

# STRESS

Warning signs and prevention, pages 8-10



'Sunday Morning' out of place, page 6

Eastwood film fest; 'Make my day', page 5

Students can help earthquake victims, page 2

# The Mast

Vol. 63, No. 5

Friday

October 11, 1985

Pacific Lutheran University, Tacoma, WA 98447

## PLU musicians left out in the cold



PLU musicians (l-r) Elizabeth Walczyk, Sandy Flodin, Kevin Walczyk, Ruth Ediger, and Brian Steves look for a permanent home in which to perform.

Dan Sorgen/The Mast

## Four students attempt suicide on campus

by Judy Van Horn  
Mast reporter

Suicide does not happen everyday. But in the past two and a half weeks there have been four suicide attempts at PLU, according to Brad McLaine, assistant campus safety director.

The most recent attempt occurred at about 10:50 the evening of Oct. 3 in Pfeuffer Hall, said McLaine.

University Pastor Ron Tellefson said all of the threats involved pills, or pills and alcohol combined.

The students attempting the suicides were all female, Tellefson said. One threat was made by a juni/or transfer student and two others were made by freshmen, he added.

According to McLaine, the fourth attempt involved a 13-year-old girl attending the East Campus Good Samaritan program.

All of the students were hospitalized for some amount of time, he said.

Tellefson attributes the sudden increase in attempted suicides to the fact that college life is tougher than it used to be.

"They are finding it difficult to adjust to the new setting of the university," Tellefson said. "And when stresses pick See SUICIDE, page 11

# Black college enrollment drops in state, nation

by Gard-Hanne Fosen  
Mast staff reporter

Fewer black students find their way to college today than they did a few years ago.

According to the U.S. Census Bureau, this is a nationwide trend, and statistics show the same holds true at PLU.

U.S. Census Bureau statistics show that between 1965 and 1983 black enrollment has dropped. In 1976 blacks constituted 34 percent of the nation's total college enrollment. That figure has dropped to 27 percent.

A decade ago there were 3.1 percent (106) blacks attending PLU. The latest statistics from this fall show that of the total enrollment, only 73 students are black, constituting 1.9 percent of the school's total enrollment.

"However, these numbers might not be accurate," said Joann Jones of the Minority Affairs Office at PLU. "Some students choose not to identify themselves as belonging to a special ethnic group, and this makes it hard for us to tell exactly how many blacks there are here," she said, adding that the statistics still show the general trend of declining black enrollment.

Statewide statistics show a drop in black enrollment at both public and private institutions. According to the council for Postsecondary Education, there were 1,418 less blacks attending college in the state in 1984 than there were in 1974.

"In the late 60s and early 70s there was a focus on black education," Jones said. During those years the federal government launched financial aid programs for minority students and sup-

ported recruiting, Jones said.

In the 80s there have been drastic aid cutbacks and not as much attention is paid to black education any longer, according to a recent Newsweek article.

"Education in the U.S. right now is in trouble, and black education even more so," Jones said.

Looking at PLU, in particular, Jones said, "The first reason students give me for not wanting to come to PLU is that it is too expensive." She added that some of it has to do with the fact that prospective students do not get enough information about their possibilities.

"Many blacks do not know about the financial aid they possibly could obtain," Jones said, adding that a growing number of students today aren't willing

to put themselves deep in debt by taking out student loans to finance their education.

She doubts the situation will change under the Reagan administration. However, she predicts "the number of blacks in college will increase sometime in the not too distant future."

She bases her prediction partly on statistics showing the ethnic enrollment trend for Tacoma high schools; the percentage of white students has decreased while that of minority students has increased during the last 10 years.

Jones suggested since the university's title refers to the Lutheran church, which is predominantly white, black

students might shy away from seeking enrollment. She adds that "this is probably because they do not know anything about what's going on here."

The majority of PLU blacks live in the Tacoma area. Jones said that proximity is the major reason why many of them are here.

James Van Beek, dean of admissions at PLU, pointed out that the MESA (Math, Engineering, Science Achievement) program PLU has been involved in for the past two years is designed to recruit minority students from four of Tacoma's public high schools. It is designed to encourage minority students to consider math, engineering, and science for their careers.

Jones said the response to this program has been very good.

Kevin Moore, a senior, questions whether PLU really wants more blacks to come here.

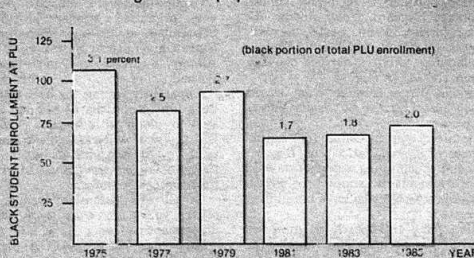
"I know they go out and recruit and all that, but I don't think they really make a strong effort," he said.

He suggested that a reason for this might be that the university "might not get the rich, white students to come here [if there are too many blacks.] The parents would perhaps send their kids to other schools, and that way PLU would lose a lot of money."

Phillips Lane, director of Minority Affairs, said that the impression she gets from most blacks at PLU is that they feel comfortable in the university environment. "It is a protected environment, and you feel safe here," she said.

See BLACK, page 11

## PLU's declining black population



# Campus

## Campus Ministry organizes relief effort

by Miriam Bacon  
Mast staff reporter

PLU students have an opportunity to help victims of the recent earthquakes in Mexico by contributing to a campus-wide clothing drive.

The offices of Minority Student Programs and Campus Ministry are organizing the relief effort, which continues until Tuesday.

"We need usable clothes plus blankets and quilts," said Joann Jones, student advisor for Minority Student Programs.

"We have students here (at PLU) from the area affected by earthquakes, she said.

Sylvia Estrada is one such student. The PLU senior was born in Artega, Mexico in the province of Michoacan, just west of Mexico City.

Her mother and father grew up in Mexico but moved to the U.S. in the late 60s with five-year-old Sylvia and their other children.

"Everybody outside of my immediate family is still in Mexico," said Estrada. So when earthquakes shook Mexico City she experienced fear and anxiety over the welfare of her relatives.

Estrada's uncle, a diplomat living in Mexico City, called soon after the quake to say he was all right. But news from her other relatives in the area was slow in coming.

It was two weeks before Estrada had any word from relatives living in the coastal areas of Mexico. Finally the family was notified that no one was hurt and the only damage was done to Estrada's grandmother's house.

"She was on her way to Mass when the roof tumbled," she said. "I always kind of felt that everything would be OK I had a lot of faith."

Estrada said she was surprised and frustrated that many people at PLU were unaware of what had happened.

"It upset me that a lot of people didn't even know there was an earthquake. I would have thought people would know," she said.

But there were those who knew of her ties to Mexico and tried to relieve some of her worry.

"I appreciate all my friends that have asked about my family. I can study now and I'm thankful that everyone is safe," said Estrada. "I hope people will remember that things are happening outside of PLU and keep people in their prayers."

Meanwhile, relief efforts continue both at PLU and elsewhere. Campus clothing drive organizers are asking each student to donate one piece of clothing. Donations may be dropped off in the Minority Student Program office or the Campus Ministry office.

All donations will be picked up by the Salvation Army and shipped to where they are needed.

The Salvation Army was recently notified that a cruise ship will stop in Seattle and transport to Mexico any items collected.

"Sundance Cruise Lines stopped in Seattle on their way to Acapulco," said

Mike Lonergan, community relations liaison for the Salvation Army in Tacoma.

The ship reserved space for supplies on its regular voyage and also stopped in San Francisco and Los Angeles.

Lonergan also said the Salvation Army has sponsored a medical team from Seattle that traveled to Mexico to aid the earthquake victims. Another group of doctors from Tacoma departed for Mexico last week; they were also sponsored by the Salvation Army.

"The number one thing we're working on is cash contributions," said Lonergan.

With cash, the needy can get exactly what is necessary, he said.

"The response has been very good," he said. "cash contributions are coming in steadily."

Jones said the response to the clothing drive has been very good, so far. Clothing may be dropped off at the Minority Student Programs office or the Campus Ministry office. Both are located in the UC.

## College Day attracts 500

by Lance Kuykendall  
Mast staff reporter

An estimated 500 high school students swarmed the campus when PLU hosted its annual college conference Monday morning.

The students, mostly seniors from eight area high schools, had the opportunity to meet representatives from 26 colleges across the state.

The conference is the first in a two-month series hosted at a number of colleges statewide.

It was sponsored by the Washington Conference on High School/College Relations, an organization of all Washington colleges.

"Throughout the state they have regularly scheduled conferences," said David Gunovich, assistant Dean of Admissions at PLU, allowing students in the area to meet college representatives.

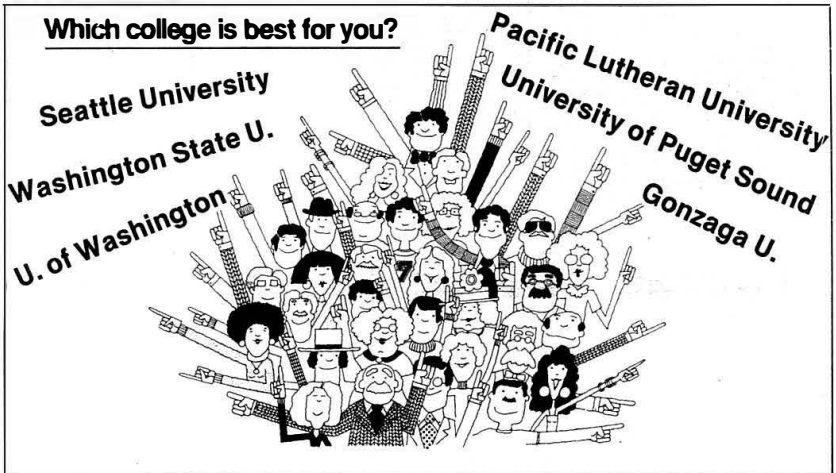
Wendy Manning, a senior at Rogers High School, saw presentations by UPS, Wester Washington University, and PLU.

"I don't know much about colleges," she said, "so I'm just trying to find out anything."

She said she is locking for a college with a good tennis team and is planning to study business and recreation management.

Another Rogers student, Lisa Williams, said the conference "helped a lot" in finding out what different schools had to offer.

Williams said she wants to study theater. Through the conference, she said she discovered that the Cornish In-



stitute" has a lot to offer of what I'm interested in."

Her next step, she said, "is to go to my counselor and get more information."

Gunovich said PLU hosts the conferences both because it is near a number of high schools, and because it may help recruit students for the university.

"I can't say for sure it gets any students, but it is nice to have the university sponsor the event," Gunovich said. "It does give us a chance to show off."

He said PLU might only be the number three choice for a student when he first comes to the conference, "but after they hear our rep and see the campus, we're number one."

Tom Smith, a senior at Puyallup High School, who attended the PLU presentation, said the conference helped him to confirm that he wanted to attend PLU.

He said "PLU was like one or two" before coming to the conference. After seeing its presentation, "it's number one."

Gunovich said hosting the conference is "really worth the effort. A lot of

students come to hear about PLU," he said, particularly students from the local community.

This year, he said, about 200 students sat in on PLU's presentations.

He said the schools which draw the most students are the University of Washington, Washington State University, UPS, and PLU.

High schools participating in the conference included Bethel, Eatonville, Franklin Pierce, Sumner, Washington, Rogers, Puyallup, and Spanaway Lake.

## Anti-Apartheid Day predicts sit-ins, protest

College Press Service

Activists hope to turn up the heat of the student anti-apartheid movement - which culminated in mass sit-ins and protest marches at dozens of colleges last spring - again as campuses nationwide participate in a national day of protest today.

