

The Belltower

SAINT MARTIN'S
STUDENT
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Vaccine bills introduced following measles outbreak in Clark County

Chelsea Mancilla
Guest Writer

A heated discussion about vaccinations has emerged in Olympia, Wash. as a result of the measles outbreak in Clark County, with 65 confirmed cases reported since Feb 26. Gov. Jay Inslee has declared a public health emergency in response to the outbreak, which local officials have described as a drain on resources.

"This is an issue that is front and center in our community right now," said Representative Monica Stonier, D-Vancouver at the hearing for House Bill 1638. Reps. Paul Harris, R-Vancouver, and Stonier, D-Vancouver, have introduced House Bill 1638, which would eliminate the state's personal exemption for the measles, mumps and rubella vaccine for attendance in public and private schools and licensed daycare centers.

Similarly, the Senate Health and Long-Term Care Committee proposed a broader bill which would not allow personal or philosophical exemptions to be granted for any required school vaccinations. It is expected to take a vote on the measure Friday, March 1st. The Senate bill would add vaccinations for chick-



Photo courtesy of Brian Messing

There are currently multiple vaccine bills being considered in both houses of the legislature.

enpox, diphtheria, tetanus, whooping cough, polio, and hepatitis B to the list of diseases that could only be exempted for religious or medical reasons. Under current law, parents can refuse all of those vaccines, plus the MMR vaccine, by signing a

statement saying they have a philosophical or personal objection to the immunization of their child.

Hundreds of people who oppose the measure lined up in front of the House Health Care and Wellness Committee more than an hour before

the start of the hearing, many wearing stickers with the bill number, HB 1638 within a crossed-out circle.

Jill Collier, a registered nurse, told lawmakers at Wednesday's hearing for HB 1638 that she didn't consider herself anti-vaccine, but was opposed to the bill because the doctor-patient relationship would be harmed by legislative requirements on medical procedures like vaccines. "We cannot blanket mandate an injection for a child and hold their education hostage for noncompliance," Collier said.

This is not the first time there has been a bill proposed to eliminate personal exemptions for vaccines. In 2015, a bill was introduced to eliminate the personal exemption for all vaccines, but it died after getting pushback from lawmakers concerned about parents' rights. While Sen. Annette Cleveland, D-Vancouver, has introduced a similar bill this session, the legislation sponsored by Harris and Stonier only targets the exemption for the measles, mumps, and rubella vaccines.

Currently, Washington is one of the 17 states that allows parents to refuse to vaccinate their children for philosophical reasons, accord-

See Vaccines, page 5

New Bon Appetit special offers 25 cent discount for using your own cup

Abigail Lowrie
Layout Manager

Last month, Bon Appetit posted flyers stating that customers can receive a 25 cent discount off their drink purchase by bringing their own cup, hoping to encourage students to opt for reusable options. Operations Manager, Kerri Mahoney, has implemented changes from the Bon Appetit Management Company and bringing them to Saint Martin's, for both Saint Gertrude's Café and the Monk's Bean. With one of Bon App's core values being sustainability, and Thurston County no longer accepting compost from SMU, the decision to offer a discount was easy. The discount rate is a company standard, and was not decided on by SMU.

To promote sustainable living practices, some universities sell reusable cups, silverware, and Tupperware for students to purchase for use in the cafeterias for their to-go food. Bon App has been considering doing this also to help reduce waste from to-go boxes and silverware. Mahoney has also been discussing the possibility of having a promotional sale of reusable cups, including a punch card with a certain number of drinks attached to it offered at a dis-



Photo courtesy of Jenna Gerber

Bon App is now offering a 25 cent discount on your coffee purchase when bringing your own reusable cup.

counted rate. She is hoping to start enacting some of these practices by the fall semester.

Since it is mostly faculty and staff who bring reusable cups, BonApp is hoping to increase the participation of students through social media. They are working to reduce waste in any way that they can and have been in contact with Kelly Quiroz, president of the Sustainability Club on campus, to find a medium between Bon App and students. Quiroz and Mahoney met on Feb. 27 to partner at a Thurston County town hall meeting. Their

goals are to bring up concerns about sustainability with the community, encourage the county to continue accepting compost from Saint Martin's, and update their composting facilities to manage growing compost efforts in the community.

While the lack of composting options is a concern for Bon App and Saint Martin's, they are finding ways to reduce waste around campus by using their community resources. For example, food scraps are given to Brother Edmond to be used as feed in the campus chicken houses. Some of the gardening clubs on campus also use the used coffee grinds from the Monk's Bean and the Café coffee stand in their soil to help promote healthy crop growth.

Bon Appetit has core values that include sustainability, scratch-made food, and sourcing from local companies and farms. Each year, they do a "Eat Local Challenge" where everything sold is to be prepared in house and sourced from within a 50-mile radius. Part of this includes the FF stickers on some meal options signifying that the meal has been sourced "farm to fork."

The café is working hard to reduce their waste. The first step has been to offer reusable bags for purchase

See Cup Discount, page 5

What to look for in this issue

CLASSROOM

Saint Martin's annual Lunar New Year Festival was originally scheduled for Feb. 15 but due to incimate weather, was held on Feb. 26. Students enjoyed a variety of traditional dances and food to celebrate the Year of the Pig.

See Lunar New Year, page 6

CLASSROOM

The English Department is changing its name to the Literary Studies Department to better reflect the content of the courses being taught today.

See Sigma Tau Delta, page 6

OPINION AND EDITORIAL

The Catholic Relief Services on campus encourages students to donate to the Rice Bowl Program as part of the Lenten tradition of almsgiving.

See World Hunger, page 7



Dear Saint Martin’s Community,

Thank you for taking time out of your busy day to pick up an issue of The Belltower. We hope that you are able to relax and take a break from this midterm season while reading. If this is your first time picking up the paper, thank you, and welcome to Saint Martin’s student-run newspaper. If you are a returning reader, welcome back.

In this issue, we cover a variety of topics. In sports, you will be able to find updates on men’s basketball, softball, and track and field. In news, you can find updates on the wild weather we have been experiencing on the West Coast. The opinion-editorial section includes an article of a couple industries to watch if you are interested in the stock market. A wide array of other articles can be found throughout the paper.

Looking ahead, we hope that you continue to stay updated with campus events and news by reading The Belltower. Our writers and editors dedicate countless hours to produce this paper, so please let us know if there is anything we can do to improve your reading experience. Otherwise, I hope you enjoy this issue of The Belltower.

Sincerely,

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

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The Belltower will accept any advertising that does not conflict with Catholic ethics, Benedictine values, or the aims and goals of Saint Martin’s University.

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Our Mission

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

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

Guest Submission Content Policy

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

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

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

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

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

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

A brief history of Saint Patrick's Day

Chelsea Mancilla
Guest Writer

St. Patrick's Day celebrates the Roman Catholic feast day of the patron saint of Ireland. It may surprise you that St. Patrick wasn't even Irish. His name wasn't Patrick either—it was Maewyn Succat, and he is not technically a canonized saint by the Catholic Church. Born in the late 4th century, Succat was the son of an early Christian Deacon. At 16 years old, he was kidnapped by Irish pirates, and sold into slavery in Northeastern Ireland, where he worked as a shepherd for six years. Patrick actually had many monikers throughout his life: he was known by many as Magonus, by others as Succetus, and to some as Cothir-thiacus. Although he escaped enslavement, he returned to Ireland in the year 432, with a mission to convert the Irish to Christianity. Despite the traumatic experience, St. Patrick demonstrated forgiveness, compassion, and perseverance when he returned to Ireland. The Irish were predominantly pagan and druidic at the time. St. Patrick met resistance and hostility towards Christianity, but eventually he gained followers and spread the religion throughout the mainland. By the time of his death on March 17, 461, he had established monasteries, churches, and schools.

