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NOVEMBER 14, 2018



SPECTATOR

NOT DESIGNED

FOR ALL:



**THE PERVASIVE
ABLEISM AT SU**

PG. 11

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VOLUNTEER FOR US!

WRITERS AND
PHOTOGRAPHERS
NEEDED!

Assignment meetings every
Monday at 7 p.m. in the
Campion basement.

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volunteering, contact us at:

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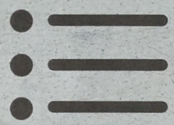
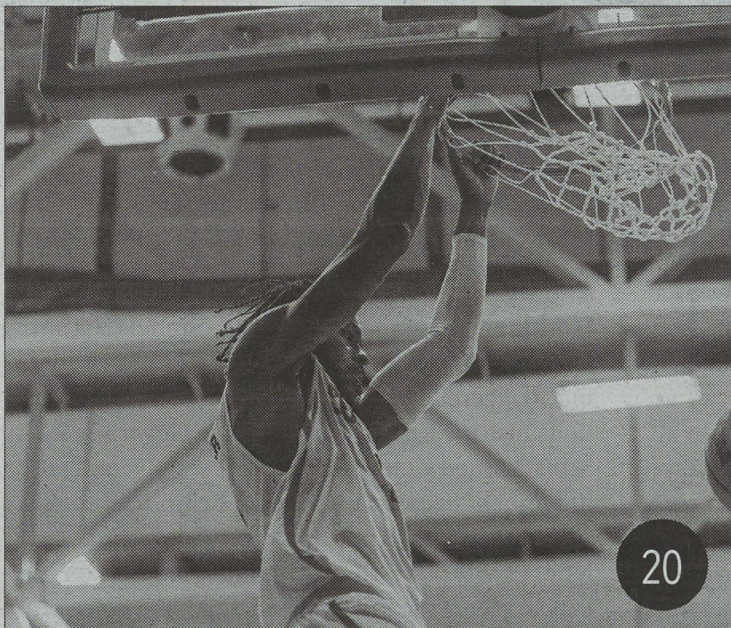


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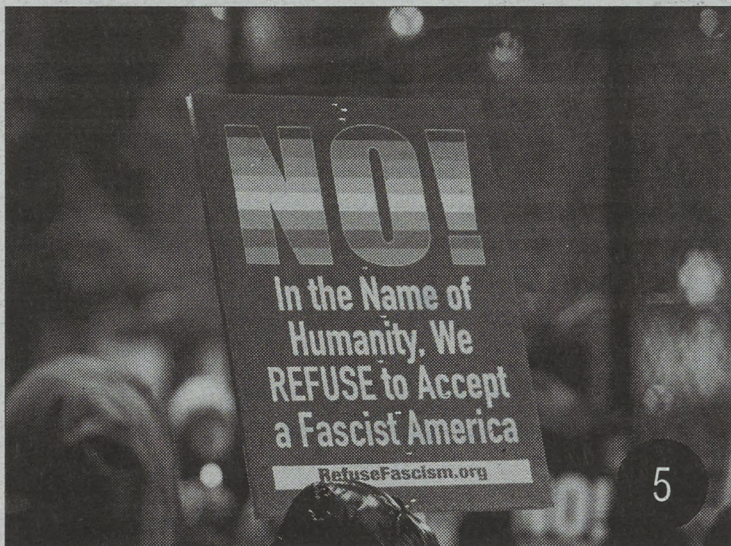
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Michelle Newblom
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Frances Divinagracia
Managing Editor

Jacqueline Lewis
Copy Chief

Sophia Wells
News Editor

Josh Merchant
News Editor

Jordan Kenison
Arts and Entertainment Editor

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Sports and Opinion Editor

Elise Wang
Director of Photography

Sam Schultheis
Digital Media Coordinator

Michael Lee
Director of Videography

Emily Mozzone
Lead Designer

Connor Merrion
Designer

Taryn Okamoto
Designer

Makana Holgerson
Designer

Bailee Clark
Staff Writer

Caylah Lunning
Staff Writer

Elizabeth Ayers
Staff Writer

Asma Gaba
Staff Writer

Rania Kaur
Staff Writer

Alexandro Carrasco
Staff Writer

Kaela Takei
Staff Writer

Taylor McKenzie
Staff Writer

Griffin Leemon
Staff Photographer

Haley Dow
Staff Photographer

Javier Plascencia
Staff Photographer

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Staff Photographer

Adriana Alejandrez
Staff Photographer

Nathan Clark
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Justin Koochof
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THE WEEK IN REVIEW

Rania Kaur
Staff Writer

SHAKE-UP IN WESTERN WASHINGTON POLITICS

— Senator Joe Fain conceded the Washington State Senate race to Democrat Mona Das on Nov. 9. Fain was the Senator for District 47 which includes Auburn, Covington, parts of Kent, and Renton, as well as King County. Fain was accused of raping Candace Faber in 2007, but he denied the allegations and requested an investigation. The State Senate Committee commissioned an outside investigation on Nov. 8. Faber said that she would not sue or seek a criminal investigation against Fain, according to *The Seattle Times*. Further, police would only investigate if Faber reported the allegation with them, according to a spokesman for the Metropolitan Police Department of the District of Columbia. It's unclear, however, whether the investigation will proceed given his defeat in the Senate election.

CALIFORNIA WILDFIRES ARE THE DEADLIEST AND MOST DESTRUCTIVE IN STATE HISTORY

— California is undergoing massive destruction as Northern and Southern California fight 17 large wildfires, one of them being the deadliest and the most destructive in its history. Horrifying videos and images taken by residents show the fires engulfing acres, homes turning to ashes, and neighborhoods ablaze with smoke and haze. Camp Fire, as it's called, is burning through Paradise, California. Having burned 125 thousand acres, it has become single-handedly the most destructive and deadliest wildfire in California history, claiming 42 lives. Currently, it is only 30 percent contained. The Woolsey fire, which burns west of Los Angeles, has hit parts of Malibu and is 35 percent contained. Ventura County's Hill Fire is the most contained at about 90 percent and has burned about 4,500 acres. Camp Fire, Woolsey Fire, and Hill Fire all started Nov. 8. Twelve thousand firefighters are on the front lines trying to contain and put out the fires which have taken a total of 25,000 homes having destroyed more than 1,000 structures.

SEATTLE CITY ARTS MAGAZINE ENDS AFTER 12 YEARS OF PUBLICATION

— Known for its coverage of arts and culture in the Seattle area, City Arts bade goodbye in a letter written by CEO Andy Fife. City Arts was a free glossy color publication. The magazine is credited with lifting up art with innovative covers and showcasing a diverse number of topics. Its publishing company Encore Media Group let go of City Arts in June. Since then, City Arts has been independently run, with money collected from an Indiegogo membership campaign that raised about \$60,000. City Arts had hoped to cover the rest of the expenses with funds from investors but struggled to find any that were sustainable. According to *The Seattle Times*, the magazine will not end with any significant amount of debt. In his letter, Fife said that the City Arts team will "sustain City Arts in some fashion, such as a smaller all-digital platform. Our archive will continue to live online no matter what."

SRI LANKAN PRESIDENT DISSOLVES PARLIAMENT

— Sri Lanka's President Maithripala Sirisena dissolved Parliament on Nov. 9 after his coalition could not gain enough parliamentary support for its designated prime minister. He declared a snap election to be held on Jan. 5. Last month, President Sirisena replaced Prime Minister Ranil Wickremesinghe with a controversial former president, Mahinda Rajapaksa. The decision to dissolve parliament has the country divided, with a cabinet minister telling Al Jazeera that Sirisena dissolving the parliament was well within his constitutional rights, while one party, the United National Party, accused Sirisena of robbing the people of their rights and democracy. President Sirisena has been accused of bribery and now must convince legislature to approve Rajapaksa. Despite the accusations of bribery, the United Nations chief is urging Sri Lanka's President to reconvene parliament and allow legislators to decide on its prime minister. Sirisena suspended Sri Lanka's 225-member House until Nov. 16 to allow Rajapaksa time to convince legislators to his side.

SENATE RACES NARROW IN FLORIDA AND ARIZONA

— Two Senate races in swing states Florida and Arizona are being recounted four days after the official election day. The Florida Senate race triggered the first full statewide vote recount in its history. Republican nominee Governor Rick Scott claimed victory on Tuesday, with Democratic incumbent Senator Bill Nelson behind Scott with a margin of less than 0.15 percentage points, as of Nov. 13. Florida will do a manual recount on the Senate race if the machine recount has a margin of 0.25 percent or less. The deadline for the recount is Nov. 13. Arizona counties, on the other hand, have to submit results to the state by Dec. 3. With a margin percentage of less than two percent, Democratic representative Krysten Sinema had only been slightly in the lead with Republican Representative Martha McSally. However, on Nov. 12 Sinema was officially declared the Senator, winning with a margin of 1.73 percentage points.

FLASH FLOODS DEVASTATE JORDAN

— At least eleven people were killed and dozens more were wounded after flash floods devastated parts of the country during a heavy storm on Nov. 9. Hundreds of tourists were evacuated from the city of Petra to seek higher ground. Roughly two dozen people were injured, and many evacuated as floodwaters continued to rise. In some areas, floodwaters reached about four meters high. Last month, flash floods in the Dead Sea area of Jordan killed at least 21 people, many of whom were school children. The frequency of flash floods in Jordan has increased over time and has caused extensive damage. According to Jordanian water and climate experts, the damage caused is directly tied to a "chronic lack of urban planning policies that allowed cities and towns to spread over previously developed land."

Rania can be reached at
rkaur@su-spectator.com.

REFLECTING ON HISTORIC MIDTERMS WITH ACTIVISM, ADVOCACY

Taylor McKenzie
Staff Writer

This year's midterm elections were record-breaking when it came to the diversity of Congress. For the first time in the democracy's history, there is a female Senator from Tennessee, an openly gay governor in Colorado, two Native American Congresswomen, and many other groundbreaking accomplishments from newly elected members of the Senate and House. Students at Seattle University are using this as a time to reconsider their own political stance and actions regarding activism.

North campus Advocacy Representative Matthew Albright encouraged students to put their thoughts into actions.

"Whatever you believe in, you should embody [it] as a whole during your daily existence," Albright said. "But as far as your active participation, you can dedicate whatever amount of time that you want, as long as you generally represent the ideals that you are trying to support."

This can be a particularly important sentiment with regard to students who may feel misrepresented in the media or government. Now more than ever, students feel pressured to be involved in current events and social movements. While the recent midterm elections may be seen as a step forward, many are confused by what exactly the results will mean for the U.S.

"What has been front and center on our minds these last days have been the electoral politics," author L.A. Kauffman said. "But the way that change and progress happen is very complex and requires many different kinds of pressure, many different forms of collective power."

Kauffman presented at an event put on by Town Hall Seattle on Nov. 7. She discussed her past involvement in the movement to stop the Iraq War as well as her latest book, "How to Read a Protest: The Art of Organizing and Resistance."

"I think it is important for people to

stand up and say that they don't agree with what is happening, even if they don't think that they can change the course of events," Kauffman said. "I think it's important to do that for your sense of self and integrity... we don't always know what we accomplish when we do that. We don't know what the events are going to be."

In her book, Kauffman compares the two Women's Marches to the March on Washington for Jobs and Freedom that was held on Aug. 28, 1963. Not only is this the march during which Martin Luther King Jr. gave his infamous "I Have a Dream" speech, but it was, at the time, the largest mass protest in the U.S. with more than 250,000 people attending. In recent years, the 2017 Women's March made history with 4.15 million people participating domestically.

"I wasn't quite sure what to expect. I had been to so many big protests over the year and a lot of them had become to seem boring to me," Kauffman said. "You end up asking yourself 'what did we do? What did we accomplish?'"

Kauffman found this to be especially true considering the fact that the U.S. is still involved in Iraq, despite the many protests that have been going on since 2002. Kauffman was surprised, however, to see that the 2017 Women's March felt different than her past experiences.

"We just took over the streets in this way that felt more like an uprising than it did like one of these State carefully organized marches," Kauffman said. "It was an utterly peaceful uprising and quite an extraordinary come together. The joy that we took in seeing each other's signs was so powerful."

Many students are excited that the midterm election results represent what the Women's March hoped to accomplish: real legislative change. These elections represent a countrywide movement in making the important themes in protests into tangible legislative changes.

Criminal Justice student Grace Henry said the Women's March in January was pivotal in making a statement about the power of



JAVIER PLASCENCIA • THE SPECTATOR

Protesters gathered at Cal Anderson park on Wednesday, Nov. 7, and Saturday, Nov. 10.

people coming together against a common threat.

"Now we need to move on to actually changing laws and expecting more from men," Henry said. "Policy needs to be changed."

Henry's specialization in forensic psychology gives her the ability to consider issues from all perspectives, including those in government and those holding protest signs.

"I don't think the government should be abolished," Henry said. "You have to participate in positive change. I need to be a part of the solution and not just yell about what the problem is."

Many people believe that the first step to changing policy is changing who is in the government. A common complaint during the protests that have captured headlines in the past two years—most notably the Women's March and the common sense gun law protests sparked by students

from Parkland, Florida—is that the government does not accurately represent their constituents.

"Diversity in government is important because the people they are representing [are] far more diverse than a bunch of old white people," Henry said. "Our government should represent the people who are a part of the country."

