

The Mooring Mast

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May 8, 1981



Wells 'under the federal limits'

On-campus water not contaminated

By Tom Koehler

PLU students do not have to worry about contaminated water on campus at the present time, according to Harry Walter, manager of Parkland Light and Water Company.

An April 28 *Tacoma News Tribune* story based on a Department of Social and Health Services study and headlined, "Parkland/Spanaway water tainted," implied by generalization that "hot" or contaminated water existed throughout the community. According to Walter, that is "simply not the case."

"We inspect each of our 11 wells twice a month and we have always met or been under the federal limits," Walter said. Walter added that an independent testing firm had also found the water in the immediate area to be under the guidelines.

Walter said that almost all of the contaminated water found in the DSHS study was located in the Graham area, 10 miles south of PLU.

PLU is the largest single consumer of water in the Parkland water district.

Walter indicated that the 11 wells presently in operation throughout the district pump 350 to 500 gallons of water per minute. Most of them are sunk below a nearly impermeable "hardpan" layer, 250 or more feet deep. This prevents surface contaminants from affecting the water, he said.

James Phillips, PLU physical plant manager, concurred with Walter's assessment.

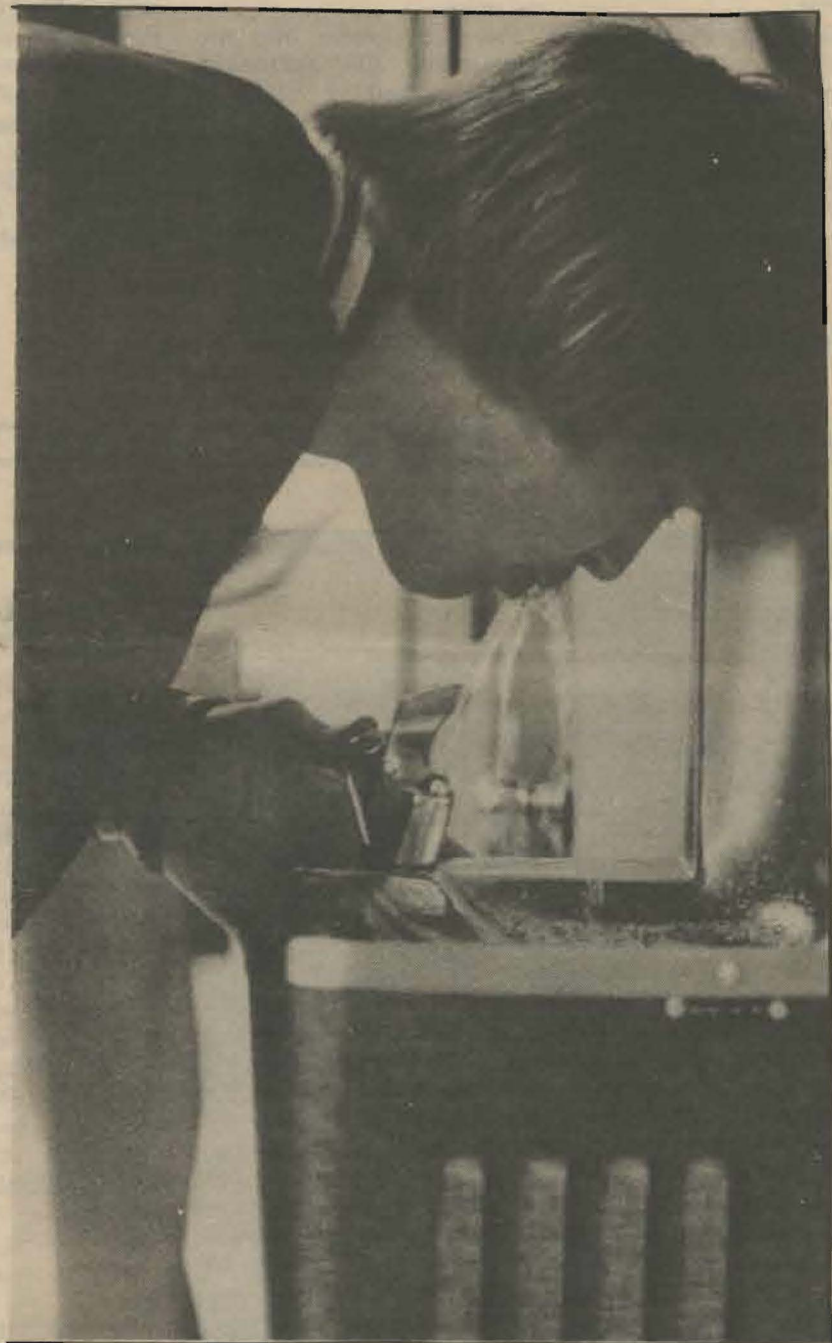
In other water related news, an April 30 *Tacoma News Tribune* article stated that PLU's share of the planned Lakewood-Parkland sewer project will total about \$1.21 million for the 98 parcels of

PLU students do not have to worry at the present time.

—Walter

property it owns.

Perry Hendricks, PLU vice president for finance and operations, was at a conference in



Mike Larson

Rich Vranjes takes a drink from a fountain in Mortvedt Library.

Denver this week and was unavailable for comment on how PLU would finance the cost.

PLU's assets are built from in-

come generated by free gifts, from various sources and foundations, from endowments—and from student tuition.



Saga was thrown a life line by the Pub Board last week.

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Feature Section interviews local people

Section B



In Section C *The Mast* investigates student stress.

Section C

Off-campus comm. supplies housing info

By Debbie Luckett

Many PLU students registered for on-campus housing this week. Many others have decided or are thinking about another alternative—off-campus life in an apartment.

ASPLU's Off-Campus Committee has been working to provide a "tool for students interested in locating off-campus housing," according to Chairman Lisa Guenther. Guenther single-handedly contacted local realtors and has compiled a list of apartments and realtors that is available for PLU students in the ASPLU Office.

Apartment complexes on the list range from 18 to 410 units in size.

For an unfurnished apartment with only one bedroom, a renter can expect to pay between \$100 and \$250. An unfurnished apartment with two bedrooms runs between \$120 and \$300. Furnished apartments cost an additional \$10

to \$90. Most apartments include utility costs in this price, although some exclude electricity costs.

Laundry facilities are available at all of the apartments. Parking, although it may be limited, is also included.

Some of the owners will allow children and pets. Others prefer children under the age of five and small pets. Then there are those who make it clear that neither children nor pets will be allowed.

Extra frills that increase rental costs include pools, playgrounds, recreation rooms, jacuzzis, saunas, basketball and tennis courts, and fire places in the individual units.

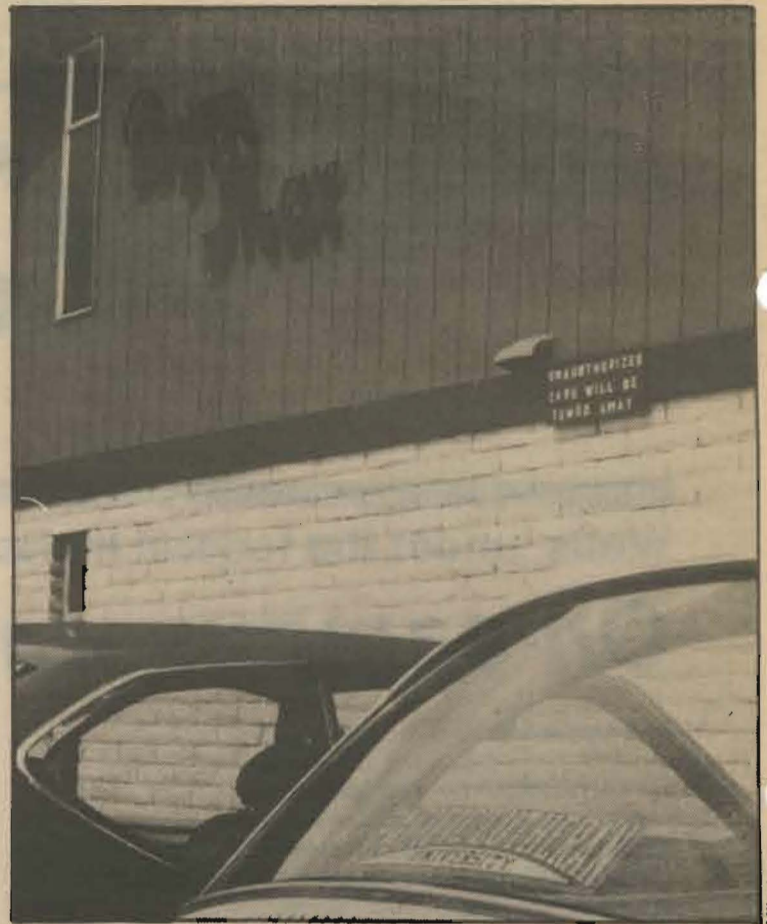
Prior to moving into the apartment, the renter is usually asked to make a damage deposit. This deposit serves as a protection for the landlord and/or owners to help pay for any damages to the apartment by the tenant. If

there are no damages to the property, the fee is refunded after the tenant moves out. Although most of the deposit fees on the ASPLU list ranged from \$100 to \$125, they did go as high as \$200.

A tenant might also be asked to sign a lease/rental agreement. This binds the renter to the rental agreement for a certain period of time. Agreements vary and they can be renewable every month, every six months, or even every twelve months.

The Committee is also providing a housing condition checklist that is similar to the room condition checklists used in on-campus housing. If used when moving in and moving out of an apartment, it could reduce problems that might arise in regard to the state of items in the apartment.

For the student who is interested in off-campus living in an apartment, but doesn't know where to start first, Guenther said, "This list is useful for a cursory view of what is available in the area."

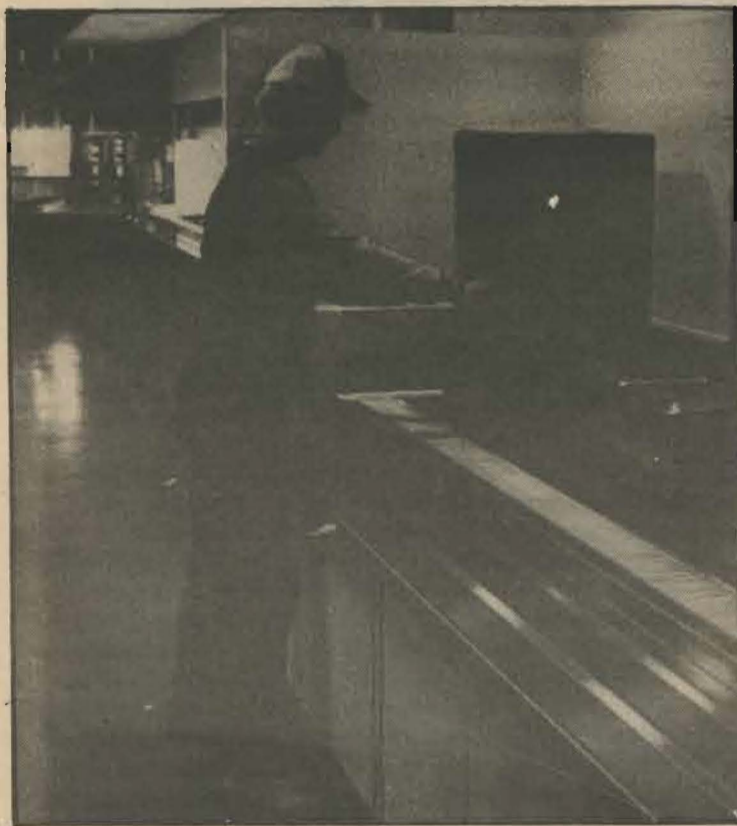


Unfurnished apartments run \$100-250.

Mike Larson

'We never run a leftover twice'

Food service director explains the five-week cycle



By Margo Student

"We never run a leftover twice," said Bob Torrens, director of food service, describing why pork chops and weiners 'n beans are being served so often.

The food that students call leftovers, said Torrens, is either an excess supply of food that has been sitting in the freezer, or part of the regular five-week menu cycle.

"We never have enough leftovers for a meal," said Torrens, so when students see four entrees instead of two on the line, "what we are doing, is running different items from the freezer, to empty it."

It's the exact same thing your mother does when you go on vacation for a month," said Torrens, "We are just trying to use up what we have."

At this time of year, the food at PLU is never as good as what we put out at the beginning," said Torrens.

There are a variety of reasons why students complain about food at the end of the year, said Torrens. Stress, roommate problems, or they are just tired of having the same meals five or six times.

The menu food service adheres to, said Torrens, "is a five week cycle unless we have a bummer." What this means is, that every fifth week the students begin eating the same things over again. Torrens described a "bummer" as an entree that students don't like and has to be taken off the menu. The most recent "bummer" was Hungarian soup.

Food that students want, such as peanut butter, is still on the menu, said Torrens, but because of the shortage of peanuts it is being limited. Torrens said the Adams Company, PLU's peanut butter supplier, has allocated a certain monthly amount to PLU. Torrens said he is hoping to stretch May's supply through the end of the school

year. In reference to the remodeling that was done in the UC dining room over spring break, Torrens said, "Student reaction to the job has been very interesting. We have only received one reference to it in the suggestion box since spring break," said Torrens.

"One plus for the students," said Torrens, "is that the new arrangement provides a tray glide." Now the students have a place to set trays while they butter their toast.

"The biggest problem is it is too tight over there, (between the toasters and the first check stand)," said Torrens, "We are going to experiment this summer, with different ideas for that area."

"It is a good basic idea, it looks neater and cleaner but it is kind of congested," said Dorothy Snyder, a food service checker.

The UC toaster bar was remodeled during spring break.

Wilson confirms one-year sabbatical in Nigeria

By Dan Voelpel

Communication Arts department chairman Gary Wilson has been awarded a sabbatical for the 1981-82 school year by the Board of Regents. Wilson, who is completing his sixth year at PLU, received a letter Tuesday from Ogun State Polytechnic in Abeokuta, Nigeria, asking him to serve his sabbatical at their African

grad program in mass communication," Wilson said. "They're hiring me as a senior principal lecturer which is equivalent of a visiting professor," he said.

Wilson requested the sabbatical to study the topic of "intercultural communication. I was looking for a foreign university where I would not only have to teach but to live and function as part of the

a different culture, if you want to study the problems of intercultural communication. We're so embedded in our own culture, we can't comprehend other cultures," Wilson said.

Part of the reason Ogun Tech accepted Wilson's application may have been in part due to his reputation as an author. A few years ago a group of professors, including

Wilson, Ogun officials reported that they use Wilson's textbook for their communications classes.

Wilson sent out applications to 12 school throughout Asia and Africa. A school in Malasia also requested Wilson's services, but the offer was "for less support," he said.

Wilson will take his wife and 12 and 10-year-old sons

Kit Spicer will take over duties as Communication Arts department chairman, while Bill Parker will assume the role of Director of Theatre.

Wilson received his schooling at Central Michigan University, Michigan State University and California State University at Long Beach. He taught for six years at the University of Connecticut before coming to PLU in

\$140,000 budget to be presented to Rieke

By Dan Voelpel

ASPLU comptroller Judy Mohr presented a detailed budget to the senate May 1. The budget, which requested \$140,000, was amended on two accounts and approved. The desk of President William Rieke is the next stop for the appropriation which ultimately comes before the Board of Regents for approval.

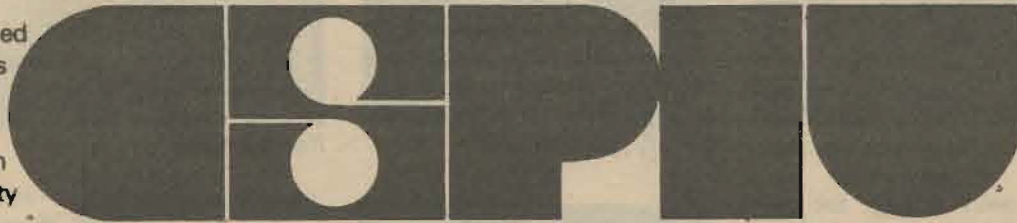
The budget calls for an 11 percent increase over last year's \$125,000 total put together by now ASPLU President Alan Nakamura.

The appropriations Committee of Mohr and senators Bruce Berton, Dave Gremmels, and Cheri Cornell, spent over 20 hours during the past two weeks planning the new budget, Mohr said.

A new section to the budget in the form of a Student Day lounge nabbed \$2,325 in the

money shuffle. According to Nakamura, the lounge will be open to all students during lunch and several hours in the afternoon and serve soup and salad. The Cave will be the site for the lounge, will also serve as an alternative to the coffee shop for off-campus students, Nakamura said.

Associated Students of Pacific Lutheran University



Among the revisions made at the May 1 senate meeting, was a motion made by senator Leslie Vandergaw to add \$2,000 to the Artist Series total to pay for a performance of the Seattle Symphony here next year. The increase made the Artist Series' net expenses for next year \$13,975.

Under the title of

Honorariums come the salaries of the ASPLU officers.

The officers are awarded their salaries in the form of free credit hours. For 1981-82 the President will receive \$4,672 (32 credit hours), the vice-president will receive \$2,336 (16 credit

The comptroller and program director each receive \$2,920 (20 credit hours). "The reason that the comptroller and program director get more is because they serve 1 1/2-year terms instead of a one-year term like the vice-president," Mohr said.

The total allotted for Honorariums is \$12,848.

The following is a list of the budget sections and their net expenses for 1980-81 and 1981-82: Administration Expense \$7,500/\$9,111; Publicity Relations \$2,190/\$1,160; Elections Personnel Board \$1,200/\$1,300; Honorariums \$10,668/\$12,848; Special Events \$4,450/\$4,516; Outdoor Rec-

tainment \$8,990/\$7,360; Cave Operations \$11,775/\$14,600; Cave Kitchen (Net Income) \$1,284/\$1,090; Cave Entertainment \$9,935/\$10,800; Cave Publicity \$800/\$615; Photo Lab \$360/\$445; Tool Rental \$1,985/\$0; Orientation \$3,560/\$6,147; Artist Series \$12,195/\$13,975; Lecture Series \$8,300/\$10,375; Special Projects \$11,721/\$10,000; Grants \$9,000/\$6,000; Energy \$0/\$1,145; Cheerleaders \$0/\$624.

The allotment to Outdoor Recreation went down nearly \$2,000 because of a cut in the area of new equipment. Last year \$3,920 was spent in acquiring new equipment. The appropriations committee has allotted only \$400 for new equipment in 1981-82.

The Orientation Committee saw their budget rise by \$2,587 due to big jumps in the area of fees/contracts and supplies.

Pub Board saves Saga for one more year

By Dan Voelpel

In a unanimous vote, the publications board threw a life-ring to the sinking *Saga* yearbook at their April 30 meeting.

Following a two-and-a-half month discussion of a possible one-year moratorium on the publication of *Saga*, the pub board reached two conclusions concerning the book's future, according to vice-president for student life Don Jerke.

First the *Saga* will continue to be published in 1982 with "new, specific efforts to improve content and print quality," Jerke said. Second, "an ad hoc committee will be formed to investigate options and alternatives for the future of the *Saga*. Final recommendations from the ad hoc committee will be presented to the pub board by February 15, 1982, Jerke said.

Four major areas of discussion regarding the *Saga* were considered by the pub board prior to their final decision.

The board sought ways to implement quality improvement and control within responsible fiscal restraints. They also wanted to explore the possibility of closer ties



between the *Saga* and the academic programs and administrative units concerned with journalism, writing, photography and printing. The board tried to assess the desirability of maintaining the traditional yearbook as opposed to other formats to provide an annual, institutional record for future alumni. Finally, they discussed the long-term role of student publications within the university community, according to Jerke.

