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# Saint Martin's: Dressed in White

New records set in Indoor Track

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SAINT MARTIN'S UNIVERSITY MONTHLY STUDENT NEWSPAPER

Volume IV

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## Drugs ARE on campus, but help is available

**Joey Keeton**  
*Staff Writer*

Drugs are a very pertinent issue here on campus. Some see it, but others do not. Many students do not realize what drugs do to their bodies and to others around them. Opinions on the topic vary, and there are a few common misconceptions about drugs that people do not realize.

One of them is that everyone uses drugs, or at least they have tried. That is the biggest misconception today. National survey results from monitor-

ingthefuture.org on drug use show that 32.7% of college students have used marijuana in the past year. That is less than one-third of the students.

Why does this matter to the students at Saint Martin's? Generally speaking, Saint Martin's is not involved with drugs on a level proportional to other schools, but there still are issues.

Howard Thronson, Director of Public Safety, comments that drugs on SMU's campus are there just like any other school, and just as they are a part of society. It is go-

ing to happen, but the public safety staff do their best to reduce this occurrence. What the public safety office believes is that there is a certain level of privacy for students, and student officers will not go looking for drug offenders, but it is brought to their attention, they simply cannot ignore it.

"I'm not naïve towards what's going on. We know what's happening and we're doing our best," says Thronson.

This is putting trust onto the students. Thronson notes that

*See DRUGS, page B1*



Image retrieved from wheresweed.org

## CHRISTMAS WITH SAINTS BASKETBALL

**Clarissa Strayer**  
*Staff Writer*



Photos by Jesse Lamp

While the rest of their Saint Martin's peers took advantage of their days off by relaxing at home, the men's and women's basketball teams thrust themselves into an intensive winter workout schedule.

With only six days off over the course of the winter break, these Saints enjoyed every second of their minimal time off by celebrating the holidays with their families. The mini-break for the basketball teams lasted from Dec. 20 to 26. Outside of that week, the

players committed themselves to the practices, consisting of a strenuous two hour court session followed by weight lifting six days a week. When the players were not practicing, they were traveling to

the other teams in the Great Northwest Athletic Conference's home courts.

The men pulled big conference wins over break, as well as having a good showing in the Grand Canyon Christmas Classic against Grand Canyon University and a non-league game win over Pacific Lutheran University. Towards the beginning of the break, the men had three conference losses in a row, but they managed to turn that around and win two games straight in the new year.

After the unfortunate losses to Montana State-Billings, Seattle Pacific, and Western Washington, the men pulled a strong win over the Canadian Simon Fraser University, outscoring them 90-68.

Moving forward with this momentum, they also accomplished the challenging feat of beating Western Oregon on the road on Jan. 14 with a score of 74-65. The men's team traveled to Phoenix, AZ to play Grand Canyon and Dixie State; Bellingham for a match up with Western Washington; Burnaby, BC to take on Simon Fraser; and finally Monmouth, OR to play Western Oregon over the break. The Saints proved that they can perform exceptionally well on the road winning three out of their five away games.

While the girls did not receive the results they wanted

over break, they still managed a 64-57 win over Simon Fraser on Jan. 7. Although they struggled in some of their games over break, the girls never gave up, and always maintained positive, optimistic attitudes. Just like the men's team, the women went on a number of traveling excursions as well. They traveled

to San Francisco, CA to take on the Academy of Art University; Billings, MT to play the Montana State University-Billings Yellow Jackets; and Seattle for a game against Seattle Pacific University. Their final three games over the official winter break were played in Lacey in the Marcus Pavilion.

For the traveling trips, the teams had strict schedules, usually leaving SMU for the

Sea-Tac Airport between six and eight in the morning. Once they arrived at the hotel, they would have a practice session at the opposing team's court the day before a game. After the game, they would get one more night's rest in their hotel beds before heading home on the plane the day after the game.

Being stuck in Lacey for the majority of their winter break, the teams looked forward to their traveling trips, and wanted to get away for a few days. It was exciting to travel,

*See CHRISTMAS, page D1*



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February 2012

## DRUGS, from Front Page

there is an ongoing "community oriented policing" where the integrity of the student is prominent to help public safety do their job and keep students and other community members safe.

Thronson's main concern is that we have no overdoses here at school.

Jan Berney, Director of Counseling and Wellness Services, and Jason Kilmer, Substance Abuse Prevention Program Coordinator, took the same perspective on student help. They say students need to help each other when it comes to the issue of drugs and alcohol.

Stopoverdose.com says, "If you think you're witnessing a drug overdose and seek medical help, you will receive immunity from criminal charges of drug possession. The overdose victim you're helping is protected, too. Call 911."

Others have spoken up about the issues of drugs on campus. One sophomore who wishes to remain anonymous states that he realizes drugs are used, is fully aware of it, and would like to take action. He says he is comfortable with people doing it as long as it does not affect his own life.

Another senior, again anonymous, says those who use drugs are "low idiots who want their life to go nowhere, and I don't feel sorry for them".

Kilmer says that what you don't know will hurt you.

"Drugs directly affect your brain

from areas from memory and concentration and over to attention," he says. "Even two days after the use of marijuana, you can analyze the brain and still see the effects of it on yourself."

In fact, the more you use marijuana the longer it stays in your system, and the more severely it impacts you. It affects your sleep as well. Smoking makes you drowsy during the day and also makes your sleep at night less effective.

