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OCTOBER 24, 2018



SPECTATOR

HUMANITY FIGHTS THE INHUMANE

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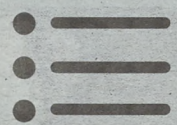


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COVER BY ELISE WANG

Michelle Newblom
Editor-in-Chief

Frances Divinagracia
Managing Editor

Jacqueline Lewis
Copy Chief

Sophia Wells
News Editor

Josh Merchant
News Editor

Jordan Kenison
Arts and Entertainment Editor

Alec Downing
Sports and Opinion Editor

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Sam Schultheis
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Connor Merrion
Designer

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Designer

Makana Holgerson
Designer

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Caylah Lunning
Staff Writer

Elizabeth Ayers
Staff Writer

Asma Gaba
Staff Writer

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THE WEEK IN REVIEW

Elizabeth Ayers
Staff Writer

JORDAN TO RECLAIM LAND LEASED TO ISRAEL IN 1994 PEACE TREATY – King Abdullah II of Jordan announced that the country intends to reclaim two tracts of agricultural land that it leased to Israel under a 1994 peace treaty. The land consists of two areas of fertile and water-rich farmlands: al-Ghumar, a sector near the Jordan-Israeli border, and al-Baqura, a small region near the junction of Jordan and Yarmouk rivers. Now, public sentiment in Jordan is strongly against Israel due to its colonization of Palestine and treatment of Palestinians. King Abdullah II's announcement comes in the wake of this summer's protests, in which thousands of Jordanians gathered in the streets to speak out against a new income tax reform bill, state corruption, and economic decline, linked to a high rate of poverty and unemployment in Jordan. Activists and critics of the Israel-Jordan peace treaty such as Hussam Abdallat and Sufyan al-Tell praise the king's announcement as one they have been trying to get for over a year and one which reflects the will of the Jordanian people.

IDAHO FISH AND GAME COMMISSIONER RESIGNS – Former Idaho Fish and Game Commissioner Blake Fischer was asked by Idaho Governor C. L. Otter to resign his position after the commissioner sent a mass email describing his hunting trip in Namibia, Africa. In his email, he included descriptions of the animals he “harvested” and pictures of him and his wife posing with the carcasses. In response, past and present peers at the Idaho Fish and Game Department and the governor expressed immense disturbance, and the governor's office received over a thousand emails and hundreds of phone calls, the overwhelming majority of which disapproved of Fischer's actions. While his actions were within the right season and guidelines to be legal in Namibia, many denounced his hunting spree as a socially irresponsible violation of sportsmanship. Despite some pro-hunting supporters, public outcry caused the former commissioner to resign. His resignation took effect immediately, and Otter is looking for a replacement through resident application.

STORE-OWNER DENIED PROTECTION UNDER “STAND YOUR GROUND” – Michael Dunn was charged on Oct. 19 with second-degree murder after shooting and killing Christobal Lopez with a handgun in Dunn's Army-Navy surplus store. Dunn claimed that Lopez was trying to steal a hatchet and that he felt threatened when, as Lopez was trying to escape (allegedly wielding the hatchet), Dunn shot him twice. Video surveillance captured the murder, which shows Lopez trying to escape as Dunn grabbed his sleeve. Dunn is then seen shooting Lopez twice and standing over his body for several seconds. Dunn's affidavit confirmed that “at no time did the victim appear to have made any threatening movements toward the subject,” according to the New York Times. After a two week long investigation, the judge decided that Dunn could not be granted protection under Florida's “stand your ground” laws because it was determined that Lopez did not pose reasonable threat to Dunn or others. The judge charged Dunn with second-degree murder.

MAN CHARGED WITH THREATENING TO MURDER TWO SENATORS – Ronald DeRisi, a 74-year-old man from Long Island, N.Y., was detained last Friday on charges that he made numerous death threats against two senators who supported Brett Kavanaugh's nomination to the Supreme Court. According to the U.S. Capitol Police, DeRisi left over 10 voicemails that threatened to assault and murder two unnamed senators. One of the senators received the first two messages on Sept. 27, in which DeRisi allegedly threatened to shoot the official in the head with a 9-millimeter gun, which was the same type of gun found in DeRisi's home. Two days after Kavanaugh was confirmed, an additional senator received a voicemail saying, “Thanks to you... we now have a sexual predator on the Supreme Court,” according to the New York Times. DeRisi has a history of threat-making and some non-violent crimes. DeRisi's lawyer claims that his client has dementia which has allegedly led to behavioral problems.

THOUSANDS OF HONDURAN MIGRANTS MAKE JOURNEY ACROSS GUATEMALA-MEXICO BORDER – On Oct. 19, a caravan of Honduras U.S.-bound migrants broke through the fence at the Mexican border after a long and dangerous journey through Guatemala, where they were met with a wall of police in riot gear. Many migrants reportedly held signs saying, “There are children here.” As of Oct. 20, some migrants had crossed the Suchiate River to bypass the border checkpoint in Ciudad Hidalgo. Many of the migrants are fleeing to the U.S. after experiencing violence and extreme poverty in their home country. Honduran President Juan Orlando Hernández and Guatemalan correspondent Jimmy Morales have requested approval for civil protection agents to help migrants at the border return to Honduras. President Trump has posted numerous tweets expressing anger about the caravan's route to the U.S., and in one tweet he threatened to shut down the U.S.-Mexican border.

SAUDI ARABIA ADMITS TO DEATH OF JOURNALIST – On Oct. 2, well-known Washington Post journalist and critic of the Saudi Arabian royal family Jamal Khashoggi walked into Istanbul's consulate and never came out. Saudi officials denied knowledge of his whereabouts for two weeks, while other sources claimed that he was murdered by Saudi intelligence officials. Saudi Arabia now admits that Khashoggi is dead and has said that he was killed in a fight when confronted about his controversial writing. The Washington Examiner cited an anonymous Saudi official, who claimed that the journalist had died in a chokehold, and that prior reports contradicted each other due to false information spread internally. Turkish President Recep Tayyip Erdogan said that Saudi claims that Khashoggi died during a fight are only meant to hide the truth and that his death was a “political killing.”

Elizabeth can be reached at
eayers@su-spectator.com.

PUTTING THE DEATH PENALTY TO REST IN WASHINGTON STATE

Taylor McKenzie
Volunteer Writer

The state of Washington is joining the movement with 19 other states in taking a stand against the death penalty. As of Oct. 11, the Washington State Supreme Court deemed the death penalty to be unconstitutional and has commuted the lethal punishments of the eight inmates currently on death row to life sentences.

"It's a unanimous decision," Deborah Ahrens, a professor of law at Seattle University, said. "In other words, all nine justices say that under the Washington State Constitution the death penalty is unconstitutional."

There were two major studies that influenced the Washington State Supreme Court to come to this conclusion, one of which was done by a group Seattle U professors. In 2015, this group of professors—consisting of Peter Collins, Robert Boruchowitz, Matthew Hickman, and Mark Larrañaga—researched "The Economic Costs of Seeking the Death Penalty."

This study found that it costs approximately one million dollars more to conduct a case that is pursuing the death penalty—when the prosecutor is not pursuing the death penalty, the case costs an average of \$2.01 million dollars, as compared to the average of death penalty cases being \$3.07 million.

Seattle U law professor Robert Boruchowitz was one of the authors of this study and spoke to the information gained.

"In understanding the impact of the death penalty on the justice system and on society as a whole, it was a great opportunity to combine [the] experience of death penalty qualified lawyers...with that of experienced criminal justice researchers...to research the cost questions," Boruchowitz said.

Alexes Harris, a University of Washington sociology professor, performed a study 'Into the Racial Disproportionality in the Criminal Justice System' which influenced the

court's decision. Harris found that in 2010, 2,656 African Americans were arrested in King County, compared to just 500 Caucasians. Given that African Americans only account for 3.36 percent of Washington State's population, compared to 76.77 percent being caucasian, this number is even further out of proportion.

"African Americans make up 13 percent [of the population] of the United States and 42 percent of the death row population," said Michael Russo, a criminal law and evidence professor at Seattle U. "Race pervades the system."

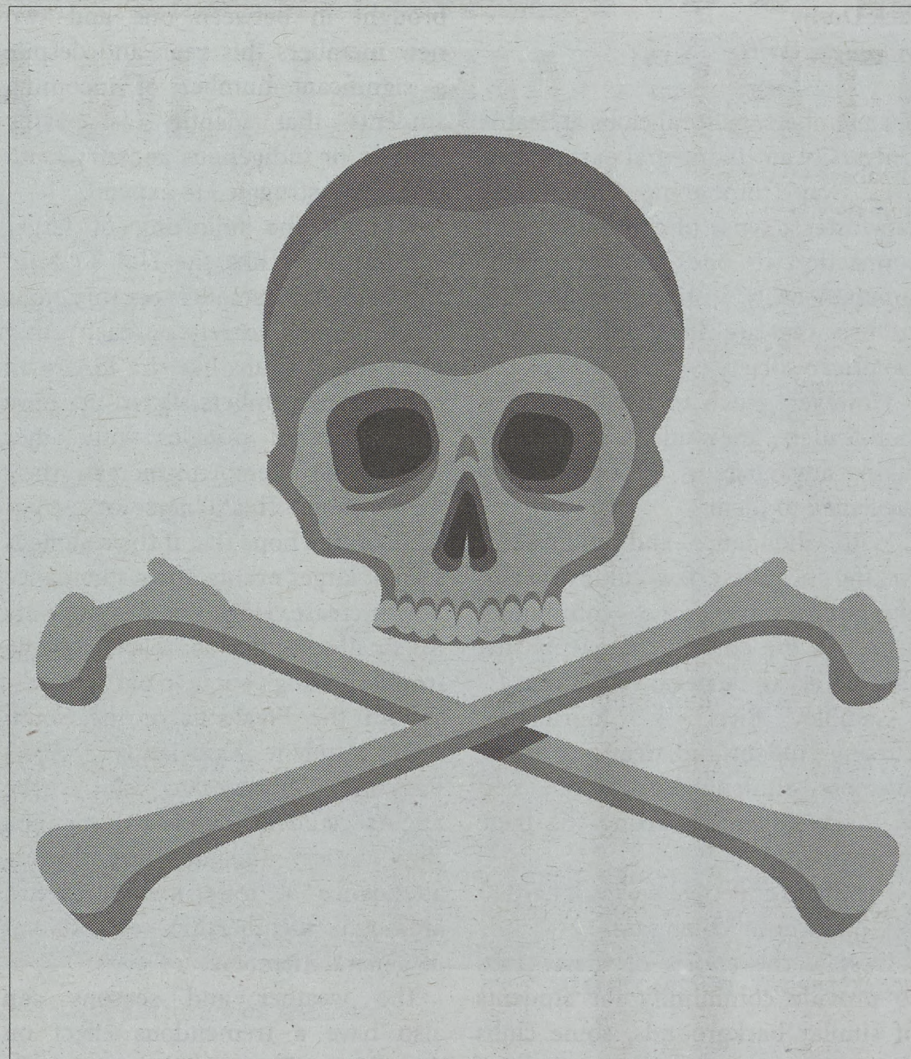
He went on to mention that in Washington state alone, African Americans are four and a half times more likely to be sentenced to death row compared to their caucasian counterparts.

