshman that this is a once in a lifetime opportunity and that these are the moments we need to embrace with each other on and off the court.” “I think stepping into my senior season, I have a little more pressure but it is an exciting pressure that I look to embrace to better the underclassmen for their future,” said Vernoy. “Having eight of our 14 players being new to the team, we started out a little rough but are starting to get a flow of things. We have figured out our expectations and are beginning to

play more like a team and are starting to hold each other accountable to reach those goals.” After coming off a school record in wins last season, the returning girls know what they are capable of and have set the expectations high for this year. “The past years were based on just winning a certain amount of games that isn’t the lowest in school history. This year our expectations are much higher. With us having so many new faces and having a large portion of our team being underclassmen, we can shape what this program can look like in the future,” responded Gondrezick. “That’s what our goal is. To make Saint Martin’s Volleyball a team to not sleep on.” At the time of this article’s composition, Gondrezick is sitting at 669 kills, which ranks her No. 7 in school history, while Vernoy currently has 592 kills, which puts her in the top 10. When I asked Vernoy about what she was thankful for, she said “People think that this is just a game. And as cliché as it is to say this, it’s much more than that. It is something that teaches us how to handle achievements and losses and bringing that with us into the real world outside of sports.”

## Slow start to the season has fans worried about the Seahawks

Eric Parks  
Section Editor

The 2017 NFL season marked only the first time since 2011 and the fourth since 2002 that the Seahawks missed the playoffs. Despite their sustained success, many fans are predicting the team will regress from last year’s 9-7 mark. While last season felt like a major disappointment for Seattle fans, the Seahawks were only one game away from the playoffs. If they had beaten the Rams in Week 15-a game that Los Angeles won 42-7-and everything else went the same, Seattle would have made the playoffs as the fourth seed. Even though they were close last year, most fans and analysts are expecting them to finish even worse this year due to their significant losses. The team lost cornerback Richard Sherman, safety Kam Chancellor, defensive end Michael Bennett, defensive tackle Sheldon Richardson, tight end Jimmy Graham, tight end Luke Wilson, and wide receiver Paul Richardson in the offseason. It is rare for a defense to lose half its starters in one offseason, especially when all of them were Pro Bowl players and leaders in the locker

room. The offensive players that they lost accounted for just over a third of the team’s receiving yards, especially since the running game and offensive line were horrendous last year. While the team was able to retain other important players, these serious losses have many wondering how the Seahawks can come close to the playoffs. If the Seahawks could not make the playoffs with 13 Pro Bowlers on their roster, how will they do it with only seven? Even their punter, Jon Ryan, requested a release, which was granted on Aug. 20 after the Seahawks drafted punter Michael Dickson. Even though the Seahawks lost so many key players, additions were made in the offseason that head coach Pete Carroll is excited to incorporate. Shaquill Griffin has replaced Sherman as the top cornerback. He was a rookie last season and impressed the coaching staff when he filled in for Sherman who tore his achilles. Richardson and Bennett are not heavy losses; Richardson never matched his dominant form in Seattle, and Bennett’s performance was declining—not to mention he was controversial in the locker room. Chancellor will be very hard to replace, but Earl

Thomas is still under contract and is returning to the team for the season, however, does not appear to be fully invested, and is often missing from practice. Especially intriguing is outside linebacker Shaquem Griffin, who was drafted in the fifth round from the University of Central Florida. Many viewed him as a longshot to play in the NFL, despite earning ACC Defensive Player of the Year and second-team All-American honors because of his amputated left hand. After an extremely impressive camp, he made the final roster and has started in place of K.J. Wright, who is sidelined with a knee injury for the start of the season. The offense has a new coordinator and offensive line coach, and Russell Wilson has praised the offensive line for improved play throughout the offseason. Unfortunately, the line has not lived up to its hype yet. Wilson has often been pressured and the run game is still stalled in almost every game so far. The Seahawks used their first-round draft pick on Rashaad Penny, a running back from San Diego State, but Chris Carson has kept the top running back spot so far despite having an unimpressive yards-per-

attempt average. While Seattle did little to replace the receiving threats they lost, the team still has Doug Baldwin and Tyler Lockett. Baldwin has been injured so far this season, while Lockett is having a good year and is living up to the contract extension he recently received. Through the first three games, the defense has exceeded expectations. Although they had allowed 27 points in the first game of the year against the Broncos, Denver is a very difficult place to play. In the next two games, the defense played very well. Had the offense played better against Chicago, the Seahawks would be a respectable 2-1. Unfortunately, Seattle lacks playmakers at every level of the offense, except quarterback. The key to offensive success, and team success in general, is improved offensive line play. Carson is an average running back who would be effective behind a fine offensive line while Wilson would be extremely dangerous if he was protected well. If the offense cannot improve, then the team will likely miss the playoffs for the second straight season

