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FEBRUARY 3, 2016



SPECTATOR

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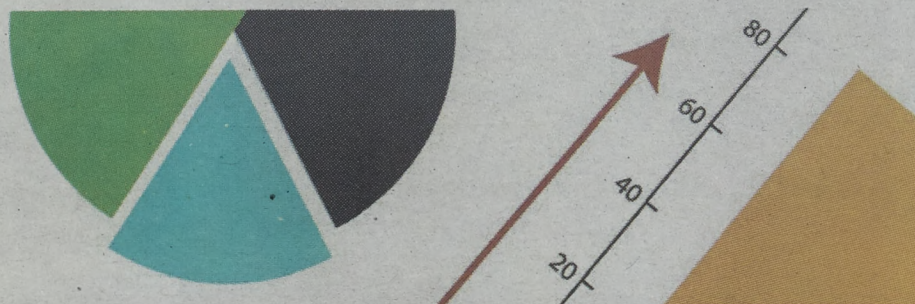
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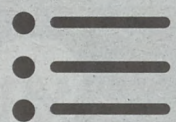
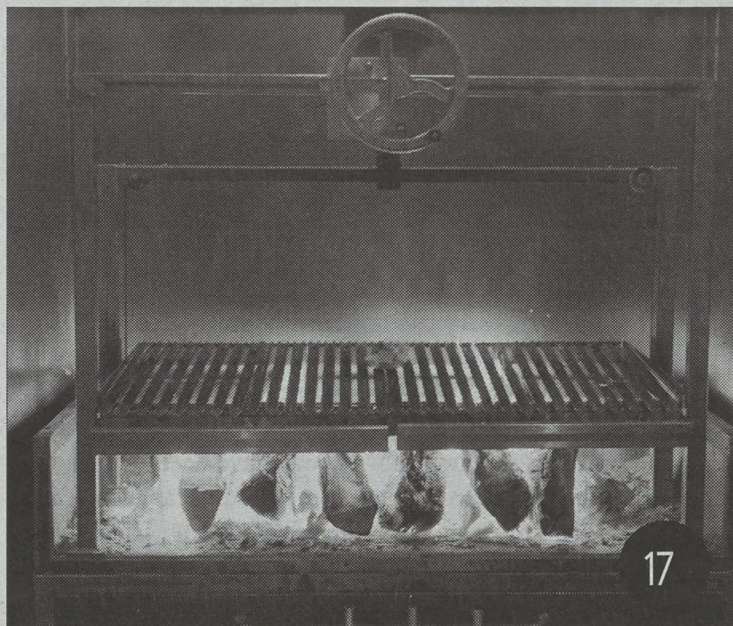


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THE WEEK IN REVIEW

Khadija Diallo
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IN MEMORIAM OF WILLIAM GUPPY—Seattle University student William Guppy passed away on Tuesday, Jan. 26 from complications related to an illness. Guppy was a junior in the College of Arts & Sciences and a University Honors student. His father is a Seattle U alumnus and his grandfather served Seattle U as Academic Vice President a few decades ago. A funeral service will be held on Thursday, Feb. 4 at 11 a.m. at Holy Rosary Catholic Church in West Seattle and all are welcome to attend. There are also plans to commemorate his life with a remembrance on campus that will be open to all students, faculty and staff. The Spectator staff sends our deepest condolences to Guppy's friends and family.

HILLARY CLINTON AND TED CRUZ WIN IOWA CAUCUSES—Iowans voted in the state's Republican and Democratic presidential caucuses on Monday, Feb. 1. Sen. Ted Cruz was declared the winner in the Republican Party, with 27.6 percent of the vote. In second place was Donald Trump with 24.3 percent, followed by Sen. Marco Rubio with 23.1 percent. Results on the Democratic side were tighter. Former Secretary of State Hillary Clinton won with 49.9 percent of the vote, nearly tying with Sen. Bernie Sanders, who received 49.6 percent. Former governor Martin O'Malley dropped out of the race after receiving only 0.6 percent of the vote in the Democratic caucus. The next presidential primaries will be held on Feb. 9 in New Hampshire.

FLINT WATER CRISIS CONTINUES—The water crisis in Flint, Mich., continues. The FBI is now investigating the contamination of the drinking water, which has poisoned a number of the city's residents. To track chances of illness, the city has created a database of over 8,000 children under 6 years old who may have been exposed to lead. Children are the most vulnerable to water contaminants, as it could lead to irreversible damage to their still-developing brains and nervous systems. Residents and advocates continue to protest against the government's failure to protect Flint's children. A number of celebrities have shown support; rappers Diddy, Eminem and Wiz Khalifa donated 5,000 cases of water to the residents of Flint with help from Mark Wahlberg. Rapper The Game has also pledged to donate all proceeds from his latest album to the city of Flint.

KING COUNTY HAS ANNUAL ONE NIGHT COUNT—On Friday, Jan. 29, King County held the 36th annual One Night Count to assess the number of homeless people currently on the streets. The One Night Count Coalition, including staff from the Seattle University Project on Family and Homelessness, organized over 1,000 volunteers. Volunteers were spread all over the county to count the number of men, women and children who were sleeping outdoors without adequate shelter between the hours of 2 and 5 a.m. The final count was 4,505 homeless people—a 19 percent increase from last year's count of 3,772. This rise in homelessness is directly correlated to the spike in evictions in and around King County. The results from this count will be used as valuable data for politicians and advocates against homelessness to receive more funding from the state to combat the issue.

PRESIDENT OBAMA ADDRESSES GENDER WAGE GAP—At a press conference on Friday, Jan. 29, President Obama argued that more needs to be done to get more women into high-paying jobs. He addressed the issue that a U.S. woman worker still makes 79 cents to a man's dollar, and that workers who are not white often make even less. Obama announced that his administration will require companies to report to the federal government what they pay employees by race, gender and ethnicity. This data will be collected by the Equal Employment Opportunity Commission, and the government will use it to identify companies that are paying unfair wages. The first reports are expected to be released by the end of 2017. The President has also called on Congress to pass legislation that gives women more resources to fight wage inequality.

"THE BIRTH OF A NATION" WINS BEST PICTURE AT SUNDANCE—"The Birth Of a Nation" was awarded U.S. Dramatic Grand Jury Prize and the Audience Award at the Sundance Film Festival on Saturday, Jan. 30. The movie—written, produced, directed and starring Nate Parker ("Beyond the Lights," "Red Tails")—tells the story of the slave rebellion led by Nat Turner in 1831. Fox Searchlight bought world rights to the film for a record \$17.5 million after a fierce bidding war with several other companies, including Netflix. Parker described "The Birth Of a Nation" as a passion project with hopes to ignite a process of healing for all viewers.

IN MEMORY OF MADELINE LOVELL: MENTOR, ROLE MODEL AND FRIEND

By Madeline Corbin
Staff Writer

In mid-January, Seattle University lost one of our own when social work professor emeritus Madeline Lovell passed away unexpectedly. Her colleagues and students, many of whom considered Lovell a close friend, mourn the loss deeply.

“Her being gone definitely made my personal world a whole lot smaller,” said criminal justice professor Jackie Helfgott. “I expected her to be around for such a long time.”

A memorial service for Lovell will be held at 2 p.m. on Feb. 7 at the University Unitarian Church.

In her 24 years at Seattle U Lovell had an incredible impact; she almost single-handedly created the Bachelors of Social Work program, did important work for the for the Masters of Social Work program—which is set to launch soon—and pioneered a five-year “phase retirement” policy for faculty.

According to sociology professor Jodi O’Brien, due to the accreditations required to create a BSW program, it was a long and complicated process.

“It was an incredibly difficult thing to do with a faculty of one, but she did it,” said O’Brien. “One of the reviewers who came later was just astonished that she had been able to do this. At other universities it would have taken a staff of 20 people.”

And when the accreditation was completed and more staff members were hired, Helfgott said she was willing to step back and let the current director of the Social Work program, Mary Kay Brennan, take over.

“She was willing to put in the work and then back away and watch everyone else shine—all the faculty and the students and everything,” Helfgott said.

The first class to complete the newly-accredited program graduated in 2004. Donny Gerke, a member of that class, went on to receive a Masters in Social Work from Washington University in St. Louis, and is currently aiming to complete his PhD there. While pursuing his career as a social worker

and his academic pursuits, Gerke stayed in touch with Lovell.

“Even though I wasn’t a paying student anymore, she took time out just to hear about what I was doing and to counsel me through the application process,” Gerke said. “She had an amazing sense of humor, which made her a better teacher and a better mentor. She was a wonderful person to know, and I will miss her greatly.”

According to Helfgott, Lovell had an open-door policy, and always made sure to provide extra support for her students if necessary. O’Brien recalled an example of her care for and attention to students from a Social Work Research Methods course that she taught.

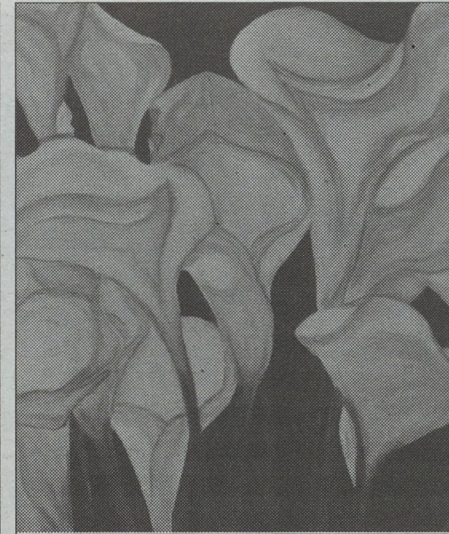
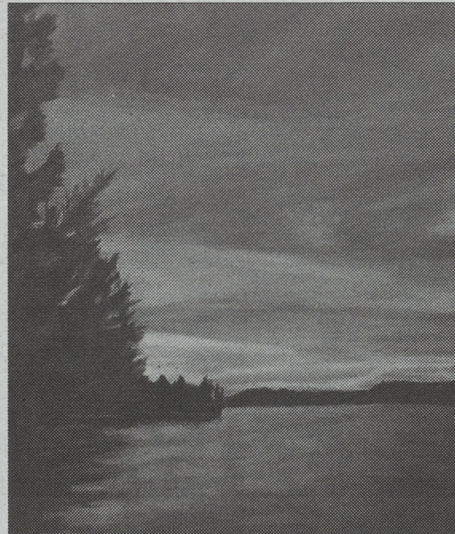
“It was a really hard class, because it involves a lot of statistics,” O’Brien said. “One time she failed the entire class at midterms because they just hadn’t been studying, but then she individually tutored everyone. She was really remarkable.”

Gerke, who wants to find an academic position after completing his PhD, sees Lovell as a role model.

“She’s the best kind of social work academic,” Gerke said. “She was an excellent teacher and really cared about her students, and she always kept a foot in service to the community.”

Not only did Lovell create the Social Work program, but she was always inventing new classes creatively designed to engage students in real-world issues.

According to O’Brien, when the housing market crashed in 2008, she taught a class on housing finance so students could explore why and how the financial crisis happened. Most notably, she collaborated with Helfgott on a prison-based encounter program focused on restorative justice. This endeavor began as a three-year grant-funded research project, and in 2012 it developed into a class for criminal justice graduate students called Restorative Justice Behind Bars. Ten students and 10 prisoners involved in the University Beyond Bars program at the Monroe Correctional Complex took the class together, developing



MADELINE LOVELL • THE SPECTATOR

Lovell’s artwork is currently featured in the Casey Commons, and there will an art show on February 12th to celebrate her life and work.

ideas for restorative justice.

As busy as she was, Lovell was intentional about balancing her energy between work and other meaningful activities. She valued mindfulness, and promoted this idea among her peers.

“She did all these seminars for students and faculty about mindfulness and getting off the hamster wheel,” O’Brien said. “She was always very balanced, and in some ways she was the conscience of the department. As a university, she made us so much more conscious of mindfulness and work-life balance.”