Washington has not executed a death row inmate for eight years. Governor Jay Inslee stated on his official website that in the years following 1981, during which the state's previous death penalty guidelines were implemented, there have been 32 defendants sentenced to death. Of these, only 13 were actually executed. Inconsistencies involved in death penalty cases led Governor Inslee to put a halt, or "moratorium," on death row executions in 2014 until more research—such as the two recent studies mentioned—could be conducted.

"If we now say that it is a problem under our State Constitution, in sincerity, I am not sure how you would redraft our capital punishment statute to ensure equality of outcomes along racial lines," Ahers said.

The particular case that influenced the Washington State Supreme Court to deem the death penalty unconstitutional was the 1996 case of Allen Eugene Gregory. As an African American male, Gregory argued that he was more likely to receive the death penalty, especially considering that he murdered a white female.

A study in Louisiana found that African American males who were accused of killing white females were



CONNOR MERRION • THE SPECTATOR

30 times more likely to be sentenced to death than if they had killed another African American man. This line of reasoning may be applied to other cases, such as Gregory's, which has now been commuted to a life sentence.

"The Washington Supreme Court now has potentially opened up these opportunities for people to go and say that there are all these other things that race plays into that are not the death penalty," said Aleksandra Johnson, a second-year law student at Seattle U and co-president of the school's chapter of Gideon's Army.

Johnson also acknowledged another reason behind the decision to deem the death penalty. She commented on the arbitrary nature in which it is applied deems the death penalty unconstitutional.

"There are only three counties left in the state of Washington that use the death penalty," Ahers said. "So

really, whether or not you receive the death penalty is based largely on geography... as opposed to how serious your offense is."

On a federal supreme court level, there was a general consensus that there would be no immediate action regarding the death penalty.

"I think that the real change comes from us," Johnson said. "It comes from the people coming together and saying that this is how our system is working and that is not what we want... We need to address what the problems are without just incarcerating people. I think that's what... the next steps are for change."

The editor may be reached at news@su-spectator.com

CULTURE IN CRISIS: THE ANONYMITY OF CULTURAL CLUBS AT SEATTLE U

Jack Derby
Volunteer Writer

For members, cultural clubs at Seattle University are an integral part of their lives away from home. These clubs can foster a sense of community and connection to one's ancestry, while simultaneously instilling respect for cultures that are often overlooked in American society.

However, much to the chagrin of club leaders, few students seem to be taking advantage of the opportunity presented to them.

With attendance and enthusiasm lacking in quite a few cultural clubs, everything from the community aspect of the club to the events that they hold, can be negatively affected.

Camille Bien, a fourth-year nursing student and treasurer of the Japanese Student Association, said as much when discussing the issue of attendance.

"The lack of people makes it hard to get things done," Bien said.

Despite the efforts of these clubs to provide community for students of similar backgrounds, some clubs must rely on a small network of students to achieve that goal. The lack of awareness about these clubs could be to blame for attendance issues, but fortunately, there is precedent for what cultural clubs can ideally become.

The Hui 'O Nani Hawai'i Club has a significant presence on campus, and according to President Ryan Moriwake, they have been successful in achieving a sense of community that other clubs aspire to.

He considers the club to be a "home away from home" for many students, but also acknowledges that there are intrinsic differences between his club and others on campus. Pre-existing friend groups and a strong connection to Hawai'ian culture strengthen his club tremendously. Other clubs have been less fortunate when it comes to widespread enthusiasm regarding the cultures that they represent.

Clubs like the African Student Association (ASA) and the Indigenous Student Association (ISA) have only

brought in between one and two new members this year, and despite a significant number of incoming students that identify as having African or indigenous ancestry, both clubs have struggled to expand.

Without the following of larger cultural clubs like the Hui 'O Nani Hawai'i Club, smaller organizations are beginning to rely on each other more often. Clubs like the ISA, with only seven members signed up, have taken part in mingles with other clubs in an attempt to increase their membership. This alliance of sorts is made in the hope that if their name is seen at larger events, their attendance may increase. However, it is not only the small cultural clubs that are having trouble getting people to participate.

Both the President of the South Asian Student Association (SASA) Ranjani Sundaresan and the SASA's student advisor Arunima Roy notice difficulty in meeting attendance at lesser-known events, although membership consists of 38 general members.

The weather and seasons can also have a tremendous effect on attendance. The SASA's main event in the spring, Holi, drew about 135 people last year, while at a Dandiya event during the winter, only about 40 people attended. The trend seems to show an initial rush of signups centered around the Involvement Fair and early-year energy, followed by a decline in attendance as schedules get busier and the weather cools down, before recuperating in the warm months of the spring quarter.

Moriwake believes that trends can be important to analyze when preparing for an event. He said that he is aware—for the most part—of which events will be more popular than others, but he is never entirely sure when preparing for how many people to accommodate.

"You can make a ballpark estimate," Moriwake said. Sometimes you have to go with your gut."

Public affairs major and president of the African Student Association (ASA), Latio Cosmos, said that



MAKANA HOLGERSON • THE SPECTATOR

the ASA has had a more nuanced experience when it comes to meetings and events. When he joined the ASA last year, recent graduates were still attending events and meetings. The club has lost the presence of alumni so far this year, but he hopes that former ASA members, as well as new students, can help to build a community between people with roots from all over the continent of Africa.

Most of the club leaders agreed that they could be doing more to promote their clubs, whether it be through events with other clubs, a presence on social media, or simple word of mouth. They also placed some responsibility on the university, however.

"It is our job to present ourselves, and the university's job to support us

in that endeavor," Cosmos said.

With cultural clubs working towards a common goal and with continued support from the university, these clubs may be able to universally serve their purpose, promoting community and awareness of the many cultures represented at Seattle U.

The editor may be reached at news@su-spectator.com

RESILIENCY TAKES CENTER STAGE AT GENDER JUSTICE CENTER KICKOFF

Josh Merchant
News Editor

After spending a year establishing themselves at Seattle University, members of the Gender Justice Center launched another year of growth with a kick-off event centered around the idea of resiliency.

While at last year's event, the newly founded group sought to find its niche at this university as a center of radical justice through its theme "Revolutionary Love," this year's theme came about from a desire to recognize the strength required to do much of this work.

Gender Justice Center Outreach and Policy Coordinator Evelyn Chow said that the theme arose when the club watched a video by formal mayoral candidate Nikkita Oliver in the spring.

Oliver had described the image of a flower growing from a crack in some concrete, and she used that metaphor to discuss the resiliency of that flower.

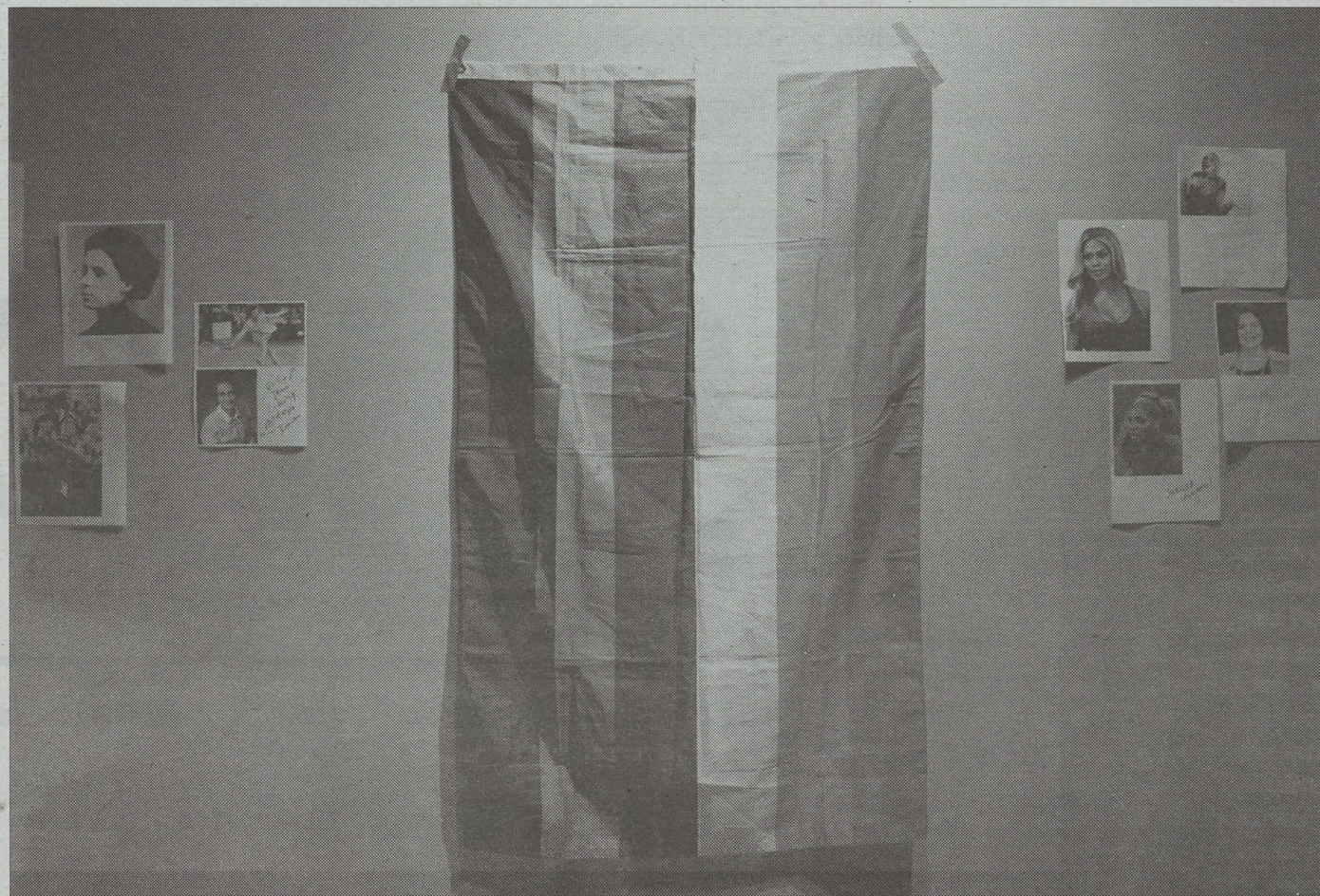
"Oftentimes people will praise the flower and how it was able to get through the cracks and bloom and be so beautiful," Chow said. "But more often than not, we're not looking at who poured the pavement over it in the first place."

In essence, Chow said that the club sought to understand the structures in place that necessitate resiliency in the first place for many marginalized communities.

At the actual event, the club hosted both a panel discussion and poetry performances to explore these ideas and what they mean for students at Seattle U, as well as the community as a whole.

The panel consisted of current Seattle U student Ash Vera, alumni Robert Gavino, and two community members: poet Ebo Barton and Priya Rai from API Chaya, an organization dedicated to supporting Asian and Pacific Islander survivors of gender-based violence.