### October home games: come support your fellow Saints

2-Oct	Women's soccer vs. University of Hawaii at Hilo	1:00 p.m.
4-Oct	Women's volleyball vs. University of Alaska Anchorage	7:00 p.m.
5-Oct	Women's golf	
6-Oct	Women's volleyball vs. University of Alaska Fairbanks	3:00 p.m.
6-Oct	Women's soccer vs. Northwest Nazarene University	3:30 p.m.
6-Oct	Women's golf	
6-Oct	Softball vs. Centralia College	1 and 3 p.m.
11-Oct	Women's soccer vs. Central Washington University	2:30 p.m.
13-Oct	Men's soccer vs. Concordia University	3:00 p.m.
16-Oct	Women's volleyball vs. Seattle Pacific University	7:00 p.m.
20-Oct	Softball vs. Pierce College	12 and 2 p.m.
25-Oct	Women's volleyball vs. Nazarene university	7:00 p.m.
27-Oct	Men's soccer vs. Montana State Billings	12:00 p.m.
27-Oct	Women's soccer vs. Western Oregon University	2:30 p.m.
27-Oct	Women's volleyball vs. Central Washington University	7:00 p.m.



Student discounts, from cover

updates every week for sweet deals. They also offer a student discount of 10 percent off with every purchase. Both Chick-fil-a and Chipotle offer a free drink with every purchase when you provide your student ID. Groceries are another area of importance, especially if you like to cook. Get the Safeway app and create an account with your phone number for free. Key in your phone number at the checkout with every visit and you will get the member price on most items. Member-only deals happen every day for great prices. They have it all from \$5 Fridays, to buy one, get one free days. In addition to awesome deals, for every item you buy, they award you points that add up to rewards when

you hit 100 points, such as ten cents off of up to eight gallons of gas. Finally, there are lots of great extra deals available to students as well. Most movie theaters take a dollar off of the purchase price of the ticket after 3:00 p.m. This can save you lots of money in the long-run if you go to the theater often. In addition, you can sign up for a rewards card, or get the reward app for additional free and discounted movie tickets and snacks. For those who travel often, Amtrak gives a hearty 10 percent off when you book trips ahead of time. This is definitely a great deal if you travel home on a train. College is expensive, so enjoy these tips and tricks to get the most out of your experience before your student status expires.

## Harvie Social Justice series features former Green Beret Nate Boyer

Olivia Alvord  
Staff Writer

On Thursday, Sept. 20, Saint Martin’s University hosted Nate Boyer, a former Green Beret and former Seahawks player, as the first speaker for the Harvie Social Justice Lecture this year. Boyer began his story describing his past, starting after his high school graduation. Instead of pursuing a higher education, Boyer acquired a job on a fishing boat by conjuring up a bogus story about how he used to work on one in high school. As the years passed, he found it difficult to get other jobs due to his lack of college degree. He found himself lost, depressed, and wondering what he wanted to do with his life. In 2004, he saw a Time magazine article about the genocide that was happening in Darfur, Sudan. Overwhelmed with emotion, Boyer felt a calling to go there and do whatever he could to help. In just a period of two short weeks, he found himself in Sudan, lending his assistance to needy civilians. As a militia swept through the countryside, they wiped out populations, killing men and raping women. After spending some time doing various odd jobs for women and children, Boyer was diagnosed with malaria. He explained that if he had not contracted it, he would not be where he is and would not have the same experiences that he does today. “Thank God for malaria,” he said. Ridden with malaria and only having a radio to stay connected with the world, he felt a huge wave of patriotism and passion to join the military. He began researching what he wanted to do specifically and decided to “try out” for special forces. Their motto, “free the oppressed,” was accomplished by completing all missions for the benefit of and in conjunction with

the indigenous peoples of the land. His journey to the NFL started at the age of 29, and up until then he had never actually played football. When Boyer finally made the decision to pursue higher education on his last deployment, he started training for football. He was accepted to the University of Texas, where he would go on to play four years of college football. When choosing a position, he explained that he purposefully chose one of the positions that no one really wanted to play, long snapper, to guarantee playing time. That decision, combined with his skill, got him on the scout team for his very first tryout. On draft day, Boyer was being considered by the Seattle Seahawks, after only picking up football at age 34. Pete Carroll called Boyer just minutes after the last picks of the draft and congratulated him on being the “wild card” pick of that season. He said that he thought of himself as “representing the underdogs.” He had made it to the NFL with just a few years of playing under his belt, and was with the Seahawks for just four and a half short months. During this time, the Colin Kaepernick controversy started. As a former military man, Boyer and Kaepernick had different opinions on many subjects. The Army Times actually approached him about writing a piece for them about his beliefs on the issue. At first he declined, but after giving it some serious thought, he decided to write an article entitled “If I had five minutes with Colin.” It was emotional and raw, and described why it was so important for Boyer to just have a few minutes of Kaepernick’s time to explain his thinking and to question Kaepernick about his controversial decisions. Within hours, his letter gained media attention. He received hundreds of messages and



Nate Boyer (center) poses with Saint Martin’s students after giving a speech on Sept. 20.