"The day has been conceived as a nationwide day of locally organized protest, with a strong focus on divestment from U.S. companies and banks involved in South Africa," say American Committee on Africa (ACOA) representatives who helped organize last spring's campus protests.

ACOA officials say they've received numerous responses from colleges planning today's activities, asserting that "from the time the ACOA and student groups initiated the call for the protest

day, the mobilization has become a priority on campuses and cities across the country."

Dozens of colleges - including Hunter, Columbia, Harvard, Yale, Boston, U. Mass-Amherst, Penn State, Cornell, Rutgers, Michigan, and Wayne State - are planning activities for the one day protest, the ACOA reports.

Actions planned range from sit-ins and protest marches to media blitzes and debates.

Organizers also are calling for a nation "minute of silence" at 1 p.m. Eastern time, and encouraging students to wear black armbands in support of South African protesters who have been killed or arrested.

This fall anti-apartheid protests already have occurred at a number of colleges.

Over 1,500 Cal-Berkeley students picketed a regents meeting in late

August to demand university divestment in companies that do business in South Africa.

Groups of several hundred students also organized similar protests in September at colleges including the State University in New York (SUNY)-Albany, Swarthmore, Penn State, and Cornell.

Apparently feeling the heat from student protesters, the 54-campus SUNY system, along with Arizona State University, University of Arizona, and the University of New Mexico, announced plans over the summer to sell off all South African related stock holdings.

Cornell and Columbia, among many others, also are considering similar divestment policies.

Later this fall, the ACOA plans to hold a National Student Conference on South Africa at New York's Hunter College on Nov. 1-3, officials report.

## Chicken pox strikes students

Three PLU students have come down with chicken pox in the past few weeks, Judy Wagonfeld from the health center, said.

The chicken pox illness is transferred by respiratory and oral secretions.

"Usually people feel kind of sick and have a fever before they break out in a rash," Wagonfeld said.

The incubation period for the first noticeable signs of chicken pox for those exposed for the first time is 14 to 16 days.

Anyone having these symptoms is asked to visit the health center as soon as possible, Wagonfeld said.

# 'C' average may be required to receive aid

College Press Service

College students may have to maintain a "C" average in the future in order to get financial aid.

The grade requirement is just one change in the aid system Congress is now debating as it tries to pass the Higher Education Reauthorization Act of 1985.

The grade measure, proposed by senators Don Nickles (R-Ok) and Clairborne Pell (D-R.I.), has been proposed unsuccessfully before.

But chances for its passage may be good this time, sources say, because legislators are looking for relatively painless ways to cut the federal budget and because of recent publicity about bad students who get financial aid.

Currently, students only must be in good standing and make "satisfactory academic progress" toward a degree to receive federal aid.

"Unfortunately," Nickles said during a hearing earlier this month, "there have been problems with this open-ended definition.

"Because of this open-ended opportunity for abuse, I believe we need to have a more specific standard."

Nickles originally advanced his idea after a 1981 audit found nearly 20 percent of the students who got aid had less than a "C" average. 10 percent had a cumulative GPA under 1.5.

Congress also is debating a bill to let graduate students, who generally face higher education costs that undergrads, borrow more federally-guaranteed loan money and pay it back over a longer period of time.

The reauthorization process, which effectively sets federal higher education policies for the ensuing five years, usually triggers a slew of proposals that never become law.

But if federal loan programs are to be changed, the changes will first emerge

**'Because of the open-ended opportunity for abuse, I believe we need a more specific definition (of satisfactory academic progress for students to receive financial aid).**

Senator Don Nickles, R-Oklahoma

during these congressional review sessions.

The grading bill would put aid recipients whose grades fall below 2.0 on probation for a term.

If the student doesn't improve by the end of the probation period, he or she will be denied federal aid.

Administrators would be empowered, however, to extend the probation period for hardship cases, such as extended illness.

The new break for graduate students who want a Guaranteed Student Loan (GSL) program came up during a House subcommittee hearing.

Georgetown University law school dean John Kramer, speaking for a coalition of law school associations, said grad students needed the break.

"Over time, middle class students in particular are just not going to be able to afford a graduate education," Kramer warns.

## PLU students and financial aid: 'No problem here' says Hendricks

by Katherine Hedland  
Mast staff reporter

Approximately 70 percent of PLU's students receive financial aid from the university. But in order to continue receiving that aid, there are requirements they must meet.

The student catalog outlines these rules as Academic Requirements and Satisfactory Progress. It states that students must remain in "good standing", while completing at least 24 credits during the course of a year. If their GPA is unsatisfactory, they will be put on academic probation.

This does not mean their financial aid will stop, but they will be put on Financial Aid Probation. If a student remains on probation for two consecutive, or three total semesters, they will no longer be eligible for aid.

"There is no regular problem here. Besides, it's too expensive to go to school here and be flunking out," Perry said.

Perry does not foresee any changes in the present requirements as there is no need for change at PLU.

Albert Perry, Director of Financial Aid, explained that as long as the Registrars office allows students to stay in school in good standing, they will receive financial aid. Perry stated that it is uncommon for his office to have problems with students on probation. There are currently only a few students in that situation, but they have no major problems.

Perry said students at community colleges and others on different levels than PLU add to the large numbers of students with low grades.

Moreover, unless debt repayment policies are changed, many graduate students will feel obligated to take high-paying jobs after they get their degree, instead of going into teaching or community work, Kramer predicts.

Kramer's plan would let graduate students borrow more than they currently can, and, if they borrow more than \$15,000, repay it over 10 to 20 years.

Extended repayment periods currently are made at the discretion of the lending agency.

In part because the plan calls for graduate students to pay the interest on the loans beginning with the 10th year after graduation, Kramer calculates that the changes will save the government between \$200 and \$500 million a year.

Students would assume the cost, but Kramer thinks they ultimately should be making enough to keep the payments from being too much of a burden.

Current law allows the administration to adjust loan limits, but Kramer says recent law schools' requests for adjustments have been rejected.

Although Kramer's proposals were only for graduate students, he says they could be just as easily applied to all students.

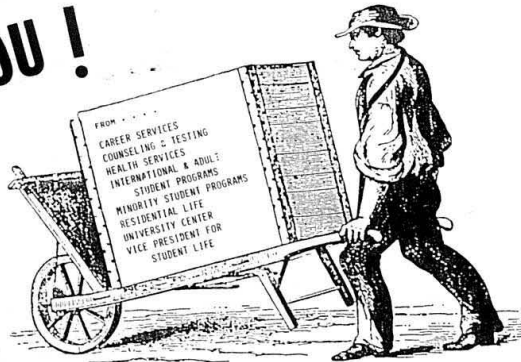
In fact, the American Council of Education, the most prominent higher education lobbying group, wants to increase loan limits to \$3,000 from \$2,500 for freshmen and sophomores, and to \$8,000 from \$5,000 for graduate students.

As yet, Reagan administration officials have not commented publicly on either the grade requirement or the grad students differential proposals.

Education Secretary William Bennett is expected to unveil his own proposals for the reauthorization of higher education laws later this year.

 <p><b>THE PIZZA ANSWER</b> FREE DELIVERY 635-1700</p>	 <p><b>THE PIZZA ANSWER</b> FREE DELIVERY 635-1700</p>	 <p><b>THE PIZZA ANSWER</b> FREE DELIVERY 635-1700</p>	 <p><b>THE PIZZA ANSWER</b> FREE DELIVERY 635-1700</p>	 <p><b>THE PIZZA ANSWER</b> FREE DELIVERY 635-1700</p>
<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>
<p>Don't get MAD, Get Glad</p>  <p><b>FREE 12" 1-Item Pizza</b> With the purchase of any large 3-item pizza EXP 10/30/85 one coupon per order</p>	 <p><b>\$1 off any pizza!</b> name _____ phone _____ EXP 10/30/85 One coupon per pizza</p>	<p>HELP GET OVER THE HUMP</p>  <p><b>WITH THE PIZZA ANSWER \$2 off any 12" thick crust pizza + 2 FREE 32 oz. pops.</b> EXP 10/30/85 one coupon per pizza Good Wed. only</p>	 <p><b>\$1 off any pizza!</b> name _____ phone _____ EXP 10/30/85 One coupon per pizza</p>	<p>IT'S PARTY TIME! THE WEEKEND WONDER</p>  <p><b>at THE PIZZA ANSWER !!</b> 16" Combo Pizza plus two 32 oz. pops _____ only _____ \$11.95 Good Fri. and Sat. only. EXP one coupon per order 10/30/85</p>

# THANK YOU!



physical plant and warehouse folks

# Arts

## Musicians seek place to call own Plan altered to lower cost

by Jenna Abrahamson  
Mast reporter

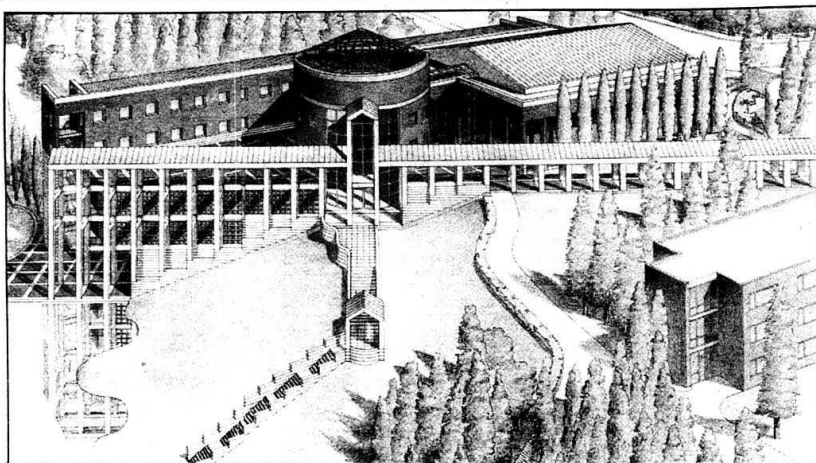
First of two parts

School of the Arts administrators are still trying to fund and build a new arts facility at PLU - the same facility that has been on the drawing board since 1983.

Construction of the building has been hindered due to lack of funding. University Development personnel are actively pursuing funding from PLU alumni and friends of the university, said Music Department Chair David Robbins.

The university's original plan, first proposed in January of 1981, was to construct an entire arts center to satisfy the needs of a growing arts program. The expense of such a facility has caused the plan to be broken down into three smaller buildings.

In the process, the plan for a visual arts center has been abandoned. Ingram Hall is currently being renovated to accommodate the art department.



The new music building, scheduled to be finished in five years, will be located on the hill below Kriedler Hall.

And for the time being, plans for a new theater facility have been put on the backburner.

Now funds are being sought only for a new music building.

Richard Moe, Dean of Fine Arts at PLU, said the music section was the greatest part of the plan expense-wise, so it "seemed the most fundable." He added that "the pressure of student needs for practice rooms and teaching studios" was also a consideration.

The design for the building, by architect Ralph Johnson, has won several prizes, and was submitted to the Olan Foundation for funding consideration.

However, the Olan Foundation did not approve the request. Robbins said the corporation "was not interested in funding a project in the Northwest region."

Despite this set-back, Moe believes President Rieke is still strongly committed to the construction of the new facility.

"The music building is the number one priority for the university to build," said Moe.

"Eastvold was created as a multi-purpose facility," he continued, "and it doesn't really work well for anything."

"We are optimistic that the alumni and friends of PLU will be sufficiently generous to contribute cash and pledges so that construction can begin no later than fall 1987," said Moe.

So, if current plans are realized, the building may be finished by PLU's centennial - in 1990.

Next Friday's Mast will present part two of this story detailing why students, faculty, and staff believe a new music building is needed.

