

The Belltower

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Saint Martin's finances stable amid COVID-19 pandemic

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The COVID-19 pandemic has left a lot of universities strapped for cash as students who are mandated by the government to leave dormitories seek refunds, and new technology is expeditiously purchased to move classes online. Uncertainty about daily life extends to the finances of universities, and Saint Martin's is no exception. Very little is known for sure about how the next few months, and even years will play out, however, there is plenty of time to examine the different scenarios.

In an interview conducted over Zoom, Saint Martin's Vice President of Finance and CFO, Sarah Saavedra, said, "Saint Martin's entered the COVID-19 crisis in a good [financial] position. We started this year with a strong freshman class."

There will likely be a correlation between a university's starting position going into the crisis, and how they perform after the crisis is over.



Sarah Saavedra is working hard to ensure that Saint Martin's stays on top of the financial problems associated with COVID-19.

According to Saavedra, "The institutions that entered strong in a good position, will exit in a good position."

So, while Saint Martin's may be suffering at the moment, most universities across the country are struggling with a similar plight. As 84 percent of universities expect some decline in enrollment, Saint Martin's remains in a good position to recover from the crisis when it is all over.

To understand how long the financial ramifications of the COVID-19 pandemic will last, it is important to compare it to previous economic

downturns. The most recent recession was the 2008-2009 financial crisis, also known as the "Great Recession." As of now, retail sales tax revenue in Washington has declined by 8.7 percent, which is less than the decline that Washington faced in the great recession.

During this time of economic hardship, some universities, such as Central Washington University, have resorted to the use of a Financial Exigency in order to try and stay solvent. During her interview, Saavedra explained what an exigency is, and the repercussions that come with it.

"Financial Exigency is the formal declaration by the Board that the institution faces an imminent financial crisis and that there is a current or projected absence of sufficient funds for the campus as a whole to maintain current programs and activities at a level sufficient to fulfill its educational goals and priorities," said Saavedra.

Such an acknowledgement that an institution is on the verge of bankruptcy risks its ability to attract qualified and desirable faculty and staff over the long term. Therefore, the seriousness of declaring a Financial Exigency cannot be underrepresented - especially for a small school such as Saint Martin's. That said, Saavedra was confident in her response to questions about the likelihood that Saint Martin's would make such a move, saying "That is not something that is being considered right now."

Since the school is not considering an exigency at this time, funding is being sought from multiple other sources including fundraising, Small Business Association (SBA) loans, and funding from the CARES Act. While Saint Martin's has been unable to secure any loans from the SBA due to restrictions on

See **Finances**, page 4

The road to recovery: The "Great Pause" to the economy

Myki Dee Kim
Staff Writer

The COVID-19 pandemic has taken the world by storm as the virus continues to spread rapidly, affecting global populations in ways previously unthought of. Health care workers are being worked hours on end, students are no longer attending in-class lectures, and the general population is required to social distance to contain the spread of the virus. However, this virus is much more than a risk to health and wellbeing; it is also a risk to the economic stability of the world.

Heather Grob, Ph.D., Associate Professor of Business and Economics at Saint Martin's University, shared her personal and professional opinion of the economic implications of the coronavirus. Grob stated that she is still processing the implications of COVID-19 and believes that results such as a great loss in lives is absolutely terrifying.

Grob noted that, "Within 4 weeks, 22 million workers in the U.S. applied for unemployment insurance... Amazingly, this COVID-19 virus, this infinitesimally small, invisible contagion has stripped away many of our pretenses and ex-



COVID-19 has impacted the world, causing markets to fluctuate, and unemployment to grow.

cesses, and it has made us see who suffers when adequate protections are not put in place. I can honestly say I don't think I'll ever witness something like this again. At least I hope not."

Global unemployment continues to skyrocket as many around the world are faced with severe financial impacts. Countries have taken drastic measures to flatten the infection curve of the virus to minimize the spread. Due to the measures, many businesses and citizens are beginning to

feel the impacts as many have had hours cut, been laid off, or released from their professions.

The Harvard Business Review noted that due to the financial instability of citizens, countries have stepped up in a variety of ways to help aid the economic implication of pandemic. Countries have halted mortgage and rent payments, invested in companies of all sizes to continue to pay their employees and cover expenses, and have created stimulus packages to benefit their economies. The United States alone passed a \$2 trillion stimulus package to benefit U.S. taxpayers. The hope is that the respective aid helps minimize an economic downfall before and after the pandemic ceases.

Grob stated, "Some economists have correctly predicted that major natural disasters would have poor consequences for us, however, because we have such an imbalanced economy that does not adequately protect people who are vulnerable. Our health system is highly skewed toward profit-making and that leaves public health less resilient."

Economists had predicted a slowing of the economy but nothing to this magnitude. The idea of social distancing is to prevent the spread of the virus and flatten the coronavirus curve around

See **"The Great Pause"**, page 6

What to look for in this issue

FEATURES

Read Kianna Garmanian's inspiring story about her journey in "The little piece of plastic that used to define my life." Read about Garmanian's struggles and how she was able to overcome them, as well as tips that she has for you amid the present COVID-19 pandemic and its associated problems.

See **Plastic**, page 7

CLUBS, CULTURE, AND RELIGION

Saint Martin's recently announced that it is joining the growing list of universities that are abandoning rules requiring incoming freshmen to take an admissions test, such as the SAT or ACT. While this change is temporary, read about how it may become permanent.

See **Test optional**, page 9

CLASSROOM

Saint Martin's has recently been ranked as one of the best value universities both across the country and in Washington. Read about Saint Martin's recent ascendancy in national university rankings, including providing the best experience to military students, and many others.

See **Rankings**, page 10



To our most loyal readers,

Thank you so much for reading The Belltower’s final issue of this academic year. Whether you are reading this in print or online, it is your passion that keeps this paper running successfully, and I would like to thank you for that. Four years ago when I joined The Belltower as a Staff Writer, I had no idea that I would ever be the Editor-in-Chief of this wonderful publication. Serving you has been the privilege of my college career, and I cannot thank the wonderful staff enough for the support I have received.

When I started working for The Belltower I did not fully understand what journalism was. Today, while I might still not fully understand journalism, I have a far better grasp of what it means to provide quality reporting. I hope my tenure as Editor-in-Chief is remembered for my relentless pursuit of investigative journalism, and holding the powerful accountable. I have always believed journalism and authority have a symbiotic relationship, and it is my hope that I upheld my end of that bargain.

When I look back on my time at Saint Martin’s, I will remember my work at The Belltower first and foremost. I have grown up at this paper, and it has had a huge impact on the man I am today as I leave Saint Martin’s and this position. My next pursuit will be law school, and I hope to bring the skills and ideals I learned at both The Belltower and Saint Martin’s, there and beyond.

It’s not goodbye, it’s see you later;

Brian Messing, Editor-in-Chief, The Belltower

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The Belltower

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

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The Belltower reserves 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.

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A look at housing subsidization in Washington

Taryn Zard
Staff Writer

Washington is a beautiful state, but it is also a very expensive place to live in. As the cost of living continues to increase statewide, residents look for places where the expenses are not as burdensome. One-way people are able to afford a place to live is by taking advantage of subsidized housing.

Subsidized housing comes about through the work of various corporations to lower the rates charged in certain areas. The U.S. Department of Housing and Urban Development released its revised income limits that determine the qualifications of who is allowed subsidized housing. For a family of four, the annual household income is required to be \$72,000 or less, in order for them to qualify for subsidized housing.

For those living in Snohomish and King Counties to qualify for low income housing, they must make no more than 80 percent of the average income per household. Of that population, 50 percent are earning \$48,000, which is considered low income, and 30 percent are earning \$28,800 a year or less, which places them in the extremely low income household category.

Pierce County has a Section Eight Housing waitlist that has a random time frame assigned in which applicants can attempt to be added to the “lottery pool” for the housing choice voucher. There is an extensively high volume of applicants, which makes it almost impossible to even guarantee a spot on the waitlist. Within Thurston County, applicants are also placed on a waiting list, with a varying time frame of when people can apply. If an applicant is selected, they pay an average of 30 to 40 percent of their income to the Housing Authority of Thurston County, which then pays the remaining amount of cost directly to the landlord.

According to the director of the Housing Authority of Thurston County Rental Assistance, Karen McVea, “There are far more income eligible households than there are dollars to fund the needs. Thus, we accept applications and then use a lottery system to place names on the



Saint Martin’s Circle K Club working with Habitat for Humanity.

waiting lists.” The Housing Authority of Thurston County serves approximately 2,000 households and rental subsidies within the Thurston County area. Section Eight Housing used to be called the Housing Choice Voucher program, and is a federally funded housing assistance program intended for low-income and extremely low-income families, alongside the elderly and disabled. The program was designed to alleviate the stress of paying for costly housing, while also providing safe housing for individuals who cannot afford other places.

In September 2019, Microsoft loaned \$60 million to King County Housing Authority at lower interest rates to buy five residential apartment complexes located in Kirkland, Bellevue, and Federal Way. The complexes will help maintain 1,029 affordable units in the long-term and help save renters over \$450 million for the next 30 years.

Habitat for Humanity is a well-known volunteer organization that helps provide low-income housing. The organization works with volunteers and a small team to construct neighborhoods that have smaller houses that make the most of the inside. The layout of the houses makes the most of space while also keeping in mind that a smaller household lowers heating and electrical bills. After a family obtains a house from the organization, they “pay it forward,” and work on

other houses so that more families and people can live in an affordable home. Habitat for Humanity has a disaster response team of volunteers and donors which travels to areas that were struck by disaster in order to provide shelter, and assistance with education and training for those affected by the disaster, while they also work to rebuild the destroyed homes.

Families all over the U.S. and around the world partner with Habitat for Humanity to build better lives and provide homes for families. Those that get a home from the organization often become long-term volunteers and help build houses even after their contract to do so expires. Former President Jimmy Carter and former First Lady, Rosalynn Carter have partnered with Habitat for Humanity for over 35 years, having started their efforts to build affordable homes in March of 1984. Alongside thousands of volunteers, the Carters have helped build and repair 4,331 homes, and traveled to 14 different countries in partnership with Habitat for Humanity. In January 2020, Saint Martin’s University’s Circle K International club partnered with the Thurston County Habitat for Humanity to help with the construction of a couple houses in the Tacoma area. The Club has mentioned going back to help the organization as there is a strong sense of partnership and fun, while also helping people obtain safe and affordable living.

COVID-19 is a troubling enigma with a glimmer of hope

Austin Lampky
Staff Writer

Since the COVID-19 virus began to grab the attention of the world in December, it has proliferated throughout the globe and forced people to confine themselves to their homes and practice social distancing in public. In America, the fears of many were realized when the first U.S. case was reported in Washington in January. Since then, many other countries around the globe have reported numerous cases of the virus.

According to Al Jazeera, as of April 17, 2.2 million cases have been reported worldwide. Of those infected, there have been reported recoveries of 500,000 and 151,000 deaths. Of the millions of cases counted, “at least 185 countries and territories” have been affected. To date, Yemen has been the country with the lowest number of citizens infected, having only one reported case, while the United States leads the world in new cases. The island of American Samoa, a territory of the United States, is the only place in the world with 0 cases to date.

Domestically, U.S. state and city governments have been doing all



COVID-19 has had a major impact all over the world.

they can to limit and eventually stop the spread of COVID-19. Stay at home orders have become the new normal in many places across the U.S., and those who do venture out are often seen wearing gloves and face coverings.

The economic hardship caused by the virus has been devastating for many. According to a Yahoo Finance article published on April 16, the U.K. is preparing itself for the financial repercussions of the virus as a three-week lockdown extension will batter the country even further. The country’s unemployment has “already jumped, with

many employers laying off staff and up to 11 million workers expected to be ‘furloughed’ on reduced pay as firms’ earnings dry up,” according to Yahoo Finance.