In her free time, Lovell volunteered as a Red Cross Emergency Responder, on call one night a week to help local people in an emergency. She also enjoyed painting and gave away many paintings to her colleagues.

“She started doing this painting later

in her life, and she was really good,” O’Brien said. “I have one at home and a lot of my colleagues do, too. We call it our Madeline collection.”

Many of Lovell’s paintings are currently hanging in Casey Commons, and an art show will be held on Feb. 12 from 3:30 to 7 p.m. to celebrate her life and work.

“The way she lived her life was so impactful to so many people,” said Helfgott, who will speak at Lovell’s memorial service. “Friendship with her changed who people were—I know she changed who I am as a person. She was a model for how to live your life.”

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I-WEEK COMBATS ISLAMOPHOBIA ON CAMPUS

Shelby Barnes
Staff Writer

International Week at Seattle University not only celebrates the diversity of the Seattle University campus—it also explores darker sociocultural issues.

Real Talk: Islamophobia, a session hosted on Wednesday, Jan. 27, was the first of many events to celebrate International Week at Seattle University.

Students, faculty and administrators came together in the Office of Multicultural Affairs (OMA) to initiate a dialogue surrounding the stigma and prejudice directed towards Islam and Muslims. The talk, sponsored by OMA and the International Student Center (ISC), addressed a sensitive issue that many people currently face on campus and around the world.

Director of OMA Czarina Ramsay said the purpose of the talk was to address the problem as it relates to Seattle U's campus community.

"We feel like it's important to invite learning and some of that starts with having conversations," Ramsay said. "Typically these issues are those that are showing up in global, national

and local discourse and we felt like it was important to have time dedicated on campus for our community to be a part of that—and have not just conversations, but reflect upon the issues as they relate on us as an individual, as a group and as an institution."

Ramsay emphasized the importance of students taking the initiative, and why they should take it. The Seattle U mission, as Ramsay pointed out, states that the institution is dedicated to educating the whole person and helping empower leaders to create a just and humane world. The talk session aimed to empower students to begin to educate themselves on the topic and to start taking action, as remaining unaware could ultimately cause more damage to the Muslim community at Seattle U.

"[This event] gives us the chance to share, personally, how we are experiencing various parts of our lives and to do it in a space where you're having interaction with faculty, staff and students, wrestling with the topic or being exposed to the topic from the veering perspective of the folks in the room," Ramsay said. "I think that helps people get ready to live out

the mission, but to do it in a way that they're not perpetuating those biases, those prejudices [and] those systems that allow for hateful things to occur."

Ashton Corson, a senior women and gender studies and international studies major and a member of the Muslim Student Association at Seattle U, explained the importance of students becoming allies to the Muslim community.

"I think that there's a certain amount of not realizing the gravity of the situation," Corson said. "In the Seattle area, there are actually people who hate Muslims...Islamophobia is not just being yelled at on the street to go back to your country—it can also be things such as expecting a Muslim student in your class to speak for all Muslims, or being scared to sit by a Muslim on the bus. Smaller things that are a part of this bigger picture of what Islamophobia is and what it looks like."

In 2015, Seattle faced tragedy when a student attending Seattle Central College died from injuries resulting from falling off a roof on Capitol Hill. The student's death was suspected to be the result of a Muslim hate crime inflicted by a Caucasian student.

Islamophobia also exists on the national scale. In 2014, the Southern Poverty Law Center published a report on how the FBI's hate crime statistics dropped last year in every crime category except in Anti-Muslims sector, which rose over 14 percent and is still on the rise.

Islamophobia has created a tense and unsafe environment for the Muslim community. Director of ISC Ryan Greene said that Islamophobia does not seem to be a problem among Seattle U students.

"Based on my six years in working here with students pretty closely, I don't think it's a problem here on campus, specifically," Greene said. "At the same time, I do think it's a problem in our larger U.S. society, and we're a campus in the middle of a much larger city, so I do know students have specifically told me that they're nervous to leave their apartments at night. I've heard that directly from our students that live off campus."

According to Greene, Islamophobia can be combatted on Seattle U's campus. By attending talks and attending events meant to help educate and promote advocacy, being an active member within the university community can ultimately result in a positive long-term outcome.

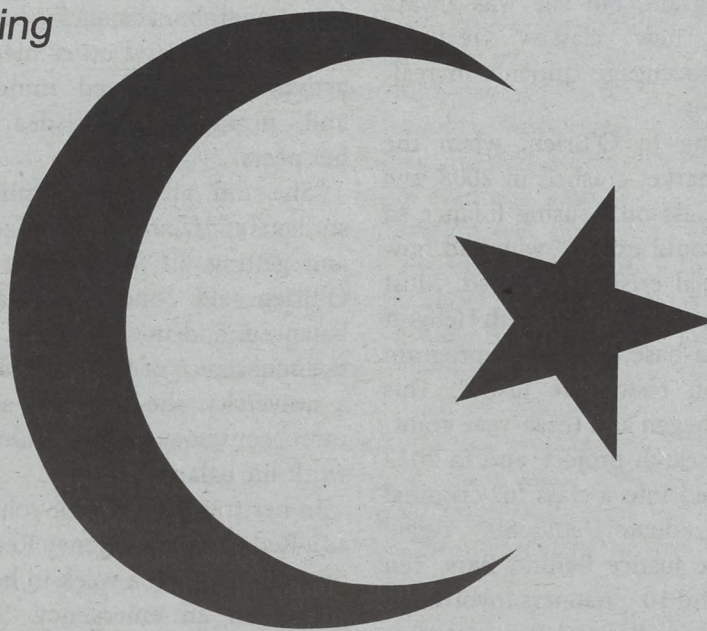
"Every single person that leaves these programs...I hope leaves as someone who can speak directly to why Islamophobia is bad and how important it is to provide verbal, physical support for students," Greene said.

Students, faculty and staff are invited to attend a second Islamophobia talk session on Wednesday, Feb. 10 from 12:15 to 1:15 p.m. in the ISC Lounge.

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"Islamophobia is not just being yelled at on the street to go back to your country—it can also be things such as expecting a Muslim student in your class to speak for all Muslims, or being scared to sit by a Muslim on the bus. Smaller things that are a part of this bigger picture of what Islamophobia is and what it looks like."

—Ashton Corson



SU GETS BLUNT ABOUT POTENTIAL SMOKING AGE INCREASE

Tess Riski
Volunteer Writer

For many college students, a 21st birthday signifies the liberating privilege of ordering an alcoholic beverage without the ever-risky fake ID. However, an additional product may soon be added to the list of items reserved for 21-and-ups: cigarettes.

On Jan. 29 the House committee voted to raise the Washington smoking age from 18 to 21. If passed, the bill will ban the purchase of all tobacco and nicotine products, including vaping devices and e-cigarettes, for those under 21.

"I think it could be beneficial. But I also think that people are going to acquire tobacco if they really want to. Same thing with alcohol even if the drinking age is 21... There are such things as fake IDs," said pre-major sophomore Lauren Marquez. Marquez is a native of Hawaii, which was the first U.S. state to raise the smoking age to 21 earlier this month.

Third-year electrical engineering major Aaron Esposito echoed Marquez's argument.

"If you look at other substance abuses, people are going to get ahold of it regardless of what age they are."

A 2015 study conducted by the National Institute of Medicine determined that 90 percent of adults that smoke daily started before they were 19. Based on this data, the motivation behind limiting teens' access to tobacco products is to prevent lifelong addiction.

The bill yielded polarized reactions throughout the university's campus. Some Seattle U smokers argued that while raising the smoking age sounds appealing, real-world implications would be limited. In particular, students emphasized how easy it is for minors to attain alcohol despite the age requirement.

"I think that, like with all things, if people really want to do it they'll find a way to do it. I think just increasing the age is the same thing as the drinking age. People under 21 get alcohol all the time. It's not too impactful I

think... I was a smoker before I was 18. I was a smoker before I was 21," said junior film studies major Andrew Okada. "I think that if you're 18, if you can vote, if you can go get drafted into the war, then I think you can smoke if you want."

Other Seattle U students would welcome the change.

"I don't like cigarettes, I don't like the smell of cigarettes, the taste," said freshman biology major Celeste Dylla. "If you're a non-smoker, too... if people smoke around you it still hurts you. I'd definitely like the age to be increased."

The move to raise the smoking age is perhaps indicative of a shifting cultural attitude toward smoking. The amount of daily college-aged cigarette smokers has steadily decreased over recent years.

The smoking debate is particularly relevant to Seattle U, which became a tobacco-free campus last year. The tobacco ban aimed to limit second-hand smoke while creating an environment supportive of cessation, which means quitting smoking. 59 percent of Seattle U students and 72 percent of faculty and staff who voted in the spring 2014 referendum favored a tobacco-free campus.

According to the National College Health Assessment, in 2011, 3.5 percent of Seattle U undergraduate students smoked cigarettes daily. In 2015, that number decreased to 2.1 percent.

The ban included tobacco-free products like vaping devices and e-cigarettes. E-cigarettes and vapes experienced a boom in consumption in the past five years, and can be purchased with flavorful "e-juices" available in an assortment of flavors including "Summer Lovin'," "Meringue O' Tang" and "Pineapple Pow." The colorful products are especially appealing to teen audiences. According to the Centers for Disease Control and Prevention website, seven out of 10 middle and high schoolers who use tobacco are using a product that is flavored in some way.

While vaping devices are technically



JESSIE KOON • THE SPECTATOR

A new Washington state bill proposes that the new smoking age should be 21.

tobacco-free, they were still included in Seattle U's tobacco ban. This is because the products aren't FDA approved for cessation. They contain the highly addictive nicotine and are designed to develop and maintain a nicotine addiction. Because of their novelty, little research has been conducted on their long-term effects.

For Seattle U students and faculty interested in quitting, the office for Wellness and Health Promotion located in Student Center 380 offers free Quit Kits. The kits include gum, toothpicks, rubber bands and squeezable "stress balls" as means to assuage the oral and hand-held sensations of smoking.

Seattle U students are also eligible for medical consultations and quit conversations with a Wellness and Health peer member to discuss steps toward cessation.

The next step for the bill is to go to the office of the House Finance Committee. Washington would become the second U.S. state after Hawaii to hike the smoke age to 21. Currently, more than 100 U.S. cities, including Boston and New York City, have already made the change.

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STREAMLINED STREETCARS FINALLY HIT THE TRACKS

Madeline Corbin
Staff Writer

After a long day in the U-District last week, I got off the bus at Seattle Central and started walking in the rain back to campus. Luckily, as I approached Broadway and Pike, the new streetcar pulled up to its stop—bells clanging and its doors opened. I hopped on, and it dropped me off right near campus at Broadway and Marion just three minutes later.

Shortly after the South Lake Union streetcar was completed in late 2007, the city approved the First Hill streetcar project. Several years later, after many delays and four months of test runs, the streetcars are now ready to transport passengers. During the promotional service period all rides are free indefinitely, but after that the regular fare will be \$2.25.

Last Tuesday, just a few days after the streetcar's soft opening on Jan. 23, junior sociology major Katie Furlan took advantage of the free ride.

"I rode it going north on Broadway. It was nice, and especially cool that it was free," Furlan said.

For students at Seattle University, especially those new to the city, the streetcar could be a helpful way to get to know their new home—and a little less daunting than figuring out the bus system.

"I think the streetcar will give students more incentive to go to new places, because it's easier to get to them now," Furlan said.

Currently, the First Hill line runs back and forth from Pioneer Square, through the International District, and along Broadway. On the north end, it stops at Broadway and Denny, beside the new Light Rail station that will connect Capitol Hill and the University District beginning in March. The city has plans to extend the First Hill line all the way up Broadway to Roy Street, and to connect the South Lake Union and First Hill lines through downtown.

The First Hill streetcar connects these three neighborhoods much more directly than most bus routes,



The First Hill Streetcar rests at its northernmost stop at Broadway and Denny.

CAM PETERS • THE SPECTATOR

which was part of the City of Seattle Department of Transportation's plan.