## Campus to host folk dancers

Traditional folk dances of Nicaragua will be performed at 7 p.m. Sunday in the UC by members of an award-winning troupe, Grupo Flor de Sacuanjoche.

Members of the group are 14 to 20 years of age and study folk dance, music, and other arts at Nicaragua's National School of Dance.

Admission is \$2 for students and senior citizens and \$4 for the general public. Another performance is scheduled for tomorrow at 8 p.m. in Seattle University's Pigott Auditorium.

## Silver bells ringing early in Tacoma Dome festival

It may not be Halloween yet but area merchants and craftsmen are already getting ready for Christmas.

The Tacoma Dome will be the site of one of the largest holiday food and gift festivals on Oct. 23 to 27. The main arena will be crowded with Christmas crafts and merchandise before most retail stores have put up their seasonal decorations.

Many of the items are only available at craft festivals and the artists travel to Tacoma sometimes just once a year. Everything from Christmas tree decorations to children's toys to holiday sweets will be for sale.

Admission is \$4 for adults, \$3 for seniors and those 12 to 17 years old, and children under 11 are admitted free.

## Museum shows Northwest art

Works by Northwest artist Kenneth Callahan are currently on display at the Tacoma Art Museum, Pacific Avenue and 12th Street in downtown Tacoma. The show will continue through Nov. 30.

Callahan was curator of the Seattle Art Museum for 20 years and this new exhibit of his work is in honor of his 80th birthday. The artist's paintings and drawings reflect the grandeur and violence of the landscape of the Northwest.

## Campus Calendar

### FRIDAY, October 11

Chapel; 10 a.m., Trinity Lutheran  
Brown Bag Seminar, 'What's your Love Score?';  
12 noon, UC North dining room  
Anti-Apartheid meeting; 12 noon, UC 132  
Conference on the Gifted Child; 8 am, CK  
ISP discussion group; 2 pm, UC 214  
Blood pressure screening; 3 pm, UC 206  
Women's soccer; vs. Pacific, 3:30 pm  
LITE meeting and dinner; 5 pm, UC RR  
Tahoma Audubon Society general meeting; 7 pm, IN 100  
School of Bus student officers meeting; 7:30 pm UCWR  
Concert/dance; Sam Smith and the Evolutions-9:30 pm, CK

### SATURDAY, October 12

LITE meeting; 8 am, UC RR  
CPA review; 8:30 am, A217  
Men's soccer; vs. Willamette, 2 pm  
PLU football; vs. Oreg Tech at Klamath Falls, 1 pm on KJUN AM 1450  
Movies; 'The Gauntlet', 7 pm and 'Sudden Impact', 9 pm, CK

### SUNDAY, October 13

University Congregation service; CK, 9 a.m. and 11 a.m.  
University Congregation service; Tower Chapel, 9 p.m.  
Mayfest practice; 7 pm, Mem Gym  
Nicaragua Dance Co.; 7 pm, CK  
Fellowship of Christian Athletes; 8 pm, UC 206

### MONDAY, October 14

Chapel; Trinity Lutheran, 10 a.m.  
Student Investment Fund; 10 am, UC 210  
School of Business luncheon; 12 noon, UCWR  
Elliot/Winant lectures meeting; 1 pm, UC RR  
CPA review; 7 pm, X 114  
Bread for the World; 7:30 pm, UC 210  
Women's volleyball; vs. Seattle U., 7:30 pm, Mem Gym  
Interface series; "Armchair Archeology," 6 pm, A 219

### TUESDAY, October 15

N.R. Smith and Assoc. interview; 8 am, UC 206  
Homecoming committee; 6:30 pm, UC 132  
S.H.I.F.T. meeting; 7:30 pm, Health Center

### WEDNESDAY, October 16

Chapel; Trinity Lutheran, 10 a.m.  
Peace Corps interview; 8 am, UC 130  
Roy Marchesi basketball; 8 am, EC gym  
Adult Support Group; 5 pm, UC 128  
Maranatha; 6 pm, UC 214  
Women's volleyball; vs. Lewis and Clark, 7:30 pm, Mem Gym  
CPA review; 7 pm, X 114  
Rejoice; CC, 9p.m.  
Mayfest practice; 9 pm, Mem Gym

### THURSDAY, October 17

ISP discussion group; 6 pm, UC 210  
ASPLU senate; 6:30 pm, UC 210A  
Beta Alpha Psi; 7 pm, UC 214  
Frosty Westering Salute; 7 pm, CK  
Minority partnership program; 7 pm, UC 132  
Nursing mini series; 'Ambulatory care', 7:30 pm, UC RR  
Lecture by Dan Dennett; 8 pm, LL  
University theater; 'Arms and the Man', 8 pm, Eastvold

# Student input needed by Movies Committee

by Susan Eury  
Mast staff reporter

The ASPLU Movies Committee wants to make your day.

Two films featuring Clint Eastwood as Dirty Harry will be screened tomorrow night in the CK. Admissions \$1.50. "The Gauntlet", scheduled for 7 p.m., and "Sudden Impact", showing at 9 p.m., portray Eastwood's character as a renegade police detective with a huge .357-caliber magnum pistol. "Harry" tracks and captures criminals - usually walking a thin line between legal procedure and vigilante justice.

Tomorrow's presentation is part of the trend that Movies Committee Chairman Matt Misterek hopes to continue. Misterek wants to feature more popular films this year than were shown in 1984-85.

The committee will move away from movies like "Diva" and "The Secret Policeman's Other Ball" in favor of box office successes.

Two other films have been reserved for Halloween night and will be shown in the UC during ASPLU's Spooktacular. A celebration featuring movies, dancing and food. "Terror Train", described by Misterek as a "slasher movie", and "Death Race 2000" will be screened. Admission will be \$1.

Other possible upcoming films include "Silverado" and "St. Elmo's Fire". Each cost about \$700 to rent.

The committee can afford these more expensive rentals because Misterek has been able to work out a "package deal" with the movie rental agent. If five or six movies are rented from the same service, said Misterek, then the price may be decreased by as much as \$1,500.

The committee received \$4,500 this year to acquire movies. While Misterek does not expect to make a profit, any extra funds at the end of the year will be used to rent a major second-run feature. He said it may be possible to show "Beverly Hills Cop" if ticket sales remain good.

Misterek was surprised that the committee was able to break even on last month's showing of "The Karate Kid". The committee's problems now are not economic, but democratic. Misterek said not enough people are providing input about what films should be shown.

"I don't want this to be a dictatorship," he said. "We need people to show up and say this is what I want to see."

Misterek said any student may voice an opinion without being obligated to join the committee. Those interested in providing input should watch for movies committee meeting notices in the campus bulletin.



Vocalist Sam Smith expresses his gospel background by trying to touch the spirit of his audience.

# Local singer's act reveals more than musical talent

by Susan Eury  
Mast staff reporter

The weather outside may be brisk but the Motown sound will take the chill off the Chris Knutzen Hall tonight with a hot mix of rock 'n' roll, rhythm, and blues and Top 40 music.

The bearer of all these musical tidings is Seattle's premiere blues vocalist Sam Smith.

Raised in Seattle, Smith graduated from Roosevelt High School and received his early musical training in church. His music retains that gospel feeling provided by his Baptist roots and his past membership in the Total Experience Choir.

Although Smith's material is completely secular, he sings with the joyous enthusiasm inherited from gospel music. The 26-year-old singer has appeared extensively at Seattle clubs and he performed at this year's Bumbershoot Arts Festival at the Seattle Center during Labor Day Weekend.

Smith appeals to a variety of musical tastes and he incorporates several styles in his performances. Everything from the Carpenter's "Close to You" to Marvin Gaye's "Sexual Healing" is fair game for this versatile performer.

Tonight's performance is billed as a dance-concert and students are invited to move along with the music. Smith, himself, sometimes uses a few dance steps to liven up the stage.

Appearing with the Evolution, a six-member group, Smith has been consistently trying to break down stereotypes placed on him as a black performer. In a recent interview with *The Rocket* Smith said he approaches music with an appreciation for all styles and he hopes people will not try to categorize him.

Smith said he hopes to make a difference with his music. Drawing on his gospel background, he wants to get a certain feeling across to his audience.

"It's the message in the song, but even more, it's the spirit, that gospel thing," he told *The Rocket*. "Attention is energy - if you put enough attention and energy into a thing, you'll definitely get a reaction."

Tonight's concert should surely evoke a reaction from the PLU community.

Sam Smith and the Evolution will perform from 9:30 p.m. to 1:30 a.m. in the CK. Admission is \$2.

**Entertainment brief**

PLU Theatre's 1985-88 season begins Thursday night with the opening of George Bernard Shaw's "Arms and the Man", a satire about the romantic view of life and how nothing happens as the romantics say it should.

Performances are Oct. 17-19 at 8 p.m. and Oct. 20 at 2 p.m. in Eastvold Auditorium.

"Arms and the Man" will be directed by guest director Richard Edwards. Next Friday's Mast will feature a review of the play.

**Sea Galley**

**"Happy Hour"** Mon-Fri 4-7 p.m.  
\$1.00 Well Drink  
.75 Draft Beer  
**Free Taco Buffet**

**Monday Night Football party**  
Come and join us for some after class relaxation!  
**Free Taco Buffet**

**Tuesday Night Steamer Night**  
.50 Draft Beer  
\$1.00 off all Ladies drinks  
And indulge in our  
**Free Steamer Clams**  
Get here early because at 9:00 p.m. we start the fun.  
-we start with 50 lbs. and you eat until they're gone **for free**

**Wednesday Night PLU Night**  
This is your night: Just bring your Student Body Card and we'll take \$1.00 off any drink.

**9825 Pacific Ave 531-0656**

**THE GRADUATE SCHOOL OF BUSINESS ADMINISTRATION UNIVERSITY OF SOUTHERN CALIFORNIA**  
will be on campus  
10/16/85  
to talk about programs at the GSBA. For schedule and location information, please contact Career Planning and Placement Office.

**USC**

# Viewpoints

## Editorial

Declining black college enrollment is no less a problem at PLU as it is anywhere else statewide or nationally.

Unless federal college aid programs make more grants available, our universities will continue to fill their campuses with less minorities.

Over the last decade the federal government has reduced the number of grants available to college students. Although National Direct Student Loans and Guaranteed Student Loans are still widely available, many students and would-be students are often hesitant to put themselves as much as \$14,000 in debt to finance their education.

A recent survey shows that a continuing reliance on loans over grants for the last decade, along with skyrocketing tuition rates have forced students to borrow more money in recent than did students of a decade ago.

In the early 1970s, nearly two-thirds of all student aid money was awarded in direct, non-repayable grants to students.

Today, nearly two-thirds of all aid money is loaned.

This trend in the federal government's financial aid structure is directly parallel to the decline in black college enrollment at the state and national level.

Unfortunately, the black population is being pinched the hardest by the diminishing availability of grants.

If universities are to diversify their student populations, The Reagan administration must reverse its stance on federal grants.

Otherwise, our higher educational system will be educating more affluent whites and fewer, equally talented, minorities, who have just as much to contribute to our society.

## UC art belongs anywhere but in the cafeteria

by Clayton Cowll

Food service director Bob Torrens sat down this fall and set up a checklist of improvements for food service, including a salad bar, a deli bar and a turnaround in the direction the food would be served.

But what he didn't order was a 20-foot monstrosity placed in the UC Commons called art.

Torrens thought it would be a nice idea to display some local talent with some conservative oil paintings or other eye-pleasing creations. But once again the PLU student body received another "free gift" without permission.