Many legends grew up around him—for example, he drove the snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts. It was emigrants, particularly in the United States, who transformed St. Patrick's Day into a largely secular holiday of revelry and celebration of things Irish. Up until the mid-19th century, most Irish immigrants in America were members of the Protestant middle class. When the Great Potato Famine hit Ireland in 1845, close to one million poor and uneducated Irish Catholics poured into America to escape starvation. Despised for their alien religious beliefs and unfamiliar accents by the American Protestant majority, the immigrants had trouble finding even menial jobs. When Irish-Americans in the country's cities took to the streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys. Cities with large numbers of Irish immigrants realized that their large and growing numbers endowed them with a political power that had yet to be exploited. They started to organize, and their voting bloc, known as the "green machine," became an important swing vote for political hopefuls. Suddenly, annual St. Patrick's Day parades became a show of strength for Irish-Americans, as well as a must-attend event for a slew of political candidates. In 1948, President Harry S. Truman attended New York City's St. Patrick's Day parade, a proud moment for the many Irish-Americans, whose ancestors had to fight stereotypes and racial prejudice to find acceptance in the New World. The first parade held to honor St. Patrick's Day took place not in Ireland, but in the United States. Boston held its first St. Patrick's Day parade in 1737, followed by New York City in 1762. Since 1962, Chicago has colored its river green to mark the holiday (although blue was the color traditionally associated with St. Patrick, green is now commonly connected with the day). Irish and non-Irish alike commonly participate in the "wearing of the green"—sporting an item of green clothing or a shamrock, the Irish national plant, in the lapel. Corned beef and cabbage are associated with the holiday, and even beer is sometimes dyed green to celebrate the day. Although some of these practices eventually were adopted by the Irish themselves, they did so largely for the benefit of tourism. In 1848, several New York Irish Aid societies decided to unite their parades to form one official New York City St. Patrick's Day Parade. Today, that parade is the world's oldest civilian parade, and the largest in the United States, with over 150,000 participants. Each year, nearly three million people line the 1.5 mile parade route to watch the procession, which takes more than five hours. Boston, Chicago, Philadelphia, and Savannah, Ga. also celebrate the day with parades involving between 10,000 and 20,000 participants each. Today, people of all backgrounds celebrate St. Patrick's Day, especially throughout the United States, Canada, and Australia. Although North America is home to the largest productions, St. Patrick's Day is celebrated in many other locations far from Ireland, including Japan, Singapore, and Russia. In modern-day Ireland, St. Patrick's Day has traditionally been a religious occasion. In fact, until the 1970s, Irish laws mandated that pubs be closed on March 17. Beginning in 1995, however, the Irish government launched a national campaign to use interest in St. Patrick's Day to drive tourism and showcase Ireland and Irish culture to the rest of the world. Today, approximately one million people annually take part in Ireland's St. Patrick's Festival in Dublin, a multi-day celebration featuring parades, concerts, outdoor theater productions, and fireworks shows.

Reunited at last: The Jonas Brothers are back

Bethany Montgomery
Editor-In-Chief

Five years after their break-up, America's beloved boy band of the 2000s made a dramatic comeback with the release of their newest song and music video, "Sucker." The Jonas Brothers, comprised of Kevin, Joe, and Nick Jonas, was once known to the world for their work on Disney Channel and several individual albums. Following their first solo debut album, "It's About Time" featuring songs like "Year 3000" and "Mandy" in 2006, the boys signed with Hollywood Records, and released their second and more successful album entitled "Jonas Brothers." Their popularity increased greatly in 2008 after collaborating with Disney on the widely popular musical films "Camp Rock" in 2008, and "Camp Rock 2: The Final Jam" in 2010, alongside now successful pop singer Demi Lovato. The brothers also starred in two of their own series on Disney, "Jonas Brothers: Living the Dream" which ran from 2008-2010, and "Jonas," which also featured their youngest brother, Frankie. Their third album, "A Little Bit Longer," was also released in 2008, seeing their hit song "Burnin' Up" reach the top 5 on the Billboard 100. The following year, they released their fourth album "Lines, Vines and Trying Times," which sold over eight million copies. The brothers briefly split in 2010 to pursue solo careers, but attempted to reunite in 2012 to release a

fifth album, and even released a couple singles. However, according to Rolling Stone, the band broke up in 2013, two days before one of their scheduled tours, after a strong rift formed regarding the direction of the band. Since they parted ways due to creative differences, each of the members have pursued their own separate career paths. Kevin, the oldest of the Jonas Brothers, appeared in a reality TV series on E! in 2012 alongside his wife Danielle, entitled "Married to Jonas," just before the band split. He also helped found the real estate and construction company JonasWerner, and is the co-CEO of a social media influencers company The Blu Market company. Joe, the middle star, had briefly pursued the idea of a solo career during the bands first hiatus and released a few singles; however, he later formed his own alternative rock band in 2015 with a few of his friends, entitled DNCE. The band has been moderately successful, with hits like "Cake by the Ocean" and "Toothbrush." He is currently engaged to actress Sophie Turner. The youngest of the Jonas Brothers, Nick, is arguably the most successful and well-known of the three Jonas brothers. Since his one single release is said to have started the Jonas Brothers' initial rise to fame, it is not surprising that his own solo career also took off following the band's break-up. Immediately following the official split, he accompanied Lovato's Neon Lights Tour, working closely with her creative director on staging and sound arrangement, before returning to music. In addition to releasing his hit songs "Jealous" and "Close," Nick helped found Safehouse records and made appearances alongside Lovato on the X-Factor. Nick also focused more on his acting career, where he had appearances in a variety of popular tv shows such as "Scream Queens" and "Hawaii Five-0," a reoccurring role on the show "Smash," and a character role in the 2017 wildly popular film "Jumanji: Welcome to the Jungle." Nick also married Indian singer and model Priyanka Chopra in December 2018. The band's surprising comeback on March 1 followed an brief announcement on their previously inactive Twitter account, simply stating "Midnight ET #Sucker" with the link to



The Jonas Brothers newly released single "Sucker" was released on March 1, 2019 following the bands six-year hiatus.

the teaser to their new single. The music video dropped later that night, and featured elaborate settings and their respective wives/fiancée. According to People, the now-reunited Jonas brothers sat down for an interview with the radio station SiriusXM to discuss their comeback. "It definitely wasn't one conversation, it was many," Nick described, "We started spending a lot of time together and we all kind of felt that there was a magic and there is a magic when we're together that we missed." He continued to elaborate the reunion, "We felt like we wanted to feel that magic again, so we talked about it and after a few conversations and a bit of healing that needed to be done with us as family, we all came to the decision to do this again. We got in the studio and that magic that we spoke about, we felt it again. We're on cloud nine at the moment." The boys also discussed their shift to a family-first focus, as well as more on their highly-anticipated, upcoming career. Joe followed this discussion by describing the future of the band. "We've got a lot of songs that we recorded... we have probably like 30, 40 songs recorded that we can't wait to release," he said, "So I think in the next few months we're probably gonna hear more." Fans on Twitter and Instagram have expressed their excitement to relive the nostalgic years of their childhood with this beloved group, while the rest of the world also anxiously awaits to hear more from this iconic pop/rock trio.



The Jonas Brothers career first took off in 2008.

“Ride the Ducks” takes a dangerous turn

Katherine Pecora
Staff Writer

Filled with tourists wielding yellow duck shaped kazoos quacking insistently at cars and pedestrians, the Ride the Ducks tourist attraction is a well-known facet of the downtown Seattle tourist scene. You may also remember the deadly Aurora Bridge crash back in 2015. On Feb. 7, 2019, the Seattle branch of Ride the Ducks was held liable for 30-33 percent of the accident, and Ride the Ducks International was held liable for the remaining 67-70 percent. This decision focused on the reliability of this product and explained why Ride the Ducks was held responsible for the crash. The victims of the crash were awarded \$123 million. The company stated that they had made significant structural changes to their vehicles and had made other extensive changes following the crash. “We’ve done a top-to-bottom review of our operations and have unilaterally made a series of changes including removing the Aurora Bridge from our route,” a Ride the Ducks Seattle spokesperson said. “We’ve been working hard to regain the



Ride the Ducks has been an integral part of the Seattle tourist experience.

trust of those we serve and will continue to do so in the future.” Jurors were given a week and a half to wade through the complicated evidence following the closing arguments in the case. The crash occurred on Sept. 24, 2015, when duck boat No. 6 crossed the center lane on the Aurora bridge near downtown Seattle and rammed into a tour bus. Investigators after the crash determined that the left front axle snapped, causing the vehicle to swerve. According to King 5: “Five college students

died, and more than 60 others were hurt.” “The question is not were they injured ... the question is the nature and extent of their injuries,” said Jack Snyder, representing Ride the Ducks International. Interestingly, in 2013, all duck owners were required to repair and strengthen that very same left axle, according to a bulletin from Ride the Ducks International. According to King5: “Ride the Ducks Seattle did not heed that warning. Ride the Ducks International implied the blame fell on the local operator. But, Ride the Ducks Seattle’s attorneys argued [the] International [branch] knew of previous breakdowns, and so blame for the defect should lie with them.” The court documents uncovered that the same Ride the Ducks Seattle vehicle was involved in three separate accidents on the Aurora bridge before the fatal crash. Ride the Ducks has been responsible for payments to the families of those killed and injured in the crash. Mainly, the company has paid nearly a quarter million dollars in fines for dozens of safety violations. Ride the Ducks has aimed to fix the issues they have had in the past and move forward with safe, yet fun rides for all.