Gavino described resilience as a constant activity that brings vitality to everything and everyone.



Gender Justice Center kicks off the new year a panel discussion on resilience.

LIZETTE CASTAÑO • THE SPECTATOR

"Resilience is a thing that's constantly happening. It's like living," Gavino said. "I think about what brings me more into my life and more into living, and I think it's something that we are constantly doing."

Gender Justice Center Assistant Program Coordinator Emma Byrne emphasized the point that resilience should be a point of joy, which she said was the resonating message from this event.

Byrne said that resilience boils down to living in an oppressive society and all the work that contradicts those systems of oppression.

"When we love our own bodies, and when someone tells us that we can't do something and we do it anyway, little things like that, it's really what resilience is," she said. "A lot of times those things can be difficult to do, but ultimately they should bring you joy, and that's really what's important."

As far as the work the Gender Justice Center seeks to do as a club, the idea of resilience resonated with

their desire to nurture community both on and off campus.

Chow said that a resounding message from the panel discussion was the way community can both heal and fortify in the face of oppression that can be suffocating and unbearable.

"It's our community that keeps us resilient when you individually are feeling the crush of the concrete or just not being able to push any further," they said. "It's the community that will replenish you, it's the community that keeps you on track, keeps you optimistic, keeps you hopeful."

The Gender Justice Center seeks to empower that same community to build resilience, and Chow said that creating community is one of the primary focuses of the Gender Justice Center going into this school year.

"I think a lot of the work that we do at the Gender Justice Center, if not all of it, is about building community," Chow said. "Building relationships with each other that are not only sustainable relationships that surpass

the time of each student's term at Seattle University, but a place on campus, like our center on campus, is a place where people can go to build community."

In nourishing community, the group will seek to make their justice work more approachable. Byrne said that the idea of resilience can seem overwhelming and difficult, but at its core, resilience means education, community, and happiness.

"The Gender Justice Center, especially with our events and our programs that we put on, really is trying to counter the narrative that resilience has to be this big huge force," she said. "We're just a student-led club on campus that's trying to inform and create platforms and spaces for people to come and to learn."

Josh may be reached at
jmerchant@su-spectator.com

SUURJ SURGES AHEAD IN RESEARCH

Alexandro Carrasco
Staff Writer

Seattle University Undergraduate Research Journal (SUURJ) is a faculty- and student-run organization that offers students the opportunity to publish academic journals to be read by scholars worldwide.

This will be the third year of the organization, and after two published volumes of the journal, the articles have more than 3,000 downloads internationally, spanning all over the globe including readers as far as India and South America.

"SUURJ is a platform for research to have a global audience. The journals are accessible to anyone with internet access," Student Editor Oliver Tufte said. "It is very student-oriented and is a lot about the experience of the student writers and student editors in the research."

According to the SUURJ website, the journal is designed to provide an editorial apprenticeship experience for students through a credit-bearing program that trains students to share the stewardship of the journal. The research may include any theoretical work, policy analysis, research-based editorial pieces, core writing, and any other modes.

SUURJ is a project run by the College of Arts and Sciences, the English department, the Office of the Provost, and the Office of Sponsored Research Programs. As the program is relatively new, the journal also has various individual papers that are more popular and can be downloaded online. Issues are published annually in the month of May.

The program was founded in 2015 by a group of interested students and English professor Molly Clark Hillard, who now serves as Director of Student Research and Chief Faculty Editor for the journal. Hillard and those students made it happen by writing the proposal that was later approved by the university.

After the first year, the editing staff, writers, and audience grew rapidly, enabling the journal to expand in

a variety of disciplines and cover a wider range of topics. After publishing two volumes and catering to a worldwide readership, the program seems to be only getting started with endless potential.

According to the student editors and faculty, there is so much potential in what SUURJ can become. Since the journal is available around the world, it is creating a conduit for research for people around the globe; not just the students or Seattle U.

With an expanding number of students interested and active student editors, one of the main focuses that SUURJ strives for is encompassing interdisciplinary writing.

"We wanted the representation of interdisciplinary writing and all levels of experience," Hillard said. "Writers spanning from English, Math, to Anthropology majors are involved in the journal."

Students have the opportunity to write and publish in the journal

whether they are first-years or seniors. Additionally, student editors and faculty play a large role in maintaining professionalism and keeping the Seattle U mission in mind.

"Diversity is a huge aspect and showcases students' voices and displays their voices in ways that may not be heard otherwise," Student Editor Thea Mercer said. "We really value being able to work with students, with a group like a classroom, where there are professors and students to collaborate and help write these journals."

Similar to Seattle U's core curriculum and mission statements, SUURJ selects articles with a holistic approach for its publications. It strives to include a variety of subjects—including social sciences, philosophy, English, technology, and plenty of others.

"The accomplishment of publishing a journal may be the start of an academic career or be a springboard

SUURJ

Seattle University Undergraduate Research Journal

COURTESY OF SEATTLE UNIVERSITY UNDERGRADUATE RESEARCH JOURNAL

for professional jobs in a prospective field," Mercer said. "The involvement in the research essentially has a role in providing opportunity and enables conversation in global academic access for everyone involved."

With the program's third year ahead of itself, the program continues to increase its numbers of writers and student editors to partake in forming the research journals. Hillard and the publication's student editors expressed utmost confidence that SUURJ is onto an amazing start, with a lot to offer not just to students, but to anyone.

Alexandro may be reached at acarrasco@su-spectator.com

SEATTLE WALKS ITS STREETS FOR FREEDOM FROM TRAFFICKING

Elise Wang
Director of Photography

"Human trafficking is the fastest growing crime. Over 27 million people are trapped in slavery. Human trafficking generates an estimated USD \$150.2 billion per year. One percent of victims are ever rescued."

These were the messages held over the heads of over 300 people wearing all black as they walked in silence through the streets of Seattle. On Saturday morning, Abolishing Injustice in the 21st Century (A21) walked down First Avenue for their "Walk for Freedom" to raise awareness surrounding global and local human trafficking and slavery. This year, A21 organized 450 walks across 50 countries on Oct. 20.

A21 is a global organization that works to raise awareness about human trafficking, rescue victims of slavery and entrapment, and provide resources and support for them. More specifically, A21's operational strategy in fighting slavery is designed to reach, rescue, and restore victims of exploitation such as sex workers, forced laborers, domestic servants, and child soldiers.

"A21 takes these people and they don't only take them but they help restore them and re-establish their lives and give them the skills to do something else with their lives," Marla Cowles, the event's Director of Social Media Strategy, said. "When you're taken at such a young age or in that industry for that long, you lose all self-awareness or self-skills of what you had prior to be taken. It's hard to rebuild that if you're not given the tools and love."

For the past three years, tens of thousands of people throughout the globe have taken the "Walk for Freedom" together on the same day, at the same time in this manner to support the millions of slaves and victims trapped in human trafficking.

The purpose of the "Walk for Freedom" is to bring awareness to human exploitation and slavery in cities through the United States and



Participants of The Walk for Freedom amassed in front of Pike Place Market.

ELISE WANG • THE SPECTATOR

world. Despite some belief that slavery is no longer an issue in America today, A21 works to take action and bring real support to those who experience the very tangible and traumatic reality of this crime.

This event is specifically impactful in Seattle, which is one of the extensive trafficking hubs in the United States. Due to its status as a major port city, Seattle is perfectly positioned to enable trafficking imports and exports.

The event's head of social media, Abby Jermasek, said that in America, people are unable to recognize the signs of human slavery in their own cities.

"So much of our society sees prostitutes on the side of the road and it's so hard for us in our minds to articulate that they're not there on their own terms," she explained. "They're physically not chained there, so we see it as they're choosing to be there."

Other participants, like Ashley Burns Nascimento, were inspired by current events and the current political climate.

"A lot of our human rights are at risk these days, and the opportunity to be a voice for people who are silenced and to bring awareness to folks who otherwise don't have anyone fighting for them is really important," Burns Nascimento said. "Anything that we can do to bring awareness to injustices is one step closer to correcting those wrongs."

During the solemn journey in the streets of downtown Seattle, volunteers who had worked in A21 programs abroad remembered their experiences with victims of international human trafficking. Karen Park, a volunteer who had worked with the organization in Bulgaria and Thailand, recalled seeing children and even elderly women exploited through forced labor.

In returning home to the states, Park was determined to spread awareness and educate those in the United States.

"How can we not stand up in a country where we do have a voice, where we do have presence to be able to say there are 27 million and counting?" she said. "If we can't go

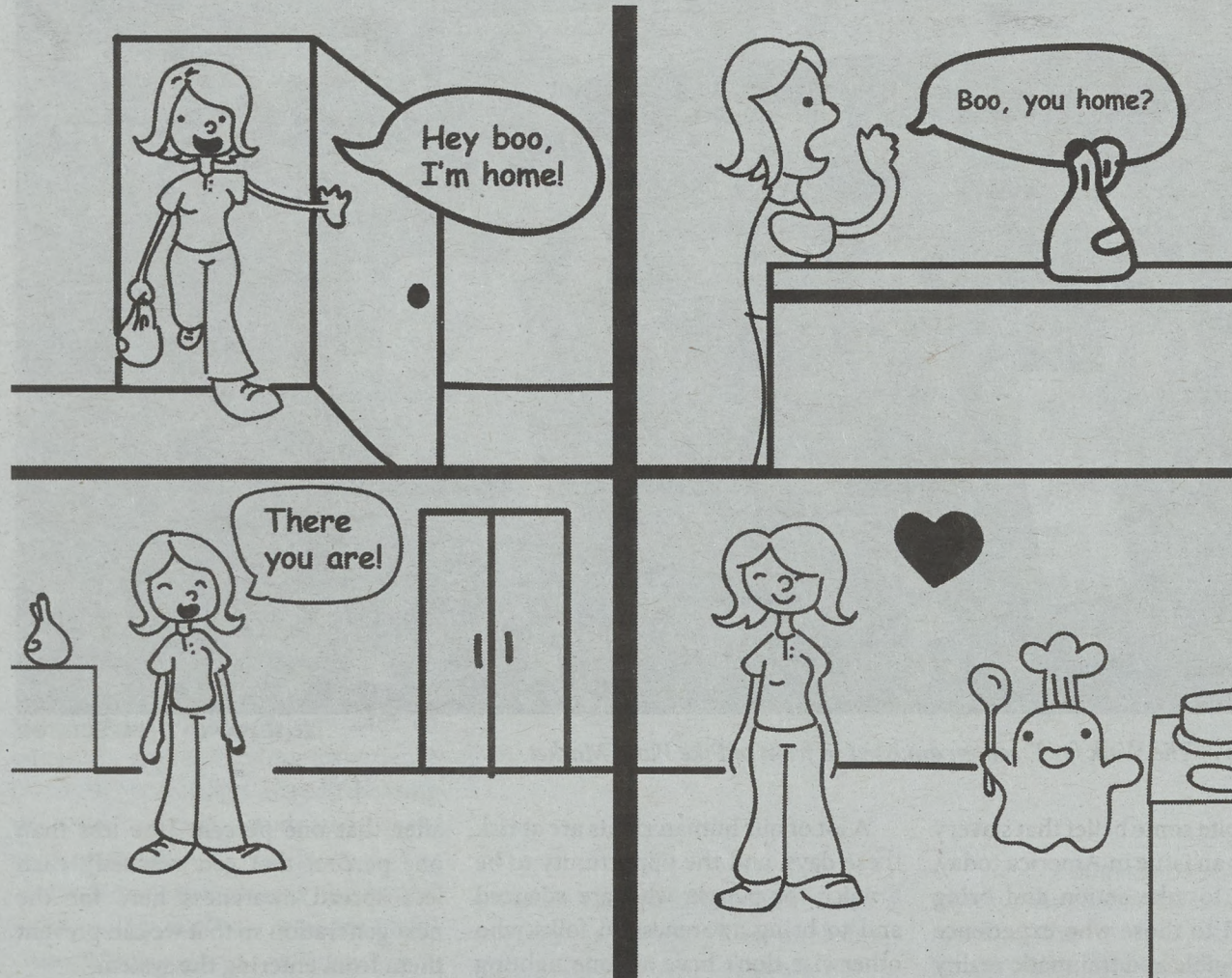
after that one percent [the less than one percent that gets rescued], then let's spread awareness here for the next generation so that we can prevent them from entering the system."