Oren Klachkin, Oxford Economics’ top correspondent, discussed the effects of the coronavirus on America’s economic health in the U.S. News’ article “Unemployment Rates Jump in Colorado, Nevada Amid Coronavirus...looking ahead, with most of the U.S. population under some form of lockdown, we will experience unprecedented job losses across the country. Nationally, we anticipate that 27 million

jobs will be lost in April and May combined, with 24 million of those losses expected in April while the unemployment rate is forecast to surge to 14 percent.”

However, amidst the seemingly endless stream of bad news, one tiny sparkle of hope for those living in the U.S. did emerge. On April 16, Fox News reported that during a press conference, President Donald Trump announced a plan to gradually, and safely, reopen the American economy. The plan is organized into three phases- phase one mandates many of the same social distancing standards currently in effect nationwide, and will progress gradually to phase three- the “easing off” of control measures once the virus begins to disappear.

Each U.S. governor is individually responsible for deciding when this plan will commence in their respective state, given the variance of number and severity of cases between regions. So far, according to the U.S. News’ article “Unemployment Rates Jump in Colorado, Nevada Amid Coronavirus,” 22 states have already elected to implement the first phase of President Trump’s plan. This news will no doubt bring hope to many Americans that a return to some degree of normalcy is not too far in the future.

Photo courtesy of Fransco Reece

Photo retrieved from Creativecommons.org

2020 Tokyo Olympic Games postponed to summer 2021

Olivia Alvord
Staff Writer

After numerous phone conversations between the Prime Minister of Japan, Shinzo Abe, and the International Olympic Committee (IOC), the decision was made on March 24 to postpone the 2020 Olympics to the summer of 2021.

Prime Minister Abe spoke to NBC News regarding the difficult decision: “Considering the current situation, in regard to the Tokyo Games, as the host nation, in order to ensure that athletes from all over the world are able to compete in their best condition, and also in order to ensure the utmost safety for the spectators, I have asked the head of the International Olympics Committee (IOC), Thomas Bach, to consider postponing the games by about a year.”

The IOC announced on April 14 that the Tokyo Olympics have been rescheduled for July 2021, with a start date of July 23. Despite being scheduled more than a year out, there is still the possibility of postponing it further, given the un-



On Mar. 24, the Prime Minister of Japan, Shinzo Abe, announced the postponement of the 2020 Olympics to July 2021.

known nature of the COVID-19 epidemic. Right now, there is not a secondary measure, or “Plan B,” in place if the Tokyo Olympics need to be postponed even further.

Although the postponement has created a sense of relief among some members of the community, the process has not been cheap. The estimated cost of the postponement is expected to be between 2 and 6 billion dollars.

According to CBS Sports, “IOC President Thomas Bach has said that the IOC would absorb several hundred million dollars in added costs due to the postponement.”

In addition to those wasted funds for the IOC, Japan will be responsible for the majority of the expenses related to the postponement. This

is detailed in the Home City Contract, an 81-page document which was signed in 2013 by the IOC, the city of Tokyo, and the Japanese Olympic Committee.

Furthermore, the 2020 Olympics postponement is expected to increase the cost of the games for future host countries. According to Forbes, “when Tokyo was awarded the Olympics in 2013, the bid committee projected total costs would be \$7.3 billion. The cost estimate released March 25, anticipates \$2.7 billion in addition to the \$12.6 billion estimate recorded in Dec. 2019.”

However, this will not be the first time the Olympics have been canceled. The 1916 Olympics, which was set to be held in Berlin, was

cancelled in 1914 because of World War I. This was the first time the Olympic Games had ever seen a cancellation since its creation in 1896.

After the end of the first World War, the Olympics were held every four years until the 1940 Olympic Games, which were also set to be held in Tokyo, Japan. This would have been the first time a non-Western country would host the Olympics. Unfortunately, the games were postponed when Japan went to war with China in 1937 and had to forfeit their hosting rights.

According to the History Network, “The 1940 games were initially rebooked for Helsinki, Finland in the summer and the German town of Garmisch-Partenkirchen in winter, but finally cancelled in 1939 with Hitler’s invasion of Poland.”

The most recent time the Olympics were cancelled was during 1940, where they were cancelled twice because of the ongoing fight during World War II. One time when the 1940 summer games were set to be held in London, England and a second time when the winter games were set to be held in Cortina d’Ampezzo, Italy.

A humanitarian mission: Washington National Guard deployed

Olivia Alvord
Staff Writer

The Washington National Guard was deployed for food bank assistance on April 2, and have been on the COVID-19 front lines since then. State Senator Steve Hobbs, a lieutenant colonel in the National Guard, has been selected to oversee the Washington National Guard’s numerous levels of support to the state amidst the COVID-19 outbreak.

According to a Washington National Guard media advisory issued on April 2, “members of the Washington National Guard will be located at food banks across the state to assist with food distribution. Guard personnel will fill a critical staffing shortage at a time when the need for food is increasing...on Fri., April 3, Gov. Jay Inslee will visit Guardsmen at the Nourish Pierce County Warehouse in Lakewood, Wash., where Guardsmen will help package and deliver meals.”

Although typically viewed as dealing with military operations, the deployment of the Washington National Guard is just another humanitarian mission focused on the needs of the people amidst the COVID-19 outbreak. As mentioned in the Washington National Guard media advisory, Guardsmen have filled a critical role in the staffing shortage after Gov. Inslee called them in for help. According to KOMO News, “The state’s largest food bank operator, Nourish Pierce County, has had 75 percent of their volunteers leave because of their age and medical condition and need to stay home.”



As of Apr. 11, 1,144,496 pounds of food were packed and 154,991 meals were served by guardsmen in food banks across Wash.

On April 2, four members were deployed to Pasco, Wash. to fill in for workers who help distribute food with Pasco Community Services. The same day, 40 guardsmen were sent to Blue Mountain Action Council Food Bank in Walla Walla, Wash. to “help the warehouse with distribution, building and packing boxes, and unloading trucks at the Salvation Army Food Bank,” according to the Union-Bulletin.

Additionally, on April 13, guardsmen began service deployment with the West Seattle Food Bank and Northwest Harvest-a hunger relief agency based in Kent, Wash. So far, guardsmen have distributed packaged food boxes to over 370 food banks throughout Washington with Northwest Harvest.

As of April 14, the Washington National Guard has helped pack and distribute over 1.6 million

pounds of food to Washington residents. In addition to supporting 17 food banks across the state, the Washington National Guard has also supplied aid to COVID-19 testing sites in numerous counties. In the near future, guardsmen may also be deployed to help in homeless shelters but for now, they are just doing what is most needed in the community.

Washington is among a number of states, including California, Florida, Iowa, Louisiana, New York, Maryland, and Rhode Island, which have activated the National Guard to help combat the spread of the coronavirus and alleviate food insecurity for Americans. Although there is still a risk when using the National Guard members as volunteers, guardsmen have military resources, compensation, and sanitation that normal volunteers do not have access to.

In addition to the much-needed call to action for the National Guard to aid with Food Bank distribution across Washington, Gov. Inslee launched the WA Food Fund - a food relief program with almost a million dollars in funding for food banks across Washington.

Governor Inslee released a short video regarding the WA Food Fund, and said, “Every dollar raised at WA Food Fund will go to our food banks and our food pantries, so people and their families can be adequately fed.”

According to KUOW, a radio station in Tumwater, Wash., the WA Food Fund could not have come at a better time, “since the coronavirus outbreak, local donations to food banks have dropped 70 percent while demand has jumped. The state estimates that more than 1.6 million people will need food assistance in the near future.”

Finances, from cover

the number of workers a organization can employ to qualify, Saavedra expressed hope that there might be changes or provisions made to the criteria that would account for student workers - the group pushing the school past the 500 employee limit.

Additionally, the CARES Act, recently passed by congress, could serve as a means of relief for the university’s financial burdens. Saavedra believes that while the university is navigating such troubles, it is important to remember that students are also struggling, and the CARES Act could be a fantastic way to get monetary help to them. The current legislation is much more helpful to Saint Martin’s than stimulus bills passed during the

great recession, since previous funding from the federal government was only afforded to public schools.

At this time, students probably still have many questions for the school’s administration and worries about the future; the unfortunate truth is that there are very few answers right now. Saavedra and others are working fervently to try and lock down plans for the coming year, and to try and find solutions to the many problems that students are facing. Though there might not be much certainty right now, the students of Saint Martin’s University can rest easy knowing that their school is doing what it can to help them during this stressful and trying time.

A new COVID-19 testing method

Emmanuel Son
Staff Writer

As most of the world remains in lockdown and quarantine, the medical technology field has discovered a major advancement. The Food and Drug Administration (FDA) has recently approved a new testing method for coronavirus that uses saliva samples from patients. Recently, testing has involved a thin swab being placed at the nasal fossa connecting to the throat by the nasopharynx. Rather than using any form of swabs, the newly approved testing method requires a patient to spit into a cup.

The testing method was discovered by researchers at Rutgers University, and has caught the eyes of the White House coronavirus task force. This discovery also comes around the same time President Donald Trump has ceased to provide funding to the World Health Organization (WHO). Rutgers University states that this testing method could lead to an increase in tests by up to 10,000 a day, CNBC reports.

Improvements for this method of testing include a more comfortable instruction for the patient and makes it safer for health care workers. More protective gear can go towards hospital workers now rather than those handling tests. It should be noted that tests cannot be sent home to patients. Those who will be tested still have to be present physically with a healthcare professional.

However, FDA Commissioner, Stephen Hahn M.D., confirmed in an interview with Fox News that the new tests are a highlight of innovation when responding to the virus: “It’s more comfortable for the patient. Obviously, it can be repeated multiple times and it’s actually safer for the health care provider in terms of collection.”

Another medical professional, Devi Nampiarampil, M.D., points out that right now, workers performing tests come into close contact with patients when swabbing. This would then require workers to change gear, such as gloves or garment after each patient. Because saliva testing does not require close contact, workers no longer have to change garments after

each patient.

Rutgers University partnered with New Jersey based healthcare provider, RWJBarnabas, to establish a drive-thru testing center for residents of Edison, N.J., which started on April 15.

Test kits can be purchased from New York based company Vault Health for \$150. Rutgers professor and director of technology development of biologics, Andrew Brooks, told Fox News that this form of testing at drive-thrus can get ten cars going through every two or three minutes to collect samples.

While the new test kits have been praised by many as an imperative advancement, some are now questioning whether the new test kits are too good to be true. A common concern brought up is whether saliva holds enough evidence of the virus. But Microbiologists have said that saliva should be enough to determine whether a patient is positive. Brooks stated that he feels confident about the test and has White House support, with President Trump calling it “innovation under pressure.”

Another convincing argument for the new tests Brooks uses are his practices. Brooks is the chief scientist of Spectrum USA. Spectrum USA provides DNA collecting kits to Ancestry.com. Those same test tubes that involve saliva for DNA tests can collect the needed RNA sample to determine if coronavirus patients have been exposed. That leaves the question of whether genealogy testing companies can test patients for the virus. Firms such as Ancestry.com and 23 and Me have taken into consideration using their business in saliva testing to develop practicable test kits.

Ancestry.com Chief Scientific Officer Catherine Ball, M.D., has stated that the company has already sent out its test kits with independent labs in the US. The company is currently conducting experiments into whether or not their own devices can support COVID testing. According to ABC news, a spokesperson for 23 and Me stated that the company has explored its options for bringing saliva diagnostic test kits to market, but claims that there are many roadblocks the company must go through first, indicating that it will not be any time soon. The spokesperson claimed the problem faced right now is that the

company’s test kits focus highly on gathering DNA, rather than RNA. The company continues to look for ways to donate supplies needed for proper test kits, but faces the challenge that many of their suppliers are operating with minimal staff.

While the FDA has authorized the use of saliva tests, there are still many questions about whether at-home tests will become available in the near future. The FDA has stated on their website that, “At this time, the FDA has not authorized any test that is available to purchase for testing yourself at home for COVID-19.”

The FDA has also stated that they are working with test developers on the availability of expanding coronavirus test kits that may include at-home testing. While the FDA has not approved at-home testing, many companies have already encouraged saliva testing as a safer method that does not require close contact or much protective gear.

