

# The Belltower

SAINT MARTIN'S  
STUDENT  
NEWSPAPER

ISSUE 10 April 29, 2019 VOLUME XI

## I choose life: My journey with an eating disorder and body image issues

Kianna Garmanian  
Staff Writer

Slowly rising to my feet, I used every bit of remaining energy to get out of bed. Hardly able to walk, my head was spinning and my vision went blurry. Desperately grabbing onto the chair in my room for support, I was moments from collapsing. I knew this was it. I knew I had to make a change. I knew this could be life or death.

Well, I must admit. I never envisioned myself publishing this story in the school newspaper. Yet, after much thought, I came to this realization: If my story can help just one person in their own journey, then everything I experienced over the past year was worth it. We are all human and we each have our own set of struggles. One of the most beautiful parts of life is being able to share these difficulties with one another and use them to grow, heal, and recover. Therefore, this is my gift to you. May my story be an inspiration for you as you embark on the remarkable path of life.

Growing up in an athletic family, sports have always been a huge part of my life. From a young age, I



Photo courtesy of Kianna Garmanian

Your worth is not based on the number on the scale.

trained hard and set goals for myself. In high school, I became even more immersed in the world of fitness. I created a fitness/health YouTube channel and posted hundreds of videos online on workout challenges, nutrition advice, and more. During this time, I started to become aware and conscious of calories, food, and weight. In an attempt to be as fit and athletic as possible, I started cutting out sweets and missing out on activities with my family and friends so I could work out instead.

As a college athlete, I poured

everything into my sport. As a result, my body began to break down, and then the injuries came. Ending up with a stress fracture during my sophomore year, I reached my breaking point. I started to fear the loss of control. Since I was injured, I couldn't control how fast my body would heal, when I could run again, or my athletic success. As a perfectionist, I was so used to grabbing onto the reins and directing my life. I called the shots...or, at least, I thought I did. Yet, I was now injured and couldn't control this situation.

So, what did I do? I grabbed onto the only aspect of my life that I thought I could gain control over. All my past fears and insecurities bubbled up and boiled over, causing me to fall into a deep and dangerous cycle. I told myself, "Well, since you can't control your running, exercise, or fitness anymore... I guess it's time to control your food, weight, and eating." And that is exactly what I did.

Throughout my whole life, I've always struggled with body image issues. Especially as an athlete, I've carried around a list of areas on my body that need to "improve" or look better. Furthermore, I've had far too many coaches and peers share these types of comments with me: "If you lost some muscle, you would be faster" or "If you looked like this girl, you could do so much better in track." I started to hate and detest my body, my muscle, and my strength. I even had former coaches require me to do additional hours of cardio after practice ended in an attempt to "burn-off" my muscle.

I couldn't take it anymore- the negative comments, the loss of control during my injury, and the low self-esteem I was facing. Some-

See I choose life, page 5

## Saint Martin's introduces new Exercise Science major

Prya Oliveira  
Staff Writer

Saint Martin's is expecting its newest major, exercise science, to debut in the Fall of 2019. Aaron Coby, Ph.D., may not be directly associated with the new major, but he was the mastermind behind the program's creation. Coby combined his knowledge with that of Head Athletic Trainer Alice Loeb sack and Professor Tim Healy to create this program. Next fall, Saint Martin's will be offering both Bachelor of Science (BS) and Bachelor of Arts (BA) exercise science programs for students who want to enter that field. This is an exciting addition, and as Professor Coby mentioned, there was an "obvious need" for this. He goes on to say, "we've had students majoring in biology with the intention of PT school, with particular courses that you need to take with a biology degree, but also requires that you take other classes that you aren't interested in," he continues, "but you need to take those requirements for the bio degree."

To figure out the difference between the BA and BS program, Coby explains what fields of work that you could enter with the Exercise

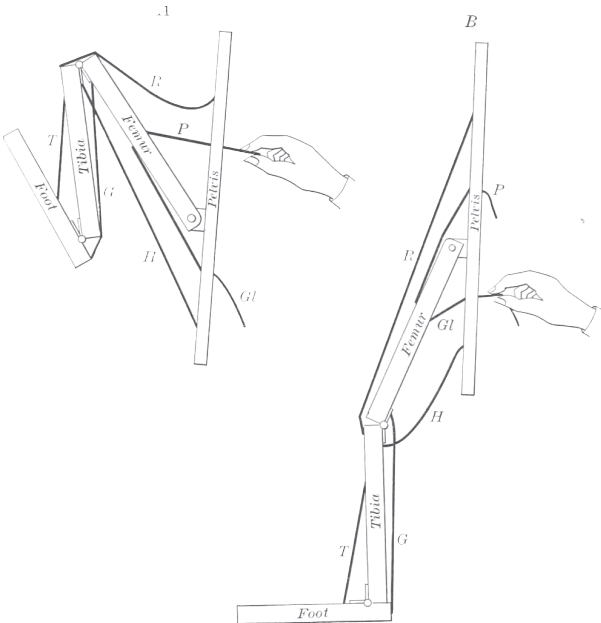


Photo retrieved from creativecommons.org

Classes available include "Yoga Psychology" and other body exercise focused education.

Science major. He says that the BS program is more geared towards physical therapy, which includes physical training, whereas the BA is directed towards students who may be interesting in coaching, athletic training, or management. The BA is a bit more flexible in terms of what

your intended career may be. For example, if you wanted to major in biology and minor in exercise science, or vice versa, that would be advisable in preparing for PT school. Or, if you were interested in sports management, you could major in exercise science and minor in business. The opportunity to minor or major in exercise science opens many career opportunities.

Coby shared his thoughts on people switching over to this major, saying, "you could switch, the BA program will be easier. But if you haven't taken any prerequisites, you should expect heavy loads in the summer, or an extra semester because if you haven't started the program it would be difficult unless you were a biology major previously since you would have completed the lower division courses." He says that the BS in exercise science has a bigger lower division requirement in order to enter graduate programs. Professor Coby does believe that this major will grow quickly; he says that "a lot of incoming students have checked the boxes for exercise science or pre-physical therapy. It's a good time for it to start because the nursing program is starting, and they have similar course requirements like BIO 121." There

See Exercise Science, page 3

## What to look for in this issue

### FEATURES

The 2019 Commencement will feature SMU alumna Christine Schaller. Schaller is the presiding judge for the Thurston County Superior Court. She graduated from SMU in 1993, and from Gonzaga University School of Law in 1996. She was awarded the Saint Martin's Distinguished Alumni Award in 2018.

See Christine Schaller, page 3

### CLASSROOM

Saint Martin's hosted the American Society of Civil Engineers (ASCE) and American Institute of Steel Construction (AISC) Pacific Northwest Student Conference on April 11-13. The conference was organized in part by students, including chair, junior civil engineering major Hanna Hoffman.

See ASCE Conference, page 4

### SPORTS

The Saint Martin's Baseball team has not fared well against Montana State University Billings, but has found success against their more recent opponents.

See Baseball, page 11





Hello SMU community!

After three years of attending Saint Martin’s as an undergrad, I would say that I have had some of the most challenging and favorite college experiences at the Belltower. From dealing with controversial coverage of the adjunct faculty union in 2017, to becoming Editor-in-Chief of the Belltower this last fall, I have learned what it means to deal with conflict in and outside of the office. I have adored being able to publish my writing about my favorite topics (i.e. Howard Hughes, The Jonas Brothers, and the Royal Family), as well as challenge myself to to push my own writing and leadership abilities, which I believe has made me a better student and person.

I have loved being able to hear both sides of a debate to better strengthen my own feelings about an issue, implement my own artistic interests in the new design this year, interact with many faculty and staff that I would never had met otherwise. But most of all, I have loved working with a group of incredibly students from a variety of majors, backgrounds, and interests. If I had the chance to restart my college career at Saint Martin’s, the Belltower would undoubtedly be a part of it.

As for my last issue as an editor, I would recommend reading about Saint Martin’s newest major--exercise science, the ASSMU year-in-review, and the ASCE/AISC PNW Student Conference summary. I hope to continue writing to you all and learning more about my community through campus involvement during my last year at Saint Martin’s. Thanks for a great three years!