Photo courtesy Twitter.com

emails from many interested in securing an interview with him. Not wanting to be in the spotlight, he only took an interview on NFL Network, because he knew and trusted the hosts. After this interview, he received a phone call from Kaepernick’s publicist, saying that Kaepernick had read the letter and wanted to meet and have a conversation. Within a few days, Boyer was in a San Diego conference center, surrounded by walls of glass. Kaepernick came in very respectfully with one of his teammates and the three had a conversation. Kaepernick then delved deeper into why they were really there. He described how he thought “the flag stood for oppression” and the social injustice, racism, and police brutality . He explained that he was not going to stand when the National Anthem played until there was a change. When Boyer prompted Kaepernick asking what he thought change would look like, Kaepernick answered that he was not sure, but he knew that it was not happening yet, and he did not feel that he could

stand. Boyer explained that, “the flag represents something different to each one of us and that image or feeling is based on our individual experiences. I want you to stand, but I want you to because it means something to you, and to me.” Kaepernick then asked for Boyer’s advice and what he thought he could do to prompt the necessary change. Boyer asked Kaepernick if he would be willing to just stand with his teammates, not committing to anything else, but Kaepernick did not feel that he was ready. Boyer explained that to him, just sitting on the bench, away from the team, looked disengaged and unsportsmanlike. This is when he came up with the idea of kneeling. He could kneel instead of stand side-by-side with his teammates. Boyer explained that “kneeling has never done anyone wrong, and it is a much more powerful statement.” That conversation sparked an “ally-ship” between the two. Boyer stood by Kaepernick in one of the very first games where he knelt during the National Anthem.

## Twenty-six organizations attend Saint Martin’s Business Career Fair

Sophia Lim  
Staff Writer

On Wednesday, Sept. 19, Saint Martin’s annual Business Career Fair was held in the Norman Worthington Conference Center. There were 26 booths set up and many different organizations for students interested in business careers. Light refreshments and snacks were laid out and available for the staff, students, and businesses as they all met with each other. The organizations attending the Business Career Fair included for-profit businesses, state agencies, and graduate schools, with Saint Martin’s alumni representing some of the companies and agencies attending the career fair. Each semester, Saint Martin’s University hosts career fairs on campus. This staple event having been around for more than 10 years. According to Ann Adams, SMU’s Associate Dean of Students and Director of Career Development, the student attendance is much better at smaller majors fairs, rather than when there were large all-major fairs

in the past. Because of this, there will be four fairs each year. Adams explains that the fairs are held to give students an opportunity to meet potential employers, learn about career choices, and make valuable connections for the future. Whether you are a freshman, sophomore, junior, or senior, attending these types of events will really benefit students in the long run. At the business fair, there were some seniors who were looking for jobs after they graduate, juniors searching for internships, sophomores exploring options, and even a few freshmen looking at what is offered so they can plan for the future. Though many may have come to the fair for different reasons, what they all collectively gained was more resources. Networking is an important aspect in life and this fair was a great opportunity for students to improve their networking skills. Students are not forced to rush their decisions, and choose which company or organization to commit to. Instead, they are able to meet potential employers and learn different

things from what each organization they visit. It is encouraged for students who attend to bring copies of their resume so they are able to give it to whichever organization they are intrigued them. These types of events are business casual, so that students do not get overwhelmed. Adams advises that Saint Martin’s University students attend as many career fairs as they can. The more people they meet, the easier it gets to have conversations with recruiters. These fairs benefit students by opening doors and even revealing jobs and internships that some may have never even known existed. These events are meant to help promote new opportunities and experiences to students with no cost. On Sept. 26, the school also hosted the Careers for the Common Good Fair and it was certainly not the last fair the Career Center will host for the wide range of students and programs on our campus.



## Ask Kianna: The college commuter experience

Kianna Garmanian  
Staff Writer



Photo courtesy of Kianna Garmanian

Dear Kianna, while I am happy to be attending Saint Martin’s, I don’t know how to make friends. I am a commuter student, so I don’t get to stay on campus for the late events. After classes I’m worn out and I just want to start on homework or eat with my family. However, I feel I have been missing out on the college experience.