The event culminated on arrival at Pike Place Market, where every single walker amassed in front of the infamous red neon letters. Local Seattleites, tourists, business people, and shoppers were exposed to the facts on human trafficking right in their own backyard.

"The older I get, the reality of having children and raising them in a community and world that allows this to happen doesn't settle right," Cowles said. "It's really heartbreaking to see in a place where I'm now old enough to have kids to know that that could impact my children and it's impacting our community in Seattle whether we know it or not."

Elise may be reached at
ewang@su-spectator.com

SPOOKY BOO



EMILY MOZZONE • THE SPECTATOR
CONCEPT BY JACQUELINE LEWIS

THE 10


THE TOP 10 REJECTED UCORS


- 10 Ucan't
- 9 White boys talking over you
- 8 Intro to Introductions
- 7 Devil's Advocacy 101
- 6 Mansplaining and its Values
- 5 Memes 101
- 4 How to Make your Mom Proud
- 3 Intro to Binge Drinking
- 2 Drag Performance
- 1 Gaslighting for Beginners

HOROSCOPES: TIPS & TRICKS FOR SCORPIO SEASON


 **LIBRA**
9/23-10/22
TAKE BACK YOUR, FOREVER!

 **CAPRICORN**
12/22-1/20
Amass in serenity in this time of emotional lull


 **ARIES**
3/21-4/20
R U Ready 2 RUMBLE?!


 **CANCER**
6/22-7/22
your sisters strengthen you, while your friends validate you


 **SCORPIO**
10/23-11/21
make the moves, you're luckier than you think


 **AQUARIUS**
1/21-2/19
Dropping off the face of the earth is... a Bad Thing

 **TAURUS**
4/21-5/21
Opportunity... opportunity.... where will your passion lead u >:)

 **LEO**
7/23-8/22
You seem to have the future path aligned but don't be afraid to edit

 **SAGITTARIUS**
11/22-12/21
Don't let your imagination overwhelm you ;(

 **PISCES**
2/20-3/20
The passion you experience can be

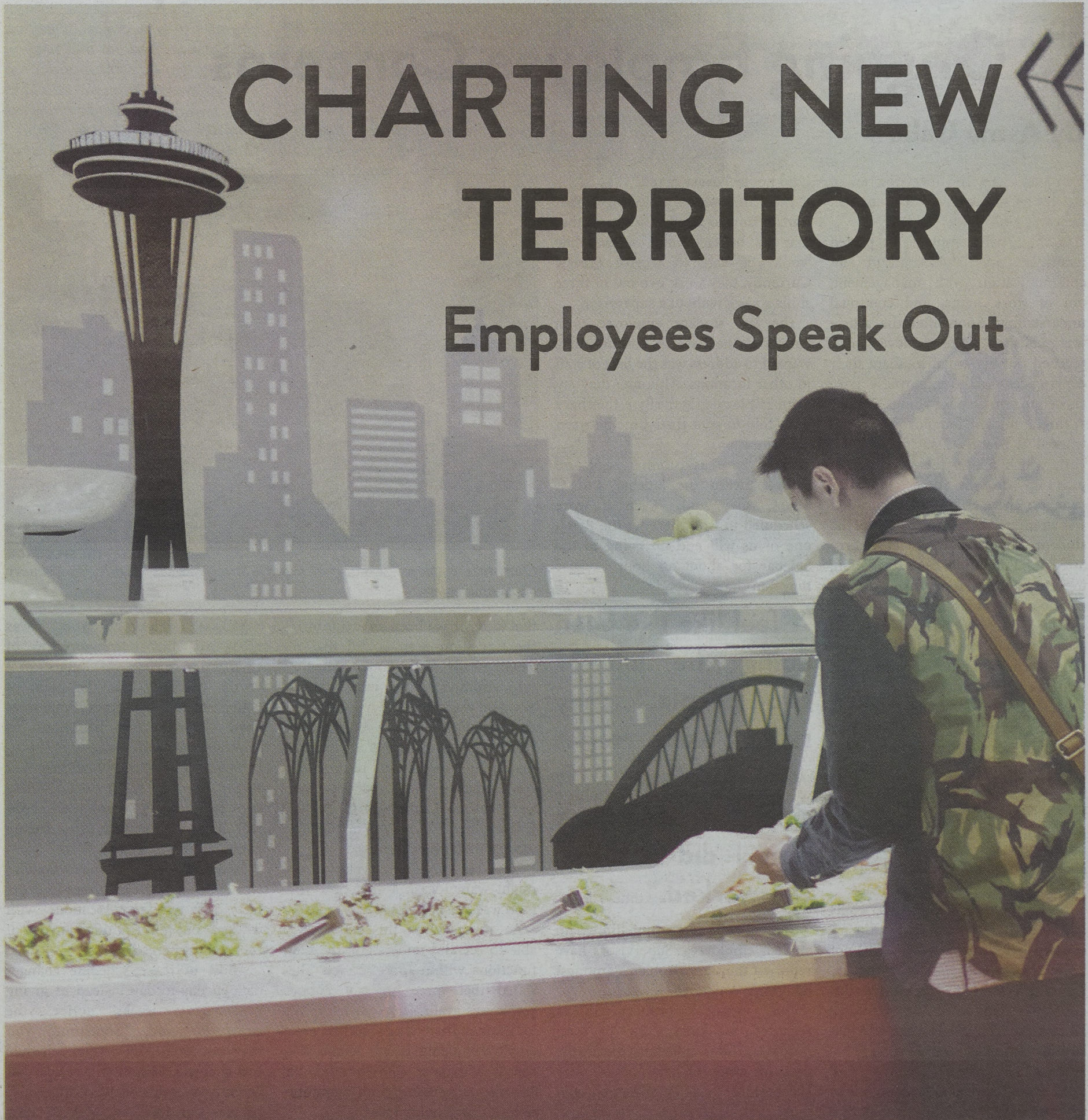
 **GEMINI**
5/22-6/21
Be aware of both ur emotional safety and your threshold of having fun

 **VIRGO**
8/23-9/22
Chaos is imminent, plan ahead... i guess



CHARTING NEW TERRITORY

Employees Speak Out



Chartwells Division President Responds To Ongoing Employee Concerns

By Asma Gaba

Two issues ago, *The Spectator* ran an article on Chartwells and its transition to Seattle University.

In the article, employees reported incorrect pay stubs, insufficient communication with management, out of stock items, and continual understaffing. Soon after the article was published, more employees have reached out via email to share their experiences. All employees have chosen to remain anonymous.

Three student employees have worked at Seattle U since their first year, which allows them to quickly pick up on the new company's changes. The lack of communication was an immediate concern. One of the student employees works at Cherry Street, and due to its central location, the employee is more likely to see management than other locations.

"They never respond to their emails even though they tell you that is the best way to communicate with them," the student employee said.

Although the Cherry Street student worker expressed frustration that their emails never receive responses, they sympathize with the amount of responsibility the managers have to uphold. They believe that the management team's stressful position brings greater problems to worry about, making it difficult to focus on peripheral concerns—such as emails.

The next student employee also works at Cherry Street, and their primary concern is being overworked and not being able to take breaks or lunches. Typically, a 10 minute break is given for every four hours worked. A 30 minute lunch break is required for any shift that lasts five and a half hours or more.

"I feel like I've been doing the job of two people," they said. "Last night was the first shift since I've been back that

I did not feel overworked."

The employee is thinking about transferring to another location that may be better staffed, where they would be able to receive breaks. Currently, they work two out of three shifts a week without a supervisor.

The last student employee is a barista at the Byte. A concern they wanted to address was the lack of staff in other locations. Although they are primarily located at the Byte, they have been told to split their time between other locations.

"They have us running back and forth between the Sidebar and C Street," they said. "Even if we're scheduled to work here [at the Byte], one of us will end up going to the Sidebar for about an hour because they don't have anybody."

"I feel like I've been doing the job of two people," they said. "Last night was the first shift since I've been back that I did not feel overworked."

These concerns are not limited to student employees. Supervisors have reported the same problems amongst additional concerns.

One supervisor's primary concern regarded the mislabeling of food products. They recalled that during the first two weeks of school, there were unlabeled desserts being served with nuts. The supervisor acknowledged



MICHAEL OLLEE • THE SPECTATOR

Chartwells employee working at Cherry Street Market, Seattle U's primary on-campus eatery.

that it may have been an error during the transition period, and that the labeling of foods has gotten better.

In addition to the initial lack of allergen warnings, they pointed out that although there are foods labeled vegan or vegetarian, there is a chance that they may have been cross-contaminated. Most recently, there were mashed potatoes being served at Cherry Street labeled vegan, but were made with butter and milk.

"If you're a vegan or vegetarian, you might want to ask a chef how your food was made," the supervisor said.

As a supervisor, this employee is able to see and understand the daily functions within food service. They stated that there are not enough employees available to efficiently run locations. They have noticed new employees being hired, which they see as a definite step forward, but are still citing issues with employees overworking themselves.

Melissa Flood, who was previously the retail director of Chartwells but is no longer part of the company, was the point of contact for all employees. Employees have reported her behaviour as unprofessional and rude.

"She has a habit of raising her voice," the supervisor said. "When she isn't raising her voice, you still leave the conversation feeling extremely disrespected."

Flood would often change schedules without notifying employees in order to satisfy all food locations with workers, but never notified anyone of these adjustments.

"Most of these schedule changes happen day-to-day instead of giving proper two weeks' notice," the supervisor said. "Sometimes you may not even know your schedule was changed. One employee felt that he had no choice but to quit because he was scheduled to work 12 days

in a row.”

In light of this, supervisors have been forced to take on the managerial role of scheduling employees and handing those schedules to managers to input into the system. Before the supervisors took on the responsibility, employees would often have to work locations on their own.

Chartwells Division President West, Joseph Fischioni, responded to each of these concerns, expressing his commitment to Seattle U's community.