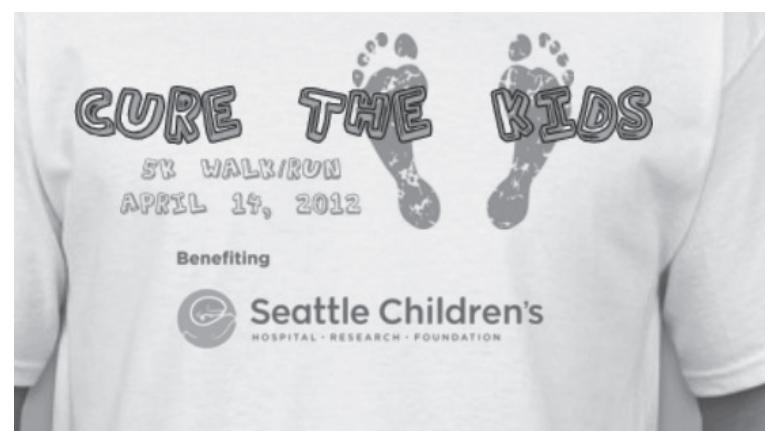
If you feel someone needs to be confronted, do it. If you feel uneasy, call someone else such as security or an R.A. Saint Martin's students need to be a strong community that looks out for each other. Safety is the number one concern. Do not be stupid enough to throw your life away on drugs and alcohol or let someone else ruin their life. Take immediate action to stop it by talking with a friend or visiting the counseling center. If you wish to know more about how drugs affect you, the statistics, or just want more information on how to deal with these kinds of situations, please go to the links provided by the counseling center. You never know, it could save your life or someone else's.

<http://stopoverdose.org/>

<http://www.stmartin.edu/CounselingCenter/Resources/VirtualPamphlets.aspx>

<https://interwork.sdsu.edu/chug2/?id=stmartin&hfs=true>

[http://www.monitoringthefuture.org/pubs/monographs/mtf-vol2\\_2010.pdf](http://www.monitoringthefuture.org/pubs/monographs/mtf-vol2_2010.pdf)



## SMU'S BIOLOGY CLUB ANNOUNCES SECOND ANNUAL CURE THE KIDS

Rae Pennock  
Staff Writer

Any plans for April this year? One date that should be in your calendars is April 14. Why? Well because it is the Biology Club's Second Annual Cure the Kids 5K Walk/Run.

The Biology Club promotes this 5K to raise funds for the Seattle Children's Research Hospital Foundation. The proceeds will go to those with the greatest need, the families that are struggling to make ends meet with their children in the hospital. There are three categories in which to donate, and the greatest need category allows for the most flexibility. The money will go to help parents pay for children's expenses. This 5K is a way for the Biology Club to get involved in the SMU community, to volunteer, and to have the volunteer work be health related.

The 5K takes place on campus, April 14 at 9 a.m. Last year they raised about \$1,000, and had about 70 participants. This year they are hoping to raise even more money, and have more participation. There will be prizes for the fastest runners and fastest walkers. Posters will go up later in February with more information.

You can register in person right before the race or pre-register online. The Biology Club is still working on the link for pre-registration, but it will be up soon. Registration fees are \$20 for adults or \$15 for students and children. The price includes a T-Shirt.

Sponsors and volunteers are still needed. If anyone is willing to sponsor the Biology Club in this event or to volunteer with set-up and other tasks, you can contact them by email at smubio-club@gmail.com. Or you can attend a club meeting most Tuesdays from 2-2:45 p.m. in Old Main room 406.

*Valentine's Day is on its way*

Joey Keeton  
Staff Writer

Valentine's Day is right around the corner, and we all know what that means. Red, pink, flowers and doves, plenty of chocolates, hearts and love! This year, don't fret when you don't have an idea about what to do for your significant other because here are a few tips to help you get through the day this year!

To start, pick your significant other. Have you got them? Good! Now put aside some money so you can plan on buying them something special this year! A quick browse around the internet shows that surveys say most girls would rather get a single flower and be treated to a quiet evening over being lavished and smothered in gifts. These surveys also show the guys that you will never go wrong with chocolate. Other researchers found that most guys would simply prefer to see their significant other happy, and they just enjoy the small things. And girls, the little compliments help! But even a small gift goes a long way; it really is the thought.

A few students already have their day planned out! Mason Cooper, a junior, plans to take his special someone

on a peaceful walk then settle down and watch some old movies.

"We have always enjoyed watching old movies together, good and bad. It is just something that makes us laugh," he says.

One freshman plans to surprise her man with a bunch of home-made hearts and a small toy that is part of an inside joke between the two.

"The first Valentine's Day we spent together the only thing he could afford was a cheap little doll from a vending machine and it was so cute," she says. "Now it's something we do every year".

Not into Valentines? No sweat! Get together with some friends, hang out and still have a blast! Go bake some heart-shaped cookies then eat them, or make them already broken! Watch some action movies to get away from all the mushy stuff, or just get together and have a good time! One senior says she will be spending the day watching "terrible" movies and just having a lazy day with nothing to do.

Freshman Andy Nicoletta states "I'll be in my room playing games with friends all day, now that's love."

So whether you are with a friend or that special someone, find a way to spend Valentine's Day with the people you love!