Bethany Montgomery,  
Editor-in-Chief

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Role of the advisor

*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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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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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.



Exercise Science, *from cover*

will even be two Kinesiology classes that Coby has been working towards creating. One will be intended for the BA in exercise science and the other one will be for the BS that will have a lab connected. Coby expressed his hopes in this major’s future and was very passionate about the community connections, saying, “It’s the perfect major to establish connections with PT clinics, sports programs in the area, and physical training programs. All of them are good opportunities for Saint Martin’s to establish connections with the community and businesses because we are going to look for student internships.” But going back to the kinesiology class with a lab, Coby continues “as the program develops, we need a lab including technical equipment to do specialized testing. Nurs-

ing will be a huge push and exercise science will be there alongside.” When asked about how the other faculty and staff reacted to the new major, Coby responded with a very strong and supportive attitude, saying “it went through the hoops very quickly and easily. The faculty are supportive, and the administration and students have been very excited. In the end, we will see the major growing with student numbers, then we will see more investment in the program.” It is clear that having this new exercise science major is a huge success for Saint Martin’s. Many people are interested in taking these classes and going along this pathway, and many are also excited to see how well it does.

## Saint Martin's Alumna Christine Schaller to address 2019 graduating class

Grace Crocker  
Staff Writer

Saint Martin’s University alumna Christine Schaller will deliver a Commencement address to the graduating class of 2019 at Saint Martin’s. The address will take place on May 11 in the Marcus Pavilion during the graduation ceremony. Schaller serves as the presiding judge for the Thurston County Superior Court, and her current role is a criminal judge serving on drug court. In 2012, she was elected to the Thurston County Superior Court. She acted as the Chief Judge at Family and Juvenile Court, where she heard family law matters, juvenile offender cases, and dependency cases from July 2015 through July 2017. Schaller is the daughter of Ed Schaller Jr. and Rose Schaller, two Saint Martin’s alumni. She was active in student government and was captain of the cheerleading squad during her time at the university. She also participated in the Model Arab League, a competition that helps students learn about the politics and history of the Arab world, diplomacy, and public speaking. She graduated Magna Cum Laude from Saint Martin’s with a degree in political science. She graduated Cum Laude in 1996 at Gonzaga University School of Law. For her professional achieve-



Photo retrieved from smartin.edu

Schaller is currently serving as the presiding judge for the Thurston County Superior Court.

ment, Schaller was recognized by Saint Martin’s with a Distinguished Alumni Award in 2018. Schaller served as a Family and Juvenile court commissioner for almost eight years for Thurston County Superior Court before her election. She was named “Jurist of the Year” in 2009 by the Washington State Bar Association, Family Law Section. She was an associate attorney at the

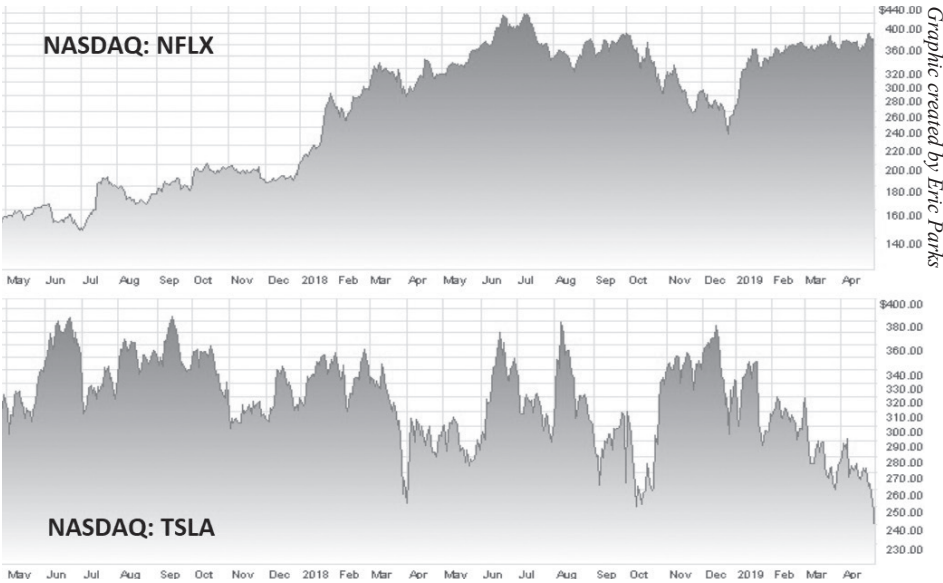
Olympia law firm of Foster, Foster and Schaller at the beginning of her legal career in 1996, where she worked on estate planning, criminal defense, probate, and family and juvenile law. Until she was appointed commissioner for the Family and Juvenile Court, she was a partner at the firm. Schaller has also been appointed to leadership roles with the Thurston County Bar Association, Washington Women Lawyers Capitol Chapter, and Thurston County Volunteer Legal Services. She has also been active on community boards including the Child Care Action Council, Saint Martin’s Alumni Association, and United Community Aids Network, as well as being involved with the Thurston County Relay for Life as both a participant and a former captain for the team. She particularly seeks out opportunities to work with young people by speaking to students on Law Day or with Street Law classes and volunteering as a judge for the YMCA annual Mock Trial Competition. “Our focus this year on service led us naturally to Christine Schaller to speak and deliver a charge to our graduates,” said university President Roy F. Heynderickx. “Her experience in public service and the leadership she has given to many organizations are accomplishments and experience that I know will resonate with our graduates. We all look forward to hearing from her.”

## Industrial Highlight: Are Netflix and Tesla the future?

Brian Messing  
Managing Editor  
Eric Parks  
Section Editor

We are often told that once an industry is shaken up by a new and innovative company, that they are the future, and that traditional establishments are no longer relevant to today’s ever changing world. But is that always the case? No one can deny that Netflix (NASDAQ:NFLX) and Tesla (NASDAQ:TSLA) have changed the way that the media and automobile industries operate immensely. But are they really the companies that are the strongest moving forward? Everyone loves Netflix. After all, why wouldn’t they? Netflix has changed the way that we watch TV by switching the medium of television from cable to the internet. Netflix has been so successful that other companies have copied their business formula, including Amazon (NASDAQ:AMZN) and Hulu. But what comes first is perhaps not always the best. Netflix started providing online streaming when the entire concept was seen as a supplement to regular television. As a result, Netflix was able to strike deals with traditional media companies to license their content, for no additional cost to the media companies, and at a great profit for Netflix. But, the problem is traditional media conglomerates have caught on. Instead of collecting licensing fees from Netflix and Amazon, companies such as Disney (NYSE:DIS) have realized that they can make

even more money by eliminating the “middle man,” and providing content directly to consumers using their own streaming services. With their acquisitions of Marvel, Lucasfilm (Star Wars), and Fox, in addition to their own vast content libraries, Disney has amassed a lot of content that they are going to keep exclusively on their new streaming service, Disney+. And for only \$6.99 per month, Disney+ will be much more affordable than Netflix. But, Disney is not the only company trying to get into direct to consumer video. AT&T (NYSE:T), is rumored to be launching a new streaming service later this year, as well as NBC Universal, owned by Comcast (NASDAQ:CMCSA) in 2020. CBS (NYSE: CBS) has had CBS All Access for several years now, and Viacom (NASDAQ:VIA,VIAB) recently purchased PlutoTV. With all this competition, will Netflix survive? Unlike all of the previously mentioned companies, Netflix does not own much of its own content. They are trying to develop their own originals, and have many good shows, but that doesn’t change the fact that 72% of the hours that customers spend on Netflix is spent watching licensed content. Netflix’s recent deal with AT&T to renew its license to stream “Friends,” for \$100 million for one year, is proof that their business model will get expensive if people will not subscribe for their original content alone. Tesla, on the other hand, has been facing issues for a while now. After the stock reached an all-time high



Two-year stock charts for Netflix (top) and Tesla (bottom).