Fischioni said Chartwells is committed to providing all employees with management that is ready and equipped to assist them. He commented on Flood's behaviour towards associates and his belief in creating an environment where associates feel valued.

“Melissa is no longer an employee of Compass Group because that's not our brand,” Fischioni said.

He relayed that the cause of the

payroll issues has been resolved and as of Friday, Oct. 19, the employees have been paid their missing wages.

“I'm happy to report that it's been fully resolved,” he said. “Every single employee that had hours missed or a week missed has been completely paid in full as of today.”

Fischioni has spoken with his team and as an apology for the pay discrepancies, they are giving \$50 gift cards to every employee. The gift cards are from the Chartwells Higher Education's YouFirst program, which is the associate recognition platform. The gift cards will spend the same as a Visa gift card.

The aforementioned supervisor acknowledged that the gift cards are a nice gesture, but they are still waiting for changes in core day-to-day functions.

In response to the labeling of the foods, Fischioni expressed excitement about the new digital screens at Cherry Street and The Bottom Line with



ELISE WANG • THE SPECTATOR

Students browse the cold food and drink options at Cherry Street Market.

food identifiers and icons providing information of the foods.

“Everything is there with the identifiers and icons that are pulled directly from our menu system which identify which foods are vegetarian, vegan, and gluten free,” Fischioni said.

Fischioni also addressed the staffing problems and workers being unable to take breaks. He stated he has spoken with his team to create break schedules. These break schedules would ensure that each employee that has worked the hours needed to receive a break is actually relieved for their break.

In response to the communication issues the employees have bought up, Fischioni addressed the problem in a multi-faceted manner. He explained that the first pillar in their organization is people, and that their employees and the people they serve are their first priority.

“We treat our people with care and concern and that is truly at the heart of our company. The leadership team here, they want our associates to want to come to work.”

Connie Kanter, the Chief Financial Officer at Seattle U, commented on the values of Chartwells, citing their beliefs as an integral part of the process of choosing them as the school's food provider.

“One of the things with Chartwells that really resonated with us as a university is their values of putting

people first,” Kanter said.

An associate party will be happening in Neighborhood Eats in Cherry Street on Monday, Oct. 29. Fischioni referred to it as a thank-you party to all associates and employees of Chartwells.

“It's a celebration for our team members that says, ‘thank you—thank you for helping us get the academic year open as a new company,’” he said. “It's a bit of a reset. We're hearing that associates feel as though they're not being heard and we really want them to know that we care.”

The previously mentioned supervisor said that with Chartwells, they do not feel as if they have the support they need from the new management team. The main concern for them, and for all the employees mentioned, was that they wished that their managers would make themselves available to listen and support the employees.

“This isn't a personal vendetta,” they said. “We're not against Chartwells. I want to keep this job, I want to be here.”

Asma may be reached at agaba@su-spectator.com



TARYN OKAMOTO • THE SPECTATOR



HOZIER AND HUDSON TAYLOR: PERFECT MIX OF FOLK, INDIE, & BLUES

Michelle Newblom
Editor-in-Chief

Hozier and fellow Irishmen Hudson Taylor brought their folk charm to the Paramount Theatre on Nov. 18. A balance between indie rock, folk, and blues, the two acts catered seamlessly to the packed Seattle theatre.

Hudson Taylor, led by brothers Harry and Alfie Hudson-Taylor, were greeted with shrieking enthusiasm as they took the stage at 8 p.m. The duo opened with their 2018 release, "Travellin," a folky Americana hit that captivated the crowd instantly.

Continuing with an assortment of hits from their self-released EP in 2012 to their most current mini-album in September, Hudson Taylor's vibe was reminiscent of famous artists such as the Lumineers and Vance Joy. "Old Soul" was a crowd-favorite, with fans

singing along. This pop-folk ambiance pleased the crowd and got the entire room ready for Hozier.

It had been a long wait since Hozier's debut album in 2014. With his EP "Nina Cried Power," it would be interesting to see how the recent release lived up to Hozier's first album which was riddled with top hits and even one Grammy nomination. Needless to say, it delivered—and the combination of new and old paired with ballad and upbeat provided a smooth arrangement.

The set started with a fan-favorite, an oldie from the 2014 self-titled album "Hozier." "Like Real People Do." It was followed by the new "Nina Cried Power," and the performance continued to provide a nice mixture.

"Cherry Wine" gave Hozier the opportunity to take the stage alone, performing a soft and moving solo.

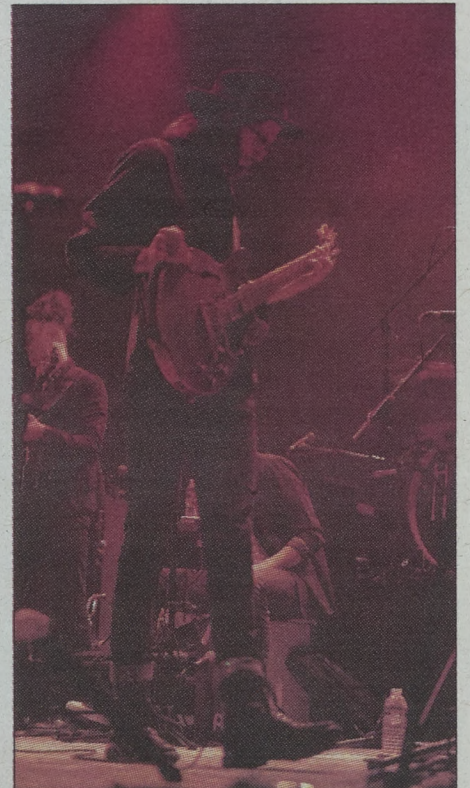
Another highlight from the night was the new song, "Movement." Accompanied by an array of lights that silhouetted the performers, the crowd was impressed.

Not surprisingly, the hit "Take Me to Church" had the crowd singing along, as well as "Someone New."

After leaving the stage, Hozier was ushered back on for an encore, where the group performed a rendition of Destiny Child's "Say My Name."

Hozier then went on to formally introduce the band and the producers who helped make the show at the Paramount possible. As a final closing, "Work Song" ended the night.

The editor may be reached at
editor@su-spectator.com



MICHELLE NEWBLOM • THE SPECTATOR



MICHELLE NEWBLOM • THE SPECTATOR

Touring his beloved debut album and his new EP "Nina Cried Power," Hozier performs to an electrifying Seattle crowd at The Paramount.

MID90S: JONAH HILL'S COMING-OF-AGE TRIBUTE TO GEN X

Michael Ollee
Staff Photographer

A completely new breath in a life that's not yours. As with all people's lives, one can be isolated and distant from the experience of others, even if they do share common ground of some kind. A good-slice-of-life film captures the essence of a person's life and turns it into a visual reality for the audience. It brings emotion and relatability in the face of the inherent way that we struggle to find empathy in others.

"Mid90s," Jonah Hill's directorial debut, captures its characters with intense authenticity and accuracy for its period.

The film focuses on Stevie, played by Sunny Suljic, a young boy in Los Angeles who finds a group of friends when he starts skateboarding. It focuses on the life and awkward in-betweens that plagued the lives of kids that grew up in the middle of the 90s. The film also focuses on a trying family dynamic, particularly Stevie's mother's struggle to raise two prepared sons.

The film focuses on an age mostly explored through themes of maturity, puberty, and sibling dynamics, but chooses to ignore almost all of these things. Instead, it focuses on the realness and confrontations of life that manage to just beat you down at times, and Stevie learns just how little he can run away from the problems in his life. They continue to return and plague his home life, and he can't escape it.

One of the most profound elements of this film come from the combination of its time period and emotional drama.

"The reason Jonah made it in the 90s, in that time period, was not because it was like a very cool era. [It's] because there weren't any phones. Out of boredom, you have like intimate conversations. And if it gets like too surreal, you can't just go on your phone and get distracted," Suljic said, reiterating something that Jonah Hill explained to the cast during production.

The time period serves both as a



PHOTO COURTESY OF IMDB.COM

setting as well as a narrative tool. Kids cannot simply use their phones to escape an awkward or undesirable conversation. All of the characters, from F*cks**t played by Olan Prenatt, and Ray played by Na-keel Smith, have some sort of confrontation that is forced upon them by this obligatory proximity to their problems.

In this way, skating is not so much an escape as it is a release for the main cast. The raw expression of the characters is outletted through skateboarding. This act of skateboarding becomes the connecting thread for not just their common interests and closeness that they have to share, but also as a personal way to connect all these characters. It creates an emotional core that centers on many simple yet complex issues that may seem peripheral for some individuals within the film.

One stumble of the film is its lack of follow-through. This is expected for Hill's first solo script and directing role; some elements find themselves

developed and almost immediately forgotten or abandoned. Little details and small plot points are not given a chance to conclude. This is despite the abrupt ending, which the cast described as a way to show the abruptness of life and the fact that this is simply a small snippet of the vast world that is Stevie's life.

While this is true to the motives of the film, I cannot deny that many parts would have flowed better and felt more concrete if they were either concluded or omitted entirely. The editing does not entirely help to smooth out any of these types of problems as it chugs along, delivering serviceable yet sometimes-jarring amendments.

The music comes to the film's aid. Viewers are transported to the past just by listening to the music. It covers the gambit of A Tribe Called Quest to the Pixies, but somehow fitting with an unknowing subtlety. Hill gave the actors iPods filled with music that their characters would have

listened to, which only solidifies how important music was to this period and these characters.

"Mid90s" is a mood-piece. One result is that it is muddy due to the confusing lack of conclusions and effective payoffs. However, from the music to the straight-faced authenticity of the dialogue and characters, Hill has created exactly what he envisioned: a strongly atmospheric and intensely emotional slice-of-life story driven by its excellently acted and realized characters.

Michael may be reached at
mollee@su-spectator.com

THE ART OF JODHPUR, INDIA, NOW AT THE SEATTLE ART MUSEUM

Jacqueline Lewis
Copy Chief

For many of the objects on display at Seattle Art Museum's (SAM) exhibition, "Peacock in the Desert: The Royal Arts Jodhpur, India," it is their first time seen outside of the palace setting or on display in United States. Five centuries of visual art spanning from the northwestern state of Rajasthan out of the kingdom of Marwar-Jodhpur displays the relationship between patron, artist, expert, and public.

The exhibition tells the story of conquest, colonialism, and royalty through the historical and artistic narrative told by cross-cultural encounters and the evolving ruling class. While working on the project, SAM's curator gained a different perspective on what "a ruler should be."