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## February's Calendar of Events

### FEBRUARY

SUN	MON	TUE	WED	THUR	FRI	SAT
					9 10 Coffee House Music, 9pm, TUB	11 Benedictine Leader Program Summit, TUB
12 Student Mass, 7-8pm, Abbey Church	13 Craft Making, 3-5pm, Campus Ministry Lounge  Valentine's Mocktail and Sweetheart Bingo, 7pm, TUB	14	15	16 Craft Making, 3-5pm, Campus Ministry Lounge  BINGO Night, 9pm, TUB	17 Homecoming Dance, 9pm, NWCC	18
19 Student Mass, 7-8pm, Abbey Church Compline, 8-9pm, Abbey Church	20 <b>President's Day</b> <b>No Classes</b>	21 Mardi Gras Party, 11am-1pm, Campus Ministry Lounge	22 <b>ASH WEDNESDAY</b>	23 Interfaith Lecture Series "Mormonism," 6:30pm, Baran Great Room  Open Mic Night, 9pm, TUB	24 Stations of the Cross, 12:15-12:45pm  Seattle Trip (Taize and Seattle U Campus Ministry), 3:30- 10:30pm, TUB Parking Lot	25 Candlelight Mass, 7- 8pm, Abbey Church  Comedy Underground, 9pm, TUB
26 Student Mass, 7-8pm, Abbey Church	27 PROS Documentary Discussion "Tying the Knot," 7pm, TUB	28	29 Papa Pete 'n' Popcorn, 8-9pm, Parsons Hall	1 Brotherhood of Excellence Discussion w/ Dr. Werrett, 5- 6pm, TUB	2 Stations of the Cross, 12:15-12:45pm  Community Kitchen, 4- 9pm, TUB Lawn  Dance, 9pm, TUB	3
4	5 Women's History Celebration, 7pm, TUB	6 Information Session on majors in the College of Education, 1- 3pm, TUB	7 Commuter Lunch, 1130am-1pm, TUB  Candlelight Stations of the Cross, 7-7:30pm,	8	9 Koinonia Retreat, Campus Ministry  Stations of the Cross, 12:15-12:45pm	10

### Weekly Meetings:

#### Tuesdays

TUB Snack of the Week, 1-3pm, TUB Lobby  
Low Mass, 10pm, Burton Addition

#### Wednesdays

ASCE Concrete Canoe Meetings, 11am, Engineering Library  
Bible Study, 3:30-4:30pm, Harned Hall

#### Thursdays

Magic Club Meetings, 6pm, Burton Addition  
Low Mass, 10-11pm, Burton Addition

Want your event posted on the  
monthly event's  
calendar?

Send your club/office/department/group's list of happenings to jesse.lamp@stmartin.edu with the event's title, time, and place and we will get it in the next issue.

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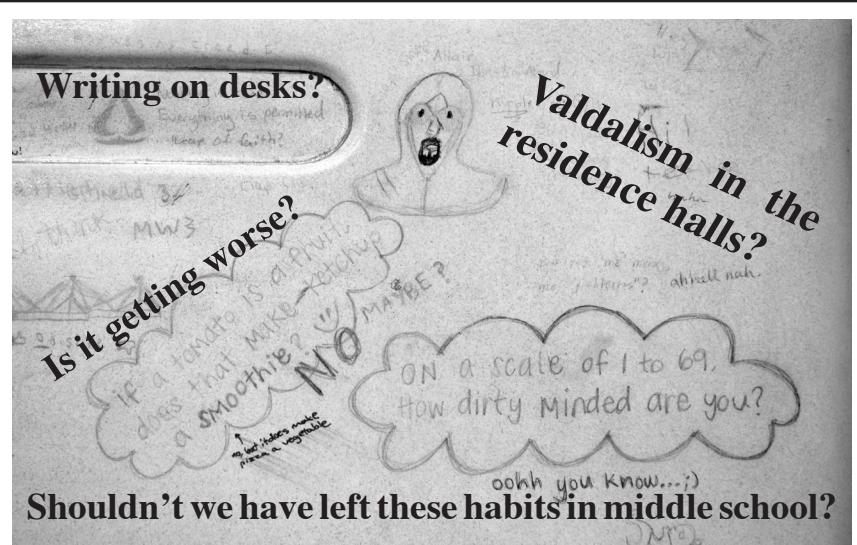
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## Student accredited into NASPA's internship program

**Carlos Montebelanco**  
Staff Writer



Senior Sancha Elevado was accepted, one of 200 people in the country, to enroll in an internship program under the National Association of Student Personnel Administrators (NASPA) on Oct. 20, 2011.

Although Elevado is enrolled in her fifth year at Saint Martin's, she is still continuing her participation in school organizations. Currently, she is the Vice President of ASSMU (The Associated Students of Saint Martin's University), Promotion and Marketing Coordinator for PROS (Programming Options Specialists), and member of the Board of Trustee Committees.

Throughout her college career, Dean of Students Melanie Richardson provided guidance as Elevado's mentor. She recommended the NASPA's Undergraduate Fellows Program (NUFP), a foundation for undergraduates seeking professions in student affairs, higher education or both.

NUFP's main objective is to place underrepresented professionals into the working field. The program offers two internship opportunities, entry to NASPA's annual conference and a four-day

summer leadership workshop, which Elevado plans to attend.

One of her internships is developing the Benedictine Leaders Program (BLP), a semester-long program that educates students to become leaders through service, faith, and reason workshops. Admission is free and available to all current Saint Martin's students through Ginny-Beth Joiner.