Jayne Closs found after 88 days in captivity

Katherine Pecora
Staff Writer

On Jan. 10, Jayme Closs, a 13-year-old Wisconsin girl, escaped her abductor Jake Thomas Patterson, 21, on the 88th day of her captivity. Patterson is accused of killing Closs’ parents in order to kidnap her. Patterson allegedly stated that he knew he would kidnap Closs after seeing her board her school bus months before. On Oct. 15, 2018, a frantic 911 call came in around 1 a.m. The dispatcher stated that they heard “a lot of yelling” before officers were sent to the house, only to find Closs’ parents shot. Denise, 46, and James, 56, were found dead and Jayme was missing. The police determined that Jayme was not a suspect. Authorities issued an AMBER Alert to aid in finding Jayme, who they believed to be missing and endangered. Before Closs’ life changed for-

ever, she experienced a quiet and mostly normal upbringing. She and her mom were described as “two peas in a pod.” Her family was described as quiet, kind, and religious. Nearly three months went by as the police in Closs’ small town kept up hope that she would be found alive. Social media outlets circulated information and positive wishes for her. On the 88th day of her captivity, Closs was left alone in a remote cabin outside of Gordon, Wisc. She crawled out from under the bed where she had been ordered to hide, threw on the suspect’s shoes, and ventured out into the cold Wisconsin winter. Jeanne Nutter is a resident of the area with a seasonal cabin nearby. Nutter told CBS News: “When she got near me and I could see who she was, she told me, ‘I’m Jayme.’” The teen told her: “I’m lost, and I don’t know where I am, and I need help.” Nutter observed that the girl “wasn’t dressed for the weather,”



Jayne Closs is now reunited with her grandparents.

and added, “When she told me who she was, I figured she must have left in a hurry.” Nutter consoled the young girl; “We’re going to find somebody who’s home, we’re going to call the police. You’re going to be okay, you’re going to be safe, you’re going to be fine.” Closs remained calm after she and Nutter found a nearby house and urged them to call 911, telling them that

the young girl was Jayme Closs. Word of Closs’ recovery spread, and many acknowledged the tenacity and toughness it must have taken for Closs to have saved herself from this monster. Within hours, the suspect was identified, and later charged. Patterson, who lived in the Gordon home where Closs had been held, was charged with one count of kidnapping, one count of armed burglary and two counts of first-degree intentional homicide. According to People: “A criminal complaint alleges he later admitted his guilt, and that Closs heard the gunshot that killed her father while she and her mother hid in the bathroom. Patterson then allegedly broke down the bathroom door, made Denise Closs put tape over her daughter’s mouth, then shot Denise in front of Jayme before abducting the girl, the complaint alleges.” Patterson had not been on the radar of the investigators, and had no criminal history in Wisconsin at the time of his arrest.

Senior housing project on Pacific Avenue is underway

Chelsea Mancilla
Staff Writer

A project known as “The Reserve” has finally broken ground following the demolition of the former Albertson’s on Pacific Avenue. The site had been vacant since 2012. In 2016, the Southern California-based developer AVS Communities, proposed the project. It is the largest development in Lacey and the first major private investment in the area of Pacific Avenue East in over a decade. The property was untouched for over two years until demolition started in early February this year. The progress was more obvious if you traveled on Carpenter Road, but by Feb. 19, there was nothing left of the former Albertson’s store. The project will provide 300 units of senior housing and 9,000 square feet of commercial space on the ground floor. The original plan was to begin work by January of 2018, but it was delayed because the developer needed to solidify financing, according to Lacey Senior Planner Samra Seymour. Lacey Community Development Director Rick Walk notified the City Council in January that their financing had been finalized in December 2018. The occupancy date is set for late 2020, according to city information. The project has been a point of contention for neighbors in Lacey’s historic neighborhoods along Bowker, Ulery, and Lacey streets. Two

years ago, Joe Panesko and other residents of the neighborhood that he calls “one of the jewels in our city,” appealed for the city’s approval of the Reserve at Lacey to the hearing examiner. The appellants contested that the project would be incompatible with the area. They objected to the scale of the project, as well as its expected impact on traffic, noise, lighting, heights, and views. To that end, they appealed to the city’s hearings examiner the site plan review decision and a mitigated determination of nonsignificance — a decision that meant the developer wouldn’t have to prepare an environmental impact statement. The hearing examiner ruled in favor of the city, and Panesko dropped his appeal. Yet, the building did drop down to four floors, instead of the five-floor building it was originally proposed to be. However, the City of Lacey has strongly advocated for this project. In an article published in the Olympian, Walk defended the project and explained that it’s a good location for urban infill and it provides access to transit, parks, the trail system, and nearby retail services, which promote walking. The City of Lacey has stated that the project is a good example of urban infill development. It is also convenient for a senior housing center to be in close proximity to the Virgil S. Clarkson Senior Center. Since the project is underway, Panesko voiced his concern about an increase in traffic cutting through the neighborhood on Ulery Street. He



The housing project will continue to develop an area of Lacey that was previously abandoned.

asked the city to enforce a “no thru traffic” sign, and the city responded with speed monitoring signs. In the Olympian, Lacey Mayor Andy Ryder, who also lives in the neighborhood, issued a statement in which he said, “In response to our concerns, the Lacey Police Department will conduct emphasis patrols to deter speeding within and around the Lacey Historical Neighborhood. Additionally, our police installed a radar reader board at Ulery and Seventh Avenue to alert drivers to their vehicle’s speed. I was told a second radar board is in the works as well. I believe that these actions will help alleviate some of the frustrations we are experiencing due to the increased traffic.”

Vaccines, from cover

ing to a 50-state analysis of data tracked by the Immunization Action Coalition and the National Conference of State Legislatures (NCSL). In the past four years, California removed personal belief vaccine exemptions for children in both public and private schools, after a measles outbreak at Disneyland sickened 147 people and spread across the U.S. and into Canada. Non-medical exemptions have been granted to Washington residents since mandated immunizations began in the state in 1979.

“What keeps me up at night is eventually having a child die from this completely preventable situation,” said Alan Melnick Ph.D, Clark County public health director. “It’s still out there, even though it’s been debunked, that the measles vaccine results in autism. That’s nonsense.” Washington has one of the most lenient exemption policies in the nation, which al-

lowed parents to simply submit the form without consulting a physician.

John Wiesman, the Secretary of the State Department of Health, said in a news conference before Wednesday’s hearing that the legislative efforts are “...about keeping our kids safe from unnecessary diseases.”

“The current measles outbreak in Clark County has highlighted just how dangerous the situation can be and how quickly an infectious disease like measles can just take off,” he said. Calling the current outbreak “totally preventable,” he said that pregnant women and people with compromised immune systems depend on others to get vaccinated. He said the vaccine is safe and effective and that serious adverse effects caused by the vaccine are very rare with no reputable study to show it has any links to autism.

Cup discount, from cover

in the Parsons store to encourage students to take small steps to more sustainable actions and to encourage them to continue living a sustainable lifestyle. Their next step is to include reusable straw options for students to purchase at the Parsons store. The good news is even if you do not have a reusable cup option when you purchase a cup of coffee, all the to-go item containers can be composted and will break down over time. This includes coffee cups, lids, sleeves, soup containers and lids, silverware, and the to-go boxes for entrees.

Insulin prices continue to rise across U.S.

Prya Oliveria
Staff Writer

Over 30 million people in this country are affected by diabetes. Those with Type 1 diabetes have to take a daily injection of insulin, and about one-third of those who have Type 2 diabetes have to inject daily, too. Since there are no generic competitors for insulin, people pay hundreds of dollars.

The prices of insulin have tripled since 2002, with the most innovative type of insulin priced at over \$500 for a box of five pens. When taken to a Senate committee, one father claimed that his young son’s 90-day supply in 2017 went from \$300 to \$900 in 2018. People are choosing to not take their insulin because the prices have been so high. A few tragedies have occurred due to this sharp increase in price. Alec Smith, a diabetic patient, did not have insurance from his job. He then made the choice to pay out of pocket for his insulin. He was told that he would have to pay \$1,000, but after the total came out to \$1,300 at the pharmacy, he decided not to get the medicine all together. Smith planned on buying insulin after his next paycheck with the intention to ration the insulin, but passed away soon after from diabetic ketoacidosis.