A list of seven members of the PLU community was compiled by the pub board. Earlier this week, those seven people were asked by the pub board to serve on the ad hoc committee that will investigate the options and alternatives to the *Saga*. The people asked are Erik Allen, *Saga* editor for 1980 and 1981; Chuck Bergman, English department; Ken Dunmire, Photo Services; Paul Porter, graphics and publications; Cliff Rowe, Communication Arts; Walt Tom-

sic, Art department; and Lucille Giroux, President's office.

According to Jerke, an ad hoc organizational meeting will be scheduled before the end of May.

One problem still facing the pub board and its *Saga* is the recruiting of students who would be interested in working on the yearbook staff for 1981-82. Applications for the editorship are now being accepted through the office of

Bill Parker, who is the pub board chairman.

According to present *Saga* editor Erik Allen, "I know of two people who are considering applying for the editorship and a number of others who have expressed interest in the position. But it's not cut and dried. Anybody who has an interest should apply," he said.

It will be the responsibility of the editor to recruit staff members for the 1982 version of the *Saga*, Allen said.

A new incentive for staff members has been entered in the proposed *Saga* budget for next year, Allen said.

If the budget passes, the yearbook editor will receive full tuition (32 free credit hours) for his or her efforts. An assistant editor who will be responsible for the technical quality of the yearbook, will receive the equivalent of 16 free credit hours.

The newly-formed offices of business manager, chief photographer, and writer will each receive \$750 for the year. \$2,500 has been budgeted to pay five layout personnel. Another \$1,500 will somehow be divided up between three photographers, Allen said.

Campus Safety advises students to 'keep their doors locked' to prevent end-of-the-year thefts

By Paul Menter

Students should continue to keep their doors locked whenever they are not in their rooms, according to Ro-vaughn Newman, assistant director of Campus Safety.

Every spring as the school year winds down there is a rash of end-of-the-year dorm thefts, he said.

"Even if you're just going

ly, and four other such thefts have been reported in the last month. "The best way to recover merchandise is to secure it so you don't lose it in the first place," he said.

There has also been a rash of bicycle thefts on campus, with two students' bikes being stolen in the last two weeks, Newman said. Students should

According to Newman, thefts from the UC are also still a problem. Students should not leave valuables lying around while they eat. Last week a purse and a backpack were stolen, he said.

"People are very careless with their belongings," said Newman. "Students have got to realize that anyone has access to their belongings if they

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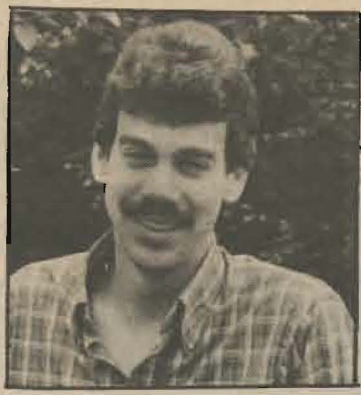
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Six vie for Campus Ministry Council



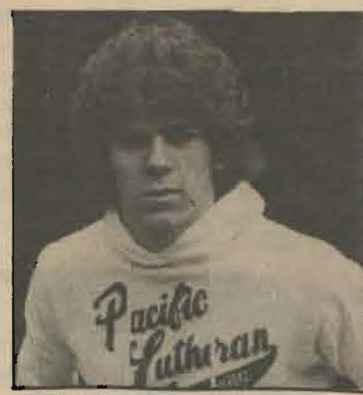
Linda Burkett



Stephen Magee



Sandy Peters



Keith Posehn



Jim Wetzel

By Tom Koehler

Six student candidates will be vying for the four elected positions on the Campus Ministry Council May 11.

According to Jim Martin of the Office of Campus Ministry, the council is composed of student, faculty and administration representatives who oversee the activities of the Campus Ministry Office and the organized religious groups on campus.

Martin said that the council provides advice and consultation to the University pastors in all aspects of their work.

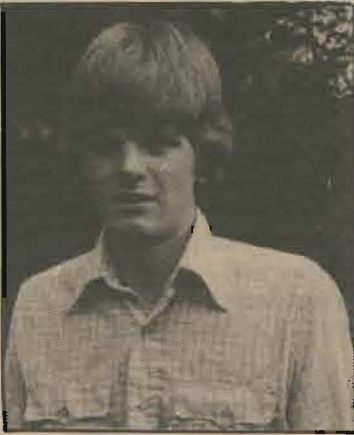
Students will be able to vote in the University and Colum-

bia Centers and in the Administration Building throughout the day.

The candidates: Linda Burkett feels that the Campus Ministry programs that are offered are as important as any formal education in religion, the art or sciences.

"I want to be involved in keeping the various worship services, religious fellowship groups, special lectures, etc. organized and beneficial," Burkett said. "I am one of those who appreciates Campus Ministry and will work to make it effective."

Stephen Magee said that with "great care, patience,



Daniel Gard

photos by Dan Voelpel

and enthusiasm" he would "actively and effectively assist

and advise the University pastors in any way deemed necessary."

Sandy Peters said that she is particularly interested in contributing to the social aspects of Campus Ministry, both in working with various groups and in helping them to find ways in which they may serve.

"I am aware of the need to be concerned about the responsibility of our community at PLU to reach out and become involved in a global context," Peters said.

Keith Posehn said that he has always been concerned about the quality and availability of fellowship and

ministries on campus.

"I have a deep conviction that there are real needs spiritually on our campus," Posehn said. "Being just your average Joe student, I see these needs and am very interested in making them known."

Jim Wetzel feels that "the Christian atmosphere at PLU is of extreme importance not only because of the close brother and sister relationships which it so carefully tools out, but also because of our need for an intimate walk with Christ."

Daniel Gard said that he would like to serve on the council and will try to listen to and fill student needs.

Political science students attend model U.N.

By Bruce Berton

Eight PLU students and their advisors attended a four day Model United Nations of the Far West at the University of Oregon in Eugene.

The conference included over 100 colleges and universities in the Far West, with over 1200 students. Three conferences are held yearly in locations across the nation. Last year's Far West con-

ference was held in Palo Alto, California.

The conference is set up like the actual United Nations, with each school representing one to three nations. There is a General Assembly and several committees. Each group has two policy issues to discuss and pass resolutions on. These resolutions are then sent to the General Assembly and debated.

This year, PLU represented the southern-African nation of Zambia. Chuck Schaefer was the nation's permanent representative to the General Assembly. Marla Marvin was deputy permanent rep, Pat Madden was a member of the Security Council, Valerie Fry was on the Ecology Committee, Bruce Berton was on the Special Political Committee, and Cindy Fatland, Kevin Benton, and Kari Kindem were on the First, Second, and

Sixth Committees, respectively.

The advisor for the PLU delegation was professor Paul Ulbricht, chairman of the Political Science Department. He has been leading the PLU team for 13 years.

"It is a very positive experience for the students," Ulbricht said. "Much preparation goes into the conference, and the students are really serious about represen-

ting the different countries. But it is a lot of fun, too."

Next year's Model United Nations Conference will be held at Long Beach, April 21-24. Students interested in participating may pick up application forms at the Department of Political Science. Those accepted will have to sign up for Political Science 336, "International Relations, Organization and the Law," in preparation for the conference.

Saxifrage now on sale; readying for next year

By Sandy Williams

Saxifrage, PLU's student literary magazine, is now on sale and its staff is preparing

for next year's issue. Copies are available for \$2 each in the bookstore, during lunches and at the information desk.

Composed of poems, art-

work and prose pieces submitted by PLU students and alumni, the magazine is judged by professional writers and artists. Monetary prizes of \$25, \$15, and \$10 are awarded for the top three entries in prose, poetry and art.

Would-be contributors should have a working knowledge of contemporary American poetry, prose, and art and be familiar with past issues of Saxifrage, since they show a consistency in themes and styles.

"We recommend anthologies such as Contemporary American Poetry by Donald Hall...and News of the Universe by Robert Bly, (which are) available in the PLU bookstore," Santha Oorjitham, a staff member said. "We also encourage atten-

dance at poetry and prose readings and art exhibitions and lectures."

Contributions for the 1981 fall issue can be submitted at any time and should be mailed to P.O. Box 139, Xavier Hall.

Poetry awards were presented to Barbara Beck, first prize; Lynne McGuire, second prize; and Suzanne Carnahan, third prize.

David Johnston earned first prize in the art category, followed by W.T. Plumb, who captured second and third places.

First prize in prose went to Ruth Jordan; Sandra Wivag took second place honors and Harry Maier took third.

Judges for the spring issue were Kent Lovelace, owner of Seattle's Stone Press Gallery and W.M. Ransom, author and founding editor of West Coast Poetry Review.

The staff is now accepting applications for next year's editorships. Because of recent University Publications Board

credit hours tuition. His or her duties will include handling prose and poetry manuscripts, contact with judges, readings and workshops to promote the magazine and encourage student writing, and representing Saxifrage on the USPB.

Art Editor will receive two credit hours tuition and will be required to handle artwork, arrange judging and prepare the magazine's cover and advertising posters.

Production Manager will receive the equivalent of two credit hours tuition and will be responsible for supervising typesetting, layout, design, paste-up, printing and binding.

Business Manager will receive the equivalent of two credit hours tuition, and will manage sales and distribution, daily business, bookkeeping and budget.

Interested students should send their resumes, including position desired, qualifications and reasons for

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ELSEWHERE

UCLA officials violate students' rights

(CPS)—Faculty members and administrators at the University of California-Los Angeles have now managed to violate the privacy rights of their students for the seventh time in sixth quarters.

This time, the chairman of UCLA's Graduate School of Management (GSM) says he "can't think of a reason to rehire" a guest lecturer who was the most recent official to violate both university policy and federal laws protecting the privacy of students' exams and papers.

It was the third time the same lecturer violated the law. It was the second case of student records being made available to the public in just two weeks at UCLA.

Roy Goldberg, who operates a

private accounting practice in Los Angeles and lectures to three GSM accounting classes, twice broke university policy last semester, once by leaving complete mid-terms in an empty classroom and then by depositing 200 graded final exams in a hallway, where someone came by and "lifted" all 200 tests.

GSM Chairman Donald Erlenkotter says he talked with Goldberg about "his problem" after the two incidents last semester, the second of which drew accusations from students that Goldberg never actually graded the exams.

Additionally, Erlenkotter sent memos explaining the privacy policy to every faculty member, and included

possible methods of distribution other than "leaving them in the hallway for everyone to see" in a special information packet for every class.

The GSM chairman learned of the third violation last month from the UCLA *Daily Bruin*, whose staff called him for a comment. Upon seeing the stack of exams in the hallway for himself, Erlenkotter concluded, "I think we can find someone else for his position who can better conform to university rules."

"It's not a question of firing him," he stresses, "but of not rehiring. I can't think of a reason (to rehire)."

In his defense, Goldberg says he followed one of Erlenkotter's suggestions by giving the department

secretary the papers to distribute privately from her office. The secretary was unaware of her role in the distribution process, however, and placed the stack in the hallway, not knowing what else she was to do with them, according to Erlenkotter.

"He (Goldberg) claims it was all the secretary's fault," the chairman explains, "and she claims he didn't give her any instructions."

Although other GSM faculty members have violated the same rules, Erlenkotter says "no one has done it more than once." In the other cases, the rule simply needed to be brought to their attention, he says.

"It's a first-time offense, we simply warn them, but three times is too much for me."

Student exercises right to view documents

By Kristin Kaden

Requests to see an index of office procedures from the Pierce County Coroner's department may be rare, but when a PLU journalism student inquired to determine if the agency was complying with the state law, she found full cooperation—and the index.

Candy Armstrong, junior, was given the coroner's published policy and procedure guideline as well as was shown the publicly displayed list of the legal access and the cost for copying public records.

Armstrong, as a student in the PLU advanced news reporting class, was acting as a citizen of Washington and was exercising rights guaranteed in Washington's Public Records Act.

The Act states in RCW 42.17.250 *Duty to publish procedures* 1. Each state agency shall separately state and currently publish in the Washington Administrative Code and each local agency shall prominently display and make available for inspection and copying at the central office of such local agency, for guidance to the public: a. descriptions of its central and field organization and the established places at which, the employees from whom, and the methods whereby, the public may obtain information, make submittals or requests, or obtain copies of agency decisions...

42.17.260 *Documents and indexes to be made public*, 1. Each agency, in accordance with published rules shall make available for public inspection and copying all public records. To the extent required to prevent an unreasonable invasion of personal privacy, an agency shall delete identifying details when it makes available or publishes any public record; however, in each case, the justifications for the deletion shall be explained fully in writing. 2. Each agency shall maintain and make available for public inspection and copying a current index providing identifying information as to the following records issued, adopted, or promulgated after June 30, 1972.

The case of the county coroner was, in fact, in the minority. Of the 12 agencies inspected, only four were found in compliance with the codes. The other eight agencies were delinquent, and agency responses to student inquiries ranged from looks of bewilderment to statements claiming the law inap-

Director of Allied Daily Newspapers and editor of "Access," the publication in which the record is printed.

"Most state agencies are in compliance [with the law] because the [state] attorney general got on their backs when the law came out. Now, there's a different generation in the offices, so many weren't aware [of the law]."

"The Community Action Agency had no idea of what I was talking about," said student Janice Hayes. "I spoke to the receptionist, who then referred me to a man, who then referred me to another lady and so on. No one knew anything about the Washington Public Records Act or the specified sections."

When Hayes requested to see their index of policy, she was given a manual of the Pierce County Personnel Promotion and Procedures. Upon being shown a copy of "Access," those in the office all agreed that they had never seen the sections of law before. One woman felt that because they were a county agency, the law didn't apply.

Later, when student Carol Batker questioned the largely federally-funded agency, administrative assistant Jeane Bailey claimed that because they were not a state agency, "the rule didn't apply."

However, the rule does apply to county agencies, but Conrad said a comparison of the public record law to the agency would be necessary to determine if compliance was necessary. He was doubtful that the agency would be exempt.

The Pierce County Parks and Recreation department could furnish only a copy of their goals and objectives when questioned by students John Wallace and Hans Ryser. Though saying that everything is "open to the public," director Jim Montgomrie said he is following a county-wide policy of keeping most of their records in the County Clerk's office. Consequently, many of their records are not kept with the agency.

Although maintaining that all their records were "public" (as did many of the agencies), the Pierce County Assessor's office had no master index as called for in the statute nor printed documents on how to obtain records. Information for methods of submitting requests and description of the organization's procedures will be given

employees at the front desk, said student Marci Ameluxen. When asked about answering the many requests for information, Don Duncan of the assessor's office said that sometimes it gets really bogged down, especially when we get three phone calls at once. "But then we just turn off the phones for awhile," he said.

The only published information the Department of Marriage Licenses has for the public is a copy of "The Marriage License Laws of the State of Washington." The department has no specific rules for marking available information, and according to student Cindy Wolf, most of the information they will give is by word of mouth.

The Soil Conservation Service, an agency of the U.S. Department of Agriculture, did not have an index but did have a complete listing of everything on file and all that was open to the public, said student Doug Clouse. District conservationist Max W. Fullner was "very helpful," said Clouse and "wanted to tell me everything about soil conservation. Fullner doesn't get many visitors, so he loved to share his knowledge with me," Clouse said.

Fullner said they also have to comply with the Federal Freedom of Information Act.

Student Eric Thomas said that access to the files of the Emergency Services—Civil Defense office is given at the asking, although no index of the information exists. "I've been here eight years," said Karen Nelson, Emergency Services director, "and you're the first person to ask for an index," she said to Thomas.

"If a public department refused me access to their files, I'd examine their motives," she said. "You'd better feel confident with your program and run it like the public would walk in at any moment to check on you."

Students Dave Arbaugh and Andy Baldwin searched all the walls and "reasonably located bulletin boards" at the Pierce County Business License office but found "no trace of any of the items that were to be prominently displayed."

Receptionist Suzy Kneeshaw claimed that Pierce County Auditor Dick Greco said that the law only applied to local branches of state agencies but not local agencies such as their office.

Upon further questioning of Tacoma City Attorney Francis H.

are "basically exempt from public disclosure." Chapin explained that Greco's office may be exempt from this law regarding taxpayers privacy and unfair competition. According to the Public Information Act, the agency would not be exempt, however.

In the Pierce County Commissioner's office, Arbaugh and Baldwin found nothing prominently displayed "save the pictures of County Commissioners." Nancy Herman of the commissioner's office said the county would not have to comply with those state laws under the new charter form of government effective May 1, 1981. She insisted that the "charter form of government has its own code of ethics."

Though students Doug Siefkes and Mark Brown found the Health Department as a whole "efficient," records would take time to gather. Records were not readily available nor a sign pertaining to their access on display. "Records are available but not centrally located," said senior clerk Pam Paul.

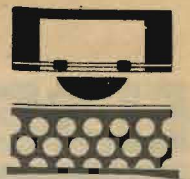
The Vital Statistics department "didn't have a clue," said Siefkes. One worker said she didn't know why they didn't have the records.

But at the Family Health Care department, "things were in order," said Siefkes. Bill Barr, supervisor of day treatment, said, "Everything's available, absolutely. There is a county plan made every year, and we have it available," adding it was 50 pages long.

Clarence Lee, Social Services director for Pierce County, was able to produce four long books of requirements and rules of procedure for student Judy Eastman. "There was a book for each of the four sections of social services and included in them was "everything required by law to produce," said Eastman.

The Pierce County Purchasing department's information is all public information, said a supervisor. Although there were no printed procedures for public access, students Brad White and Dan Voelpel found that the agency had printed documents and indices of all past and present purchases. The department also made copies for White free of charge.

Student Sammie Davis found that at one time in the Pierce County Elections department, there was a booklet that had complete information about how



Handing over the old typewriter...

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The Mooring Mast is published weekly by the students of Pacific Lutheran University under the auspices of the Board of Regents. 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 should be submitted by 5 p.m. Monday of the same week of publication.

I'm handing over my typewriter.

Clunk. It types kind of funny, the hyphens and y's don't come out quite right when the machine gets "tired." But somehow it usually gets the job done.

The same could be said for this year's Mooring Mast staff. Take my word for it, most of them type funny, the editor included, and things don't always come out right when we get tired, but somehow the paper usually comes out.

Take this edition, the last Mast of the year. Despite an ill and insufficiently present editor, the staff pulled a three-times-larger-than-normal product together in the same amount of time it usually takes to do the regular edition. Please don't take this effort for granted though. It cost the staff at least two all-nighters and probably several brownie points on attendance lists at classes.

Not only that, but the paper has maintained a level of journalistic excellence throughout the year that has been a special credit because the staff is comprised of a good percentage of underclassmen and novice journalists.

The editor is exceedingly proud of the two staff awards the Mooring Mast

received in competition this year—one in the Washington Press Association collegiate competition and one in the Regional Society of Professional Journalists competition. In both these competitions the Mast competed with papers that were the products of state universities which house established journalism programs.

In many ways PLU does not act like a little university tucked away in a "suburb" of Tacoma. It has seen political and social activity that rival larger universities. And its student newspaper has shown that it is capable of meeting the demands the community places on it.