An eyesore in a facility that already takes courage to enter and dine at only compounds problems. The idea to cover up the bare white wall on the west end of the dining room was great, but what started as a great idea turned out to be a subject of controversy and shock for the school's student body. Most people question, "Why do PLU students have to put up with an intersection of Commencement Bay garbage in the front of their dining room?"

The installation of the art project was made by piecing together PLU assistant art professor Barbera Minus's views on Christianity, corporate industry and Tacoma, she says. Beautiful. But does this art form, called a "religious piece", actually belong in the UC Commons?

An overwhelming majority of students say "NO!"

PLU's new art addition, quaintly entitled "Sunday Morning," is boasted to be a work of religious art. The lively dark grey, lavender, and blue and whatever other colors are included are noted as a seasonal piece of winter and winter colors. "Sunday Morning," exhibited in the Tacoma Art Museum last May, is constructed with bits and pieces of scraps found along Commencement Bay that are glued to a 20-foot tall cross.

The combination is truly...ah, interesting.

Okay, so it's a religious art project. Let's put it in Tower Chapel or post it in the University Center Congregation and

see how many true art lovers we can conjure.

Honestly now, was "Sunday Morning" made for the UC Commons?

The piece was not even placed where the vacancy needed to be filled (the west wall), but placed over the wood finish in the east end of the dining area. According to a Mast article printed last week, Minus and "a group of people active in art" wanted it displayed on campus. But why not place a valuable art form like "Sunday Morning" in a place where it would be more appreciated?

Okay, let's say suddenly hundreds of PLU students decided to become art majors and a miraculous rejuvenation of exotic art lovers marched the campus. Maybe then it would be all right. Maybe.

But there are over two thousand students who pay handsome sums of money to eat daily in the PLU food service commons who would prefer to not feast their eyes on a slab of exotic art.

The big claim in support of the art project was that it didn't cost PLU a penny. Big deal. It shouldn't. It seems that since it's free, everyone should be overjoyed. It's much like getting free "Army-Be All That You Can Be" socks in the mail. What a thrilling concept.

Minus says she expected controversy when she heard it was going to be installed. Okay, so why is it going to be installed if there will be controversy?

"Students...stop worrying about it and start looking at it!" Minus says. PLU students have looked at it and have tried to pick out the artistic beauty. Many students just shrug it off and let someone else take care of it -- a common happening in nearly every society today.

But students do have a say. The art exhibit would be fantastic if it were displayed in an appropriate setting where the piece might go with at least some of its surroundings.

Minus says she hopes that the project will be up most of the year, but let's hope it will be a permanent part of the PLU art display -- only somewhere else on campus.



## Art not meant to be 'beautiful'

by Dave Howell

There is a rumor going around that a 20-foot high monster, hideous and ugly, covered in garbage, is wandering through the UC Commons.

This creature repels people with its very presence, and compounds the horror by forcing the diners to watch it every second.

Personally, I don't believe in monsters.

In reality, there is a piece of art on the east wall. This art is rather ugly, but few people have found themselves unable to eat because of it.

Whether or not it should be in the dining room is a valid question.

First of all, people say that it isn't a very good piece of art because it's not beautiful, and therefore isn't a very good piece of art.

I've got news for them. It's not supposed to be beautiful.

If they want beautiful, they can go buy themselves a pack of Skittles and admire the pretty colors, or buy a poster to put in their rooms.

Just as some books are supposed to make you feel sad instead of happy, this thing was meant by the artist for something besides beautiful.

If the meal is particularly boring I spend some time wondering exactly what the artist was going for. It's a nice diversion.

If you feel that wondering what that

artist meant is a waste of your time (and it might be), you can also try to identify what makes up the sculpture, or where it originally came from.

On the other hand, you might feel that it's simply a bunch of ugly junk (certainly a valid thought) and shouldn't be seen by you.

There's a simple solution. DON'T LOOK AT IT!

It's not that hard to avoid. If you sit at the main tables, you have to turn your head to see it. If you sit at the round tables to the west, it's a good distance away, and easy to look somewhere else.

And if you sit in the north wing, you can't see it at all!

And it doesn't even take up important space. As Mast columnist Clayton Cowll pointed out, Bob Torrens wanted art for the west wall. I hope he gets some. Any kind of art.

Meanwhile, given the choice of "Sunday Morning" or wood paneling, I much prefer the more interesting, if uglier, sculpture.

There is something ironic in the fact that there is a sculpture made of trash in the dining room (no insult intended to Food Service), and I hope that those students that cannot stand "Sunday Morning" will tell Food Service the same message I will convey: That thing has got to go.

After all, think of what else could go in all that space.

## The Mast

Editor Brian DalBalcon

News Editor David Steves

Copy Editor Susan Eury

Projects Editor Kristi Thorndike

Advertising Manager Judy Van Horn

Sports Editor Mike Conardo

Business Manager Crystal Weberg

Photo Editor Dean Stainbrook

Circulation Manager Matt Koehler

Advisor Cliff Rowe

### Mast Staff Reporters

Miriam Bacon  
Clayton Cowll  
Gerd Hanna Fossen  
Katherine Hedland  
Lance Kuykendall  
Kathy Lawrence  
Kelly Mickelsen  
Carla Savalli

### Mast Reporters

Jenna Abrahamson  
Jill Bell  
Jimmy Brand  
Jonathan Forste  
Fred Fitch  
David Howell  
Amy Lindler  
Emily Morgan  
Mark Reys

### Mast Photographers

Rob Hill  
Amy Lindler  
Hatch McAllister  
Mike Maybay  
Dan Sorgen

### Mast Typesetters

David Howell  
Mike Maland  
Krista Norstog

### Telephone Numbers

Editor, 535-7494

Advertising, 535-7491

The Mast is published every Friday during the academic year by the students of Pacific Lutheran University. Opinions expressed in The Mast are not intended to represent those of the Regents, the administration, the faculty, the student body, or the Mast staff.

Letters to the editor must be signed and submitted to The Mast office by 6 p.m. Tuesday. The Mast reserves the right to edit letters for taste and length.

The Mast is distributed free on campus. Subscriptions by mail are \$10 a year and should be mailed or hand delivered to The Mast, Pacific Lutheran University, Tacoma, WA 98447.

# Letters

## Wealth and Power, then what?

by Bennett Sondker

Jerry Rubin, in his debate with Abbie Hoffman, made a very appealing case.

The idea of millions of us from the baby-boom generation amassing wealth and power and becoming City Hall (as opposed to continuously fighting City Hall) sounds very exciting. It sounded

### OPINION

like he had a very definite plan of action, and I wanted to learn more.

I asked him (after the debate ended): "Attempting to change the status quo could easily conflict with acquiring power. Once you've 'become City Hall' it could jeopardize your position. How much wealth and power should you amass? When should you risk jeopardizing your power and begin devoting money and energy to social problems?"

Rubin answered that you never need to, for the change will come from within the economic system.

I'm afraid that the slogan "become City Hall" is just a catch-phrase used to give the impression that Rubin is advocating something besides political apathy. He does not seem to actually mean that you should "become City Hall" for any reason besides gaining prestige and the opportunity for greater self-indulgence.

In reality, his message appears to be simply: practice self-indulgence while patting yourself on the back for doing the most you can (in Rubin's eyes) to help your neighbor and the world.

It is ironic that Rubin was cast as a realist and Hoffman as an idealist, for Rubin recommends having complete faith that an economic model will solve the world's problems for you while you practice self-indulgence. Hoffman advocates being skeptical of every economic model, and producing change through hard work using legal, proven methods that he has used effectively in recent years.

## Yuppie capitalism accomplishes more than political protest

To the editor

Anyone who listened intently to what Abbie Hoffman said last Tuesday would think that unless students let their hair grow long, wear fatigues and Berkenstocks, and spend their time picketing political conventions, they are not active in our political system or concerned about public justice.

When will "yippies" grow up and learn that to get what they want, they must take active, positive roles in society, and stop crying on street corners.

This is the essence of conservative change, and it is preferable and more efficient than the liberal idea of radical abandonment?

If students would be students and stop being demonstrators, if they would study history, political science, and economics and attempt to understand

how the status quo is formed, then they would finally figure out how to change the face of society.

Unfortunately, Abbie Hoffman never came to this realization. He grew up with Jerry Rubin at a time when the general public was under the opinion that the establishment in this nation was out of its mind. As feelings have changed and times have moderated, Abbie Hoffman has been passed by.

But to make the generalization that to get what they want they must take an active part in society. Consequently, universities are graduating enthusiastic, work oriented, "yuppie bound" individuals.

But to make the generalization that these successful, "yuppie" individuals are not concerned with social justice is both unfair and unwarranted.

Scott D. Gerner

## Resignations raise questions

To the Editor

The regrettable resignation of two student body officials (with its attendant "dialog" between students and administrators) raised a number of questions in the inquisitive mind.

Perhaps there are no simple answers, and while the political scientist cannot profess to know those answers which rest in "Mente Dei" in response to prayer, let it be said that it is NOT the (physically) OPEN DOOR that counts, but those who sit beyond it.

How disturbing when one discovers them to be not only quite untouched by divine light, but, alas! also devoid of such humbler human qualities as open minds and hearts!

Y.D.G. McQueen, M.P.A.  
Graduate Student in Political Science

**THRU THE BELL**

Free **PIZZAZZ**

WITH THE PURCHASE OF ONE PIZZA

8225 Pacific Avenue 1636 S. Midred St.  
9602 Bridgeport Way S.W. 2945 S. 38th St.

Government Jobs \$16,040-\$59,230/year  
Now Hiring. Call 1-800-687-6000  
Ext. R-6618 for current Federal list

**DENISE'S** Styling and Tanning Salon

8002 Portland Ave. E  
Tacoma, WA 98404  
535-0081

**PERM SPECIAL!**  
Haircut & Style \$12.50  
Add a PERM for only \$16.00  
Ask for Micki, Lisa, or Linda

**TANNING SPECIALS!**  
1 month - \$25  
3 months - \$65  
Expires 12/31/85

Open Evenings  
\*must bring copy of ad for salon special

**the GARDEN**

We have **ICE CREAM**

Chocolate Chip fudge Cookies & Cream  
Chocolate Chip Mint Tin Roof Sundae  
Dralines & Cream Vanilla

**OPEN**

Mon-Fri 10am-4pm with "all you can eat" soup and salad bar  
open daily: 9pm-midnight

# Mental, emotional pressures affect student health

by Kristi Thorndike  
Projects editor

Steve overslept and raced to his 8 o'clock calculus class. The prof passed out the exam he forgot a calculator, again.

His religion paper is due on Thursday and a lab report on Friday. It's going to mean a couple of all-nighters.

You and your roommate are in a fight. You need a job to help pay for school, but you know you don't have time.

Mom called. Your cat died.  
What does all this lead to? Stress.

What are the causes of stress, but what is it?

Stress is mental and emotional pressure. It is the wear and tear we put on our bodies as we go about our daily lives. Everyone has to deal with it everyday.

Stress can be either helpful or destructive depending upon how we respond to it. How we deal with it will affect our health and well-being.

"Stress can be good," Gary Mirretti, director for counseling and testing at PLU, said. "It helps you deal with the situation, get you better prepared, more alert."

However, too much or over-prolonged stress is detrimental.

Researchers say the bodily response to stress has three phases:

1. Alarm reaction—physiological indication of alertness during which defense mechanisms are mobilized
2. Stage of resistance—resists the alarm and fights back to normal
3. Stage of exhaustion—when stress is sustained, and adaptation energy is depleted

The first two stages can be times of positive growth. Stage three, where we all too often find ourselves, is where serious damage can be done to our emotional and physical health.