His mother commented on this rising issue, saying, “We have people who are making life and death decisions of, ‘Do I buy groceries and/or do I buy my insulin?’”



Insulin is required for all Type I diabetics and most Type II diabetics.

It is difficult to cut prices for insulin when costs are so high under medical insurance. The CEO of the Diabetes Patient Advocacy Coalition, Christel Aprigliano explains the rise of prices, saying, “List prices are being raised in order to offset the Primary Benefit Manager (PBM) demands for higher rebates.” People are having to ration their insulin because it is better to have some than to have none at all. Without insulin, other diseases can occur, such as cardiovascular disease and kidney disease. The uncontrolled blood sugars can lead to strokes and poor blood circulation. It is possible to make insulin cheaper by cutting out the ‘middle man’ negotiators and selling insulin at a cheaper cost directly to insurance companies. There are even companies online like InsideRX that offer “any American

a 40% discount on insulin at the point of sale,” but these discount programs are either not ready to sell medications, or the prices are still hundreds of dollars for a box of five insulin pens. These programs also don’t cover people who receive healthcare from the government. Aprigliano makes another argument on why insulin prices have raised. “If the list price isn’t raised to meet the PBM’s demands, the PBM won’t include the drug on its formulary, or its list of drugs covered by the insurance plan.” Companies are being forced to overcharge for insulin so it can be covered by insurance. In turn, customers don’t have to pay the list prices. However, the price of insurance as a whole sometimes prevents people from being able to buy insulin because of how expensive the insurance is.

The fact that insulin has no generic forms adds another factor as to why it is so expensive. Under patent law, there can be no generic competitors allowing a company to sell unchallenged products for a certain number of years before getting the generic version to be approved. Pharmacies won’t gain much spending tons of money to create a cheaper version of insulin. The generic form’s price would only be reduced by 20 percent, unlike other drugs that normally get reduced by 80 percent.

With many patients on insulin beginning to expire, new windows are opening up for FDA approval of generic insulin.

Amtrak passengers stuck on board for over a day

Hannah Hartlet
Guest Writer

Sunday, Feb. 24 started as a normal day for many of the 183 passengers who boarded the Amtrak Coast Starlight Train 11. The southbound train departed late Sunday afternoon, but barely made it over 300 miles before striking a fallen tree near Oakridge, Ore. Due to extreme weather conditions, the locomotive empire told its passengers that conditions were too dangerous to send in a crew to clear the tracks at the time. “With more than a foot of heavy snow and numerous trees blocking the track, we made every decision in the best interest of the safety of our customers during the unfortunate sequence of events,” said Scot Naparstek, Executive Vice President and COO of Amtrak.

The route taken by the Starlight runs from Seattle to Los Angeles, and is known as one of the most beautiful train rides in the nation. Amtrak is proud of its many amenities, and boasts a wide array of passenger options including option-



183 passengers were left on board the Amtrak Starlight for over a day.

al sleeping quarters. Regardless of these potential luxuries, passengers were upset by the major delay and began taking to social media platforms to explain the scenario from their perspectives. Kim Shelton said, “There has been so little communication from Amtrak. I am very disappointed.” Despite negative comments from patrons, the com-

pany continued to reiterate to the public that every decision made was in the best interest of the passengers.

In a video interview courtesy of NBC News, passengers explained that meals were free to those on board, but the public took to social media, calling on Amtrak to “take care of the people that trusted you.” In response, Amtrak tweeted at 8:30

pm on Monday Feb. 25, “We apologize for the confusion. Passengers on this train are not being charged for food or water. We are doing everything in our power to make sure they are comfortable.” Rebecca Dotson, one of the few passengers on board with cell phone reception, said in a phone interview that the crew was “polite and professional” even when facing this difficult situation.

Ultimately, it was Union Pacific, another train company, that assisted in getting the Starlight moving and back to Eugene, Ore. Working through the night to get the tracks fixed and safe for travel, the crew had the Starlight moving by 7:20 a.m. on Tuesday, Feb. 26. None of the 183 passengers on board were injured, and UP gave further explanation for Amtrak’s decision to keep all patrons on board during the stop. “With only two small hotels in town they don’t want to separate the passengers prior to having them reboard for departure,” Union Pacific stated.

Sigma Tau Delta welcomes new members amid departmental changes

James Colasurdo
Staff Writer

On Feb 15, six students were accepted into Saint Martin’s Kappa Upsilon chapter of Sigma Tau Delta, an English international society. The chapter, founded in 1968 by the late Saint Martin’s Professor Les Bailey, promotes interest in literature, writing, and the English language to nearby communities, and recognizes notable achievements for students in the discipline of English.

For their acceptance, the six students received a certificate, copies of the two Sigma Tau Delta journals (the Review and the Rectangle), an official society pin, and an honor cord to be worn at graduation. Moreover, the six students are now eligible for scholarships exclusive to society members, and the opportunity to submit works for consideration to the annual convention, the two journals, and various online publications.

After the ceremony, Professor Jamie Olson announced several major changes to the English major at Saint Martin’s. First and foremost, the name of the major will be changed from English to Literary Studies in the fall of 2019. The reason being, Olson states, “Part of it was a recognition that the work that English majors were doing really involved literature as a specialization.”

“If you say ‘I’m studying English’... already English is the name of a language. It’s the name of a culture. So literary studies is meant to broaden out how we are conceiving of lit-



Photo courtesy of Stephen Mead

New Sigma Tau Delta members pose with induction certificates.

erature. It’s not only British literature, it’s not only literature in English. For instance, we have courses in translation and ancient literature, and courses that involve film,” Olson said. The idea behind the change is to capture the different kinds of work students are doing in the major.

Olson shares, “We took and created [new courses] because some of those classes will cease to exist. So, we needed to find replacements for the things [we] originally had in mind for finishing [the] English major.” To clarify, Olson stresses that the department will still temporarily offer old classes alongside new ones, as it would be unfair to make third-or-fourth-year students take newly required classes.

Four credit classes are also a notable change. For the longest time, the English department was committed to three credits for every class. Four credit classes will be more writing intensive. The approach the department is taking is that—with the major still equaling 120 credits—“you take fewer classes, but you go more deeply into those subjects. It’s a more reflective experience; More analysis, more reflection, more thinking,” Olson said.

For instance, the senior thesis seminar is now a four-credit class and differs from the current senior thesis seminar in place. “The difference is that in the past students had a self-designed thesis, which usually came out of your experience from another class. After this semester, the thesis will be “a guided seminar where the faculty member chooses the topic,” Olson said. Furthermore, every year it will be a different faculty member with a specialized topic, which will be announced to students the semester before. Other universities go with a guided seminar as well, and the department believes the change to a guided seminar will help better support students as all are working on roughly the same topic.

In the end, Olson states, “part of what we were doing with this curriculum change was modernizing it. Bringing it into line with what other universities are doing. This is us realizing that there are changes happening in our profession and we want our curriculum to keep up with those changes.”

International Club celebrates Lunar New Year Festival

Sophia Lim
Section Editor

On Feb. 26, Saint Martin’s University celebrated the Lunar New Year in the Norman Worthington Conference Center. The festival, hosted by the International Club, provided an opportunity for students of all cultural backgrounds to gather together and enjoy the festivities that surround this celebration. Also called Chinese New Year, the event is based on the lunisolar Chinese calendar that is marked in coordination to the cycles of the moon. Just as many celebrate Jan. 1 as New Year’s Day because it marks the beginning of the calendar, Lunar New Year does the same. For 2019, Chinese New Year fell on Feb. 5, and celebrated the new zodiac animal. This year, it is the Pig.

The Saint Martin’s community gathered together to enjoy cultural performances, eat delicious Chinese food, and participate in fun



Photos courtesy of Hasley Villadelgado

The Lunar New Year festival is one of many cultural festivals celebrated at Saint Martin’s.

games and activities. The International Club even performed a song and played a Chinese instrument. The event included games and raffle prizes as well. However, many of

the attendees claimed their favorite part was the food that was provided and catered by Three Little Sisters. The menu included beef chowmein, rice, sweet and sour chicken,

green beans, and spicy beef. There was a Lion dance performance as well as other cultural dances, such as the traditional Chinese fan dance. Among the many activities for the night, one involved dancing along with the customary music.

A Saint Martin’s student who attended the festival shared how the dances from that night were such a moving experience that it stuck with her. The Dragon Dance was a dramatic and intense performance that kept up with the fast-pace beat of the taiko drums, but the dragons danced around in a playful demeanor as they interacted and mingled with the crowd. “It was like we were literally playing with dragons,” says sophomore Maia Lesarof. As fun as the celebrations were, it also meant a lot to the Chinese members of the International Club. They were able to celebrate an important part of their culture in a place far away from home, and were granted the opportunity to share it with others.