I am proud to have worked with the members of the Mooring Mast staff

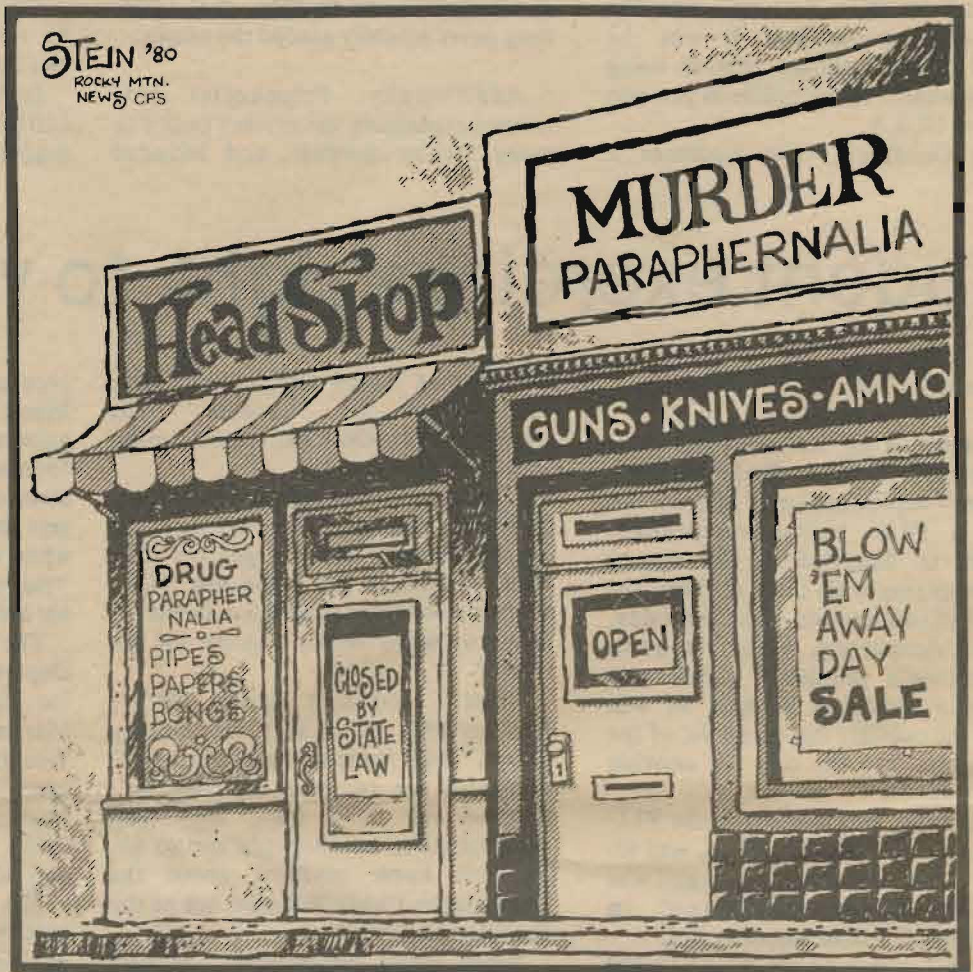
and am grateful to have served the university this year.

Thank you to the staff and advisor Cliff Rowe.

Thank you to the students, faculty, administration and staff.

Thanks to my typewriter. And thanks to God, who made everything possible!

In His Love,
Kathleen M. Hosfeld



By Jeff Olson

I looked over the pages of *The Mooring Mast* earlier this week and snickered seeing that another series on stress was to be published. Enough, I said, there has got to be equal space for the proponents of stress. What if you want stress and can't seem to get it or lavish the rush of high pressured blook quickly

palpitating through your nervous little body? Well, I'm here to help; of course I should make you do this yourself—don't think that getting stressed will always be easy. The hardest part is fretting about how to go about it all.

Stress can be chosen in four major areas: violent, non-violent, positive, and negative. A good way to enter the field of stress is through violent danger and affliction to your physical structure. An easy way to achieve this is walking up to some big jock trying to impress his girlfriend, saying something derogatory to them and kick one of them in the shins. You will soon learn the rudimentary aspects of violent stress. This is basically a negative stress development, but it is possible to have negative stress without violence in the do-it-by-yourself version. Most anything short of suicide will work. Note: suicide messes up everything and should be avoided at all costs. I achieve this by walking on railroad tracks—when the train is coming. It is a real thrill to see how long you can keep going before you jump away. Doing this on a bridge heightens the tension. These two examples may be a bit much for the average Lute, so may I suggest two options in the mind department of positive non-violent stress. A very satisfying stress can be had for under \$10 by purchasing a "Rubik's Cube." This little gem is the ultimate non-violent stress producer, especially if you truly believe you can solve this puzzle. It would take less energy to write everyone's papers. But may I point out you are in a fortunate position—by virtue of your enrollment you can have the opportunity to go all the way in the world of stress—you can write articles for *The Mooring Mast*.

Spring Picnic:

Today is the day, drop the books and play at the annual Spring Picnic. Off-campus students can get free meal tickets at ASPLU. See ya there.

Belfast:

Bombs were hurled by angry crowds of Roman Catholics in Belfast Wednesday at the sight of Bobby Sands' funeral. The IRA 'martyr' died Tuesday on the 67th day of his hunger strike.

Stage:

"A Delicate Balance" opened yesterday in Eastvold Auditorium and will run through Sunday, not continuously, of course, intermittently starting and ending each night. Lise Olson (not related to me, of course) is the director of the Pulitzer prize-winning play. Showtime is at 8 p.m., 2 p.m. Saturday.

End:

This is it, folks, no more late deadlines, as a matter of fact no more deadlines were done.

LETTERS

Non-sexist Bible omits cultural stereotypes

To the Editor:

We believe that your most recent editorial condemning the non-sexist Bible as a sham and belittling feminist theology reveals a complete lack of understanding of the goals of feminist theology.

You charge that feminist theology does not accept

the essence of God revealed through Scripture. What feminists reject is the traditional, cultural understanding of God as inherently male; not the essence of God which is God as Creator, Redeemer, Sustainer, the source of love, forgiveness, acceptance and authenticity.

The goal of feminist theology is not to influence, shape or box God as you state but to understand the God-human relationship in language that members of our modern world can understand. To attempt to understand God in only the concepts and language of the biblical writers is to deny

the vast differences between biblical and contemporary societies.

Feminist theologians agree that "if we seek God we will find infinitude, timelessness, liberty and life;" however, they also believe we must be free to seek and find God outside of finite, timebound, culture-bound stereotypes.

We do not mean to claim that every Christian must understand God within a feminist perspective; however, we do demand the right to seek and find God in terms that are meaningful to us without being labeled "neurotic, insecure and frustrated."

Nancy Meyer
Diana Grande

Southwestern article 'very misleading'

To the Editor:

I feel it is unfair to simply leave Mark Dunmire's article on the Southwestern Company alone. It is obvious that he has done a fine job of selling the readers on what a shameful company Southwestern is. I have worked for two summers selling books with Southwestern and have personally witnessed nearly every interview conducted by Southwestern's Nashville-based representatives in the last 2 years at PLU.

I also feel it is unfortunate that Mark Dunmire in particular was chosen to write the article. Two years ago (during my freshman year here) he wrote a similar ar-

ticle which produced a similar response from those who had worked for Southwestern. Individuals such as Randy Scott, Dave Babbington, Jay Palmer and Steve Wiley responded in defense of what seemed to be a rather one-sided piece of journalism.

Each summer, about 5,000 college students nationwide participate in Southwestern's program, and each year there are those who quit the job to return home. In the summer of '78, Mark left his team from PLU back in Iowa after one week on the job. Having known Mark casually since my freshman year, I've found him to be very bitter towards

Southwestern. I believe the article he wrote for the Mast was very misleading and I also feel that Mark would not be capable of writing an unbiased story about Southwestern, just as I could not write a totally unbiased article about Southwestern, being on the other side of the fence.

Specifically, he leads the readers to believe that the interviewees are not told that much hard work is necessary in order to earn good money. Hard work and persistence are the keys to success in any worthwhile venture, and Southwestern is proud to stand by them. Last summer, my savings were right at \$4,000; this is after

paying all of my own living expenses and taxes. The company's top students make between \$1200 and \$20,000.

Dunmire's claim that former Southwestern people who help recruit new students make commissions for themselves is an outright lie. The only commissions paid are to student managers who train and work with them all summer long. These commissions do not detract in the least from the first year student's 43 percent personal sales commission.

Since most students can make their own decisions concerning college and career choice, Southwestern is looking for

people who can size up all the facts and come to a point of decision on what they will do for 12 weeks. A salesman is required to make thinking decisions on the job constantly. The longer a person waits after receiving information, the more of it he forgets.

As for the 1979 story about Bob Hendrix, I can only raise my doubts. In two years, I have never witnessed anything even mildly approaching such a scene. Yet, after reading his article you get the feeling that this is commonplace. Next year, let me write the article and he can write the letter to the editor.

Scott Charlston

Southwestern offers much to college students

To the Editor,

It is not my intention to make a big issue out of the practices of the Southwestern Company. However, I can not idly stand by and watch the poor journalism expressed in Mark Dunmire's article destroy the image of the Southwestern Company. The Company has too much to offer college students.

This summer will be my second year selling, and I will be leading a team of five PLU students who desire a summer filled with adventure. Last summer, after working in South Carolina, I returned with over \$3000 profit, after taxes. But more importantly, I gained more experience and developed more success qualities than I ever have before. Through talking with over 3,000 people on a one-to-one basis, I developed the confidence and communication skills which are essential for any career dealing with people. I also learned more of what the

Because of the excellent training salesmen receive, students who have worked with Southwestern usually go on to be tops in their careers. While in sales school early last summer, I talked with a visiting life insurance representative who was researching sales school techniques. He told me and Scott Charleston, "Men, you listen to what this company teaches you and do what they say. It has one of the top sales schools in the country, and if you stick with it, you'll be a success." The Company is well respected by many successful men, as shown by the fact that last year men like Senator Howard Baker spoke at the sales school.

I could go on and on about how much I value last summer's experience. But the fact is, Scott Charleston, Paul Doug and I would not be returning for our second and third summers if it wasn't our best opportunity.

As for Mark Dunmire's journalism, I encourage you to take his quotes and

text. We do not know the full conversation. For all we know, they may have been having a serious, spiritual discussion. In any case, I have never heard of such incidences.

Mark also tries to discredit Southwestern's job interviews by referring to them as "psychologically loaded." First of all, again he has quoted out of context and we do not know what Howard meant by this. More importantly, there is nothing negative about a meeting which is "psychologically loaded." There will always be an element of pressure and intensity in such an interview. But this feeling of pressure is not from the company representative, but from inside each student. Everyone "should" feel pressure as he considers his job opportunities for the summer, because jobs are important for money and for experience which graduate schools and future employers carefully examine.

Finally, I must add that though the sales' manager

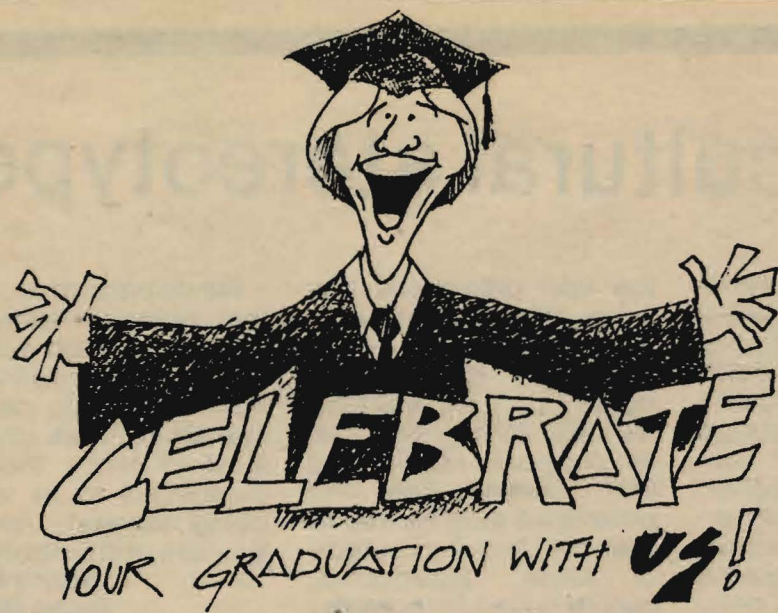
would a company want to hire students who don't want to sell, train them, and send them out only to have them quit? This is illogical. The company is only looking for students

who would really give it their all for the summer.

I'm looking forward to working with many such students this summer.

Doug Love





Seniors offer pizza night

Free pizza and soft drinks will be given to all senior gift donors at Shakey's Sunday night.

According to Shannon Wraith, a member of the Senior Gift Committee, 85 seniors have pledged \$7,500 so far. The money will go towards scholarships and other specified areas of the donors' choice.

Wraith said that pledge cards will be available at the Shakey's on 138th and Pacific Avenue for the seniors that have not given.

For more information about the senior gift contact Wraith at ext. 8500 or Nancy Olson at 7447.

Scandinavian studies

"New Land-New Livew: Scandinavian Experiences in the Northwest" is the topic of a PLU oral history project funded recently by an \$11,067 grant from the L.H. Skaggs and Mary C. Skaggs Foundation of Oakland, California.

Project director is Dr. Janet Rasmussen, coordinator of the PLU Scandinavian Area Studies Program.

According to Dr. Rasmussen, the purpose of the project is to gather the oral reflections and reminiscences of persons who emigrated from Scandinavia during the early part of this century. "These interviews should provide extensive information about the process of emigration to a new land and about the lives of the settlers as they established themselves in the region," she said.

Dr. Rasmussen will be working with trained interviewers to record recollections of pastors, educators, women, craftsmen, and persons employed in the fishing and lumber industries.

Project materials will become part of the special Scandinavian Immigrant Experience Collection in the PLU Mrtvedt Library. Together with a growing collection of documents and photographs, these histories will be analyzed, indexed, and catalogued for the benefit of students and researchers.

Persons who know of potential interviewees are invited to call Dr. Rasmussen (393-7315).

Opera workshop

Two operatic favorites by Puccini, "Gianni Schicci" and "Suor Angelica," will be presented May 15-17 by the Opera Workshop.

Performances will be held in Eastvold Auditorium at 8 p.m., May 15-16, and at 2 p.m., May 17. PLU music professor Barbara Poulshock directs the production.

Baritones Randy Knutson and Kevin Schmidt will alternate in the "Schicci" title role. Soprano Lee Ann Campos is Sister Angelica.

Other featured singers include sopranos Vicki Day, Penny White, Victoria Hamlin, Krystal Shoop and Susan Guinan; mezzos Elaine Harris and Shelly Franklin; baritones Tim Fink, Kendall Williamson and John Evans; and bass Bert Gulhaugen.

Tickets will be available at the door.

Mt. St. Helens anniversary exhibition

Mt. St. Helens' first year anniversary will be commemorated by a multi-media exhibition in Mrtvedt library, according to librarian Marilyn Martin. A U.S. Geological Survey exhibit on the May 18 eruption will be displayed May 11-23, and will be supplemented by films, slideshows and an award-winning radio program, scheduled throughout the two week exhibition.

The film, "Eruption of Mt. St. Helens," was produced by Fisher Broadcast Company, the slide show is courtesy of the U.S. Forest Service, and the radio-news program was compiled by Portland's KXL.

Chamber series

William McColl, clarinet professor at the University of Washington, will join Pacific Lutheran University music faculty in the final PLU Faculty Chamber Series concert of the year tonight.

The free program will be held in the University Center at 8 p.m. It features works by Beethoven, Janacek, Mozart, Wilby and J.S. Bach.

In addition to McColl, featured performers include violinist Ann Tremaine; David Hoffman, cello; Richard Farner and David Dahl, keyboard; and members of the Northwest Wind Quintet and Washington Brass Quintet. Both quintets are PLU faculty ensembles.

McColl is a member of the Soni Ventorum woodwind quintet in Seattle.

Veterans' Alliance has support of ASPLU and RHC

A veterans' Alliance member Mike Bell reported unanimous support for the VA in ASPLU and RHC and from students.

ASPLU approved the alliance as a student organization at a recent Senate meeting and the VA hopes to begin obtaining funds from ALSPLU WITHIN A FEW YEARS, Bell said.

To gather momentum, the VA is requesting faculty support and members are making buttons at a small profit for the alliance, Bell said.

The VA and the Registrar's Office are awaiting the results

of a survey designed to collect veteran's feelings and opinions on the new Veteran's Affairs Window, the services provided by it, and other general information.

The VA formed in February as a result of a move of the Office for Veteran Affairs to a Window for Veteran Affairs in the hall next to the Registrar's Office. The office handles veteran's financial problems, marital changes, benefits, disagreements, and sundry problems. The purpose of the move was to increase office hours from 8 a.m. to 5 p.m. with a one hour break for lunch (the old hours) to 8 a.m. to 8 p.m.

"The move was a practical one and not intended to hurt the veterans in any way," according to Registrar Charles Nelson. (See Feb. 20 Mast.)

However, some veterans have complained that the window in inconvenient, lacks privacy, is inaccessible to people in wheelchairs, and does not actually provide longer hours since the extra personnel "are not fully trained to handle the veterans' unique problems," Bell said.

The office move directly violates the Rehabilitation Act of 1973 protecting the rights of the handicapped to not be impeded from obtaining services, the VA contends.

The VA particularly exists to protect the rights of the over 200 veterans attending classes at PLU, Bell said.

Another impetus for forming the alliance was the regulation of Veterans Coordinator Elaine Schultz who rescinded her resignation in March when she felt the Administration was responding to the veterans' grievance regarding the window. (See Feb. 20 Mast.)

The VA's purpose is to raise awareness of the Vietnam era veterans and the problems of the handicapped, Bell said. "Twenty percent of all felony crimes are committed by Vietnam era vets and more have

committed suicide since they returned than soldiers who died in Nam," Bell said.

Drug and alcohol addiction are also rampant among veterans, Bell reported.

Across the nation veterans are requesting government help, such as counseling, with problems rather than just granting money to veterans. According to Bell the government fails to realize and respond to the need for problem confrontation.

Bell said the alliance is seeking members, especially leaders for next year. Interest and concerns may be directed to the Veterans' Alliance, P.O. Box 127, Xavier Hall.

Walkers from six dorms pledge over \$200 for March of Dimes

By DAN Voelpel

PLU walkers, under the organization of Circle K, have pledged \$209.50 by walking 18 kilometers in the April 25 March of Dimes Walk-a-thon in Tacoma. A total of 1600 walkers pledged \$92,000 in the 11th annual event, said a March of Dimes spokesperson. Last year \$120,000 was pledged.

walking efforts will receive a Residence Hall Council-sponsored ice cream fee. Prior to the event, Evergree had pledged the most dollars with \$81.

The Walk-a-thon was publicized and organized here by the community service group Circle K, which is a branch of the Kiwanis Club. "Circle K is the world's largest collegiate service organization," said

This year the event came at a bad time and organizational-wise we didn't know what to expect. Next year we'll be prepped."