At the stage of exhaustion changes can take place in our bodies' nervous system and in its

production of hormones and chemicals. These changes weaken the body, lessening its ability to resist disease. This can cause headaches, stomach problems, skin problems, and problems of tiredness and sluggishness.

College students are confronted with high levels of stress caused by many factors.

One of the main causes of stress is change. Too many or too drastic changes often result in harmful tension.

A big change for many students is moving away from home to the college environment. Leaving old friends and making new ones may be difficult. Living in a dorm and having to share a bathroom with 21 other girls may not be an easy change either.

The academic environment is becoming increasingly stressful for students. Students put high expectations on themselves, causing stress. Minetti said.

Once in college, the student is exposed to the possibility of graduate or professional schooling, but many graduate and professional schools demand "honors" status for a student to even be considered for admission. Added to the grade battle is the testing procedures which are stressors in themselves.

Money problems place high burdens on students today. To finance their education, students take out bank loans and acquire large debts to be repaid after the completion of school. To minimize this burden, many try to hold jobs along with full academic loads.

Personal losses place pressures on us. Death of a loved one, loss of friends, parental separation or divorce creates both emotional and physical strains. A major illness or accidental injury of someone close also puts high levels of stress on us.

Stress for the college student comes from a variety of other reasons as well. It may be caused by making personal decisions and career choices, boyfriend/girlfriend relationships, peer pressure, or marriage.

This excess tension can result in anxiety and depression.

Everyone has a certain amount of anxiety. To a degree it's a natural, helpful response to stressful or threatening situations.

"A moderate amount of stress makes you alert," Judy Wagonfeld, self-care/wellness coordinator from the health center, said.

"It gives you a great energy spurt," she said.

The other result of tension is depression. Depression is a feeling of sadness or disappointment that leads to apathy and withdrawal for no specific reason.

Anxiety is a vague fear that something bad or unpleasant is going to happen, even if there's no threat. Anxiety may result from holding back feelings we can't cope with or understand; or it may grow out of a conflict between what we'd like to do and what we think we ought to do.

Prolonged depression is a serious problem. Long-lasting feelings of worthlessness and isolation can lead to suicide.

*Much of the information used in this article is taken from the booklet, What Everyone Should Know About Stress, published by the Channing L. Betts Co., Inc. and Community Health Nursing by Marcia Stanhope and Jeanette Lancaster.*



ST

## Warning signs turn off stress alarm before it starts

by Kristi Thorndike  
Projects editor

"My boyfriend broke up with me the day before school started. I hated my classes. I didn't want to study," said Lisa, an average college student.

"I gained 15 pounds, quit exercising and lived on caffeine.

"I would do three all-nighters a week. The other nights I'd only sleep four to six hours. This lasted for almost two months. I was definitely stressing out," Lisa said.

Lisa's situation is typical for many students who must overcome one stressful situation after another during their college years.

These pressures sometimes overpower students. Often, nothing seems like it will relieve the tensions.

Familiar ways of coping with problems don't work. Students become

upset. They feel anxious, depressed, angry, frustrated, suffer appetite and sleep disorders and lose self-esteem.

According to Marcia Stanhope and Jeanette Lancaster, co-authors of "Community Health Nursing", early warning signs can turn off the stress alarm before it starts. Your body has a way of telling you that you're reaching stress overload. Some of the symptoms are:

### Physical

- \* Elevated blood pressure
- \* Increased muscle tension (neck, shoulders, back)
- \* Elevated pulse and/or increased respiration
- \* "Sweaty" palms
- \* Cold hands and feet
- \* Slumped posture

- \* Tension headache
- \* Upset stomach
- \* Higher pitched voice
- \* Change in appetite
- \* Urinary frequency
- \* Restlessness
- \* Difficulty in falling asleep; frequent awakening
- \* Dry mouth and throat

### Behavioral

- \* Decreased productivity of job performance
- \* Tendency to make poor judgment
- \* Forgetfulness and block
- \* Diminished attention to "preoccupation" day "spacing out"
- \* Inability to concentrate
- \* Reduced creativity
- \* Increased smoking



# STRESS

## Faculty and staff offer suggestions for stress management

by Kristi Thorndike  
Projects editor

What can you do to avoid the problem of "stressing out," and to keep tensions within reasonable limits?

The health center, university professors and counselors give some helpful suggestions.

"Learn to identify things that make you stressful," Gary Minetti, director for counseling and testing, said.

"Seek help when you need it," he said. Help is available through Campus Ministry, the Health Center, Counseling Center, RAs and friends.

A good support system is helpful, Anne Hirsch, associate professor of nursing, said. "Know who you can go to and say just about anything."

Taking time out of the regular routine for physical exercise is an important factor in managing stress. "The more active you are, the better you handle stress," Gary Chase, associate professor of physical education, said.

The health center recommends a minimum of three workouts per week of at least 30 minutes each.

"Exercise gets you out. It gets you looking at the world," Hirsch said.

The health center emphasizes time management as an important means of controlling stress. Learn to set priorities and do those things first. Plan ahead and try to do a little each day instead of cramming.

"Plan ahead for big research projects," Wendy Robinson, junior, said.

Another tip is to break down your work load. This makes it a little easier to handle. Don't look at the whole mountain of work that you have for this semester; take it small step by small step.

"Break work down into days, making it measurable and achievable," Robinson said.

"Plan a schedule and stick to it," Judy Wagonfeld, self-care/wellness coordinator at the health center, said.

"Plan breaks and fun time," she said. "Students can't study all the time."

Short five to 10 minute breaks give your body and mind a chance to renew their energies. The health center advises that after 45 minutes or an hour of intensive studying to get up and walk outside for a minute, get a drink, stretch, and relax.

Adjust your schedule and work pretty hard during the week so you can get away on the weekend," Minetti said.

Relaxation and breaks from the daily routine are helpful.

Chase said that active use of leisure time is important to stress management. "Take advantage of it," he said, "and don't feel guilty about it."

A few relaxation ideas are: meditation; mental imagery—transport yourself to a peaceful spot and bask in the tranquility without feeling guilty; stretching exercises—slow stretches of back and legs; flexion-extension—tighten one part of your body at a time, then relax it and note how it feels.

Getting plenty of rest and good nutrition can reduce stress.

"You're more susceptible to diseases when you're not eating and sleeping properly," Wagonfeld said.

Chase described the PLU environment as a place where students stay up late, stop eating breakfast and live on caffeine.

"Caffeine creates a stress-like environment in the body," Wagonfeld said.

Most people need six to eight hours of sleep each night.

Hirsch advised to stay away from junk food, eat fresh fruit and vegetables, and fiber and bulk.

Students need to know their limits, said Minetti. "No one is superhuman," he said.

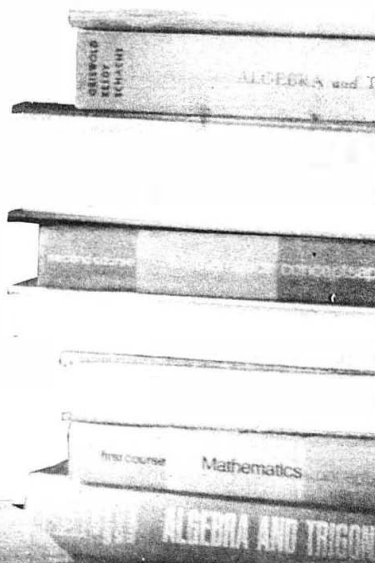
Don't take on more than you can handle, advises the health center. Don't try to be all things to all people, pushing yourself to the breaking point. Be aware of your own internal expectations of yourself.

Optimism and a realistic attitude help combat stress. Kirstin Moeller, said.

"Try to keep things in perspective. Be objective. Focus on the positive aspects of the situation," she said.

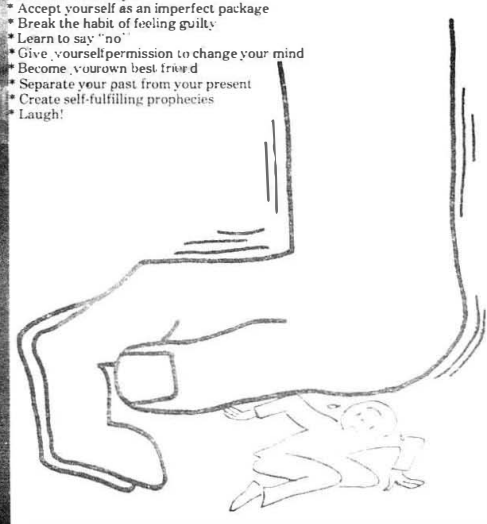
New York psychologist George Witkin-Lanoil offers these other stress-reduction tips:

- Accept yourself as an imperfect package
- Break the habit of feeling guilty
- Learn to say "no"
- Give yourself permission to change your mind
- Become your own best friend
- Separate your past from your present
- Create self-fulfilling prophecies
- Laugh!



- Tension headache
  - Upset stomach
  - Higher pitched voice
  - Change in appetite
  - Urinary frequency
  - Restlessness
  - Difficulty in falling asleep or waking up; frequent awakening
  - Dry mouth and throat
- Behavioral*
- Decreased productivity and quality of job performance
  - Tendency to make mistakes; poor judgment
  - Forgetfulness and blocking
  - Diminished attention to detail
  - Preoccupation, daydreaming or "spacing out"
  - Inability to concentrate on tasks
  - Reduced creativity
  - Increased smoking

- Increased use of alcohol and/or drugs
  - Lethargy
  - Increased absenteeism and illness
  - Loss of interest
  - Accident proneness.
- Emotional*
- Emotional outbursts and crying
  - Irritability
  - Depression
  - Withdrawal
  - Hostile and assaultive behavior
  - Tendency to blame others
  - Anxiousness
  - Feeling of worthlessness
  - Suspiciousness
- Many of these warning signs are present in the typical college student, but there are ways to deal with stress before it piles up on you.





## How well can you relax?

	Always	Sometimes	Seldom
1. Are you able to shut out your worries when you go to bed at night?	_____	_____	_____
2. Are you able to take a nap during the day and awaken refreshed?	_____	_____	_____
3. Is your clothing well fitting and comfortable?	_____	_____	_____
4. Are you able to concentrate on one problem at a time?	_____	_____	_____
5. Do you plan your day's activities?	_____	_____	_____
6. Do you take time to relax and stretch during the day?	_____	_____	_____
7. Do you take time to relieve held positions required in your work to prevent a feeling of tenseness?	_____	_____	_____
8. When you feel yourself becoming tense because of sustained positions, do you know how to relax by doing simple movements?	_____	_____	_____
9. Do you check yourself frequently for habitual tension habits, such as scowling, clenched fists, tight jaws, hunched shoulders, or pursed lips?	_____	_____	_____
10. Do you relax these evidences of tension at will when you find them?	_____	_____	_____
11. Do you sleep easily and deeply?	_____	_____	_____
12. Do you allow yourself to take breaks to renew your energy?	_____	_____	_____
13. Do you play with such interest that you become completely absorbed in what you are doing?	_____	_____	_____
14. Do you plan your life to have a change of people, scenery, and thoughts?	_____	_____	_____
15. Do you take time to enjoy your meals and savor your food?	_____	_____	_____
<b>TOTAL NUMBER MARKED:</b>			
Always _____	Sometimes _____	Seldom _____	

**Rating:**  
 Always-3 points  
 Sometimes-2 points  
 Seldom-1 point

**SCORE:**  
 42-33 points—high ability to relax  
 32-24 points—average ability to relax  
 23-15 points—low ability to relax

Sections of this chart were adapted from Janet Wessel, "Movement Fundamentals", New York:Prentice-Hall, Inc. 1957, page 55.