CEO of BioIQ, Justin Bellante, stated, “Our goal is getting capacity to front line healthcare workers.” While Vault has been doing at-home testing with patients through telehealth which was said to have met the requirement of a present physician, the FDA had updated their website stating it has not offered any at home testing, “including self-collection of a specimen with or without the use of telemedicine.”

Proponents of telemedicine hope that the FDA will see the importance of distributing at-home saliva kits is worth more than any setbacks of safety or reliability. Stanford-trained obstetrician Ruth Ann Crystal, M.D., who works with medical technology, argues that while the FDA has rules for safety the coronavirus is a major problem and that being able to test at home would be huge.

John Brownstein, M.D., of Boston’s Children Hospital said, “If the saliva test performs well, I see no reason why conducting them over telemedicine would not work well.”

Brownstein does note that there are concerns regarding reliability of remote testing. Andrew Brooks has responded to concerns and critics, saying the test should only take two minutes. “You spit in a tube, put the cap back on, and you’re on your way.”

Washington residents take extra steps to ensure community safety

Bethany Montgomery
Staff Writer

Following Gov. Jay Inslee’s initial Stay-At-Home order on March 25, Washington State residents are now expecting to remain at home until at least May 4. Faced with the possibility of an extension, however, the governor’s office has not yet produced a plan to reopen Washington’s economy.

During a press conference on April 15, Gov. Inslee stressed that the key to reopening is largely dependent on Washington’s ability to quickly distribute and meet COVID-19 testing demands. Though each state will be constructing their own plan to reopen the economy, Washington recently joined with Oregon and California to share resources and form some consistent initiatives across the West Coast.

Despite the numerous small business loans, and unemployment and stimulus checks, stores and restaurants struggle to stay in business while employees are trying to have sufficient hours while remaining healthy and safe. Across the state, residents and businesses have been taking extra steps to ensure the safety of everyone, while still keeping all essential services open.

Washington residents and busi-



Despite the empty campus, Saint Martin’s is making a difference for its students while causing a nationwide stir.

Photo by Bethany Montgomery

nesses have been taking extra steps for the community. According to the New Yorker, two restaurant workers raised \$60,000 in a Seattle Hospitality Emergency Fund in a local GoFundMe campaign for Seattle restaurants and bar workers most affected by the shut-down. Across the Pacific Northwest, families looking for methods of self-sustaining food sources are planting a revived form of Victory Gardens, for easy accessibility to healthy food—not only serving for the benefit of limited social interaction, but also as a learning opportunity for locals who are eager to learn.

In Olympia, local supermarket, Ralph’s Thriftway, has increased their Groceries-to-Go service and promoted online shopping followed by curbside pick-up with no service fees. Popular restaurants like The Reef in downtown Olympia rely

heavily on in-person business, and are offering a limited stay-at-home dinner option for guests. Other local restaurants like Casa Mia, are also switching to a temporary online option for their customers, taking extra precautions to keep employees working and customers safe.

According to an interview with Thurston Talk, local business owner Annie Evans of the Spruce Skin and Wax Shoppe has also shifted to online retail for the time being in order to provide for her customers as well as maintain her business during the shut-down.

“The creativity needing to adapt and change spawned from the driving force to maintain customer-centricity and be able to continue to support my valued employees,” Evans said.

Olympia local Jennifer Penrose of Penrose & Associates Physical

Therapy has provided several free instructional videos to accompany her recently released book, “Run Forever! Secrets to Common Running and Walking Injuries,” in addition to a few virtual programs for their popular yoga and tai chi classes.

The U.S. Martial Arts Center is also taking the same approach and providing streamed classes for their members.

The Lacey MakerSpace on the Saint Martin’s campus has begun production of facemasks for local hospitals and the community, appreciating supply donations and volunteers willing to sew, assemble, or 3D print masks and supplies.

Returning to normal will likely take several months, gradually removing implemented changes and social distancing rules—beginning with the limited number of customers permitted in businesses slowly increasing. However, this temporary shut-down has prompted some business owners to develop further marketing strategies, like online ordering, that will benefit their companies in the future. Community members have also stepped up to support the community by promoting local businesses, who directly affect the local economy and who have felt the effects of the quarantine more than chain stores and restaurants.

Staff spotlight: Janie Sacco

Mary Seiner
Staff Writer

Janie Sacco, Ph.D., has worked within the Saint Martin’s community for seven years. Her responsibilities as Residence Life Assistant Director include processing housing collection, housing applications, work orders, meal plan request forms, meal plan change forms, and supervising the professional staff in the Residence Life offices in Parsons and Spangler Hall. She takes great pleasure in completing large-scale processes to make things easy and accessible for students, as well as leading fun Residence Life events like Community Halloween in the halls.

Since Washington’s stay at home order, Sacco’s responsibilities have shifted to adapt to the situation. She performs the same tasks, but they are now completed in a different order. She and others working on campus have needed to transition everything to online platforms, and perform duties via those platforms and over the phone, including engaging with enrolled and incoming students.

On the day the stay at home order was issued, Sacco had to process over 500 students’ paperwork overnight which required a great deal of creativity to accomplish. According to Sacco, Residence Life had only an additional two hours notice than students to prepare for the influx of students moving out of the residence halls.

Not only does Sacco work in Residence Life, she is also an adjunct faculty member at Saint Martin’s University. Her love for interaction in the classroom setting eventually led her to Professor Keri Graham, whom she asked about teaching opportunities. Introduction to Social Justice was Sacco’s first class as an instructor, and she has been invited back to teach ever since. Since her Social Justice course, Sacco has taught Sex, Race, and Disability and a first-year seminar class titled “Introduction to Critical Theory through Black Representation of Media.”



Janie Sacco, Ph.D., takes pride in her position as Assistant Residence Director, especially as the Saint Martin’s community actively encourages her to instill positive change for the benefit of students living on and off campus grounds.

Sacco has always enjoyed Catholic higher education and identified with the Catholic mission of education—to create meaningful instruction within the class and valuable opportunities outside the classroom. Sacco wanted originally to be a high school history teacher when attending university, but her interests changed when she developed a passion for student affairs.

While at Loyola University Chicago for graduate school, she studied diversity and inclusion work, educational systems and organizations, and critical theory. From there, she started searching for a long-term position. Sacco soon found a calling at Saint Martin’s; a much smaller community than those she has worked at before.

In the past, Sacco worked on campuses housing thousands of students, and she has never felt that she could make any lasting connections because the community was overflowing. In contrast, the longer she’s worked at Saint Martin’s, she can see how students have grown. Watching students develop and eventually walk across the stage at graduation is a rewarding experience for

her. “Being at Saint Martin’s University, we get the opportunity—staff and faculty—to really engage with our students to know them on a one-on-one basis; and so, because of that, I’m really process-oriented, but I’ve become more people and student-focused,” said Sacco.

Sacco has instilled several positive changes as a Saint Martin’s staff member. She worked closely with John Hopkins, Ph.D., and the Diversity and Equity Center to establish the Men of Color, and Women of Color groups to promote engagement within Saint Martin’s diverse community.

The two also increased staff and student staff training to build a foundation that embraced LGBTQ and diversity values. Both Sacco and Hopkins wanted all the students to live in an inclusive environment where they can feel comfortable while attending Saint Martin’s, especially as the institution serves as a temporary home for many of its students.

Another initiative Sacco has worked on since 2013 is the transition of paper-based housing application, work order, and meal plan forms to an online medium. Thanks to Sacco, all forms for students can be accessed and filled-out online, which makes for a much more efficient method to process paperwork—not to mention more environmentally-friendly.

“Everything I’ve worked on has always been the result of student buy-in, or students’ ideas and how they fuel the university,” said Sacco.

Sacco loves the fact that, at Saint Martin’s, she can do a little bit of everything. If one is excited about helping out at Saint Martin’s and wants to get involved in the community, they can.

“One of the really cool things about a smaller community like Saint Martin’s is you can be really student responsive. At larger institutions, changes just take longer. It takes longer to implement things. It takes longer to get [student] buy-in; but if there’s a powerful student voice behind something at a small school, you can make change pretty quickly, which is great,” Sacco said.

"The Great Pause", from cover

the world. Many countries and states have taken on their own version of social distancing, ranging from regional shelter in place orders, to complete countrywide lockdowns.

Harvard Business Review analysts noted that the social distancing measures are good for the health and wellbeing of citizens, but the actual window of social distancing success is extremely small. Countries with high outbreaks, such as China, Italy, and the United States, have missed the appropriate window for social distancing measures to be enacted causing drastic measures to be put in place to supplement and minimize.

Social distancing measures have created a disruption in the capital formation and active participation in the labor market. These extreme mandates were set up to protect the general public from the spread of the virus, but have instead begun to suffocate economic activity. Many wonder why the economic hit from the coronavirus has been so powerful. Simply put, this pandemic caused a shock in the economic flow of global markets. Economic growth rate quickly shifted from a positive to negative, and hit the world fast and hard, not allowing for countries and citizens to prepare for what was to come.

Grob believes that the United States economy was well prepared for the magnitude of the shock in comparison to countries such as Norway, Finland, and South Korea.

Grob noted that “to stop a pandemic and the resulting economic crisis we needed a highly coordinated response across political boundaries and to have the political sway to encourage other countries to do the same. This requires coordinated federal and global policies.”

However, despite all the negativity surrounding the COVID-19 pandemic, Grob believes that there is hope for domestic and global economies to recover. Looking at the current state of the world from an environmental standpoint, there have been massive jumps in the healing of the environment, corresponding to a reduction in

carbon emissions as wasteful energy use is decreased from its typical levels.

This virus is no doubt a massive hit to the economy, but Grob said that while the country will experience high levels of unemployment, these are hopefully temporary. The hope is that governments and private organizations continually act on ways to improve the economy to ensure impacts are not drawn out as what the United States saw during the Great Depression.

Currently, economists are calling the state of the economy the “Great Pause.” Many do not really know what this “Great Pause” means but it’s similar to pausing a film that one could stream on Netflix. Will pausing cause the film to continue where it left off? Or will it start back at the beginning? Or will you advance to the next episode in the series?

With all the talk of the coronavirus implications, many have been asking the “what’s next” question. Grob believes that this is the time to rethink our economy, who it works for, and who it works against. The pandemic has caused major inequities in the labor market focusing on the support of larger businesses over small local establishments.

Grob noted that, “As long as we get ahead of the virus and avoid a rebound of cases, the U.S. economy probably will bounce fairly quickly from intensive care to a more normal recession. The American economic system is incredibly powerful and productive, generating many jobs and a relatively high standard of living compared to other economies.”

However, we must be aware of the fiscal responsibilities and deficit spending that could reduce some discomfort from the pandemic’s effects.

On a more individual level, Grob emphasizes the importance of the health of family and the household to ensure the economy has the ability to bounce back not only financially, but mentally, physically, emotionally, and spiritually. In her

view, ensuring the well-being of the community is the most effective way to reach the state of “normal” we are used to; potentially a better state of normal.

As a professor, Grob has always worried about the stresses and anxieties thrust upon young people, as well as the effects that isolation may have on one’s mental health. She encourages students to “take some time to reflect on their own, without using electronics, and to keep in mind that things will be okay. If you can, now is a chance to pray or meditate, to say hello to friends, greet strangers, to strike up a conversation (from a physical distance of course), to ask a local business owner or nonprofit how you can help. We know how precious individuals are how much we each crave interpersonal face to face communication with our families and friends, all our people in the neighborhood.”

She believes that the Saint Martin’s community as a whole is doing a wonderful job checking in on one another ranging from regular Zoom meetings to the Facebook group “Virtual Monk’s Bean.” This type of psychological regularity is important in maintaining some sort of schedule and structure in the craziness of current events. Grob noted that in times such as these, maintaining tradition and communication are imperative to the wellbeing of everyone involved.