of 383.45 points on June 23, 2017, it has been highly volatile. There are many reasons for investors to be excited for Tesla. Frequently labeled as a tech stock, Tesla is investing much of its capital on perfecting its autopilot software. Many investors are hoping that Tesla’s Model 3, their sedan that is targeted towards the middle class, will become one of the best-selling cars of all time. If this happens, Tesla will substantially increase its market share, and if their autopilot is as safe as the company intends it to be, the company will undoubtedly revolutionize the auto industry. While these reasons have caused many to invest heavily in the electric auto manufacturer, others consider Tesla’s stock to be a bubble that will burst at any moment. The company has hundreds of thousands of Model 3 orders on hold, and they have

never lived up to production expectations. Additionally, the company’s finances are fragile, and investors may not continue to be forgiving of production shortcomings if Tesla does not consistently turn a profit in the near future. While Tesla was profitable for quarters three and four of 2018, their revenue was down to \$4.5 billion from \$7 billion in quarter one of 2019, and the company posted a net loss of \$700 million. At this time, Brian Messing does not hold a position in Netflix (NASDAQ:NFLX), Tesla (NASDAQ:TSLA), or Amazon (NASDAQ:AMZN), but does hold a position in The Walt Disney Co. (NYSE:DIS), AT&T (NYSE:T), Comcast (NASDAQ:CMCSA), CBS (NYSE:CBS), and Viacom (NYSE:VIAB). Eric Parks does not hold a position in any of the mentioned securities.



# Saying goodbye to this year's ASSMU senate and hello to new leaders

**Olivia Alvord**  
*Staff Writer*

As the 2018-2019 academic year comes to a close, I wanted to look back on this year's accomplishments throughout the various leadership roles in the Associated Student Body of Saint Martin's University (ASSMU). I enlisted the help of some of my fellow leaders to really get a feel for all that we have accomplished this year.

As your Senator of Education this year, I would say that my biggest accomplishment for the College of Education and Counseling was being a voice of reason and concern for my fellow Education students to make sure their voices were heard. As far as ASSMU Senate projects are concerned, I am happy to announce that I created two mural designs that will be converted onto vinyl and placed on the TUB walls by the end of this year. Krislyn Davis will take over for me next year. I am confident that she will achieve great things while in this role.

Megan Quinones, Senator of Cultural Diversity, said, "I think my biggest accomplishment for this year has been the Solidarity Dinner. There were around 80 people in attendance and overall, it was a very impactful event and the speakers really cultivated a space of community." Jayci (Alohi) Gomes will take over as Senator of Cultural Diversity for the 2019-2020 academic year.

Melissa Rosscup, Senator of Commuter Students, said her biggest accomplishment while holding this position was collecting the information on discounts and classes from local mechanic shops. "Although it is not yet done, I think that it will be pretty great for our students in the end." When considering the accomplishments of ASSMU as a whole, Rosscup said, "I think

that making sure all the budgets were well read and really thorough each week was one of our strengths throughout the year." Isla Barlet will take over this position next year.

Executive Secretary Hannah Salapka said that her implementation of the heat press will continue to be beneficial to the student body for years to come. In addition, "I feel as though I did a great job of keeping the logistics and the little things in order in the background, which kept things running smoothly throughout the year."

Senator of Life Sciences, Jansen Dacquel, stated, "I feel as if my greatest accomplishment was supporting the transition of the new science building and helping the transition of the new exercise science and nursing majors. Go Saints!" Dacquel will continue to serve the Saint Martin's community in this position next year.

Dulce Armas, Senator of Non-Traditional Students reflected on her own accomplishments of this school year, saying "I think the thing I am most proud of is all the work I put into to the Power and Privilege Summit. While it did not get accomplished this year, I look at it as though I planted the seeds and now there is a roadmap for future positions to finish it." Kaitlyn Slade will take over for Armas this upcoming year.

Michael Otter-Johnson, who has been the Senator of Business for the past two years, stated, "I think our ability, as a Senate, to communicate clearly with one another our opinions throughout the year, as well as, our focus on being as transparent as possible are our biggest accomplishments. I think that government gets kind of tricky sometimes and I think we did a good job of being genuine and transparent with the student body." Jocelyn Bonilla will follow suit in this position next year.

Savannah Schilperoort, Senator of Arts and Sciences, stated that her biggest accomplishment during her year of service was implementing the charging stations. "While this is just one small thing, the legacy it will leave behind, and the number of students who will benefit from it is the biggest impact. As a Senate that is something we have really excelled at this year. We engaged the assembly with the projects each one of us completed and looked not just into the work that will have an immediate impact, but one that will last for years to come."

Amanda Chappell will take over for Schilperoort this upcoming year.

Senator of Clubs Cung Le told me that she is most proud of the Clubs 101 event that she held with Rosscup. "This event helped make expectations clearer for the club e-boards and ultimately made the processes run smoother." She looks forward to serving the student body in a different role next year, as Vice-President, while Nathan Tuason, takes over her role as Senator of Clubs.

Three-time position holder on ASSMU, and this year's Vice Pres-

ident, Larissa Kolasinski, said that some of the Senate's biggest accomplishments included "having every position full for elections for the upcoming Senate, editing the Finance Code, editing ASSMU awards, and the SMUmbrella project. The umbrella project did not go directly as planned; however, it does show changes being made on campus and the failed project was a learning opportunity for all of us."

Also elected as upcoming leaders for ASSMU next year include: Andrew Garcia (current Treasurer and future President), Realani Rulona (current and future Senator of Engineering), Andrew Oslin (Senator of Athletics), and Alwaleed (Welly) Alqufaydi (Senator of International Students).

Note: The Secretary and Treasurer positions were individually appointed by the President and Vice President after the rest of the Senate were sworn in at Student Appreciation night. Conner Snow is the Executive Treasurer and Salapka is the Executive Secretary for the 2019-2020 school year.



The 2018-2019 ASSMU representatives pose for their final photo as senators.

Photo courtesy of Olivia Alvord

## Saint Martin's hosts 2019 ASCE Conference

**Jillian Leonard**  
*Webmaster*

On April 11-13, Saint Martin's University hosted 18 universities and colleges at the American Society of Civil Engineers (ASCE) and American Institute of Steel Construction (AISC) Pacific Northwest Student Conference. This unforgettable experience over the span of three days included the Concrete Canoe, Steel Bridge, Environmental and Surveying competitions, along with the Daniel W. Mead Prize contest.

The Steel Bridge competition began late Thursday night and continued all day on Friday with 12 schools competing over multiple categories, including bridge aesthetics, the race to build the bridges, the weight, and the amount of stress and strain the bridge can withstand.

The Concrete Canoe competition began Friday morning and continued through Saturday afternoon. On Friday, the teams were judged on the aesthetics of the canoes and the presentation of their technical reports, and gave oral presentations. The canoe races took place on Saturday, and included five types of races; Women's Slalom, Men's Slalom, Women's 200-meter sprint, Men's 200-meter sprint, and Co-ed 400-meter sprint. Saint Martin's was in the top ten schools for all sprint races.

In the Environmental competition, Saint Martin's received fourth place in their technical paper, "Black to Blue." The prompt asked the contestants to address a hypothetical situation in which a big earthquake in Washington causes

Mount Rainier to erupt, making all water sources undrinkable. Schools must create a filtration system with simple items that can be found around you to help make the water drinkable again.

Taking place at the Harned Hall parking lot Saturday morning was the surveying competition, where Saint Martin's University won second place. Of the two judges for the surveying competition, George Puziak, co-founder of KPG Revenue Cycle Management, is one of our very own alumni. Graduated in 1964, he was also an instructor at Saint Martin's University for Land Surveying during the school year and was part of construction on campus.

For the Daniel W. Mead Prize, the prompt was on American Society of Civil Engineer's most recent Code of Ethics' Canon, where it requires civil engineers to treat others fairly regardless of their background. It asks students to relate this new canon to unity and sustainability.

Behind the scenes, Hanna Hoffman, a junior civil engineer major and conference chair, acted as one of the organizers behind this year's successful conference, along with Jill Walsh, Ph.D., an assistant professor of civil engineering and faculty advisor for the student chapter of American Society of Civil Engineers and of the conference.

Hoffman grew up in a small town of Goldendale, Wash. and with a big town personality, she involved herself in various responsibilities throughout her academic career. Currently the vice president of the student chapter of ASCE, she also takes on multiple jobs on campus while attending classes full time.