## SEMESTER IN SPAIN

Not just for Spanish majors only, but for everyone: beginners, "in between" students, and advanced. Put some excitement into your college career!

**BEGINNER OR ADVANCED:** Cost is about the same as a semester in a U.S. college \$3,480. Price includes jet round trip to Seville from New York, room, board, and tuition complete. Government grants and loans may be applied towards our programs.

Live with a Spanish family, attend classes four hours a day, four days a week, four months. Earn 6 credits (equivalent to 4 semesters taught in U.S. colleges over a two year time span). Your Spanish studies will be enhanced by opportunities not available in a U.S. classroom. Standardized tests show our students' language skills superior to students completing two year programs in U.S. Advanced courses also.

Hurry, it takes a lot of time to make all arrangements.  
**SPRING SEMESTER** — Jan 30 - May 29  
**FALL SEMESTER** — Aug 29 - Dec 19  
 each year.  
**FULLY ACCREDITED** — A Program of Trinity Christian College

**SEMESTER IN SPAIN**  
 2065 Laraway Lake Drive S.E. F-8  
 Grand Rapids, Michigan 49506  
 (A Program of Trinity Christian College)

F-8

college you attend \_\_\_\_\_

your name \_\_\_\_\_

your present street address \_\_\_\_\_

city state zip \_\_\_\_\_

If you would like information on future programs give permanent address below.

your permanent street address \_\_\_\_\_

city state zip \_\_\_\_\_

## How vulnerable are you to stress?

_____ 1. I eat at least one hot, balanced meal a day.	_____ 14. I am in good health (including eyesight, hearing, teeth).
_____ 2. I get seven to eight hours sleep at least four nights a week.	_____ 15. I am able to speak openly about my feelings when angry or worried.
_____ 3. I give and receive affection regularly.	_____ 16. I have regular conversations with the people I live with about domestic problems, e.g., chores, money, and daily living issues.
_____ 4. I have at least one relative within 50 miles one whom I can rely.	_____ 17. I do something for fun at least once a week.
_____ 5. I exercise to the point of perspiration at least twice a week.	_____ 18. I am able to organize my time effectively.
_____ 6. I smoke less than half a pack of cigarettes a day.	_____ 19. I drink fewer than three cups of coffee (or tea or cola drinks) a day.
_____ 7. I take fewer than five alcoholic drinks a week.	_____ 20. I take quiet time for myself during the day.
_____ 8. I am the appropriate weight for my height.	
_____ 9. I have an income adequate to meet basic expenses.	
_____ 10. I get strength from my religious beliefs.	
_____ 11. I regularly attend club or social activities.	
_____ 12. I have a network of friends and acquaintances.	
_____ 13. I have one or more friends to confide in about personal matters.	

\_\_\_\_\_ **TOTAL**

To get your score, add up the figures and subtract 20. Any number over 30 indicates a vulnerability to stress. You are seriously vulnerable if your score is between 50 and 75, and extremely vulnerable if it is over 75.

The following test was developed by Psychologists Lyle H. Miller and Alma Dell Smith at Boston University Medical Center. Score each item from 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

## WOOD SHOPPE FURNITURE

At the **B&I** 584-8191

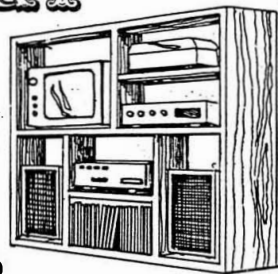


### "The Great Divider"

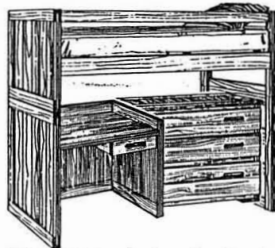
It's an Entertainment Center, Bookshelf, Plant stand, record holder and room divider. Make every inch count. Doors, extra shelf and face frame available. 54" H x 60" W x 17" D.

**SPECIAL PLU FEATURE**

only **\$188**



Reg. \$248.00



### "Lofty Ideas"

This attractive ladder side Loft Bed Creates space. Desk \$148.00 Bookcase \$88.00 also available. Bedding separate. Similar to illustration.

only **\$188**

All items custom made, please allow 3 weeks. Guaranteed Satisfaction. Guaranteed Lowest prices. Guaranteed 2 year warranty. Guaranteed Widest Selection. Many stains & custom work available.

**Both & So. Tacoma Way VISA & MC**

# ASPLU staff back to normal operations

by Kathy Lawrence  
Mast staff reporter

ASPLU President Laurie Soine and ASPLU Vice President Jennifer Hubbard are glad PLU's student government is more than just a two-woman show anymore.

After administering the four ASPLU executive officer positions by themselves due to the resignations of Kevin Beggs and Ty Dekofsky, the two are relieved that Ann Christiansen and Lynette Shaw will be taking over the positions of programs director and comptroller.

Hubbard said prior to the elections she and Soine joked about their situation, saying it was preparing them for the crises of life. Soine added that if they can handle running ASPLU by themselves, they can handle anything.

Soine said that not only did she and Hubbard learn a great deal, but they also discovered how much work it takes to run ASPLU. She said they both spent many late nights and eight-hour days in the ASPLU office.

Despite all the work, Soine said that their situation was not a negative experience. She said the fact that there were four candidates for program director and two for comptroller shows ASPLU is "not dying." She added that through support and hard work, the senate helped ASPLU through its crisis.

Christiansen, elected program director Sept. 25, said that although she had to jump right into the responsibilities of her position, the positive attitudes of Hubbard and Soine made her transition much easier.

"It's really exciting for me to come in with these guys because they're so positive," Christiansen said, "It gets more exciting the more I learn."

Shaw, who took over the office of comptroller Oct. 3, said that ASPLU's new executive body makes a very cohesive group. Having been an off-campus senator prior to her election, Shaw said she has an advantage in that she can act as a link between the executives and senate.

"I know how they (the senate) think," Shaw said. "I'm an advocate for the senate, too. They're a good group."

Since she took office, Shaw said her primary concern has been to organize the comptroller's business. She said paper work has not been dealt with responsibly for several years.

"I want to get a system in here that is continuously working," she said. Hubbard said that ASPLU's first and

most important task is to become adjusted to their roles. She said that the officers have to learn to work as both individuals and team members.

Then, Hubbard said, ASPLU needs to follow the path of pursuing the best relations with the student body and supplying PLU with programs.

Soine said that ASPLU is working on earning respect from both the administration and the student body. She added that respect is something which needs to be earned and therefore cannot be accomplished in one senate term.

"Students have to fight extra hard for respect," she said.

Shaw said that improving ASPLU's image is a goal that everyone in ASPLU shares. She added that with such a positive group of student leaders, she foresees PLU's opinion of ASPLU changing in the near future.

"I think ASPLU has a lot to offer," Shaw said. "We're doing good things."

## Alarms keep firemen busy

PLU kept local firefighters racing to and from campus throughout the wee hours Tuesday morning, as campus fire alarms sounded five different times.

A practice fire drill and a small explosion caused two evacuations of Tinglestad Hall, while three malfunctions sent Ordal residents out of their beds and into the chilly early morning air Tuesday.

Last Tuesday morning Tinglestad residents participated in a practice fire drill. What happened six hours earlier was not a practice drill, though.

Around 11:30 Monday night the residents were evacuated from the building for an hour when a loud bang erupted prior to the sounding of the dorm's fire alarms. Pierce County Fire District No. 6 in Parkland was summoned to investigate.

A sizable powderburn was found on the carpet in the second floor lounge in Cascade, indicating a large firecracker

left the burn and the resulting smoke set off the alarms.

Cascade Hall Director Brian Dohé, said the blast may have been an act of revenge. He said the explosion came after he thwarted a prank organized by a group of students.

Dohé also discovered green shaving cream outside his room on the carpet. "The whole evening was an escalation of the board ride" incident, he said. "It was an unfortunate build-up of emotions."

"I think someone will come forward" to accept responsibility for the Cascade blast, he said.

Ordal residents were in and out of bed all morning Tuesday, as a third west fire alarm malfunctioned, sounding off at 3:30 a.m., 5:30 a.m. and 8 a.m.

The building was evacuated all three times.

### SUICIDE, from page 1

up, suicide is a means of dealing with the problem, the final solution, unfortunately."

He added that in many cases there are relational problems that are "out of joint."

But there are services available on campus to help students cope with the pressure of daily life. Campus ministry, the counseling and testing center staff, and resident staff personnel are trained to counsel students who are unhappy or contemplating suicide.

### BLACK, from page 1

A girl had just been in her office saying, "Goodness. I'm graduating! What shall I do when I'm out of here? I feel comfortable around here!"

Jones confirmed that most of PLU blacks come from predominantly white environments. Gwen Blackburn, senior at PLU this year, said, "I grew up in a white environment and I don't really think about being a minority."

Moore also grew up in an area where the majority of the population was white, and he did not find it hard to adjust to the PLU environment. However, Moore said he feels the Minority Affairs office could do more to help minority students feel at home at PLU.

"It seems like there is a little clique that is down here and they (minority affairs staff) are satisfied with that," Moore said.

Keith Lewis, hall director in Foss and a graduate student at PLU, suggested that because blacks do not want to be seen as segregating themselves from whites, they might not stick together in large groups. "It is easier to be accepted if you are not in a large group." He compared the situation of blacks to that of any other minority group.

## International students organize potluck

The International Student's Organization is sponsoring a potluck dinner and informational tomorrow evening.

The event will serve to introduce students to the organization and some of its plans and goals for the coming year.

All students are invited to participate, and are asked to bring a hot dish, a desert or a salad, although it is not necessary in order to attend.

The event is scheduled for 5 p.m. tomorrow at the Regency Room in the University Center.

## British businessman to lecture Monday

A British businessman will be a guest speaker at PLU Monday, sharing his insight on various aspects of labor and industry in the United Kingdom.

Peter Bowen, a company training manager for a British retailing company, will give two lectures Monday in the University Center Regency Room.

The first lecture, "British Education and Industry," is set for 2 p.m. The second lecture, "The Future of Industrial Relations in Britain," will discuss labor relations, unionism and British industry.

### Linda's

#### Typewriter Rentals

Individual typing stations available by the hour.

Including all supplies necessary to type your resume, business letter, or whatever needs typing.

Specializing in IBM Correcting Selectrics by the day, week, or month

Come In and use our complete typing facilities

Free Delivery and Pick-Up 627-4461

OPEN 6 DAYS




**A NEW LOOK**



**Spectrum Hair Creations**

**EVERY HAIRCUT \$8.00** Includes Shampoo


**Every Perm Wave is \$35**  
(Including shampoo, conditioner, blow-dry/finish)

CALL FOR APPOINTMENT  
**535-6606**


Near PLU 413 Garfield  
Next to Domino's Pizza

**10% OFF on Redkin Apple Pectin & NEXUS Products**

THERE ARE TWO SIDES TO BECOMING A NURSE IN THE ARMY.



And they're both represented by the insignia you wear as a member of the Army Nurse Corps. The caduceus on the left means you're part of a health care system in which educational and career advancement are the rule, not the exception. The gold bar



on the right means you command respect as an Army officer. If you're earning a BSN, write: Army Nurse Opportunities, P.O. Box 7713, Clifton, NJ 07015. Or call: toll free 1-800-USA-ARMY.

ARMY NURSE CORPS. BE ALL YOU CAN BE.

# Choosing a long distance company is a lot like choosing a roommate.



## It's better to know what they're like before you move in.

Living together with someone for the first time can be an "educational" experience.

And living with a long distance company isn't any different. Because some companies may not give you all the services you're used to getting from AT&T.