"When you live in these urban neighborhoods, you get used to going where you can easily walk to, because a lot of people in these neighborhoods don't have a car," said Ethan Melone, the Rail Transit Manager for SDOT. "The streetcar is sort of like a walk extender. You might have previously thought, 'That's a bit too far out of my way.' But now if you're just walking a few blocks and getting on the streetcar, it seems like an easy trip."

Each of the six streetcars has a different color or design, which according to Melone were inspired by different neighborhoods along its route. The gold one represents Pioneer Square, reminiscent of the Klondike Gold Rush history, and the bright pink one represents the "urban, up-to-date look" of Capitol Hill, Melone said.

Like many other U.S. cities, Seattle used to have streetcars in the early 1900s, but replaced them with buses in the 1940s.

"Portland was the first city to bring streetcars back, and that was an inspiration for Seattle," Melone said. "We saw that it was successful and a

good tool for economic development."

The South Lake Union streetcar was put in before Amazon moved to the area. According to Melone, at that time it was mostly an undeveloped part of town, full of warehouses.

"The streetcar really helped change the impression of South Lake Union as a place people might want to think about bringing their businesses and developing housing. If you've been there now, it's busy," Melone said.

Besides economic development, an increase in public transportation options allows people to drive less, resulting in fewer emissions. The streetcar takes environmental concerns a step further, running completely on electricity.

"A great new feature of the First Hill line is that we have the ability to run on battery power for half the alignment," said Streetcar Technical Trainer Tim Giertz, who has worked with Sound Transit and SDOT for the last 13 years. The rest of the time, the streetcars are connected to an overhead wire just like those in South Lake Union.

The First Hill line also differs from the South Lake Union line in that it often lets passengers on and off at

platforms in the middle of the street, rather than on the side. Giertz said it's important for passengers to be aware of this when exiting. He also emphasized that cars should be careful not to park in the pathway of the streetcar.

"When people park, sometimes they'll turn the wheels so that they're fouling our line and we can't get past," said Giertz. "We can't swerve like a bus, we're fixed."

Though the streetcar is mostly running smoothly, there have been some complaints so far about delays. The streetcar's track is on the road, meaning it functions more like a bus than the Light Rail, and it must abide by traffic lights. Regardless, Melone said the ridership has been good right from the start.

"We normally would expect with a new transit service that it would take about three months for people to become familiar with it and adjust," Melone said. "So we think that ridership will keep growing."

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TASK FORCE FINAL REPORT

Vikki Avancena
Staff Writer

In conjunction with Seattle University's commitment and mission to diversity and inclusion, the Task Force on Diversity and Inclusive Excellence has made their final report available to students, faculty and staff.

Formed two and a half years ago, the Task Force has been diligently investigating factors that might hinder our university in being a more diverse and inclusive environment for all. Associate Vice President for Student Development Alvin Sturdivant and associate professor of law Natasha Martin both serve as co-chairs for the Task Force.

"It's tiring work, but what movement isn't," Sturdivant said. "Some might call it a burden. I don't. It's a responsibility."

The 62-page comprehensive document details the framework in which the Task Force operated and provides a summary of the six main goals and their subsequent initiatives that have been identified moving forward in helping the university achieve its core values.

All interconnected, the goals revolve around the organizational infrastructure of Seattle University, 'meeting the challenges and opportunities of recruiting and graduating a diverse student body' as well as 'recruiting and retaining talented faculty and staff.' This is all taken in the context of recognizing the university's 'capacity for social change in the local community.'

"I'm really excited to see what [the school] has in store for us once we actively start working to achieve these goals," said sophomore Jessica Martinez. "SU is great, but I would love to feel like I belong a little more."

The Task Force was not originally intended as an implementation resource for these identified goals, but instead provides recommendations and suggestions in the process of carrying out these goals.

"The Task Force report really serves as a roadmap on how to move forward

toward this aspiration of inclusivity," Sturdivant said.

A number of factors were taken into account as part of the final report. One of the key components that contributed to their work was the campus climate survey that was administered during the winter of the 2014-2015 academic year.

Input given by the campus community was crucial in providing data to help understand what had previously only been said anecdotally through various interviews and conversations across and outside of campus.

Prior to the release of the survey's results, significant foundational work had already been done by the Task Force, that of which included meeting with the surrounding neighborhood councils and digging into currently existing data sets involving financial aid strategy and allocation, admissions strategy, selection and hiring practices and the like.

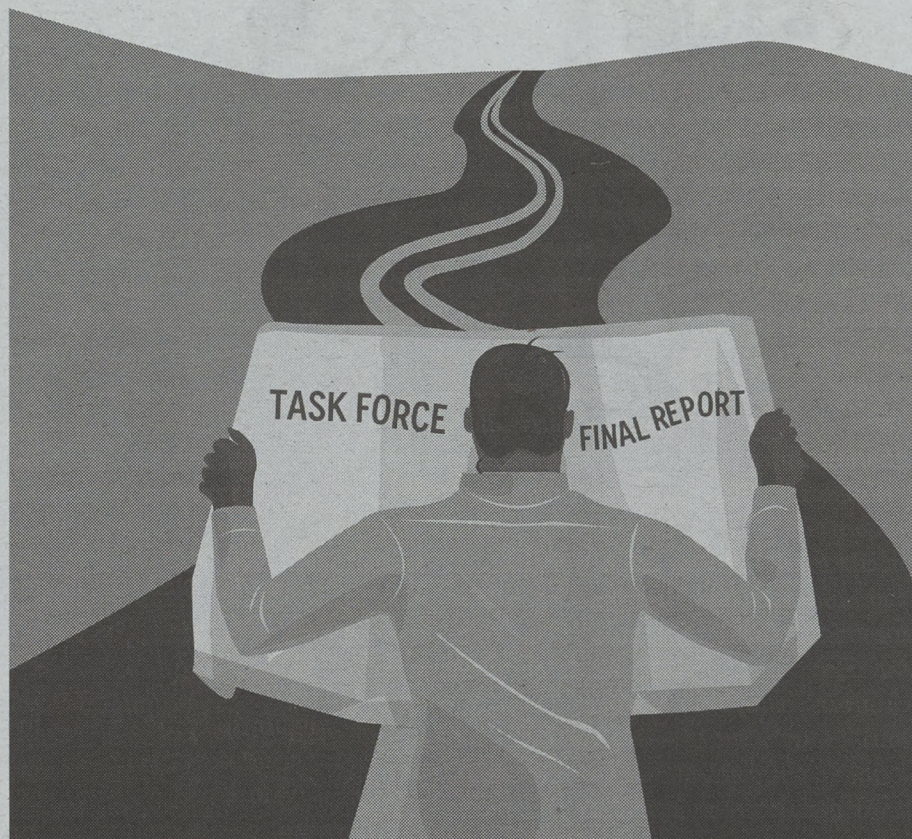
Co-chairs Martin and Sturdivant as well as assistant vice president for student development Monica Nixon met with the academic assembly this past Monday, Feb. 1 to review the report and answer any questions about its various elements. On Feb. 9 they will be meeting with the senior cabinet to clarify the report and conduct an in-depth discussion of the findings.

Because of the importance of an inclusive campus climate, there is an underlying expectation within the community that these goals need to be accomplished right away. However this complex, institutional and communal issue is challenging. Sturdivant argues that, to some degree, this calls on our partners across campus to disrupt some of the systems in place.

Executive vice president Timothy Leary acknowledges that we have a long way to go with our curricular and co-curricular offerings on campus, but expresses that himself, President Fr. Stephen Sundborg, S.J. and Provost Isiaah Crawford have high hopes that the report has thoroughly outlined what the campus has

"The Task Force report really serves as a roadmap on how to move forward toward this aspiration of inclusivity."

—Alvin Sturdivant



been doing well and where we most need improvement.

"The important part is the sense that there is a campus environment, climate and culture where people can come together to have this kind of dialogues marked with a sense of trust and honesty," Leary said. "We have to create that."

Whether that means recruiting a chief diversity officer or a diversity council, the senior cabinet is highly invested in doing whatever it takes to gather the resources necessary to implement and integrate this inclusive excellence throughout the campus.

The new University Leadership Council, consisting of 60 members of the faculty, staff and administration appointed by the president, will be

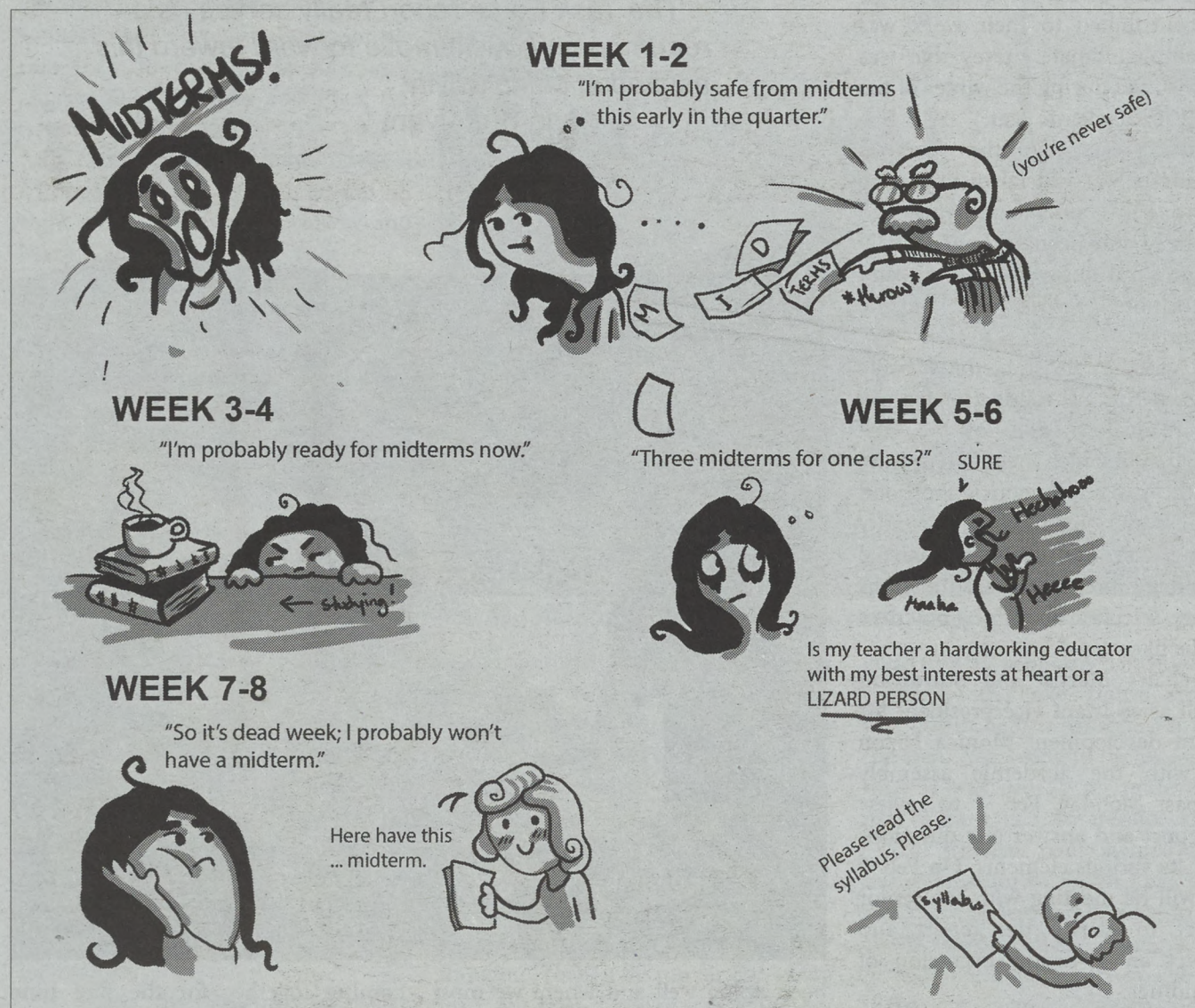
coming together for the first time in March with their top initiative being a discussion of the report. The upcoming annual budget review will also need to be taken into account.