The effects of the coronavirus COVID-19 pandemic are one that the world was not prepared for. It has affected the daily acts of life, health, communities, and the economic structure of the world. No one would have expected for a virus to affect the world’s economy as the coronavirus has in a short amount of time. The road to economic recovery may be long, but the world is in it together for the long haul. In the meantime, remember to check in on family and friends, take up a new hobby, support local businesses the best you can, and try to find light in your everyday life.

The little piece of plastic that used to define my life

Kianna Garmanian
Staff Writer

How could one, single piece of plastic hold so much meaning? How could such an insignificant, materialistic object define the way you view yourself? How could a number have so much power over the human spirit?

This little piece of plastic, otherwise known as the scale, used to define my life. The calculated results determined my day-to-day mood, overall happiness and wellbeing, dignity, and self worth. And worst of all, no number ever brought satisfaction. If the number dropped, it only fueled my desire to continue to restrict and abuse my body. If the number stayed the same or increased, I not only felt trapped in a cycle of misery and shame, but began to overcompensate and push my body harder. Up or down, I lost both ways.

I remember each of my routine weigh-ins-- the bottomless pit in my stomach, the anticipation of the outcome, the stress and nervousness I faced, the shakiness of my entire body, the sickness in my heart. I was so scared and powerless, feeling chained to the cycle of numbers and confined to this empty way of life. I only dreamed of the day that I would no longer see myself in this way or allow my appearance or jean size to determine my worth. I only imagined the possibility of freedom, which seemed so far away and unattainable to reach.

So, I kept on dreaming.

And slowly, but surely, those dreams turned into possibilities. Through prayer, guidance, counseling, family and friends, and lots of hard work, a glimpse of hope began to brew in my heart. Could I actually break free? Could I truly see myself through the eyes of Christ?

What once was a broken heart turned into a motivated soul. What once was a dreary smile turned into a fiery personality. What once was lost, was now found.

When I fully recovered from my eating disorder, I was determined to never again step on the scale. I vowed to never allow a piece of plastic to dictate my happiness. There was no need to know my weight, or frankly, to even care about the number. Health is not dictated by a size, but

rather your mood, energy, metabolism, immune system, and overall feelings.

Yet, after much time and prayer, I realized that God was calling me to an even deeper freedom.

I work at a physical therapy clinic and there is a scale in one of the rooms. Last month, during my lunch break, I walked down the hallway and, although I would usually just walk past the room and not even dare to look at the scale, this time, I stopped. Something inside was calling me to do something radically unexpected. I turned my head and looked at the scale- the daunting piece of plastic that once ruled my life. The horrid misery that only fueled my eating disorder and brought back treacherous memories.

But this time, I smiled.

I had the biggest grin on my face and knew what I needed to do at that moment. You see, the scale no longer scared me. I needed to prove that this piece of plastic no longer controlled my fears. Even resisting something (like running away or hiding from the scale) shows that it still has power over you. You know the saying, “face your fears.” I hadn’t faced mine yet. Yes, I had been recovering from my eating disorder for months, and yes, I knew that size did not determine worth, but the scale still had power over me. Previous to that day at work, I was still not ready to face it... the epitome of my fears... the dreaded scale.

This time, I was overjoyed! I ran to the scale, paused, and put one foot on at a time. God was calling me to conquer all my fears! The scale would no longer have power over me, because I knew that whatever the number was, I would rejoice in knowing that I am the healthiest I have ever been, which has no relation to the number.

And I did just that. I weighed myself. I looked at the number and saw that I had returned to the same weight I was pre-eating disorder, which meant I gained back all the weight that was lost. And I could not have been happier!

I was overjoyed to call my family and tell them that I conquered the scale! That I saw my weight and could care less. In fact, I was so proud to be in that spot, because that is where my body naturally likes to be at during this time in my life. Our bodies are so amazing and fascinating, always developing and fluctuating as we pass through different stages in life.

I remember thinking a year ago, when I started the process of recovery, that I would never

be happy if I returned to my pre-eating disorder weight. Yet here I am, fully recovered at my healthy size, and could not be more ecstatic!

That little piece of plastic that used to define my life no longer even crosses my mind. The game of numbers has ended, and I have been redeemed. I see myself for the person I am, and for once in my life am proud to say that I not only love my soul and spirit, but I love my body.

My beautiful body which allows me to experience this life in its entirety. This is the body that I have offered up to Christ, to do His will each day. These are the hands and feet that vow to serve our Lord. This is me.

Now, I do want to say that from this point on, I have no desire or need to go around weighing myself. Frankly, I could not care less about the scale. I conquered it, fully and completely. But if there is ever a moment, like at the doctor’s office or another setting when I need to be weighed, I would not be running away or closing my eyes. Life is constantly fluctuating and changing, so why should our bodies not also?

So, here is to my new life in Christ- a life that is no longer consumed by diet culture or beauty standards. A life that is full of goodness, truth, and integrity. A life filled with joys and sufferings, goodness and pain. A heart that strives to be united to the Sacred Heart of Jesus.

True freedom awaits you and me. Many people say that you can never fully recover from an eating disorder, body image struggles, or any other addiction, yet I could not disagree more. I have experienced a full, complete, and transformational healing, that only comes from responding to God’s grace. It was the hardest battle I ever faced, yet the beauty and growth are unsurpassable. Christ brings FULL healing! Don’t ever doubt the power He has to redeem your soul.

My beautiful friends, you are beautiful; You are worth it; You are good enough; and You can do this! God Bless!

*Readers should note that the author was far along in the recovery process before attempting the feats described in this story. It is not recommended for anyone to attempt such acts in the early stages of recovery.

*Check out The National Eating Disorders Association (NEDA) website for more information, resources, recovery tips, and tools (<https://www.nationaleatingdisorders.org/>).

Or call the free helpline at (800) 931-2237

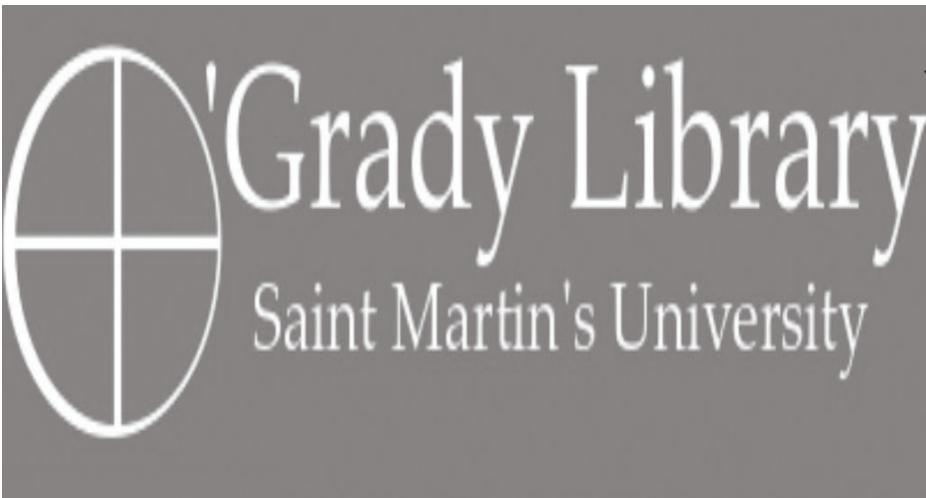
Keeping diaries, making history: Where to start

Colin Rivera
Staff Writer

Due to present circumstances, many students find themselves in their homes avoiding family members. Spending the day at home is typically considered a lazy activity and when people are asked what they did during that time, one of the most common responses is that they have not done anything. When stepping away from one’s immediate circumstances, there was often more accomplished than just a lazy day at home. The way people have been socializing has shifted on both a local, and global scale. It is something historic and needs to be properly recorded.

Saint Martin’s own O’Grady Library as an effort to preserve this moment is putting together a historical archive. They are asking for volunteers who would be willing to submit their own diaries and journals so historians in the future can use them as a reference for what these extraordinary times were like.

The project was initiated by Aaron Goings, Ph.D., Amy Stewart-Mailhot, and Kael Moffat. “[We] thought this could be an important way to



Saint Martin’s library hopes to collect diaries documenting the community’s experiences during quarantine.

preserve people’s everyday experiences during this turbulent time. We’re hoping to provide a glimpse into the local/Saint martin’s experience,” said Goings.

Contributing to the effort can be something as simple as keeping a journal of one’s daily life and recording all the things they did in a day; or transcribing news events. The group will also take in submissions from people who express themselves in formats other than writing - specifically drawings and poems, but even audio or video recordings will be accepted.

Where do contributed works go?

They will be sent to the archive on campus within the O’Grady Library, and will be secured in much the same way their other holdings are. In case any potential submitters are shy about their work, they should know their work will be publicly available, but it will be held for a number of years before it is displayed. Goings said it could be as long as twenty-five years before the archive’s release.

“Everyone’s experiences and everyone’s voice matters,” said Goings, “Those who think their experiences are not worth sharing might be the ones whose experiences are

most important to share in part because their voices are likely very under-represented in archives, libraries, and most history books.”

One of the hopes in gathering volunteers for this project is that people develop an appreciation for journaling that lasts beyond the length of this quarantine. One thing Goings has found lacking in archives of historical events is a wide variety of perspectives, often due to the fact that most people who kept diaries in the past were of higher social standing. However, this is a smaller group than the vast majority of people who experience the worst of historical events, but are often too busy to write their stories.

“These voices, not surprisingly, aren’t well represented in the media. Saint Martin’s is a diverse community- this is an opportunity for everyone to have a voice,” said Goings.

Students, as well as their friends and family, are encouraged to participate in the project. For more information, people can visit the O’Grady Library page on the Saint Martin’s website, and click the link titled “Keeping Diaries, Making History: Call for Volunteers.”

The future of the TUB: Is a new student union building in the works?

Myki Dee Kim
Staff Writer

Whether it be attending an Associated Students of Saint Martin’s University (ASSMU) meeting, playing pool at 10 p.m., or even grabbing \$5 movie passes from the front desk, the Trautman Union Building (TUB) continues to be the heart of campus. From a wide variety of programs to two offices, the TUB serves the community in a multitude of ways.

As the campus population continues to grow and programs become more frequent, there has been talk in recent years to push for a larger student union building to accommodate current and future Saints.

At universities such as Seattle University, the University of Portland, and Gonzaga University, student union buildings are bigger (typically two to three stories), and have the accessibility to hold more programs, and events without worrying about reaching maximum capacity of the space. At these universities, their student union building also encompasses many other on-campus services such as their respective office of campus life, several meeting rooms, dining services, bookstores, and other programming facilities for all to utilize.

The TUB has served generations of the campus community well, but many worry that the school is beginning to outgrow the TUB. Many on campus events that typically have been held in the TUB have had to be moved due to building capacity. For example, High Stakes Bingo Night at the beginning of each semester used to be held in the TUB up until last academic year. It has since been moved to the Worthington Center as space in the TUB became scarce to meet the needs of the attending population.

Senior Business Administration major, Marcus Bufford, believes that the TUB is not necessarily a perfect space but “it’s where we gather and where we have all these



Is the current student union good enough, or is there need for a new and larger building?

fantastic community based events.”

Bufford has fond memories attending varying on-campus events in the TUB such as Casino Night, performances by breathtaking magicians, and hilarious comedians. Bufford believes that TUB staff has done a wonderful job livening up the space, but to him, the building feels small and bland. As a student hang-out area, and a hub for the community to gather and engage with one another, he believes that there should be different types of decorations to represent different communities and ideas.

Compared to other universities, the TUB is smaller, but he does not believe that it is a detriment to the space itself: “I say that because from what I have seen and understand about other student union buildings, a lot of them seem to incorporate other things so it’s not just a space dedicated to student community. Whereas the TUB really is and that’s what it’s main focus is.”

If Saint Martin’s does get a new student union building in the future, Bufford hopes that it would evolve in its amenities and allow for other spaces such as workshops, a music hall, another dining facility, and other interactions that the university may allow for.

Bufford emphasized the importance of a shared music space as he believes that music is a good form of community, and “a larger music hall would be perfect because the current building we have is small

and the campus is in desperate need of a larger space for the arts.”