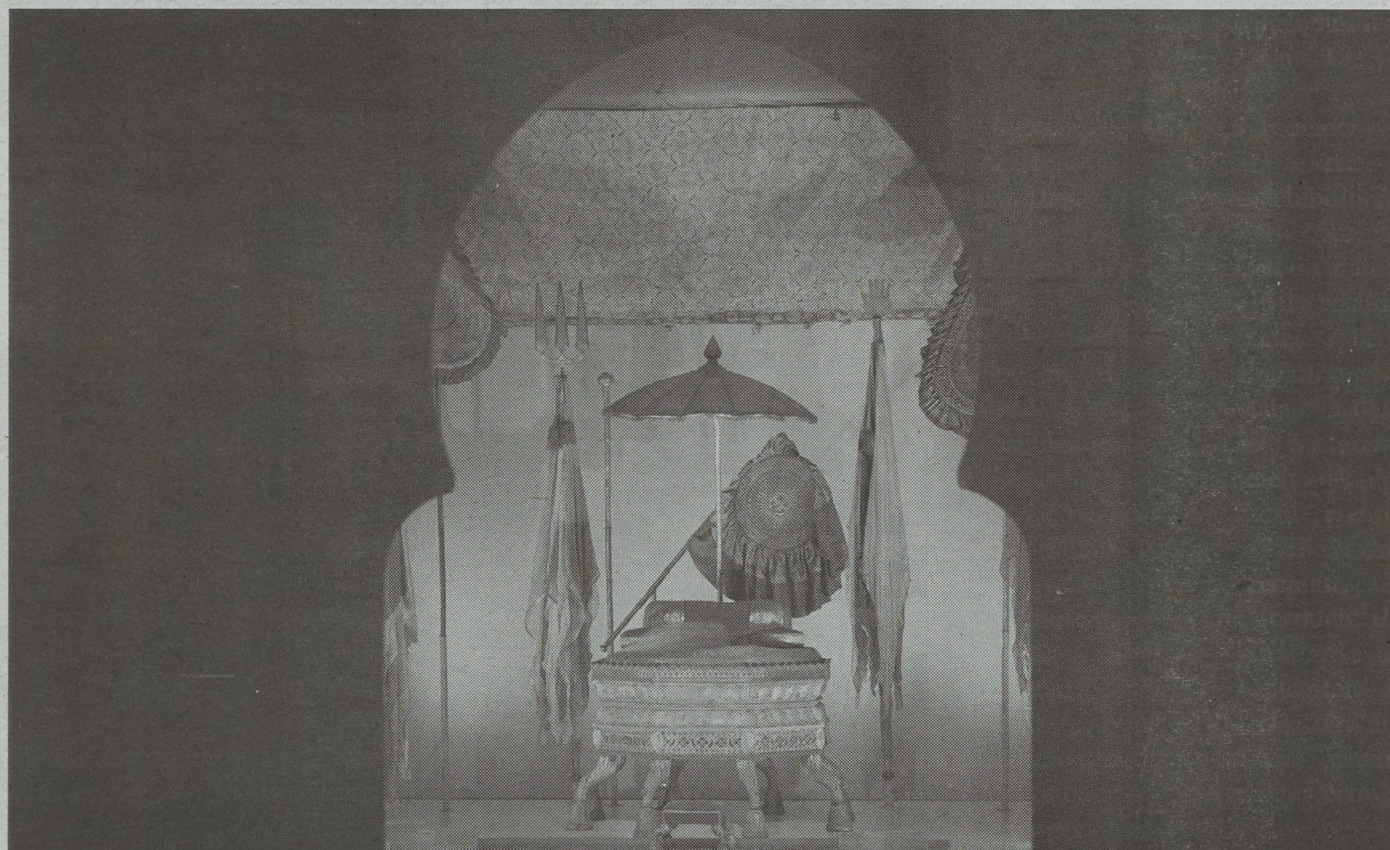
"There were actually texts that gave instructions to rulers in this kingdom, they had to be a good role models, they had to be intellectually adept... they needed to be able to sing, they needed to be able to carry a conversation, and they needed to be patrons of the art," Pam McClusky, SAM's Curator of African and Oceanic Arts, said.

"[This] makes for a different notion of what it is to be a leader. We're floundering in terms of how our leaders are being perceived or portrayed. Being a person that provides balance... and pleasure is actually an important part of human interaction... We lost a little bit of that."

"The Peacock in the Desert" arrives at the SAM as the next stop on its national tour, having stopped at The Museum of Fine Arts, Houston this past summer.

"The world is beyond the world we are living in. There is so much to learn and cherish in each of our worlds. We should continue with that rather than make opinions and being limited," said Dr. Karni Singh Jasol, co-curator and director of the Mehrangarh Museum Trust.

"I am delighted that we are in Seattle



JACQUELINE LEWIS • THE SPECTATOR

Woven canopies and textiles are a mark of the Mughal and Rathore styles. Singhasan with Chattr, or throne with parasol, is a mid-19th century piece associated with Rathores royalty, used in durbars, or royal receptions.

where you have that spirit of diversity, that spirit of acceptance."

The Mehrangarh Museum Trust, previously a historic fort, attracts visitors from all around the world to view the objects and attend concerts or festivals.

A photographic and video slideshow upon the exhibits fourth-floor entrance shows the Mehrangarh Museum space in the modern context, and Director Karni Singh Jasol oversees the exhibit alongside SAM staff.

The exhibition begins with Jodhpur during Rathores reign, which took place from the 13th century to the mid-20th century. The Rathores were taken over by the Mughal Empire in 1561 and they continued to share political and military alliances, as well as art, for the next three centuries.

Paintings of the court (and the women of the court) alongside the kings are displayed in dazzling closeness and on a large scale. The "La Dera" tent flanks an entire exhibition room and is the oldest and perhaps only Indian court tents in the world. In concern to Indian painting, they

represent scene and portraiture that is unique from Western painting.

"If you looked at [an Indian] painting, it would be very confusing. It is new to you, it is not like Western art, these paintings were not meant to be hung like they were hung right now. They are meant to be held in your hand, as a part of storytelling. All of these paintings are a part of the large narrative tradition, a part of a storytelling tradition," Jasol said.

In their original context, most of the paintings on display would have been brought out, held by a few people, and shared as a piece of a storybook. The painting would be taken away and the next artistic work, an installment in a story usually of mythology, history, or the cosmos, would be brought out as a continuing tradition.

Viewers can imitate this tradition by taking in the works at the miniature level, with magnifying glasses perched on the wall for personal examination. On the other hand, guests can see the painting contextualized within other paintings from that period, located within a particular historical moment.

The exhibition ends with the Jodhpur's dramatic transformation under the British Empire, showing a merge of garments, Western portraiture, and jewelry, showing a blended-imperial era known as the Raj. Their patronage, as well as the renovation of Umaid Bhawan Palace to a hotel operating today, is explored within the Maharajas of the past and future.

"India has the youngest population in the world, and here is art from that country which represents the continuing dynamic... it is not a culture of the past, it is a culture of the present," Jasol said. "India is not a country frozen in time, it is dynamic, and it is contributing to the evolving world—whether it is technology, or the spiritual side of it with yoga—it is relevant. This art is relevant."

Jacqueline may be reached at
jlewis@su-spectator.com

BOK A BOK—FRIED CHICKEN FLAVOR IS “BACK-A-BACK”

Kaela Takei
Staff Writer

With only three total locations in all of Washington (two in Seattle and one in Burien), Bok a Bok Fried Chicken & Biscuits has become a popular dinner spot. The Capitol Hill location is located off 10th and Pike, just behind Neumos.

Along with fresh fried chicken, Bok a Bok's menu extends into biscuits—which are also made on-site, fresh, and never frozen—chicken sandwiches, salads, and a variety of sides and sauces.

They have a huge light up sign that reads Bok a Bok Fried Chicken; it's not hard to miss. The restaurant is quaint, with limited seating and waiting areas. The interior is cute and fun with their chicken head logo plastered all around the store.

I have been 100 percent gluten and wheat-free for the last four years and it has been quite the challenge. Fried chicken, such as chicken strips, chicken nuggets, and chicken wings, are typically dipped in a batter made from wheat flour and then fried in oil—for that delicious crunch. Being gluten-free means no fried chicken, unless I make it myself from scratch, buy something in the freezer section at Safeway, or if I'm in the mood to spend upwards of \$6 per piece of fried chicken from a special gluten-free dedicated restaurant.

Bok a Bok has created a restaurant with a trendy twist, gluten-free! Made with gluten-free ingredients such as gluten-free fry oil, Bok a Bok's fried chicken and sides are made hot and ready to go. Not only is the chicken gluten-free, it is also prepared with fresh, hormone-free chicken. The chicken is air dried then dipped and double-fried in their gluten-free batters and fry oil.

Check out Bok a Bok's feature on Guy Fieri's television show on “Diners, Drive-Ins, and Dives,” episode “Far East Flavorfest” aired on Season 28, for an inside look at their fried chicken and biscuit preparation process.

Fellow friends and Spectator staff,

Alexandro Carrasco and Haley Dow, accompanied me last Friday night to venture into the world of Bok a Bok's fried chicken. We decided to order online and pick-up in store because last time I went for order-in, I waited over 45 minutes and ended up having to take my food to-go due to the lack of tables. Their online ordering system is very easy to use and allows the user to add special instructions or comments on their order as well as choose a pick-up time.

I ordered the gluten-free Fried Chicken Crispy Chicken Wings (\$6.55) and a side of Dirty Fries (\$8) with my choice sauce of Bok-a-Bok Ranch. The chicken wings were delicious. I have to say though, I was slightly disappointed in the amount of crunch of the wing. When I ordered the wings last time, they were extremely crispy without soft or soggy pieces. I was expecting consistency in the

crunch of the chicken so when it was just slightly-less, I was disappointed.

The “dirty fries,” however, blew my mind. Bok a Bok's dirty fries (or tots) refers to preparing taters slathered in cheese sauce, crispy garlic, crispy onion, ranch, and a poached egg. The fries were soggy due to all the sauces, but the flavor makes up for this. The creaminess from the ranch mixed with the cheese sauce and textured with the crispy onion and garlic was heavenly. I ended up dipping my wings into the excess dirty fry sauce rather than my ranch.

Carrasco ordered the Spicy Chicken Sandwich (\$8) and side of french fries with Korean chili salt (\$3). The sandwiches are not gluten-free due to the bread, but the rest of the ingredients are. Beware, the spicy chicken sandwich is SPICY. Slathered in their four-chili hot sauce, and laced with jalapeno slices, the sandwich has

quite the kick.

Lastly, Dow ordered the fried chicken breast strips (\$13.85) and a side of tater tots with Korean chili salt (\$4). The chicken strips were decently sized and extra crispy. The tater tots and french fries were both extra crispy and tasted amazing dipped in the Bok a Bok ranch and 4-chili hot sauce (50 cents for each additional sauce).

This unexpected gluten-free find is not only delicious, but also decently priced! I recommend all you fellow “gluten-freers,” as well as all you gluteners, to stop by Bok a Bok to try some of their amazing fried chicken and sides. Get your fried chicken on next time you get the craving!

Kaela may be reached at
ktakei@su-spectator.com



Bok a Bok Chicken in Capitol Hill offers tasty treats like Chicken Breast Strips and more!

HALEY DOW • THE SPECTATOR

KT TUNSTALL DELIVERS STRIPPED-BACK ROCK 'N' ROLL AT THE CROCODILE

Sam Schultheis
Digital Media Coordinator

In the intimate glow of a single stage light, KT Tunstall stepped away from the microphone. Standing alone at the edge of the empty stage, she gently strummed her acoustic guitar and softly sang the chorus of "Feel It All" into the hushed audience. The crowd picked up the refrain, singing it back to her as she began to riff, the energy of her voice and her guitar crescendoing.