As for now, the Task Force will be focusing on continued conversation about the findings in the released final report.

"My view is someone opened a door for me that I could walk through," Sturdivant said. "It's my responsibility to now open doors for others to be able to come through knowing that not everyone even acknowledges it as a responsibility."

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SOME FEELINGS I HAVE ABOUT MIDTERMS



SALLY UNDERWOOD • THE SPECTATOR

THE 10

10 WAYS TO CELEBRATE THE SUPERBOWL

- 10 Bathe in cheese dip
- 9 Buy a drink helmet
- 8 Paint your chest (any color)
- 7 Make an edible stadium
- 6 Rank the commercials
- 5 Bet on everything
- 4 Don't burn down a tree
- 3 Try not to faint from Beyonce's performance
- 2 Call your mom for a ride home
- 1 Wath the puppy bowl instead

HOROSCOPES



LIBRA
9/23-10/22

Five pizzas is a little excessive, don't you think? Practice moderation.



SCORPIO
10/23-11/21

The middle ground is your enemy this week. Take a stand!



SAGITTARIUS
11/22-12/21

Avoid the stratosphere, or any mention of it.



CAPRICORN
12/22-1/20

Excessively orange things will bring you either victory or defeat.



AQUARIUS
1/21-2/19

The mountain is especially tall right now, so tighten up your shoelaces.



PISCES
2/20-3/20

Download the Seafood Watch app from Monterey Bay Aquarium.



ARIES
3/21-4/20

Trouble lays in wait; be careful and use the buddy system.



TAURUS
4/21-5/21

Level up your vitality skill to really thrive this week.



GEMINI
5/22-6/21

Your path will coincide with the path of someone who will be significant.



CANCER
6/22-7/22

Take a breath, then take a muffin and indulge a little. You deserve it.



LEO
7/23-8/22

Crossing a cat's path makes you the bringer of dubious luck.



VIRGO
8/23-9/22

Your intuition will serve you well, especially with a hint of observation.



STUDENT DEBT: THE CRUSHING STANDARD



Low-income students at Seattle U struggle with balancing the value of an education with debt, insufficient scholarships and the nuances of wage and hours.

STUDENT DEBT: THE CRUSHING STANDARD

Nick Turner
Staff Writer

A college education is one of the best investments you can make—it is also one of the most expensive.

Last year, ProPublica created an online database called “Debt by Degrees” which allowed users to examine federal data on more than 7,000 schools in the U.S. and see how well schools support their poorest students. They did this by comparing the number of students who had been awarded the Pell Grant: a federal financial aid package commonly given to those from households with an annual income less than \$30,000. Many schools are extremely supportive of these students and many others are not.

According to the same database, in 2013 approximately 4,595 undergraduate students were enrolled at Seattle U, 57.6 percent of which took out federal loans. In the same year, the graduating class had a median federal debt of \$25,334. On average this debt was paid over a 10-year amortization plan with monthly payments of \$281.26. 6 years after graduating from Seattle U, students on average made \$55,200 a year. 14.9 percent of the graduating class earned \$25,000 or less a year. The average annual cost of attending Seattle U—including books, tuition, and living expenses—was \$50,610. Only 23 of 344 comparable universities were found to cost more.

Despite these statistics, the graduation rates of Pell Grant students and the rest of the students were only slightly different.

Seattle U is a private, not-for-profit, four-year Jesuit Catholic University. At our school, and others like it, financial support comes in different forms: federal aid, state aid, institutional dollars and what is often lumped together as “private sources.” The Pell Grant—along with the Supplemental Educational Opportunity Grant, the federal work study program and student loans—falls under the umbrella of federal aid. State funds are only for locals, which is why tuition

costs less at Seattle U for Washington residents. For all need-based financial aid, the amount of money awarded depends on the information given by the student in their Free Application for Federal Student Aid, more commonly known as a FAFSA form.

According to Jeff Scofield, Director of Student Financial Services, the FAFSA form is meant to treat everybody the same. In doing so, he adds, it fails to consider several important factors. The FAFSA doesn’t take into account differences in cost of living. Somebody who used to live in Alaska, for example, will receive the same amount of aid through their FAFSA even after they move to San Francisco where the cost of living is much higher.

“You get treated the same even though your income doesn’t go as far in one place or the other,” Scofield said.

The information in a FAFSA form only examines a snapshot in time. In other words, your aid eligibility for the following year is determined by the prior. For families in a stable financial situation, this snapshot is accurate. For other families, this is a problem. Many things can happen that affect their income: a parent was laid off from work or was in a car accident and all these extra medical expenses have to be paid for, and so on.

“[The FAFSA] doesn’t capture those kinds of events,” Scofield said. “It doesn’t get at those nuances or events that many families have to deal with.”

Sophomore Marthadina Russell was awarded the Pell Grant when she applied to Seattle U. It wasn’t until she came to college that she fully understood her family’s financial situation. She had been living on her grandmother’s property with her parents, but following her grandmother’s passing in 2014, Russell had to support herself.

“That was the one time where my grandmother wasn’t able to help,” Russell said. “That’s when I really realized how little money my family had. I had to do all of the work.”

Though Russell was born in

Portland, her parents live in the Philippines where her mother has two jobs, one as a cleaning lady and the other as a caretaker at a retirement home. Her father was a construction worker until his disabilities led to his retirement. He has lived with many health issues: lung cancer, diabetes, hip and heart problems. He also had a triple bypass, a very serious open heart surgery procedure that is done when the blood vessels that feed the heart are too clogged to function properly.

Russell applied for loans to attend college but every bank rejected her based on the grounds that her parents were unlikely to pay them back. She received less federal aid from Seattle U than any other school she applied to. Help came from no one, so she got a job working four to eight hours a week at the Arrupe House. She sends part of her paycheck home to her parents.

“Honestly, having all of this financial stress has made me push so hard just to stay here,” Russell said. “I love that I’m going to college and it would terrify me if I weren’t getting an education, and so I fight for it. My claws are out. I’m fighting for my life to stay here and get my education. I think it’s made me pretty strong, pretty kick butt.”

Starting April 1 of last year, Seattle U raised its minimum wage of student employees—such as Russell—to \$11 an hour, with a further increase to \$13 an hour this January. For some of them it was a welcome gift; for others, not so much. Some students from the former group were paid more but they also received a new schedule with less hours. This meant they were virtually making the same amount of money, despite the raise.

For junior Juliana Bojorquez, less hours meant more time to do other things like intern or focus on classes. She has been working as an office assistant in the college of nursing since freshman year. Before the raise, Bojorquez was working around 15 hours a week. Now she’s working roughly 10 hours, but her paycheck hasn’t changed significantly.

“I understand that with the raise, it means that other things have to get

cut,” she said.

The size of our school is a commonly overemphasized detail when it comes to endowment. While some believe that with less than five thousand undergraduate students, Seattle U should be able to better support its students financially, the school’s endowment is in the millions of dollars, not billions. Seattle U’s ability to fully fund every department is finite, which is why efforts to enhance student life don’t always go as planned.

Junior Christine Rominski found herself in a similar situation when she also got a raise at the beginning of the quarter. Like Bojorquez, her hours were reduced and she was paid roughly the same as before, but the consequences were greater. As a peer advisor in the Matteo Ricci College, Rominski meets with her 8 advisees individually and in groups to discuss class registrations. She’s afraid that, because of her new schedule, she won’t be able to provide them with the help they need to take the required classes they need and graduate on time.

“This issue has very little to do with the breakdown of numbers and what is written on my paycheck,” Rominski said. “The issue here lies in the quality of work. This school isn’t cheap and time is precious.”

As Rominski says, Seattle U is one of the most expensive schools in the country. Students here enjoy luxuries that are otherwise nonexistent at less expensive schools. Sophomore Sharon Tang argues that those luxuries are unnecessary. She believes that great professors can be found at all schools, no matter how big the endowment or how high the tuition.

“A school like SU is top tier in terms of amenities and exceeds what people are naturally entitled to,” Tang said. “An education is a must, but small class sizes, a beautiful gym, and state of the art technology are all extras that a student can go without.”

Those amenities can lead to a lot of debt later in life. But Thaddeus Teo, a former Seattle U graduate student currently involved with the Alumni Relations believes a college education

is worth every penny. Still, dealing with student loans after graduation can be a serious disadvantage.

"It's part of the American dream, where people want to own their homes or want to grow up and maybe get married and start a family and settle down," Teo said. "That money that goes towards my student loans could be going towards that."

Sophomore Veronika Zwicke is bound to find herself in a similar situation after she graduates. She's currently working two on-campus jobs to support herself and pay for tuition.

"I was just basically spoon-fed this great stuff about SU, how they're going to make sure everything is paid for," Zwicke said. "I'm not going to be able

to start the life I want to right away. It's going to be living way below my means just to pay off that student loan."

The Office of Student Development offers support to students with financial problems. According to Vice President for Student Development Michele Murray, the school has an emergency fund set aside for when a student can't afford food, has fallen ill or needs shelter.

"It's very personal what the needs are, and then what the remedy is for the individual student. It's less of a blanket policy," Murray said. "One of our hallmarks as [a] Jesuit institution is that we care for the individual student."

Though the needs of the individual are important, the issues Russell and

Zwicke face can be attributed to a wider, institutional dilemma. The price of higher education has been rising for decades. High school graduates who intend to pursue a professional career are expected to go to college. At least, that's what they're told, and so college—along with financial insecurity related to college—has become the new standard.

Wide recognition of this standard is made evident by efforts of Sen. Patty Murray (D-Wash.), who wants to hear from the more than 40 million Americans paying off their student debt, and President Barack Obama, who is pushing for free community college. Murray launched a comment form on her website in late January, encouraging people to

share their struggles to afford college, to pressure Republicans to address college affordability. In his last State of the Union Address, Obama said he would continue to work on giving every college student two years of free community college.

While student debt is on the minds of Seattle U students and congress alike, it is unclear whether any headway will be made on the issue, or if the struggle to balance education with financial security will remain the unpleasant standard for the foreseeable future.

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SEATTLE UNIVERSITY DEBT BY DEGREES

INFORMATION SOURCE: U.S. DEPARTMENT OF EDUCATION COLLEGE SCORECARD DATA; NACUBO ENDOWMENT STUDY 2014; PELL GRADUATION RATE DATA FROM THE EDUCATION TRUST

DURING SCHOOL

4,595 Undergraduate students were enrolled at Seattle University. **57.6%** took out federal loans

Low-Income Students Paid
\$27,019
per year, on average



DROP OUTS HAVE DEBT TOO

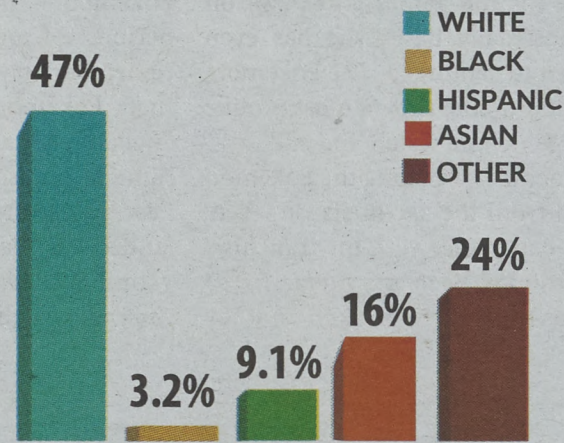
Students who drop out of school still have to pay back the loans they took out. This can be a double whammy for them: With large debts to pay off and no college degrees, their career options are limited and their expected earnings are lower

AT GRADUATION

Especially if students are not pursuing potentially lucrative majors, their school choices can have a big effect on their income and ability to pay off college debt

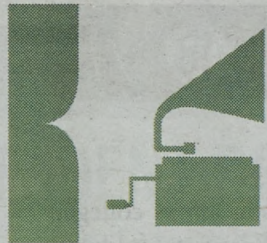
\$25,334
Median Federal Debt (All)

ABOUT THE SCHOOL



YEARS LATER

6 years after graduating from Seattle University, students on average made **\$55,200** a year
14.9% of the graduating class earned **\$25,000** or less a year



TWENTY YEARS LATER, POKÉMON STILL A GLOBAL PHENOMENON

Scott Johnson
Staff Writer

Like many children, I was gifted the Pokémon games at a young age. In 1996, "Pokémon Red" and "Green" were released in Japan and were met with immense success. This success prompted the release of the American "Red" and "Blue" versions in 1998. Seeing as my brother and I were at prime video gaming ages when they were released, my mom bought both versions—I got "Blue," my brother got "Red"—and the rest is history.