He also emphasized the importance of an added coffee stand or cafeteria service in the new building as food brings people together and creates community. Bufford does worry that other on-campus spaces, such as the Norman Worthington Conference Center, would not be utilized as much by the campus community if a new student union building arrives on campus.

In his personal opinion, Bufford does not believe that there is a current need for a new student union building and would prefer the funding for the potential building to go elsewhere such as to new and improved student scholarships, or even a larger recreation facility to accommodate all users of the space.

Melanie Richardson, Dean of Students, has been in active and regular conversations surrounding the idea of a new student union building. Richardson noted that administration, the board, and members of the abbey have had a great deal of conversation surrounding the idea of a new building.

Chief Financial Officer, Sarah Saavedra, is actively working on a needs-analysis with the student government to align with the needs of the university.

With the conversations held by university executives, there was a note that creating a new building in the short term would be extremely difficult and a future campus building would include a potential performing arts building: “In the im-

mediate future, space needs should be addressed through potential reuse of existing space.” Richardson loves that the TUB is an area students can call their own and that student services such as ASSMU and Campus Life are easily accessible for the campus population.

In the event of a new building, Richardson hopes to have a planning committee with heavy student membership and input and to allow for relevant student affairs offices and student services to be in the building while continuing to be a gathering spot for all students to join in community with one another. She hopes for student events to continue to draw increasing numbers of students and to allow spaces to accommodate hosted activities. One thing to consider is what to do with the existing TUB in the event of a new student union building.

Richardson noted that the TUB “is beloved and there is much history to honor in the building. Space is always a sacred commodity on campus, and I imagine there would be many competing interests.”

Through recent conversations, Richardson has appreciated the passion and advocacy from ASSMU these years with the Board of Trustees. She had wished for conversation this academic year to continue in order to strategize other options for student ideas in the future. However, she does believe that the continued advocacy of ASSMU has opened the door for additional student spaces and ultimately a new building in the future.

The beloved TUB continues to be the heart of student activity on campus ranging from a nice study space to an awesome Campus Life event. Talk of a new student union building is currently in the works but may be seen later in the future rather than an immediate action. It is important that Saints remember to cherish the spaces and resources we currently have and to look forward to new and exciting innovations for our campus community in the future.

What students have to say about Zoom

Mary Seiner
Staff Writer

Zoom, like any online learning module, has its pros and cons. For a student body that was not prepared to learn at home with their families, Zoom incites various opinions about its applicability in a professor’s online curriculum.

Zoom presents students with some normality in an otherwise unconventional situation. As students are stuck in a time where they must practice social distancing, Zoom gives much needed interaction that cannot be gained through Moodle posts or discussion forums.

“In Stephen Mead’s Shakespeare class, we have scenes we have to act out real time in front of the class, and that can still happen because of Zoom,” said Max Dumyahn, a junior and History major.

Students find that the level of interaction and engagement Zoom provides is a healthy change for their learning, at least in comparison to non-video platforms. Rather than merely completing an online assignment, the program helps students manage their time, maintain consistent

schedules, and stay focused when in the presence of their classmates and professors. The direct contact can help students to engage with their class’s learning material. Zoom ultimately offers a different medium for learning, and students can find that Zoom helps them better absorb information than through Moodle. When classes are conducted strictly through Moodle discussion forums, the class engagement is typically low.

While the program offers students a taste of their once regular, college routine, Zoom bears some disadvantages. Some students may have internet issues at home; and while discussion forums on Moodle allow students to participate at any time, a Zoom class requires students to contribute at a definite time. Lagging and skipping, among many other technical problems, can occur frequently during a Zoom conversation; therefore, organizing class lectures or discussions over video may be challenging.

For students living outside the Pacific Time Zone, attending a class that may be as long as two hours can be difficult to manage. The disorienting aspect of participating in class during a time that a student is not accustomed to, as well as in a setting completely different from their

peers, can add unneeded anxiety in an already stressful situation.

“I think the professors should stick to what they are comfortable with while we all adjust to the new environment, but they should definitely make sure to record each lecture using the built-in function and post the lectures on their Moodle page for students that had to miss the session or can’t attend for any reason,” Jake Nicholas, a senior Math major said.

“I also know some professors have set up office hours as a Zoom meeting, and I feel like that can also be helpful to students if they need that extra interaction with their professors,” added Nicholas.

Dumyahn said, “I think professors should have Zoom meetings that mirror their regular class etiquette (or at least as close as possible to that), since I know a majority of us students are struggling with this transition. If the classes were conducted in a similar manner, such as with lectures or discussions, it would take some stress off of the student because we acclimated to that kind of class before switching to online, instead of the professor creating an entirely new way for us students to learn.”

Saint Martin's switches to test optional admissions policy

Grace Gillespie
Staff Writer

An increasing number of universities and colleges are changing their admissions policy to no longer require an admissions test, such as the SAT or the ACT. This means undergraduate students will no longer have to send universities their SAT and ACT scores. Since 2019, a host of liberal art schools have started to adopt this type of test-optional policy, with the intent that student acceptance should not be based on a single test.

It has become a common routine for high school juniors and seniors pursuing higher education to take the SAT or ACT. However, with the COVID-19 pandemic shutting down face-to-face schooling, many high school seniors who had planned to take placement tests this spring are no longer able to do so.

Beginning in the school year of 2020-2021, in-

coming freshmen will no longer be required to submit their test scores when applying to Saint Martin's University.

In a virtual interview, Dean of Admissions, Pamela Holsinger-Fuchs, Ph.D., shared how Saint Martin's has been considering the change in policy for several years: "We made the change for just those seniors that were not able to test, and then opened the discussion up to make it a permanent change. It was presented to the faculty senate and our Cabinet and no one had any issues making it a permanent policy going forward."

At present, this is a one-year policy, but such a change becoming permanent seems to have a rather high likelihood. Holsinger-Fuchs also commented that on the whole, a student's grade point average tends to be a stronger indicator of how they perform overall. This is evidenced by the over 1,100 colleges that have already chosen to go test optional, having shown no negative impact on their student's academic performance.

There are some concerns with switching to

this policy. Students who worked hard, studied, and took the SAT and ACT early might feel their work was for nothing. Another concern is that those hoping to receive scholarships because of their test scores might be unable to do so.

One upside of changing to a test optional method is that it could attract more applicants to the school and lead to higher acceptance rates. The other benefits of switching to a no test admissions system are reducing stress on students while they are applying to schools because they will no longer have to worry about their scores being high enough to get into the colleges they wish to attend. Additionally, the SAT and ACT cost around \$50 to take, plus the cost of a written essay and registration fee, and such a cost can be prohibitive for some families.

Schools opting to take a test free or optional route, show that they are willing to make accommodations for students who are unable to complete the tests many universities currently require for their applications.

Winstead has big plans for sabbatical

Kaitlin Cunningham
Staff Writer

Professor Teresa Winstead, Ph.D., will be on sabbatical at the end of this semester to pursue research projects. A sabbatical grants professors time off so they can conduct research projects that coincide with their academic discipline. This allows them time to step away from the demands of instruction in order to engage in research they can bring back to the classroom.

Winstead's research consists of two related projects, in collaboration with the Olympia Bupe Clinic, a sub-unit of Capital Recovery Center. The Olympia Bupe Clinic is designed primarily to provide support for heroin addicts, through the use of buprenorphine treatment. According to the clinic, "Buprenorphine (also called Suboxone) is a medication used to treat opioid use disorder. It promptly stops withdrawal symptoms and reduces opi-



Professor Teresa Winstead (right) with her two children and husband

Photo courtesy of Teresa Winstead

oid craving. It is long-acting, has a very low overdose risk, and minimal euphoric effect, and helps support recovery."

During her sabbatical, Winstead will be working with the clinic's staff and patients to conduct research that describes how patients experience buprenorphine treatment, and specifically the impact of the treatment on patients.

In Winstead's words, this research is meant to "contribute a deeper understanding of the experiences and perspectives of people who are un-

dergoing buprenorphine treatment and by doing so help to dismantle misconceptions, confront discrimination, and build understanding."

The initial gathering of stories and personal accounts is scheduled to occur over the course of six months, and culminate in an event that allows participants to share their stories with stakeholders involved in opioid response in the South Sound region.

In addition, Winstead was asked to lead a qualitative research study for a PEW Charitable Trusts grant

that the Olympia Bupe Clinic received this year. The grant funds a larger study led by the University of Washington's Alcohol and Drug Abuse Institute. The PEW research project aims to understand the multi-faceted impact of medication-assisted treatment on the lives of opioid use disorder patients' lives.

The final component of her sabbatical is a faculty affiliate position with the University of New Mexico's Office for Community Health in the Department of Family & Community Medicine. As the year progresses, Winstead will visit Albuquerque, N.M. on several occasions to collaborate with faculty involved in similar research and make several public presentations.

Unfortunately, the looming issue of cancellations and delays due to the COVID-19 pandemic could interfere with the current schedule, but Winstead believes the start dates for her projects will likely be postponed temporarily as restrictions on social contacts continue.

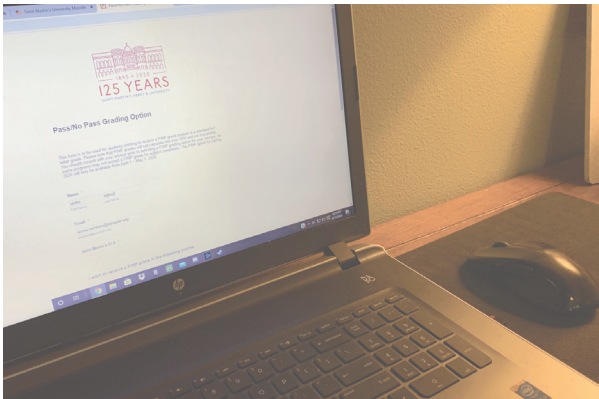
Last call for withdrawal

Colin Rivera
Staff Writer

With the closing of Saint Martin's campus and classes moving online, some important policies have been changed to help students adjust to the new settings. These changes have to do with the ways that students can have their classes graded. At the end of March, Cindy Juarez, the Saint Martin's registrar, sent out an email precisely detailing what the policies are and how to sign up for classes.

The first major change is that the final deadline to withdraw from a class has been pushed back to May 1, at 5:00 p.m. The other policy that was highlighted in the email has to do with pass/no pass grading. Any student can write a form to shift a class in their schedule from a letter grade to a pass/no pass option. The difference between not passing, and failing a class is that failing will count against your grade while the former is neutral. Using the option on a class that is a prerequisite will in most cases still allow students to take the course after it.

The registrar urges that students speak with their advisers before following through with this



A photo of the online form students can fill out for pass or fail classes.

Photo by Colin Rivera

action, as there are downsides to it, as well. For instance, simply passing a class does not count for or against a student's grade point average. Also, depending on the student's major, a pass grade may not be adequate for programs with standards for accreditation. A pass may not be applicable to external programs, either.

Switching to this grading format can be beneficial to students who are having trouble satisfying their course requirements because of the transition to online learning. Extended deadlines and policies have been extended so that students could have a full month to see if their classes are

meeting their needs. These policies have been implemented by many other schools in the region as part of an effort to not harm the education of students.

"If a student were to transfer courses and it just shows a pass, typically, schools wouldn't accept a pass grade for transferring in," said Juarez.

Since many colleges are following the same plan, ideally a student who has a pass grade in a class in the spring semester will be able to transfer that class into or out of the university.

Another thing that Juarez made clear was that the decision to change a class' grading format is irreversible, meaning the pass or no pass grade will stay on the recorded transcript. Juarez's last point was, "The intention behind extending that (the deadlines), is that students can have several weeks to a month of online learning to determine whether they can be successful."

With deadlines right around the corner, add/drop forms must be sent to the office of the registrar before Friday, May 1, at 5:00 p.m. with no exceptions. The same is also true for the pass/no pass paperwork. Both forms can be found online on the university website in the office of the registrar page. Any questions can be emailed to the Saint Martin's registrar.