The Lunar New Year Festival included a Lion Dance.



Food was served to all who attended.



Students and performers shared the stage during the Mountain Dance.

Do your part to end world hunger

Emily Baca
Jalyn Boado
Guest Writers

Consider this: nearly half of all child deaths worldwide are linked to malnutrition. Hunger and malnutrition are problems that cross many global borders. It is an issue that affects some of the world’s most vulnerable populations, such as women, children, farmers, and those experiencing poverty. The issue of hunger is something that is expansive, as it extends to problems including food availability, insecurity, malnutrition, and developmental issues. It is widely recognized that hunger is a problem that affects a vast num-

ber of the world’s population. There are extreme amounts of work to be put in to help solve this problem. The Catholic Relief Service ambassadors at Saint Martin’s University have partnered with an ambitious organization called Bread for the World. They have a goal to end world hunger by 2030 through implementing policy changes. Bread for the World wants to take a bipartisan approach, an approach that crosses party lines to advance global nutrition. One of the campaigns that Bread for the World is currently taking up is a Congressional letter-writing campaign to increase funding in the U.S. federal budget. The choices that our gov-

ernment makes affect how much food is put on a family’s table. To help combat the plight that so many of our global brothers and sisters face with hardships related to world hunger, we invite the entire campus community to join us in our Lenten journey. Catholic Relief Services (CRS) leads the Rice Bowl Program to assist in an essential pillar of Lent: almsgiving. A simple cardboard box is provided and serves as a tool for collecting Lenten alms. The Rice Bowl also comes with a Lenten calendar that guides individuals through the 40 days of Lent with activities, reflections, and stories. By participating in the calendar activities provided,

our campus community also has the opportunity to be united through the other two pillars of Lent: prayer and fasting. One of the calendar activities that we would like to highlight is a movie night that we are hosting, where we will show the film “A Place at the Table” to provide a deeper understanding of world hunger and the issues that surround it. At this CRS event, we will launch our campus’ contribution to Bread for the World’s letter-writing campaign with a goal of 50 letters to be sent in. This event is to take place on March 22. Location and time are to be determined. Please consider attending this event, and help us do our part to end world hunger.

Industrial highlight: Soft drinks and marijuana stocks

Brian Messing
Managing Editor
Eric Parks
Section Editor

Ever wonder what you should do with your extra cash? Save it? Spend it? How about invest it? Each issue, we will each cover an industry that we choose to highlight that we believe would make an excellent addition to your investment portfolio. This month, we will cover the soft drink industry and the marijuana industry.

Within the soft drink industry, despite consumer preferences shifting away from sugary beverages, these companies are looking to diversify their portfolios to stay relevant, as one of the more “establishment” picks when it comes to the stock market. Look no further than Coca-Cola (NYSE: KO), of which Warren Buffet’s Berkshire Hathaway (NYSE: BRK) owns 9.4 percent. Today couldn’t be a better time to jump in on Coke either. Shares fell around 9.5 percent in mid-February, after Coke released a slightly below average estimate for earnings in 2019. This was largely attributed to the aluminum tariffs implemented by President Trump. As soon as the United States and China negotiate a new deal, which is in the best interest of both countries, Coke will be well on its way to beating the very conservative estimates it made for 2019, which is something that Wall Street always likes.

In addition to this, Coca-Cola has many other tangible benefits that can easily be overlooked. Coca-Cola has been paying dividends to investors since 1920, and has been annually increasing dividends since 1963. This has led some to label the stock as “the dividend aristocrat.” Currently, Coca-Cola has a dividend of 3.29. Finally, Coke’s brand and presence on an international scale gives it plenty of prime opportunities for expansion.

Another stock in the soft drink industry that is worth looking at is PepsiCo (NASDAQ: PEP). Unlike Coca-Cola, PepsiCo does more than just sell beverages. The company is a fairly diversified conglomerate, with other food and beverage holdings including Frito-Lay, Tropicana, Quaker Oats, and Gatorade. Pepsi has also invested in healthier alternatives, as consumers shift their preferences away from less sugary and fatty snacks and drinks. Although its dividend yield is lower than Coke’s, it is closer than it has ever been before at 3.25.

The third largest competitor in the industry is Keurig Dr. Pepper (NYSE: KDP). The company recently formed after the merger of the Dr. Pepper-Snapple Group and Keurig, and it boasts a diverse array of beverage products. There is also a lot of room for potential expansion. With the vast majority of its sales coming from within the United States, international expansion could be very profitable because it is largely uncharted territory. Critics warn that over 80 percent of the companies sales come from its soda segment, warning that diversification would be necessary as consumers shift away from sugary drinks.

Another industry that deserves the attention of every investor is cannabis. In the United States,



Both considered vices, the soft drink and marijuana industries are worth investing in.

cannabis is a schedule I substance, which makes founding and investing in companies that cultivate and sell the plant very difficult. Marijuana was first legalized for recreational use by Washington and Colorado in 2012, and since then, eight other states, as well as the District of Columbia, Canada, and Uruguay have followed suit. That brings access of recreational marijuana to over 100 million people of age in only six years. Additionally, 23 other states and 16 countries legalized marijuana for medical use in some form, and several others have “decriminalized,” or removed criminal penalties related to the drug. Decriminalization and legalization for medical purposes are seen as stepping stones toward recreational legalization, which significantly increases the legal access for cannabis, and has created an intriguing and rapidly growing cannabis industry.

While the legal market for cannabis will likely continue to increase, there are several major risks associated with investing in these businesses. Companies in the United States that deal with marijuana are unable to open accounts with federally-insured banks, because the drug is still illegal at the federal level. Therefore, banks are unwilling to gamble on these businesses, which makes large chain dispensaries and production nearly impossible, significantly hindering short term investment opportunities. There are no stocks listed on American stock exchanges that grow or sell marijuana in America. This limits investors to target Canadian companies or pharmaceutical companies that deal strictly with cannabidiol (CBD).

CBD is a non-psychoactive, but controversial substance found in cannabis. It is not technically regulated in the United States, because tetrahydrocannabinol (THC) is the chemical that marijuana’s famous “high” is caused by.

Graphic courtesy of Mikaela Hobson

CBD is currently under consideration by local, state, and federal lawmakers, rendering CBD pharmaceutical companies highly volatile.

The risk could be worth the reward, though, especially in the case of Cara Therapeutics (NASDAQ: CARA). Cara has several drugs currently undergoing clinical trials by the FDA, and all are based on CBD. One pill, Korsuva, would treat uremic pruritus, which is associated with chronic liver and kidney diseases. Cara entered a partnership with Vifor Fresenius Medical Care Renal Pharma, which is a global leader in treating chronic kidney disease. Korsuva has earned the Fast Track designation from the FDA due to its success in Phase I clinical trials and because there are no viable treatments for uremic pruritus. Another drug from the company uses CBD as a pain reliever. Traditional painkillers fall under one of two categories: opioids and non-opioids. Non-opioid pain medications, such as Ibuprofen, are often not strong enough for patients suffering from chronic pain. Opioids generally are; however, they have recently come under fire from governments around the world due to the opioid epidemic. While the drug Cara is working on is technically an opioid, it functions differently. Traditional opioids, such as Vicodin and Percocet, target mu opioid receptors, while Cara’s substance, CR845, targets kappa opioid receptors. There are early signs that the change in targeting which opioid receptors for controlling pain could be enough to significantly decrease addiction levels, as well as other opioid side effects, such as nausea and dizziness. While the market potential for Cara is very tempting, there is no guarantee that these drugs will become FDA-approved or are effective. Cara is a fantastic stock for investors looking for boom-or-bust potential.

Those who are not looking to dive into clinical pharmaceutical companies, but still want to catch the wave of the cannabis boom, could be interested in foreign companies. One popular stock is Canopy Growth (NYSE: CGC, TSE: WEED), which is a leader in Canadian marijuana production. Canopy Growth has grown rapidly in the wake of recreational legalization in the country, including a major investment from Constellation Brands (NYSE: STZ), an American corporation that has a large market share of the alcohol industry. Canopy could be well positioned to enter the US market if marijuana laws are federally relaxed. On the other hand, an upcoming Canadian election could affect marijuana’s outlook in that country too, and Canopy Growth’s stock has been extremely volatile over the past year. A recent increase in research on marijuana could also be good or bad news for the drug, depending on what studies find. While this industry has extreme short- and long-term potential, it could also easily crash.