Walsh is among the first two female facul-

ty members of Saint Martin's School of Engineering, along with Floraliza Bornasal, Ph.D., both of whom joined Saint Martin's in the fall of 2015. Walsh balanced not only the heavy responsibility of taking on a conference, but is also a full-time professor and mother. These two women have created an unforgettable and successful experience for so many students that have been a part of this conference. Many look forward to the next time Saint Martin's University hosts this conference again, likely in 2035.



Engineering students participated in the conference.

Photo retrieved from Twitter.com



"I choose life", from cover

thing needed to change. The change started small and gradually began to increase. I began by cutting out a snack or two. And then, I cut out a meal. The weight came off fast. I was dropping pounds so rapidly and couldn't have been happier. This only fueled my desire to continue losing more weight. "This is it," I thought to myself, "I will finally be good enough! I will finally be thin and conform to the beauty ideals of society. I will finally be accepted by my coaches because I won't be so muscular! I will finally be a better runner and better athlete!" In less than six months, I lost more than fifty pounds.

At the beginning of my junior year in fall of 2018, I had lost a lot of weight. I got so many positive comments from those around me, and this further increased my desire to become thinner and thinner. As I continued to drop more weight, my family, peers, and coaches began to catch on and become concerned. At this point, every pound I lost was drastic and my body was not happy. Yet, I was determined, and my mind was focused on this glorious prize: thinness.

During November and December of 2018, I started skipping out on social events and began isolating myself in my dorm. I didn't have enough energy to hang out with friends and barely could make it throughout the day without taking naps every couple of hours. I wanted to be thin so badly that I was willing to pay whatever price it took to achieve this goal. I thought thinness would make me beautiful. I thought thinness would make me accepted. I thought thinness would make me loved. I thought thinness would make me successful. I thought wrong.

Striving for thinness made me sick, really sick. I barely had enough energy to go to track practice and work out. I started losing circulation in my fingers and toes which caused me to wear winter jackets in order to stay warm. I went to bed

hungry so many nights that I frequently woke up feeling sick, nauseous, and tired. I had splitting headaches, low blood pressure, extreme dizziness, and was overwhelmingly exhausted. I was so fatigued that I lost interest in all my hobbies, became disconnected from family and friends, and slept most of the day. I lost loads of hair in the shower and my fingernails stopped growing. Dark circles appeared underneath my eyes and I lost the color in my face. I looked like a ghost. I not only felt nearly dead, but was almost nearly dead.

I could barely hold on. I never experienced such deep darkness in my entire life. Others around me started to say I looked sick and needed to gain weight. I was scared. I started to see my life fade away. Yet, I was still determined to be thinner.

Eating disorders are very debilitating and dangerous diseases. They rob your peace of mind, logical thinking, and life. They convince you that your worth is dependent on your weight or size. They constantly feed you lies about how ugly, fat, and useless you are. In all my life, I never thought that I would have an eating disorder. But I do. I do have an eating disorder and that is okay. Why? Because the anorexic eating disorder side that is screaming at me to lose more weight will not win.

Ultimately, I had to make a choice. After nearly blacking out and collapsing several times and being at severe risk for developing long-term and irreversible damage, a decision was to be made. Would I choose life or death? This eating disorder would kill me if I continued on the way I was, and I was certainly headed down that path.

I chose life. I couldn't do it on my own and needed a support team to guide me along the way. In February of this year, I was given a nutrition plan and finally began increasing my portions and eating again. For once in my life, I began focusing all my attention on health and healing my body, mind, and soul. Since I was not healthy

enough to compete in college athletics, I gave up sports so my body could rest and recover. Each day in recovery has been the hardest thing I have ever experienced. Recovery is so difficult, yet so worth it. Every time I don't want to eat, I think about the beautiful life I am meant to live. I envision the plans Jesus has for me and how excited I am for the future, for energy, for memories with family and friends, and for life. Yes, I have cried almost every day and will continue to cry. This may be hard, but I know I am strong. I am strong because Jesus is with me and I am not alone. He is carrying this cross with me and will use this challenge to strengthen me as an individual.

Recovering from an eating disorder is not just a one-time decision. Every day I wake up, I must choose life. Each day is a fight that must be fought, one day at a time. And when I mess up, as I have done and will continue to do many times, I try again the next day. I am beyond blessed to have such an incredible support system of family, friends, and professionals to help me with this battle. In just a short amount of time, I have already made a lot of progress. Each day and challenge is terrifying, but I will not back down. This life is meant for living.

Seeing my body change and work to become healthy again is exciting and difficult at the same time. As I am starting to eat, my health is finally beginning to improve and my body is trying to heal all the damage that has been done. Yet, this is not an easy process. I have surrendered my own will and am learning to trust. To trust in the healthy place that my body wants to be at, not what I want or decide my body to be at. I must give up control and let my body be. I need to trust in myself, others around me, and most importantly, in my faith.

To all you beautiful people, whether you are struggling or have struggled with an eating disorder or not, I extend this question to you: will you choose life? Whether you battle with body-image issues, depression, anxiety, stress, or anything else, remember that each day is a fight that deserves to be fought. Don't give up on yourself because you have a tremendous life to live. Even when all seems hopeless, look to your inner strength. And when you can't see this side of you, get down on your knees and beg Jesus for help. Lean on others around you for guidance and do not be afraid to reach out.

I will say this again: I could not have begun my recovery process without the help of others around me, both professional help and community support. I cannot stress this enough: ask for help. There are so many wonderful and smart people that can help you navigate this life. The Counseling and Wellness Center here on campus is a great resource and has been an instrumental part in my recovery. I was so nervous to go to counseling for the first time in fall of 2018, but I am so thankful I did. You are not weird, strange, or weak if you ask for help. In fact, it's just the contrary. By reaching out for assistance, you are strong, confident, smart, and resilient.

I leave you with this final thought: You are worth it, and you deserve to fight. Tell yourself every day and don't forget it. Remember, you are not alone. As I continue with my own journey in recovering from my eating disorder, I humbly ask for your prayers. Please know of my prayers for each of you as well, in whatever challenges or difficulties you face in this life. May God bless you all. For all who are interested, here is the contact information for the SMU Counseling and Wellness Center. Please give counseling a try. It has helped change (and save) my life. Just talking through your thoughts/feelings and being able to work through challenges is a vital part of healing. CONTACT INFO: M-F 9 a.m.-5 p.m.; CounselingCWC@stmartin.edu; (360) 412-6123



Photo collage courtesy of Kianna Garmanian

Never forget the many reasons and people that make this life so beautiful and worth living.

KNOW THAT YOU ARE NOT ALONE. IF YOU OR SOMEONE YOU KNOW NEEDS INFORMATION ABOUT EATING DISORDER RECOVERY VISIT [HTTPS://WWW.NATIONALEATINGDISORDERS.ORG/](https://www.nationaleatingdisorders.org/)



# Julian Assange arrested in London after 7 years in Ecuadorian Embassy

**Prya Oliveira**  
*Staff Writer*

Julian Assange, founder of WikiLeaks, was arrested on April 11 by the Metropolitan Police in London. Assange was indicted last March for his conspiracy to help Chelsea Manning crack a password on a Department of Defense high-security computer. Manning, a former U.S. Soldier, was convicted for violating the Espionage Act and giving classified information to WikiLeaks. The indictment for Assange was unsealed last Thursday, but officials are deciding whether or not to indict him under the Espionage Act, which could alarm free speech advocates. This brings up the huge question of what type of publicity and press should be protected, and to what extent. For fans of conspiracy theories, WikiLeaks is nothing new. The site was launched in 2006 and publishes classified information, news leaks, and secret media that is provided by anonymous persons. In 2007 they released footage from the Baghdad airstrike showing murders of many Iraqi civilians as well as journalists. It wasn't until 2010 that Wikileaks became internationally recognized after leaking information given by Manning. She provided over 750,000 confidential and unclassified military documents, which led to her arrest in 2010. Another shocking release from WikiLeaks was in 2011 of over 700 secret files that were connected to the prisoners

held at Guantanamo Bay, revealing proof of how the prisoners were treated. There was also the 2016 presidential election, when democratic nominee Hillary Clinton's emails were hacked and leaked. The spread of stolen documents and emails led to a connection with Russia, which Assange denied. Sarah Palin's emails were also published by WikiLeaks in 2008. It is no question why WikiLeaks is constantly under criticism for invading people's privacy and interfering with national security. Not only are classified documents published, but so are social security numbers and private medical information. WikiLeaks has faced many lawsuits, some of which they have been able to overcome. It can be difficult to prosecute WikiLeaks because of the First Amendment's Freedom of Press, but many Supreme Court cases have shown that the Constitution also protects the re-publication of information that was illegally given, as long as the publishers didn't violate laws when obtaining it. Understanding what exactly WikiLeaks is will give you a better understanding of who Julian Assange is and why his arrest is monumental. Aside from his controversy with WikiLeaks, he was given an international arrest warrant from Sweden for sexual assault and rape allegations. He denied these allegations and was granted asylum in Ecuador to avoid extradition to Sweden. He was sent to seven years in exile at the Embassy of Ecuador in London. There, he acted out by doing