Elevado's resume is impressive, from holding executive positions on campus to studying in London at the University of Westminster last semester. Elevado was also accepted into Loyola University Chicago for graduate school. She is still waiting to hear from Seattle University and the University of San Diego.

"My ultimate goal is to earn my Doctor of Education degree and work as the Vice President or Dean of Student Affairs," said Elevado.

Many golden opportunities are found through clubs, especially student governments. Rotaract, campus ministry, international club, residence life, and Greek life are only a few examples of what is available. Some organizations may also offer work study, internships and scholarships.

Seeking assistance from a mentor in your field of interest is also helpful. For example, you might want to improve residence life through a leadership position. A residence life faculty member can help guide you to the clubs you should join.

Elevado added, "Just be involved in something because if you're not, then you're missing opportunities that are being presented to the members of that organization."

## A new voice in the psychology department: Dr. Newton

**Rae Pennock**  
Staff Writer

Professor Newton is one of the new faces at the Saint Martin's University campus. He has joined the Social Sciences Department teaching Psychology.

Professor Newton was born in Cochrane, Georgia, a small, rural town about three hours south of Atlanta.

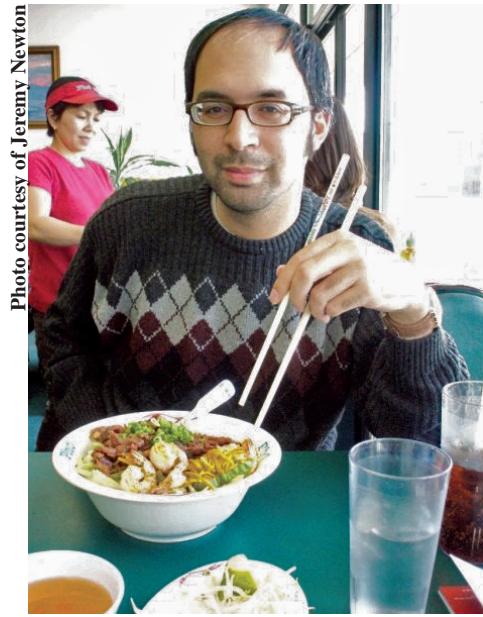
He graduated from the University of Georgia in 2000 with a bachelor's degree in Psychology. Newton later received his doctorate in Psychology from the University of California, Davis in 2010. His research at UC-Davis included work that examined memory and how it is impacted by stress. While he worked with a child developmentalist to complete his dissertation, his training primarily focused on cognition and its applications to our legal system, including issues of eyewitness testimony. At Davis, Newton found that he had a specific interest in teaching in higher education. He "liked the idea of mentoring students at an important time in their life."

Immediately before arriving at Saint Martin's University, Professor Newton taught at Texas Wesleyan University in Fort Worth, Texas. While there, he put his interests to good use. He became interested in issues of the wrongly accused and the situations or circumstances that put them in jail. Dr. Newton became involved with Wesleyan's Justice Project, which is associated with the Innocence Project of Texas. The Innocence Project works to ex-

onerate wrongfully convicted people through DNA testing and evidence re-examination.

While living in Texas, Newton visited the Olympia area while attending a teaching workshop at the Evergreen State College in 2009. He and his partner, Marie Boisvert, also vacationed on the Olympic Peninsula and Seattle, receiving their first taste of the Northwest. This prompted him to apply for jobs in the area. He accepted the position of Assistant Professor in Psychology here at SMU. Newton says that he enjoys the environment of a small, liberal arts college setting. He believes that higher education works better this way, especially when compared to that of a large university.

Professor Newton has been teaching full time now for five years. He is also active on Twitter and can be followed at <http://twitter.com/NewtPsyc>.



The Psychology department welcomes a new professor to the staff.

## Food and fiction takes professor around the globe

**Hana Cahill**  
News Editor

An office on the third floor of Old Main sat vacant during the fall 2011 semester. While some may know why, many may have been baffled by the conspicuous absence of English associate professor, Dr. Jeff Birkenstein. Where was he? Well, once a professor receives tenure they also receive the ability to go on a kind of research vacation, a sabbatical. The call to sabbatical grabbed Birkenstein and led him on a semester-long hiatus around the world.

Birkenstein, having received tenure in 2009, left this summer to conduct research for a book he is writing on food in fiction. The main idea of his book is that the food mentioned in fiction, the way the characters eat, and what they eat is essential to understanding the story in which they are a part. Food is a part of community and culture. It is always significant in fiction, and can help unravel meaning.

This was his first sabbatical and a change for him to go wherever he

wanted on a paid vacation. Birkenstein went to California to visit with family, research for his book, and finish a collaborative book on the work of Terry Gilliam of Monty Python fame.

Whenever a professor goes on Sabbatical they have to do a presentation to "prove they did something" and for Birkenstein that presentation was scheduled for the weekly Friday faculty/staff lunch. His presentation on Friday, Feb. 3 was titled "Eating, traveling, napping and even writing," which sums up his experience in California quite succinctly. Of course, he also went to California to work in a new environment, and found he enjoyed the slower unhurried pace.

He stayed there for the summer, but in October Birkenstein returned to Washington and took the time to move his office and water his plants.

In December, he and his brother decided to go on a backpacking trip to Southeast Asia. They traveled to Indonesia, Malaysia (where they celebrated the New Year), Singapore, and the Philippines. Birkenstein and his brother had been planning this trip for a while because Birkenstein has grandparents

on both sides of his family who served in the Philippines.