I’m really worried that the next four years will consist of mundane drives and the occasional conversation about homework. I really want more out of college, but I’m not sure how to do it. Sincerely, Commuter Student

Dear Commuter Student, thank you so much for sending in this letter, and I am happy to offer some guidance and advice. Although I am not a commuter myself, I totally understand how you must feel, as you wish to make the most out of your college years. I live on campus, after I finish classes, sports practice, and my other daily activities, I am too tired to attend late-night events. So, I can only imagine your position and why you feel worn out, since you also have to commute to and from school each day. Here is my advice to you: You are in charge of creating and shaping your college experience. Whatever visions or goals you have, make them happen. Let me explain what I mean by this. Some of the closest friends I have made at Saint Martin’s are commuter students that I have met in my classes. Yes, while it can be more difficult to create and develop friendships without living on campus, it most certainly can be done. All it takes is a little ex-

tra effort, but schedules can be coordinated. With my friends that are commuter students, we exchanged phone numbers and could then set-up times to get together. For example, one of my friends finishes her classes at noon, so we often meet at the cafeteria for lunch before she returns home for the day. Another point you talked about is feeling tired after classes and wanting to either start homework or return home to be with your family. I can totally relate to those feelings. Even while living on campus, after a long day, I too feel the need to go back to my dorm, unwind, and spend some time by myself. It is totally normal to feel that way, whether you are a commuter student or not. But, I urge you to push aside those feelings if they are preventing you from obtaining the college experience you envision for yourself. Perhaps begin by taking small steps, such as reserving one day of the week for lunch with a friend or attending a campus event. Just the other night, our school held a dance for students to attend. Tired after a long week, I sat in my dorm room, watched Netflix, and relaxed. Although I enjoyed eating an entire pint of ice cream, multiple servings of popcorn, and taking it easy, I challenged myself to get up and

be social. During my time at Saint Martin’s, I desire to meet other students, get involved, and take advantage of the fun opportunities and resources available. Sometimes, this means stepping out of my comfort zone and making time for social activities when I would rather relax or be at home. And, while I do love my Netflix time, I was so glad I decided to attend the dance and meet new people, have fun, and practice my horribly untalented dance moves. My friend, like I mentioned before, start small and work your way up. You are the boss of your college experience, and I urge you to make the most of it. It will take more energy, time, and commitment to develop friendships and attend campus events, but the memories you make will be well worth it. I wish you the best of luck and hope you enjoy your time here at Saint Martin’s.

## Saint Martin’s celebrates a year of service

Kianna Garmanian  
Staff Writer

This year as a community at Saint Martin’s University, we are celebrating the Year of Service. From small, kind gestures to larger volunteer projects, there are many opportunities to serve others on campus and throughout the larger community. What exactly does it mean to serve and what does the Catholic Church say about service? How can you, as a member at Saint Martin’s (student, professor, faculty, monk, etc.) contribute to the bettering of our community? How does service work help prepare us to be kind-hearted leaders in our world today? To start, let us look at the words of Jesus himself in the Gospel of Matthew: “For I was hungry and you gave me food, I

was thirsty and you gave me drink, a stranger and you welcomed me, naked and you clothed me, ill and you cared for me, in prison and you visited me,” (Matthew 25:35-36), and then continues on to say: “Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me.” (Matthew 25:40) What is the message Jesus is communicating to us? First, he not only invites us to a life of service but also proclaims that when we serve others, we are serving Jesus himself. As the Catholic Church teaches, each and every individual bears the beauty, likeness, and dignity of Jesus Christ, and therefore, the Lord’s presence dwells within each of our hearts. So when you serve another, you are serving Christ. Junior Melissa Brito comments, “I feel like God calls us to humble ourselves and help others since throughout our lives, others have helped us. Specific individuals in our lives have helped us get to where we are today- whether that is financially, spiritually, etc. He then calls us to help another person get to where they will be in life.” In a world filled with so much hatred, selfishness, and greed, genuine kindness and love seems to be slipping away. Yet, as members of the wonderful community here at Saint Martin’s, we are each invited to look beyond our own needs/wants and instead, seek to place others before ourselves. This can be as simple as holding the door for another individual, smiling at others in the hallway, or picking up a piece of trash on the ground. Perhaps you can message a relative/family member and ask how they are



Photo courtesy of Campus Life

Orientation Leaders Allie Findlay and Grant Gardener

doing, or tell your parents how much you love them. Consider taking a friend you care about out to lunch or spending time with others in our community. There are so many opportunities to serve others through both our words and actions, and I invite each of you to reflect on how you can better our community each day. Sophomore Jessica Andres remarks, “At Saint Martin’s, students can be leaders by going out and participating in different clubs, ministries, and being active in school functions. Ultimately, there is a leader within yourself and college is a great place to discover those leadership qualities.” For those of you who are interested in service projects, there are many opportunities to get involved on and off campus. Please check your school email for specific details about the various service opportunities that are offered at Saint Martin’s.