College is a stressful time that cannot be dictated by one factor, but rather should be a careful balance of school life, fun, and involvement in both the city and current events happening around the world.

"You could have five people doing as much as they can and it's not going to have nearly the same effect than if you have half of the city putting in even a minor effort," Albright said.

Taylor may be reached at tmckenzie@su-spectator.com.

HAVE A BLAST WITH THIS PASS. LIBRARY CARD GRANTS MUSEUM ACCESS

Asma Gaba
Staff Writer

Did you know that you don't have to be a resident of the city of Seattle to receive a Seattle Public Library (SPL) card? Just show a librarian at the front desk your student ID and you'll be able to apply for a library card and have access to everything the library has to offer. With a free library card, students can participate in multiple programs at the SPL.

The library's Museum Pass Program is a fairly new addition to the SPL. The program provides free admission into certain participating museums and galleries in the Seattle area, just by reserving the pass with a library card online.

A wide variety of museums participate in the program such as MoPop Museum of Pop Culture, Seattle Art Museum, Seattle Aquarium, Woodland Park Zoo, and more. Each pass will admit at least two people—some can admit up to four—so bring a friend along!

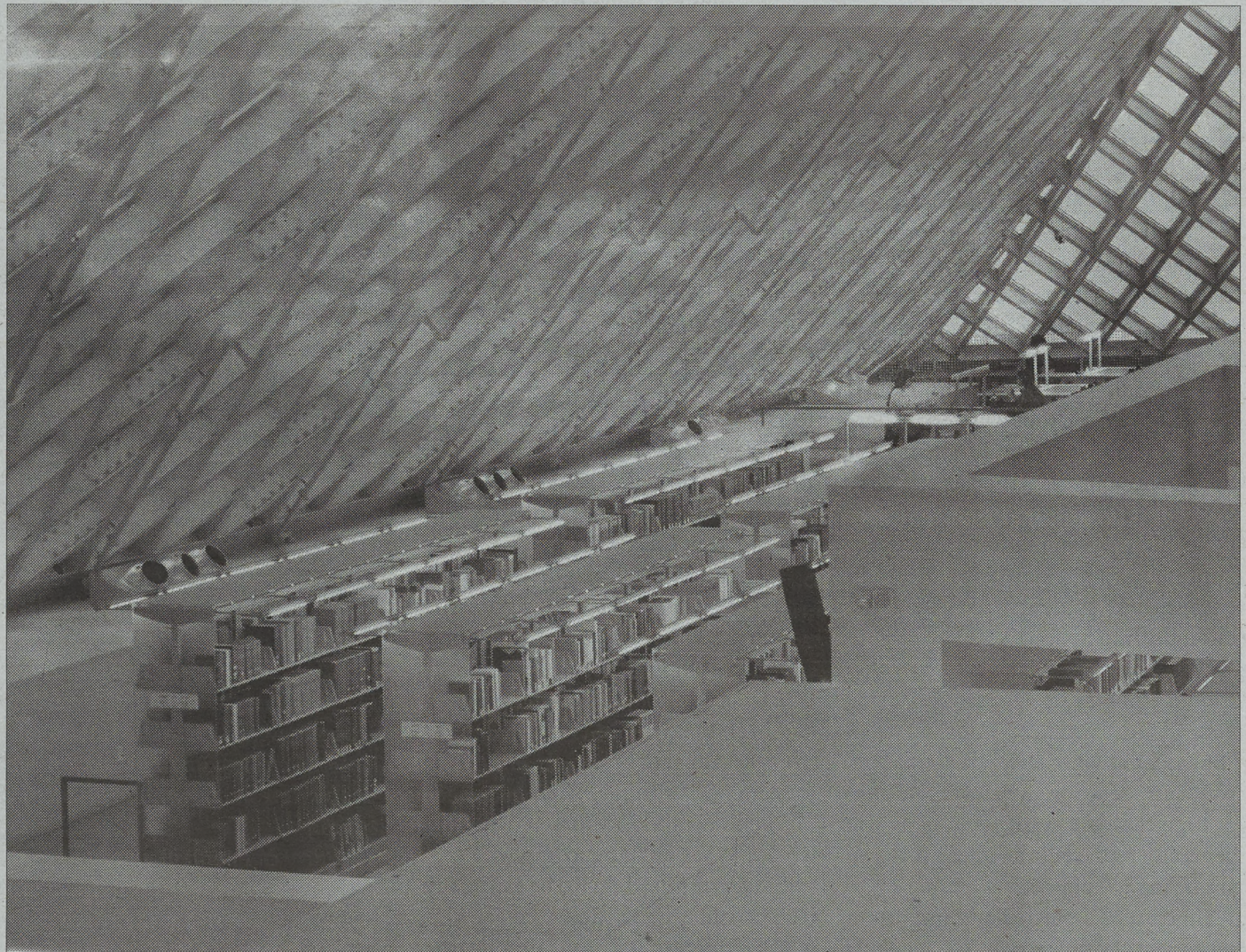
Andrew Harbison, assistant director of Collections and Access at the SPL gave a couple of tips on what is available that Seattle University students may be interested in.

"It's hugely popular," Harbison said. "We like to promote it but also recognize that there's a limit to the number of passes. It's best to get ahead of it and reserve it in advance."

New passes are available every night after 9 p.m., so if the day you were interested in was booked, check again at night when the passes refresh.

As for library books, students may not have the time to go to a library, check out a book, and then return it when they are finished reading it. Harbison offered e-books and e-audiobooks as a resource that library patrons are able to download on their phones and other electronic devices.

At the SPL, the electronic collection is the fastest growing one that they have in terms of demand and collection size. The convenience is a factor as to why it's so popular, since a trip to the library isn't needed for



ADRIANA ALEJANDREZ • THE SPECTATOR

The Seattle Public Library card and Museum Pass Program allow Seattlites to access the city's most entertaining and aesthetic spots such as the Seattle Public Library.

this particular assortment of books.

Andra Addison, the communications director at the SPL, encouraged students to come to the library, as she said there is always something available for them—whether it is a place to study, hang out with friends, or a place to relax. Much like Seattle U's library, the higher you go up in the SPL's 10 floors, the quieter it gets.

A unique resource that the SPL has to offer is the Eulalie and Carlo Scanduzzi Writer's Room on the ninth floor of the library.

"For any aspiring writers, we have a writer's room," Addison said. "Anybody working on a manuscript, any type of book, they have their own special room that they have access to."

To receive access to this room, library patrons must apply through the SPL site with proof that they are working

on a project, either independently or with a publisher. If an individual is approved, they will have access to the writer's room for six months—a helpful setting for students working on school projects who want to get off campus.

Catrina Yang Farrell, a second-year English student, was surprised to hear about the amount of resources the SPL had available to students. Farrel expressed interest in obtaining a card soon after learning about the establishments that partner with the SPL and that she did not have to be a Seattle resident.

"I need to get a library card," Farrell said. "I'm not even kidding because I love all those places. Also, the museums here can get expensive sometimes."

Seattle U students, take advantage of the SPL! It's free, conveniently

close on 4th and Madison St., and will prove to be a valuable and entertaining resource for university life. Harbison encouraged students to visit the library at least once. He wants students to know that the SPL is not only for checking out books, but has an abundance of other resources that are guaranteed to interest you.

"I would say come and look around, and I think you'd be surprised at what you find."

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

HEALING TRAUMA COLLECTIVE SUPPORTS VICTIMS OF VIOLENCE

Elise Wang
Director of Photography

Nestled in the first floor of Chardin amongst classrooms and communal meeting spaces sits the Gender Justice Center (GJC), equipped with cozy couches, rainbow flags, and the beginnings of Seattle University's newest resource: the Healing Trauma Collective.

As the upcoming resource for those affected by power-based violence, the Healing Trauma Collective plans to have its kickoff during winter quarter.

According to founder Ash Vera, the Healing Trauma Collective is a year-long research initiative put together by the Gender Justice Alliance, which consists of student groups Queer and Trans People of Color (QTPOC), GJC, and Survivor Support Network (SSN), which has been adopted as a group within GJC.

This initiative will host forums to create much-needed dialogue amongst students, faculty, and staff to re-evaluate policies and institutional structures of Seattle U. Vera hopes that this opportunity to have open conversation will spark the change that is needed to address the continual rates at which students, faculty, and staff have been experiencing sexual misconduct on campus.

"It's a lot more about creating dialogue among students, faculty, and staff and what the perceptions are and the experiences of students who experience some kind of gender violence or sexual assault on campus," Vera said.

The Healing Trauma Collective will invite and include anyone and everyone, from students of all majors and backgrounds, professors, staff—essentially anyone with a position of power at Seattle U.

The idea for a series of forums came to Vera and the co-president of SSN in fall of 2017 when they realized the need for communication among student groups and administration. In seeing the disconnect between students' actual experiences of sexual assault and administration's perceptions, they

realized that the most harm occurred when faculty and staff were expected to have sensitive conversations despite not feeling adequately prepared.

Early in the formation of the Collective, Vera found support from David Powers, Dean of the College of Arts and Sciences. Powers put Vera in contact with other faculty and staff who would also take part in taking the Collective to the next step.

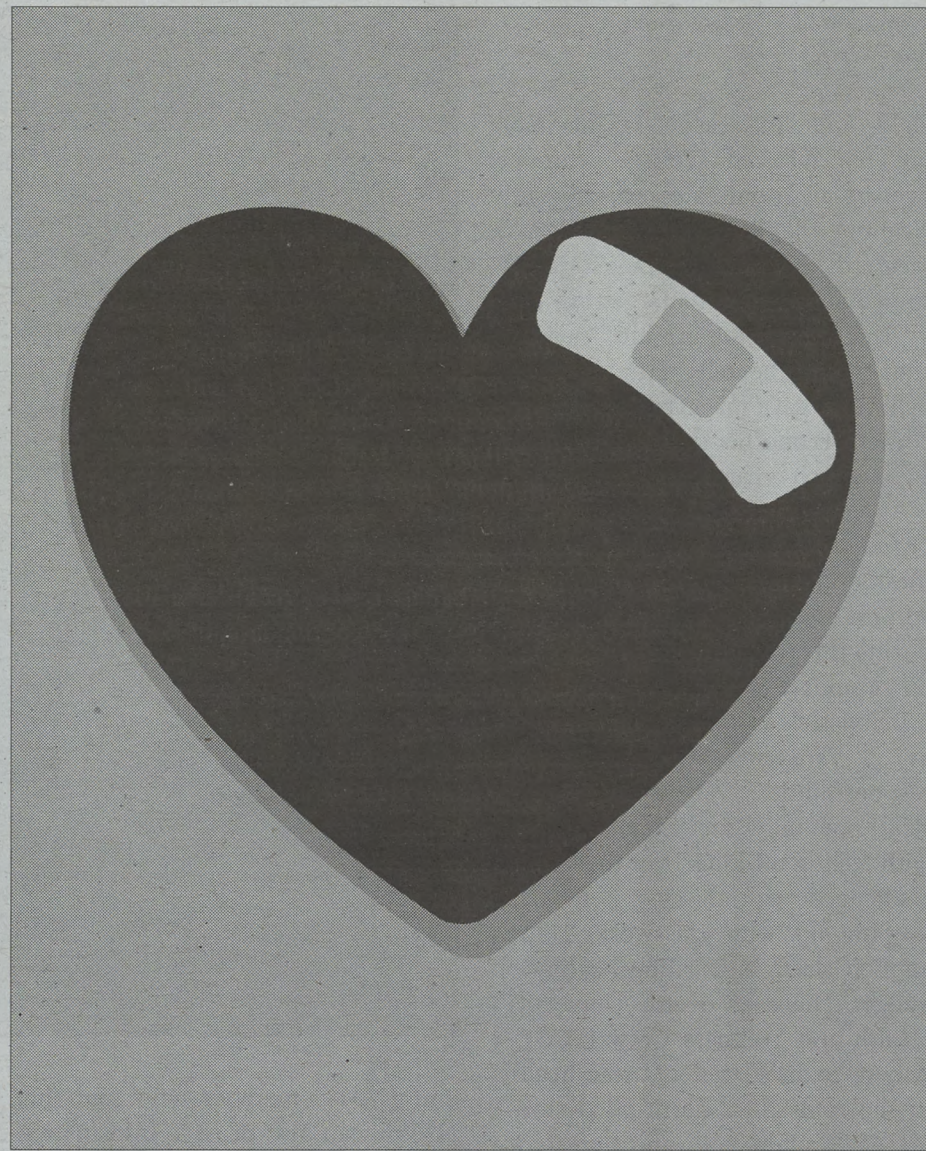
"It seemed important to connect the people who have had to deal with these traumas in their own lives to the administrators at the university who are central in working on these very issues at the university level," Powers said in an email. "My hopes are that better ways of both supporting students and addressing these issues make Seattle University a safer and better academic community and institution of higher learning for everyone."

Once the Healing Trauma Collective takes off in the winter, forums will be led by Ash Vera and the Collective's executive board, which has yet to be formed. However, the Collective will not necessarily be hierarchical; rather the board members will act as moderators and Vera invites anyone to participate. In this way, the community can have control over the conversation.

Another unconventional feature of these forums includes Google Drive records of meetings that will be accessible to everyone so that the community can see the Collective's progress and keep them accountable.