While there, they went to the Manila hotel, which was already built when their grandparents were there 60 years ago, to have dinner and get a drink. On the way back to their rooms, Birkenstein and his brother decided to walk along the Bay Coastal Road and encountered a side of traveling that he says makes you see how good you have it. Compared to the luxury he and his brother had just experienced at the hotel. There were families on the road settling down on their squares of cardboard to go to sleep. The \$30



English professor, Dr. Birkenstein, returns from his semester sabbatical.

they had just spent might have lasted one of these families two months, and it incites a feeling that makes people want to make a difference in the world. Birkenstein thinks this is one of the reasons people should travel, a reason why it is good to see other cultures and other peoples, in part to see what one has, and in part to think about what you can do to change the world.

# SMU alum breaks the language barrier

Timea Talaber

*Staff Writer*

One important aspect of a culture is the language. Language barriers can often separate people, but here at Saint Martin's a variety of languages are taught to students to help broaden horizons and teach new skills. Among these languages is Japanese, taught by Professor Reiko Yoshikawa-Clise.

Originally from Osaka, Japan, Yoshikawa-Clise received her bachelors of arts from Kyoto Women's University, majoring in English Literature. It was in Japan that she met and mar-

ried her husband, but she soon moved to Washington and began teaching at Tumwater High School.

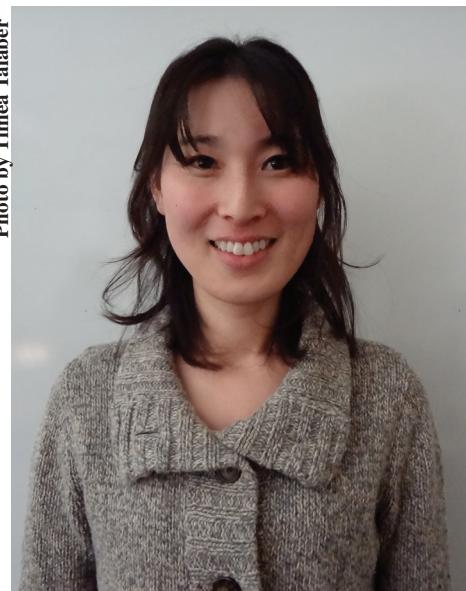
"The first thing that I was surprised about was how different the students were [from Japanese students]," she comments.

She was shocked at first that American students could get out of their seats during class to sharpen pencils, for example. Yoshikawa-Clise iterates that in Japan, students need to stay seated during the whole class period. Another difference between the American and Japanese high school system is that here students move between class-

rooms, whereas in Japan the teachers move between the classrooms. Yoshikawa-Clise has now taught at Tumwater High School for ten and a half years.

Yoshikawa-Clise came to teach at Saint Martin's because she previously attended and received her Masters of Education from SMU. One difference she notes between college students in America versus students in Japan is the diversity of students attending university. Here there are students from all ethnic backgrounds, and from all over the world, which is something that Yoshikawa-Clise values. She has been

Photo by Timea Talaber



Professor Reiko Yoshikawa-Clise.

teaching at Saint Martin's for a total of four and half years, and is looking forward to continuing to educate future students.

## Crazy delicious is right!

Jesse Lamp

*Editor-in-Chief*

There's a new joint in town, and that joint is called Kitzel's. I recently had the delightful experience of dining at Kitzel's Crazy Delicious Delicatessen, and was more than satisfied with my experience. The restaurant opened on Dec. 15, and while it took me a few weeks to make the journey, I was finally able to experience Kitzel's deliciousness during the mid-January power outage. (Yes! They were open when even Walmart was closed.)

I enjoyed a meat knish (and stole a bite of my dining companion's potato knish) and finished the meal with a delicious chocolate-covered macaroon. The food was great, the dining experience was unique, and I was satisfied

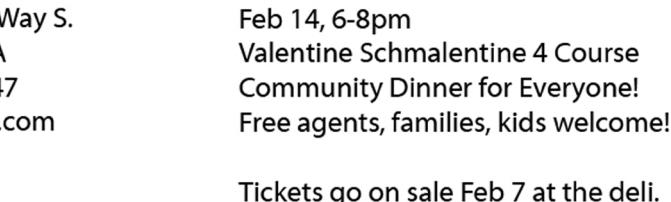
not only to have enjoyed a good meal, but to know that I helped, in my own small way, to support the venture of Hava Aviv and, Saint Martin's own, Irina Gentleman in their most recent endeavor to bring a Jewish cuisine to downtown Olympia.

So if you have some free time, find yourself wandering the downtown area, or get trapped in your house again under two feet of snow, then take a detour to Kitzel's and find out what all the fuss is about. In the meantime, check them out at the links provided below.

[kitzels.blogspot.com](http://kitzels.blogspot.com)

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## Now a Saint, always a Marine

Hana Cahill  
*News Editor*

After graduating from Rainer High School in 2006, Johann Bisbing decided to join the U.S. Marine Corps and serve his country. He was stationed at 29 Palms in the Mojave Desert, which he says is a version of Hell on Earth. While there his occupational specialty

was both infantry and motor transport. He was deployed twice to Iraq for nine month tours and was injured on his first tour.

After four years in the Marines, Bisbing found himself searching for the right school to attend, and found Saint

Martin's University. He was touring campuses close to home and found a less than warm welcome at the University of Washington where he was spat on while in uniform. In contrast, SMU is very open and friendly towards veteran students.