Now it is 2016 and Nintendo is ready to celebrate the 20th anniversary of one of their most successful properties and to reward their avid fan-base with new products.

I am not the only Seattle University student to feel both nostalgia and excitement for 2016. Senior Faye Thornburgh also developed a lifelong passion for the games and plays on an almost-daily basis; she has even managed to capture all 721 Pokémon, thus fulfilling the show's most prolific challenge, "Gotta Catch 'Em All!"

"I remember watching the Pokémon cartoon from the age of six or seven, but my experience with the franchise, the reason I've been an avid fan for so long, has to be playing Pokémon Ruby

when I was 10," Thornburgh said. "The Pokémon games launch you into a world that is simultaneously very familiar—some might say repetitive—and remarkably new. With the 20th anniversary events and the recently announced games I feel my commitment to the series has been well rewarded."

With nearly 1,000 episodes of various series, over 50 video games, 5,000 trading cards in print and almost 20 movies, Pokémon is not a franchise to underestimate; the Pokémon Company is estimated to make \$1.5 billion per year. Some malls even have special kiosks known as Pokémon Centers where consumers can purchase games, toys and plushies; the closest one to Seattle U in Seattle is at the Northgate Mall.

One of my absolute fondest memories as a kid was rushing home from school to catch an episode of Pokémon. These were 30 minute periods of pure bliss as a kid; I remember trying to guess "Who's that Pokémon?" and learning the "PokeRap." It always felt like it was the same few episodes—but I didn't care. Fast forward to 2014 when Pokémon landed on Netflix and you can bet your Pokéballs I was beyond stoked to binge-watch every episode I never

saw—and it was glorious. Parents found it tiresome always having to go out and buy those "Poké-man" cards that they assumed would be worthless and quickly grown-out-of; I still have mine, 17 years later.

Hidden under the bright colors, mystical monsters and epic tales of heroism were poignantly deep lessons on the power of bravery, teamwork and friendship. At a larger level, Pokémon was about the classic story of good against evil. It taught viewers to stand up to bullies and that goodbyes aren't always bad (gosh darn you, Butterfree). At a young age, these lessons went completely over my head, but as the years have gone by, it has been amazing to see just how educational and influential the show was.

Thornburgh is hardly the only fan on campus; junior Alissa Neuman has been an avid follower since the age of five.

"My experience started when I was really young. I got introduced to it by my mom's boyfriend's son who was older than me and he gave me my cards," Neuman said. "My love has persisted because they keep expanding the franchise so it doesn't get old. The nostalgia also helps; I've formed admiration for certain Pokémon that

is literally fifteen-years-old."

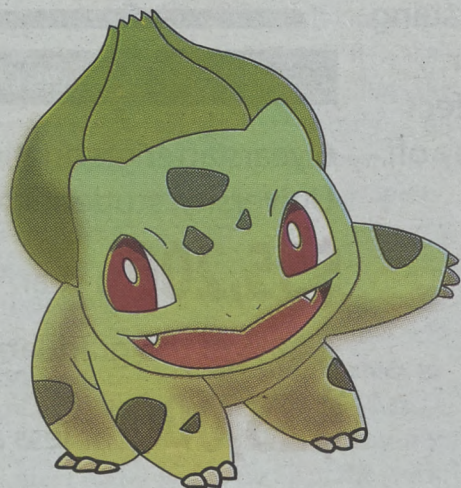
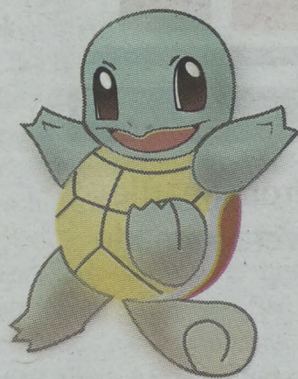
Nintendo will release a commercial during the Super Bowl this Sunday that commemorates this monumental milestone. More importantly, they will be rolling out their newest—and perhaps most innovative—product: "Pokémon GO," an augmented reality game for smartphones that will allow users to explore real-world locations in search of rare Pokémon. Imagine walking through campus and finding a Pikachu in Admin—it will surely be a more exciting reason to head to class than boring old learning. In addition, a wristwatch looking accessory with a Pokéball design will allow users to play even if they don't have a smartphone.

If you were to see graduate student Corey Patton around campus, you might just catch him playing one of the many games—he has them all.

"I've literally purchased the games every time a new one releases. My memory of it being my first handheld video game, and a good one at that, has helped Pokémon remain a constant presence in my life," Patton said. "I would say now that I'm an adult, things have gotten worse, because I have access to a much larger budget than when I was a kid."

It's hard to imagine where Pokémon will be in 20 years. From its humble beginnings in the form of playing cards, an animated series and video games, Pokémon has evolved into a worldwide phenomenon that wields the power of nostalgia very well. Twenty years on and there's no end in sight—I just can't wait to see where we'll be in 2036.

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BATTLE OF THE BANDS PROMISES EXPANDED FORMAT IN 2016

Mariah Edwards-Heflin
Volunteer Writer

The annual Battle of the Bands competition, one of Seattle University's most popular events, is right around the corner—but this time with the added elements of diversity and philanthropy.

Jillian Fields from Student Events and Activities Council is organizing the event this year. She said that this year's competition will be different from previous years in its diversity of musical genres.

"We changed the marketing to 'open genre' [in order to] attract more diverse bands," Fields said. "We added one more group so there will be six bands instead of the usual five."

Fields is also excited about the wide variety of music. This year's show will feature acts ranging from rock, to folk to rap.

"There will be different types of music the bands represent and... the bands are rooted in the local community," she said.

In addition to the music and the regular anticipation of seeing which student band will be playing at this year's Quadstock, Fields mentioned that a philanthropic element will be added to the show this year.

"You can get \$1 off of your ticket for every canned food donated to Jewish Family Services Food Bank," Fields said. Consequently, students can get discounted tickets just for participating in a food drive.

First place earns a spot to perform at Quadstock, Seattle U's biggest student event of the year. Second and third place winners will be able to try out to play at the grand opening of the Decibel Apartments, a new set of apartment buildings opening up on First Hill this year.

The first band in the Battle of the Bands 2016 lineup is One11Twenty. Kyle DelFatti, the lead singer, says that he is excited for the event and for the opportunity to play music with the band.

"We will have a new dynamic on stage and I am excited to explore that

dynamic," DelFatti said.

He described their sound as alternative indie rock, a blend between several bands in that genre. He mentioned one specific band as having a particular impact on the group.

"If you can imagine if Twenty One Pilots had guitar oriented music instead of electronic and was in front of a live audience, [that's us]," DelFatti said.

One11Twenty is trying out some new elements this year, so audience members should look out for some familiar tunes with a new twist.

"We are doing more covers this performance than we normally do. We want people to recognize songs when we play," DelFatti said.

Next up is the group Tori Marsh, who will bring a more pop and hip-hop sound to the stage. Tori Marsh, who is the lead singer of the band as well as its namesake, said her group is looking to bring some passion to the stage, noting the band's unique ability to influence the crowd as a strength.

"We are a band with a lot of energy and we like to have fun... we think the audience will really appreciate that from us," Marsh said. "I want to share what we care so deeply about with everyone, we are excited to have that."

PLCBO will be bringing some jazz elements to the show in the form of rap. Henry Burgess-Marshall, one of the band's rappers, described some contrasting elements in their overall sound.

"Some of us are like the little angel on your shoulder, and some of us have a darker sound, like the devil on the other shoulder," he said.

Burgess-Marshall believes that the students should be excited to listen to PLCBO.

"We are really interactive and fun. It's more of an event than a concert," Burgess-Marshall said.

Michael Jordan and the Bill of Funk will be the next group to bring some innovative music this year. They describe their sound as "cosmic and funk with a little of this and a little of that."

"We want to get people psyched. We just want to have a good time," said Danny Giroux, one of the band's members.

The next group is Morado. Ray Molina, a guitarist with the group, noted some of the band's musical influences and idols when discussing their own music.

"The Strokes influenced our sound," Molina said. Still, he believes that the group is in the process of discovering the fullness of their own potential. This will be the group's first official performance and they are excited to showcase their talent.

"[Students] should come to enjoy themselves and experience new music," Molina concluded.

The final group this year will be DJ PajamaJamz aka DJ PJ and Dr. Sleepytime Tea.

"We feel like genres put you in a

box, but we get our inspiration from bluegrass and early 1950's REM music," said Kelvin Mason, one of the band's members when asked to explain their sound.

They said their goal is to excite change among sleep patterns—to intervene on student's habits. They are also excited to be offering Father Steve T-shirts for additional canned food donations, so pack up your pantry.

"We are given few opportunities to celebrate the artistic talent of our peers," Marsh said. "Seattle is really big on supporting local music and this is a good way to do that."

Support Seattle University's very own at Battle of the Bands in Campion Ballroom at 7 p.m. on Feb. 5.

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



NICOLE SCHLAEPPI • THE SPECTATOR

The band Michael Jordan and the Bill of Funk band members: Danny Giroux, Jeremy Littman, Randall Ersoz, Jack Lasley, Julian Hinojosa and Tommy Sandri.

'DISGRACED' COMPELS SU STUDENTS TO STEP UP AND DO MORE

Erika Silva
Volunteer Writer

The Pulitzer Prize winning play, "Disgraced" is traveling the country and growing in popularity. People are taking their seats expecting a modern set, crisp stage lighting and strong acting. However, as the plot unravels the hard-hitting concepts of personal identity, outer prejudice and faith are taking many audiences by surprise.

"The opportunity to take this play that I have been working on for three years on a tour around the country only is going to broaden and expand the amazing dialogue and conversation that this play inspires," said Kimberly Senior, the play's director.

"Disgraced" centers around a Muslim raised apostate named Amir. He controversially speaks of the Koran as "one very long hate-mail letter to humanity." His life as a Pakistani American is one that finds him chasing a successful American life with his American wife. However, as a disastrous dinner party unfolds, Amir is faced with his heritage. His character's inner self-loathing is only heightened by the supporting characters emotional struggle with their own identities as well.

"Disgraced" focuses its theme around the characters relationship with each other, themselves, society, religion, and how they all intersect. It tells a conflicted, complex story that builds on itself well.

Seattle's thriving culture of political, and social activism has driven the play to extend its shows through Feb. 6. It has continually sold out its shows and the post play discussions between audience members and cast members has incited a great deal of conversation. For those wishing to go more in depth, the opportunity to attend 'Speak up,' a moderated panel of experts, activist, artists and scholars has also been offered. "Disgraced" has made its mark on Seattle and for those still interested in seeing the production, it is running through Feb. 6.

Seattle University students who saw the play were eager to offer their

own reactions to the play's thought provoking content. A theme among those reactions was a feeling that the play's characters stood for something larger than themselves.

"Their job defined them. Their other traits did as well, but every character seemed to have a 'list' of things that they represented—and stereotype was one of them. It was definitely a 'punch in your face' play of," said senior interdisciplinary arts major Katie Beth Sramek.

With so much discussion of psychological, artistic, sociological and religious issues, everyone can attain something different from the play.

"The one that stuck out at me really was, it was about relationships. And, just about how miscommunications and what one feels about the self can...become interconnected with how that person interacts with other people," said Winston P. Lin, a junior pre-major.

Lin also stayed for the post show discussion. He noted how the actors seemed concerned with some of the same issues and ideas Seattle U students are presented with at school.