That moment, and the connection it forged between the audience and the music, was one of the most powerful sequences of a show that felt like a rock 'n' roll cleanse. Tunstall's Oct. 17 concert at The Crocodile emphasized musical performance over showmanship, letting powerful guitar take the lead.

The show, supporting the release of Tunstall's newest album, *WAX*, was strikingly different from her last Seattle show, back in 2016. The glitter and flair of the former two years was replaced with a back-to-basics performance and a stripped-back sound. It's in line with Tunstall's current project, a trilogy of albums representing mind, body, and soul. *WAX* is the second album of this trilogy, and Tunstall delivered the physicality of the "body" album in a rumble of charging guitar, driven by the bellowing drums of freelance drummer and certified badass Cat Myers.

The new balance of Tunstall's sound did well for her newest songs, with ripping electric guitar cutting a path for sweeter melodies. The disco-rock of "Little Red Threads" was like a bigger, hungrier version of a Drastic Fantastic song, while "The Healer" was a swaggering power ballad complete with a jump-kick finish.

However, prioritizing guitar over vocals didn't always fit her older songs. When Tunstall opened the show by shouting, "We're gonna start fast and loud!" and broke into an acoustic guitar cover of "Fade Like a Shadow," the audience was surprised. Some songs, like her number one hit



SAM SCHULTHEIS • THE SPECTATOR

KT Tunstall performs at the Crocodile. October 17, 2018.

"Suddenly I See," were successfully transformed into rock anthems, but overall, the lack of strong vocals felt like Tunstall was pulling punches when it came to her soulful, husky voice, despite swinging plenty with electric guitar.

Thankfully, one thing that hasn't changed over the years is Tunstall's immense personality. Her stage presence is certainly quirkier than most rock stars, but it's always genuine. She never put up a front, whether illustrating how short she is with an embarrassing story of meeting Jack White or explaining the slightly bizarre daydream behind "Little Red Thread" in which literal strings connect the people she saw at the airport. Even the fabricated comedy bits in between songs, like the "KT Tunstall Good News Show," complete with breaking news music, seemed genuine due to Tunstall's unapologetic positivity. When she told the crowd to "Follow your dreams!" We knew she meant it.

Maddie Ross, who opened the show, can attest to Tunstall's shining personality more than most. Ross, a 25 year-old musician based in Los Angeles, was at home scrolling through Twitter recently when she saw that Tunstall would be playing at a festival. She tweeted her excitement and continued scrolling. Suddenly, she received a direct message from Tunstall herself, with an invitation to tour.

Six whirlwind weeks later, Ross was in Seattle at the second show of her "Friends and Family Tour," named in honor of the loved ones who appeared at every stop. Together with co-writer, producer, guitarist, vocalist, girlfriend Madison "Wolfy" Scheckel, Ross gave a strong, excited performance. Her breathy talk-singing, cheeky lyrics, and abundant cussing fit right into the local Seattle sound. With just the two of them on stage, their simple set almost seemed amateur until put into the context of Tunstall's stripped-down vision for the concert. However,

Ross's confidence and excitement filled the empty stage.

Additionally, Ross was also wonderfully genuine, calling herself a "singer-songwriter inspired by other singer-songwriters." It was a good pairing with Tunstall, who spoke from the heart about how she was inspired by David Bowie, and whose performance was at its heart about music and its ability to inspire.

At the end of the night, it wasn't the most entertaining, high-production show Seattle had ever seen, but that wasn't the point. Tunstall forged a genuine connection with her music, and let rock and roll carry her and the audience for the night.

Sam may be reached at
ssschultheis@su-spectator.com



SEATTLE U ALUMNI'S PATH TO SUCCESS IN SPORTS WRITING

Caylah Lunning
Staff Writer

Nick McCarvel's path to success was not an easy one. Filled with many ups and downs, his perseverance has carried him through and made it all worth it in the end. The 2008 graduate of Seattle University shared his story in a moving presentation to current students and on campus Wednesday, Oct. 17.

McCarvel is currently a freelance writer living in New York City. While he calls New York home now, McCarvel travels frequently for his work, visiting the likes of Seoul, Hong Kong, Singapore, Sydney and many more. Some of the work that he does is covering the Australian Open, U.S. Open, the French Open, Wimbledon and the recent Summer Olympic Games in South Korea. He utilizes his skills as a writer and broadcaster covering many different sports such as gymnastics, figure skating, and volleyball.

McCarvel talked strongly in his presentation of five different key items in his path to success: knowing your strengths, utilizing your connections, following with your connections, taking chances and passion versus sustainability.

Cultivating connections was a point McCarvel hammered home. Connections open doors for you in the professional world. This is what helped McCarvel get published in many major news outlets such as USA Today, ESPN, and TENNIS Magazine.

For McCarvel, it all started with a simple love for a sport, Tennis. McCarvel's family encouraged him to play, particularly his dad and grandfather. Growing up only a block away from the tennis courts in Helena, Montana. McCarvel would find himself playing every morning.

"Since I was five I started hitting against a wall. We had this beautifully smooth wall in our back alley, that was

our neighbor's barn actually, but from there that was my sport."

As time passed, McCarvel discovered another passion—newspapers. After reading the sports section of the newspaper, something clicked in McCarvel. He realized this is what he needed to do, he wanted to be a sports writer.

"When I got into high school, my sophomore year, I started working for the school newspaper. I loved reading the newspaper, I loved the sports section. I remember seeing the Associated Press have the same guy working on tennis all the time and I just remember thinking, I want his job."

McCarvel came to Seattle U in 2004. He earned his bachelor's in Journalism and Mass Communications. Throughout his time at Seattle U, McCarvel was heavily involved on campus. McCarvel was a NAEF scholar, co-coordinator of the Ban the Bottle Campaign, winner of the Sylvia Rivera Queer Activism Award, residential assistant, Ignatian scholar, and a SEARCH retreat committee member.

"I don't think I would be where I am today without my SU education. I really tried to take an active role on campus and I think that is what readied me for the freelance stuff that I do now because it was a lot of juggling and 'what am I doing next?'"

He began his career by moving to New York City. McCarvel did not become a successful tennis writer overnight. He worked odd jobs while still working to pursue his dream of becoming a sports writer. McCarvel worked for a catering company on the weekends and as a barista, all the while continuing to write and send his pieces out to magazines, waiting for his big break.

"There's been a lot of times where I was like should I switch careers, should I try and go with something safer? Should I work in a communications



MICHAEL OLLEE • THE SPECTATOR

Nick McCarvel, sports journalist and Seattle University alumni, bounces between topics of ethics and truth in reporting.

department? But I love what I do, I love the stories, I love the athletes, I love the challenge of it all, I love to travel. I'm really happy that I didn't choose to walk away from it."

Over time he finally began finding jobs in writing. He would write freelance pieces for volleyball magazines, figure skating publications and of course tennis blogs.

McCarvel identifies openly as a gay man. Sports and sports media is typically known for their hyper-masculine culture that makes it difficult for many to be open about their identity whether they are on or off their field or court.

"In the past few months, I tried to build, what is my small platform to

make tennis more welcoming to the LGBTQ+ community. We have plenty of out lesbians that are professionals, but it hasn't been a space for the male athlete who hasn't felt comfortable in their playing field to come out so there's plenty of work that needs to be done there. I tried making good for others to speak out and to say 'I'm queer' there's a lot of other people like me."

Caylah may be reached at
clunning@su-spectator.com

WOMEN'S WEEK IN REVIEW

Alexandro Carrasco
Staff Writer

Golf

Seattle University Women's Golf excelled this week while hosting the Pat Lesser Harbottle Invite at the Tacoma Country and Golf Club in Tacoma, Wash.

The Redhawks placed ninth of 18 teams with notable performances by Kimerlee Tottori who finished with a personal best of 2 over 218.

In support, two Seattle U Hall of Fame members, Pat and John Harbottle, attended the tournament.

The offseason ends for the Redhawks on Feb. 23 when they will compete at the Grand Canyon University (GCU) Invitational.

Swimming

The Redhawks took on GCU and Loyola Marymount University this weekend.

Bryn Lasher took a first-place finish in the 200-yard butterfly with Maddie Rapp following for third.

In the 400-yard medley, the team swam a time of 4:04.11 and finished second. Similarly, the 200 freestyle

relay also finished second with a time of 1:41.97.

Seattle U followed GCU at 133-65 and LMU at 110-94.

The Redhawks face the University of Idaho and Northern Arizona University in Moscow, Idaho on Nov. 3.

Volleyball

Seattle U Women's Volleyball faced WAC leaders, California Baptist in Riverside, California.

The team hit well at .325 and took a dominating set 25-13.

The Lancers retaliated with a 25-14 set victory over Seattle U.

Cal Baptist and Seattle U battled the following sets, but the Redhawks fell short, losing 28-26 and 25-21 in the final sets.

Tijana Milojevic set a new high for the team of 23 digs, Shae Harris with 39 assists, and Julia Queiroz with 5 blocks.

The team will be away on Oct. 25 to compete at Utah Valley.

Soccer

The Redhawks had an amazing performance, defeating University of

Missouri Kansas City (UMKC) 3-1, at home.

The matchup against the WAC's top team coincided with senior night during which six seniors were recognized for their contributions.

With the match leveled 1-1 at the half, Jessie ray found the upper right corner of the net off a free kick at the 56th minute.

Manthei collected the third goal for Seattle U at the 72nd minute to ensure the victory.

The Redhawks travel to Utah Valley in their final match before the WAC tournament. The match will be a deciding factor for second place in the WAC and take place Saturday, Oct. 27.

Tennis

Seattle U Women's Tennis finished competition at Stanford in Palo Alto against some of the toughest opponents on the west coast this weekend.

Only junior Kali McCollister advanced in the round of 128 against Pacific; however, multiple Redhawks saw victory in the consolation rounds.

With fall competitions complete, the team has a while before the next competition at Lewis-Clark State College in Richland, WA on January 31.

Alexandro can be reached at acarrasco@su-spectator.com



JAVIER PLASCENCIA • THE SPECTATOR

Senior Hannah Carrothers throws the ball in to play during her last home game as a Seattle University Redhawk on Sunday, October 21st.

MEN'S WEEK IN REVIEW

Logan Gilbert
Volunteer Writer

Soccer

Seattle University's Men's Soccer team fell to sixth in the Western Athletic Conference (WAC) after dropping two games on the road against the WAC's toughest competition. The first match of the road trip was a 0-2 loss at the hands of Utah Valley University (UVU), who currently stand second in the WAC.

UVU maintained strong control of the field throughout the first half and held a 1-0 lead over the Redhawks. The Redhawks generated more scoring chances in the second half, but another UVU goal sealed their fate.

The Redhawks then headed north

to Colorado Springs where the team took on Air Force Academy (AFA). The Redhawks lost 1-2, putting up a good fight against the current leaders of the WAC.

The first AFA goal came in the first half even though the Redhawks had more pressure on the goal with 13 shots to the Falcon's 7.