As of writing this, Brian Messing holds a position in Coca-Cola (NYSE: KO).

As of writing this, Eric Parks does not hold any positions in any of the previously mentioned securities.

To vaccinate or not to vaccinate?

Prya Oliveira
Staff Writer

The decision to vaccinate children has been an argument since vaccinations were introduced. The recent 147 cases of measles that spread into Canada and Mexico from the outbreak in Disneyland, started the controversy all over again. Before the measles vaccine was created in 1963, almost everyone had the disease in their childhood, and an average of 440 children died from it annually. A two-year old child who is fully vaccinated can beat 14 diseases. There are many reasons why parents choose to not vaccinate their children, one being beliefs. In fact, many states allow the exemption of children not being vaccinated due to religious reasons, but the parents have to prove a “genuine and sincere religious belief.” Whether or not parents decide to vaccinate their children has the potential to affect the entire community.

The “Anti-Vaccination Movement,” (what people have been referring to as the decision to not vaccinate), has grown. Different studies have been conducted to understand why parents are against vaccinations, and 77 percent of parents have concerns about the medicine. These concerns can be separated into three categories: religious reasons, philosophical, or safety concerns.

The reports for rejecting vaccines for religious reasons increased from 2001 to 2011, with schools having to put in a mandate to have this exemption as long as parents could prove “genuine and sincere religious belief.” The reason why religion plays a part in the anti-vaccination movement is because it could violate people’s religious tenets. There are some ingredients in vaccinations that have gelatin from animals, going against some beliefs. Currently, there is re-



Photo courtesy of creativecommons.org

Disease outbreaks bring new concern to anti-vaccine advocates.

search being conducted to create vaccines that are more acceptable to these religious groups.

The philosophical defense is an exemption only allowed by a few states. Some parents believe in natural immunity over vaccinations. Some also believe that their kids are not likely to get these rare diseases and assume that the negative side effects outweigh the positive effects. Others come to the conclusion that a healthy lifestyle will decrease the risk of their own children getting vaccine-preventable diseases, like measles. Another group of parents believe that if their kids did get infected with the disease, it would be easy to cure.

Some safety concerns that parents have come from the idea that they may not be well-informed. It is commonly reported that parents are getting information about vaccinations from media reports that highlight the rare negative reactions to certain vaccines. Parents will sometimes delay the vaccines, which can be viewed as better than not having vaccinations at all. Healthcare providers are trying to become more aware of the concerns of parents, attempting to better educate them on vaccinations in general.

Advocates for vaccines have studied what could

happen if a parent does not vaccinate their child. Infant vaccinations prevent diseases like measles, which can lead to brain damage and death, and meningitis which can also lead to brain damage as well as permanent deafness. It is important to understand that there is no cure for diseases like mumps, polio, and measles, but they are all vaccine-preventable. Vaccines build the immune system by acting as the infection, but the fake infection doesn’t cause an illness. There are proteins in the vaccines called Antigens, which is a part of the germ that causes the immune system to respond. Parents who are afraid of overloading their infant’s immune system fail to understand that overloading with vaccinations does not happen when following vaccination schedules.

Delaying vaccinations may be considered better than not vaccinating at all; however, it increases the risk of febrile seizures that happen when a child has a high fever. When a parent refuses vaccines for their children, it also puts other children at risk for diseases. Especially when traveling to other countries, it is easy to contract airborne diseases and then bring them back home. The side effects are very minor and rare. The most common are swelling and redness. But, the U.S. has the safest vaccination supplies in the world, beginning with the approval from the FDA that ensures its safety and effectiveness. Even if there happen to be side effects, healthcare providers are trained to deal with that since the effects are usually caught in the trial period before the vaccine is even approved.

Because there are no laws requiring vaccinations of children, it is ultimately the parents’ decision on their willingness to do so or not. Parents do have the responsibility to be fully informed of these vaccines for the well-being of their child, but it is important to educate themselves on the theories that they may have found from the media.

SB 5395 regarding sex education passes State Senate, headed to house

Olivia Alvord
Staff Writer

Legislation (SB 5395) is currently being considered that would make it possible that comprehensive sex education could be mandatory in all Washington state public schools. As per The News Tribune, “SB 5395 would require all public schools in Washington to provide inclusive, mandatory sexual education by Sept. 1, 2020.” Previously, the state law on sex education is that schools have the option to teach it. If the school does decide to offer it, the curriculum must be scientifically and medically accurate, relevant to the student’s age, non-discriminatory, and must provide information on abstinence, sexually-transmitted diseases, and preventing pregnancy. This bill would put everything out there for

adolescents, give them the information and facts, while also pushing for proactiveness and preparation.

This bill is sponsored by Sen. Claire Wilson of Auburn, who has seen the effects of the previous ways of teaching sex education, and wants to change the taboo behind it. According to The Chronicle, Wilson stated, “Comprehensive sexuality health education is essential to young people’s good health, their relationships and also meeting their life goals. Young people deserve to have information, they deserve to have resources, and they deserve to have the skills they need to protect their health and also build their future without shame and without judgment.” Before this bill was sponsored by Sen. Wilson, it was requested by the Office of the Superintendent of Public Instruction (OSPI) to change the way that sex

education is taught, and allow more young people access to much needed information, as many schools have opted out of offering in the past. Superintendent of Public Instruction, Chris Reykdal, mentioned the high percentages of sexual assault in schools in the public hearing for the bill on Feb. 13. He told The Seattle Times, “the issue of sexual assault in schools is one of the most profound epidemics of our time. One-third of female high-school graduates in Washington are sexually assaulted and one-sixth of males.”

You may be wondering how big of a change this will entail and what exactly will be covered in a comprehensive sex education class. The legislative analysis of this bill states that SB 5395 “would mandate the public-school districts to use a curriculum that encourages healthy relationships, teaches



Photo retrieved from creativecommons.org

Public schools in Washington could now be required to teach comprehensive sex education.

about behaviors that contribute to sexual violence and emphasizes the importance of affirmative consent—as opposed to the extensively used ‘no means no’ education.”

SB 5395 passed the State Senate on Friday, March 1, by a vote of 28-21. It is now headed to the State House of Representatives.

SECOND ANNUAL

Halfway There Fair

Tuesday April 9 from 2-5 p.m., 3rd floor Cebula

An opportunity for sophomores to explore majors, get information about programs and opportunities (internships, study abroad, financial aid, sports, clubs, counseling and wellness, and more!)

There will be food and prizes!

Washington could become the first state to legalize human composting

Olivia Alvord
Staff Writer

Washington could become the first state to allow the option of human composting instead of the traditional routes of burial or cremation. According to NBC News, “This re-composition bill would also make Washington the 17th state to allow alkaline hydrolysis-the dissolving of bodies in a pressurized vessel with water and lye until just liquid and bone remains.” Additionally, the re-composition option provides another alternative to the expensive costs of internment. Sen. Pedersen stated that not allowing the option for re-composition is both a cost and an environmental concern. According to the National Funeral Directors Association, “re-compositing aims to charge \$5,500 for its services, while a traditional burial generally cost more than \$7,000 in 2017.” This limits funeral preparation for families who are struggling financially, or just simply cannot afford much after a loved one has passed without the proper preparations. This bill will provide more options for the disposing of human remains in Washington. The process of reducing human remains to compost involves putting a non-embalmed body into a vessel which also has organic material in it such as, wood chips, straw, and alfalfa. Air then moves freely into the vessel to provide oxygen,



Photo courtesy of Brian Messing

Could graveyards become a thing of the past?

which accelerates the activity. The procedure ultimately speeds up the decomposition process, where the remains are then returned to the family. It is similar to the idea of cremation, but is more affordable and good for the environment. A traditional burial of human remains release chemicals into the ground. In addition, cremation releases carbon dioxide which contributes to climate change. Re-composition is environmentally friendly and a new way to help save the environment even after you are gone. The whole process takes about one month, and the human remains are then “reduced to a cubic yard of compost that can be used to grow new plants, etc.,” as reported by NBC News. The initiative for the allowance of

human composting originated from a Seattle-native and local designer, Katrina Spade. Spade’s original design for this initiative was “to design a system that would restore people’s connection to death and its aftermath, which has been severed in part by the funeral industry,” as stated by NBC News. She eventually found her way to human composting after a close friend introduced her to the popular practice of composting livestock in the farming industry after they die. Another reason behind this initiative is the lack of options people in the U.S. have when it comes to funeral preparations. She stated to NBC News, “We really only have two easily accessible options in the U.S., cremation and burial, and the

question is: why do we only have two options, and what would it look like if we had a dozen?” The bill has been sponsored by Sen. Jamie Pedersen, who told NBC News, “that people from all over the state have wrote to me about how very excited they are about the prospect of becoming a tree or having a different alternative for themselves.” Recompositing will continue to improve as Spade founded her corporation Recompose in 2017, to be able to expand her research on the concept. Through Washington State University, Recompose sponsored a pilot, five-month program that concluded in August of last year. The research found that the re-composition process of human remains was safe and those results will be out for publication sometime in 2019. Once released, this research could help aid the Washington state legislature in the decision to become the first state to legalize human composting. Previously, Sen. Pedersen’s bill that was introduced in 2017, failed. Some say this was because of the lack of approval from the Catholic Church or that it failed to include re-composition in addition to alkaline hydrolysis. According to NBC News, “some said that the church was concerned about dissolved human remains draining into sewers” but others, like Sen. Michael Baumgartner, said that it was just a focus on other issues and solutions that year. Nonetheless, it will be interesting to see how this process plays out in the Capitol building.