Twenty-four teams participated in the walk against birth defects. Some of the larger teams included Pacific Northwest Bell, United Mutual Savings, K-Mart, Kiwanis, City of Tacoma, Girl Scouts, and several other

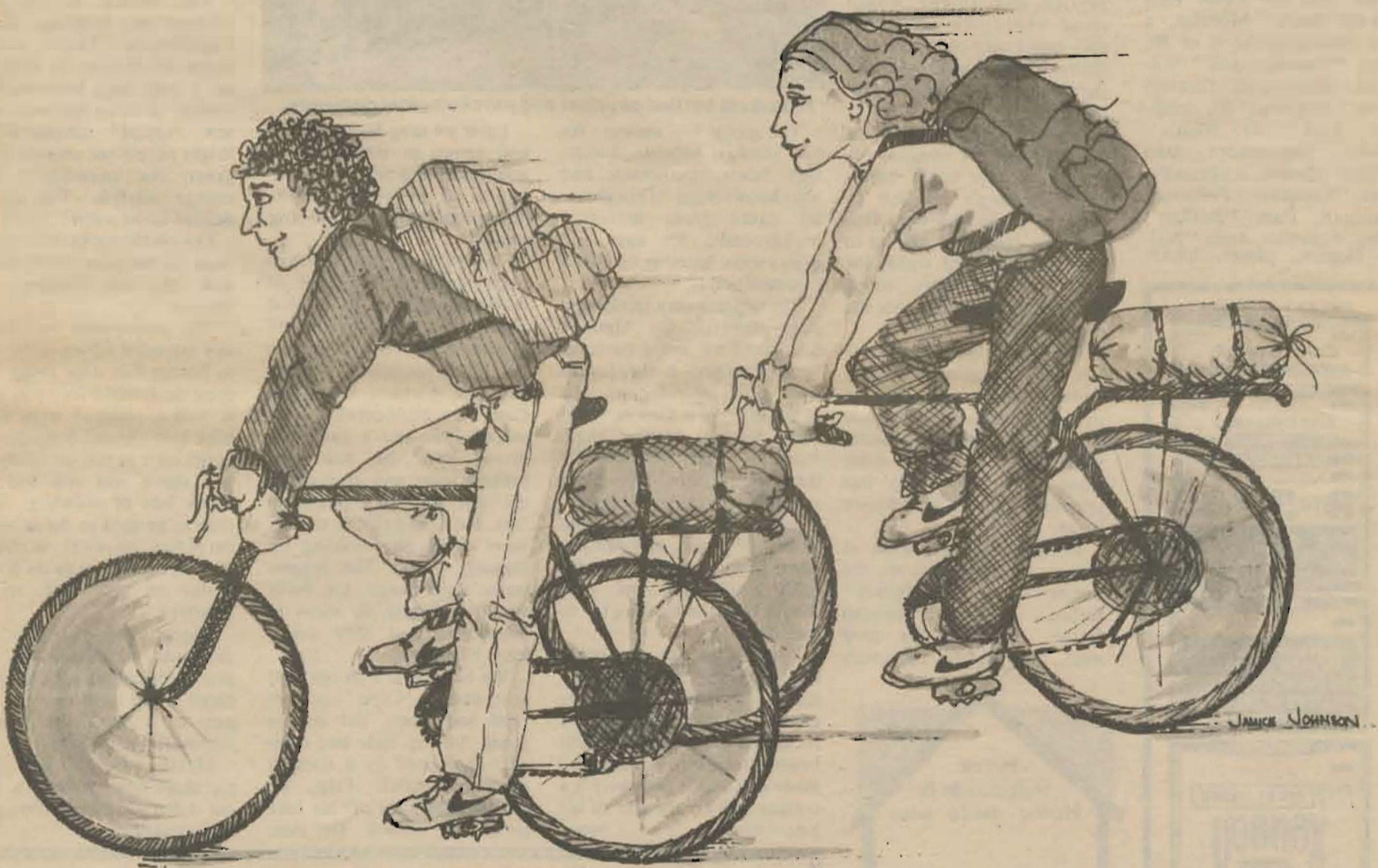
organization in several community service projects this year. Circle K members worked with the children of women who went to the Battered Women's Shelter of Tacoma. Members donated time to help the Audobon Society create a local wildlife preserve. Grub tolo was sponsored by the group, which is in its second year at PLU. In conjunction with the Circle K group from the University of

of the same services next year and will add new ones.

A planning meeting for the 1981-82 version of Circle K is scheduled for 5:30 p.m. Tuesday in UC room 210, Dobson said. "Everyone who wants to know more about Circle K or who wants to join the group is welcome to come, and you can bring your dinner," he said.

Last year's PLU Circle K President Jim Troyer was elected

B FEATURES



Students take ten-day bike trip in Oregon

By Doug Clouse

The mountain looked insurmountable as I stood at its base. My stomach was full from three bowls of alphabet soup, two peanut butter and jelly sandwiches, one carrot, and what seemed like gallons of Minutemaid Lemonade. I gazed up the winding, steep road wondering how I could get my body, let alone my bike up it. It was a challenge, but it was just one of many I encountered during spring break.

The event was the Outdoor Recreation Bike Trip down the Oregon Coast. The trip was led by Karen "Mom" "Keeks" "Thunder Thighs" McKean, a sophomore, Curt "Dad" Schultz, a sophomore, and James "Ghost Leader" Young, a junior. The other members of the group were Barb "Sleepyhead" Herzog, junior/senior, and her fiancé Fred "Crazy Teeth" Motteler, a grad student at the U of W, Greg "Where-are-you" Williams, freshman, Charles "Trip" Edgerton III, freshman, Rick "Mr. Hustle" Brauen, sophomore, Dan "Digger Blucher, sophomore, Mark "Kamikaze" Pederson, freshman, Pam "Buffett" Gregg, freshman, Andy "Wally" Hogsett, junior, Vickie

"Awesome" Welch, freshman, and myself Doug "Are-we-there-yet" Clouse.

The ten-day trip took us from Cannon Beach, Oregon to Brookings, and through California.

Like the landscape, our emotions rosed and sank with the hills and valleys. The challenges forced all of us to grow. We had to fight off fatigue and pain as we climbed the next hill. Our hard work was rewarded not only by the beautiful sights, but beautiful friendships also.

I would describe myself as a normal not-in-great-shape college student. Most of my time on bikes had been riding to high school or delivering papers, so I had no idea how I would handle the trip.

There were times, like when we were told we had *only* 19 extra miles to go to get to the campsite, that I thought my derrier and thighs would revolt. They told my brain that they could take only so much abuse. My eyes just soaked in the scenery and had a good ol' time.

The little sleep we received compounded the fatigue. After eating, one could barely muster enough strength to crawl to a sleeping bag. One night the group did stay up to give backrubs and watch for the Northern Lights, which some of the group had seen the night before.

The food ranged from excellent to interesting. A tight budget teaches you how to stretch a pound of ground round and perform miracles with flour. One of the more "unusual" concoctions was spaghetti coated with brown sugar.

Being away from home at Easter was hard, but we did our best to make that "homey" feeling by doing traditional Easter things. We dyed eggs, and ate the customary

breakfast of "Captain Crunch."

One of the best meals was clam chowder because we all worked together to make it. We rose at three a.m. to go clam digging. It turned out to be mud-scooping in the freezing mist made to seem worthwhile when we enjoyed some fine clam chowder that night.

Clam digging had another effect—it covered us with mud, so we stopped in at the "world famous" Reedsport laundromat. They must have had 24 washers, and all of them smelled of clam by the time we left.



The bikers battled physical and psychological demands.

The group was unique. We had Hindus, Baptists, Latter-Day Saints, Lutherans, and who-knows-what. Though we all came from different backgrounds, the days and nights spent together created a common bond.

The trip was very spiritual in many aspects. On Maundy Thursday, we had a passover feast. Passover is the Jewish service of remembering and celebrating how God acted in their history, freeing them from bondage and making them His people. That night we sat in a circle warming ourselves by the fire. We sang hymns of praise, and like the Jews, celebrated what God did 4,000 years ago, and gave thanks for what He does for us each day.

There is no way one could struggle up those mountains, stand over cliffs, or watch the mighty waves crash on the rocks and not be affected. The beauty and majesty of the land made one realize that there is a creator and we are part of his handiwork. The word

beautiful becomes repetitious because all of the Oregon coast is beautiful. It's spectacular, incredible, and a million other adjectives.

On Easter we didn't get a chance to attend church, but I did get an opportunity to worship. I was awakened by rain against the tent. I struggled out of the bag and went outside. I had my own private sunrise service. I rejoiced in the new life that Christ offered on that day.

There was something humbling about driving through the Redwoods that day. We were awed by God's mighty works.

Later we sang Easter hymns and songs in the van. We might not have been on key or known all the words, but the important thing was the love shared.

The trip was not without its tense moments and ones of craziness. It turned out that Andy was the master of disaster. First while riding up a hill, he got his mileage counter stuck in Vickie's back tire. Later he accidentally side-swiped Pam into a guardrail, giving Pam the most impressive cuts and bruises on the trip. Andy also knew no fear. He would ride in the car lanes down hills holding up logging trucks. The loggers weren't too happy, but Andy would just talk to them in Norwegian and they would leave him alone.

We had made it to our first campsite at Cape Lookout tired and worn, but in one piece. As Trip rode into camp he was greeted by a friendly cocker spaniel. Trip, an animal lover, got off his bike to pet the animal. The dog,

named Rosebud, ran into Trip's leg, "accidentally" implanting his teeth into it. After checking for rabies, Trip commented that the dog and he had patched things up and were now "friends."

On Passover, Trip did not get passed over. Once again he was attacked by a dog. This time it was a great dane, who galloped after Trip, tackling him by his coat sleeve.

Another day Rick had some problems coming down a giant hill. His back tire locked and he skidded for twenty feet. Fortunately he was not hurt, but he wasn't discovered missing until we rode into Florence some five miles later. Jamey went back in the van and found him. When they came back we had a double celebration because it was Jamey's 21st birthday. After having cake, Jamey had to return home to Eugene.

The variety of life was evident at Yaquina Head Lighthouse. There aren't many lighthouses in Arizona so I was very impressed. I walked down to the rocks and saw "actual" marine life—bright purple sea urchins, pale green sea anemones, and orange starfish. The colors danced in the water.

Out on the rocks there was a pack of sea lions which sounded like the residents of Rainier.

The preparation for doing any extended biking is the key to having fun. One thing you must do is make sure you really are well-acquainted with your bike seat. Spend a couple of hours on it as you get ready. If you don't you will end up doing lots of standing. It is wise to be used to doing some extended physical activity. You can spend up to six hours a day on your duff, so be prepared.

Along with the physical demands be ready for the psychological ones. Often you climb a hill only to find it's part of a mountain. It can demoralize you if you let it.

Making sure your bike is in top shape helps greatly. It will cut down on repair stops and make riding easier.

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EARTHBOUND PG
 12143 PACIFIC - 531-0374

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PUGET SOUND NATIONAL BANK

Daughter of real life warden

Brubaker—more than a movie for two PLU students

By Eric Thomas

One night several weeks ago, television sets at PLU, in Parkland and throughout the western United States were tuned in for the T.V. debut of the movie "Brubaker", most certainly a repeat experience for many who had seen the 20th Century Fox production during its initial sweep of American theatres.

For two particular PLU students, however, even the first viewing of "Brubaker" could have produced plenty of *deja vu* moments. PLU freshman Teresa Murton and her sister Marquita, a sophomore, experienced large portions of the movie in real life as daughters of the man portrayed by Robert Redford as Brubaker.

Teresa, a recently decided "gifted" education major, was just six years old when the events, now made famous by the movie, transpired in Arkansas, where her father, Thomas Murton, had been hired by the state to run the state prison system.

According to the movie, which Teresa calls "90 percent accurate," a new prison warden came into an unidentified, corrupt state prison system and began cleaning it up, utilizing such unorthodox methods as prisoner governing bodies, humanistic handling of inmates and mutual respect.

However, according to the film, when the warden began finding corruption running rampant throughout practically every stage of one particular prison, "Wakefield" in the movie, the governor and other state officials began to get worried about what might get "uncovered."

Brubaker, after hearing several rumors of terror, murder, and an inmate graveyard holding possibly several hundred bodies, began digging up the prison fields in search of it. In the movie, Brubaker unearthed a large number of mutilated bodies, but the state contested that it was just a "paupers' graveyard" and Brubaker resigned disgusted with the upper-level corruption and hypocrisy.

The final scene shows Brubaker driving away from the prison, while the inmates, whose trust and respect he had earned, began a thunderous clap as a parting salute.

According to Teresa, the real story took place in an Arkansas prison called the Tucker Prison Farm during an eleven month period from late 1967 to the first part of 1968. Her father had been the only person willing to take the job, and moved there from Alaska, where he had served first as a U.S. deputy marshal and later as the state's chief parole officer.

"Before he got there, the inmates (trustees) were running it themselves and it was just a sty, like in the movie," she said. "He told them, 'whatever you want to do,

wanted.

Tom Murton also believed in delegating responsibilities to the prisoners, as was the case with one particular inmate who helped curb the incidence of rape.

"There was one guy called 'Chainsaw Jack,' who was in for twenty years for cutting up a guy with a chainsaw because he made homosexual advances toward him," she said. "Dad put him in charge of enforcing action against homosexuals and it came to a complete stop because everyone knew about his reputation."

Teresa describes her dad as a dedicated, tough, honest and talented individual with a knack for communication. "He's extremely talented in communicating with people," she said. "He has an abrasive style though, which is attractive to the inmates, but not to other people out in the give and take of the real world."

Above all, she says, he is uncompromising in his principles. "He's been fired from every job he's ever had," she said. "It's always the same story in any job he takes. Everytime he gets into it, he finds something, then he exposes it, and then he gets fired."

Although it's been 13 years, Teresa remembers much of the Tucker Prison Farm, and the trusting relationship her father had with the inmates.

I don't remember a whole lot, but I remember we lived right next door to the prison" she said. "The inmates were always in the house. I was scared of them first, but they accepted our family and we would talk to them at the prison."

Just as was depicted in the movie, it was the discovery of the bodies and the embarrassment of the high ranking state officials that combined to bring the end to the career of prison reformer Tom Murton in Arkansas. One major difference however, was that the bodies were not all decades old; in real life the terror and murder had continued up until Murton took the job.

"The incident of the bodies was exactly like in the movie," she said. "As soon as he started working, there were rumors of terror. You wouldn't believe it. There were rumors of hundreds of bodies buried in a 'paupers' graveyard.' It wasn't just from thirty years ago, it was done right up to the present. That's why it's such a big scandal. It was still happening, although it wasn't as prevalent as it had been."

Teresa said that many of the dead prisoners were inmates who had gotten on the wrong side of a trustee (seasoned inmates who had earned positions of responsibility within the prison system) and had paid the price.

"There was this one inmate who had a heart condition," she said. "A trustee made him



PLU freshman Teresa Murton (right) and her sister Marquita, had 24 hours to get out of Arkansas after their father blew the whistle on prison corruption.

With such rumors at hand, Tom Murton began digging and unearthed three wooden coffins containing the remains of mutilated skeletons. He announced his grisly discovery to the press, indicated there might be as many as several hundred more, and demanded an investigation, despite threats by Governor Winthrop Rockefeller that such actions would result in his firing.

"Arkansas was supposedly the epitome of the perfect legal system, accomplished by the work of Governor Rockefeller, whose campaign several years earlier had centered around prison reform and cleaning up the system," Teresa said. Everyone was talking about how the system was paying for itself and even making money (which was because the inmates were working off the farm for people out in the community) and if the bodies were turned over, it would show it was not the perfect system he said it was.

Rockefeller consequently fired Murton, gave him 24 hours to get out of the state, covered up the discovery, and blacklisted Murton in his future endeavors of working as a prison reformer and writer. (Not surprisingly, Rockefeller was not re-elected.)

"It was covered up to the max," she said. "The Rockefeller's have total influence. The biggest thing was that they declared the area in which they were buried a 'paupers' graveyard,' so no one could go in and dig it up. If they did, it would be grave robbing. And the bodies that were dug up, well they just sort of disappeared."

Since being fired in Arkansas, Tom Murton has applied to 112 prison systems in the United States, and as Teresa said, "No one will touch him."

because they won't let me sing my song. I know the tune and I know it well, but they won't let me sing it."

According to Teresa, Rockefeller and his cohorts didn't stop after denying Tom Murton the opportunity to sing his "prison song" within the halls of other prison systems, they also banned his attempt to write it down.

"He wrote a book called *Accomplices to the Crime*, about his experiences in Arkansas," she said, then he "took it to publishers all over the country, but no one would touch it. That's reality, though; whenever you go into something like he did, you have that to some extent."

Teresa claims that the same type of thing happened to the movie version of her father's story, delaying its completion for more than a decade. "The Rockefeller's were in on that too, and kept it from being done," she said. "Movie outfits like 20th Century Fox had been working on the story ever since the early 70s, but because of the hassles, it took until now for it to finally come out."

Meanwhile Tom Murton, who holds degrees in both Animal Husbandry and Criminology, began teaching the latter at the University of Minnesota. But, Teresa said, Her dad, who is "just a farm boy at heart," finally gave it up instead of returning to the Oklahoma farm on which grew up.

"One day he just quit his teaching job," she said. "He put a note on his door which said 'Take this job and shove it, I've gone fishing,' and went back to the farm."

It was there on the Oklahoma flatlands that 20th century Fox approached him about being a technical advisor to the film "Brubaker." A \$10,000 position which meant giving suggestions to

although the producers added new "Hollywood elements" not the least of which was the name change of the film's title. "Who'd want to go see a movie called Murton?," she said. "Let's be real."

"There was Hollywood like anything in the movie," she continued. "In the movie he had no family (my dad had mom and us kids), the part about him going in under cover was untrue and although the ending was dramatic, I think what really happened was even more so. After he uncovered the bodies and called the press, the governor (Winthrop Rockefeller) gave us 24 hours to get out of the state. Then, when we had left, the inmates rebelled and wanted to break out. So dad was called back and calmed them down."

At present Tom Murton is off promoting the film and lining up lectures, a combination which will take him to China and Brussels and continue for the next couple of years, according to Teresa.

One bonus for the Murton family came on premiere night when 20th Century Fox flew the entire family to the filming location of Columbus, Ohio, where they mingled with the stars from the movie.

"It was funny," she said. "The people who were peons in the movie thought they were so 'bad.' The bigger the star, the more down to earth they seemed to be."

Although Robert Redford didn't show, Teresa said she got a chance to talk to Julie Alexander for about 15 minutes and saw Yaphet Kotto.

"I was just going, 'Let's be real, we don't fit in with all these stars and Hollywood,'" she said.

However, Teresa turned out to be somewhat of a star herself recently, when after the television premier was aired, four girls showed up at her doorstep, asking if she was indeed "Brubaker's" daughter.

"I had to kind of laugh," she said. "They came knocking and stood there all hushed like, and asked me questions for about five or ten minutes. It's kind of funny; it has a lot to say about people. I think it's made into a bigger deal than it is."

Looking back on it all, Teresa doubts that the movie will create any further controversy in Arkansas, thus relieving the Murton family of any further hassles connected with the 1968 discovery.