Photo courtesy of Campus Life

Norica Mentors from left to right, Jessica Andres, Kaycee Selga, Jansen Dacquel, Resident Assistant Astrid Serrano, Vanessa Kuffner, and Marie Dhanens participate in campus beautification day.

# Need some advice?

Ask Kianna!

Submit questions to be answered in our brand new column each issue.

Email submissions to  
belltower@stmartin.edu



National Suicide Prevention and Awareness month

Olivia Alvord  
Staff Writer

September is National Suicide Awareness Month. This year, Suicide Awareness Week was Sept. 9 through Sept. 15. During that week here at Saint Martin’s, there was a planned Suicide Awareness panel that was postponed for a grief session in response to a recent suicide of a Saint Martin’s student. How is this really educating our community when people are just going to forget about it because it did not apply to them? Or brush it away when the next thing comes along? I realize that it is not ideal and would get a little bit repetitive to see or say something every day about the subject, but that small step of repetitiveness is what saves lives. Yes, an observed week to raise awareness for a touchy subject is great, but what we really need is to recognize, educate, and minimize suicide by speaking openly about it whenever possible. In order to save lives and raise awareness, we must take it upon ourselves to think of others and what they are going through and to educate ourselves to better our community. Amanda Chappell, a senior at Saint Martin’s, and a mental health advocate, provided her thoughts on the subject, “From a personal standpoint, this subject is very important to me. There is this intense stigma that surrounds mental illness and

suicide, which causes many to not open up about their issues. I speak freely about my past because I want others to understand that it is totally okay to talk about. There is nothing wrong, or sinful, about having inner demons – it’s literally just a chemical imbalance in your brain. In order to normalize these illnesses and help people understand what they are dealing with internally, we have to consistently advocate that a mental disorder is just as significant as a broken arm. While that may seem like a reach to some, it’s important to realize that until you have experienced extreme paranoia, or a depressive episode that lasts two days, you cannot say that these illnesses are not relevant enough to be treated. If we don’t share our stories of progression, how are others who are out there struggling going to realize that it can be manageable? Being a two-time suicide survivor myself, I will be the first to admit that it doesn’t get easier, you just learn how to reprogram your mind in those dark times to see the light that keeps you alive.” According to Yahoo News, “Three out of four college students say they’re stressed and many report suicidal thoughts.” College is a vulnerable time for numerous reasons and we must combat everything from stress to mental illness by actively talking about these heavy subjects. Every year we go through the standard, “What to do in an earthquake,

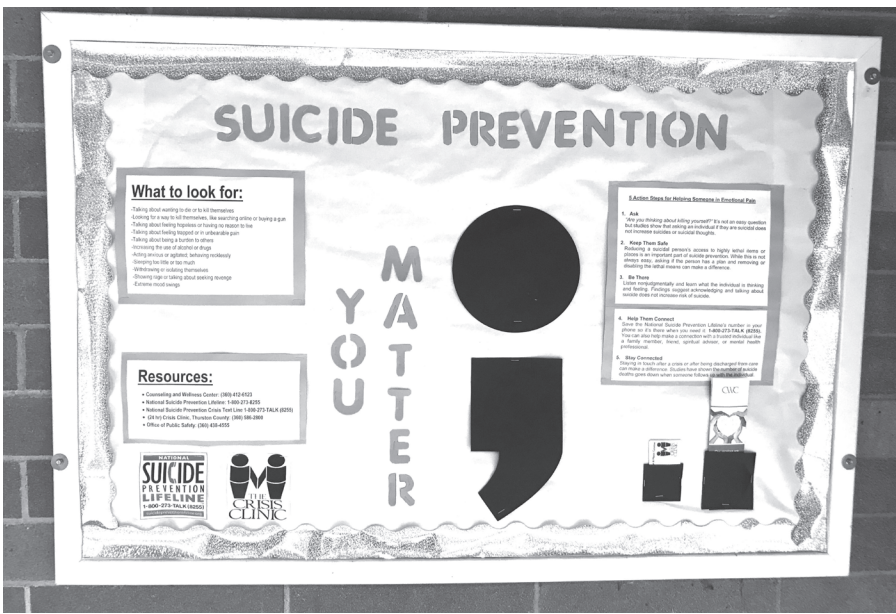


Photo courtesy of Olivia Alvord

The Counseling and Wellness Center and the Health and Wellness RA committee joined together to create suicide prevention and awareness bulletin boards in the residence halls.