Bisbing feels like there is camaraderie between the veteran students at SMU, and he says he can tell who the veteran students are. He would, and has, recommended SMU to other veterans looking for a college.

Bisbing said he feels some of the events are tailored for a younger crowd, but as a full-time student, a SMU security officer, and a new dad, his time is very limited even if there were events he would be interested in attending. His daughter, Ryah, is three months old and he admits to being a protective dad.

Bisbing also has two younger sisters he feels protective towards, but he receives support from them, too. His entire family backed his decision to join the Marines, and his wife, whom he



Bisbing during his second deployment in the Ninewah Province of Iraq.

Photo courtesy of Johann Bisbing



met at Rainer High School, is also very supportive.

When he finishes his college education, Bisbing wants to work as a counselor for veterans because he knows he can understand other veterans and help them. His time in the Marine Corps influenced his decision to study psychology, and he hopes to eventually complete a master's degree.

# Red Tails brings the action to the big screen

**Hana Cahill**  
News Editor

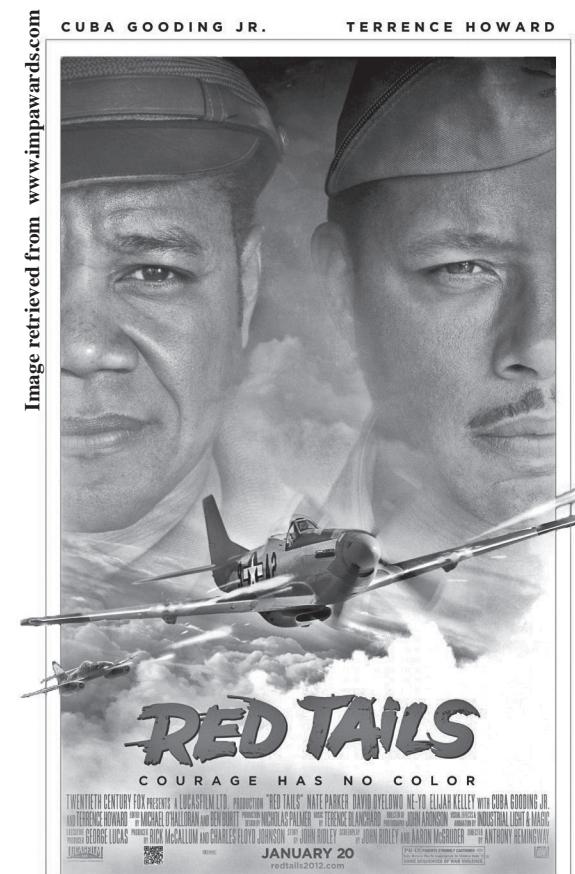
My very first impression of "Red Tails" was "this dialogue is awful!" But if you bear through the first five minutes everything improves exponentially. The main four characters, Easy (Nate Parker), Junior (Tristan Wilds), Lighting (David Oyelowo), and Joker (Elijah Kelley), have great personalities that work well together. Parker did an amazing job of balancing his role as flight leader, friend and pressured alcoholic. These men are the kind of people that you would want to hang out with, and throughout the movie you align with their cause. Even if the movie had come out during WWII while there

was heavy racism and persecution of the Negro, the movies message would still have been as powerful, maybe even more.

The Tuskegee Airmen, the Negro air fighters, had the best record of any U.S. air group in WWII and were famous for being the most often requested escort for the large bomber planes. Their job was to protect the bigger planes from the German fighters so that they could make it to their destination. They were also responsible for taking down the best German air fighter, the main villain of the film who has no name but "Pretty Boy," and is played by Lars van Riesen. "Red Tails" also does a stellar job of showing the racial conflict by illustrating the stress between

whites and Negros and how the Italians had no problem with the Negros.

However, it is not as boring as I make it sound. There are plenty of explosions, battles and fast-paced action to keep the story moving along and interesting. "Red Tails" has truly brought all the action of WWII to the 21st century. The main flaw was the predictable ending and the sappy love story. I will let you go see the movie instead of giving away the ending, but I promise you that it is worth it.



## CHRISTMAS, from Front Page

and the trips served as a fun means of team bonding.

In addition to staying in shape and remaining in tune with each other on the court, the women Saints also tried to address some other issues over the break. They put forth hours of effort in order to find what clicks with each and every player, making sure the girls could function together as a group rather than focusing on individual play.

"We're really looking for a team leader on the court," said Freshman Angela Gelhar, "someone that can take charge on the court."

While the Saints searched for a player or multiple players to take on this role, they also took advantage of their lockdown at SMU to bond as a team. On most nights, the girls would go out to dinner after practice before heading back to their rooms for the night. Luckily for the girls, their practices did not start until 11 a.m., so they were never sleep deprived. In fact, they may have gotten too much sleep during their training days. These players definitely deserved all of the sleep, though.

As for free time, there was not much time to just sit around and do nothing. Freshman Lauren Tigue described the days as consisting of either a "practice or game and then shower, eat, sleep, and repeat."

For some, this routine seems less than desirable, but for these athletes, it is all a part of their love and dedication to their sport, team, and school. At least for the girls, some nights they hung out together, but for the most part they just went back to their rooms and relaxed. They felt tired constantly, and for good reason.

For the freshmen players who have not had this experience before, it was far from expected.