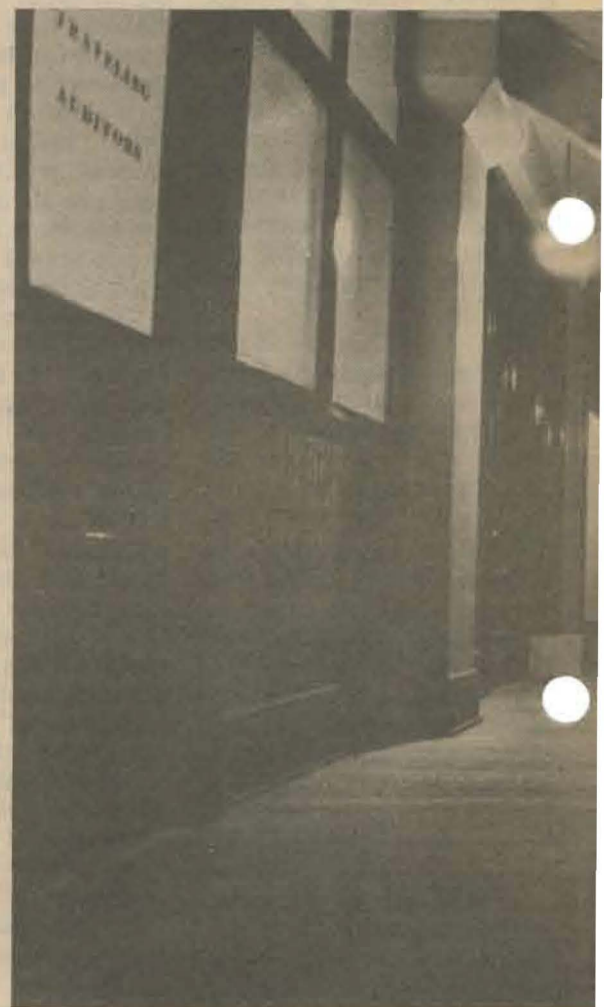
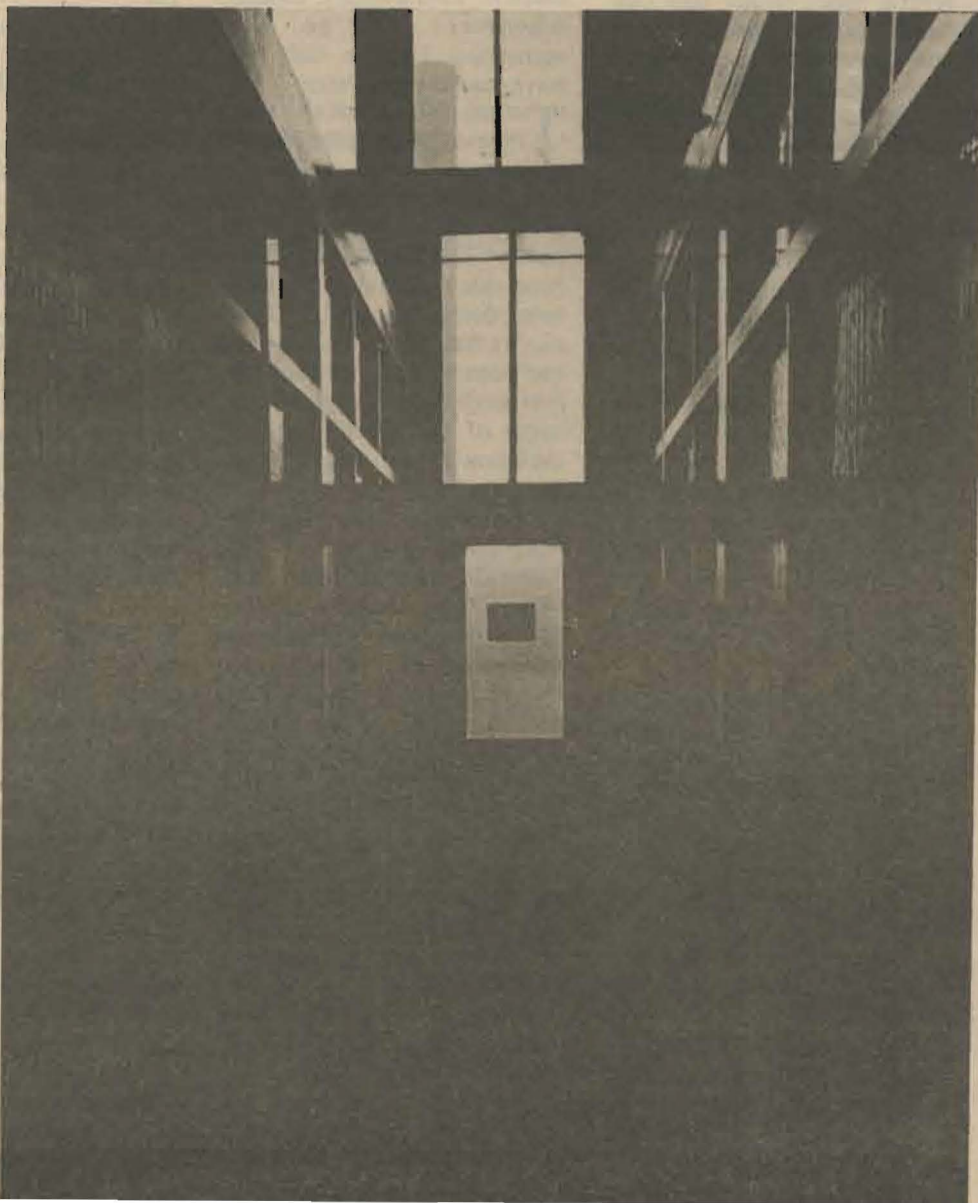
"The movies are no threat to us," she said. "Who knows that Arkansas is what it was talking about. The movie didn't say what prison, it didn't say what state. What will happen is that the movie will blow over, and that will be the end of it."

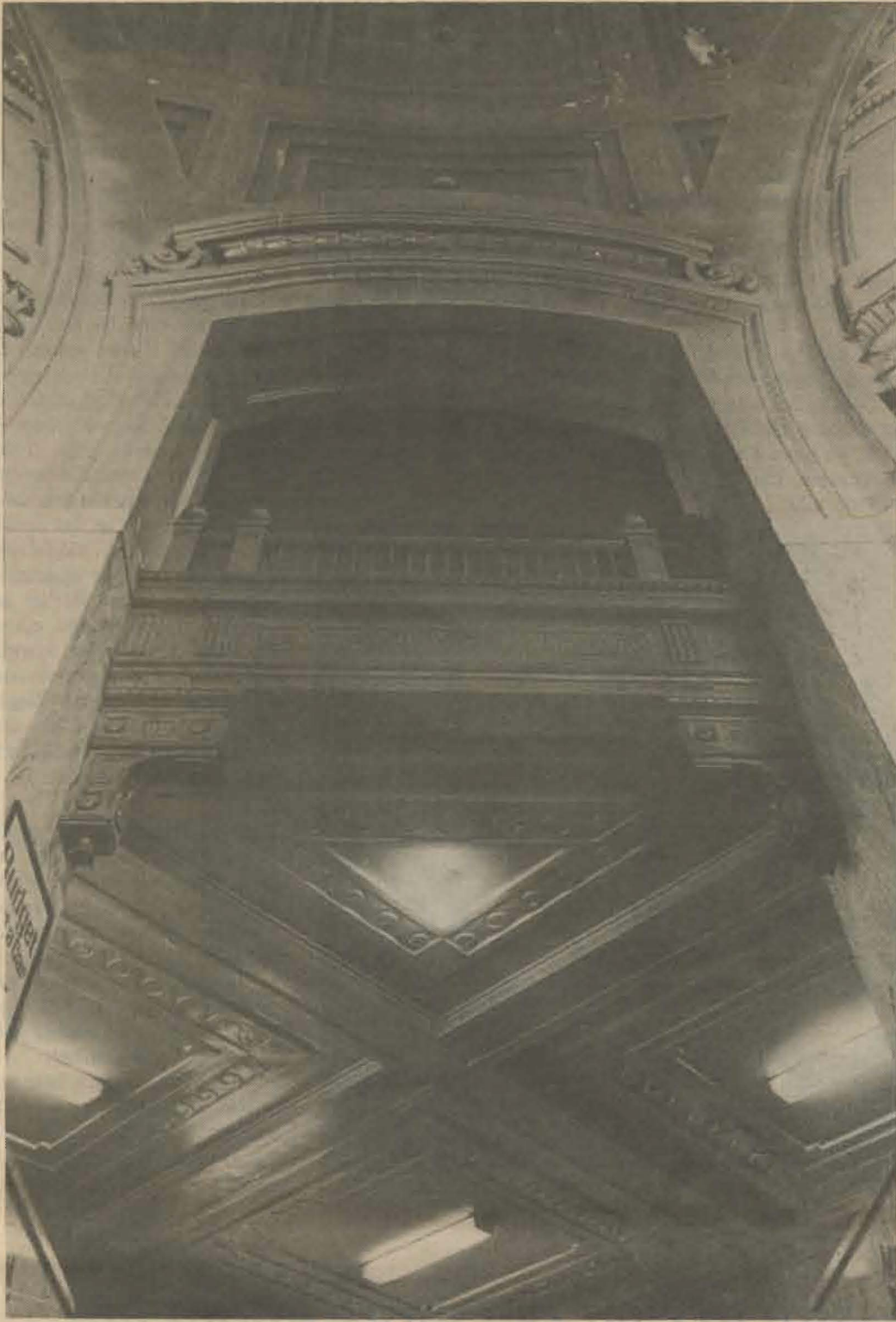
Perhaps so, but the sparks of interest in "Brubaker's" daughter and her story will no doubt flare to new heights if



THINGS IN MY HALLS

Somedays things get into my halls.
Some look like insects or
small machines.
Others are like fingers.
I do not invite them.
The sweat of gray stone
and colored glass attracts them.
If I sit still in my
cool gothic air they stop.
Their crawling and
leave me alone.





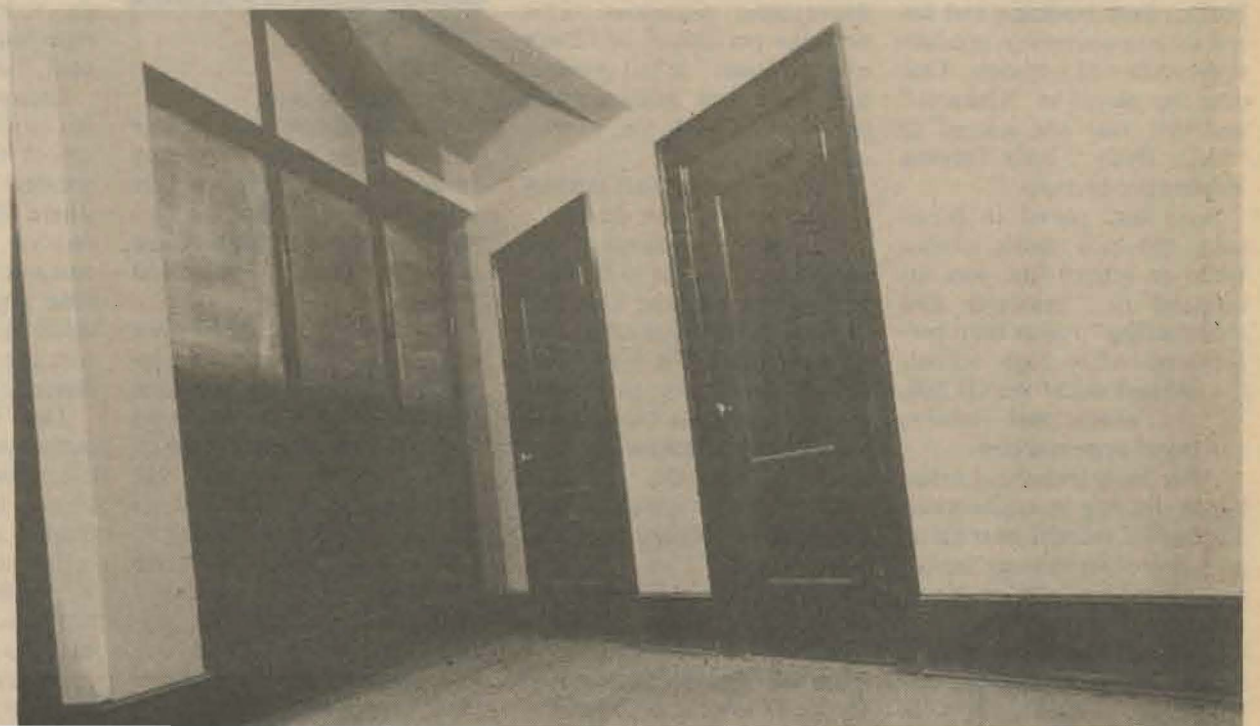
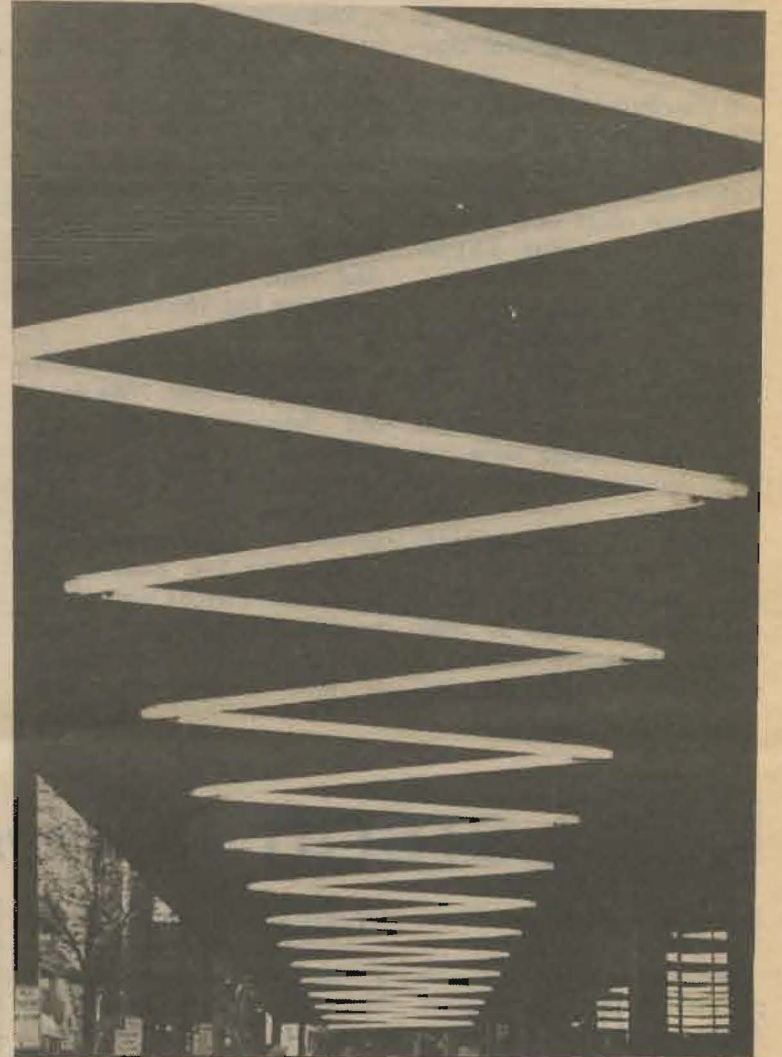
BUILDINGS

We like to hoist them upright.
We smooth and plumb them
and join them tightly at the edges
to be ridged and keen.

They make better mirrors of us
then monuments.

Our pale grayish ghosts
anticipate us and hover
among the sharp corners and
lean in towards us from the seams
of linear halls.

Those who would have them be monuments
must learn to build them without shadows.



From the 3rd District

PLU graduate is new county councilman

Pierce County residents voted for a shakeup in country government last year. With the change, the first in 90 years in the county, came a new county executive position, and seven county council members instead of three county commissioners.

When PLU graduate R. "Clint" Richardson voted for the change, little did he know that just one year later he would be involved in the new system.

On March 10, Richardson became a county councilman from the new 3rd District, beating Republican foe Ken Johnson in the general election.

Richardson is relatively new to politics, and is the rookie on the council, joining the three former county commissioners, and three other new council members, veterans Phyllis Erickson, "Slim" Rasmussen and Shirley Winsley.

The new members were sworn in on May 1, and "things should be pretty exciting" now because the length of council members' terms are to be determined shortly, said Richardson.

Richardson is optimistic about the new county organization. "I think it's a tremendous change. It splits up the legislative branch of government." It also increases

its effectiveness. "The people in this area now will have seven people to hear them instead of the three (county commissioners). It will be a lot more efficient and a better 'grass roots' system. County council is a service agency, and I think people tend to forget this, but that's what we are here for, to serve the people," he said.

Richardson's phone has been "ringing off the hook since the election." The new sewer rates and assessment costs in his district, which includes Parkland, Spanaway, and Midland, are partly to blame, Richardson said.

Richardson has been working on a new computer voting system, substituting for the standard voting box. The system would cost a lot of money, said Richardson, "But in the long run, the new system would save tremendous space and money. It costs a great deal right now to transport and store the voting boxes," he said.

Also headed for discussion is law enforcement. "We have the lowest number of policemen (per citizen) but the second highest paid police force in Washington. It will be looked at," Richardson said.

With the low number of policemen, Pierce County also has one of the highest crime rates in the state. Prostitution is still a problem, and

"saunas" thrive. It's a problem often looked at, but not much is accomplished.

Richardson thinks a short-term solution that could help the situation would involve a mandatory closing hour of 6 p.m. This would put a big dent in their night customers, he said.

Why would a retired, former deputy superintendent of Pierce County Schools want to handle all these problems?

"Well, we have a new form of government, and I wanted Richardson said.

to see it work. I felt all my years of administrative experience and my education were suited for the job and that I could make an impact and some changes," he said.

Richardson stressed that though he is new to politics, he isn't new to what the new council job entails.

"I find a lot of correlation between the job I had before and now," he said. "Budgeting, financing and working with people was what I was involved with for 21 years."

County Executive Booth Gardner agrees.

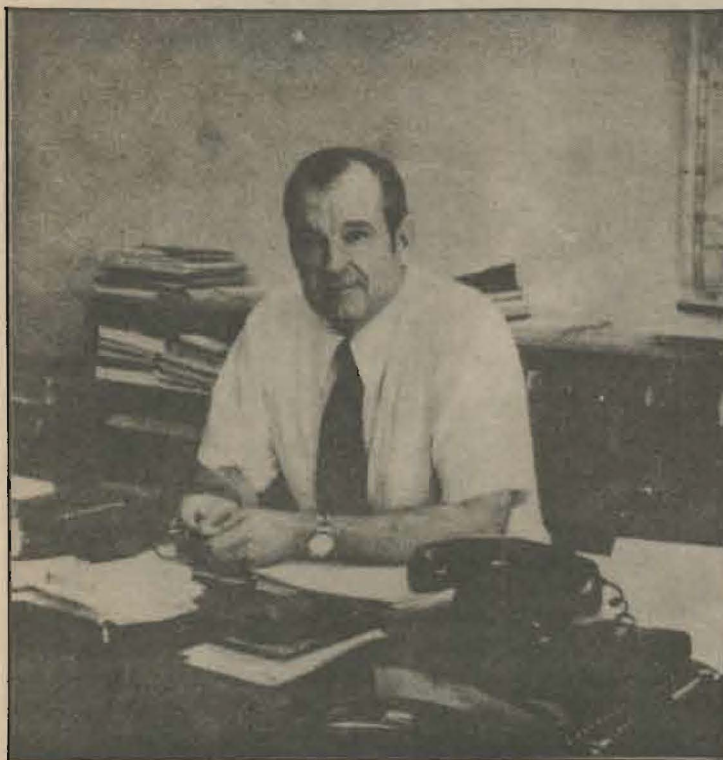
"He's the new kid on the block but has experience in personnel administration and management, two areas where the county needs a lot of work," Gardner said.

Richardson is also aware of the community. He has been a resident of Pierce county for 40 years, most of that time in Parkland. He attended Clover Park High School where he was class president. From there he went into the service, serving four years in the Navy, from 1942-46. On his return, he earned his bachelor's degree at PLU in education, majoring in social studies and biology. He attended classes for three years while working full time as a service-station attendant to earn his degree. He went on to get his doctorate degree from the University of Idaho.

Since receiving his degree from PLU, Richardson has been involved in the Pierce county School District teaching before he got into administration 21 years ago.

He retired last year but, needless to say, it was short-lived, as he went on the campaign trail in December.

When the election vote was tallied, Richardson was the winner. "People knew me, knew what I stood for," he said.



R. "Clint Richardson—a rookie with experience."

Lila Larson An inner desire to find out more about life

By Kathleen M. Hosfeld

Her resume reads like the hit parade list of contemporary American theater, but even though she's never made Broadway, PLU student Lila Larson has played across Europe, in various parts of the U.S. and in university and community theaters here in Tacoma.

Her geographical range is due in part to her enlistment in the Army when she was 18 (she now serves for the Army on reserves). But she has also broken from tradition and acted in non-university productions while still a student. Last year she played in "Cabaret" and this year she starred in "Hello Dolly," both Tacoma Theatre productions.

Born and raised in Montana, she took music lessons while in school but was interested in "athletics and cheerleading" rather than performing. After high school, she enlisted under the GI Bill, for the educational funding and travel opportunities.

After basic training, Larson began training in engineering. She had 10 months of training as a power equipment repairman, working with turbines, diesels, hydraulics, and missiles in Germany, when she heard about a singing ambassador audition in

through music," she said.