Participants of the forums will discuss the resources that are available on and off campus and the misinformation on sexual assault at Seattle U. The Healing Trauma Collective invites people to think critically of those resources and to discuss what could be improved and changed to reach and support a wider number of students.

"I hope that this builds the conversations that really need to happen; I hope that this drops the veil, the barrier between students, faculty, and staff," Vera said.



EMILY MOZZONE • THE SPECTATOR

Also as part of their focus on intersectionality, the Collective will participate in and address other events and projects that advocate for gender and trans equality. For example, forums will incorporate discussions on the GJC and SSN's work towards gender-inclusive housing at Seattle U.

"The point of having all the organizations and clubs is to make sure we have as intersectional a perspective as possible," Ames Zocchi, the President of SSN, said. "When talking about this type of policy and for Triangle Club as a club that is for queer people and a LGBTQ club, that is our lens to give when discussing this policy."

In light of the #MeToo movement and Brett Kavanaugh's trial, Vera feels the need for a space that could host open and non-judgmental

conversation among a greater number of people. While there were invitations for separate conversations from multiple campus groups at the time of the trial, there were none that unified the campus.

"I'm really hopeful for better policy when it comes to sexual misconduct because the policy we have is insufficient," Zocchi said. "I also really hope, not just for the Healing Trauma Collective but in trans-inclusivity and in gender-inclusive housing, is better communication amongst the groups at SU."

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

WINTER IS COMING: STAYING HEALTHY DURING FLU SEASON

Kaela Takei
Staff Writer

Cold and flu season is inevitable on a clustered college campus. Even if all roommates are diligently cleaning the living space and have received the flu vaccine, somehow someone still ends up getting sick.

"The flu is going around," says one student. Another tells his friend, "I can't believe he gave me strep." Around the corner, yet another student complains, "A stomach virus is going around."

As college students, these are the phrases heard practically every day in the months of September to January. Almost every sickness is spreading during this time, but there are various on-campus resources available to help.

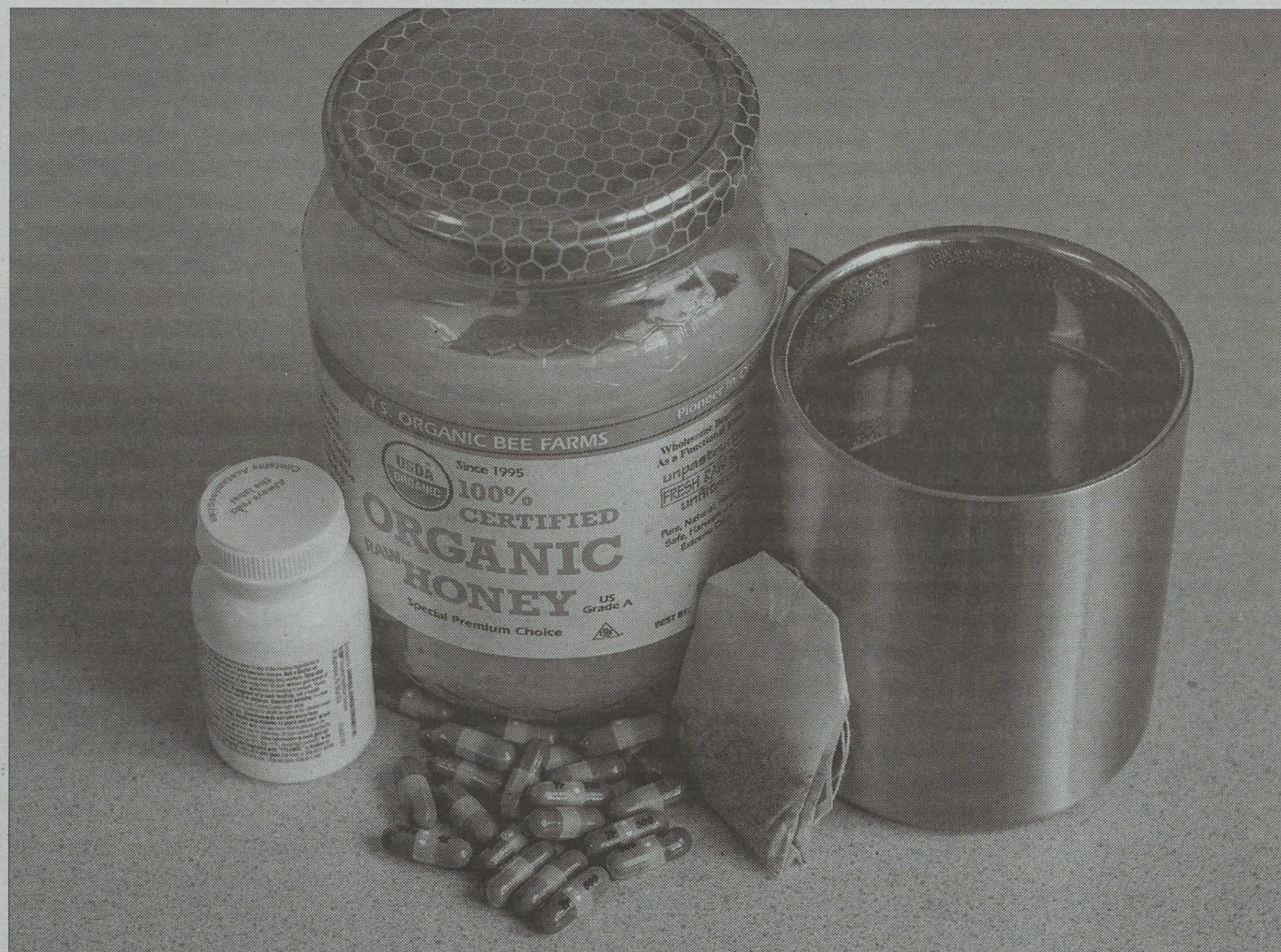
Being sick is never fun, especially as a student with day-to-day responsibilities. When students get sick, not only are they struggling with feeling off-kilter, but they're also challenged with making it to class, keeping up with classwork, getting enough sleep, and eating healthy on budget. However, Seattle University's Health and Wellness Crew (HAWC) is here to help students stay healthy in the midst of a germ-filled storm.

HAWC offers cold and flu kits for students who are sick or looking to take preventative measures towards not getting sick. In these kits, students receive tips and tricks on staying healthy, over the counter medicine, Purell hand sanitizing wipes, a mini Kleenex pack, among other items. HAWC also offers Emergen-C dietary supplement and immune support packets for students.

Psychology major and HAWC member Katherine Dickhaus said that HAWC can also offer support with students who are struggling with their academics through their illness.

"Maintaining a presence academically is a really big challenge on campus," Dickhaus said. "We offer tips and tricks for helping to get in contact with professors, even help write emails asking for extensions or for meeting outside of office hours."

Peter Hoang is a nursing student



JOSHUA SCOGGIN • THE SPECTATOR

and HAWC member who said that HAWC can also provide information on where to get flu shots, aside from the on-campus Student Health Center.

"We can tell people where the closest place to get the flu shot is. So, sometimes students don't have insurance at SU, but Walgreens and Bartells have flu shots," Hoang said.

Dickhaus also added that it's important to get a flu shot early on, too—he said students should schedule an appointment as soon as they're free.

As a nursing student participating in clinicals with settings that are particularly germey, Madelyn Twight is constantly aware of who and what she is touching.

"Being aware is probably the most important trick to staying healthy. Being aware of who is sick and what they touch, who around you is sick [is important]. You don't have to isolate yourself, just be aware," Twight said.

When working, Twight touches things as little as possible and

washes her hands consistently.

"If you don't have to put your hand on a patient, don't. If they are clearly sick, put a mask on them and just be super aware of what you touch and what can be contaminated," Twitch said.

This crucial nursing tip can be translated into a healthy habit for someone living in a dorm or on campus surrounded by germs. Twight said she now realizes how many unnecessary things she touched while living in the dorms.

From walking through the front door, to pushing elevator buttons and touching railings, to using door handles and community bathrooms, there are many ways to transfer germs from objects to students' hands. Cutting back on touching unnecessary objects can really save students from picking up germs and transferring them into their bodies.

Lastly, Twight shared that hand washing with soap and water is super important because our hands carry

most of the germs we encounter. But if students can't immediately wash their hands, using hand sanitizer or Purell is the next best thing.

"Door knobs, railings, the elevator... think about it...when you're on the street and pressing the walk button, all you have to do is cover your hand to push the button or carry a bottle of Purell when it's cold and flu season. Just make sure you're washing as often as possible. Be really aware of what you're touching because your hands carry 90 percent of it," Twight said.

Being sick can take a serious toll on a student's daily and academic life, but they don't have to go through it alone. Reaching out to friends, professors, and other on campus resources can significantly decrease the time spent being sick and can increase one's chances of staying healthy next time.

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

SEATTLE U COLLEGE OF NURSING RANKED BEST IN WASHINGTON

Asma Gaba
Staff Writer

Seattle University's College of Nursing was recently ranked the best in Washington and is in the top five percent—number 16—in the United States. The ranking is determined by the reported salaries of graduates, quality of the college, accreditation, and other factors. Students and faculty alike are pleased with the news, and in addition to the above criteria they had their own beliefs as to what makes the College of Nursing great to them.

The College of Nursing has been a part of Seattle U for more than 80 years and has attracted students from a wide variety of places for multiple reasons. Most students cite the school's proximity to many hospitals, the small class sizes, and the focus on community engagement as popular motives for choosing Seattle U.

Kristine Dao is a third-year student who is in her first year in the nursing program, having transferred into the nursing cohort of 2020. Dao said that one of the reasons that Seattle U is nationally ranked is because of the attention and care they receive from the professors and how, in turn, that makes students better nurses.

"There's a lot of outreach from professors to ensure that students are getting proper education and that they feel fulfilled by the time they leave Seattle U," Dao said.

In addition to attentive professors, Dao also cited the Clinical Performance Lab (CPL) as another factor that contributes to the college's ranking. The CPL is a teaching site located in James Tower at Swedish Cherry Hill Medical Center. It is a 20,000 square foot facility that includes simulation suites, laboratory learning areas, as well as teaching spaces.

In the CPL, nursing students are able to practice their knowledge from class lectures on high-fidelity mannequins. The mannequins are able to replicate human states and sounds, making the simulation as real as possible for the students.

"I think we excel in ensuring

that students are getting the proper training and that they feel comfortable in simulation," Dao said. "It's such a nerve-wracking thing, but after we leave simulation, people are always so relieved because not only did we just go through simulation, but also because we learned so much."

Maddie Schaefer is a third-year student in the College of Nursing who entered the program through direct-entry, another reason why she believes that Seattle U's College of Nursing is a popular school for applicants.

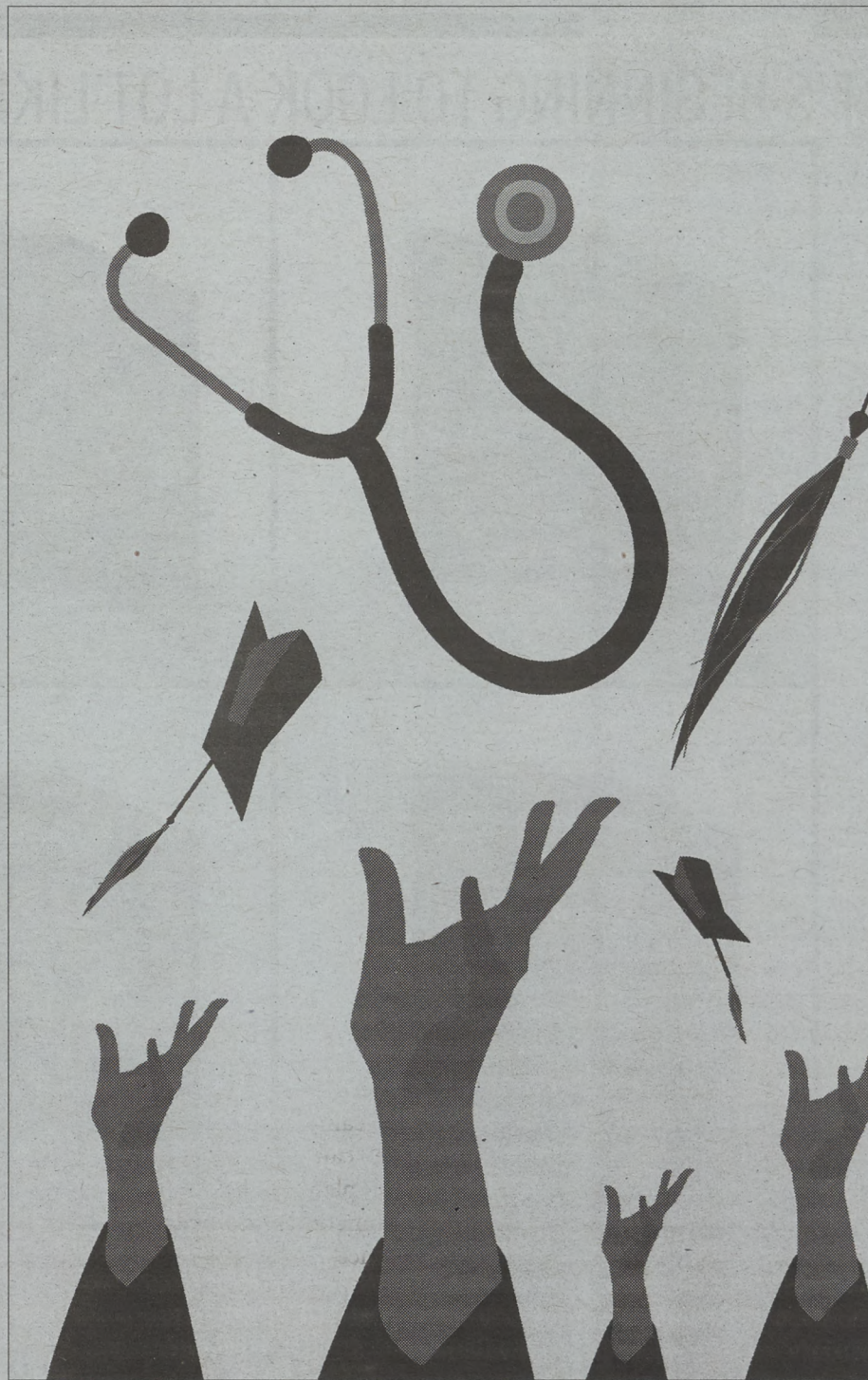
"I know a lot of nursing schools where you have to reapply every year or there's a certain amount of spots in the school, where you can start off as pre-nursing in your first two years but then in your third and fourth year, you have to make it into one of those slots. It's a constant competition," Schaefer said. "SU is unique in a way where once you are admitted into the College of Nursing, you can stay in as long as you keep up with your work."