SMU ranks highly on national level, supports students at local level

Bethany Montgomery
Staff Writer

With in-person classes unexpectedly ending for college students in the 2020 Spring semester, the Saint Martin’s community has also faced some major readjustments to spring classes while moving back home from campus. For seniors, this change has hit especially hard, as the dismissal for spring break unknowingly served as a final goodbye between graduating seniors and their friends. However, while keeping in mind the health and safety of the community, Saint Martin’s has chosen not to abandon the tradition of commencement, instead holding the ceremony in September, during Labor Day weekend.

In an email to the school on March 27, Saint Martin’s President, Roy Heynderickx, shared the university’s intention to uphold this tradition that so many students and families look forward to. With each new challenge, and there have been many, those associated with Saint Martin’s have leaned into the Benedictine values: “We’ve worked to listen to one another, to respect one another, to strive for moderation, and to not be afraid to change decisions if needed due to the evolving situation. I hope you see, as I do, that this is a community that truly cares for one other.”

While Saint Martin’s has been



Money Magazine ranks Saint Martin's University in their Top 50 Most Transformative Colleges.

recognizing students at home, the school itself has been lauded for its academic achievements. This year, Saint Martin’s was recognized as number one in return on investment for private schools in the State of Washington. Although tuition at private universities is often higher than state schools, the number of scholarships they offer, and graduation rate, play a role in producing the best value for tuition paid. Money Magazine also ranked Saint Martin’s in their Top 50 Most Transformative Colleges in the United States; the only university in Washington to make the list.

According to LendEDU, the average student debt in Washington is approximately \$23,671, with Saint Martin’s having one of the lowest, especially for a private university.

Niche, a college ranking site, averaged Saint Martin’s loan debt per year to be \$6,724. It also ranked the median earnings post-graduation to be approximately \$47,800 per year, which is \$14,000 over the national average. Saint Martin’s also has an 89 percent employment rate within two years of graduation.

Heynderickx also commented on the importance of these awards: “National recognitions are important as they confirm what we know about Saint Martin’s, it is a great investment for education and life in general. Our graduates do well in both careers and life, a reflection of our focus on values and curriculum.”

Saint Martin’s is also nationally ranked number 15 for Best Colleges

for Veterans, in regard to its Veterans support system on campus, as well as supporting active-duty members at its satellite location on Joint Base Lewis-McChord.

Certainly, no school, private or public, could be considered above criticism; not to mention the countless factors that can determine a school’s eligibility for “Best University.” Most ranking sites consider personal reviews, graduation rate, average salary post-graduation, and services offered for current students.

Private universities tend to rank higher in student-staff ratio, and quality of student-professor interaction, which would not necessarily affect the quality of the education. As with many private schools, Saint Martin’s also ranks high in financial aid, with 99 percent of students having some assistance with tuition payments, making it as affordable as many state schools.

Saint Martin’s various recognitions help solidify its place on a national scale, while its response and support for its current students during the COVID-19 pandemic demonstrate the emphasis on placing students first, while encouraging them to serve their community.

As best put in its mission statement: “Saint Martin’s students learn to make a positive difference in their lives and in the lives of others through the interaction of faith, reason, and service.”



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Track and Field hopeful to keep competing

Ryne Oshiro
Staff Writer

Following the events of the current pandemic, COVID-19 has caused every sport at Saint Martin's to end for the season, including all spring sports that were just getting underway, and winter sports that were about to wrap up. The track and field indoor national season was cancelled due to COVID-19, and two athletes, Tyler Cronk and Keshara Romain, were left with nothing but a "what if" scenario after an amazing season.

Saint Martin's Track and Field coach Jim Brewer had this to say about his athletes: "I feel for Tyler, Keshara and all the many athletes as well as coaches who will not get the chance to experience this season. It is literally heart-breaking. This is one reason why I try to tell my athletes to never take anything for granted, give your very best every day and be thankful for the opportunities you are given."

What was more heartbreaking was the story Brewer shared about the championship that never happened: "We were in Birmingham, Alabama the day before the national meet was to start. Athletes from all over the country had reported with coaches and various staff members.

Pre-meet practices had taken place along with the typical pre-national coaches meeting. The exception was the meet was not going to allow for no spectators only athletes and coaches. With the buzz of things getting shut down we were assured in that morning's coaches meeting we would still have the meet the following day. Unfortunately, it did not."

As for the future of Saint Martin's track, Brewer stated that the recruiting for the upcoming class has not changed, and he only has a few



Tyler Cronk won West Track Athlete of the Year.

athletes graduating. From this sudden closure, the NCAA ushered a ruling that all athletes in the spring season were granted another year of eligibility, no matter their grade. This means all seniors could possibly come back for a fifth year, and juniors could potentially play for two more years. Coach Brewer said that one senior is taking advantage of the opportunity and thinking about returning to Saint Martin's for his master's degree.

On the bright side, Brewer expressed how all his athletes are spending time with their families and staying safe. As for trying to stick to the training plan, he had written up all of the exercise prior to the pandemic spreading and is taking this slow and steady during such an unexpected time. As he expressed, this is an unfamiliar time for everyone, and just like a coach would do, he is allowing his athletes to take it slow, especially with the school semester winding down.

If there is one thing he took out of everything that has happened, Brewer said, "I am hopeful that once this pandemic has passed, people will realize what's important. I hope that athletes everywhere will return with a new hunger and greater fire to make something special with the seasons they have left."

An interview with softball coach Jim Peterson

Kierrla Yates
Staff Writer

Going into 2020, great luck would have been needed to predict that in a few short weeks, sports across the globe at all levels would be put to a halt. The COVID-19 pandemic has affected all sports, though each one has been impacted differently. These impacts include changes in eligibility, the recruiting process, training, and attitudes in both athletes and coaches.

To help understand another team's perspective on the pandemic, Saint Martin's Head Softball Coach, Jim Peterson, gave his thoughts in a Zoom interview on Monday, April 13. Coach Peterson gave insightful feedback about the ways his team has been affected by the crisis, as well as being a polite participant, even though he could have been doing something else.

The Saint Martin's softball team was already one third of the way through their season when the cancellation of spring sports started. They had several great games and some pretty spectacular wins, such as their nail-biting win against Western Oregon. When I asked Coach Peterson how he felt the team was looking and where he hoped they would finish the season, he replied that they had been off to a great start. He said, "We were two and one in GNAC league games and this season the team was going to be in a good position to compete for a spot in the league playoffs."

Coach Peterson stated that league play-offs were actually scheduled



The Saints celebrate their victory over the challenging game with Western Oregon.

to be played at St. Martin's, and that their team goal was to make it to the playoffs, where, "Being able to host it at St. Martin's would have been a big plus for us."

With a big goal like making the playoffs and competing for a league title on your own home turf, it is disappointing to see the season end.

Peterson talked about how the cancellation of the season has affected the future of the team through eligibility, recruiting, and the attitudes of the athletes. As we talked about the impacts to the current athletes' eligibility, Peterson explained that the current seniors could have an extra year, but that would mean they would still have to take classes.

Peterson pointed out that, "The seniors had already made their plans of getting internships or getting jobs after graduation, so this has been a big change for them to try and figure out what the future is for them."

It is hard enough to figure out future plans, and now there is another option for these seniors to take if they so choose.

As far as recruiting is concerned, Peterson explained that there have been some setbacks. Usually they would go and watch their recruits during the spring and summer when the athletes are playing for their high schools and travel teams.

They do have eight incoming freshmen, "...but it's been our future classes, to watch the high school juniors and sophomores, that's been the challenge right now."

It is unfortunate and challenging to not be able to see an athlete perform or show them the Saint Martin's campus.

When asked about how he thought athletes' attitudes might be changed next year, Peterson shared, "I hope we will come in with a perspective of, you just don't know what could happen, when it could be your last

game, whether it's an injury or a situation like this. You just don't know, so we will talk about making every practice count and making all preparation time count."

As the interview continued, Coach Peterson discussed more about how training has been changed, how communication for the team has changed, and how he has been trying to help his athletes keep positive attitudes.

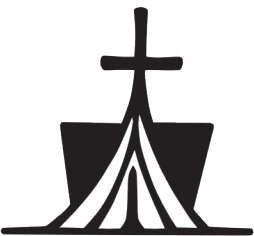
Peterson said, "As a team sport it's kind of tough [to train] because, being together and working on things we need to do on the softball field, obviously we can't do this."

Not to mention, when a team cannot meet to practice and train, it can also be difficult to communicate and stay positive. Peterson explained that he and the other coaches have reached out to talk to all of their athletes, and have even sent out workout programs to help them train. However, he has also learned from his own athletes that one of the biggest challenges for them is finding a routine or structure at home. This makes it challenging to stay on top of their schoolwork and training.

Despite the changes and complications that have come with the end of the season, Coach Peterson has been doing what he can to keep in touch with his athletes and help them keep good spirits.

When asked about what he would say to a struggling athlete, Peterson responded, "We can look forward and hopefully we won't be affected next year and things will get back to normal, looking forward there is light at the end of the tunnel."

See an error?



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

Email us at belltower@stmartin.edu

Don't worry, just "B-Val"

Taryn Zard
Staff Writer

There are uncertain times ahead, and with that uncertainty comes fear and stress. Now more than ever, members of the Saint Martin’s community need to illuminate the Benedictine values. When some of the core values have been shaken up, such as peace and stability, people turn towards other values with the hope that they might make a difference.

Churches have also turned towards technology in order to continue communicating with their parishes.

Such measures were not enough for one church in Woodinville, Wash. located near the epicenter of the virus outbreak. The parish realized a need within their community for food, and partnered with a local elementary school that normally provides countless meals during the school year for families in need. The food bank at the school has continually been flooded with donations; not just for nutrition, but other needs, as well.

One upside of this whole crisis is that people seem to be listening to each other’s needs. All over, various support and community groups have popped up on Facebook as people have made a more conscious effort to engage and call those they care about and miss. Communities are hurting, and people within those neighborhoods have continued to show their care and support. Al-



Photo retrieved from Creativecommons.org

In uncertain times people have stepped up to support those in need.

though people are unable to invite others in for a meal, many have been doing the next best thing by providing meals and supplies.

In the North Mason School District there are bus drivers that have continued to travel their normal route, but instead of picking students up, they have dropped bagged food off at the students’ homes. The community saw a need to continue to feed the high-poverty district, and everyone stepped up to help.

On Bainbridge Island there is a restaurant known for its Vietnamese and Southeast Asian cuisine. Despite hurting for business, the brother-sister duo who run it saw a need in their community and decided to stay open with take-out only for as long as they can. The pair has been very understanding that everyone is hurting right now, so they are offering rice bowls at a discounted price of \$5. If someone is unable to afford that, they kindly offer the bowl to the hungry person for free.

Another restaurant owner in Downtown Seattle has worked with her staff to create nice entrees to give away to those in need. In Tacoma, Wash. “The Peace Bus” started a campaign to distribute cereal for the next month and a half to families unable to afford breakfast. A restaurant in Woodinville saw a need for their healthcare providers working effortlessly, so with the help

of volunteers, the restaurant has been working to provide hot, three course meals to doctors, nurses, and other healthcare practitioners.

Students from Redmond’s Tesla STEM High School got special permission to take home the 3D printers to help create respirators and other safety equipment. There are about 16 students that have gotten financial support for supplies from various communities, and have worked to print face masks which are delivered to Swedish Hospitals in Redmond and Issaquah Valley Medical Center in Renton, and Evergreen Health Center in Kirkland.

A YouTuber from Shoreline, Wash. with a passion for 3D printing has worked to make protective masks for healthcare providers within his community. Providence Hospital launched a 100 million mask challenge, and all across communities people have stepped up to help, even people who previously did not have sewing experience. Some distilleries in Seattle and Woodinville noticed that they were at the heart of Washington’s healthcare providers, and that they had a surplus of alcohol—a key ingredient in hand sanitizer. These distilleries have worked with their local hospitals to make hand sanitizer and counter-top cleaners for their hospitals and communities that have been approved by the CDC for being up to code. Communities have been hurt, and others have seen that, choosing to step in and having shown an overwhelming display of support and hospitality.