Reflecting on your Valentine’s Day around the world

Chelsea Mancilla
Guest Writer

Celebrated on Feb. 14, it is often marked by giving gifts to and spending time with loved ones. In the U.S., shelves brimming with teddy bears and boxes of chocolate are typical Valentine’s Day fare, but not every country turns to greeting cards and heart-shaped candies to declare love. It’s been said that the first Valentine’s Day card originated in France when Charles, Duke of Orleans, sent love letters to his wife while imprisoned in the Tower of London in 1415. Today, Valentine’s Day cards remain a popular tradition in France and around the world. Another traditional Valentine’s Day event in France was the loterie d’amour, or “drawing for love.” Men and women would fill houses that faced one another, and then take turns calling out to one another and pairing off. Men who weren’t satisfied with their match could simply leave a woman for another, and the women left unmatched gathered afterwards for a bonfire. During the bonfire, women burned pictures of the men who wronged them and hurled swears and insults at the opposite sex. The event became so uncontrollable that the French government eventually banned the tradition all together. Although Valentine’s Day is a relatively new holiday in Denmark (celebrated since the early 1990s according to the Ministry of Foreign Affairs), the country has embraced Feb. 14 with a Danish twist. Rather than roses, friends and sweethearts exchange pressed white flowers called snowdrops.

Another popular Danish Valentine’s Day tradition is the exchange of “lover’s cards.” While lover’s cards were originally transparent cards which showed a picture of the card giver presenting a gift to his sweetheart, the term is now synonymous with any card exchanged on Valentine’s Day. Men may also give women gaekkebrev, a “joking letter” consisting of a funny poem or rhyme written on intricately cut paper and signed only with anonymous dots. If a woman who receives the gaekkebrev can correctly guess the sender, she earns herself an Easter egg later that year. In South Korea, Valentine’s Day is a popular holiday for young couples and variations of the holiday are celebrated monthly from February through April. The gift-giving starts on February 14, when it’s up to women to woo their men with chocolates, candies, and flowers. The tables turn on March 14, a holiday known as White Day, when men not only shower their sweethearts with chocolates and flowers, but up the ante with a gift. Not all countries recognize the holiday, but still have celebrations with similar themes. Ghana celebrates “National Chocolate Day” on the 14th. It is a step that the government took in 2007 to increase tourism in the country. Ghana is among the largest cocoa producing countries in the world. On Feb 14, one can attend performances, music events, and restaurants have themed menus for the special day. The equivalent to Valentine’s Day in China is Qixi, or the Seventh Night Festival, which falls on the seventh day of the seventh lunar month each year. According to Chinese lore, Zhinu, a heavenly king’s daughter, and Niulang, a poor cow-herd, fell in love, married

and had twins. When Zhinu’s father learned of their marriage, he sent his queen to bring Zhinu back to the stars. Upon hearing the cries of Niulang and the children, the king allowed Zhinu and Niulang to meet once a year on Qixi. During Qixi, young women prepare offerings of melon and other fruits to Zhinu in hopes of finding a good husband. Couples also head to temples to pray for happiness and prosperity. At night, people look to the heavens to watch as stars Vega and Altair (Zhinu and Niulang, respectively) come close during the star-crossed pair’s annual reunion. Estonia celebrates friendship day known as Sobrapaev. This amazing festival includes everyone, from couples to singles. So not just couples, but family members and friends also exchange gifts and celebrate love. With Carnival held sometime in February or March each year, Brazilians skip the Feb. 14 celebration and instead celebrate Dia dos Namorados, or “Lovers’ Day,” on June 12. In addition to the usual exchanges of chocolates, flowers and cards, music festivals and performances are held throughout the country. Gift giving isn’t limited to couples, either. In Brazil, people celebrate this day of love by exchanging gifts and sharing dinner with friends and relatives, too. More than a celebration of love, Valentine’s Day is a time for discovering interesting traditions that are deeply rooted to unique cultures. Whether it be eating chocolate or sending cards anonymously, it is up to you how to make your Valentine’s Day extraordinary.



Correction to the article published in the February 11 issue titled “New York legalizes abortion up to birth”

The original article incorrectly credited the author as Emma Dobbs, but was actually written by Olivia Alvord.

Men’s basketball hopeful in playoff run

Ryne Oshiro
Staff Writer

For some teams, a playoff bid in the GNAC is not only a priority, but also a stepping stone to achieve much larger goals. For many Saints players, the GNAC championship is only a small step to chasing the hopes of a national championship. Domination is a word that accurately describes this year’s record. With a whopping 22-4 overall record, and an 83 percent winning percentage in conference play, the Saints are atop the standings. Two teams are trailing close behind, Northwest Nazarene and Seattle Pacific, who both hold 14-4 conference records, that are only one game behind the first place Saints. EJ Boyce leads the Saints charge with 13.2 points per game, which is good enough to rank 13th in the GNAC conference. While the individual points may seem low, the bulk of the Saints points are coming from a spread of players. There are also three other players who average double-digit points. Luke Chavez averages 12.0 points, Chandler Redix averages 11.8, and BJ Standley averages 10.2. With great



Photo courtesy of smusaints.com

The Saint Martin’s Men’s Basketball Team clinched a share of the conference title and looks forward to the GNAC Championships, which begin March 7.

offense comes the ability to stop opponents on the defensive side of the floor, and that is exactly what the Saints do. Both big men, Tavian Henderson, and Jordan Kitchen, average a total of 5.5 rebounds per game, and both post nearly one block per game. Although these numbers sometimes go unnoticed in the box score, this is a key component to the Saints 10.5-point victory margin. Their efficiency on offense, and great defense helps their overall game run smoothly. Western Oregon was a team that

the Saints had struggled against, being eliminated by them in the GNAC championship in 2018. The Saints got revenge, as they coasted to a 64-56 win. Coach Alex Pribble said, “The guys did a great job defensively, finding ways to keep them out of rhythm, and making adjustments throughout the game. It was a team effort, and everyone who stepped on the floor was locked in defensively. Western Oregon is a good team. They play hard, they’re well coached, and they play a style of basketball that

can be really tough for us. With that said, I thought our guys did a great job staying composed and executing.” The Saints seem poised and confident in their upcoming games as crunch time begins. In a recent game against the Yellowjackets of Montana State Billings, the Saints outrebounded the Yellowjackets by 12 and had a total of seven steals in the game. With great defense present, the Saints rolled to victory with a score of 73-56. The Saints looked strong and ready for the upcoming games as well, committing only eight turnovers in 40 minutes, and shot a cool 43 percent from the field after a heartbreaking loss at Seattle Pacific, where they only made 38 percent from the field. The GNAC championship is held in Bellingham, Wash. from March 7-9, and the team would appreciate the support and cheering from their fans.

Saints softball prepares for start of regular season

Luke Hare
Staff Writer

With the Saints having finished their pre-season non-league play, the women’s softball team looks to build off the positives, which include standout hitting and pitching performances. These will be key strengths for the team as they look to gain momentum heading into league play. “I would say that we have a different level of competitiveness compared to other teams,” said senior pitcher Lauren Maley. “At our tournament in Las Vegas, we had one of our biggest comebacks in program history. It will be fun to see what comes out of league play and how far our team can really go. This year’s group of girls is going to be really exciting to watch.” Senior Sabrina Hicks is off to an electric start to the season, leading the team in nearly every offensive category, including batting average (.405), hits (15), RBI (15), home runs (4), and

OPS (1.193). She is also leading the team in stolen base percentage, going seven for seven. Softball is a team sport, and thankfully, there are many others stepping up to the plate, including two notable freshmen Trinity Favela and Kylee Vanderbout. Both are batting over .300 this year, and have started in all but two games. There are also four returners batting over .300 on the season, led by Lauren Diuco and Regan Byrd, followed closely by Devyn Connolly and Nicki DeHan. As a team, the Saints are averaging over five runs a game and look to keep that going in the future. Assisting Maley in pitching is junior Brandi Schoessler, who is leading the team in almost every category, including wins (4), innings (32.1), strikeouts (15), opponent batting average (.277), and ERA (2.60). With the bats off to a hot start and pitching becoming more and more comfortable, this team is ready to jump into league play and are more than capable of achieving their preseason expectations.