Associate Dean for Undergraduate Education Danuta Wojnar said a prominent reason for the high ranking among all the others that students have bought up is the high National Council Licensure Examination (NCLEX) scores students have received.

The NCLEX is a national exam that all nursing students sit for after graduation so they may receive their nursing license that will allow them to officially practice. Schaefer pointed out that a benefit of being a student at Seattle U's College of Nursing is that many exams have already been in the format of the NCLEX as a way of early preparation for students.

"We had very nice scores this year in Washington state for our undergraduate students—over 95 percent," Wojnar said.

In addition to the NCLEX results, Wojnar said that the Seattle U nursing program has holistic application and acceptance methods. Wojnar believes that the college adheres to the school's mission of seeing the "whole person" in relation to accepting its students into the nursing program. She said that doing so is a unique way of



TARYN OKAMOTO & EMILY MOZZONE • THE SPECTATOR

choosing students and contributes to what makes the College of Nursing nationally ranked.

"We get about five to six hundred applications and can admit 80 to 85 students, so it's competitive to get in," Wojnar said. "But I believe it is a good program because we use holistic admission, and we look at the whole person rather than only looking at their academic performance."

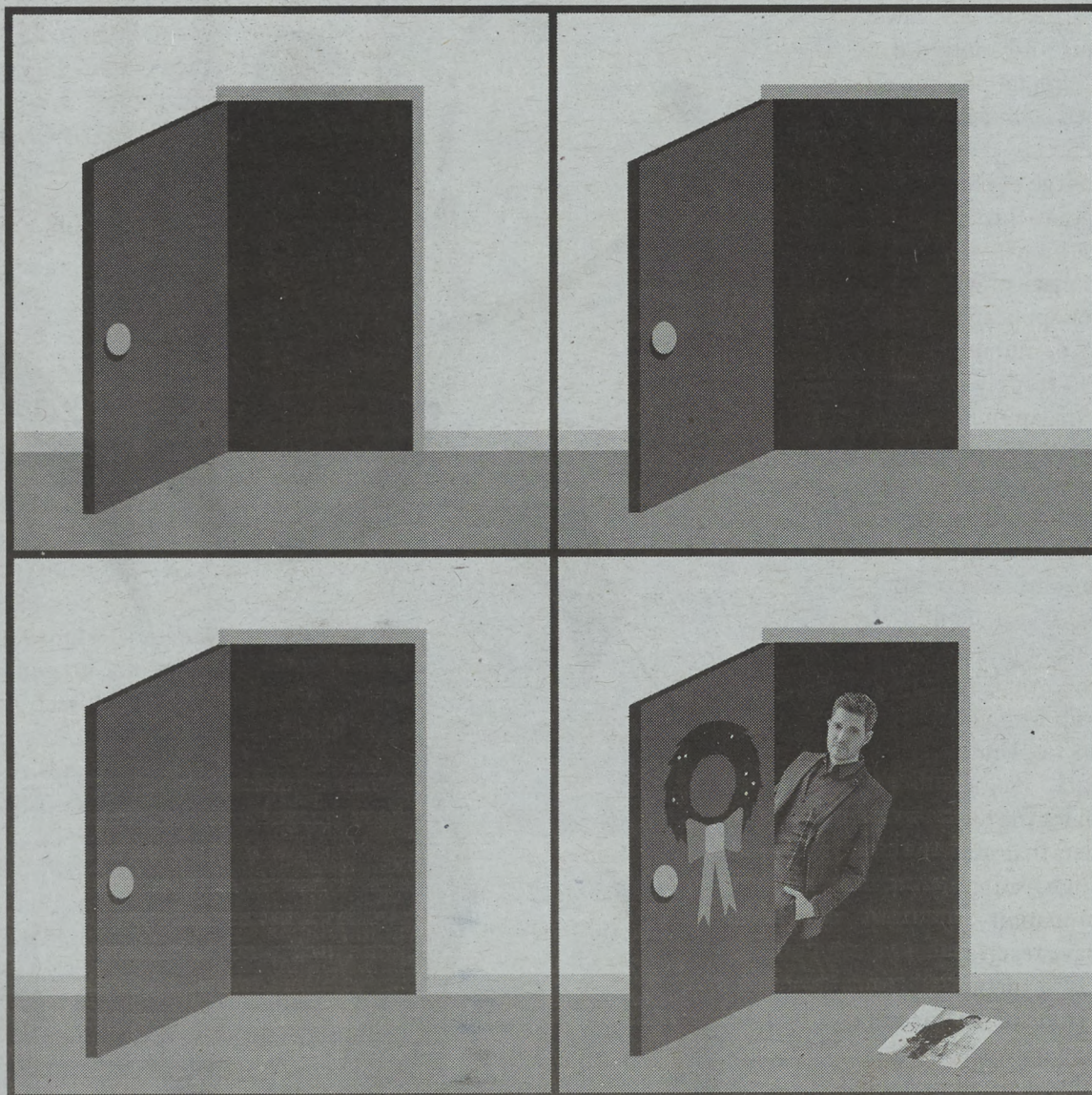
Between the academic performances of the students and the resources the College of Nursing has, students

reported their overall satisfaction in their choice of school at the end of the day.

"The school is super supportive, and I couldn't recommend people to apply anywhere else," Dao said.

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

IT'S BEGINNING TO LOOK A LOT LIKE...



CONNOR MERRION AND JACQUELINE LEWIS • THE SPECTATOR

THE 10


TOP 10 DISHES THAT TOP THE TURKEY

- 10 Pumpkin Pie
- 9 Mashed Potatoes
- 8 Gravy...on Everything
- 7 Willy Wonka's 3-Course Meal Gum
- 6 Hawaiian Sweet Roles
- 5 Mac and Cheese
- 4 Watered-Down Beer
- 3 Spec(tater) Tots
- 2 Rudy the Redhawk
- 1 Your Mom's Stuffing

HOROSCOPES: FILM RECCOMENDATIONS FOR THE SIGNS

 **LIBRA**
9/23-10/22

Sudden Fear (1952), dir. David Miller.

 **CAPRICORN**
12/22-1/20

Devil Wears Prada (2006), dir. David Frankel.

 **ARIES**
3/21-4/20

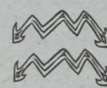
Fight Club (1999), dir. David Fincher.

 **CANCER**
6/22-7/22


Pariah (2011), dir. Dee Rees.

 **SCORPIO**
10/23-11/21


Jennifer's Body (2009), dir. Karyn Kusama.

 **AQUARIUS**
1/21-2/19

Leroy and Stitch (2006), dir. Roberts Gannaway.

 **TAURUS**
4/21-5/21


Breakfast at Tiffany's (1961), dir. Blake Edwards.

 **LEO**
7/23-8/22


Clue (1985), dir. Jonathan Lynn.

 **SAGITTARIUS**
11/22-12/21


Into the Wild (2007), dir. Sean Penn.

 **PISCES**
2/20-3/20

Scott Pilgrim Vs. The World (2010) dir. Edgar Wright.

 **GEMINI**
5/22-6/21

Moonrise Kingdom (2012), dir. Wes Anderson.

 **VIRGO**
8/23-9/22

The Social Network (2010), dir. David Fincher.



**STUDENTS WITH
DISABILITIES
NAVIGATE A
CAMPUS THAT
EXCLUDES THEM**

STUDENTS WITH DISABILITIES NAVIGATE A CAMPUS THAT EXCLUDES THEM

by Elizabeth Ayers

"AN UNFRIENDLY PLACE"

Some may interpret Seattle University's choice to co-host the Special Olympics this past summer as a step towards creating a more inclusive environment. Members of the disabled community on campus, however, are left wondering what measures Seattle U is taking to make the campus and the culture around disability accessible to its students this year.

"Campus is not a very friendly place for people who have trouble getting around," sophomore computer science major Hailey Dice, co-director of Students for Disability Justice (SDJ), said.

Ramps and door openers are aspects of accessibility that many able-bodied folks on campus may think of when considering issues of accessibility on campus. However, there are other facets to the issues of disability injustice, such as the lack of providing basic physical access to buildings, even when planned ahead of time for events.

"I've written to facilities, I've written to several people in different colleges every time we have an accessibility issue in a building to let them know, 'hey, you know that we have this population of people coming, this is what happened' and [failures in accommodations] always continue to happen," senior Molly McCabe, president of the Best Buddies Seattle U chapter, said.

Best Buddies is a global organization that seeks to support folks with intellectual and developmental disabilities. The organization provides access to break social, physical, and economic isolation in the face of institutionalized segregation.

Between the Special Olympics and the Best Buddies Seattle U chapter, it appears that Seattle U is at least inclusive of disability-related needs.

However, Seattle U does not admit students with certain intellectual and developmental disabilities, including Down's syndrome.

These apparent conflicts in Seattle U's inclusion practices have sparked debate and frustration in the disabled community about what access and accommodations mean.

ACCESS TO RESOURCES: CAPS & DISABILITY SERVICES UNDERFUNDED

Disability Services (DS) is Seattle U's center for people with disabilities to request accommodations, and continue to implement past accommodations, that are needed to ensure the student's success.

Theresa Earenfight, program director of the women and gender studies program and history, described how valuable a resource DS was when she first started to address inaccessibility in her classroom. It continues to support as more concerns over accommodations occur.

"I really rely on the Office of Disabilities a lot, and they have been just a tremendous resource," Earenfight said. "They're better now than they used to be, but they're still seriously underfunded and there are still serious misperceptions about what disabilities are and what forms they take."

Student Government's Students with Disabilities Representative Sadie Reich stressed the degree to which Disability Services and Counseling and Psychological Services (CAPS) are underfunded and understaffed when, she says, they are the most important resources on campus.

"CAPS is scheduled so far out, it takes so much effort to reach out

for help. If you don't hear back right away, that can sometimes be it."

Reich continued by expressing concern about how the lack of transparency in the budget raises questions about the funding resources students with disabilities receive.

"Why do we need a huge bronze hawk statue that costs I don't know how much? It doesn't matter how well our school looks if our students aren't doing well mentally or physically."

"ARE WE ACTUALLY TRUE TO OUR JESUIT VALUES?"

"Last year, I was driving home one day and there were signs everywhere with balloons that said 'Seattle U hates disabled people' or 'Seattle U discriminates against disabled people' and I haven't officially heard anything about it, but it's pretty obvious when you look around," Dice said.

Many members of the disabled community at Seattle U feel that the institution does not meet their needs.

One of the questions for disabled people is when it is worth it and responsible to speak up and when it seems pointless and too exhausting to try.

"When do you stop to educate someone and when do you not?" Dice said.

Dice wishes Seattle U's able-bodied people could become more adaptable to different people and different situations.

"Be more flexible and being able to adapt to people, adapt your language and way of teaching, being able to change and be there for people who are different than you," Dice said.

President of Gender Justice Center Anab Nur said that part of

this change is getting Seattle U to show transparency in its budget and initiatives, and the progress of those initiatives.

Ash Vera, who worked as a desk assistant at the Murphy apartments over the summer, reported that Housing told desk assistants to say "it's in progress" if residents asked about accessibility issues in the complex.

Vera also believes that when initiatives take place, they need to include the disability community.

"They never pose the question 'should we do this?' and then ask the steps to do it. They're just like 'we're doing this as a response to demands that you listed...it's happening—we're not going to tell you the process or how it's happening, but just telling you that it's happening,'" Vera said.

Earenfight called on the Provost to embed accessibility into all aspects of the university's pedagogy for similar reasons.

"We need to have an understanding that an accommodation by definition sets you apart and yet it also provides a kind of understanding of what it is that a person needs to learn," Earenfight said.

A Jesuit education cites its mission as educating the whole person for a just and humane world.

The conversation on accessibility does not consider all bodies and abilities, and appears to contradict its holistic goal.

"I think we should go through the things we want to do as a full initiative and be like 'are we actually true to our Jesuit values?'" Nur said.