WikiLeaks founder Julian Assange has been charged by DOJ with hacking into a Department of Defense computer.

things like putting his feces all over the walls and being extremely disrespectful to the staff. Last March, his internet communications were suspended because he violated an agreement in his bail to not release messages on WikiLeaks that had a connection with other nations' affairs. Although he became an official citizen of Ecuador in 2017,

Ecuadorian president Lenin Moreno withdrew Assange's asylum because of his horrible and childish behavior. Jeff Sessions even spoke out against Assange, saying that having him arrested is a huge priority for the Department of Justice. It is no surprise that Assange tried to bring up a lawsuit against the government of Ecuador, despite the fact that they harbored him in their embassy for years, claiming that they violated his fundamental rights. The Department of Justice confirmed that Assange was conspiring to steal military secrets with Manning. After his arrest, Assange appeared at Westminster Magistrates' Court, where he was charged with failing to surrender in 2012. His lawyer defended him by claiming that he did not show up because he was scared that he would not get a fair trial. The judge stated that Assange is a "narcissist who cannot get beyond his own selfish interest." It is hard to determine what to do next because of the protections surrounding the press and the possible retaliation of those who strongly support the freedom of speech. WikiLeaks is an amazing source for those who like to keep up with conspiracies and classified information, but has clearly backfired on its founder.

# New Zealand introduces stricter gun laws in response to mass shooting

**Grace Crocker**  
*Staff Writer*

After violent attacks on two mosques in Christchurch, New Zealand, Prime Minister Jacinda Ardern has made efforts to enact stricter gun laws in the nation. On March 15, an armed terrorist attacked Al Noor Mosque and Linwood Mosque in Christchurch, New Zealand, leaving 50 people wounded and killing another 50. It was described as "the darkest of days in New Zealand's history." Less than a month later, New Zealand's parliament voted in favor of banning military-style semi-automatic weapons. The vote was 119 to 1; nearly unanimous. "We are ultimately here because 50 people died, and they do not have a voice," the Prime Minister told parliament. "We in this house are their voice, and today, we have used that voice wisely." Ardern says the mosque attacks have, "exposed a range of weaknesses in New Zealand's gun laws," according to NPR. She states that, "the clear lesson from history around the world is that to make our community safer the time to act is now." The quick action in New Zealand to reform gun laws after a mass shooting is observed to be quite different from the responses in the United States, where calls for stricter gun laws are often resisted by lawmakers and citizens alike. New Zealand already had strict gun laws to be-



New Zealand's new gun law passed its parliament nearly unanimously by a vote of 119 to 1.

gin with. In order to get a gun in New Zealand, according to the New York Times, applicants must pass a background check that includes criminal, medical, mental health, and domestic violence records, as well as provide character references, allow themselves to be interviewed by government officials, pass an inspection of home security, take a gun safety course, and then wait weeks or even months to await approval for a firearms license. New Zealand first cracked down on their gun laws in 1996 when a gunman used a semi-automatic rifle to kill 35

people in Port Arthur. The new laws following this mass shooting prohibited all automatic and semi-automatic weapons, and enforced licensing regulations, background checks, and wait periods. Over 600,000 weapons were destroyed as the result of a gun buyback program. However, according to New Zealand police data, "virtually everyone" who applies for a firearm license gets one. With a firearm license, individuals have access to powerful weapons like sniper rifles and armor-piercing bullets. The New York Times reports that most gun purchases in New Zealand are not tracked. "New Zealand is almost alone with the United States in not registering 96 percent of its firearms," Philip Alpers from GunPolicy.org told the Times. Ardern will reveal the details on the proposed gun laws in due time, though it is likely the focus will be on semi-automatic weapons. "I think what the public rightly are asking is why is it, and how is it, that you [are] currently able to buy semi-automatic military style weapons in New Zealand," She said. "And that's the right question to ask." New Zealand is a country with high rates of gun ownership, so it's uncertain how the country will react. Ardern acknowledges this uncertainty. "I want to assure you that the work that we are doing is not directed at you. In fact, I strongly believe that the vast majority of gun owners in New Zealand will agree with the sentiment that change needs to occur." Ardern also says, according to NPR, that guns can be surrendered to New Zealand police at any time.

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# Loughlin and Giannulli face criminal charges for fraud

Katherine Pecora  
Staff Writer

In recent weeks, the news has exploded with bombshell revelations from federal prosecutors. Actors and prominent executives have had their worlds blown open and their finances aired all around the world. On April 15, federal prosecutors announced additional charges against actress Lori Loughlin. Loughlin is well known for her role in “Full House” as Aunt Becky, and appeared in numerous Hallmark movies. Loughlin and her husband, fashion designer Mossimo Giannulli, entered not guilty pleas. The charges came against Loughlin, Giannulli and 14 other wealthy parents. One notorious parent is Felicity Huffman, known for her role in the show “Desperate Housewives.” They all

face one count of conspiracy to commit mail and wire fraud as well as honest-services mail and wire fraud, including one count of conspiracy to commit money laundering. According to CNN: “Huffman was among 13 parents who agreed to plead guilty last week to a charge of conspiracy to commit fraud. A total of 33 parents, including the Desperate Housewives star, have been accused of using their wealth to cheat on standardized tests for their children and bribe college administrators and coaches who had clout when it came to admissions. Prosecutors’ decision to seek four to 10 months had nothing to do with Huffman’s public apology, the source said.” According to the Justice Department’s indictment, Giannulli and Loughlin made payments in 2016 and 2017 to the USC Associate Athletic Director Donna Heinel and a fraudulent business called the Key Worldwide Foundation which was operated by William “Rick” Singer. The

indictment from the Justice Department states: “On or about November 29, 2018, Singer called Loughlin from Boston, Massachusetts. During the call, Singer said, in sum and substance, that [Key Worldwide Foundation] was being audited by the IRS, which was asking about the two payments of \$200,000 by the Giannullis. Singer added: “So I just want to make sure that you know that, one, that you’re probably going to get a call and that I have not told them anything about the girls going through the side door, through crew, even though they didn’t do crew to get into USC. So I—that is—all I told them was that you guys made a donation to our foundation to help underserved kids.” Loughlin replied, ‘Um-hmm.’” The couple’s younger daughter, Olivia Jade Giannulli, is a beauty vlogger, famous for her videos and her recent collaboration with Sephora. Since the scandal broke, her collection has been pulled.