Although there was an eerie, somewhat scary feeling of being in the residence halls alone, the training schedule kept the players busy. The cleaning crew made regular visits to the residence halls, so the bathrooms were fully stocked and clean, but while

the teams were supposed to have access to food at the school, the process was somewhat challenging, resulting in the guys and girls having to spend money at the surrounding grocery stores and restaurants.

Since it was around Christmas time, the players were not looking to spend money, so they would get food at Win-Co or Fred Meyer and bring it back to their rooms. If the teams wanted food from the school, they were required to write an email each day, before 2 p.m. on the day before they wanted food. Unfortunately, many of the players either forgot to send the email, or the set meal times overlapped with practice. During breakfast hours, the girls and boys were still asleep; lunch time was during practice; and by dinner, sore muscles demanded some relaxation.

Prior to winter break, the freshman players anticipated widespread feelings of boredom throughout the long time they had to stay at Saint Martin's, but it seemed to have gone by quickly. In addition, their mini-break was placed in the middle of the full-length SMU break, so the time that had to be spent at the school seemed more spread out. The players counted down the days until they could go home from the day their non-basketball playing peers walked out of the dorms to the parking lot.

Even though it seemed like the days would drag on and on, the teams fell into such a strict routine that they barely had time to think about all of the fun they were missing at home. All of

the focus remained on the task at hand: working hard to improve and hopefully earning some wins along the way.

The buildup to Christmas did not really have the players in the holiday spirits until they went home, and even then the time seemed different from years past.

Gelhar explained that the team was "dying to go home, but once [they] got there, the feeling just wasn't the same because it felt so rushed."

The placement of the games in the two teams' schedules simply did not allow for much time off to relax. Once there is an interference with practice schedules, the productivity and overall performance of a team decreases. In order to keep pushing forward, the coaches needed to cut the holiday break short and ensure that their teams maintained focus on working to improve and win games.

Having only six days to spend with their families, the time was even more treasured than expected. For those who live outside of Washington, traveling cut into this valuable time, but the sacrifice was well worth it. For Gelhar, this short holiday break was reserved solely for her family. With only six days at home, her tight-knit family spent every second together; she did not even have time to spend with her friends.

Over the days off that the two teams received, the players still worked out on their own. Even on their short break, they could not escape the game. This in itself is the sacrifice required to play a sport at the college level. The

teams' upperclassmen knew how much of a blessing this year's break was. Although they only received six days off for the holidays over the span of the month-long SMU break, that was four more days than they had received in past years. This year was the first year that there were six days off instead of just two.

For the girls, their goals for the next month of season involve playing hard for their five seniors, to continue developing and playing well together, and hopefully pulling some big wins against their opponents in the second time around. The women Saints will be losing five seniors this year, including Kelsey Baker, Andrea Schutt, Megan Teade, Marelle Moehrle and Emily Lashua. As for the men, their seniors Brok Pendleton, Jeremy Green, and Ryan Votaw, will be moving on away from the college basketball scene. Both teams will lose some players who had remarkable impacts on the court.

Although the two teams missed out on spending a month at home, their maintenance of the work they had already performed and their new improvements would not have occurred without the sacrifice. Both teams keep pushing through their struggles, whether it is pulling out of a losing streak or the string of injuries that struck both the men's and women's teams, they will never quit. The constant obsession to be the best drives the teams towards a challenging schedule and hopefully a successful future in the upcoming month's games.

## The Belt Hour

*What not to get your significant other for Valentine's Day:*



*Those chalky, heart-shaped candies with cheesy pickup lines written in text-speak.*

*A heart-shaped box full of soybeans.*



*Your ear. Just because van Gogh did it, doesn't mean you should try it.*

by Ryan Cullinan

*A date.*

*Puns are just awful.*



*MC*



Michael Holland pole vaults over the bar.

## Indoor Track team breaks school records and sets personal bests

**Mary Fontenot**  
*Staff Writer*

The 2011-2012 track season has been one for the record books, and the season has only just started. The Saints started their season off at the Jackson Open at Boise State the weekend of Dec. 3. A total of five school records were broken over the course of the tournament. Samantha Hull and Joseph Keeton broke records for the men's and women's pole vault, Sam Washington in men's weight throwing, Brian McElroy in the men's triple jump and Eddy Brown in the 60m race.

Distance runner Kyle Van Santen broke a personal record when he ran 8:34:02 in the men's 3K during the event, and placed in the top three for this meet.

The Saints then went on to compete in the UW Preview Meet on Jan. 14.

In order to qualify for the UW Invitational that was held on Jan. 27 and 28, athletes needed to meet a certain time or mark in their event. During the preview, yet another school record was broken, this time by junior Joscelyn Minton in the 800 meters. During the UW Invitational, Van Santen broke another personal record in the 5K run, crossing the line at 14:35:5. Teams from California, Oregon, Nevada, and Hawaii as well as other states come to compete in this particular event, and the competition is fierce.

The Saints will compete at the Husky Classic and the Husky Open on Feb. 10 and 11 before heading to Nampa, ID for the Indoor Conference Championships the following week.



Jordyn Richardson drives the ball down the court for the Saints.

## Sam Washington makes the record board

**Mary Fontenot**  
*Staff Writer*

Sam Washington is a junior track athlete at Saint Martin's University. He throws shot put and weight throw in the indoor season and his outdoor events include shot put, hammer throw and discus.

In the first meet of the season in December, Washington broke the school weight throwing record by throwing 57' 11" on his last throw of the competition.