The conversation around accessibility draws into question the validity of mission statement: if the university is inaccessible, is the education reaching the entire student body?

“LET ME TELL YOU WHAT I HAD TO GO THROUGH JUST TO GET INTO THIS BUILDING”

McCabe led a Best Buddies Talk in Wyckoff Auditorium last year when apparent shortcomings in accessibility were noted.

One of the speakers at the event could not enter the building because the button to open the door was out of order, and was unable to open the door. When somebody finally came by and opened the door for her, the speaker went up the elevator to Wyckoff.

Then, the next elevator to the Wyckoff stage was broken. It was unable to be fixed, it and the speaker had to give her speech from the back-left corner of the room.

Seattle U, McCabe pointed out, fails to make its spaces accessible even when it is expecting people with disabilities to occupy these spaces for a limited amount of time and accommodations are explicitly asked for.

“I was mortified,” McCabe said. “One of our other speakers took a moment to say, ‘yep, this is what I have to go through, let me tell you what I had to go through to get into this building.’”

Earenfight said she has mentored many students with disabilities and worked a lot with Disability Services, learning over time where Seattle U does and where it does not meet the accessibility needs of its students.

“I realize how unfriendly the campus is for disabilities of any kind... just the architecture, the layout, the fact that people say ‘oh, well this is not a big hill’ and it’s like.. ‘oh, yeah?’ Everything is designed for [able-bodied] individuals and that’s not helpful,” Earenfight said.

Reich described going through the State of the Undergraduate Student Survey (SUSS) when she first began her term as SGSU. The SUSS is a yearly 80 question

survey administered through SGSU to hear about the experiences of their constituents, the undergraduate students.

She said that students have reported basic problems like gravel in walkways making it dangerous to walk with a cane.

Reich also recalls a story where the Murphy’s lack of elevators hindered one of her friend’s ability to move in.

“My friend broke his leg right before school started and moving in was awful, and he’s on the second floor.”

“IT’S NOT JUST A HANDFUL OF PEOPLE”

Academic accommodations are put in place for those with disabilities, and can be obtained through Disability Services.

In addition to academic accommodations, Disability Services also provides accommodations related to housing, meal plans, and more.

Some problems that come up in Students for Disability Justice often, Dice said, are the lack of advertisement about the extent of services Disability Services provides.

The note that professors are required to have in their syllabi is one of the only continuous—and still limited—notifications about the resource.

“The language they use in [course syllabi] makes it seem like [accommodations] are only for learning disabilities or if you need help with something school-related,” Dice said. “Disability Services does so much more and there’s just not enough advertising as to what kind of help you can get.”

Dice said there are also barriers when it comes to getting into Disability Services in the first place.

“Once you’re in with Disability Services, it gets a little better,” Dice said. “But there is a lot of pushing that you have to do and just having to seriously advocate for myself. A lot of people aren’t comfortable

doing that.”

Most disabled folks agree that disabilities are much more prevalent than they are perceived to be by the able-bodied. Anyone could become disabled at any point in time.

Earenfight feels that accessibility should already be built into our institutions because of this pervasiveness.

“It’s so clear that it’s not just a handful of people, that everybody has an experience of this in some way or another—some permanent, some long-term, some short-term,” Earenfight said.

“PROVIDED THAT THE ACCOMMODATION DOES NOT CREATE AN ‘UNDUE HARDSHIP’”

Institutional access, or accessing Seattle U at large, is another barrier that people with disabilities in the world and the on-campus community struggle with.

While Seattle U tries to be inclusive, it falls short of doing so on an institutional level, many in the disabled community said.

“I’d say that for what a lot of SU does, they have a good start, but they’re not going as far as they should,” Reich said.

In Seattle U’s Section 504 and American Disabilities Act (ADA) Policy and Appeal Procedure handbook, it uses ADA’s definition of a disabled person’s right to reasonable accommodation: “provided the individual, ‘with or without reasonable accommodation, can perform the essential functions of the employment position that such individual holds or desires,’ and provided that the accommodation does not create an ‘undue hardship’ for the employer.”

McCabe said that Seattle U does not have the resources to be able to provide for students with intellectual disabilities. The larger issue for that community is the lack of access throughout higher education. However, she said it has serious consequences as it pertains to Seattle U’s community

and its students who have intellectual disabilities.

“If SU students don’t see those students on campus, they don’t think about those people at all,” McCabe said.

Dice expressed skepticism about Seattle U’s overall commitment to long-term improvement for students with disabilities.

Another policy that has been viewed as harmful is the sexual misconduct policy. It states: “Consent cannot be obtained from an individual who is incapable of giving consent because the person...has a mental, intellectual, or physical disability...”

Many members of the disability community or those involved in the community expressed concern over this warning and concern over how easily ableist language is accepted.

“It’s troubling in its vagueness. When I had my ACL repaired four or six years ago, I would have qualified [as physically disabled], when all it was was knee surgery and a crutch,” Earenfight said.

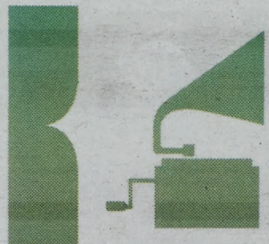
The University of Washington’s sexual misconduct policy and the Washington State legislature both discuss inability to consent in terms of “mental incapacitation” rather than disability as a general phenomena.

“They’re assuming that there is a mental incapacity predicated on a mental, intellectual, or physical disability,” Earenfight said. “So it could be anything from situational depression to psychosis.”

The policy, Earenfight said, was meant to protect people, but it demeans more than it protects.

“I think it sucks that it has to be used for you,” Dice said. “You can’t just choose what people say about you.”

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



5-COURSE FEAST, DELICIOUS SALT & STRAW THANKSGIVING FLAVORS

Kaela Takei
Staff Writer

"Each month we create new flavors made with the best locally sourced ingredients that reflect flavors of the local foods and artisan community. Make sure to get them before they're gone" Kim Malek said.

Malek, founder of Salt & Straw, had been dreaming of creating an ice cream shop since 1996. One day, Kim and her cousin, Tyler Malek, got in contact with each other and coincidentally were both working towards similar food driven goals.

Tyler had been experimenting with ice cream flavors and when Kim offered him position as head ice cream maker, he accepted and immediately dropped his life in Seattle to drive to Portland the next day. Today, Kim and Tyler's dream lives on not only in Portland, but Seattle, San Francisco, San Diego, Anaheim (Disneyland), and Los Angeles.

Located on the corner of East Pike and Boylston, Salt & Straw has been serving Capitol Hill unique, incredible ice cream flavors since their doors opened in February of 2018. The Capitol Hill scoop shop was the second Salt & Straw scoop shop to open, just a year after the grand opening of Salt & Straw's first storefront in Portland, Oregon.

Salt & Straw is known not only for its unique flavors, but also for its locally sourced ingredients. Each scoop shop has its permanent classic flavors which are always available and feature ice creams with ingredients from local businesses. Capitol Hill has classic flavors like Rachel's Raspberry Ginger Beer and Beecher's Cheese with Peppercorn Toffee.

In addition to each location's unique classic flavors, Salt & Straw also offers monthly specialty flavors that rotate, with a new theme every month. For the month of November, Salt & Straw is offering five specialty flavors, titled

"A Thanksgiving celebration."

These five flavors are extra special because they were created with the intention of each flavor representing one course of a five course Thanksgiving feast.

Ice cream number 1 is Sweet Potato Casserole with Maple Pecans. This ice cream is a sweet potato based ice cream with ribbons of maple syrup and marshmallow fluff, and combined with candied pecans. This ice cream is gluten-free and had a very sweet, creamy flavor. The sweet potato base wasn't too overpowering, and the crunch from the candied pecans really made me feel Thanksgiving.

The second ice cream is Roasted Cranberry Sauce Sorbet. This ice cream is unique in that it is made with three different types of cranberry foods: roasted cranberries, cranberry juice, and candied cranberry jam. Not only is it vegan, but this flavor is gluten and dairy free. The tartness from the cranberries really balanced out the sweetness from the first ice cream.

Ice cream number three is Roasted Peach and Sage Cornbread Stuffing. This ice cream has a sage-infused vanilla base mixed with crunchy corn bread brown sugar shortbread cookie crumbles and mixed in with sweet peach jam. Unfortunately I wasn't able to try this flavor due to it not being gluten-free, but my scooper described the flavor of this ice cream as very savory. The sage cornbread adds a warm, herby cornbread flavored crunch that pairs nicely with the peach jam pockets.

Fourth is Salted Caramel Thanksgiving Turkey. This ice cream has a turkey fat infused caramel ice cream base that is combined with candied turkey brittle. This flavor is gluten-free, but not vegan or vegetarian. I was a little skeptical to try this flavor at first, but it wasn't too bad! The ice cream base is very creamy and buttery and has a slight gravy flavor due to the turkey fat. The

turkey brittle adds a very nice crunch to compliment the buttery texture of the ice cream base. I definitely recommend trying this flavor, just to try something new!

Last, but not least, is Spiced Goat Cheese and Pumpkin Pie. This ice cream has a goat cheese infused ice cream base swirled with pumpkin pie custard. I was a little skeptical about a goat cheese flavored ice cream, because goat cheese has such a strong, distinct flavor. But everything came together really nicely. The goat cheese didn't overpower the pumpkin custard and they compliment each other very well.

I thoroughly enjoyed all four flavors I tried, and really enjoyed feeling like I was eating a full Thanksgiving meal. I ended up leaving with a scoop of the cranberry sorbet and a pint of sweet potato casserole with maple pecans! Don't forget to pop into Salt & Straw to try one (or all) of their limited time November Thanksgiving flavors!

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



CONDUCT OF LIFE: HANDLING SENSITIVE MATERIAL IN ART

Logan Gilbert
Volunteer Writer

"This play contains graphic sexual violence and assault; If you unable to attend this performance for any reason please leave now so you do not disturb others."

A voice echoes this warning over the speakers of the playhouse as people get settled into their seats. The lights lower slowly as the theater is covered in a deep blackness, and this is where *The Conduct of Life*, Seattle University's Theatre and Performing Art Group's latest production, begins.

The play is the story of a household in mid-1800's Latin America and tells the tale of a Lieutenant Commander and the violence and abusive acts that he commits in pursuit of power. The play looks to answer the age-old question of how people should live their lives to the fullest.

"It presents a multitude of ethical questions and asks us to reflect on what we prioritize in our lives," Derek Jones, a second-year theatre major and assistant sound designer, said.

The play is not just about the deplorable acts of Lieutenant Orlando, but about all of the hope, humor, and humanity that exists around these evil deeds of men.

There are scenes of comedy, like the packing scene, or an argument about preparing breakfast. In this otherwise dark and dreary play, the light-hearted moments that help illustrate the large difference between the actions of the Lieutenant and what a world of hope and love can look like.

Bella Rivera, a third-year theatre and psychology major, plays Nena, the young girl subject to so much abuse. She said that an important message of emotional strength of her character versus the physical strength of Orlando is important because "she somehow finds in her heart the ability to forgive people, which is real strength in the play."

Every scene ends with the lights fading away as Latin music plays when the lights are down. As the

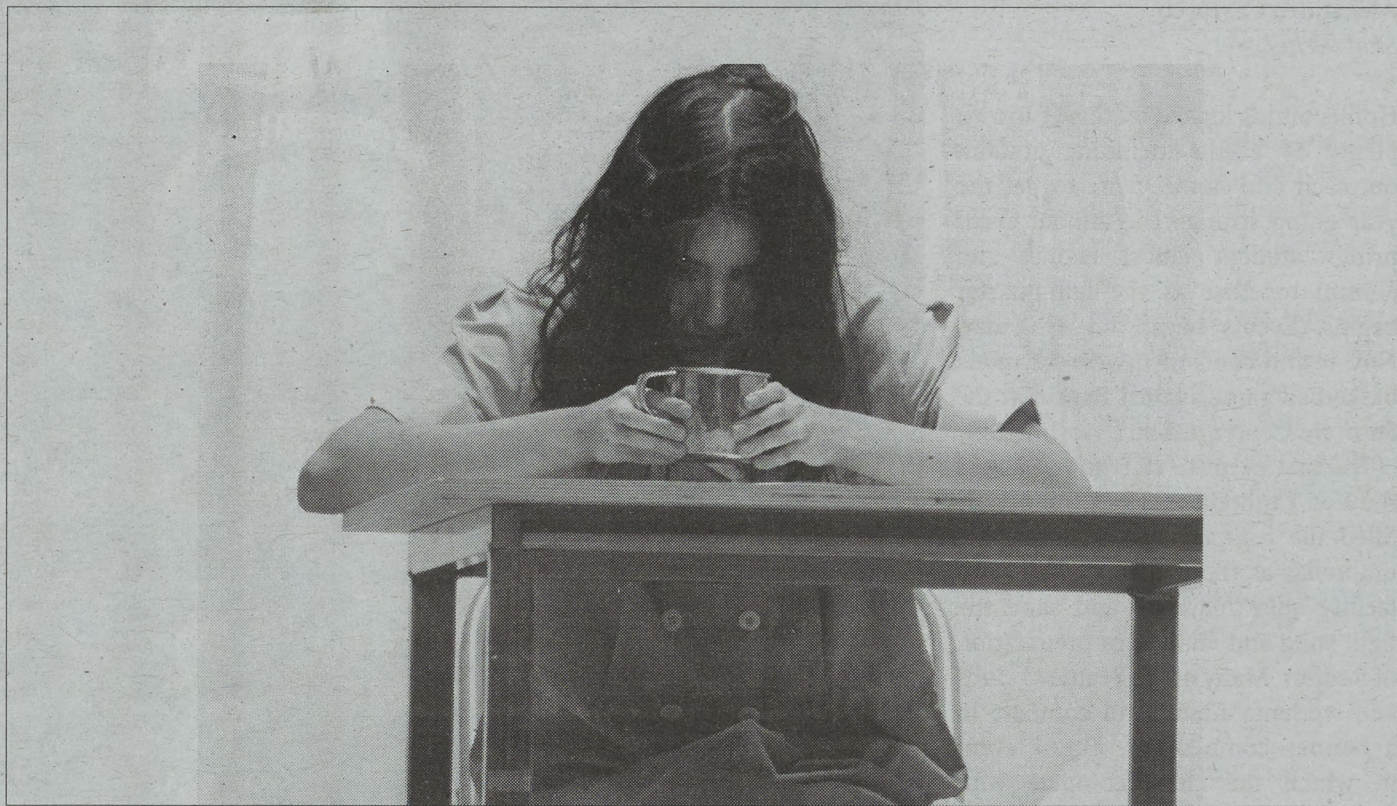


PHOTO COURTESY OF BRENNAN BUNN

The Conduct of Life is at the Lee Center for the Arts now until November 18.

actors shuffle to their marks, getting ready to perform the next step, the play progresses and the music slowly devolves into more frantic tones to reflect the heightening tensions as the audience watches the deplorable actions up close.