Student spotlight: Jashua "Alli" Garza

Austin Lampky
Staff Writer

“Say what you want, and do what you want, because regrets are often full of ‘I wish I would have...’”

These are the words that motivate Jashua Garza, or “Alli.” They have not only carried her through her educational journey but have also paved the way for Garza to achieve her desired goals.

Garza came to Saint Martin’s University from Pierce College in Pierce County. Her goal was to earn a Bachelor’s degree in Sociology and Cultural Anthropology, while also achieving a minor in Criminal Justice. To that end, she transferred, and after two years of hard work and study, she is now in her senior year and set to graduate.

Following graduation, Garza has her sights set on a career working as a Pierce County Sheriff’s Deputy. However, recognizing that life does not always work out the way one intends, she has also made plans to serve the community as a counselor, referring to this as her “back up plan.”

Of all the classes Garza has taken at Saint Martin’s, there is one that she considers her favorite by a long shot. In the fall semester of 2019, Garza took an “Introduction to Creative Writing” class. The course was instructed by writer and former Saint Martin’s University instructor, Tristan Beach. In the class, Garza was able to

create a portfolio of writings, from a memoir to a collection of poems, and even a short story.

Though each of the projects was unique, the foundation and intention behind them was consistent -- to assist the writer in, as the class syllabus put it, “becoming more human.”

The syllabus clarified the idea behind this, as Beach elaborated on his philosophy within the syllabus: “Perhaps when we get right down to it, writing, as some would characterize it, is the soul speaking. And sharing, or publication, is the soul speaking to other souls. And reading is the soul receiving the words of other souls...if you



Photo courtesy of Jashua Garza

Jashua "Alli" Garza has really enjoyed her years at Saint Martin’s.

believe in a soul.”

Garza felt these experiences of intrinsic expression and revelation came to life in Beach’s class better than anywhere else.

“I really enjoyed his class because unlike others, he encouraged us to find our own voice and creativity to create authentic work,” she explained.

In a setting where judgment “on criteria” was not prioritized, Garza felt that her thoughts, inscribed on paper were truly “free.”

Though highly focused on her education, Garza has found the time and opportunities to enjoy the path to her future. Once a month, Saint Martin’s University recognizes its students that commute to campus with a special lunch. The commuter lunch – which is free and provided by Campus Life - is intended solely for students who do not live on campus. Garza loved the experience. “They made me feel more welcome to the university and helped me meet other commuters,” she said.

In addition, Garza has plenty of hobbies that occupy her time when she is not studying. Some of those hobbies include going on long drives with her friends, trying new cuisine, and spending time with her fiancé and dogs.

Garza has taken many steps through school and life to achieve the future she desires. She does not allow herself time for doubt or regrets, because she is devoted to living her life not in the mindset of “what could have been,” but “what will be.”

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The quarantine routine has Saints in a completely different world

Prya Oliveira
Staff Writer

The COVID-19 pandemic has drastically shifted everyone’s lives. From being able to freely go anywhere you please, to your home being put under a “shelter-in-place,” this has not been an easy transition. With the spread of the virus, Saint Martin’s has decided to move students to online learning. Some students shared how their daily routines have changed due to the quarantine, and how they have been affected.

Kaitlyn Slade shared how quarantine has changed her daily life: “I’d say I had some major changes. I went from having a 9 a.m. class to a 6 a.m. class due to time zone differences. I also now have to do classes while trying to feed a toddler, while taking notes and trying to keep up with class discussions without trying to interrupt with all the noise going on with everyone being home.”

Slade is a full-time mom and student; she said that this has tested her limits because she has had to learn the power of time-management. Slade said that it is difficult to be home and have the mindset that it is already summer break, while still tending to the family with chores, errands, and having to Zoom into classes, complete projects, and work on assignments.

Neil John Castaneda is another



Students find it challenging to find order in a post COVID-19 world.

er student who’s daily routine has changed: “The quarantine has changed up the routine of my life drastically. I went from having friends I can hang out with all the time to ten-twenty minutes over the phone. It also changed my sleeping schedule; now that I have more time on my hands I can choose to sleep more because there is not any pressing responsibilities I have,” Castaneda shared.

“My school routine is now three hours earlier than it would usually be because of the time difference between Hawai’i and Washington. This means for my 10 a.m. class, I have to be awake by 7 a.m.,” he added.

Although time differences have

now been a huge factor in the on-line courses, many professors are accommodating students’ needs by being extremely understanding. Deadlines can often be extended, and Zoom conferences are easy to navigate if there are any misunderstandings with assignments.

Since health and wellness are so important, I asked both Slade and Castaneda if they had a new workout routine or meal plan that they follow.

“Since the gyms are closed because of the quarantine, I have challenged myself to run a mile every day. At first this was hard, but after the first week and half, it became much easier. I add more miles on days I feel really good. As for my

diet, I am still trying to eat healthy and I feel lucky that I have a mom that is eating healthy as well,” Castaneda responded.

Slade said, “Being home majority of the time makes me feel cramped up and lazy so I workout in the morning and evening to at least feel accomplished.”

Although this has been a new challenge for many, students are making a good adjustment. With the help of Saint Martin’s staff and professors, along with the support of other Saints, it has made this transition a little more bearable. Saints are now managing to stay healthy while balancing both home life, and school life, and remembering to “wash their hands.”

Photo retrieved from Creativecommons.org

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Best shows to stream during quarantine

Emmanuel Son
Staff Writer

Due to quarantine and states being placed under lockdown, many are left looking to our favorite streaming services for entertainment. It might take some time before life gets back to normal, but thanks to technology, we can stream shows to keep us occupied. Here are some of the most popular trending series since quarantine started. One show is the obvious pick of the “Mandalorian,” a spin-off series of the Star Wars franchise. This Disney Plus original follows a bounty hunter making his way through the galaxy as the fall of the Galactic Empire causes anarchy. According to the LA Times, you do not have to be a fan of Star Wars in order to understand or enjoy the series.

Disney Plus also features a wide range of family friendly series. Think about where you might travel once lockdown ends with National Geographic’s series “America’s National Parks.” Take a journey right at home exploring nature with “Earth Live” hosted by Jane Lynch, Phil Keogen, and wildlife expert Chris Packham.

It is not the easiest thing to be forced to stay home for the next month or so, despite most of us having a bed, a couch, air conditioner or heater, television, and most importantly - internet. But can you think of what it must be like to have to be stuck on an island where you must build your shelter and gather or hunt for food with just the people you are thrown together with for the last 39 days? Welcome to the world of “Survivor” hosted by Jeff Probst, where contestants must go through all that while also having to compete in challenges to win rewards or increase their odds of winning \$1,000,000. Available on CBS, Hulu, Amazon Prime, Fubo, and YouTube - watch seasons of some of the greatest survivors to ever play before watching season 40, the current season.

Anime fans have many options as well, and being in quarantine might give you a chance to become a fan if you are not already. Among Hulu picks is “Demon Slayer Kimetsu No Yaiba,” based on the Taisho Period in Japan. The series follows Tanjiro, a warmhearted boy who



Photo retrieved from Flickr.com

Tiger King has become a popular show to stream during the quarantine period.

sells charcoal for a living who decides to become a demon slayer after his friends and family are murdered by the demon and his sister is turned into one herself. This series is also available on YouTube TV and Crunchyroll.

Another Anime series that just came out this year is “Toilet-Bound Hanako-Kun.” Yashiro Nene is in her freshman year of high school at Kamome Academy. While investigating a rumor, she comes across the host of Hanako-Kun. Can students and the supernatural remain civil? This series is also available on the Google Play Store, as well as YouTube and Amazon Prime Video.

In the category of foreign entertainment, South Korean dramas (K-dramas) have been a popular choice of entertainment. “Crash Landing on You” is a highly rated series available on Netflix. When a tornado strikes Seoul, it knocks out an heiress walking in the city. The wind then blows her into the DMZ, where South Koreans are banned, and she is helped by a male North Korean special forces captain. Although not permitted, he creates a plan to secretly take her back to her home on the southern side. Also on Netflix is “The King: Eternal Monarch,” a story that

follows a Korean emperor as he tries to close doors to a different world which was opened by demons releasing a deity into the human world.

In light of today’s pandemic, the doc-series “Pandemic” follows what the world was like during the influenza outbreak. Most of us cannot see the world right now as a lot of us are at home. This series, however, gives its audience a look into the eyes of front liners and their heroic efforts to stop the spread of the virus.

What might be the most obvious and most talked about on everybody’s minds is “Tiger King: Murder, Mayhem, and Madness.” This series was already gaining much attention before people were quarantined. The eight-part docu-series follows notorious zoo operator Joseph Allen-Maldonado-Passage, known as Joe Exotic, with his controversial practices regarding animals, mainly focusing on Tigers. Learn about the famous feud between Exotic and Carole Baskin, CEO of Big Cat Rescue, a Florida based non-profit organization dedicated to rescuing exotic cats. Follow the drama in the world when it comes to cat breeding. This series is exclusively on Netflix.

Book Review: "Dread Nation"

Chelsea Mancilla
Guest Writer

“Dread Nation” by Justina Ireland is a work of historical fiction that includes numerous elements of fantasy. Set after the Civil War, the dead have risen after the grisly Battle of Gettysburg, and a single bite can infect anyone. Ireland’s story reimagines the Reconstruction era with the perils of the undead roaming across the east coast, or as the book calls them, “Shamblers.”

Although slaves have been freed, many children are forcibly enrolled in schools to train as attendants (soldiers) to protect the wealthy families and cities. Jane McKeene is a student at one of these schools. Despite the fact that her mother is the wife of a plantation owner, McKeene is also the daughter of an unknown slave. Jane often relives fond memories from her home with her mother and Aunt Aggie. From the moment she was born, her aunt always protected her.

At first, Jane was hidden from the recruiters that drafted students into combat schools. She was raised on a plantation in Haller County, Ky. Eventually she is caught and sent to Miss Preston’s School of Combat in Baltimore. Jane excels in combat, but often disobeys the rules at



Photo courtesy of Chelsea Mancilla

Dread Nation is a fascinating tale that is both historical and relevant to today.

school. She leaves the grounds to lay down in the meadow and watch the sky, and goes out on the road to kill off Shamblers.

Ireland successfully integrates characters of different backgrounds into her tale. Katherine Deveraux is Jane’s rival at Miss Preston’s School. Deveraux is extremely fair, and is able to pass as white. In the beginning, Katherine and Jane are at odds with each other, but when they are both taken out of Baltimore, they must rely on each other to survive. While Jane and Katherine feel like genuine people, any

side characters disappear, and seem like props on a stage.

In “Dread Nation,” the descendants of Africans are blamed for the rising dead, and it is even believed that African Americans are immune to a Shambler’s bite. Even if a person testifies they saw a black person being bitten, that person can be sold like livestock again. Even though the story is set in a very different historical context, there are similarities between this rampant disease that turns people into zombies, and the COVID-19 outbreak that plagues the world today.

Other than the mere fact that they are both world altering diseases, the social effects of COVID-19 on the Asian American community can be compared to the way in which the African American community suffered in the book. Increased racism against those who logically have no culpability for the virus has been experienced by Asian Americans since COVID-19 emerged, and rumors spread about how they all carry the virus, despite the factual inaccuracy of such a statement. The theme of racial oppression is apparent in the story, and one of the ways that it manifests is how Jane must mask her ability and intelligence in order to avoid punishment.