fire, and active shooter scenario” but what about our students’ mental health? Openness and awareness of the subject should become a standard talking point in society, specifically in colleges. You may think that this will do nothing to minimize the number of suicides each year, but even if doing this saves only one life, then it was worth it. This is why it is extremely important for colleges to educate students and faculty on the subject and provide the much-needed resources for students to be able to ask for help. Not only should we do what we can to raise awareness for suicide prevention, but we should be advocating for mental health in gener-

al all year round as well. The two subjects go hand-in-hand. People do not normally talk about suicide because it is too sensitive of a subject. But, you never know who you could help by simply being open and honest about resources and education regarding the subject. It all comes down to saving lives. Do not be afraid to talk, we can help: Saint Martin’s Counseling and Wellness Center: 360-412-6123 National Suicide Prevention Lifeline: 1-800-273-8255

Service as a reason to vaccinate against influenza

Jamie Nixon  
Guest Writer

I’ve decided to try something different this year in my attempts to persuade you on the benefits of the seasonal flu vaccine. Each year, I encounter students who are entrenched in their beliefs against the vaccine. The varied arguments include the perennial, “I never get sick, therefore I don’t need to get the vaccine,” along with the naïve, “I got the vaccine last year, so I don’t need it this year.” There’s my ever-favorite conspiracy theory about pharmaceutical companies that breaks down quick to a few holes poked in that argument. I also hear students who just admit that they hate shots and would prefer to take their chances with the illness itself, (which I usually describe as needless suffering). Some have reported that the flu shot “made them sick” and therefore they will never get the shot again. When asked to explain what their symptoms were from getting the vaccine, I rarely hear the actual flu-symptoms: severe chills, fever over 100 degrees Fahrenheit, headaches, fatigue, weakness (lasting up to two weeks), cough, chest discomfort. There can be local adverse reactions with pain at injection site being the most commonly reported along with less than one-fifth of patients reporting short term systemic complaints of muscle aches, headache and fatigue. Again, that is not the flu. This can be a response to vaccination as your immune system mounts a defense against the antigens presented. This year, Saint Martin’s is celebrating a Year of Service. There are many ways to look at service, and I doubt your first thought is by getting your flu vaccine. More likely you will see service opportunities done with our amazing Crystal Cardona, the new Coordinator of Service and Justice. Please still volunteer with her AND get your flu vaccine (which protects those people you serve who may not have the means to vaccinate themselves). I will hear some of you argue that the vaccine last year (and unfortunately some other years) was not a good match to the circulating strains. The

projections are tough and are made even more difficult by the superiority of the brilliant and frequently changing virus we are trying to fight. I can tell you first hand that my patients who did get the vaccine, and were unlucky enough to get the flu, that their illness course was milder and shorter than those who did not get the vaccine. I think having a helpful visual of the board game “Pandemic,” or the dice version “Pandemic the Cure,” can help if you are not familiar with how rapidly viruses spread. I am happy to host a board game night in the TUB if any students want to play. Just ask Katie Wieliczkievicz, Director of Campus Life, or Elizabeth Rumball, Assistant Director of Campus Life, first to make sure there are not fun events planned for the same time. I can’t stress enough how important the vaccine is to protecting those vulnerable in the community. If any of you have anyone in your immediate or extended family under age of six months, please get your flu shot. They are too young to get the vaccine so by removing yourself as someone who could carry and spread the virus you are helping protect them. This also applies if you have anyone in your immediate circle who is over age 65, immunocompromised in any way or dealing with long term chronic medical conditions, like chronic obstructive pulmonary disease (COPD), or diabetes (their immune systems are not as great at developing the necessary antibodies to the antigens present in the vaccine). If you live in the residence halls I know Justin, Janie, Heather Nicole or Sarah will want as many of you vaccinated as possible (especially as it will help protect them and their families). If you are an athlete, you will be protecting your team, coaches, trainers and you will not impact your athletic performance or team’s season from a two-week illness. I would like to say that the flu virus does not discriminate based on class, race, ethnicity, etc., but unfortunately that is not true. The virus will disproportionately impact those with limited access to healthcare, or whom the healthcare system has systematically discriminated against. If you are interested in learning more about the issue of healthcare disparity, please connect

with the incomparable John Hopkins, Ph.D, at the Diversity and Equity Center in Harned Hall. Every other year our office and the Counseling and Wellness Center send out a survey to all students that assesses multiple impacts to your health. Without fail, one of the greatest impacts to your academic success (as reported by you or your peers) is illness. I guarantee your professors do not want you sick in their classrooms coughing on your desks and infecting your classmates. One way to prevent that, and as a service to your professors, is to get vaccinated. It’s free for all of you undergraduates through our office in Burton Hall, Room 102 (hours are Mondays, Wednesdays, Thursday and Fridays from 10 a.m. to 4 p.m.). Or use your insurance and have it done at your grocery store or pharmacy, (Target usually has a \$5 off shopping coupon if you get your flu vaccine from their pharmacy). The decision to vaccinate or not is ultimately up to you, though I beg that you use the valuable skills of critical thinking learned here at Saint Martin’s University to review the overwhelming data in support of the benefits of seasonal influenza vaccination. I know those I most need to persuade likely did not read to the end of this article. At the American College Health Association Annual Conference this year we had a guest speaker from the Center for Disease Control who was giving a talk on the greatest health threats to the college age group. Influenza and resulting complications of pneumonia or bronchitis were responsible for 0.6 percent of deaths in the 15 to 24 age group—184 deaths in a year. Please consider this as another way to serve, something that seems so simple can have such a dramatic impact on our world. This will keep our entire community safer, (which our Public Safety team will also appreciate).