Floodlights flash on whenever a violent scene comes on. The stage goes pitch black to being bathed in light, shocking all the audience's senses as Orlando brutally attacks and rapes a small woman on the raised stage representing the attic.

The stunning lighting changes increase the uneasiness that the acting and set design already establishes. Before the audience even realizes what has happened, the play is over and the uneasiness lingers as everyone fights their way back into the uneasy reality no one is sure they ever really left.

After such a powerful performance, the whole cast and the director came out on stage feeling that it is important that there is a time to discuss after each show.

Seeing Ivan Guillermo, the actor who played the lieutenant, committing horrible crimes can be an intimidating,

overwhelming experience. As he gets lost in the character, seeing him as the fun actor and not the imposing military man shakes away the vestiges of shock left over from the experience. The play as-a whole is an excellent exploration into the human spirit and is an intense must-see experience.

Another important aspect of the play is the trigger warnings that are posted everywhere; from the entryway of the theatre to the brochure, to the website, and of course verbally announced before the play began. This begs the question of whether or not art can qualify for a trigger warning.

"[The cast and crew] had to take responsibility for any issues that people had," Ki Gottenburg said, the director of the play, regarding the use of a trigger warning.

When talking about working with the team to create such sensitive material she said that "it had to not be exploitative, but real enough for [the audience] to feel empathy," she said.

"Theatre is really specific in the way that it happens in front of you with real people... it's happening so close to you," said Rivera. This can make

things especially traumatic when they happen and can stir up some bad experiences.

Social and political changes that have been happening in the country and the community are something that we have to remain mindful of says Gottenburg, but she thinks it is still important to have plays that discuss these types of materials.

"We need to be cognizant that bad things happen and acknowledge it [within art]," she said.

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

KICKING OFF THE SCHOOL YEAR AT HOMECOMING

Alexandro Carrasco
Staff Writer

Homecoming kicked off this year with plenty of events—including student outreach and home game to get the year going strong. The annual event brings student clubs, teams, and alumni together as the fall quarter begins. Events began on Thursday, Nov. 8, and concluded with the men's basketball game against Bryant at the Showare Center in Kent, Washington.

The first event to start the year was the Red Umbrella Parade. The parade filled the campus with hundreds of umbrellas as the students, clubs, and faculty alike marched and sang the fight song and chatted in preparation of Redfest. Many of the Seattle U clubs and students attend and compete in a banner competition, a fun event in which the clubs compete with one another to design and craft the best banner.

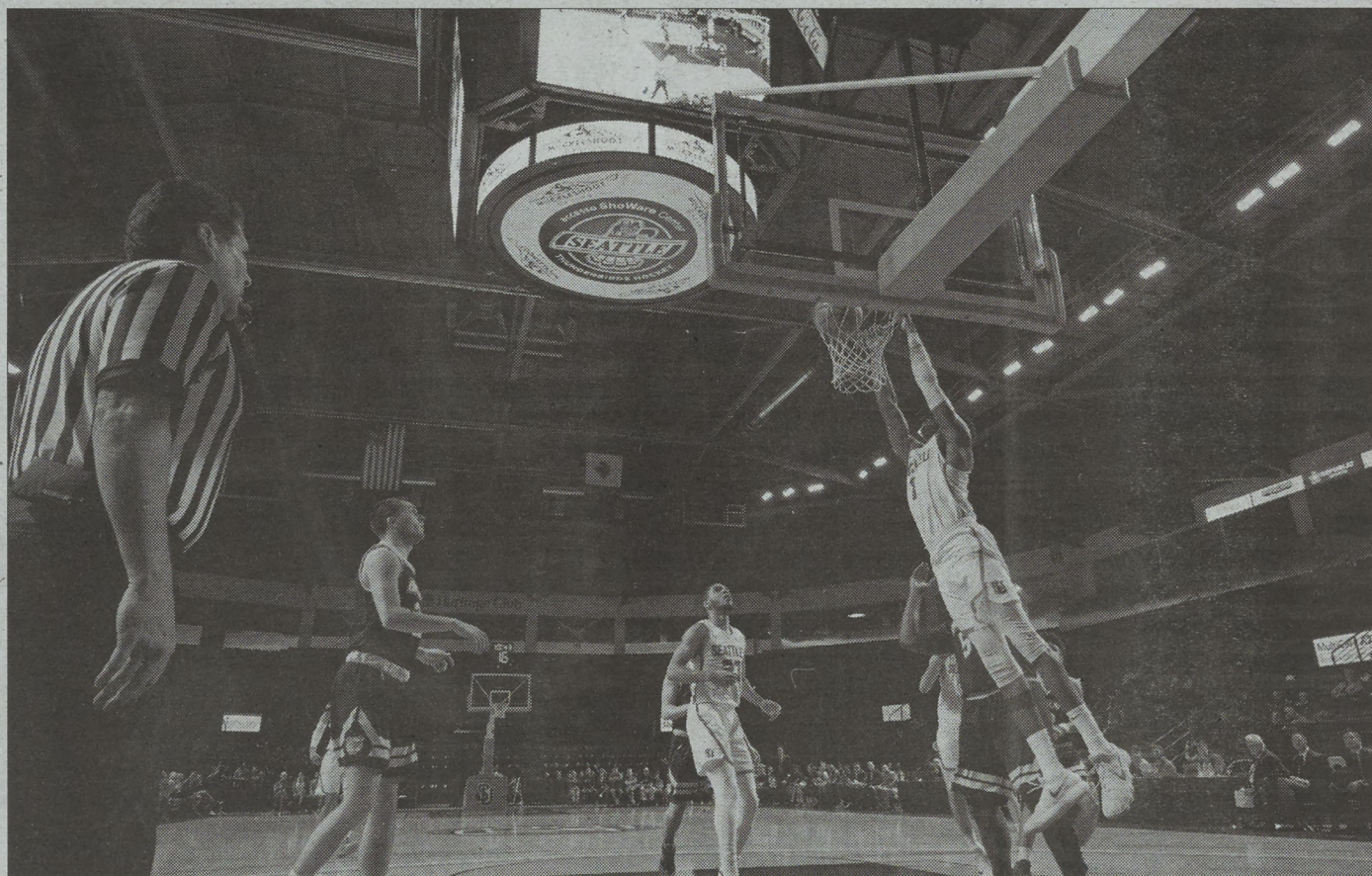
"To me, the parade was not just about the free umbrellas or free food after, but it was about showing Seattle U and our club's pride," Senior Grace Gonzaga of the Marianas TaoTao Tano Club said. "Overall, the parade was so fun because I got to see so many people gathered together showcasing pride for their clubs and also for our school."

Redfest followed the parade and provided food for all. This year the event featured carnival games like skeeball and a strong man strength game. There was a massive hot dog buffet for students to get some grub and socialize, topping it off with a Seattle U red velvet cake for dessert.

Meanwhile, Thanks for Giving Day was held at the student center. The annual event occurs where students create handwritten letters to Seattle U donors.

The first day of Homecoming finished with the men's basketball game against University of Puget Sound. The Redhawks would kick off the year at the Redhawk Center with a decisive win at 95-67.

The second day of Homecoming was filled with sporting events, beginning



Myles Carter throws down a put-back dunk during the Homecoming game.

JAMES HILL • THE SPECTATOR

with the Women's Basketball game against Northern Arizona University (NAU) at the Redhawk Center. Coming from a close game previously on Tuesday, the Redhawks had another tight game against NAU, but fell short and did not take home the win.

Seattle U was also the host for the men's soccer Western Athletic Conference Championships this year at Championship Field. In the first round against San Jose State University, Seattle U fell to SJSU. From a three-goal deficit, SJSU would score three within 20 minutes to hang in for extra-time. Seattle would inevitably lose in penalty kicks, wrapping up the 2018 season.

On Saturday, the first ever Robert Bennedsen Veteran's Day 5k occurred. All of the proceeds benefitted the Veterans Emergency Fund. In honor of our active duty and military, Seattle U hosted a cake cutting ceremony, lunch, a silent auction, and the 5k. Attendees who made a donation received a limited-edition Seattle U challenge coin.

The Redzone cabinet, student, and alumni volunteers traveled down to SoDo at Lifelong, a non-profit organization, to prepare meals for those in need.

"I had a lot of fun and got to meet alumni," Nicole Harrison- Redzone director of marketing and outreach-said. "It was a lot of fun getting to give back to the community and spend time with alumni, and get to know them."

Saturday wrapped up with the Homecoming Court Pageant in Campion Ballroom.

"I am very grateful for this experience and feel blessed to be able to represent my Seattle U community with the help of my various support systems such as MEChA, my first-generation peers, and the faculty and staff members that have taken me under their wing," homecoming Royal Nayeli Cervantes commented. "MEChA, or the Movimiento Estudiantil Chicano de Aztlan, is a national political and cultural organization that works with the community to spread awareness

and advocate for Latino individuals.

Sunday concluded Homecoming with the men's basketball game against Bryant University at the Showare Center in Kent, Washington. Party buses to the event brought students to the stadium in time for the men's basketball Mega Rally in hype for the game. Food was supplied by Whole Foods Market, which recently opened across the street from campus on E Madison st. Seattle U would take it home with a decisive 82-59 win to wrap up Homecoming week.

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

IN LOVE WITH THE COCOA: NORTHWEST CHOCOLATE FESTIVAL

Taylor Mckenzie
Staff Writer

Tucked at the end of Smith Cove Waterway, the Northwest Chocolate Festival attracted thousands of chocolate connoisseurs, companies, and fans this past weekend.

"I think that the culinary world, in general, is about sharing experiences," Jaime Lutz, a chef at Hot Cakes, said. "Sharing your paths together and what inspires you. I think [chocolate is] a great way to convey your personal experiences with someone else."

Hot Cakes was one of the more than 150 companies featured at this festival. Among them was a mix of local brands—such as Deviant Chocolate and Intrigue Chocolate Company—as well as international companies like Hogarth Chocolate from New Zealand and Nayah from Brazil. In a stark contrast, familiar brands, such as Fran's Chocolates and Almond Roca, seemed to draw less of a crowd compared to the unique independent booths.

"Whimsy Chocolate's chai meltaway truffles were good," Jenelle Ho, a first-year at Seattle University, said.

Ho is from Oahu, Hawaii, a state that is typically not known for its chocolate. This may be changing, as there were three chocolate companies—Madre Chocolate, Waialua Estate Coffee and Chocolate, Manoa Chocolate—from the archipelago featured.

The Northwest Chocolate Festival offered more than just chocolate bars. There were booths selling chocolate perfume, cocoa lotion, and rose and chocolate infused black tea. For many, this expanded traditional beliefs over what cacao can be used for.

"I didn't realize that there were different types of tea-infused chocolate and other types of chocolate," Ho said.

Despite these differences, many of the booths offered similar products, such as single origin 72 percent cacao from Ethiopia and spiced dark chocolate bars. The main difference between these chocolate companies was how they chose to present their booths.

Some groups went for the farm aspect, highlighting their direct trade roots and going as far as to wear straw hats. Others went for the culinary approach, wearing stiff buttoned up chef coats, donning serious faces and serving nothing containing less than 62 percent cacao. This was an anomaly, as more companies catered towards families and teaching a new generation about the intricacies of the chocolate world. Kids could be seen weaving in and out of adults brandishing rum infused chocolate squares, wearing yellow and pink wolf masks, the symbol for the Icelandic company of OmNom Chocolate.

"All of our bars are made in-house by us," Anya Sullivan, a server at Indi Chocolate, said. "We source our cacao directly from farmers."