For instance, with some companies you have to spend a certain amount before you qualify for their special volume discounts. With some others, voice quality may vary.

But when you choose AT&T, there won't be any surprises when you move in. You'll get the

same high-quality, trouble-free service you're used to.

With calls that sound as close as next door. Guaranteed 60% and 40% discounts off our Day Rate—so you can talk during the times you can relax. Immediate credit for wrong numbers. Operator assistance and collect calling.

So when you're asked to choose a long distance company, choose AT&T. Because whether you're into Mozart or metal, quality is the one thing everyone can agree on.

**Reach out and touch someone.®**



**AT&T**

The right choice.

# Sports

## Women booters grab first district victory

by Fred Fitch  
Mast reporter

The PLU womens soccer team booted their overall record to 7-4 Wednesday with a 6-2 win over Evergreen State in their first district victory of the season.

Freshman Sonya Brandt continued on her scoring spree with four goals. Brandt's season total is now at 15. Stacy Waterworth and Sandy McKay added two other goals. It was the Lutes third consecutive win.

A pair of wins over the weekend gave the Lutes sole possession of first place in the NCIC with a 4-0 conference record.

Friday PLU toppled Lewis and Clark 10-1 in what head coach Colleen Hacker called the best team effort of the season. The Lutes scored goals on 10 of 29 shots. Brandt, Waterworth, and Beth Louthain each had three goals.

"It was a total team effort," said Hacker. "The intensity and passing were outstanding."

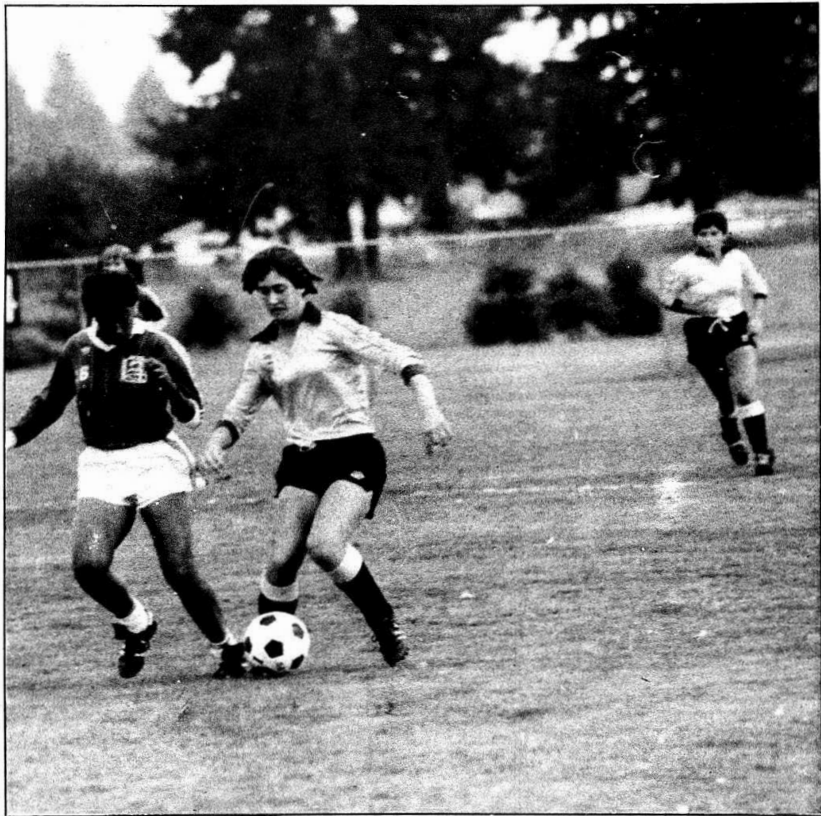
Hacker made five position changes for the game. Freshman Gail Stenzel started as goalkeeper, which allowed Hacker to move the Lutes starting goalie Kathleen Ryan to right wing. Ryan contributed to the Lutes cause with a goal and an assist.

The following day, the Lutes beat Willamette 2-0. Both of the Lutes scores were within the first 20 minutes of play. Brandt and Waterworth picked up goals for PLU.

"It was a real unusual game," said Hacker. "The passing and ball control were real strong, but we had trouble keeping our intensity throughout the game."

The victory was a costly one for the Lutes as PLU forward Louthain suffered a knee injury. "It's doubtful that she'll be back for the season," said Hacker. It came at a time when our forwards never looked better. She was at the top of her game."

The Lutes host Pacific today at 3:30 p.m. and Willamette next Wednesday at 3 p.m.



Lutes Stacy Waterworth drives the ball past a Evergreen State defender in Lutes 6-2 victory.

Dan Sorgen/The Mast

## VB squad beats Willamette as team continues to improve on '84 mark

by Mike Condarzo  
Mast sports editor

The Lady Lutes continue to improve on their 1985 mark, already having reached a 7-13 record overall, 2-4 in the Northwest Conference of Independent Colleges, and 0-2 in district.

The Lutes dropped five of their last six matches, most of which were by close scores. Last Friday, the Lutes fell to Lewis and Clark in straight games, 15-13, 15-5, 15-5, and then led the Western Washington game 2-1, before the Bellingham crew bounced back and captured then final two games, 8-15, 15-3, 7-15, 15-2, and 15-11.

The following day, the Lutes dropped a four-gamer to Linfield, 15-9, 7-15, 15-9, and 15-12, but the Lutes salvaged a match out of the four-game weekend set by beating Willamette 7-15, 15-12, 15-13, and 15-10. The Lutes also fell to UPS Tuesday in a hard fought game, 15-8, 16-14, and 15-5.

"Defensively, I think we're making progress," said Lute head Coach Marcene Sullivan. "We still have to work on the mental game."

"Vivian Hill was consistent all weekend. She put the ball down and had a lot of kills," said Sullivan. "Freshman Janet Holm is emerging as our most consistent player. her passing was on target seventy percent of the time last week."

The Lutes are on the road tonight playing Pacific at 7 p.m. They return home Monday to play Seattle University at 7:30 p.m. in Memorial Gym, and then play Lewis and Clark Wednesday at 7:30 p.m.



A stingy Lute defense led to a PLU victory over Willamette.

Dan Sorgen/The Mast

## XCcountry teams place 2nd at meet

by Jimmy Brazil  
Mast reporter

The PLU cross country team captured second place in both the men's and women's divisions of the 22-team Willamette Invitational, giving head coach Brad Moore some high expectations for the season.

"Prior to the Willamette Invitational," said Moore, "our list of PLU runners to better eighteen minutes was a small one. Three people in the school's history."

Moore was very impressed with the four top women runners in Valerie Hilden (17:45), Kathy Nichols (17:51), Dana Stammer (17:54), and Melanie Venekamp (17:55).

As far as the other competition goes in the Northwest, Moore said that UPS, Simon Fraser, University of Portland, and PLU are all evenly matched. The Lutes are ranked third in the latest NAIA national poll.

Moore was also pleased with the men's results, having five go under 26 minutes. Russ Cole (25:05), Doug Grider (25:26), Alan Geisen (25:34), Kris Kraiger (25:38) and Mark Keller (25:41) all bettered the 26 minute mark.

The PLU Invitational, which gets under way tomorrow at 11 a.m. at Fort Steilacoom Park, will feature many of the Northwest's best teams.

"This is our 11th annual invitational on a course we altered in 1981," said Moore. "Oregon, Central Washington, Willamette, and Western Washington are the teams to beat."

# Frosty gets 100th in 14-6 victory over Linfield

by Clayton Cowll  
Mast staff reporter

Despite seven turnovers, a slick playing surface at Lakewood Stadium and a last-minute rally by Linfield, Pacific Lutheran University held on to present head coach Frosty Westering with his 100th PLU coaching win as the Lutes slipped by Linfield, 14-6 before a standing-room only crowd.

Although the skirmish was only a cross-divisional game in the Columbia League standings, the contest meant much more. PLU snapped the current single-longest NAIA win string in the country at 15 games.

The Lutes also returned the favor of a 24-10 loss last season at McMinnville. The Lutes climbed in this week's poll after knocking off Linfield, previously No. 2 in the nation.

Since post-season playoffs are determined by being one of the top eight teams in the poll at the end of the season, the victory for the Lutes was crucial after the 26-26 tie at Willamette the previous week.

Turnovers hurt the Lute offense the entire game as drives to the Wildcat 12, 18, and 24-yard lines on three successive drives were cancelled by a fumble or an interception.

PLU quarterback Jeff Yarnell connected on 16 of his 26 passes for 165 yards in the aerial department, but also tossed four interceptions, including two to Wildcat defensive back Damon Liles.

The offense did the job, but the defense shined for PLU. While trying to stop Linfield passing ace David Lindley, the Lutes used stunts and blitzes to shut down both the run and the pass.

Linfield collected only 54 yards at halftime, while being halted for a mere 26 yards rushing for the game and 211 total yards. There were an impressive 11 sacks recorded on Lindley for the evening.

Mike Jay led the defensive surge for the Lutes, while defensive ends Jeff Elston, Doug Zoutte and Jon Kral, and defensive lineman Tim Shannon added healthy support.

After a see-saw first quarter, the Lutes got on the scoreboard first when running back Mike Vindivich stutter-stepped one tackler at the line of scrimmage on a counter and picked his way through the Linfield secondary for a 51-yard touchdown scamper. Mark Foege's point-after made it 7-0 with 10:56 remaining in the second period.

A 41-yard field goal attempt by Foege went wide to the right just before the half after a roughing the kicker penalty put the ball on the PLU 48 and Yarnell found split end Steve Welch open for a 26-yard pass reception.

Yarnell tossed an interception to Linfield's Mike McAllister on the first drive of the second half, but on the ensuing play, Tony Sweet met Wildcat running back Scott Stapleton head-on, causing a

loose ball that defensive end Jon Kral quickly pounced on to set up the next Lute touchdown.

Four plays and 56 yards later, Yarnell connected on a 25-yard scoring pass to Welch. Welch finished the night with seven catches for 111 yards.

"I had all day to pass out there thanks to the offensive line," grinned Yarnell after rolling up a total 378 yards offense against one of the nation's top pass defenses. "We ran a lot of patterns to Steve (Welch) where we have a key on where he will be, but he has to find the opening. It's like playing in the sandlot."

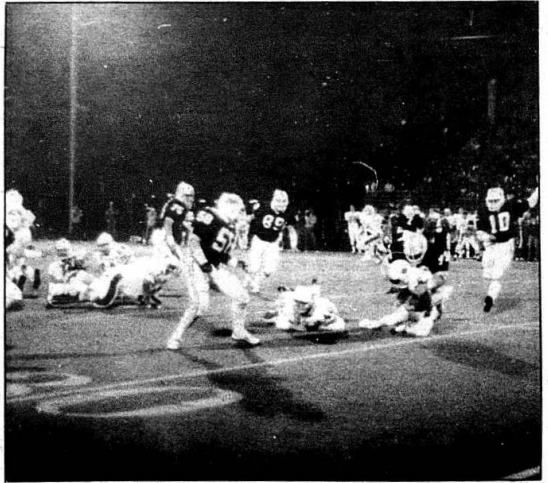
Linfield finally got on the board in the final frame after Lindley engineered a 64-yard scoring drive in six plays with a 27-yard swing pass to wide open Scott Stapleton. John Gray's point after attempt was no good.

It looked like the Lutes had things under control with less than two minutes remaining in the contest, but a Vindivich fumble at the Wildcat 12-yard line gave Linfield one last hope.

A 41-yard pass to Ron Popiel put the ball at the PLU 47, but an incomplete pass and an interception by Darin Ringenbach on the last play of the game sealed the win.