"The actor had talked about intersectionality. That is probably a term that Seattle U students will want to learn about too, because it is talked about in some classes," Lin said. "Did Amir do what he did because he was a man, because he was in [the corporate arena], because of his past, and all of that? There are different intersections [that explain] why he does what he does."

Similarly, Sramek thought the complexity of the explanations behind the behavior in the play allowed the climax to have an explosive impact.

"The climax of this play was an extreme voicing of opinions," Sramek said. "But nobody bothered to ask each other why [they acted out], they just got angry."

"Disgraced" depicts the inner conflicts that occur when negative outlooks on the Islamic culture are allowed to permeate society. After 9/11, the shift to American



PHOTOS COURTESY OF SEATTLE REP • THE SPECTATOR

Islamophobia became evident. According to the FBI, 16.3 percent of the total of 1092 reported religiously bias offenses were anti-Muslim hate crimes in 2014 alone. After the Paris Attacks, there has been a surge of hate crimes and discrimination once again. Vandalism on a Texas Mosque and hateful graffiti in Connecticut are just a few examples of this mindset manifesting itself once more on a large scale.

"So much about this play is about the viewer," said Behzad Dabu, the actor who plays Abe. "We look at this as a service profession."

The play has come out at a time when Muslim discrimination and Islamic stereotyping is a sore subject for Americans. The play itself opens and explores the subject by inviting thought, but the post talk discussions are meant to start a healing process.

Dabu gave his two cents at one of the post-show discussions by characterizing "Disgraced" as being about "understanding rage and where it comes from."

"Racism and oppression towards religion is alive and well in today's

society and always has been," said Jazzy Ducay, an intern at the Seattle Repertory Theater.

When asked what their overall opinion was, students noted that they thought the play incited good conversation.

"This play didn't really pull at my emotions, but it definitely made me think, a lot; about myself, my position in the world, and how I can really be much more aware of the world happening around me," Sramek said.

Ducay echoed Sramek's sentiment, noting that the play was almost a call to action.

"I really need to step up in my community to spread awareness, to attempt to end oppression in all ways not just with racism," Ducay said.

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

SEVENBEEF SERVES UP BEEF THAT RUINS LIVES, IN A GOOD WAY

Jarrold Gallagher
Staff Writer

Vegans beware, there's a new threat to your mission in town.

It's not legislation and it's not gentrification.

It's Sevenbeef Steak Shop.

Before experiencing Sevenbeef, it would have been possible to happily live one's life without consuming meat. Life post Sevenbeef, however, is one of desire and yearning for everything a cow has to offer to the culinary world.

Sevenbeef is a one of a kind steak restaurant that recently opened its doors on 13th and Jefferson. Much of what the restaurant serves up is sure to have customers returning to try it again and again; locally sourced grass-fed beef from Heritage Meats in Rochester, Wash., the giant wood fire grill and open kitchen, the cool atmosphere and most importantly, the staff.

Looking through the menu, you'll notice that Sevenbeef not only serves fresh meat from less than two hours outside of Seattle, but that the fine chefs behind the counter will proceed to turn that meat into a celebration of beef itself. Standard available cuts include Côte de Bœuf, Porterhouse, T-Bone and many more.

Sevenbeef flexes its culinary prowess by putting exotic dishes such as beef congee and bone marrow on their happy hour menu, just because they can. I tried both of these for the first time at Sevenbeef and have been questioning how I managed to live this long without ever tasting the heavenly mixture of beef and porridge in the congee or the buttery beefy profile of the beef marrow before. Luckily, those dishes are only \$7 on the happy hour menu, so I didn't have to go broke to learn this important life lesson.

The quality of the restaurant shines in their signature dish, Bò 7 Món,



Beef Congee, one of Sevenbeef's happy hour specials.

CAM PETERS • THE SPECTATOR

which is their take on the traditional Seven Course Vietnamese dinner. For \$40 per person, customers can try their beef seven ways! While I didn't have the opportunity to try this beefy feast, I would love to go back and try all seven courses.

The cheeseburger was a perfect meal burger. The patty was perfectly flame broiled on the open grill to my exact specifications (medium). I also got to see the chef put my burger on the grill and I could smell the meat being seared over the burning wood. The cheese is melted on top and there are vegetables involved as well. All of that with a side of fresh cut fries, at the perfect price of, you guessed it, \$7.

The menu also includes a variety of drinks and liquors, both of which

the staff will happily pair with their many meals. Wines are brought from California, France, Chile and Washington. There are also all the bourbon options one could dream of and beers from all over the country that can accompany your steaks and have a cozy little soiree in your belly. I went with the local staple, Rainier and a shot of whiskey, which paired well with my meal.

The lighting in Sevenbeef, provided only by candles on the tables and small globe lights in the ceiling, offers a romantic but dark vibe. The wood fire grill gives off a ton of light as it is ignited to cook orders and the big open kitchen is lit up brightly as well; creating a stage like atmosphere with the chefs checking recipe cards and making dishes to order.

Many things will make you want to return to Sevenbeef and the food is just part of that. The staff provide customers with a one of a kind experience and extensive knowledge of the menu and its ingredients. They'll even let you know which shot, taken from a hollowed out beef bone, would go best with their finest cheeseburger.

Sevenbeef will make you lose sleep at night with a hunger for finely cooked and seasoned meat. It deserves nothing less than a 5/5.

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"FIFTY SHADES OF BLACK" MORE PROBLEMATIC THAN PARODY

Callie Craighead
Staff Writer

As the infamous "Fifty Shades of Grey," by E.L. James, has become a cultural phenomenon and earned its fair share of criticism, it was only a matter of time before someone parodied it.

"Fifty Shades of Black" puts its own spin on James' story by replacing the white cast in "Grey" with black actors and actresses. Full of cheap laughs, awkward sex scenes and racial stereotypes, "Fifty Shades of Black" isn't worth going out of your way to see.

The movie mirrors the plotline of "Fifty Shades of Grey," following enigmatic billionaire Mr. Christian Black (Marlon Wayans) as he pursues awkward college student, Hannah Steele (Kali Hawk), in hopes of starting a Bondage and Discipline, Dominance and Submission and Sadism and Masochism (BDSM) relationship with her by having her sign a contract.

The similarities between the two films end here, as Mr. Black is the exact opposite of Mr. Grey. Where Grey flaunted his private helicopter and sleek Audi, Black takes crowded public transport and steals his expensive cars. While Mr. Grey made

all of his money with his company, Mr. Black earned his money by selling drugs. Most importantly, while Mr. Grey was at least satisfying in bed, Mr. Black is a disappointment.

Mr. Grey and Ana's characteristics are amplified and satirized in their counterparts in "Fifty Shades of Black." Mr. Grey's creepiness turns into full on stalking in Mr. Black, who has several restraining orders issued against him. Ana's physical plainness in "Grey" is parodied by Hannah's ugliness that breaks mirrors in "Black."

The movie was missing several scenes seen in "Fifty Shades of Grey," such as the glider scene in Georgia. It also has a different ending than its counterpart; while "Grey" concluded with the couple separating, "Black" ends with Mr. Black and Hannah still together.

The acting was not phenomenal, though this is unsurprising given that the film is a parody. But Hawk does justice to Ana's extreme awkwardness in her portrayal of Hannah, even going so far as to reverse her submissive role by "dominating" Mr. Black in one scene.

While sparse, the movie does have some genuine good humor; at one point during a sex scene, instead of using whips or floggers on Hannah,

Mr. Black reads an excerpt from his copy of "Fifty Shades of Grey," the poor writing of which hurts both of their ears.

The movie also tries to spoof "Magic Mike" at one point, as Mr. Black recalls how he learned to dance by being a male stripper.

While "Fifty Shades of Black" successfully jabs the ridiculousness of "Fifty Shades of Grey" with over the top sex jokes and nudity, it does so at the expense of being severely racist. While this may have been intentional at some points, some of the jokes went too far.

During one sex scene, the camera scans over a line of Black's whips that have names like "12 Years a Slave" and "Django Unchained." The movie also references Bill Cosby's current rape allegations in a tasteless manner.

Admittedly (and unpopularity) I am a fan of "Fifty Shades of Grey." I have read all of the books and watched the movie multiple times. Having said that, I don't think "Fifty Shades of Black" would have been as funny if I had not seen "Fifty Shades of Grey" at least a few times to know the parallels in plot and extreme differences in character.

Taken for what it is, a spoof movie, I give "Fifty Shades of Black" 2 out of 5 stars. While it does successfully highlight what is ridiculous and problematic about "Fifty Shades of Grey," it does so by being problematic and ridiculous itself.

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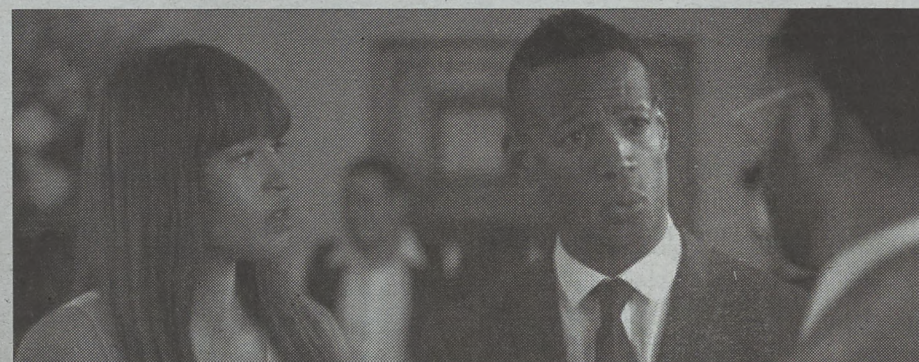


PHOTO VIA OPEN ROAD FILMS • THE SPECTATOR

THIS WEEK IN ART...

WEDNESDAY

DAVID CROSS: MAKING AMERICA GREAT AGAIN!

@ MOORE THEATER @ 10:30 P.M.

THURSDAY

THE SEATTLE WHISKEY AND CHOWDER FESTIVAL

@ THE FOUNDRY BY HERBAN FEAST @ 5:30 P.M.

FRIDAY

THAT'S WHAT SHE SAID

@ GAY CITY @ PLACE, 8 P.M.

SATURDAY

TRISHA BROWN: IN PLAIN SITE

@ SEATTLE ART MUSEUM @ 2 P.M.

SUNDAY

A CELEBRATION OF THE LIFE AND MUSIC OF DAVID BOWIE

@ TRACTOR TAVERN @ 9 P.M.

MONDAY

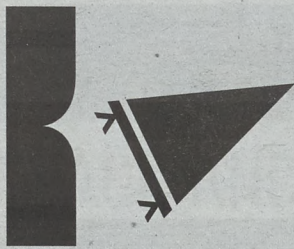
PUSSY RIOT: FEMINIST PUNK AND THE POLICE STATE

@ NEPTUNE THEATER @ 7:30 P.M.

TUESDAY

RARE AIR

@ Q NIGHTCLUB @ 9 P.M.



WOODMAN IN FOR A SPECIAL WIN

Yesenia Varela
Volunteer Writer

With her fingers she taps on the curtain behind the baseline after every point, lost or won.

Tap. Tap. Tap—the way one taps on a keyboard or on a desk in class. It's become a personal habit, something only Kelli Woodman does.

"It's a routine to reset the points," she said. "It keeps me focused."

Focus is what it took Kelli Woodman, tennis player at Seattle University, to win the Rosemary Fri Award on Jan. 23 at the Colorado Tennis Hall of Fame Gala. "I couldn't believe it," Woodman said, describing how she felt the moment co-captain Kristen James announced it out-loud. "I almost started crying because it's such a huge honor to receive that award. I've always wanted to receive it."

The Rosemary Fri award is given to a female tennis player from Colorado or who attends a Colorado college that has demonstrated excellence on and off the tennis court.

"Kelli is very deserving of this prestigious honor. She is one of the hardest workers I've ever met. She's always looking to get better and that has shown in the success she has had," said head coach of the women's tennis team at Seattle U, Adam Reeb. "The great thing about Kelli is that she is focused on the team first, never herself. She wants the team to succeed so much and she is a great captain and teammate. I'm so proud of her for earning this award."