This is a sentiment that many of the companies shared, which may indicate the movement of the chocolate world to shifting focus from pure profits to a sustainable ecosystem. This appreciation for

supporting historically undervalued communities is a change from the approach that commercial brands—such as Mars or Nestle—use. In recent years, studies conducted by BBC and the World Cocoa Foundation have found that, despite increasing interest in chocolate, sustainable practices are not following similar trends in popularity.

Most notably is the brand J Coco, a side branch of the popular Seattle Chocolate company which sells several products at Seattle U. J Coco started the campaign #chocolatefightshunger, which aims to provide a meal for every chocolate bar sold. However, this campaign is not represented in any of Seattle Chocolate's other products.

"I think any kind of food has a unifying effect on people," Sullivan said. "Chocolate especially is something that everyone has pretty heavy memories of."

With the increase of fair trade chocolate companies at the Northwest Chocolate Festival, people were able

to enjoy a guilt-free treat. Chocolate is universal, almost every culture has their own interpretation of the sweet. While Spain is widely known for their drinking chocolate, Switzerland is home to creamy truffles, and Latin America is widely accredited for the invention of cayenne and cinnamon spiced chocolate.

Instead of planning a trip, you can start trying new types of chocolate. You do not have to go to a special fair to try single origin, fair trade, chocolate. Whole Foods offers a vast array of chocolate brands and Intrigue Chocolate & Coffee House is a mere 15-minute walk from Seattle U's campus. Be sure to check the chocolate bar's label for certification of their fair trade status.

Taylor may be reached at
tmackenzie@su-spectator.com



MICHAEL OLLEE • THE SPECTATOR

Meiji THE Chocolate was one of the many companies that sent chocolate connoisseurs to the Northwest Chocolate Festival.

KIRA LEHTOMÄKI BREAKS THE INTERNET

Jack Derby
Volunteer Writer

Kira Lehtomäki, a prominent animator at Walt Disney Animation Studios, came to the University of Washington on Friday, Nov. 8th, to give a presentation about her new film, "Ralph Breaks the Internet."

Lehtomäki is the Head of Animation for the upcoming sequel to Disney's hit 2012 film, "Wreck-It Ralph," a position which she carries for the first time in her career as an animator.

Lehtomäki's rise through Disney's animation ranks can be attributed to her desire to be an animator from a young age, and her initiative in taking the necessary steps to achieve her dream career. After watching *Sleeping Beauty* at the age of three, Lehtomäki felt that she had found her calling. Much of her life became centered around her dream of drawing or animating for Disney, and when she began her first year at the University of Washington, she was presented with a choice that greatly impacted her chances of becoming an animator.

The Disney films that initially prompted Lehtomäki to fall in love with animation, were largely hand-drawn and two-dimensional, but she knew that animation was changing. Computer animation was becoming more and more prevalent in studios like Disney, and Lehtomäki made the decision to major in Computer Science at the University of Washington in order to give herself a chance to join the new wave of animators.

It was not always easy for Lehtomäki, and at times she questioned the route she was taking to reach her goal.

"I was like 'I don't know. Should I keep doing this? This is not art. This is not what I wanted to do, and so I was questioning my path to get to the studio, but I'm really glad I persevered and got through it,'" Lehtomäki said when reflecting on her decision to stay with the Computer Science program.

Lehtomäki's well rounded abilities eventually landed her a position with Disney, following an extensive training program, and she has continued to

move her way up since. With *Ralph Breaks the Internet* coming out on Nov. 21, Lehtomäki's first film as Head of Animation is set to be released, in what can be described as a culmination of years of drive, determination, and focus.

Lehtomäki considers "Ralph Breaks" the Internet one of her greatest achievements in animation. The film, starring John C. Reilly and Sarah Silverman as two video game characters on a quest through the complex and infinite internet, is anything but conventional, and Lehtomäki is among those responsible for bringing that incredible world to life.

With the movie's take on the immeasurable vastness of the internet, it seems inconceivable that a single animation team would be able to handle the task of animating such a world while continuing to focus on every individual detail. However, computer animation, every detail has extensive lines of code that led to its presence on screen. The amount of code that goes into every scene and every individual character validate Lehtomäki's decision to stick with Computer Science.

By combining the separate realms of videogames, the internet and even the Disney princesses in the film, there is no shortage of elements that almost any audience member could enjoy. That intertextuality, as Kirsten Thompson, a Film Studies professor at Seattle University, describes it, creates an enjoyable viewing experience for those of all ages.

The computer animation that comprises the majority of scenes from animated Disney movies marks a shift that began a few decades back, but Lehtomäki has been involved in the recent evolution of computer animation that is exemplified in the unique styles of many of her films such as *Tangled*, *Wreck it Ralph*, *Frozen*, and *Zootopia*.

The intricacy of some of the characters Lehtomäki has overseen has no doubt contributed to her quick rise to the upper ranks of Disney's

animation studio.

Aside from the change in animating styles that the new era of Disney films has ushered in, Thompson has noticed another development in more recent Disney cartoons, many of which Kira Lehtomäki has been a part of.

"Much of Disney production [of films that Kira Lehtomäki has worked on is] part of a change in the Disney heroine from the classical version, which would be considered much more passive female characters that have to be rescued, to much more active female characters with agency [and] intelligence," Thompson said.

Although the vision of the writers for many of Lehtomäki's films have written strong female characters into the plot, Lehtomäki is the one to bring them to life through her animation. It is not just her skills as an animator, however, that perfect each

of her characters. She feels a personal connection to many of the characters that she works on, and the same goes for the two main characters in "Ralph Breaks the Internet."

"Every single character you animate, you find that little piece that feels like you," said Lehtomäki as the interview drew to a close.

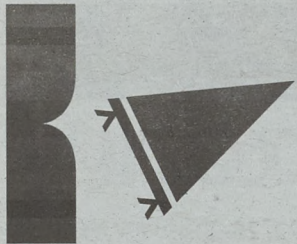
Perhaps her inspiration for how she animates her characters is not just informed through her computer skills, but also from her inner passion that still burns strong through all these years.

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



HALEY DOW • THE SPECTATOR

Kira Lehtomäki speaks about her job as an animator at Disney and her role in the new film "Ralph Breaks the Internet."



WOMEN'S SOCCER SEASON ENDS AT NO.1 RANKED STANFORD

Caylah Lunning
Staff Writer

The Seattle University Women's Soccer team traveled to Palo Alto, California where they faced the number one ranked team in the nation, Stanford University this past Friday, Nov. 9 for the pairs first-ever meeting. The Redhawks fought until the final whistle blew, but came up short with a 0-1 loss to the Cardinals.

"I was really impressed with their mentality going into the game and their preparation. They were not intimidated, they played incredibly hard, they competed, they defended well; I thought they gave a really great effort," Head Coach Julie Woodward said of her team. "They were going into the game to win the game, not to take part in the game, which was really impressive."

The Cardinals put their first goal in the back of the net in the 18th minute of the game, giving them a 1-0 lead. This would be the lone goal of the first half.

Within the opening minutes of the second half, the Cardinals continued their attack as they scored in the 52nd minute, increasing their lead to 2-0. The Cardinals finished the game off with a goal in the 78th minute securing the 3-0 win and clinching their spot in the second round of the NCAA tournament.

Stanford came into the match after an exceptional 2018 season—typical of their program. After clinching the PAC-12 regular season title with an 8-0-1 record, they entered the PAC-12 tournament as clear favorites. The Cardinals lived up to the expectations placed on them and earned their fourth consecutive PAC-12 tournament title. The Cardinals have been PAC-12 champions seven out of the last nine years.

The undefeated Cardinals currently sit at a 41-game unbeaten streak, the sixth longest streak in Division I

history.

The Cardinals raked in awards including defensive player of the year, forward of the year and coach of the year; while four players made their way to first team all PAC-12 and five players being named to the second team.

With the Redhawks season coming to an end at the hands of this soccer powerhouse, the team still made great strides in their 2018 season.

At the Western Athletic Conference (WAC) tournament, earlier this year the team defeated University of Missouri Kansas City (UMKC) 1-0, earning the Redhawks their fourth WAC tournament title since 2013—all over UMKC—and their fourth NCAA appearance as a Division I program.

The Redhawks represented Seattle U well as the team earned five all-league honors, making them the second-most-awarded team. Junior defender Rachel Bowler and senior Hannah Carrothers earned top honors as they were awarded All-WAC first team honors. Junior forward Jessie Ray, junior midfielder Holly Rothering and redshirt senior Isabelle Butterfield were awarded All-WAC second team honors.

The Redhawks had four players chosen to the First-Team WAC tournament team. First-year goalkeeper Ariana Romero earned WAC tournament MVP. Butterfield, Carrothers, and Jessie Ray earned all-tournament honors.

The loss to Stanford marks the end for some player's Seattle U careers. The program will be losing five seniors this year: defender Carrothers, forward Butterfield, midfielder Emily Bringgold, Defender Olivia Ovenell, and defender Emily Zimmer.

The Redhawks are still a very young team. In the 2018 season, the program inked 12 players as part of their freshmen class. 24 players will be returning for the 2019 season, making the women's soccer program a strong

force as the majority of the team will have the experience of this season under their belt.

"We're going to miss our seniors. They're not only great players but great people and great leaders." Coach Woodward said. "Moving forward with the team, I think that opportunity to play against Stanford is a huge step for our program. There was one point in the game where I looked around and we had four freshmen on the field, which is a great sign for the future of our program."

The Redhawks made major strides as a program this season. They now

lead Division I in the most consecutive tournament championship appearances, they were the second most awarded school in the WAC, and they got to face the number one team in the nation. With a large number of returning players for the 2019 season, the team is setting up for another successful season as coach Woodward approaches her 23rd season as head coach of the program.

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



WOMEN'S WEEK IN REVIEW

Alexandro Carrasco
Staff Writer

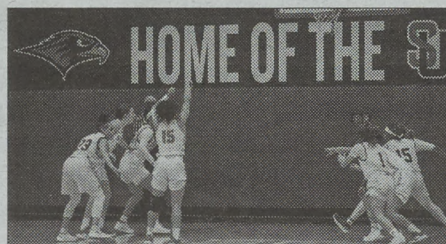
Basketball

With their 2018 Western Athletic Conference (WAC) Champion banner hung, Seattle University took on California State University Fullerton (CSUF) in their 2018-2019 home opener.

CSUF held a 22-14 lead at the end of the first quarter. In the second quarter, Joana Alves, Leilani Peat, and Kamira Sanders led a momentous comeback. Carla Bieg capped off the first half as she was fouled and hit two free throws, tying the game 31-31.

During halftime, several Seattle Storm players were recognized for their own 2018 Championship.

The third quarter remained tight, and with five minutes remaining in the fourth quarter, the Redhawks held an eight-point lead. This didn't prove to be enough as CSUF stormed back with 11 unanswered points to take the



HALEY DOW • THE SPECTATOR
Kamira Sanders shoots a free-throw as fellow Redhawks prepare to box-out for the rebound.

win 57-54.

In their second home game of the year, the Redhawks faced Northern Arizona University (NAU).

Down 33-25 at the half, Seattle came back in the fourth quarter to take the lead. The game was neck and neck until the end, but NAU prevailed, defeating the Redhawks 65-58.

Sanders led Seattle with 21 points and Alves had a personal best 15 points and 12 rebounds.

"We had a lot of positives, we got better from last game," Junior Alves said. "We are improving every day,

but we just need to be able to finish games. . . We take every game as that one game and don't think about past or future games."

Women's basketball will continue their season in Hawaii against both the University of Arizona and the University of Hawaii Nov. 16 and 18.

Volleyball

Seattle U Volleyball traveled to the midwest to face Chicago State (CSU) this past Thursday, Nov. 8.

Falling in the first set, the Redhawks held a lead in the second but CSU refused to yield. With eight tie scores in the set, CSU would eventually break the stalemate and take the set 29-27. The third set saw 11 tie scores and CSU come out victorious, completing their sweep of Seattle U.

Leading the offense against WAC-leading UMKC on Saturday was Rachel Stark. Stark had nine kills and Sofia Sanchez had eight of her own. UMKC swept Seattle with set scores

of 25-21, 25-22, 25-22.

Seattle U will finish off the regular season at home against Grand Canyon on Nov. 15.

Cross Country

The Seattle U Cross Country team traveled to Sacramento, California to compete against hundreds of runners from some of the strongest collegiate teams in the NCAA West Regionals.

In the Women's 6k, sophomore Rachel Kastama led the Redhawks, coming in at 22:41.5. Sophomore Megan Delorey was just behind her at 22:43.5. The rest of Seattle's women would finish within 77 seconds after. The Seattle U women placed 31st of 36 teams and 250 runners.

As Cross Country comes to an end, Seattle U is looking forward to the upcoming indoor season of Track and Field.

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

MEN'S WEEK IN REVIEW

Logan Gilbert
Volunteer Writer

Basketball

This week saw the beginning of the men's basketball season. The Redhawks began the season away at Stanford, losing 74-96.

Throughout the majority of the game, the Redhawks were able to keep pace with Stanford. The two teams went back and forth early in the game with the Redhawks down 36-40 at the half. The team started to slip in the second half, being outscored 38-56, making the final score 74-96.

The first home game of the year was an entirely different story as Seattle University dominated the University of Puget Sound (UPS), winning 95-67.

During the game, Seattle U never trailed UPS, maintaining strong control over the court—and at one point in the second half, the Redhawks racked up a 30 point lead.