After she returned from the service Larson enrolled at the University of Montana in Missoula. She said that her three years there were ones that piqued her interest in performance.

She has since transferred to PLU and enrolled in a Bachelor of Fine Arts program in Communication Arts.

She is active in the PLU Theater department as president of the Alpha Psi Omega, the theater fraternity, and as a performer in theater department programs. This year she performed in "Dark of the Moon," a fall production, and has assisted with production work on several other shows.

Larson describes her interest in theater as an inner desire.

"I have a deep-seated curiosity and desire to find out more about life and I do this through other characters—not only my life but in their lives. It's an inner desire, that's all I know. Every time I look at the stage or plays I just want to be involved," she said.

"I was a musician first—piano, flute and then I got into vocal lessons," said Larson, who was also a member of the Choir of the West. "When I was in my ambassador group I did a lot of traveling and performing. We incorporated a



Lila Larson

acting than singing."

The drawbacks of a theater career—"not a lot of money in it" and "it's not a sure thing"—are the reasons Larson maintains her double identity of a military woman and actress.

"An actor or performer cannot count on a stable income. The military supports that side of it for me. I also get a lot of training and a lot of doors are opened for training...they pay me to learn. I make it work for me."

But according to Larson the military provides another resource to bolster her performing career. Since her enlistment she has been able to meet people from all different

good people to know socially

From Larson's vantage point she can compare the pros and cons of educational and outside or community theater.

"I think the difference between community or outside theater and school theater is that with school theater it's an educational experience. You get a chance to experiment and grow, whereas with community theater they expect you to be up to that level already. The time does not allow you to do a lot of experimenting, especially if you're getting paid," she said.

Larson noted that money is not as much of a problem with school theater as with community or outside theater where "80 percent of the time you're using your own costumes, 100 percent of the time you're using your own make-up" and members of the cast are often scrounging for funds to build sets, etc.

The attitudes of school audiences are much different according to Larson, than those in the community. School audiences are mostly comprised of alumni, students, parents and members of the academic community and are easier as a whole to please.

In community theater, however, the paying audience

I went off campus for [it]," said Larson about her dedication to do off-campus work. "I did this last year for one of the [PLU] profs, Rick Wells, who was directing "Cabaret" off-campus.

"And I thought, 'hey, what a good experience!' Here they are teaching us at school everything about how to prepare ourselves to go out and audition and the only logical thing to do is to go out and use that training," she said.

"It's been a good experience," said Larson about her off-campus productions, but she says the time constraints are different than when doing an on-campus show.

"It's one thing when your rehearsals are on campus. That's fine because you're already here." But she said it's quite another thing when rehearsals are off-campus "twenty miles up the road from here."

Although Larson's play performance schedule was interrupted this spring by several weeks reserve duty, she has not left performing. She is active doing one-woman shows for luncheons and dinners at senior citizens' homes, for the Elks and Masons and she does back-stage technical work for the Falstaff dinner theater.

"No, I don't have a lot of

No other word has had a greater impact

Fillmore knows the meaning of 'security'

By Dan Voelpel

"Security, the word, originated in 1432 to mean "the condition of being protected from or not exposed to danger; safety," according to the Oxford English Dictionary. In 1586, security was given the dual meaning of "something which secures or makes safe; a protection, guard, defense."

Although Campus Safety and Information Director Kip Fillmore, at the age of 31, is a few years younger than the 489-year-old "security," there probably is no other word that has had a greater impact upon the past 13 years of his life.

Prior to taking the position one year ago, Fillmore, who hails from Twin Falls, Idaho, gained experience and expertise in the area of security from several sources.

Following a brief try for a journalism career at Northwestern University in Chicago, Fillmore volunteered for the Air Force. For 3½ years, he served as an aide to General Kenneth Dempster, who was vice-commander of the Pacific Air Force in the Philippines and Vietnam.

"My grades probably weren't good enough to get by without being drafted," Fillmore said. "I thought I could get a better job in the Air Force than in the Army. So rather than have someone else make the choice for me, which would happen if I was drafted, I'd rather make the choice myself, and I joined the Air Force."

As the general's aide, Fillmore was responsible for "security for him and his family" when they lived in the Philippines. After General Dempster was transferred to

left police work to become a Coors beer distributor in Port Angeles.

"The original ideals of being a police officer fade a little bit when you lose a close friend," Fillmore said. "Anyway, I wanted to see what business was like."

It did not take long to discover that "I wasn't a businessman, and I missed police work," he said. "I also wanted to further my education." So "responding to an ad in the newspaper," Fillmore applied for the Campus Safety position instead of returning to the police department, and won the job over many applicants.

"I believe I was successful as a police officer, and I wanted the challenge of something new. As a police officer, you do feel yourself being cynical. I mean everything you see is negative...the hurt, the criminals, the family fights. You get tired of seeing the pain people have, and the blood."

So, in March, 1980, Fillmore took over an ailing and dilapidated PLU security department which was struggling from ineffectiveness and lack of enthusiasm, according to Fillmore.

"When I came here, they (administration) said they wanted to try a new system. For every one full-time, uniformed officer, we now have four students working in campus safety."

Fillmore attributes the ineffectiveness of the previous safety officials to his belief that "plain security tends to get boring if you do it all your life. So, the students who go out there don't get bored; they don't want anything to happen to their campus. I think that's

"The students here trust us."

Washington, D.C., Fillmore was relocated to Malmstrom Air Force Base in Montana as "the manager of a missile site on top of a mountain" for his final six months of service.

This job involved national security, as many defense missiles were located around the mountain, ready to be triggered if the U.S. was ever attacked, Fillmore said.

The self-described "water enthusiast" came to the Tacoma area in 1972 as a drug counselor for the Veterans Administration and gained his college degree from The Evergreen State College in police science and public administration.

"I thought it'd be interesting and exciting—and it was," Fillmore said.

This interest in police work led Fillmore to a six-year stint with the Steilacoom Police Department. More rapidly than most, Fillmore's career blossomed. Beginning as a patrolman, Fillmore climbed to sergeant, investigator, and finally, assistant police chief before resigning from the

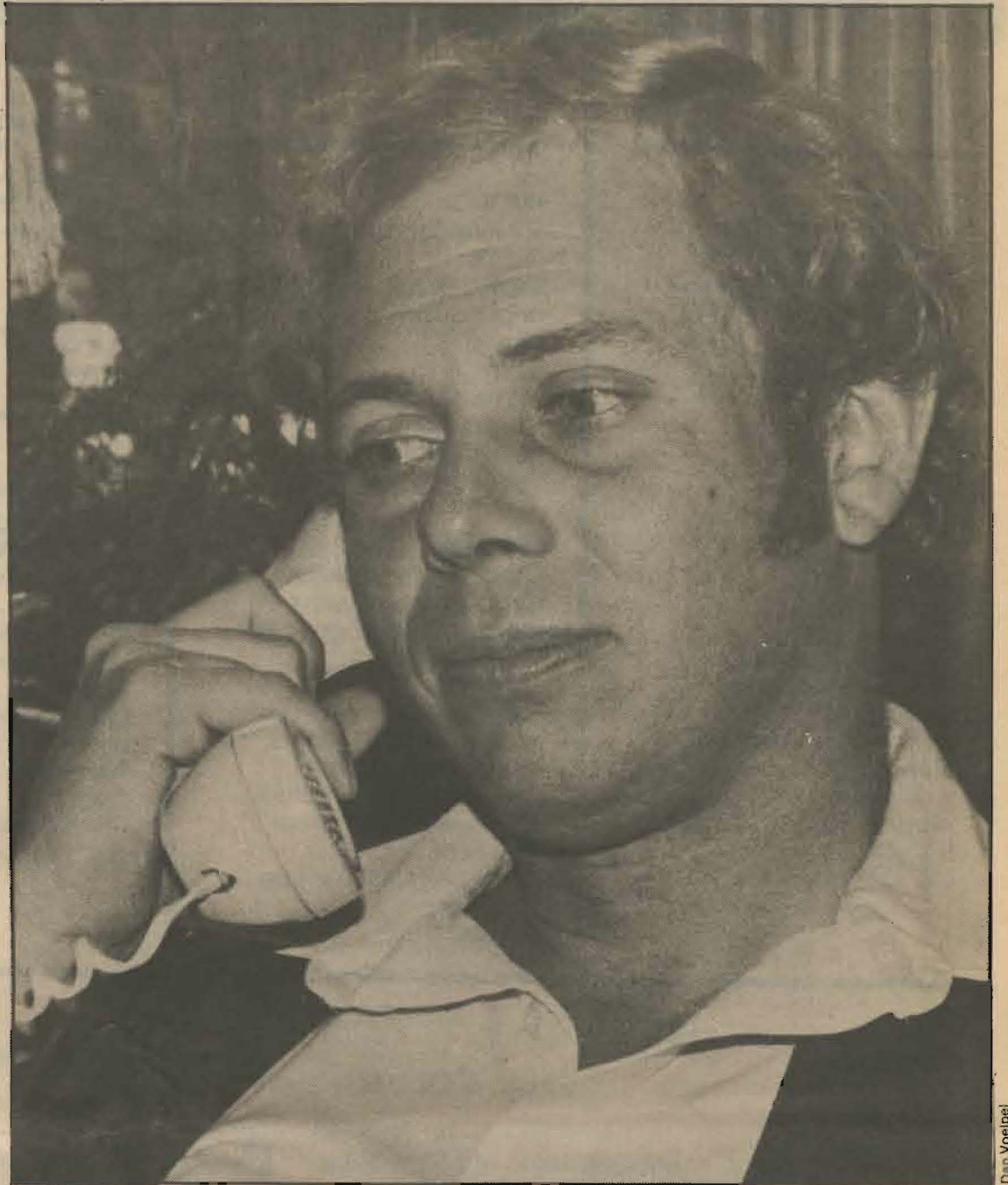
why they do a good job. I'm proud of them," said the American Lake area resident.

"The students here trust us," Fillmore said. "They know that the people who work here will do their very best for the students' protection. I try to be on campus everyday, even for a short time on weekends, to let everyone know I'm here."

When he first arrived at PLU, Fillmore became acquainted with the campus and students' desires by living in Ordal and Foss Halls. "It helped me to get an idea of what the students want. The best decision I ever made was living on campus," he said.

According to Fillmore, the pay for being PLU's Campus Safety director is less than that for a police officer, "but I get more satisfaction here. That's important to me."

Fillmore was chosen by Pierce County Sheriff Lyle Smith to be one of only four commissioned police officers in the county. With this commission, Fillmore "can make arrests anywhere in Pierce



Kip Fillmore, Campus Safety and Information director, took over an ailing and dilapidated PLU security department in March of last year.

with parking or criminal investigations on campus, he knows I can give them the information they need to conduct and investigation."

Fillmore is not sure how long he will last at his present post, but "leaving" it is not in his present plans.

"It's as challenging as I thought it would be. All the people here have helped me work through those challenges. As long as I can grow, be challenged and be appreciated, I will stay. I have no idea of leaving."

Is there life after cancer?

Some people think that even when a cancer is cured, the patient will never live a normal life again.

The American Cancer Society knows better. It helps people return to their homes and their jobs. There is life after cancer. Two million people are living proof. If you or anyone close to you needs help, call us.



SPRING PICNIC



Friday Night—CK

Contains one evening dance with "The Heats" 9:30-1:30.



May 8, 1981

\$.75 in advance, \$1 at the door

Dan Voelpel

TIME OUT

BY RAMIN FIROOZY

FRIDAY MAY 8

•DANCE
 "A Night of Stein/Go Red Go Red, Laught White" dance concert based on the writings of Gertrude Stein
 Washington Hall Performance Gallery (S)
 May 8, 9
 8 p.m.
 Tel. 325-9949
 Tickets : \$4
 14th & Fir St.

•DANCE
 "The Exuberance of Movement"
 Danceworks Northwest Meany Hall Studio Gallery, U of W (S)
 May 15, 16, 17
 Tickets : \$5
 Tel. 323-9242

SUNDAY MAY 10

•MUSIC
 Soni Ventorum Wind Quintet
 Seattle Museum of History and Industry
 May 10
 7 p.m.
 with works by Danzi, Goodman, Mozart
 free to public
 Tel. 625-4017

•PHOTOGRAPHY/ART
 "Seeing and Believing"
 Seattle Art Museum's weekend photography workshop
 May 8-10
 with forty-six Northwest photographers, artists, journalists, publishers, lawyers and educators
 Seattle Art Museum at Volunteer Park
 Cost : \$65 for three day workshop
 Tel. 447-4697

•THEATRE
 "Nightclub cantata"
 by Elizabeth Swastos
 Skid Road Theatre (S)
 Until May 24
 Tel. 622-0251
 102 Cherry St.

TUESDAY MAY 12

•DANCE
 Crescent Heart Ensemble performing their dance-drama, "Woman As Divine", "Tales of the Goddess", and "Quest of the Elvin Queen"
 Washington Hall Music Gallery (S)
 May 15, 16
 May 15, 16, 17
 Tickets : \$4.50, \$5 at the door
 Tel. 325-9949
 153 14th Ave. at Fir St.

•DANCE
 "The Exuberance of Movement"
 Danceworks Northwest Meany Hall Studio Theatre, U of W (S)
 May 15-17
 Tickets : \$5
 Tel. 323-9242

•MUSIC
 Guy Bovet, Swiss organist a program of works of J.S. Bach in a series of Cathedral Associates Concerts
 St. Mark's Cathedral (S)
 May 8
 8 p.m.
 Tickets : \$5, \$4 students
 1245 10th Ave. E
 Tel. 323-1040

THURSDAY MAY 14

Dear EDITOR

This COLUMN will be held FOR RANSOM indefinitely

(or until the clearance OF Foss Pond ... whichever comes first)

in lieu of payment green jelly beans OR Jeff Olson's

OR best offer love...hugs...and kisses



SATURDAY MAY 9

•THEATRE
 "Lot" by Joe Orton
 directed by Michael Fuchs
 Seattle Actor's Workshop
 Until May 10
 Tel. 325-2663
 720 18th E

•MUSIC/DANCE
 "A Viennese Waltz"
 The Weekly's 5th Birthday Party
 The Northwest Chamber, Alan Francis, conductor
 May 9
 8:30 p.m.-1:30 a.m.
 Rainier Square Atrium
 Dancing to Viennese Waltzes
 Drawing of 2 free round-trip tickets to Vienna
 Tickets: \$90 per couple, \$50 per person (portions tax deductible)
 Tel. 328-2550

MONDAY MAY 11

•THEATRE
 One-act play festival
 "A Phoenix Too Frequent" by Christopher Fry
 and "The Vallant" by Hall and Middlemass
 Tacoma Little Theatre
 May 1, 2, 8, 9 @ 8:00 p.m.
 May 3 @ 2:00 p.m.
 Tickets: \$1
 Tel. 272-2481
 210 No. 1 St.

•MUSIC
 "Don Pasquale"
 Donizetti's comic opera performances in original Italian
 May 6, 9, 13, 16
 8 p.m.
 Seattle Center Opera House
 Tickets : \$9.50 to \$23.50
 Tel. 447-4711

•THEATRE
 "The Imaginary Invalid"
 b Moliere, adapted by Miles Maitland
 Inside Theatre, UPS
 May 1, 2, 7, 8, 9, 14, 15, 16
 8 p.m.
 Tickets : \$4, \$3 students
 Tel. 756-3329

WEDNESDAY MAY 13

•MUSIC
 A Recorder Recital
 by Phillip Dickey
 featuring works of Frescobaldi, Cima, Marais, Dieupart, Handel, Telemann, and Corelli
 May 10
 8 p.m.
 11th E and E Howell
 Tickets : \$5, \$4 at the door
 German United Church of christ (S)

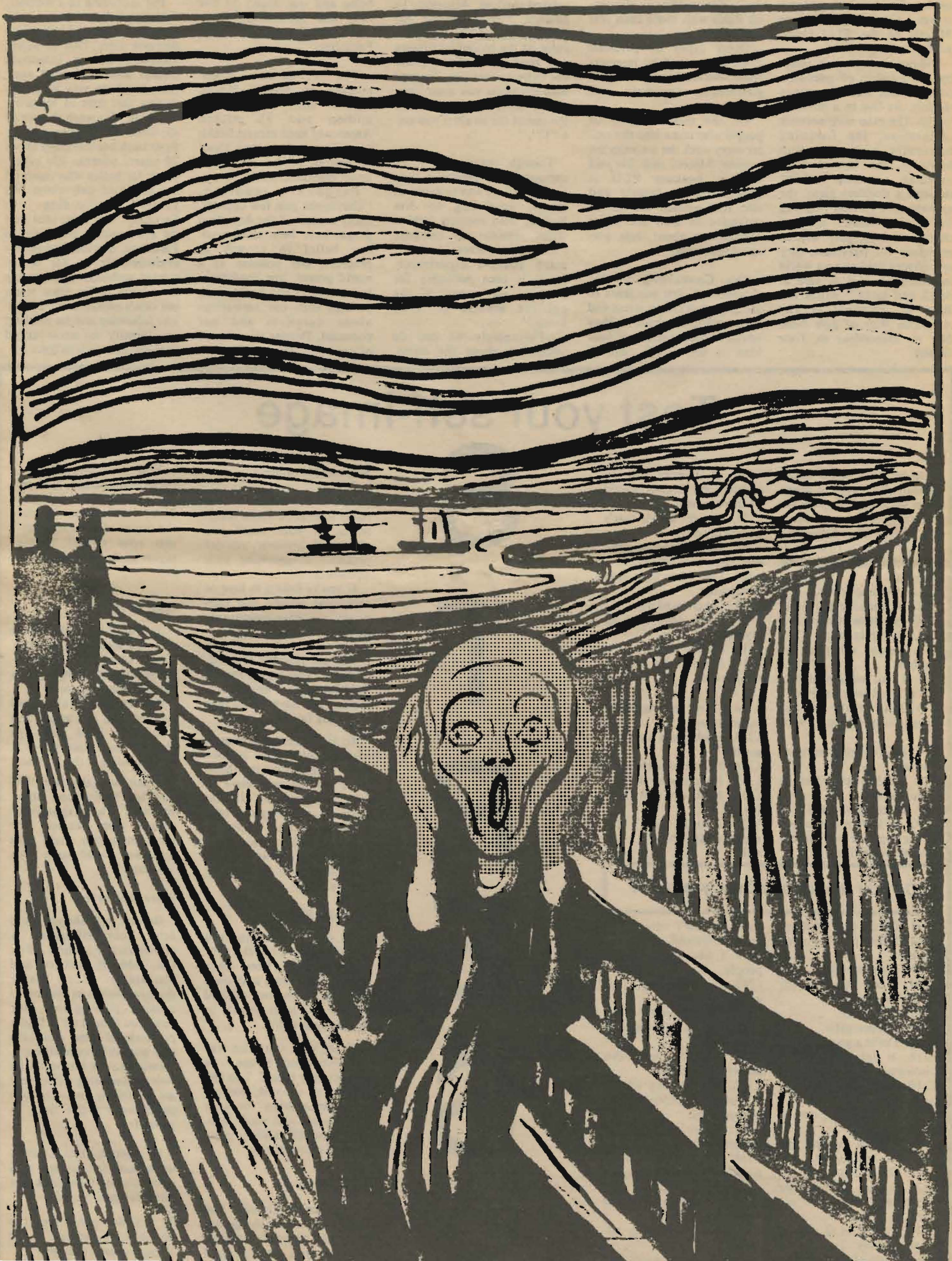
•MUSIC
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 Museum of History and Industry
 free to the public
 Tel. 625-4017

FRIDAY MAY 15

•THEATRE
 "We Won't Pay, We Won't Pay"
 by Dario Fo
 Empty Space Theatre (S)
 Italian Political Farce
 opening May 13
 Tel. 325-4443
 919 East Pike St.