Photo courtesy of smusaints.com

Conference play will begin for the Saint Martin’s Softball Team on March 8 against Montana State Billings.

“In order to be successful this year, we definitely need to stay driven,” said Maley. “We need to keep our focus on our end goal. I think we definitely have the team that can do it, we just have to keep grinding and win some important games during GNAC play.”

Tyler Cronk to go to indoor nationals for high jump

Luke Hare
Staff Writer

While spring sports are well underway, let’s not forget about one of the most intriguing upcoming competitions this year. On March 8 and 9 in Pittsburg, Kan., there will be a freshman Saint participating in the high jump. His name is Tyler Cronk, and he is a top-five ranked high jumper in the nation, clearing 2.16 meters. With Cronk advancing to Nationals, he will be the lone representative for the Saints, but gives a lot of credit to his teammates. “It’s my first time ever jumping in an indoor facility and it is different than an outdoor track,” said Cronk when asked about changing from outdoor to indoor. “The environment that is around you in the indoor track is way different. My teammates are the best because we act like a family and we stick together as a unit and cheer each other on. I wish I could bring them to Nationals with me.”



Photo courtesy of smusaints.com

Freshman Tyler Cronk is heading to nationals after winning the GNAC Championship in high jump.

Even though these are individual qualifications, the team is what really pushes them to reach their full capacity. However, it is to be noted that many other Saints who did not make Nationals placed very high in the GNAC Championships, and some won their events. Kauanoe Vanderpoel claimed the championship in his field after winning the

weight throw. The senior’s 17.28 meter mark in the event earned him a spot on the All-Region team. Vanderpoel took home his first GNAC Indoor Championship and second event championship of his career. Keshara Romain, who set the school record in both the long jump at 5.59 meters, and triple jump at 12.01 meters, was selected to the All-Region

team and was the only woman selected for the Saints. Jackson Hand also won his event, the men’s 200M. Hand finished with a new school record in the event at 21.92 seconds. Hand’s counterpart in the event, Michael Russell, also earned his first appearance on the All-Region team with a time of 22.12 seconds. With multiple records set, Cronk is looking to break his own heading into nationals. While it is his first appearance at this level, Cronk believes he has prepared himself for this level of competition, and is eager to get out and show them what he has on the field. “My expectations on jumping in nationals is that I’m going to jump great and try and aim on taking first because winning nationals as a freshman would be absolutely amazing,” said Cronk. “I know that I’m going to have a lot of competition and I’m really going have to zone in and ‘Get In My Bag’ during this nationals meet in Kansas.”

Out with the old and in with the new?

Ryne Oshiro
Staff Writer

In any occupation, the people with the most experience often get the nod in certain jobs, such as a managerial position, because of the time and effort they have dedicated to the company. Should the same go for professional sports, such as baseball? It’s a young person’s game, so it would make sense that players aged 19-29 are taking over. In life, the old and wise often make the best decisions. In a locker room, the wise veteran can often connect with younger players because they have the experience of being in the sport for so long. So why are there so many good veteran players still in free agency? One of the two biggest free agents just signed with the San Diego Padres for \$300 million over 10 years. Yes, Manny Machado signed for \$30 million dollars per year. Although an amazing accomplishment, this doesn’t take away from the many other big named players still available. Players such as Craig



Photo retrieved from Twitter.com

Ichiro Suzuki will be mentoring the 27-year-old Yusei Kikuchi as he transitions to the MLB.

Kimbrel, Dallas Keuchel, and even Bryce Harper still need to find a squad for the 2019 season. With new technology and statistics based on things such as Wins Above Replacement (WAR), managing offices of major league teams are often passing up on the aged veterans, because they haven’t produced the sort of numbers they once did. Two players who come into the discussion are Hanley Ramirez and Bartolo Colon. Both are way

out of their prime years, but both bring a presence to the clubhouse that these young players may need. Veterans may not have the athletic ability they once had, but what they can bring is knowledge and the ability to teach the younger players certain skills that even coaches and general managers can’t. The best example that comes to mind for the Mariners is Ichiro Suzuki. Suzuki, who is far past his years of collecting 200 hits and stealing

numerous bases for the Mariners, is not only a vital part of the team, but also a great representation of doing anything possible to help a team succeed. The biggest news for the Mariners in the off-season was the signing of the young lefty from Japan, Yusei Kikuchi. Kikuchi and Suzuki are both from Japan, and Suzuki is helping Kikuchi adapt to a new culture. The veteran presence of having someone that Kikuchi looks up to, especially a Japanese legend like Ichiro, plays a pivotal role in how comfortable Kikuchi will be this season for the Mariners. Sure, the game is getting younger each day, but ask any superstar player, and they will often give their credit to a veteran presence who had helped and shaped them into the player they are. Instead of adding the 300 million dollar signee, maybe teams should look toward the cheaper veteran who can help the young player on his path to becoming a superstar.

Sports highlights



Freshman Keshara Romain sets school records in long jump and triple jump, and earned a spot on the 2019 NCAA Indoor Track and Field All-Region Team.



Strong pitching was on display in a pre-season double header against the College of Idaho.



Photos courtesy of smusaints.com

The Saint Martin’s Baseball Team started conference play at Central Washington on March 2.

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A mad lib for snow days

Brian Messing
Managing Editor



Students were able to enjoy the snow while classes were canceled for four days. Students went sledding and had snow ball fights.

I woke up this morning feeling _____. I _____ out the window and saw that it was snowing! The _____ was covered in snow, and so was the _____ that was in my front yard. I looked at the clock and saw that it was _____, how will I ever make it to my _____ job on time. I suppose I will have to _____ there. I decided to go outside and see if the situation was _____. I instantly noticed that the _____ was frozen. And it was _____ degrees, so I couldn't feel my _____. I walked through the _____ of snow, but couldn't make it very far. I decided to turn around and go inside and drink some _____, before trying again. I sat by the _____ fireplace and read a _____ novel. Eventually the _____ phone rang and it was my boss. His name was _____, and he said that if I didn't drive my _____ into work, I would be _____. I immediately left the _____ for work, and arrived at the _____ hour of _____ o'clock.

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Letters to the Editor

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



GRASSHOPPER
BARS

INGREDIENTS

FILLING
1/2 c. milk
3 c. mini marshmallows
2 tbsp. unsalted butter, cut into small pieces
2 tbsp. plus 1 cup heavy cream
2 tsp. pure peppermint extract
1 tsp. pure vanilla extract
6 to 8 drops liquid green food coloring (optional)

CRUST
34 chocolate wafer cookies (we used Nabisco Famous Wafers)
6 tbsp. unsalted butter, melted

TOPPING
3/4 c. heavy cream
6 oz. bittersweet chocolate, finely chopped

DIRECTIONS

1. In a medium saucepan, heat milk on medium until hot. Add marshmallows and butter and stir to melt. Remove from heat; stir in 2 tablespoons heavy cream, extracts, and food coloring (if using); let cool to room temperature, about 1 hour.
2. Meanwhile, line a 9-inch square baking pan with parchment paper, leaving a 2-inch overhang on 2 sides. In a food processor, pulse cookies to form fine crumbs. Add butter and pulse to combine. Press evenly into bottom of the prepared pan and refrigerate.
3. Once marshmallow mixture is cool, using an electric mixer, beat remaining 1 cup cream until stiff peaks form. Fold a spoonful of cream into marshmallow mixture to loosen, then fold in remaining cream and spread on top of chilled crust. Refrigerate until set, at least 30 minutes.
4. Make topping: In small pot, heat cream on medium until hot but not boiling. Remove from heat and add chocolate; let sit 1 minute, then stir until melted and smooth. Spread evenly over filling and refrigerate until set, at least 30 minutes or up to a day. When ready to serve, use overhangs to transfer to a cutting board and cut into pieces.

PREP TIME: 2HR25MIN
SERVINGS: 20
CALORIES: 235 PER SERVING