Redshirt junior Myles Carter

achieved a double-double as he led all scorers with 23 points on the night and paired this with a game-high 12 rebounds.

The Redhawks shot well with a team field goal percentage of 56 percent, helped by the fact the Redhawks scored 54 of their 96 points in the paint.

Additionally, the Redhawks' bench played exceptionally well, outscoring UPS' bench 32-9.

In their third game of the season, the team played its homecoming game at the ShoWare Center in Kent against Bryant University. The team made the trip to the suburbs worthwhile for the fans, winning 82-59.

Carter earned his second double-double of the week, with 25 points and 11 rebounds, both game highs.

When asked about the game in relation to the other two games that the team had played so far Head Coach Jim Hayford stated, "[We] played a whole lot better then we did

last week and that's what we hope the story is of this team. Getting better every week."

Cross Country

This week saw the cross country season come to a close as the team traveled to



JAVIER PLASCENCIA • THE SPECTATOR
Dashawn McDowell driving hard to the basket for the Redhawks as they take down UPS.

compete in the NCAA West Regional Cross Country Championship.

In the Men's 10k, sophomore Nathan Pixler finished first for Seattle at 31:25.7 with Cal Davidson-Turner and Eli Boudouris finishing together at 32:19.2 and 32:19.3. Graduate students Ben Monk and Jacques Hebert were next and had times of 32:25.3, and 33:08.8 respectively. Not far behind was sophomore Kyle Kennedy at 33:34.8 and first-year Alex Franklin at 33:41.4.

Overall the team placed 22nd out of 29 other teams and 212 other runners.

You can look forward to the team coming back in the spring to complete the year.

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

MEN'S SOCCER SUFFERS HEARTBREAKING FIRST ROUND WAC EXIT

Caylah Lunning
Staff Writer

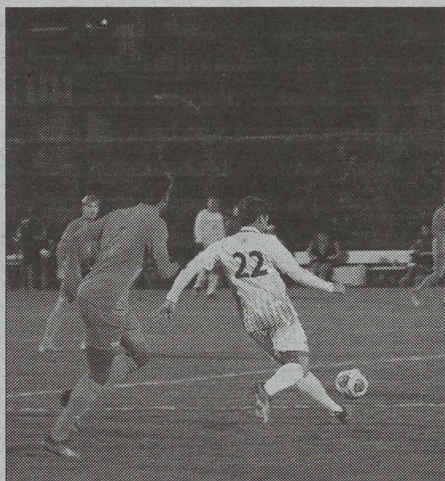
The Seattle University Men's Soccer team fell to San Jose State University (SJSU) in the first round of the Western Athletic Conference (WAC) tournament, thus ending their season in a nail-biting game at Championship field on Nov. 7.

"Kudos to them, you gotta give them credit for finding a way to get it done. That's a lifetime memory for their players and their team. Unfortunately, it is one for us too but not the kind you want to remember," Seattle U Head Coach Pete Fewing said. "When you look and see teams that you have beaten this year and teams you've played well against going to the tournament, it gets a little more painful, but then again, that's sports."

The Redhawks started the game strong as redshirt sophomore Noe Meza scored in the 19th minute, putting the Redhawks up 1-0. The

Redhawks continued this momentum as redshirt junior Kees Westra added a goal of his own.

The Redhawks did not relent at the beginning of the first half. Continuing their offensive onslaught, junior Connor Noblat scored in the 47th minute giving the Redhawks a comfortable 3-0 lead.



MICHAEL OLLEE • THE SPECTATOR
Seattle U hosted the WAC tournament this past Sunday.

Victory seemed all but inevitable for the Redhawks but SJSU struck back, scoring three goals in the final 17 minutes of the game.

This would result in a penalty-kick shootout. SJSU prevailed 6-5 to advance.

Controversy arose after the game as several SJSU players displayed distasteful hand gestures and used offensive language towards Seattle U fans. As a result of these actions, three SJSU seniors Jonathan Partida, Alex Clewis, and Zach Penner received institutional suspensions from the men's soccer team. Partida had been suspended for the remainder of his senior season, while Clewis and Penner were suspended from their semifinal match against UTRGV.

"18-20-year-old athletes not knowing how to handle their celebration and making these gestures to SU fans and ignoring their teammates as they should be celebrating their victory with them,

really ruined it and put a stain on it as they come up and mock the fans," Junior Psychology major Steve Brown said. "It was an embarrassment for the WAC and for the whole tournament, to be honest."

Coming off of a historic 2017 season in which the Redhawks won the WAC tournament and advanced to the second round of the NCAA tournament after beating the University of Washington in the first round, the 2018 season was a different story and one that ended in heartbreak.

"I think we return a really good group, we're returning guys that can put the ball in the back of the net. We also have some good recruits coming in," Fewing said. "We have a very tough schedule next year, we have our work cut out for us."

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

JUST KEEP SWIMMING: SWIM TEAM ALUMNI RETURN AND RACE

Bailee Clark
Staff Writer

Alumni of the Seattle University swim team hit the pools on Saturday, Nov. 10 to compete and meet up with fellow former Redhawks.

The alumni meet began eight years ago during head coach Craig Nisgor's first year at Seattle U. He had the idea to bring past Seattle U swim team members together for a fun competition.

"I just wanted to try to get everyone that had been here back and have a chance to remember being an SU swimmer," Nisgor said. Around 20 people showed up, which is about average. Nisgor says that 20 to 30 alumni usually show up.

"We definitely got a good crew, and it was a good weekend to come and get a chance to see the homecoming activities as well," Nisgor said.

"It is always fun," Nisgor said. "It is great to have people come back. It is

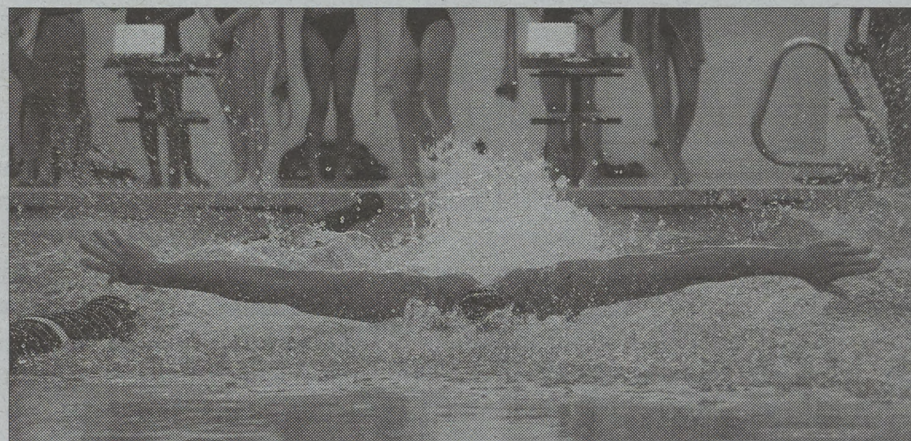
strange for some of them now because they are coming back to the alumni meet and they do not recognize anyone on the team because they have graduated over four years ago. But it is fun for them because they see the people who have broken their records, and then they get to race them."

There were eight races including the 50-meter, 100-meter individual medley, 100-meter freestyle, a medley relay, and 200-meter freestyle relay.

"We had three alumni beat records set and we were pretty excited, and I know that the people who came back and did that were excited as well," Nisgor said.

The majority of alumni who showed up were from the graduating class of 2013 and on, but sometimes alumni from before this showed up as well. Often it is swimmers who have been coached by Nisgor that show up. This year one alumni from the class of 2010 came to watch the races.

"They seemed to be having a lot of



GRIFFIN LEEMON • THE SPECTATOR

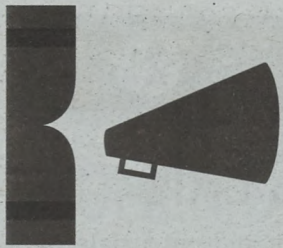
Seattle U swimming alumni race at Saturday's annual Alumni Meet.

fun. A lot of energy and a lot of fun. Nobody takes it too seriously," Nisgor said.

Some alumni came wearing old uniforms and swimsuits, and there was a lot of joking around and laughing with old teammates. Nisgor says that Seattle U will continue to host alumni meets every year, and he hopes that every year more alumni

will visit and relive their days of swimming in college.

Bailee may be reached at
bclark@su-spectator.com



I DIDN'T KNOW I LOVED YOU UNTIL YOU RETROGRADED

I'll just go ahead and say what everyone's thinking: the stars have been taking us on a trip, and I, for one, am ready to take a break.

After Mars retrograde this summer, Venus retrograde through Scorpio (for God's sake—Scorpio of all signs?!) opposed Uranus in Taurus, with Pluto and Saturn making a mess of our lives and politics all along the way, I'm out of breath, my heart is tired, and I'm about ready to nose-dive into my bed for a thirty-year nap.

Alas, such a nap isn't in the cards for this year, and the planets are fully set on bullying us, I guess, so all there is to do is to wipe away our tears, break out our journals, light some self-care candles, and go with the flow.

Let me say that I hate a two-faced Gemini as much as the next ditzzy cry-baby Pisces, but I think there's a lot more to astrology than the popular personality-based stereotypes. It's obviously fun to psychoanalyze our infantile Aries friends, freaky Scorpio sex-demon lovers, and attention-hungry Leo stars, but the true value of astrology comes from the way it guides our self-growth and lifestyle choices.

I like to think of astrology as ancient wisdom, applied to our modern struggles. Venus retrograde, in particular, has been incredibly impactful for the past few months, both on a personal level and on a larger-scale political level. Now that it's coming to a close, it's important to reflect upon what it's brought to our lives and made us consider.

I've spat out lots of cryptic nonsense about astrology—just talking about it, I feel like the weird spiritual aunt who tripped on shrooms at Thanksgiving dinner. But at this point, it might be worth clarifying: what the hell is Venus retrograde, and what do The Stars have to do with my life or politics?

I could tell you what a retrograde means astronomically, but it's not too important. The gist of its symbolic relevance is this: a retrograde forces us to turn inward and review. Venus represents our values, balance and harmony, and partnership—its retrograde forces us to reflect on the role these themes play in our lives. It also represents traditional femininity, so its retrograde highlights the role women play in our society.

As such, when Venus stations direct on Friday (translation: when Venus retrograde ends), we should think about the past month. How have you found balance in your life? Have you accommodated more than you were willing? Have you been overcommitting and spreading yourself too thin?

On a more political note, how have we talked about women and misogyny for the past month? From the Brett Kavanaugh hearing & subsequent confirmation to the recent election of a record-breaking number of women to Congress, we've both disqualified the voices of women and elevated them—why have we done so, and what can we, as a society, do to be better?

Venus retrograde is a trip, and it's one that comes around about every 18 months. This year, it's had some added significance, for other astrological reasons that I won't let myself dive into now. It's important to make sure that you've considered what this trip has done for you. Even if you don't believe in this astrological BS, these themes are real, and they hold real power in your life.

Recognize the power of the feminine, find balance, and make sure that you're living in alignment with your values.

— Josh Merchant, *News Editor*

IF MICHAEL BUBLÉ IS DEFROSTING, THEN SO CAN I

There's a lot of pain in this world. It's a miracle on par with walking on water that we even made it through 2018. Singing snowman, pretty evergreens, and red-nosed reindeers are something to ease that pain. Baby-Jesus almighty if I want to celebrate well into November to bring some joy into my hollow, cold life.

I shamefully listen to Christmas music incognito on a hidden tab, keep my holiday sweaters pressed but hidden in my closet, and bundle up my Target-dollar-section goodies poised and ready for some merry cheer. The build-up to Christmas is what makes it the best bangin' birthday celebration of all-time. However, Thanksgiving hinders this extensive ho-ho-wholesome fun. Thanksgiving, however, does not sport the same fanfare. The most forethought I put into Thanksgiving is appeasing the family group chat long enough to scarf down mash potatoes and come back for finals. I am terribly blessed with amazing health, family, and friends, but the thing I am most thankful for during Thanksgiving is that Christmas is coming.

In America, Thanksgiving is this arbitrary third-Thursday holiday that serves as a hurdle we have to clear before we deck the halls and roll out the Christmas festivities. I am thankful and lucky to be an American, don't get me wrong, it's a blessing and a curse I hold throughout the year. Being an American, waiting for Thanksgiving, however, should not limit the brevity of my Christmas happiness. I will be streaming Michael Bublé on my Spotify all week, and I don't care who sees it on my Spotify.

— Jacqueline Lewis, *Copy Chief*

ASK MAMA MOZZONE

by Emily Mozzone



Q: • Hey Mama,
• How do you avoid the Freshman 15 and stay healthy?

A: I'll be honest... it's pretty hard for me to stay healthy when I don't have my own kitchen to cook and keep track of calories. Since you mentioned being a freshman, I'm assuming you live in the dorms with a meal plan. My biggest piece of advice is exercise at UREC when you have spare time and wait until you move somewhere with a kitchen.

Q: Help!

A: :(

Q: My older boss is flirting with me and I don't know how to handle it! She says she has a "friend crush" on me...

A: Yikes. First of all, if this is on-campus, report it to someone IMMEDIATELY. Super not appropriate. If it's off-campus, I guess you can handle this in one of two ways.

#1) If you like the flirting, lean into it, why not? YOLO.

#2) If you aren't a fan, I'd cut down on your personal talk with them. Distance and keep it strictly professional.

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

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