Woodman is the 16th recipient of this award, the first award presented in 2000, and she is the first at Seattle U to be presented with this award.

At about age 10, Woodman's father noticed that she had a special talent for tennis. So, after playing tennis in group lessons and on her free time, she began expressing her admiration for the sport, focusing on it heavily and working harder after every defeat.

In high school, she recalled losing in three sets at number one singles that lasted 3.5 hours. "That was devastating," she said.

But, she stuck to her motto, "Never, never, never give up," and the next year she made it to finals after beating the player she lost to in the semi-finals. At finals, she beat one of her good friends who goes to Princeton University today. She recalled this victory with a smile on her face.

Because tennis is an individual sport, Woodman constantly has to motivate herself on the court, an explanation as to why a crowd might capture tennis players talking to themselves. "You have to hold yourself accountable and you have to work for yourself," she said.

A tennis player who Woodman looks up to and who embodies the values that Woodman believes in is Serena Williams.

"She's amazing. Talking about body image issues with girls, she's one of those people that are really prominent in saying, 'you know, you're supposed to look like an athlete.' It's fun to see how great she is," Woodman said.

Woodman's focus continues today as she makes time around her busy school schedule to practice tennis.

"It's routine: get up for weights, go to class, go to practice, do homework, eat, go to bed," she said.

There's never a time to take a break. During summer breaks, Woodman spends her time coaching younger tennis players.

"I try to give back most of my time to the younger kids that are coming up in the tennis ladder because a lot of the older people did the same thing for me," she said.

Woodman is currently taking Spanish courses and plans to move to South America after graduation and further expand her knowledge of the Spanish language. She hopes to stay in the sports aspect of business but internationally—marketing with ESPN, Fox Sports or the



JESSIE KOON • THE SPECTATOR

Kelli Woodman of Seattle University's Women's Tennis Team.

Tennis Channel.

With graduation around the corner, Woodman hopes to further her tennis accomplishments and try the pro tour to gain ATP points. Tennis is something she plans to continue until her body gives out.

For now, winning the WAC with her team is on her mind.

And as Woodman has proved, as long as you're focused, determined and have belief that you'll achieve

what you set your mind to, it'll happen.

"If you don't have that belief in yourself, there's no way that you can take what you've practiced into what you play."

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WOMEN'S HOOPS DROPS HOMESTAND

Vikki Avancena
Staff Writer

Coming off a big win last week against UTRGV, Women's basketball was unable to carry momentum forward, dropping both games to Utah Valley and Grand Canyon.

Up first were the Utah Valley Wolverines. The Wolverines won the opening tip and jumped out to an early 5-0 lead. The Redhawks managed to tie the score at 5-5 half way through the first quarter with a three-point shot of their own from junior point guard Shaylin Heredia and a jumper from junior point guard Kaylee Best.

Numerous Redhawk turnovers allowed Utah Valley to carry a 13-9 lead into the end of the first quarter.

Seattle U started the second quarter off strong, sinking three jumpers by junior guard Masha Shtikel, sophomore guard Delanie Parry and Heredia, bringing the score to an even 15-15. The teams traded buckets for a bit, but several missed shots by the Redhawks ultimately led to Utah Valley having a three point advantage, 26-23, heading into the half.

Although junior forward Wilma Afunugo made both free throws

toward the end of the third, the score still favored Utah Valley 45-33 at the end of the quarter.

In the final quarter, Utah Valley continued to surge ahead and build on their lead. Successful free throw shots from MaWhinney put the Wolverines at a solid 20 point lead halfway through the fourth.

Utah Valley was on fire in the second half, shooting 54 percent from the field and ultimately capturing the 61-44 win.

Head coach Joan Bonvicini blames a lack of patience for the loss.

"I think there's going to be times you don't shoot well but your defense can be on point and today our defense wasn't on point," Bonvicini said. "We were taking a lot of quick shots, we're very impatient with the ball, and were not moving it well."

Though it was a tough week, Bonvicini believes a few good practices will translate over to the games.

"We can play better than this," Bonvicini said.

Their game against Grand Canyon didn't go well either. The Redhawks lost 67-54.

Seattle U held a three-point lead at the end of the first quarter, but

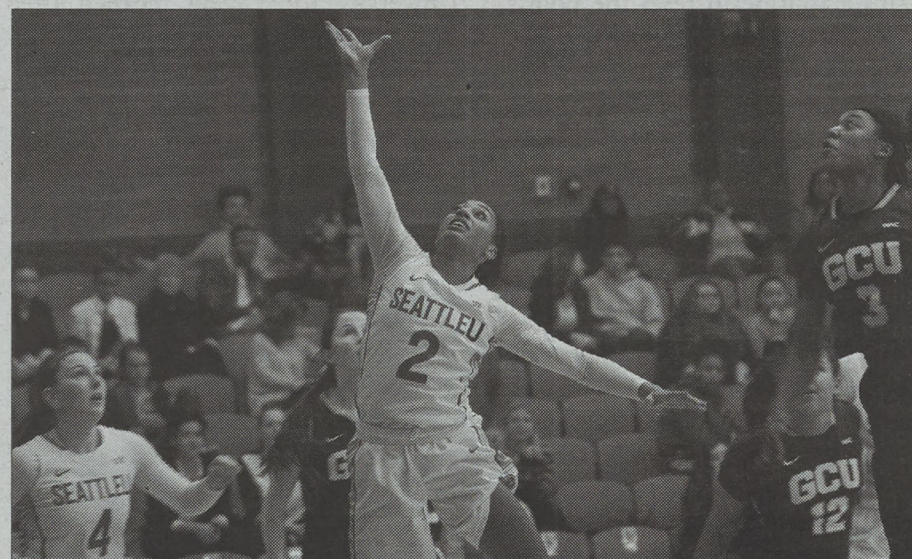
surrendered it in the second quarter. The score stayed within close range against Grand Canyon until about halfway through the third, when the Wolverines went on an 11-2 run and took a 10 point lead into the start of the fourth.

Seattle U women's basketball will have their final road trip of the year at Chicago State on Thursday, Feb. 4 and UMKC on Saturday, Feb. 6.

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KYLE KOTANI • THE SPECTATOR
Shaylin Heredia takes a jumpshot over a GCU defender.



Kaylee Best drives in for a layup.

KYLE KOTANI • THE SPECTATOR

MEN'S BASKETBALL WINS THIRD STRAIGHT GAME

Matt Garcia
Volunteer Writer

The Seattle University men's basketball team had a successful road trip last week and currently find themselves riding a three-game winning streak.

The Redhawks defeated Utah Valley last Thursday at the UCCU Center by the score of 73-62. Junior guard Brendan Westendorf led the Redhawks in scoring, tying a season-high with 20 points on 7-of-13 shooting from the floor. He also filled out the stat sheet with six rebounds, five assists and three steals. The Redhawks showed strong presence in the frontcourt as senior center Jack Crook and freshman center Aaron Menzies combined for 22 points, 11

rebounds and two blocks.

Seattle U was able to hold the Wolverines to under 31 percent shooting from the floor, keeping the number two ranked scoring team in the WAC 13 points below their season average. The Redhawks forced 16 turnovers and managed to score 20 points off of those turnovers. Bench scoring also proved to be a difference maker as the Redhawk bench outscored the Wolverines bench 21-9.

The second leg of last week's road trip came on Saturday, as Seattle U traveled to GCU Arena to take on Grand Canyon University. In a matchup with the top ranked team in the WAC, the Redhawks came away with a victory over the Antelopes, 59-57.

After being down 35-27 at halftime, the Redhawks shot 48 percent from the floor in the second half en route to a 14-3 scoring run that put them up by six points with less than five minutes remaining in the game, however, the Antelopes regained possession but were unable to convert their final possession and saw their 12-game winning streak come to an end.

The Redhawk defense was on display again as they held Grand Canyon (19-3, 6-1 WAC), the conference's top scoring team, to 22 points below their season average.

Westendorf again lead the Redhawks with 14 points on 7-of-14 shooting. He also led the team with four assists and three steals. Junior forward William Powell led the Redhawks in rebounds

with eight while Westendorf and Menzies each chipped in with seven rebounds of their own.

The Redhawks (10-11, 4-3 WAC) have now won three straight games for the first time since February of last year and have won three straight road games for the first time since 2009. As the first half of conference play comes to a close the Redhawks sit in fourth place and return home to Key Arena this week for a three game home stand, starting with a matchup against Chicago State this Thursday at 7 p.m.

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TRACK AND FIELD COMPETES AT UW INVITATIONAL



Alisa Poplawski at the start of the women's 800m.



Katie Fleming lands her first triple jump attempt.



Shaddy Melu placed second in his heat of the 400m dash with a time of 48.31 seconds.



Shaddy Melu makes an attempt at 2.15m, or 7 feet and 0.75 inches.



Sandy Dasalla takes a practice jump.

ALL PHOTOS • CAM PETERS • THE SPECTATOR

SUPER BOWL 50 BY THE NUMBERS



Carolina Panthers

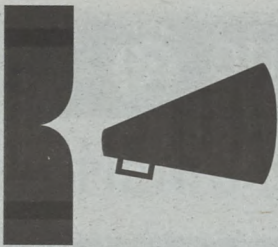


Denver Broncos

vs.

31.2	points/game	22.2
19.2	points allowed/game	18.5
366.9	yards/game	355.5
322.9	yards allowed/game	283.13
224.3	pass yards/game	248.1
234.5	pass yards allowed/game	199.6
142.6	pass yards/game	107.47
88.4	rush yards allowed/game	83.6

NFL Helmet logos courtesy of nflcommunications.com. Logos are registered trade marks of their respective teams and are not in any way affiliated with Seattle University or The Spectator.



BARBIE'S NEW BOD

Last week, one of the world's most iconic dolls embraced a long overdue change: Mattel Inc. began online marketing for Barbies that break away from the previously used uniform female body model. Moving forward, "Barbie" will introduce three new body types into their line of dolls, with differentiating skin tones and eye colors.

Well it's about damn time.

Barbie or otherwise, when are we going to completely own up to the fact that giving children dolls to play with that don't look like them can be deeply scarring? From the day we start playing with these dolls, we begin to cultivate a false understanding that the only people who are truly beautiful are white, blonde bombshells with an unrealistically perfect hourglass figure. Shaking up that image gives me more hope for the next generation of youth who will play with Barbies.

The lingering criticism of the dolls makes sense to me—that even though there is new differentiation in the image presented, Barbies still inoculate an overemphasis on the physical appearance of women. It does make a difference; playing with unrealistic dolls as children means unrealistic expectations for how we ourselves should look as adults. When we give kids toys, we can't also be handing them deep-seated insecurities—and fortunately, there are ways to ensure that we don't. While I definitely grew up playing with Barbies, I also grew up with fervently strong female role models who taught me to value what is in my head more than what's on my face. (Special thank you to Mom, Hermione Granger.) And so while my hope of all hopes is that we one day live in a world where less importance is placed on physical appearance, I also feel pleased with the developments for Barbie thus far. As more ethnicities and body types are represented, hopefully the next generation of women will grow up that much healthier.

—Lena Beck, News Editor

WILL NEW HAMPSHIRE FEEL THE BERN?

Sen. Bernie Sanders saw incredible success in the kickoff to the presidential campaign at the Iowa Caucuses on Monday, virtually tying with Hillary Clinton. Even though he has had youth support throughout his campaign, some may be surprised by Sanders' success. Just a few months ago Sanders was not considered a frontrunner and young people have a tendency to get caught up in the commotion and excitement of presidential campaigns—and not show up when it counts. But Bernie supporters and young people in general showed up in Iowa on Monday—and they made it count. His triumph in Iowa, as well as his popularity with young voters, could realistically mean a win in New Hampshire.