C STRESS

College students' primary targets



College students prime targets for stress

By Brian Laubach

Falling behind in classes, classes too difficult to handle, too heavy a class load, or the anxiety about getting a "C" rather than an "A" are symptoms of a victim of academic stress, according to Gary Minetti of the PLU Counseling Center.

"If one were to only judge by the number of television commercials about nervous tension, we live in a stressful world. The man with nervous indigestion, the frowning housewife with a tension headache, the harried businessman tossing about through a sleepless night, the apprehensive traveler reaching for a "calmative" are not characters in a play written especially for television; they are mirrors held up to a world in which stress is as sure as death and taxes," writes Dr. John W. Farquhar in *The American Way of Life Need Not Be Hazardous to Your Health*.

A rough estimate of 50 to 60 students per week visit PLU's Counseling Center according to Minetti. This approximation also includes those people who come into the center on a regular basis. According to Minetti, the center deals with more than just academic stress.

Other types of personal stress are caused by interpersonal relationships: boyfriend-girlfriend, roommate, and parents.

Of the total number of people who come into the center every week the majority are women, Minetti said. He said this is because PLU is predominantly female and also that women are not as defensive as men are about opening up about their personal problems.

The Counseling Center recommends that you learn to identify what causes stress and then work to eliminate it. They advise to drop a course if your load is too tough, change

roommates if that person causes you stress, or learn to communicate with your parents.

The general attitude is to learn to face life in a more relaxed method. According to Minetti, "To get more enjoyment out of life, enjoy the color of the blooming flowers and trees, thus allowing life not to hurry past you. To cope with the stress you must learn not to catastrophize—it's not the end of the world if you get a "C"."

Though results of stress surround and permeate you, and there is no way to avoid all stress, according to Jim Keelan, who recently held a stress seminar on campus, "The word stress includes many positive experiences. Stress is even necessary for carrying out many of the positive aspects of daily living."

"Fortunately we can do something about the stress.

And I don't mean taking a pill (Valium is the most commonly prescribed drug in the world today). Managing stress effectively is a learned skill—a skill that is of basic and vital importance to our general well-being and our ability to live fully and productively in a stress-filled world," said Farquhar.

The President's Commission on Mental Health reports that between 20 million and 32 million Americans need mental health care. At any given time about 25 percent of the country is under emotional stress.

Farquhar reported, "During the past few decades, many aspects of the American dream have been challenged: our belief in growth as progress, our position as a world power, our confidence in our leaders and institutions, perhaps even our aspirations about ourselves and our potential. Despite this climate of scrutiny and reevaluation,

one aspect of the American dream has survived intact—our basic confidence that the American way of life brings with it good health and the promise of a long life."

But according to Farquhar, statistics indicate that despite the undeniable and impressive decrease since 1900 in infant mortality and in infectious disease mortality at all ages, there has been very little gain during this time in longevity for those who reach the age of 45. Since 1900, life expectancy from birth has increased about 20 years, whereas life expectancy for males who reach 45 has increased only about two years," according to Farquhar. Our false idea that we are healthy, according to Farquhar, is evident when one evaluates his or her stress-related problems. Today many Americans suffer from stress but don't realize that they are. The following articles will help one identify the stress-related problem and ways to solve it.

Test your self-image

STRESS

In his *Beat Stress* book, Keelan offers a test to assess your self-image. Answer the following fifty statements by giving the following marks: 0-never; 1-rarely; 2-occasionally; 3-usually, and 4-always.

- 1. I feel important.
- 2. If someone hurts my feelings I let them know.
- 3. I'm optimistic.
- 4. I enjoy shopping for clothes.
- 5. I like looking at myself in a full-length mirror.
- 6. My weight is approximately where I want it.
- 7. I like being seen at parties.
- 8. I enjoy being seen in a bathing suit.
- 9. I feel well dressed.
- 10. If I were a member of the opposite sex, I would find me attractive.

- 26. If I ever got in trouble, my friends would be there to help.
- 27. I've got a style that's clearly my own.
- 28. Most of the people I meet are worse off than I.
- 29. I've done little that worries me.
- 30. Others need me.
- 31. I can take care of myself.
- 32. My life is full.
- 33. It would be hard to replace me.
- 34. I love getting up in the morning.
- 35. Luck plays a part in my life.
- 36. I'm a kind person.
- 37. I'm not in a rut.
- 38. I feel I'm still growing.
- 39. People don't ordinarily take me for granted.

Do you feel good about yourself?

- 11. I don't bear grudges.
- 12. Nothing is too good for me.
- 13. I feel intelligent.
- 14. I can laugh at my own mistakes.
- 15. I enjoy sex.
- 16. I'm energetic.
- 17. I'm in a good mood.
- 18. It takes a lot to discourage me.
- 19. People value my opinions.
- 20. I can hold my own in a conversation.
- 21. I enjoy meeting and talking to new people.
- 22. Others like me.
- 23. I can do almost anything I really set my mind to.
- 24. I feel I'm in control of my destiny. The adult is chairperson of the board of

- 40. I don't let others push me around.
- 41. I like to confide in people.
- 42. I really enjoy my work.
- 43. I like where I live.
- 44. I've accomplished a great deal.
- 45. My life has been rather interesting.
- 46. If I had my life to live over, I wouldn't really change much.
- 47. There's little I'm ashamed of.
- 48. There aren't many people I would switch places with.
- 49. I seldom blame myself for anything.
- 50. Others generally admire me.

Add up your score and

Score of 160 or more

You're one of the few that really feels good about themselves. If your score was above 175, however, you are probably exaggerating your self-worth.

If you're falling in love or something terrific just happened, you have temporarily inflated self-image.

You are possibly too self-involved. You may often try to block out unpleasant feelings and have a hard time admitting failure or loss.

To show greater interest in other people's lives is your need, especially in those areas that do not relate to your own interests. If you learn to accept your own limitations and failures, you'll find you are not as good as you may want to be, but not as bad as you fear you are either.

Score of 130-159

An optimistic realist, you certainly have a healthy view of yourself. You have energy, pride, and ambition. You hate to be pushed around and react quickly to protect your rights.

Those who score this way have many good things to be said on their behalf. You feel entitled to succeed; you accept responsibility for your own success and work at it. What you dislike about yourself you try to change.

Score of 100-129

You tend to sit back and do little about the things you don't like although much of the time you have a good

You see yourself as a thoughtful, decent, kind person and interested in others. Try to make yourself more the center of the stage—assert your rights! Create higher goals for yourself.

Score of 70-100

You have a low self image and you already know that. If you've recently experienced some loss or defeat, this may explain your score.

Perhaps you also feel trapped and are angry and "guilty." You are not pleased with most of what you are doing at the present.

When was the last time you felt really good about yourself? What happened to change that opinion? Are there steps you could take now that would make your life better?

Score of 69 or less

Beyond a doubt you need help! Your self-opinion is unrealistically gloomy. You feel depleted, isolated and distressful. If no major disappointment in your life is causing your gloom just now, you should try to find a professional who can help you out with some therapy. Changing your life begins by doing something. The very act of taking one step will significantly reduce stress in your life.

In essence, Dr. Keelan's basic tool for coping with stress can be summed up in this three-part prayer:

1. Lord, give me the serenity to accept those things I cannot change.

Muscle-relaxing technique reduces mind, body tension

By Petra Lehman

Dr. Edmund Jacobson has developed a relaxation technique called "progressive muscular relaxation." Jacobson states that through the continual practice of this technique you will "reduce the high level of physiological arousal to a low and relaxed state." Following are the five steps in learning the technique:

1) Get in a comfortable sitting position. Lying down is not a good idea, because it tends to put you to sleep. An important distinction is

usually made here between relaxation and sleep. One can fall asleep and still be extremely tense. So you are to relax, not sleep.

2) You will be instructed to focus on one particular part of the body, the toes for example. The toes are tensed tightly for five to ten seconds. This vigorously contracts the muscles in the body part that you are focusing on. The tension is then slowly released and the muscles in the toes are relaxed. There is a distinct change that takes place—usually a heavy, tingling sensation that marks the beginning of a

deep state of relaxation.

3) You will complete the contraction and relaxation of the one body part before progressing to another part of the body.

4) Coordinate a breathing technique with the contraction of muscles. You close your eyes, contract the muscles, take a deep breath and relax the muscle.

5) During the final stage of the technique, the word "relax" is repeated rhythmically as you focus on each body part that was muscularly relaxed in steps one through four.



Karen Faister

Portrayal of Type B person

Are you a Type A?

By Petra Lehman

Jim Keelan, author of *B.S. (Beat Stress)*, has, through his research, divided people into two categories. Type A people and type B people. Type A people come from the "doing, having, being" philosophy. This type of philosophy is sure to

produce stress, according to Keelan. Here is a test that Keelan has put together for you to ascertain whether or not you are a type A person.

Answer yes or no.

1. Do you have a habit of explosively accentuating

speech...and finishing your sentences in a burst of speed?

2. Do you always move, eat and talk rapidly?

3. Do you feel and openly show impatience with the rate that most events take place?

4. Do you get unduly irritated at delay—when the



Karen Faister

Type A person depicted by a Mooring Mast employee

car in front of you seems to slow up, when you have to wait in line or wait to be seated in a restaurant?

5. Does it bother you to watch someone else perform a task you know you could do faster yourself?

6. Do you often try to do two things at once (dictate while driving or read business papers while you eat)?

7. Do you almost always feel vaguely guilty when you relax or do absolutely nothing for several days (even several hours)?

8. Do you not have any time to spare to experience being because you are so preoccupied with having?

9. Do you attempt to schedule more and more in less and less time without allowing for unforeseen contingencies?

If most of your answers were "no," you are a type

B person. If most of them were "yes," you may be a type A personality. If you think you are, you may want to check out further some of the characteristics of the type A personality.

1. Poor listener—usually preoccupied.

2. No real philosophy of life.

3. Heavy smoker and coffee drinker.

4. Uses cocktails at any given time to relax.

5. No regular exercise program.

6. Tense, aggressive and often depressed.

7. Acting superior but always feeling inferior inside.

8. Lonely.

9. Gets a sense of worth from amount of work accomplished.

10. Hidden fear of others.

11. Acquaintances but few if any real friends.

Deal with it!

Helpful hints for hard times

By Petra Lehman

Researchers on stress have concluded that the most important thing in dealing with your stress is to learn to deal with it in a positive and creative manner. The following are a list of suggestions for relieving stress:

- Watch T.V.
- Shoot pool
- Take a bubble bath (option: take a bubble bath by candlelight)
- Paint or draw a picture—even if you aren't a Picasso!
- Take your dog for a walk (option: take your roommate for a walk)
- Get a piece of paper and write out your feelings

musical instrument

- Talk to a friend
- Jog, or play racquetball
- Pound on a bean bag or pillow
- Go out into a field and scream as loud as you can (option: in a car)
- Sew
- Clean your room at full speed
- Do relaxation exercises
- Sleep
- Learn to plan (prioritizing)
- Recognize and accept your limits
- develop a sense of humor
- Avoid unnecessary competition
- Lie on the floor in the dark, play Pink Floyd, and "space out"
- Crank up an album and sing

sody"

- Go for a bike ride
- Pull a wonderful prank
- Primal scream

These suggestions were compiled from the books *B.S.* by Jim Keelan, *From Panic to Power* by John Parrino, and the personal experiences of the feature staff.

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"She looks well to the ways of her household, and her children call her blessed."

—Proverbs 31—

Remember mother with a gift from

The body responds

Tension emerges in physical symptoms

By Petra Lehman

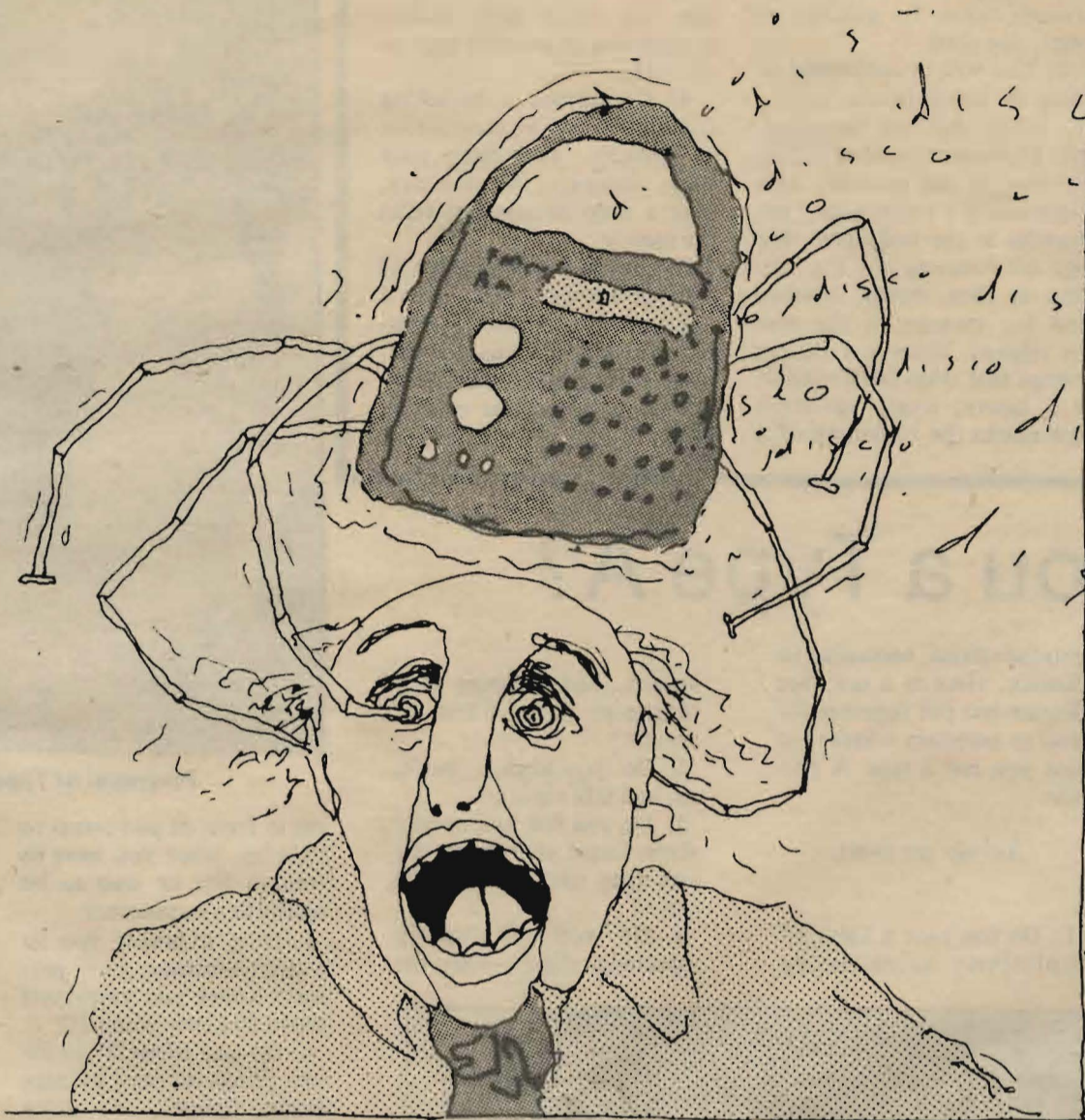
Headaches, stiff backs, stomach pain and high blood pressure are all related to stress and the way the body reacts to the stress in your life.

Physiology is a term which refers to the body part functions. The human response system deals with the physiological responses to life stress situations. According to John J. Parrino, Ph.D, the initial response that the body takes to a stressful situation is called the "fight or flight" response.

Parrino's book *From Panic to Power* further explains, "When we are faced with situations that require adjustment of our behavior, an involuntary response increases our blood pressure, heart rate, rate of breathing, blood flow to the muscles, and metabolisms, preparing us for conflict or escape."

One specific response that is affected by stress is the flow of blood to various parts of the body, causing the occasional headaches or light-headedness you may experience from time to time. People who live under constant stress may experience a chronic stress reaction such as hypertension, coronary heart disease or, in extreme cases, sudden death.

Hypertension, or chronic high blood pressure, is one example of an acceleration in physiological activity that has long-term, dangerous consequences to the human



response system. Parrino said, "...15 to 33 percent of the human population suffers from varying degrees of hypertension. Statistics indicate that diseases resulting from this problem account for an

average of two deaths every minute in the United States." According to Parrino, coronary heart disease usually occurs due to a disposition of fat and sugar in the body, which causes an increased

blood level of cholesterol and for a pre-diabetic state, and an increased tendency for clotting elements to be produced in the blood. Sudden death occurs when there has been a complete

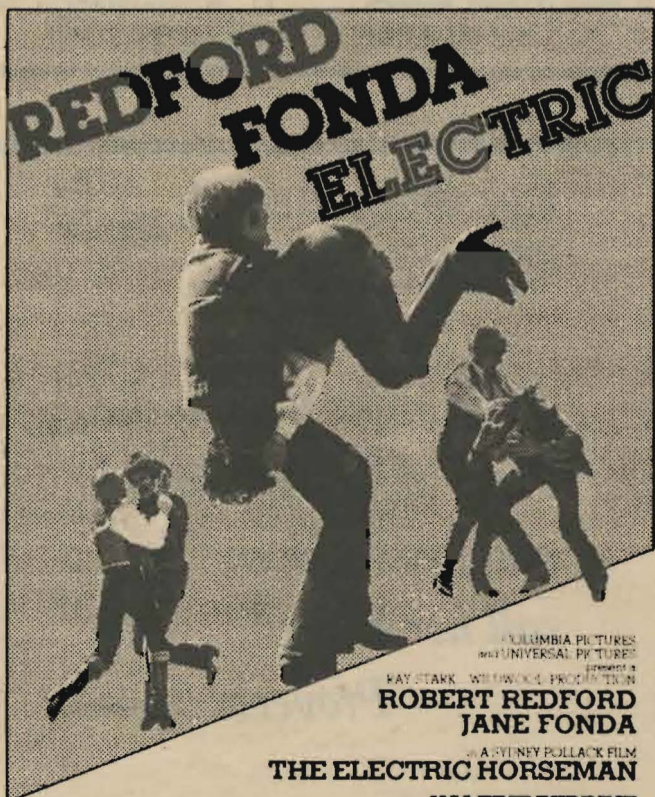
breakdown in the human response system. The individual under extreme daily stress eventually suffers from severe and abrupt exhaustion and collapse.

Physiological reactions that are normal are necessary for survival according to Parrino, but they become hazardous when they occur frequently or for long periods of time. He added that due to today's society, we are stuck with stress responses to interpersonal events that represent continual adaptation. The human response system seems to be easily aroused and emotionally upset by the daily encounters in life, according to Parrino's research results.

Another specific physiological reaction to stress, and the most prevalent in our society, is seen in muscle tension.

According to Parrino, under normal circumstances the muscles of the body contract in response to specific messages sent them by the brain. The brain initiates a series of contractions of the muscles in different parts of the body in order to carry out such activities as speech, facial gestures, and movement of the arms and legs. The muscles used for these activities are activated many times during a day. During stressful encounters, they are continuously activated. When the brain becomes inundated with excessive stimulation, it may lose some of its ability to regulate human responses.

ASPLU MOVIES COMMITTEE PRESENTS ON Saturday, May 9th:



ROBERT REDFORD JANE FONDA
 A SYDNEY POLLACK FILM
VALERIE PERRINE WILIE NELSON
 Music by DAVE GRUSIN Screenplay by ROBERT GARLAND
 Screen Story by PAUL GAER and ROBERT GARLAND Produced by RAY STARK
 Directed by SYDNEY POLLACK
 COLUMBIA PICTURES
 PG PARENTAL GUIDANCE SUGGESTED
 SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN

Shows at 7:00 and

Academia getting you down? —tips for handling school pressures

By Petra Lehman

There is something fear-inspiring viewing a student in finals week walking across campus, minus the usual overstuffed pack and casual if tired lope, and instead carrying several sharpened pencils, and the dreaded "blue book." Tests are just one of the academic pressures for students. As one student remarked, "Even though I would normally be satisfied with a B, the

curve in my class is so high that I feel like a B is terrible."