A goodbye to the “Queen of Soul”

Katherine Pecora  
Staff Writer

Beloved soul singer, Aretha Franklin, died at the age of 76 on Aug. 16, after a long battle with pancreatic cancer. Franklin was born in Memphis, Tenn. in 1942. Shortly after, she moved to Detroit at the age of four when her father became the pastor at New Bethel Baptist Church. Her father was a nationally-known gospel singer and civil rights activist, described as, “the lead organizer of the 1963 Detroit Walk to Freedom.” This march was the largest civil rights demonstration in U.S. history, occurring shortly before the historic march on Washington occurred two months later. Franklin grew up singing gospel music with her father, and then signed her first record deal in 1960. It was not until 1976 when she released a range of hits, including “Respect,” Baby I Love You,” and “(You Make Me Feel Like) A Natural Woman.” Franklin was the true queen of soul; her music appealed to the masses, and through this, she used her platform to advocate for social change on the national level. Franklin’s broader social impact was arguably just as important as her music. “From 1946 until 1979, as pastor of New Bethel Baptist Church, [her father] was one of the biggest and most influential preachers in

America, with his church serving as a civil rights hub....When Dr. King came to Detroit, many of the black bourgeoisie did not exactly embrace him. But people like her father, who was a grassroots minister, did,” notes Greg Dunmore, identified by Suggs and Poole as a “longtime friend, journalist, and neighbor” of Franklin. Franklin’s body was laid to rest in style on Aug. 31. More than a hundred pink Cadillacs lined Seven Mile Road in Detroit to pay homage to Franklin. She was dressed in a red suit and crimson pumps lying in a gold-plated casket. Franklin’s casket arrived in a white 1940’s Cadillac LaSalle Hearse. This historic vehicle had also carried the bodies of Franklin’s father, Rev. C.L. Franklin in 1984, Singer David Ruffin in 1991, and Rosa Parks in 2005. Many celebrities and politicians attended her funeral, including former President Bill Clinton, Smokey Robinson, Rev. Jesse Jackson, Cicely Tyson, former Attorney General Eric Holder, Clive Davis, Stevie Wonder, Jennifer Hudson, Fantasia, Faith Hill, and Chaka Khan. Through speeches and song, they honored the late soul singer. “In one of the darkest moments of our lives, we are not able to find the appropriate words to express the pain in our heart. We have lost the matriarch and rock of our family. The love she had for her children, grand-

children, nieces, nephews, and cousins knew no bounds,” according to Franklin’s family.



Aretha Franklin pictured in 1968

Photo retrieved from creativecommons.org

Olympia area features many fun fall activities

Bethany Montgomery  
Editor-in-Chief

To the anticipation of many, the start of fall ushers in a whole new era of seasonal expectations. Bonfires, pumpkin patches, and haunted houses become the cliché of fun autumn activities. But for students who are unaware of what sorts of must-goes are in the broader Olympia area and its surrounding cities, there are actually quite a few options for fall fanatics and just general fans of the “spooky season.” Lattin’s Country Cider Mill and Farm is a Thurston County classic when it comes to family friendly pumpkin-themed activities. Every weekend in October, Lattin’s hosts its traditional “Apple Fest” in celebration of the Washington Apple harvest. At \$5 per vehicle, this affordable adventure includes face painting, pumpkin picking, petting various farm animals, a “Goat Walk,” and booths from many local vendors. Most notably, perhaps, is the variety of delicious food and drink for purchase. As described on their website, “We have our national award-winning cider. Lots of good things to eat, bbq, apple crisp, caramel apples, apple pie, hot and cold cider, berry cider, cider donuts, apple cake, and our famous apple fritters.”