# Scientists will dig a promising Jurassic site in Wyoming this summer

Olivia Alvord  
Staff Writer

Near Cheyenne, Wyo. lays a site that some are calling the “Jurassic Mile,” for it being “where dinosaurs chased prey through muck and some of the biggest creatures of 150 million years ago lumbered over a tropical flood plain,” as said by Mead Grover for KULR8, a news channel based out of Billings, Mont. This summer’s project has been spearheaded by the Children’s Museum of Indianapolis which is bringing in numerous scientists and paleontologists from the United States and Europe. This dig is a \$27 million project. \$9 million of that has been donated by the Lilly Endowment grant to help build the museum’s collection. Scientists and paleontologists will be in Northern Wyoming, near the Bighorn Basin, for a three-month dig this summer. The local news channels and media do not want to give details on where the site is because the owners and organizers do not want too many curiosity seekers trying to find the ranch while they excavate. However, the site has been described



One of the paleontologists carefully preserving the bone as he chipped off the residue of one of the fossils.

as being located “on a square mile of private ranchland outside Cody, about 100 miles east of Yellowstone National Park,” said KULR8. I went to this exact site in 2013 when my family and I went on a road trip to visit my aunt and uncle who live in Wyoming. My aunt knew the people who had just discovered some fossils on the acreage of their property. Little did they know that it would turn out to be the

exact place where some of the biggest dinosaurs once roamed, or that this would turn into an enormous dig operation where they would still be pulling out complete and partial skeletons just a few years down the road. At that time in 2013, a few paleontologists had just begun to discover the land’s potential and already had various remains. When my family and I were there, the paleontologists were almost finished

with what turned out to be the first of many of the biggest dinosaurs from the late Jurassic Period found. There were two paleontologists when we visited, and they showed us many fossils that they had just dug up. For some of the fossils that we looked at, you could tell just exactly which body part it was, while others still needed to be chipped away some. They also discovered an almost full-bodied dinosaur a week before we arrived in 2013. Who knew that this would be the start of it all? They told us at the time that the site had potential, but they were not sure just how many and to what extent of remains were there. It has been six years since my visit, and it appears that they have come a long way since then. Since 2013, various long-necked plant-eater fossils, which may very well be diplodocus- and brachiosaurus-type dinosaurs, were found on this site. In 2018, “scientists dug up a 6-foot brachiosaur scapula. They also had preserved tracks from both predatory and prey dinosaurs,” stated KULR8.

# Mayor Pete Buttigieg enters 2020 Democratic primary with boost in polls

Katherine Pecora  
Staff Writer

Pete Buttigieg, better known as Mayor Pete, recently entered the 2020 race for president. Buttigieg is a young rising star in the Democratic Party and was first elected as mayor of South Bend, Indiana in November of 2011. Buttigieg attended Harvard and Oxford as a Rhodes Scholar. In 2009, he received a commission as an intelligence officer in the U.S. Naval Reserve. Five years after this, he was deployed in Afghanistan for seven months. Buttigieg has one of the most unique resumes seen to presidential campaigns to date. According to his campaign website: “Pete belongs to the generation that came of age with school shootings, the generation that provided the majority of the troops in the conflicts after 9/11, the generation that is on the business end of climate change, and the generation that—unless we take action—stands to be the first to be worse off economically than their parents.” Buttigieg aims to lay out a vision that ensures America’s future is positive. As a mayor of a mid-sized Midwestern city, the 37-year-old would be the youngest and the first openly gay U.S. president. What began as a somewhat long-shot idea has transformed Buttigieg into a legit-

imate contender to hold the highest office. Just a month ago he seemed to be more than a long shot for president. Although recently we have seen the most diverse group of contenders for 2020, not many people knew the name “Mayor Pete”. His mission reflects the growing diversity of the country, as stated on his campaign website: “We need to secure a future in which every American has the freedom to live a life of their choosing; where our republic grows more and not less democratic; where racial justice is a reality and not a dream; where we’ve put an end to endless war; where we’ve summoned the national will to meet the challenge of climate change; where everyone has the health care they need; and where everyone has the chance to find purpose and belonging in our economy and our country.” Buttigieg’s fundraising has increased dramatically, along with his name recognition. He has raised more than \$7 million in the first three months of 2019. This puts him behind only Bernie Sanders, Kamala Harris, and Beto O’Rourke. Buttigieg has made himself accessible in a way that other candidates have not thus far. As stated by the BBC: “Buttigiegs crowds have also been swelling at his public appearances. The Friday night event in Manchester had to be moved from a local brewpub to the citys art museum to accommodate a larger turnout - and



A relative newcomer to politics, Pete Buttigieg has been mayor of South Bend, Ind. since 2012, and would be the first mayor to make the jump to president in history.

even then, the venue reached capacity more than a half hour before the mayor was due to speak.” Though it is still very early in the election, it is off to a very tough start. Fundraising is hitting levels previously unseen. As the political realm ramps up we will certainly see the fundraising continue.



Advice from the Belltower Editorial Staff

**Bethany Montgomery**  
*Editor-in-Chief*

Ever since I began at Saint Martins in 2016, I have had positive and negative experiences that have shaped me into the person I am today. Even if there are things I think could be improved, I believe that God has blessed me with many opportunities that I would not have been able to experience anywhere else. For one, going to school 45 minutes away from my family gave me the ability to live at home, but in the last year, I was able to live in Olympia and commute a short distance while holding both on and off campus jobs. I’ve held four jobs on campus, and four positions here at the newspaper, which I’m sure I would never have been able to get otherwise, and have taught lessons on taking initiative, leadership, and getting to know my community. I love that I know the faculty in the political science and history department personally as they have helped me navigate my major and gave great advice and insight from their many years of teaching and schooling. Being able to wave at people I know in the hallways every day, and knowing at least one person in my classes each semester is of great comfort to me, and has helped me ease out of my introverted shell to become much more of a people person than I ever thought I would be. Working at the library has provided me the chance to learn the names of faculty, staff, and students that I would not have the enjoyment of meeting otherwise. What an opportunity it is to go to a small school and to have the ability to best utilize the time and resources available on campus. If you have these opportunities, don’t pass them by! Get involved in clubs, enjoy your chance to be something significant, and to not only learn, but to experience personal growth.

**Brian Messing**  
*Managing Editor*

“Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; unrewarded

genius is almost a proverb. Education will not; the world is full of educated derelicts.” - Calvin Coolidge. I often think about this quote whenever I am presented with a problem or an opportunity. People are not successful because they are smart or because they have been well educated; they are successful because they take opportunities that come to them and don’t let anything stand in their way. I learned this lesson when I was interning at the Legislature this semester. No matter who I was working with, I noticed that the best way to get anything done was to be persistent on my objective, and to not give up. Again, your God-given talents are helpful, but without persistence, you cannot achieve anything.

**Eric Parks**  
*Sports Editor*

Nearing the halfway mark of my undergraduate career, I am thankful that I chose Saint Martin’s as my school. Although my plans have changed drastically during my time here, the Saint Martin’s community has helped facilitate my growth as a person. Initially, I chose this school because of its engineering program. I switched from civil to mechanical engineering, but then decided that STEM was not my calling. Although SMU’s STEM program was the deciding factor in my choice to attend Saint Martin’s over other institutions, I am excited to finish my degree at this school in Business Administration. Professors have continued to challenge my learning in many ways, whether it be academically or morally. My freshman year, I was able to find a job with the Belltower as a sports writer, and I enjoyed that position for the year I held it. As sports section editor this year, I have continued to grow as a person. Working as a team with my peers to produce the school newspaper has been enjoyable and meaningful for my educational experience at SMU. I encourage everyone to find a student activity or two that they find interesting, whether it be a club, organization, or team. These activities can facili-

tate the connection between students and their school better than anything else.

**Sophia Lim**  
*Features Editor*

I have now completed three semesters at Saint Martin’s. From dealing with tough professors, roommate drama, 8 a.m. classes, and the overbearing stress of school that every college student can relate to, it has already been a rollercoaster. Yet, despite all the mishaps and downs I’ve experienced, I’ve also learned a great deal. I learned to always check the Rate My Professor app and to pay attention to the reviews, to remove myself from a situation as soon it gets toxic, to never choose 8 a.m. classes for every day of the week, and to stop procrastinating, because that’s most likely the root of all scholarly stress. The growth that these experiences provided me is one that when looking back, I am proud to have went through. This school may have thrown its worst at me, but along with that came its best. I was able to be in classes with great professors who not only helped me within the subject, but in other areas as well. The faculty and staff have also been beyond helpful when it came to problems I would encounter regarding my student account. If I could offer advice from what I have imbibed so far in my collegiate journey, it would be to be a go-getter. So many opportunities are offered to us and all that is required is that we look and apply. Put yourself out there, and though it may seem

scary at first, you’d be surprised at how much you’ll actually benefit from and enjoy it. Now, no matter how many more semesters you have left to endure in the college journey, push through. As the famous saying and the mantra of my life goes, “If you’re going through hell, keep going.”