With time winding down, Seattle U came back to tie the game in the second half as Sergio Rivas scored a penalty shot in the 83rd minute. It wasn't enough as the Falcons scored in the last minute of the game to clinch the victory.

The men's soccer team returns home next week for games against UTRVG, Friday, Oct. 26 and Incarnate Word, Sunday, Oct. 28.

Swimming

In their second meet of the year, the Redhawks went up against Grand Canyon University (GCU) in Phoenix, Arizona.

The first day of the meet, Jack Neton swam a 4:09.56 in the 400-yard individual medley setting a top 10 record for the school.

This, however, was not enough to beat GCU with Seattle U losing 73-132 on the first day and 77-127 the second day.

Seattle U earned three gold medals with Juan Varela, Shawn Fujii, and Jack Neton winning individual events.

Juan Varela earned first in the 1000-yard freestyle and second in the 500-yard freestyle.

Golf

In their last tournament of the fall season, the Seattle U Men's Golf team competed in the Little Rock Invitational. The team placed fifth in a field of 17 teams.

This was a strong ending to the team's fall season with them playing 20 over par. Nathan Cogswell, Jack Rahon, and Gabe Spach tied for 24th out of the pool of 90 golfers.

The Redhawks will return to tournament play in February when they travel to participate in the UC Irvine Invitational.

The editor can be reached at sports@su-spectator.com

CAN THE END OF THE GAME REALLY GIVE YOU A HEART ATTACK?

Kaela Takei
Staff Writer

Sitting on the edge of your seat with 30 seconds left on the clock, you can hear your heart beating and feel the blood pulsing through your veins. You need this win, for yourself and your team. Without it, you'll be devastated. Can the stressful, excited feelings you have while watching sports have an effect on your body? Can the stress induced by watching a sporting event put you at risk for potential coronary artery risks?

A new study, published in the "Canadian Journal of Cardiology", suggests that both the thrill of victory and the agony of defeat can have a considerable effect on the cardiovascular system. Researchers took the pulse of fans during a hockey game and found that on average, their heart rate increased by 75 percent when watching on the television, and by a whopping 110 percent when watching

in person.

The study found that the 20 participants heart rates increased by an average of 92% during the hockey game—60 beats per minute at rest to 114 beats per minute).

Participants' heart rate response while watching a game live was equivalent to vigorous physical stress and a televised game equivalent to moderate physical stress. They found no correlation between fan passion score and heart rate response. However, peak heart rates most commonly occurred during overtime and when there were scoring opportunities for the supported team or against the supported team.

"These results (elevated resting heart rate) can be an indication of poor aerobic fitness at rest," said Sean Machak, Seattle University's exercise scientist and supervisor of the human performance lab.

Jacob Kysar, an instructor in Seattle U's sports and exercise science

department, stated, "the human system is an incredibly plastic system, and the heart is designed to beat very fast and very hard."

Based on both the study and Kysar's input, the general population is at no risk for coronary risks. However, there is a population of at-risk individuals who have cardiopulmonary issues and stressing their heart in an unhealthy way—such as increased heart rate due to emotional stressors—can potentially increase their risk of myocardial infarction or cardiovascular death.

This is due to the fact that these individuals haven't trained themselves to have their heart respond in a way that is healthy, like a physically active person's heart would.

While the general population has no reason to worry about experiencing increased heart rates during hockey games or other sporting events, individuals with prior cardiovascular health issues should be aware of their

increased heart rate and take their health into consideration.

The editor may be reached at sports@su-spectator.com

TOP SPORTS BARS IN SEATTLE

Caylah Lunning
Staff Writer

With the NBA, NFL and NHL seasons in full swing; MLB postseason reaching its climax with the World Series, and MLS approaching their own playoff run, having the right place to go to watch all of these exciting games is essential for any sports fan. Luckily, Seattle is home to many quality sports bars each with its own unique offerings for sports fans.

One of Seattle's most well-known sports bars, Sluggers, is located right next to CenturyLink Field, home of both the Seahawks and Sounders. Located in SoDo, the atmosphere is already rich with Seattle sports excitement.

The inside of this iconic bar is fully decorated with Seattle teams, as Seahawk, Sounders, Mariners, Storm, Sonics, and Seawolves memorabilia covers the walls.

When taking a seat inside, each

booth has their own professional team themed section, these booths face directly towards the multiple TVs. The bar has an assortment of beers on tap from various local Washington breweries.

Xtadium, a newly opened sports bar, has everything a sports fan could ever want or need. Xtadium offers a sizeable selection of hard alcohol along with many beers on tap to choose from. When exploring their food menu, you will find a wide variety of dishes all crafted by Chef Ronald Rodricks, a chef with 20 years of experience in the industry. The atmosphere leaves one awestruck. There is a huge jumbotron in the middle of the bar, completing the bars sports vibe. The bar is filled with die-hard sports fans and the energy is through the roof during games. This Pioneer Square bar also turns into a nightclub.

Closer to Seattle University's campus is Bill's Off Broadway. Bill's

welcomes you with its neon beer signs and once inside there are plenty of TVs spread throughout the bar.

There are no bad seats in Bill's. With 18 beers on tap, you won't have to worry about finding your favorite while you enjoy your sport of choice.

During the warmer months, Henry's is the spot to go to pre-game right before any Mariner and Sounders game. Their Mojitos are popular and their beer selection is exceptional. Outside, patrons can play bocce ball and corn hole. Nearly everyone is dressed in a jersey and the excitement that everyone has before

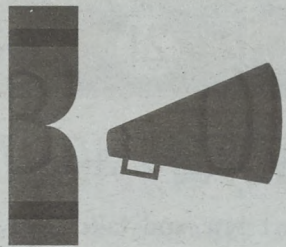
entering Safeco Field can be felt both inside and outside.

Seattle has become well known for its raucous fans; thankfully, the city has plenty of bars for loyal supporters of local teams. Whether you are forgoing the stadium experience or are looking for somewhere to spend time before a game, anywhere you go is sure to be a memorable experience.

Caylah may be reached at clunning@su-spectator.com



SAM GOLDEN • THE SPECTATOR



HALLOWEEN CULTURE ON COLLEGE CAMPUSES

Halloween now means trick-or-treating, eating candy, carving pumpkins, and sporting costumes on October 31 of each year. However, the original Halloween celebrations began with the festival of Samhain (pronounced sow-in), where ancient Celtic people would light bonfires and wear costumes to ward off ghosts. Around the same time, Pope Gregory III donned Nov. 1 a day to revere all saints, officially known as All Saints Day. Eventually, All Saints Day began to adopt the traditions of the festival of Samhain. It became known as All Hallows Eve and then finally dubbed Halloween as we know it.

To college students though, Halloween is the chance to dress up and party for a whole weekend. It can be all fun and games, but there are some issues with the party culture surrounding how we celebrate this holiday.

As Halloweekend approaches, we've got a few reminders for you on how to have fun in a safe and socially-conscious way!

Your costume choice is not an opportunity to fetishize or sensationalize anyone's culture, race, sexuality, gender identity, mental illness, or physical disability, among other things. It is so important for all of you participating in Halloween festivities to be aware and conscientious of what exactly you are trying to represent with your costume.

It is 2018 and cultural appropriation is still an issue that needs to be confronted and discussed with yourself and with your friends when it comes to choosing what to wear. Halloween can be such a fun time to get in touch with your creative and playful side, but it can become uncomfortable and inappropriate when you decide to play off someone's identity.

We are telling you right here, right now: DO NOT dress up as a "sexy" geisha, a "sexy" Dia de las Muertos corpse, or a "sexy" Native American chief. DO NOT dress up as a mental institution patient. DO NOT dress up as Caitlyn Jenner. DO NOT dress up as a flasher.

Just as a general rule of thumb, stay away from creating costumes out of people's experiences. There are so many other ideas you can think of for a Halloween costume that will not offend anyone. Be your favorite movie or television character, or even a silly pun. We know you can do it. It's not that hard.

At Seattle University, it is widely known that Halloween turns into one of the biggest weekends where binge-drinking is prevalent among students. We want you to be aware of the possible negative effects it can have on you when you participate in it.

Even if you feel like you have built a high tolerance for yourself, drinking a large amount of alcohol in one day actually ends up being way worse than having a few drinks every day. Some short-term effects include alcohol poisoning, excessive vomiting, inflammation of the pancreas and the liver, and an increase in injuries and death from motor vehicles, drowning, and suffocation. The long-term effects on your health include cancer of the liver, colon, throat, and mouth, increased risk of heart attacks, high blood pressure, and irregular heartbeats, and alcoholism.

If you do choose to drink during these spooky Halloween activities, keep track of how much alcohol you are consuming and make sure you are surrounded by people you trust to take care of you, should you find yourself becoming too impaired.

With these warnings in mind, no matter what a person is wearing and no matter how much alcohol they have consumed, neither of those are invitations to cross personal and intimate boundaries. In a holiday centered around make believe, your actions still have very real repercussions.

Everyone deserves to have an enjoyable Halloween, and even though you may be under the guise of a spooky character does not mean your actions will not come back to haunt you.

— The Spectator Editorial Board

ASK MAMA MOZZONE

by Emily Mozzone



Q: *Who's your favorite editor-in-chief?*

A: Even if you mean The Spectator, it has to be Dr. Olivia Doll. Please Google her, her work is amazing.

Q: *I'm a new freshman at Seattle U... as a senior, do you have any advice you wish you had?*

A: You'll feel lonely, it's just going to happen. You just finished high school, growing up with people you've known your whole life. Now, you know nobody, and the friendships you have will seem more "shallow." Don't worry... the depth and closeness will come in time.

Also don't worry about talking about "adult" topics. Nobody cares anymore, and that stigma from high school is completely gone. Just do you, people will love you for it.

ASK MAMA AN ANONYMOUS QUESTION AT
GUIDANCE@SU-SPECTATOR.COM

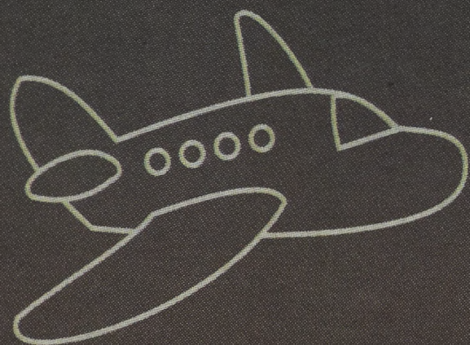
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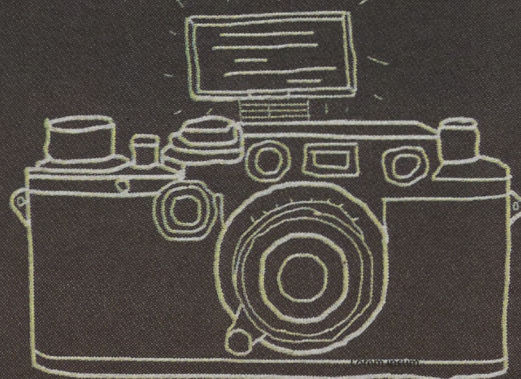
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