Of the more than 21,000 estimated young people who caucused for Democrats in Iowa, 84 percent supported Sanders. This is more than even Barack Obama garnered in 2008, when he won support from 57 percent from the under 30 age group. When looking at the overall turnout of the under 30 crowd this year, about 11 percent of eligible Iowans under 30 participated in the caucuses, making it the second time since 1996 that youth turnout has exceeded four percent.

With his success in Iowa, it is not difficult to imagine another win in New Hampshire. Especially since New Hampshire has a better record of having young people show up, millennials make up a third of the voting electorate in the state and caucus procedures in New Hampshire are more flexible—while in Iowa people have to show up and defend their choices, voters in New Hampshire can choose to vote within a window of time.

And although Obama suffered an unexpected loss in New Hampshire to Clinton in 2008, Sanders could very well have participants of the upcoming caucus feeling the Bern.

—Melissa Lin, Editor in Chief

The Spectator editorial board consists of Melissa Lin, Christopher Salisbury, A.J. Schofield, Lena Beck, Jenna Ramsey, Will McQuilkin, Nicole Schlaeppli, and Sally Underwood. Signed commentaries reflect the opinions of the authors and not necessarily those of The Spectator. The views expressed in these editorials are not necessarily the views of Seattle University.



Mandie Maddux during her second attempt in women's shot put.



Shaddye Melu warms up for high jump by doing flips on the pit.

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'ASKING FOR A FRIEND'

by Carlos Rodriguez

Carlos is the better uncle you never had.



Q: Does going to the gym for 20 minutes justify eating an entire pizza by yourself?

A: Yes? At least you are still doing exercise. Honestly, I never go to the gym and yet I still eat entire pizzas and whole bags of Tapatio Doritos all by myself. Trying is what really counts.

Q: What do I do if I'm obsessed with the container store but whenever I'm at the mall with my friends I'm too embarrassed to ask to go?

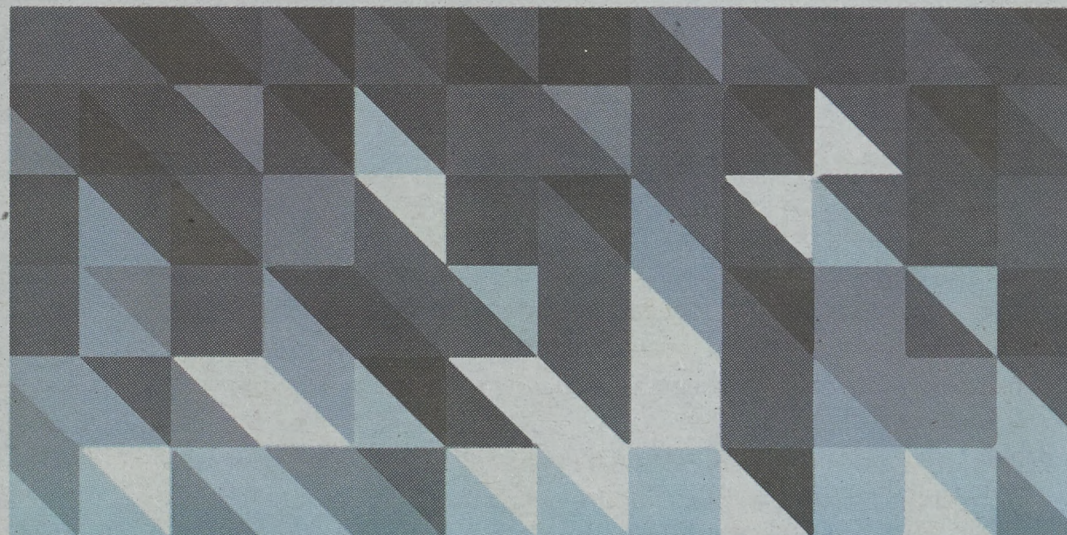
A: Own that obsession! Containers are useful items that can be used for a variety of things, so don't be ashamed! Real friends would understand.

Q: How do I overcome being really homesick?

A: Homesickness is tough, especially during winter quarter after coming back from being inundated with friends and family. Know that you are not alone and that many people are also trying to find ways to combat homesickness. Talk to a friend about it and find fun things to do, like watch a movie or even have an arts and crafts night. Whenever I feel homesick, I call my friends, family and even Facetime with my dog, Chester. I would encourage that whatever you do, it's something that is fun and enjoyable and you have someone to share that time with.

XOXO Uncle Carlos

To submit a question, visit su-askingforafriend.tumblr.com



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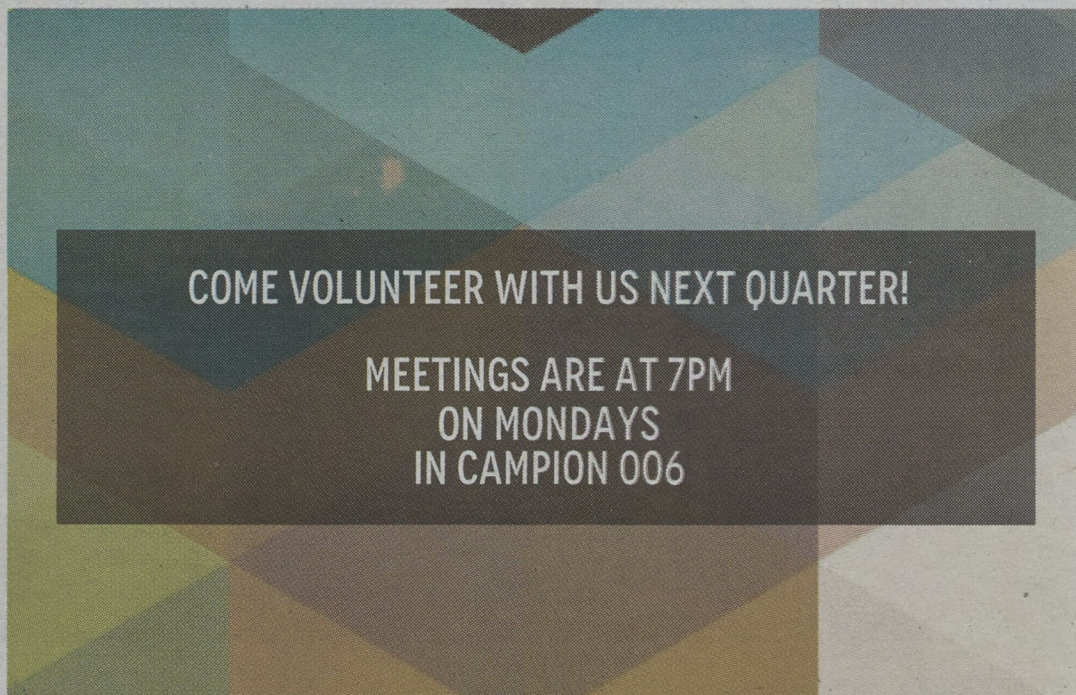
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COME VOLUNTEER WITH US NEXT QUARTER!

MEETINGS ARE AT 7PM
ON MONDAYS
IN CAMPION 006



CHECK OUT OUR ONLINE COLUMNS PUBLISHED THROUGHOUT THE WEEK! HERE'S A GLIMPSE INTO A FEW...

LET'S MEDITATE

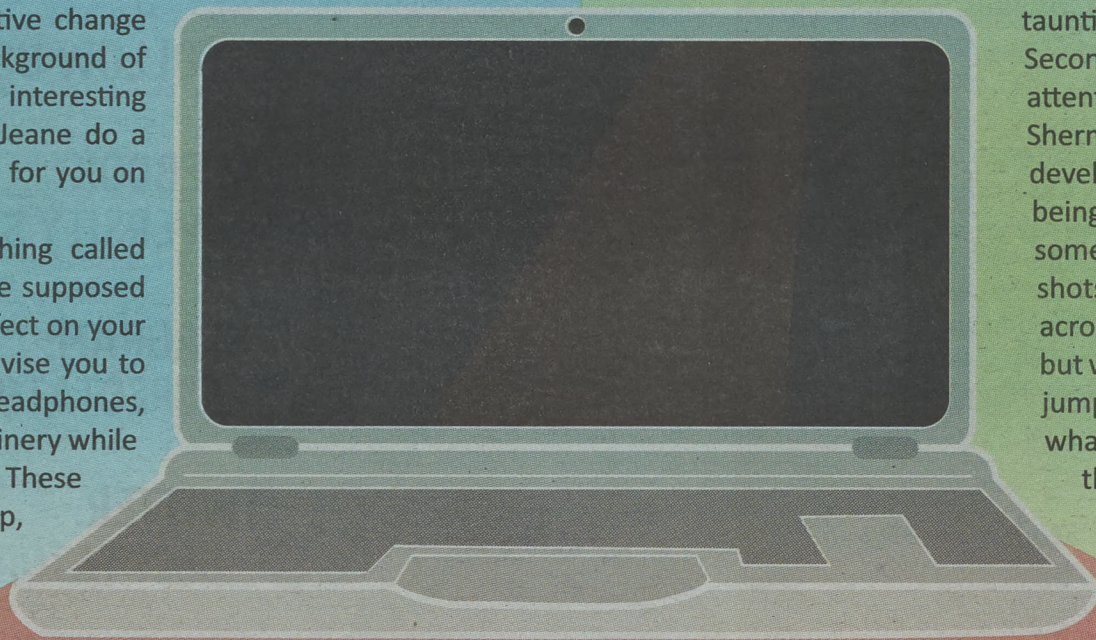
BY LENA BECK

To be fair, this is not the podcast I intended to write about this week. I'm not sure this is a podcast I intended to write about ever. But by the time that Saturday rolled around, it was an option I desperately needed to pursue.

As of that morning, my weekend had already found room to include an aspiring rap duo, a newly flat tire on my bike, and someone else's vomit in my bathroom. I was stressed. I needed to calm down.

And so I downloaded a program that was wholly new to me, called "The Meditation Podcast." Hosted and produced by Jesse and Jeane Stern, this show offers meditation as a way to affect positive change in its listeners. The background of the program is the most interesting to me—and Jesse and Jeane do a solid job of laying it out for you on their website.

The audio uses something called "binaural beats" that are supposed to have such a strong effect on your brain that the Sterns advise you to not just use your own headphones, but to not operate machinery while listening to the podcast. These programs can inspire deep, healing change...



THE RANTINGS OF A SOMEWHAT INFORMED SPORTS FAN

BY AJ SCHOFIELD

This isn't going to be column so much as an semi-organized collection of thoughts.

First, I want to talk about Cam Newton.

Cam has been getting a ton of hate from fans across the country, and it's been especially noticeable here in Seattle. Listen, I get it. The Panthers beat us, twice, and we're all a little salty about it.

What I don't get is stupid petitions like this one. Really guys? Has it really come to this? So Cam Newton threw a "12" flag to the turf. Here's an idea: don't wave it in his (expletive) face! We call him a

poor sport and classless, but we're taunting him with a flag? Really?

Secondly, allow me to direct your attention to Richard Sherman.

Sherman, as you may recall, has developed quite a reputation for being loud, boisterous and as someone who isn't afraid to take shots and talk some trash. Fans across the country hated him for it, but we here in Seattle immediately jumped to his defense. I guess what I'm getting at here is this:

there is a massive double standard here.

Now, this probably isn't exclusive to...

THE BECK-TATOR: I'M FIGURING OUT "RADIOLAB"

BY LENA BECK

Okay, I liked it.

Last week, I addressed my undying devotion to "This American Life," and decided to finally evaluate the hypothesis of many of my peers that "Radiolab" is a similar, but ultimately better program.

With this, I disagree. It's not better. However, I found it to be intriguing to the extreme. I listened to the two most recent episodes, called "The Cathedral" and "The Fix." Since the show has been on for years and I only jumped on board for the last few additions, I feel reluctant to generalize about the whole program in its entirety. Still, I gleaned enough about the show in those two episodes in order to draw a few comparisons to "This American Life."

"Radiolab" focused on one main story per topic instead of several. What that means is that while you don't get the same glimpse into the parallels between the complex layers of each featured subject, you do get a more thorough story. "Radiolab" seems a lot more scientific than "This American Life," as though it is examining why things are, as opposed to how they are...