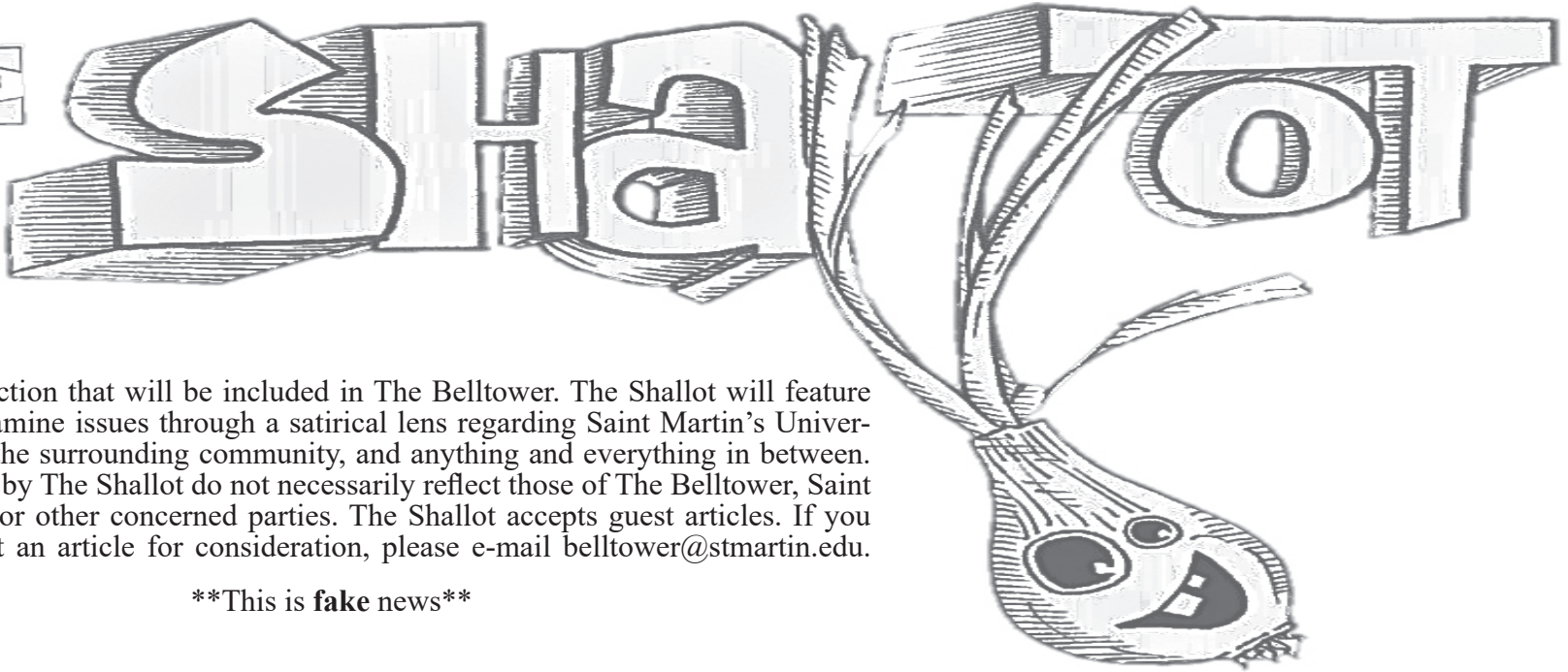
Jane is a well-educated girl, but cannot read in public because it is illegal for African-Americans to read. There are relevant topics in this book regarding equality and race that readers should examine closely.

This book is an intriguing tale, which allows the reader to visit a distant past - albeit with some historical changes. Jane McKeene is a best friend anyone would want by their side when fighting zombies. “Dread Nation” is part of a duology. The second book, titled “Deathless Divide,” will surely serve as a compelling conclusion to the series, as “Dread Nation” will leave readers hungering for more.

THE SHALLOT

The Shallot is a section that will be included in The Belltower. The Shallot will feature work intended to examine issues through a satirical lens regarding Saint Martin’s University, The Belltower, the surrounding community, and anything and everything in between. The views expressed by The Shallot do not necessarily reflect those of The Belltower, Saint Martin’s University, or other concerned parties. The Shallot accepts guest articles. If you would like to submit an article for consideration, please e-mail belltower@stmartin.edu.

****This is fake news****



Belltower gets new competition from "The Foxtower"

Brian Messing
Editor-in-Chief

Saint Martin’s official student newspaper, The Belltower, will no longer be the only publication on campus. Starting in Fall 2021, a new newspaper called The Foxtower will come to campus with the intent of providing new perspectives on the issues of the day at Saint Martin’s.

The new paper production was founded by rising senior, Rodger Alies. Alies agreed to sit down with The Belltower for an interview and explained his rationale for creating the competing publication.

“It really comes down to the need for more voices on campus. We all know how liberal The Belltower has gotten under Brian Messing. I mean my gosh, just look at the guy. Let me tell you three facts about Brian Messing that are all true: He didn’t vote for Donald Trump, he lives on Bainbridge Island, and he drives a Prius C. Yes, a Prius C. The regular



Photo by Jillian Leonard

In addition to a print publication, The Foxtower will also start its own cable channel.

Prius must not be environmentally friendly enough for him, which is ridiculous since we all know that a whole forest in Brazil is cut down every time an issue of The Belltower comes out,” commented Alies.

The addition of a new publication to campus has led some to breathe a sigh of relief. A few ASSMU senators have privately commented to The Belltower that they are happy to have another perspective added to the coverage of news events.

According to one ASSMU Senator who spoke under the condition of anonymity: “To be perfectly honest, I’m sick of The Belltower and the rest of the liberal media being so

critical of ASSMU and everything else, like Bon Ap, what was up with that? Anyway, it’ll be nice to have a different news outlet covering us. I think the only reason that The Belltower came to our meetings was to help their own ratings, which always seemed to go through the roof when they talked to us. I’m sure The Foxtower will cover us much better. I mean seriously, The Belltower papers leans further to the left than MSNBC!”

According to The Foxtower, their publication is already the number one read publication on campus, before even being published.

According to Alies: “Well, I sup-

pose technically it is a tie. Though we will soon be the number one most read publication on campus by at least one student.”

Another primary reason for creating The Foxtower is a need to return to family friendly journalism, according to Alies: “The Belltower has gotten way too racy this year. It’s basically turned into a college version of Playboy magazine. I think some of the content is kind of out there, and let’s talk about who their sponsors are. Both Anheuser-Busch and the Saints Saloon are sponsors of The Belltower, and that’s why so much of their content promotes alcohol.”

Saint Martin's acceptance rate hits 103 percent

Mikaela Hobson
Layout Manager

Saint Martin University’s undergraduate acceptance rate is reported to be 103 percent for the 2020-2021 academic year, according to new statistics released by the school. The university recently adopted a new admissions approach as part of its strategic plan to combat enrollment problems stemming from COVID-19.

According to an anonymous official in the administration, “Our strategy is simple. We can send acceptance letters to prospective students and then they will accept without filling out an application. It’s that easy! I mean who wants to fill out a stupid college application anyway? That’s scary, and with so many threats coming at us these days, we just need to relax, practice self care, and be accepted by everyone and everything, including universities.”

Some students have a slightly different view of the new admissions tactic. According to one incoming freshman student: “I don’t really see it as ‘avoiding an application,’ the letter they sent me basically says that I’m required to attend Saint Martin’s University. I have no idea how or why, but I guess it works. It’s sort of like they cast a spell on me I guess. Hey, they gave me a good scholarship, so my parents want me to go there.”

Along with changing its tactics, administration has also changed the requirements for receiving

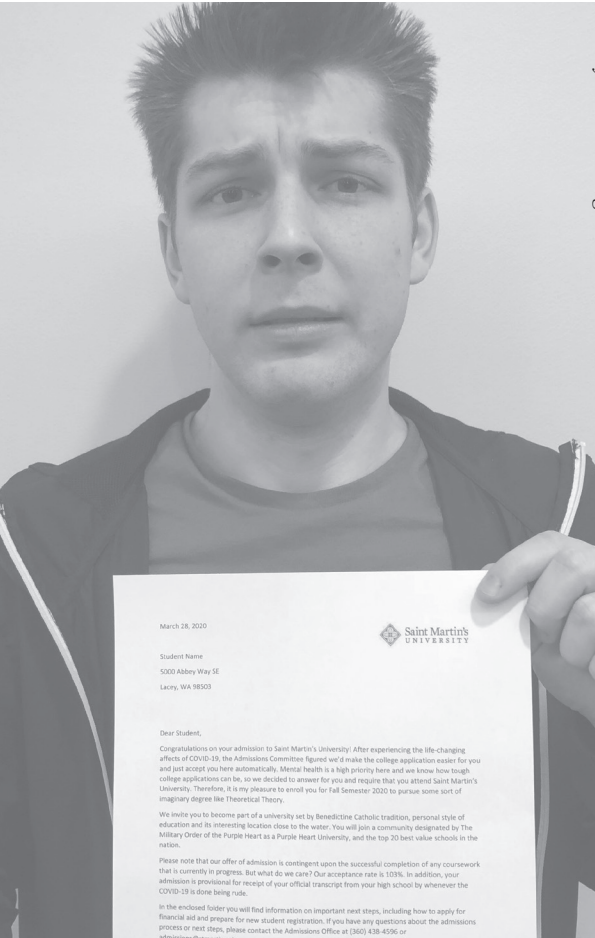


Photo by Brian Messing

Receiving an involuntary acceptance letter may surprise some students.

an academic scholarship at the university. The new scholarship format completely cuts out the lower level scholarships, making the only two available - the President’s and Chancellor’s. Because of this, the President’s scholarship is granted to anyone with a score of 400 or higher on the SAT, or anyone who took the ACT, and a minimum 1.5 GPA. Comparatively, the Chancellor’s scholarship will be provided to anyone with a score of 600 or higher on the SAT, and a minimum 2.0 GPA.

According to the same administrator: “This is just a perfectly normal thing to be doing. I mean, heck, at The Evergreen State College their acceptance rate is like 137 percent; and there’s an important distinction. Students who are a part of our involuntary attendance program will end up liking the university and staying, according to our consultant’s research. Can the same be said of Evergreen? Absolutely not; people are darting away from that place as fast as you can run in Birkenstocks.”

Receiving involuntary offers from universities is well on its way to becoming a national trend.

According to another incoming freshman: “These involuntary offers remind me so much of when I get preapproved for a credit card. Those things come through all the time, and I just keep getting thousands of dollars more to spend. Maybe I can put my tuition next year on one of those new preapproved credit cards? That would sort of kill two birds with one stone.”



Zodiac Signs

As Disney Villains

Aries: SCAR. YOUR DESIRE TO BE AT THE TOP MAKES YOU RUTHLESS.	Leo: EVIL QUEEN. BEAUTY AND POWER COMES NATURALLY FOR YOU.	Sagittarius: YZMA. YOU ARE YOUR ONLY PRIORITY.
Taurus: CAPTAIN HOOK. YOUR DEPENDABILITY IS WHY YOU LEAD YOUR CREW.	Virgo: MOTHER GOTHEL. YOU CAN BE THE BAD GUY IF IT MEANS YOU WIN.	Capricorn: GOVERNOR RATCLIFFE. YOU WEAR SELF-GREED AND CALL IT BENEFIT FOR ALL.
Gemini: PRINCE HANS. UNDER THAT KIND FACADE IS A DEVIOUS MIND.	Libra: URSULA. YOUR MASTERFUL TRICKERY IS WHAT MAKES YOU DANGEROUS.	Aquarius: HADES. IF YOU DON'T GET YOUR WAY YOU'LL WAGE WAR WITH EVEN THE GODS.
Cancer: GASTON. YOU KNOW A GOOD CHALLENGE WHEN YOU SEE IT.	Scorpio: QUEEN OF HEARTS. YOU GOT WHERE YOU ARE ON YOUR OWN.	Pisces: CRUELLA. ART IS WORTH 101 DALMATIANS.

2020 NETFLIX RELEASE CALENDAR

APRIL 22

CIRCUS OF BOOKS
THE WILLOUGHBYS

APRIL 23

GHOST IN THE SHELL: SAC_2045

APRIL 27

NEVER HAVE I EVER

APRIL 30

DANGEROUS LIES
DRIFTING DRAGONS
THE VICTIM'S GAME

MAY 1

ALL DAY AND A NIGHT
HOLLYWOOD

MAY 8

THE EDDY



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.