"We had the confidence in what we were doing," beamed Westering as he pocketed his 100th victory as the PLU helmsman. "They just played a great game. It showed the strong power of a team. It was an example of the unselfish energy that the Lord possesses. That was thrilling."

"We pressured the quarterback all night, but there were spots when we lost that calm intensity," explained Kral, who had three sacks, eight assisted tackles and a deflected pass. "You kind



The PLU defense was in high gear Saturday as the Lutes upset No. 2 Linfield 14-6.

Hatch McAllister/The Mast

of get a little jittery out there, but we were so pumped for it. We needed it the win so bad."

Tomorrow afternoon the Lutes travel to Klamath Falls, Oregon for a 1 p.m. kickoff with Oregon Tech (1-2). The Owls dropped a 20-14 dogfight with

Puget Sound last weekend, so the Lutes will have their hands full.

OIT lead the Loggers 10-0 before Mike Oliphant raced 80 yards for the Logger's first score. The Owl's Charlie Hook is deadly accurate in the field goal department, while OIT ran up 338 yards total offense against UPS.

## PEACE CORPS Special Work For Special People



Peace Corps volunteers are people pretty much like you. People with commitment and skills who have assessed their lives and decided they want to be of service to others in a troubled world.

The problems our volunteers deal with overseas aren't new. Such as the cycle of poverty that traps one generation after another because they're too busy holding on to get ahead. The debilitating effects of malnutrition, disease, and inadequate shelter. Education and skills that are lacking, and the means to get them too.

Your college training qualifies you to handle more of these problems than you might think. Such as teaching nutrition and health practices; designing and building bridges and irrigation systems; working on reforestation and fisheries pro-

grams; introducing better agricultural techniques; advising small businesses and establishing cooperatives; or teaching math and science at the secondary level.

The number of jobs to do is nearly as great as the number of volunteers who have served since 1961: Nearly 90,000. More volunteers are being chosen now for two-year assignments beginning in the next 3-12 months in Africa, Asia, Latin America, and the Pacific.

Our representatives will be pleased to discuss the opportunities with you.

### The Toughest Job You'll Ever Love

#### WHY LEARN THE HARD WAY?

Doing paper, book, and file work. Handling research, reports and other forms. Copying, typing, and editing. All for the price of a single sheet of paper. **TERMS: PAPER, \$4.00 per sheet. Book, \$10.00 per sheet. File, \$10.00 per sheet.**

**High Quality Full Service Styling for Starving PLU Students**

**Only \$8.50 at Chequers Chequers Hair Design**

3814 Steilacoom Blvd SW  
Tacoma, WA 98418  
588-9838

10-6 Mon - Sat  
other hours by appointment

exp. Nov. 30, 1985

# Sportswrap

by Mike Condrado  
Mast sports editor

Yes baseball fans, it's that time again. The playoffs. Where every college fan's fancy is to make it home from that 11-11:50 class to catch the opening pitch of the 12-noon playoff game. To let that assignment that's do tomorrow sit there on the desk until 15 minutes before class is to begin.

The interesting twist to this year's playoffs is for the first time in major league baseball, a team from Canada, namely the Toronto Blue Jays, have made the breakthrough moving the playoffs outside the United States. Along with the "Star Spangled Banner" also comes "Oh, Canada," the Canadian national anthem.

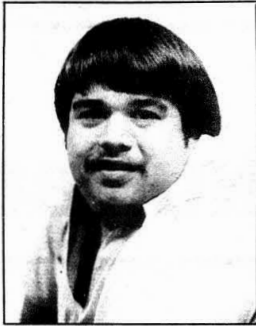
But don't stop there. Many other interesting twists come into play. For example, if the Toronto should go all the way and win the World Series, who calls the team to congratulate them first: President Ronald Reagan or Canadian Prime Minister Brian Mulroney?

How about the prospect of a freeway series between the Kansas City Royals and the St. Louis Cardinals? Or a battle of the birds (Cardinals and Blue Jays). Before the New York Mets and Yankees were knocked out, we had the possibility of a subway series. And before the California Angels were knocked out, is looked like we could have an I-5 series with the Angels and the Los Angeles Dodgers.

Some people complain that it is too cold to have the playoffs in Toronto with the snow and all. But if those fair-weather fans take a good look at the map, Toronto is only 100 miles to the north of Detroit Tigers, who had the World Series in their park last year.

Detroit, Cleveland, Milwaukee, and Toronto are all about the same come fall and winter. What about those people who want a baseball team in Denver, Colorado? At last look, Denver had to cover their field at Mile High Stadium from the notorious white powder for their football game with the Dolphins.

Personally, I like the thought of



Toronto in the playoffs. People going around saying, "So what do ya' think of the Jays chances, eh? Those Cardinals look pretty tough?" "Oh, take off, eh! The World Series will be won by the team from the Great White North. Beauty."

Canadian crowds are much like England soccer crowds. They bring huge flags out to the games and wave them, and they do simple chants like "Go, Jays, Go" or simply "Blue Jays, Blue Jays."

The Canadian fan also has a sarcastic sense of humor. When the pennant races were heating up, Toronto went to New York to play in Yankee stadium, and while they played "Oh, Canada,"

the fans from the Big Apple booted. So when the Jays returned to Toronto's Exhibition Stadium to play the Yankees, the fans stood and cheered throughout the playing of the Star Spangled Banner.

"Eh." That's a funny thing. The Canadian's always want a response to make sure they've been heard, so they say "eh" after everything. "Shall I take out the trash, eh?" "Shall we take a walk, eh?"

But however the playoffs go, it's nice to know that the American pastime can make some room for its neighbors to the north. Good day, eh? Beauty.



PLU's Tor Brattvag splits the Western Washington defense. Dan Sorgen/The Mast

## Lutes forced to tie with Western Washington 1-1

by Fred Fitch  
Mast reporter

After a pair of overtime periods, the PLU mens soccer team and Western Washington battled to a 1-1 deadlock on Wednesday.

"We had some excellent chances and a lot of open shots," said assistant coach Jon Jones. "The score could have easily been PLU 2-1."

The Lutes got their only goal from Kevin Iverson on an assist from Tim Steen. The Lutes played without the services of all-league goalkeeper Bob Rose. Freshman Rick Brobaugh filled in for Rose.

The Lutes went the entire 110 minutes of play with the same 11 players. "It's a real credit to the guys out there," said head coach Jim Dunn. "It's the first time since I've been at PLU that we've gone an entire game without using subs."

Over the weekend, the Lutes picked up a pair of victories on the road. On Saturday, the Lutes beat Whitworth 3-0. Iverson, Andy Johnson and Bill Rink scored for PLU.

Sunday the Lutes grabbed a 3-0 victory over Whitman. Freshman Tor Brattvag booted in a pair of goals, while Steen added another score.

Rose picked up two more shutouts to boost his season total to six. Iverson leads the Lutes with six goals. Brattvag has added four goals and six assists.

An NAIA poll has placed PLU in the top 30 for the past three weeks. Dunn said he feels the Lutes have ample chances to move in to the top 20.

The Lutes will take an 8-3-1 overall record into play Saturday against Willamette. The Lutes are 2-0 in both NCIC and district play. The game will be played here at 2 p.m.



Tacoma's Finest Tanning Facility

**BACK TO SCHOOL SPECIAL**  
**MAKE YOUR OWN PACKAGE**

ALL VISITS \$2.00\*

GIFT CERTIFICATES

HOURS:

WEEKDAYS 9:00 AM to 10:00 PM

SATURDAYS 8:00 AM to 8:00 PM

SCULPTURED NAILS  
(shk, tips, acrylic)

\*MINIMUM OF 5



## Edie's Floral Shop

For all your floral needs  
Corsages and boutonnières

10% discount for all PLU students

Owner  
Edie Robinson

11812 Pacific Avenue  
Tacoma, WA 98444  
Phone: (206) 537-4624



# CHANNEL 8 - CAMPUS TV



	Monday	Tuesday	Wednesday	Thursday
7:00	FOCUS*	FOCUS	FOCUS	FOCUS
7:15	ROCK WORLD	PLU	ROCK WORLD	ROCK WORLD
8:15	Modern Talking Picture	FOOTBALL	Alive in the Lute Dome	Modern Talking Picture
9:00	FOCUS	FOCUS	FOCUS	FOCUS
9:15	KCCR	KCCR	KCCR	KCCR
11:00	FOCUS	FOCUS		FOCUS

\*FOCUS News: Student Operated News Program

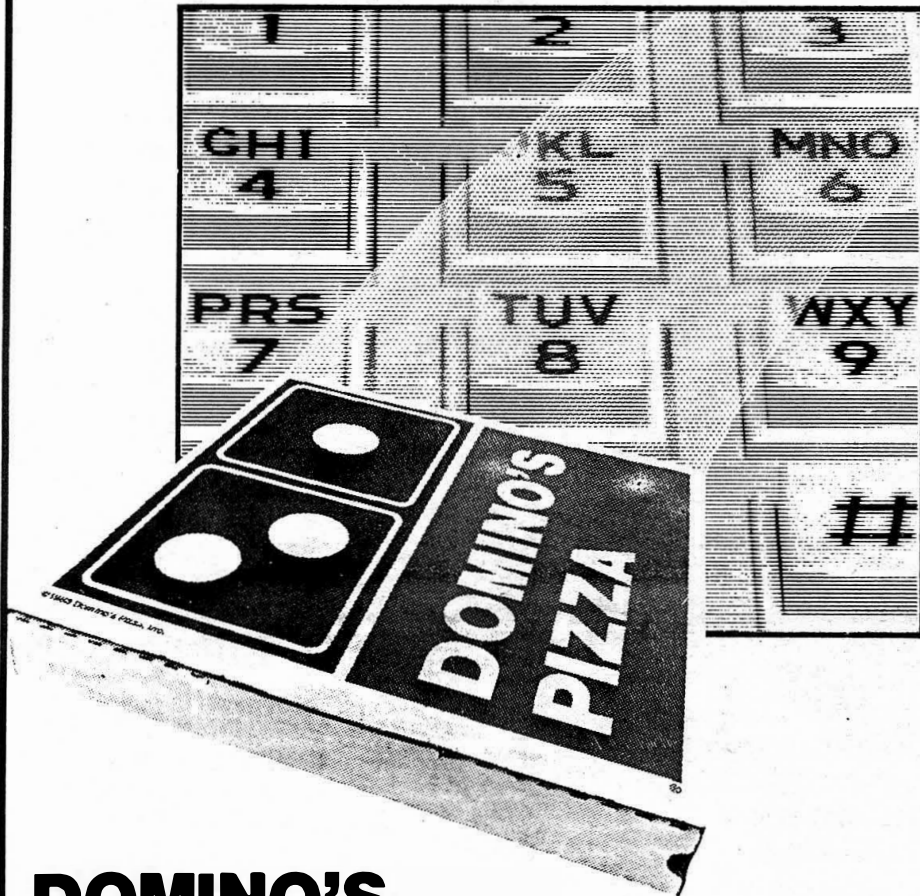
- Featuring PLU News, Sports and Weather

## CALL LETTER CONTEST K???

Pick the letters and win a dinner for two at Red Robin.

Bring all entries to the Focus office, A-211A, before 5 p.m. Friday, Oct. 12

# ONE HOT NUMBER!



**DOMINO'S  
PIZZA  
DELIVERS™  
FREE.**

We accept competitor's  
dollars off coupon on  
small and large pizzas

411 Garfield St.

537-4611

Our drivers carry less  
than \$20.00.  
Limited delivery area.

©1984 Domino's Pizza, Inc.

Limited delivery area.