"It felt good," said Washington when talking about his feelings after he realized he had broken the record.

Washington's accomplishment is even more impressive because the team arrived only five minutes before his event and he was only able to get in one warm up throw before the competition started.

In Washington's other events, such

Photo courtesy of SMU Athletics



Sam Washington breaks SMU's record with a 57' 11" throw.

as shot put, in which he took two years off before picking it up again, he said "I'm just looking to get my form back."

The Husky Classic will be the next competition for Washington. This meet is an invitation-only competition where an athlete needs to meet a certain standard to be issued an invitation.

"I'm not focused on place so much," says Washington, discussing the upcoming Husky Classic. "I'm more focused on how I do for me personally. Although winning wouldn't be bad."



## Women Saints look toward a strong end of season

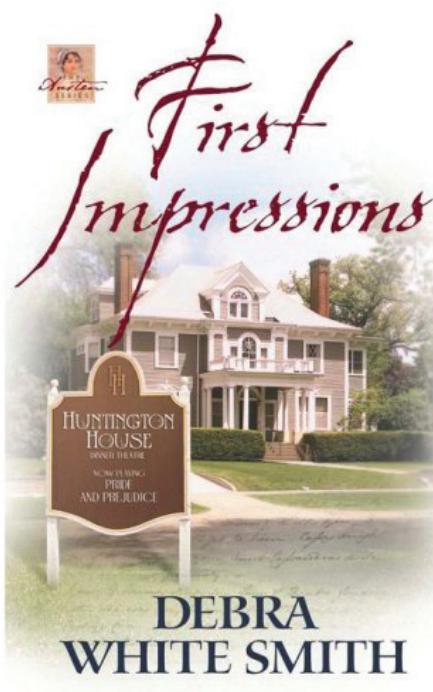
**Cameron Grossant**  
*Sports Editor*

As Saint Martin's University approached the end of the fall semester, the women's basketball team was coming off a three game winning streak with one win at home against Central Washington University and two wins on the road against non-conference schools Pacific Lutheran University and Dominican University in California. It looked like the women were clicking as a team. However after the Dominican University game, while on their road trip in California they lost a close game to Academy of Art University. The Saints led by double digits in the second half, but Academy of Art strung an 18-3 run against the Saints who fell behind and lost 67-62.

The women's basketball team did not play another game until Dec. 29 leading to a long, three game losing

streak. During the three game stretch, the Saints were outscored 132-210 losing by 18 or more points in all three games. At home on Jan. 7, the Saints snapped their streak by beating Simon Fraser University 64-57. Moehrle finished with a game high 20 points. Chelsea Haskey followed with 16 points and nine rebounds for the Saints.

Despite snapping their streak, the Saints continued to struggle, losing the next seven games, all to conference teams. The team has shown glimpses of promise but have come up short in their latest losing streak. The women's basketball team has five games left in their season with an away game at Western Oregon University on Feb. 11 before coming home for their last two home games of the season on Feb. 16 and 18 against Alaska Anchorage and Alaska Fairbanks. Come support the Saints as they look to finish their season on a high note!



**DEBRA  
WHITE SMITH**

Image retrieved from amazon.com

**Becky Gorlin**  
*Business Manager*

"It is truth universally acknowledged that a single man in possession of a good fortune must be in want of a wife."

Jane Austen's classic words are shown in a different light in the novels written by Debra White Smith. If you are a Jane Austen fan, or just love cute romance stories, you are going to love this interpretation of the classic novels of Jane Austen.

"First Impressions" is all about Eddi Boswick, a lawyer who has just moved to a small Texas town. She joins the community church's performance of

"Pride and Prejudice" and gets cast as Elizabeth Bennett. Dave, a rich rancher, is cast as Darcy, but Eddi is not happy because he slighted her earlier in the story. Little does she know that Dave, who is trying really hard to not submit to his feelings, is falling hard for her.

All the novels in this series reflect the classic novels of Jane Austen. But even if you have never read one of Jane Austen's books, you will still love this series. "Reason and Romance" is based on "Sense and Sensibility" and follows the life of the Wood sisters and their journey in life. "Central Park" is "Mansfield Park" set in modern day New York City and follows the life of young Francine. "Amanda" which takes place in a beautiful town in Aus-

tralia, is about a girl named Amanda who loves to play match maker just like Emma in "Emma". In "Northpointe Colorado," we find the Northpointe Chalet which provides us the dark past just as Jane Austen gave us in "Northanger Abbey." The last book of this series is "Possibilities," based on the last complete novel of Austen, "Persuasion."

If you do not have the money to buy them, all six of the books in the series can be found at your local library. As soon as I started reading, I just could not stop until I finished them all. Coming from a Jane Austen fanatic, Smith has captured the wonderful stories of Austen and given them a new and wonderful twist.

# Saint Martin's

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# under snow



## The Belltower

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**Our Mission:** As fellow students at Saint Martin's University, our staff is constantly working to keep you up-to-date on what is going on around campus, our community, and throughout the world. Our newspaper will provide information that is valuable to our campus and especially to students at SMU. We will never back down from taking on any issue at our school and promise to give our best efforts to keep the community informed.

**Role of the advisor:** The advisor is a journalist, educator, and manager who is, above all, a role model. The advisor's ultimate goal is to mold, preserve and protect an ethical and educational environment, not to monitor the final content of the student newspaper.

## The Bell Hour

by Ryan Cullitan