**Emma Dobbs**  
*News and Lifestyles Editor*

I am so thankful to attend Saint Martin’s and excited to have one year completed. Although this school year went by fast, it has been full of new and exciting opportunities and experiences. I am grateful for the opportunities I’ve had in and out of school this year to pursue my interests and learn more about myself. My advice is to never take opportunities for granted. Every opportunity is a chance to learn and grow. As you learn, do not be afraid to make mistakes. Mistakes are a part of life that I have found I can grow and learn from. This school year, I’ve had so many chances to meet new and interesting people, try new things, and study interesting topics. Challenge yourself in all you do and work hard to be the best version of yourself. There is so much to learn from the experiences that are outside of your comfort zone. Starting college was a scary step for me, but I am thankful for the experiences I’ve had and glad to know it’s not as scary as I thought! It all flies by so fast, but the memories made and knowledge learned will last a lifetime.



The Belltower Editorial Staff works tirelessly as they prepare the monthly issues.

Photo courtesy of Jenna Gerber

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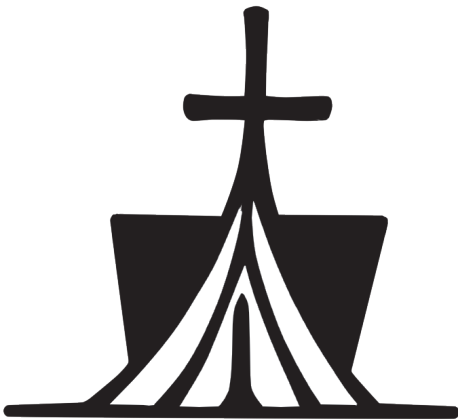
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NEWS

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SAINT MARTIN'S UNIVERSITY

Nov 21, 2016

The end of the presidential race

Bethany Montgomery  
Staff Writer

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

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

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

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

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

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

“So I have instructed my team

unity and strength.

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

Popularity predictions prior to the election strongly indicated a Demo-



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

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

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

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

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

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

World news at a glance

Brian Messing  
Staff Writer

Russians behind failed coup in Montenegro



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

McDonald’s to introduce mobile order app in 2017



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

Heathrow expansion approved



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



## Seahawks go defense heavy in 2019 NFL Draft

**Eric Parks**  
*Section Editor*

After a relatively uneventful free agency period, the Seahawks looked to the NFL Draft, which was held on April 25-27, to fill out their roster. The team was able to retain free agent guard D.J. Fluker and linebacker K.J. Wright. Seattle also signed guard Mike Iupati from the Cardinals, as well as kicker Jason Myers from the Jets. While this was a good start, the team still has needs across both offensive and defensive line, as well as the secondary, wide receiver and tight end. In the first round of the draft, the team selected defensive end L.J. Collier to replace Frank Clark, who was traded to the Chiefs a few days before the draft. While

some analysts considered this pick to be a reach, Seattle is known for doing that, and they have had mixed results. Collier's production in college has not been stellar, but his playing style is similar to that of Clark and Michael Bennett. In the second round, the team selected safety Marquise Blair and wide receiver D.K. Metcalf. Like Collier, Blair is considered by some to be an overdraft. However, all of his negative attributes as a player are coachable, except for his height at 6'1". He has often been described as over-aggressive in pass coverage, but he makes his presence known in the run game. He projects to fit in nicely in Pete Carroll's defensive scheme. Additionally, the Seahawks have had success drafting and developing defensive

backs in the past. With the loss of safety Earl Thomas and nickel corner Justin Coleman, they will need immediate production from Blair. Metcalf was initially projected as a first-round choice, but wide receivers fell in this draft. Additionally, there were rumors that Metcalf has a performance enhancing drug history, which could also explain why he was available late in the second round. Still, he projects to

fit in nicely along Tyler Lockett and Doug Baldwin as he possesses a rare combination of size and speed. Seattle's other selections in the draft were wide receiver Gary Jennings, guard Phil Haynes, cornerback Ugo Amadi, linebacker Ben Burr-kervin, running back Travis Homer, defensive tackle Demarcus Christmas, and wide receiver John Ursua in the later rounds.



The Seahawks drafted L.J. Collier with the 29th pick of the first round.

Photo retrieved from Wikimedia Commons

## Mariners home run record fuels hot start to 2019 season

**Ryne Oshiro**  
*Staff Writer*

It's what every Seattle Mariner fan has hoped for in the past decade: The Mariners were red hot to start the season. Sure, it may be way too early to predict what the future holds for this ball club. Yet, the past couple of months have brought such joy to Mariner great Ichiro Suzuki, and even newcomers Domingo Santana and Tim Beckham. The season started at the To-



Mariners legend Ichiro Suzuki retired at 45 years old after playing in front of his home crowd in Japan.

Photo retrieved from Twitter.com

kyo Dome in Japan, and marked the final time Suzuki would throw on a jersey and run out to his hometown crowd. The ball club managed to get two wins against the Oakland Athletics, and a lot of tears were shed after the retirement of Suzuki. He leaves the organization as the record holder for most hits in a single season with 262, along with numerous other records he holds within the Mariners and the MLB. After coming back home to Seattle, the team saw themselves start the season red hot with a 13-2 record through their first 15 games, and even saw a six-game winning streak during that period. Another huge milestone that the Mariners have surpassed is their streak of 20 straight games with a home run. Whether it was a solo home run, or even multiple solo home runs, the team managed to hold the streak long enough for the MLB record. The streak finally came to an end on April 17, when they were held scoreless for the first time this season. The acquisitions of infielder Tim Beckham and Domingo Santana have proved to be the two best pickups of the off-season. Beckham only signed a one-year deal, but he has started the year off with a bang. Through his first six games to start the

season, he was backing a high .435 average with 10 total hits, three home runs, and six RBIs. For those that are not necessarily familiar with meticulous baseball statistics, these are outstanding numbers, especially for a player that was projected to play in the minor leagues. Santana has also provided pop in the middle of the Mariners lineup that saw him collect eight hits and a .419 on base percentage in six games. Also noteworthy, is the signing of Jay Bruce and Edwin Encarnacion. The start is simply what every Mariner fan has dreamed of for quite some time. To put this into perspective, anyone under the age of 18 has not been alive to see the Mariners make the playoffs. The last time they made the playoffs was back when two all-time Mariners greats, Ken Griffey Jr. and Edgar Martinez, were playing. For a team that is also playing in the newly renamed T-Mobile Park, they are not disappointing fans and will not be if they keep up the hot start. Safeco Field had never made it to a playoff series, but the change of name could possibly be the mojo that the team has needed.

## SMU Track and Field builds momentum following strong home meet

**Luke Hare**  
*Staff Writer*

With the GNAC Championships quickly approaching, the Saints look to build off their home meet. On April 13, the Saint Martin's Track and Field team hosted the annual Jay Hammer Invitational in below average conditions. From the start of the day, the rain did not stop pouring down on the athletes, and throughout the day, the wind made its presence known. However, the weather did not stop the Saints from doing well in many different events. Overall, the Saints took home first place in five different events and placed second in four events. After recovering from a recent injury, senior Jona Spiller took second place in the javelin. Spiller's toss of 135-feet, 5-inches, which was just behind first place, was especially impressive considering it was her first action since the injury. It will be great for Spiller to have a couple weeks to recover and get as healthy as possible before the GNAC Championships on May 11-12 in Monmouth, Ore. If you've heard the name Liz Larson multiple times, you're probably not the only one. Larson dominat-



The Saint Martin's Track and Field seniors line up to take a picture after the Jay Hammer Invitational.