In addition to a traditional pumpkin patch, Schilter Family Farms in Nisqually Valley offers numerous interactive activities for all ages. Every day in October, the 180-acre farm offers hay rides, U-pick pumpkins and other fall treats, and decorations for sale, games like pumpkin bowl and corn hole, homemade fudge and cider donuts, and a petting barn of traditional farm animals. Each year, their famous five-acre corn maze takes on a unique theme and shape. This year, the maze honors a friend of the family who was diagnosed with ALS. Basic admission is \$8 per person, with additional activities for purchase. Weekend specials include Pumpkin Blasters and corn cannons, as well as pony rides for an additional fee. With such a vast area to explore, Schilter’s is the perfect place for taking fall photos or spending a Saturday afternoon. The Rutledge Corn maze, specially known for its frightening mazes, offers both a traditional day and night corn maze, at \$8 and \$12 respectively. However, anyone daring enough take on a scarier experience can explore the haunted corn maze. The \$20 tickets also including two runs through the regular maze. Zombie paintball, also at the price of \$20, can be purchased for a more interactive haunted experience. For students craving the bonfire experience, fire pits can be rented at



The Lewis County steam train is a 1916 locomotive still providing passengers a pleasant ride.

Photo retrieved from Twitter.com

\$60 for two hour slots, and include four picnic tables, an abundant supply of wood, and a 10x20 tent. Further down south in Lewis County, the Chehalis-Centralia Railroad and Museum hosts Pumpkin Train Ride via online reservation. Rides on this vintage 1916 locomotive include pumpkin picking, a costume contest, and an old-fashioned train travel experience on one of the few remaining steam-powered passenger trains in the state. As described on the website: “A ride on the Chehalis-Centralia Railroad is a pleasant, scenic, and relaxing journey back in time. Gaze at the scenery as the nine-mile, former Milwaukee Road track winds through the scenic upper Chehalis River valley, cross-

ing over several wooden trestles, and passing many historic farms.” Also down south, the Southwest Washington Fairgrounds in Centralia is hosting the annual Country Chicks Fall Market on Oct. 5. At \$5 a person the fair includes “... farmhouse style, vintage and repurposed items, rusty good junk, shabby and country furniture, industrial and metals, unique handmades, food, and a chicktastic thyme,” the perfect embodiment of fall. Anyone searching for fun weekend fall activities need search no further than the local area for events and locations that are sure to fulfill everyone’s fall dreams.

WANT FREE COFFEE?

Look through this issue of The Belltower to answer the question below! Then drop this slip off at Harned Hall 113 and you'll be automatically entered into a raffle to win free coffee! (Ends 10/12/2018) \*one entry per person\*

1.) Where on campus can you get vaccinated for free? From what time to what time is this service available?

2.) Who said "My parents bought large cases of water and we used it for showering, food and laundry." On what page was this said?

3.) When is the NWAC championship meet? Where is it taking place?

1.)

2.)

3.)

student email:



# UNSCRAMBLE THESE WORDS

(INSPIRED BY THIS ISSUE OF THE BELLTOWER)

LFNIAZNEU: \_\_\_\_\_ REAERC: \_\_\_\_\_ VCSEEIR: \_\_\_\_\_

CHRENUIAR: \_\_\_\_\_ ODTSNCIU: \_\_\_\_\_

Answers from last issue: Roomate, Croatia, Museum, Volleyball, and Faculty

Answers for the word scramble can be found in the next issue of the Belltower on Oct. 22

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



## DIY FALL SLIME




INGREDIENTS:

- 4 OZ CLEAR ELMERS GLUE
- 1/4 TEASPOON BAKING SODA
- GLITTER
- 1 TABLESPOON SALINE SOLUTION

INSTRUCTIONS:

- MIX GLUE AND BAKING SODA
- MIX IN ABOUT A TABLESPOON OF GLITTER
- SLOWLY ADD SALINE SOLUTION (THIS WILL PULL TOGETHER INGREDIENTS)
- MIX IN SALINE SOLUTION UNTIL NOT STICKY







## A Monster Love Mad Libs

Last October was a \_\_\_\_\_ (adjective) and exciting month, full of \_\_\_\_\_ (object, plural) and love. I’d recently gotten involved with a \_\_\_\_\_ (monster) who only existed during that \_\_\_\_\_ (adjective) time of year. He/she were \_\_\_\_\_ (character trait) and looked kind of like a \_\_\_\_\_ (animal), except with a \_\_\_\_\_ (movie genre) twist. We liked to watch the \_\_\_\_\_ (object, plural) during the \_\_\_\_\_ (time of day) and I really thought I \_\_\_\_\_ (emotion ending in ed) them. So, when October came to an end and my \_\_\_\_\_ (same monster) \_\_\_\_\_ (past tense verb) out of my life, I was left feeling \_\_\_\_\_ (emotion).

Luckily, this year, I have a second chance. I’ve prepared a \_\_\_\_\_ (adjective) date in \_\_\_\_\_ (place) for when he/she comes back. I used all the muscles in my \_\_\_\_\_ (body part) to prepare this date and, now, it’s just a matter of waiting \_\_\_\_\_ (adverb) for my \_\_\_\_\_ (same monster) to come back into my \_\_\_\_\_ (body part, plural).





### Letter to the Editor Policy

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