Photo courtesy of smusaints.com

ed yet again in the hammer throw reaching 177-feet, 5-inches, which beat second place by almost 20 feet. This throw was enough to rank her fifth in the nation in the event. Ariya Kendrick also made a great showing on the 100m hurdles, placing third with her time of 15.44 seconds. While the women had an impressive meet, the men were not about to be outdone. In the 400m race, Michael Russell was the only sprinter to break the 50 second mark, putting in a time of 49.94 seconds. He was not satisfied with just this performance, though. Russell went on to win the 200m as well, setting a

time of 22.10 seconds. Following close behind was senior teammate Jackson Hand, with a time of 22.31 seconds to take home the second-place finish. Logan Armstrong, Josh Schulz, Hand, and Russell combined in the 4x100m relay and took first place in this competition with a time of 42.52 seconds. Andrew Olsin took home a respectable third place finish in the 10,000m race with a time of 32:49.92. The Saints continued to dominate in the shot put, with Micah Au-Hauptu placing first yet again with a mark of 44-feet, 5.25-inches. Cade Harris placed second in

the men's hammer, setting his personal record of 161-feet, 10-inches. Coming off a previous win at Western Washington, Craig Boyle took home second in the men's pole vault with a mark of 14-feet, 11-inches. In the earlier meeting at Western Washington, freshman Keshara Romain broke the school record in the women's long jump with a distance of 18-feet, 7.75-inches, and also won the triple jump, with a mark of 37-feet, 0.5-inches. Freshman standout Tyler Cronk has also been qualified for the national championships since the first meet of the season when he cleared the mark of 7-feet, 0.5-inches. Keep an eye out for the Saints in these next few weeks as they look to build off of their last few meets and continue to set the standard high. This will all need to be done as they hope to set personal marks at the GNAC Championships and hopefully lead to the national championships in the weeks to come.



# Saints Softball fails to overcome 7 game losing streak, misses playoffs

Ryne Oshiro  
Staff Writer

With the spring season nearing its end, the Saint Martin's softball team sees themselves on the outside looking in. The Saints, having a 20-23 overall record and a 10-14 conference record, will not qualify for the GNAC Championship. The story of the Saints season was their attitude of never giving up. An article by SMU Athletics stated, "No matter the score entering the seventh inning, Saints Softball is never out of the game. SMU mounted another impressive comeback, scoring six runs in the final frame to erase a 4-0 deficit and salvage a split with Northwest Nazarene 3-1 and 6-4." The team mounted a comeback led by freshman Kylee Vanderbout, whose future here at Saint Martin's looks very promising. Vanderbout brought in the winning run with her second double of the game, and she looks to become the next great hitter in the lineup. She is hitting .260, but her late game heroics seem to have helped her become a cornerstone of this team. Lauren Diuco, whose contribution is unmatched at her time at



The Saint Martin's Softball team says goodbye to their seniors after missing the playoffs.

Saint Martin's, reached the plateau of the 200 hit mark this season, and is only the eighth Saint to ever reach that mark. Following the completion of this season, she will also be the Saints' all-time leader in stolen bases with 54 and counting. The senior also is a former three-time All-GNAC player who looks to make it four in a row. She has been the spark and leader the Saints needed this season with a team leading batting average of .370. Sabrina Hicks is another senior who has enjoyed a stellar career

with the Saints as well. The senior leads the team in every major hitting category: RBIs, home runs, and hits. Although she is not the contact hitter that Diuco is, Hicks provides the pop in the middle of the Saints order that is much needed to bring in hitters like Diuco. With a good mixture of old and new faces comes the story of the transfer pitcher Brandi Schoessler. She leads the Saints' pitchers in almost every major category as well. She has a team high 15 total wins, with eight of those being complete games.

Photo retrieved from smusaints.com

Lauren Maley and Jessica O'Toole have helped the Saints in the pitching circle, with five combined wins. While the season may not have gone as planned for the Saints, the future for this team looks promising to say the least. Vanderbout is a freshman, as well as teammate Trinity Favela. Along with the return of incoming senior Nicki Dehan and incoming junior Devyn Connolly, the Saints look to be in contention of the NCAA playoffs next year. Dehan is fifth on the team with a .312 slugging percentage. Meanwhile, Connolly is the team leader in doubles with 11. Although they lose the production of names like Hicks and Maley, the Saints will still be able maintain a strong core of players for years to come.

# Baseball team fights to climb the GNAC ranks

Hannah Hartley  
Staff Writer

On a two-game winning streak, the Saint Martin's Men's Baseball team continues to push through the season. The Saints have a current record of 13-18 in the GNAC. At the beginning of April, they took on the Yellowjackets of Montana State Billings in Billings, Mont. At the time this article was written, the Yellowjackets had a record of 22-10. For the weekend of April 6 and 7, which included two double-headers, MSU's homefield advantage was prevalent when the scores hit the boards. When the team took on the Yellowjackets in late March, they lost each game of the match up, but by a lower margin. MSU threw 19 runs onto the board in the first game, with SMU putting up five. The Saints' Aaron Shoup started at pitcher for the Saints during the second game, and Grayson Ritter and Zach Alcos threw 2.2 and 1.1 innings, respectively. The second game was played at a

much faster pace, with Micah McNicoll delivering a lead-off strikeout and tying the game. Shortly after, SMU was down to their last out and McNicoll stole second, allowing sophomore infielder Ryne Oshiro to drive him in with an RBI single. The Saints came out with a loss after Saturday's second game 3-5, as well as the first game on Sunday, with a score of 5-17. However, the Saints came back for the win on the afternoon matchup on Sunday, with a score of 6-2. Ryan Dorney got his first start of the season during the series finale and he made the most of it, throwing a total of five shutout innings, striking out six hitters, and allowing only two hits. The Redshirt Senior is now 2-1 on the season. The Saints carried their winning momentum into the following weekend when they took on the Central Washington Wildcats, who are 11-20. Shoup started at pitcher for the first seven innings and allowed no runs, and senior Robbie Shineman kept the shutout going through the last two innings. Ultimately, the Saints came out on top with a 7-0



Photo courtesy of smusaints.com

After Montana State University Billings ran over the Saint Martin's Baseball team, they have rebounded in their more recent games. victory over the Wildcats. The team stayed strong throughout the weekend, delivering 5-2 and 9-7 victories on Friday and Sunday respectively.

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SMU Trivia Word Search

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- 1. Who is head of the Abbey?
- 2. When was Saint Martin’s established?
- 3. What kind of Catholic school are we?
- 4. When did Saint Martin’s College become a University?
- 5. Who was the first SMU student?
- 6. When did O’Grady Library open?
- 7. Who is the 10th President of SMU?
- 8. What was Abbey Way’s previous name?

Graduation Day Mad Lib

Sophia Lim  
Section Editor

\_\_\_\_\_! That was the sound of my \_\_\_\_\_ alarm going off.  
[Onomatopoeia] [adjective]

Quickly glancing at the time, I realized I was late for my graduation. I rushed off and put on my \_\_\_\_\_ and grabbed the keys to my different  
[noun]

\_\_\_\_\_. When I got to the garage, it wasn’t there, but in its place was a  
[vehicle]

\_\_\_\_\_. I drove that to the ceremony instead. When I got there, I  
[noun]

noticed groups of \_\_\_\_\_ filing into the \_\_\_\_\_ of a building  
[living creatures] [floor]

where graduation was being held. This was it, my time to \_\_\_\_\_. I  
[verb]

walked up to the \_\_\_\_\_ and shook the Dean’s \_\_\_\_\_.  
[noun] [body part]

She handed me my diploma, a degree in \_\_\_\_\_. I did it. After so many  
[noun]

hours of studying and \_\_\_\_\_, lots of \_\_\_\_\_ and tears,  
[verb(ing)] [plural noun]

I graduated from \_\_\_\_\_.  
[strange place]

THINGS TO DO THIS SUMMER



TRAVEL!

Saint Martin's provides short term study abroad trips throughout the summer. Inquire with OIPD. You can stay local and visit tourist attractions in the PNW!

TAKE SUMMER CLASSES.

Want to get ahead on your credits or graduate sooner? Take a summer class! They're only 6 weeks long so you still have time to enjoy the sun.



GO OUTSIDE!

The PNW offers hundreds of State and National parks with beautiful sights to see. Take advantage of the warm weather and get some exercise.

EMBRACE A HOBBY

Too much homework to relax? Now is the time to embrace a hobby you love! Check out community calendars and attend classes to learn a new skill.



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.
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