In the book *Human Adaptation*, Rudolf H. Moos lists short-run tactics for handling such academic disappointments.

1. "Re-center efforts with a long range purpose." This will help you keep your classes in perspective and look at them in terms of your long-range goals.
2. "Accept alternative gratification—often ex-

tracurricular." If Lute-life seems dull, seek diversity. See a play, go to a concert, go view the art show—expand your interests.

3. "Set intermediate goals."
4. "Project optimistic peer group expectations—stable friendships are essential. Not only forming them, but maintaining them is important in developing coping skills in the academic environment."

Dear Mom and Dad

I don't know how to tell you this...

Here is an example from Jim Keelan's book entitled *B.S. (Beat Stress)* which illustrates how one student creatively relieved her academic stress:

*Dear Mom and Dad,
 Before you read this letter, please sit down in sturdy chairs. I didn't want you to worry so I didn't tell you*

I had no place to live, he was kind enough to let me share his apartment.

Remember how you both looked forward to grandchildren...well, I think your wish is coming true. I'm a little bit pregnant.

Michael is so nice, I can't wait until you meet him. He is an exchange student from

will not be frightened because I have a little case of V.D. I am sure it will disappear in no time.

I hope you both are still in your chairs. Now take a deep breath and relax. There was no fire, no boy in the filling station. I am not pregnant and I don't have V.D. But I did flunk

Biofeedback helps to relieve stress

By Karen FASTER

If you have cold feet for your finals and your hands are too numb to hold your pen, you are probably under a lot of stress. Biofeedback has been used to identify the cause of such stress so that the stress can be relieved.

Biofeedback is a concept that utilizes the knowledge of what is going on in a person's body so that some functions of the body can be consciously controlled. According to Ruth B. Murray and Judith P. Zentner's book, *Nursing Concepts for Health Promotion*: "It's a mind-body technique that allows man to communicate with his inner being. It is the feeding back of one's own biological information to one's self in order to voluntarily control the autonomous nervous system." Body temperature, blood pressure, heart rate and muscle tension have been shown to be able to be controlled through biofeedback.

To train for biofeedback, the patient must be hooked up to electronic monitoring equipment. The patient watches the readout of his or her functions and is guided by the doctor in learning how to con-

trol them.

"Exactly how patients learned to modify neural stimulation to the heart is not clear. However, the subjects reported using mental images to force changes in their heart rates, e.g., thinking about an argument or running down a dark street (for speeding the heart) or swinging leisurely in the park (for slowing down the heart)." (From *Basic Nursing* by Karen C. Sorenson and Joan Luckmann.)

Dr. Joel Levey, assistant coordinator for the Biofeedback and Stress Program of Group Health in Seattle, said, "Some people use an image, some people create a physical feeling and some people have key phrases they use."

As the patient becomes more proficient at controlling the functions of the body, he or she is weaned from the machines. According to Levey, this can be after anywhere from three to twenty visits, depending on the person. When he feels that patient may be ready, he'll turn off the machines and ask the person to increase his or her heart rate. "When the person can recognize without biofeedback equipment what's happening in the body, can

consciously regulate the level of tension and develops a sensitivity to what's happening without the equipment is when they're ready to not use the machines," explained Levey.

The patients then come in about once a week. Between times they practice stress management techniques and check themselves about twice an hour to keep stress from accumulating.

Levey explained the concept of biofeedback: "The body is like a musical instrument. Our life is like music or noise. We need to constantly check to see if our bodies are in tune, and to learn to play the human instrument a bit better," he explained. "Biofeedback can bring us back to harmony."

Levey said that biofeedback can help to correct "increased muscle tension, psychological anxiety, headaches, gastral problems, constipation, asthma, cold hands and feet (known as Raynaud's Syndrome), high blood pressure, fatigue, allergies and insomnia." All of these can be touched off by stress. "Biofeedback can be useful for people to listen to what's been happening in their bodies," said Levey.

According to Levey a per-

son should pause once or twice an hour and simply scan their body and mind, checking the "pressure" points, smoothing over and healing whatever is causing stress.

"The person would note the position of the bad feeling. He should be aware of the breath, exhaling low and slow, releasing the tension that's inside," he said.

Levey noted that for many doctors, it is easier to prescribe medicine for the patient. He said that many doctors don't know enough about biofeedback, but that more and more are finding out about it.

Levey's favorite "prescription" is for a person to identify what is meaningful, or what people are meaningful. The person should make time each day to do something that's meaningful or be with someone that's meaningful. This kind of nourishment is just as vital as sleep and the right kind of food."

STRESS TIPS

Important:

*There is still time to watch more sunsets.
Eat more ice cream.
Take more chances.
Go barefoot.
Sing more.
Smile more.
Wish on more stars.
Pick more flowers.
Smile more—Live more.*

When a loved one dies: Coping with the stress of grief

By Petra Lehman

It is a basic paradox of life that although one can sustain the belief that death is as inevitable as taxes, one can also cling to an illusion that it can be postponed indefinitely. Consequently when an untimely death occurs, it can create a great amount of stress for the bereaved. This situation can be especially stressful for a student who's juggling an already demanding academic and social routine.

According to Dr. Avery Weisman of Harvard Medical Institute the important thing to remember in this situation is

that although the fact that the death occurred cannot be totally forgotten, or the loss obliterated from memory, that the process of bereavement is completed only when the "afflicted survivor" becomes operational once again.

In his paper "Dealing With Untimely Death" (printed in *Human Adaptation* by Lexington Press), Weisman provides four aims for the bereaved in order to become "operational" again. "The first aim is tolerability, to reduce the shock. The second aim is accessibility, which means that the significant

others are present and available, both for solidarity and practical support. The third aim is acceptability, of the death, gradual relief of the distress, resolution of problems, and restoration of reality."

Weisman offers the fourth goal not only for a person faced with an untimely death but also for everyone to consider in their daily beliefs. "View living and dying as concomitant phases of life." He added that this makes the untimely death of anyone much easier to deal with, and decreases the resulting stress.

Emotions reveal pressure

By Petra Lehman

Nervousness, sadness or irritability can grow to severe states of panic, aggression, and melancholy if not realized as emotional stress signals and wiped out of your daily routine, according to John J. Parrino, Ph.D.

Even though emotional stress is not as well documented as physiological stress, it is clear that they are just as debilitating to human effectiveness and fulfillment, according to Dr. Jim Keelan, who recently lectured at PLU on

Several million Americans reduce their stress by becoming drug addicts. Countless others resort to violence, child abuse, depression or extreme nervousness."

According to Parrino, the three major stress emotions are anxiety, depression and anger. Anxiety is a fairly clear-cut and identifiable emotion. It can be a simple panicky feeling of apprehension you feel when faced with a test or an off-campus call at 2 a.m. "You can't miss it," says Parrino in his book *From Panic to Power*. "Anxiety demands your attention and

feels that an angry person under stress blames and punishes the outside world for defying or ignoring an individual's "rights."

Depression is usually visible in a lack of interest in friends and activities that were rewarding in the past.

Keelan said, "In order for effective emotional stress management, you must begin with self-awareness. You must become aware of what causes stress in you. Then you are in a position to determine what changes you must make in your life to shut down those things which generate the

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Stress threatened his life

Prof finds new path after illness

By Gail Greenwood

Robert Menzel's recovery from a life-threatening illness caused this PLU professor-administrator to take a hard look at his lifestyle and to look at the role that stress played in his life.

In June 1978 Menzel discovered a large malignant tumor at the base of his tongue. Two kinds of radiation treatment between August and December 1978 coupled with relaxation and visualization work resulted in the total disappearance of the tumor. The doctors have said that after two years, the possibility of recurrence is remote, according to Menzel.

Menzel has been at PLU for 11 years. He is currently on a year's leave of absence, and in September will resume his work as Director of CHOICE (Center for Human Organization In Changing Environments), an organization which he founded in 1969.

"I was a super workaholic for about 25 years," said Menzel. "I believe my illness is related somewhat to stress."

Almost everyone could benefit from greater relaxation and a lifestyle that is more balanced, according to Menzel.

"Many students have improved their grade point averages through relaxation, visualization and just generally taking care of themselves, pacing themselves, not allowing themselves to get run down....The overachievers are often the ones who have to watch it," he continued.

"The most important benefit is that every day of life appears to be more valuable. I am more interested in living in the present and not being anxious about the future. And I would like to think that the quality of my personal relationships is greater than it was before," said Menzel.

Relaxation exercises, the visualization of healthy states and a focus on specific work and life goals helped Menzel in his new outlook on life.

"I visualize myself being very effective in a specific task I may have, for example a presentation to a group of industrial managers or health professionals...It's even improved my golf game," he added.

According to Menzel, the second key in avoiding unhealthy stress, relaxation, has several different forms. "One way to relax is called progressive relaxation. [To do it] one successively tenses and relaxes all the major muscles in the body. Another way is to use one of the many kinds of meditation techniques such as the one Herbert Benson describes in his book *The Relaxation Response*. He's developed a non-religious form of transcendental meditation (TM) which simply focuses on breathing for 15 minutes and instead of a mantra the word 'one' is used."

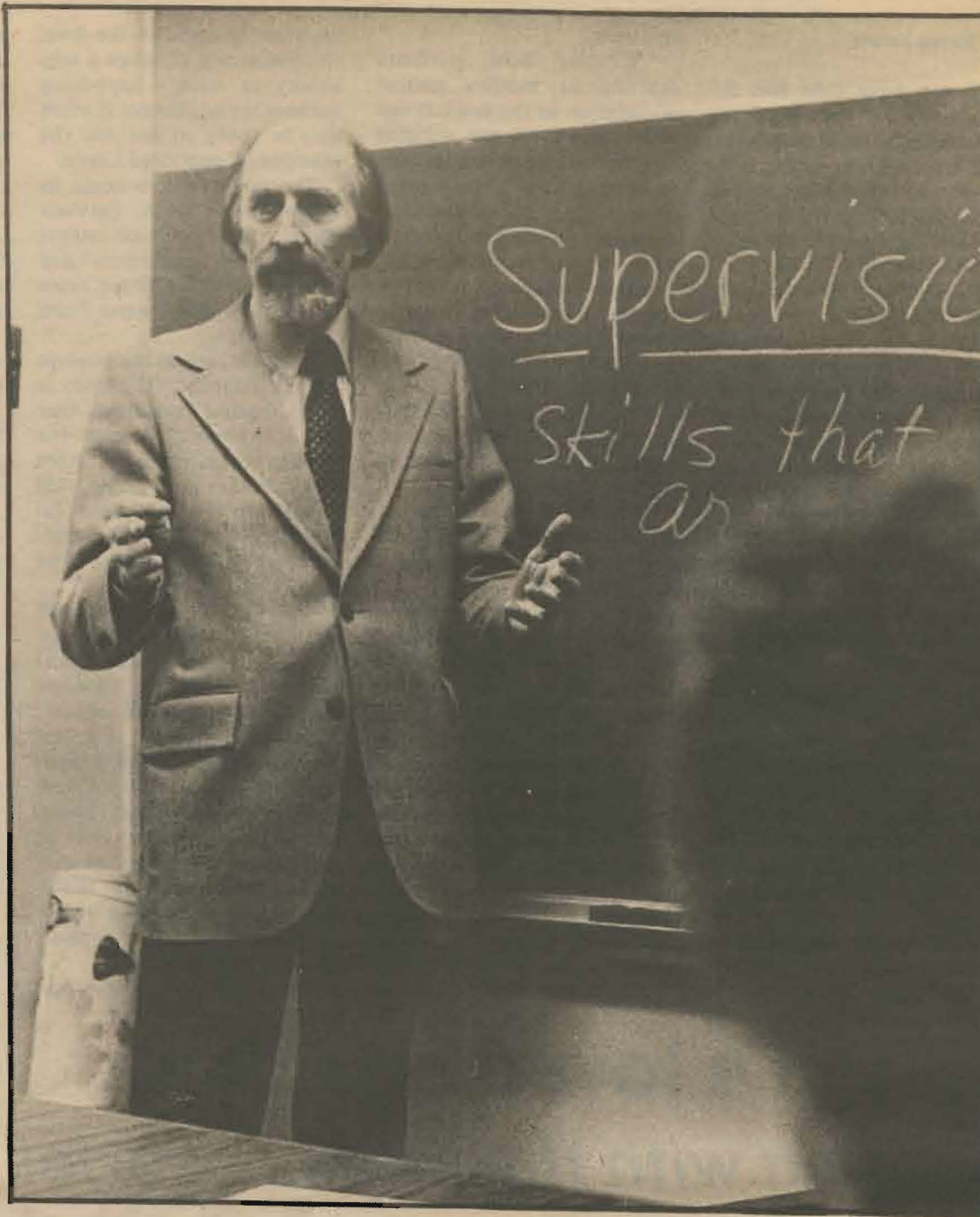
"The twice a day relaxation routine should be associated with a program of twenty minutes of aerobic exercise three times a week," said Menzel.

"The final thing in this approach to health is to develop a set of short- and long-term life and work goals. These goals include work, recreation and personal growth."

Menzel said he reviews and consults objectives for the week and month before planning his day. "This is one reason I took a nine month leave of absence; so I could start over."

Kenneth R. Pelletier, author of *Mind as Healer, Mind as Slayer*, ("A Holistic Approach to Preventing Stress Disorders") is cited by Menzel as the "most influential man in this field," and O. Carl Simonton (who co-authored the foreword of the book) as the person who "has helped me the most with the psychological aspects of cancer."

Menzel says he hasn't changed his personality but has simply shifted his priorities and is realizing more rewarding things in his life and



Robert Menzel

eliminating the less rewarding aspects.

"Almost any serious illness forces a reflective person to assess his life's goals and question whether the current lifestyle is appropriate to a rewarding life," he said.

Although the link between stress and cancer is not as well-documented as that between stress and cardio-vascular diseases, Dr. Menzel thinks it may well be a factor.

"Many environmental factors (radiation levels, carcinogens in the air and environment) combined with lifestyle

stresses tend to weaken the in-born immune mechanism," he said.

Yet, according to Menzel, a totally stress-free life is not desirable; the objective is to develop more healthy ways of dealing with stress "so you can turn it into a creative, rather than a destructive, factor."

"Some authorities distinguish this difference as dis-stress and eu-stress. One is harmful and the other may be a creative force," explained Menzel.

"Our bodies are constantly bombarded with potential

causes of illness. So why don't we all get TB or the flu all the time? Ordinarily our immune systems are strong enough to ward off illness all the way from a common cold to serious illnesses—heart attacks, strokes, arthritis, and probably cancer and other diseases," Menzel said.

In his case, he is convinced that the "loving support and caring of many friends and family members" helped give him the determination to beat his illness. "Scores of folks told me they were praying for me...or sending their 'good vibes' my way."

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Stress authority lectures at PLU, advises students of causes, symptoms and treatments

By Bobbi Nodell

"Heart attacks are the number one killer in the United States and stress is almost always the culprit behind the heart attack," according to Dr. Hans Selye, a world authority on stress, frequently quoted by Dr. Jim Keelan.

The drastic need for people to reduce stress in their lives, inspired Dr. Jim Keelan's three books: *Beat Stress and Live Longer*; *Having Fun Being Yourself* and *Re-entry into the Single Life*.

Dr. Keelan has been on numerous radio and television talk shows and his stress reduction class was filmed by CBS' *60 Minutes*. He is also the founder and director of Communication Unlimited, wherein he and his associate

tion business from 6 a.m. to 11 p.m., 365 days out of the year for seven years, won every employee award and admitted to Dr. Keelan that his life was empty and meaningless. Keelan estimates that 95 percent of the thoroughbred Type A people will have a high chance of heart attack while only five percent of the Type B people run the risk.

Keelan defined stress as "having little or no control over our life." In reducing stress, he emphasized the need to find the source of stress and stop it. He analyzed stress using the Parent, Adult and Child model. The Parent is your "ought to's and should's." The Adult is the rational "let's weight the pros and cons." The Child is the free spontaneous creative part. If you are controlled by the Parent,

"Being yourself is probably one of the greatest talents as well as the most challenging goals in life, but it is not rewarded by our society."

—Dr. Jim Keelan

Shirley Stokoe travel the country and give workshops on how to beat stress. On Sunday, April 26th, Dr. Keelan held his Beat Stress seminar at PLU. This was a pre-registered workshop and it drew people from all over Washington.

The program started off with a discussion on stress awareness and the effects of stress. Each participant was given a stress dot to determine their level of stress. These dots are similar to mood rings and work by measuring stress through skin temperature changes causing the dots to change colors. The dots are very accurate and their use was a revealing experiment for many.

Dr. Keelan gave two options to deal with stress: either face it or flee. Keelan categorized people as either Type A or Type B. Type A people often become workaholics whose philosophy of life is "Doing, Having and Being." These people feel that to be accepted they must produce. This belief, says Keelan, is a large stress generator. Type As are wrapped up in a product-oriented society instead of a person oriented society. Keelan recommends that people need to develop a Type B—"Being, doing, having"—personality in order to reduce stress. Dr. Selye states that "doing what you want to do is one of the greatest stress reducers." Keelan adds that "being yourself is probably one of the greatest talents as well as the most challenging goals in life, but it is not rewarded by our society." Instead, he says, our

Keelan warns that you're going to have a great deal of internal stress. Characteristics of a Parent-controlled person are playing it safe and not taking risks; making sure you please others before you think of yourself and feeling guilty if other people don't agree with your actions.

Keelan said that to have an enjoyable life, you have to put the Adult in charge because with the Parent in control you are bombarded by "have-to's," "ought-to's," "must-nots," and there is hardly any time for yourself. In learning to cope with stress, one must be aware of the various stress generators and coping tools. Keelan discusses them at length in his book, *Beat Stress and Live Longer*.

1. **Poor communication** such as the Parent-Child approach.

2. **Stereotyped roles.** "Not being male or female but being fully human is the key to removing the boxing-in of the male-female role."

3. **Role identity.** Our society awards people for being somebody. There are no awards for being yourself. Keelan says that we need to drop these roles and become ourselves.

4. **Humor is a definite coping tool.** It is proven that no one can get an ulcer while they're laughing.

5. **Satisfying job.** Seyle stated, "Doing what you want to do is one of the most



you?

7. **Do you express your feelings?** Society teaches that emotions are a sign of weakness. Keelan's opinion is that "repression of real feelings is a chief cause of stress."

8. **Goals.** Goals give people direction. Keelan emphasized the need for stress-reducing goals by developing the being, having and doing philosophy of life.

9. **Time management.** "Procrastination creates stress and saps the vitality out of

you." Keelan offers advice in successful time management:

A. **Say no.** Prevent yourself from becoming a dump truck. You do this by listening to the person, having them listen to you and then doing what feels right.

B. **Prioritizing** by A-urgent, B-important and C-indefinite. Working on A projects greatly reduces stress.

C. **Selective delegation.** Many people feel if they don't do it then it won't get done. Keelan says to select someone capable of doing the job and

then give them freedom to do it.

10. **Exercise and diet.** Food is more processed and contains more additives today than in the past, and according to Keelan many of these additives contain stress-inducing chemicals. The healthiest diet is one that eliminates red meats, sugars and salt. This type of diet makes a person more emotionally stable, he says.

But more importantly, according to Keelan, is the need for people to like themselves, since the greatest stress generator is yourself.

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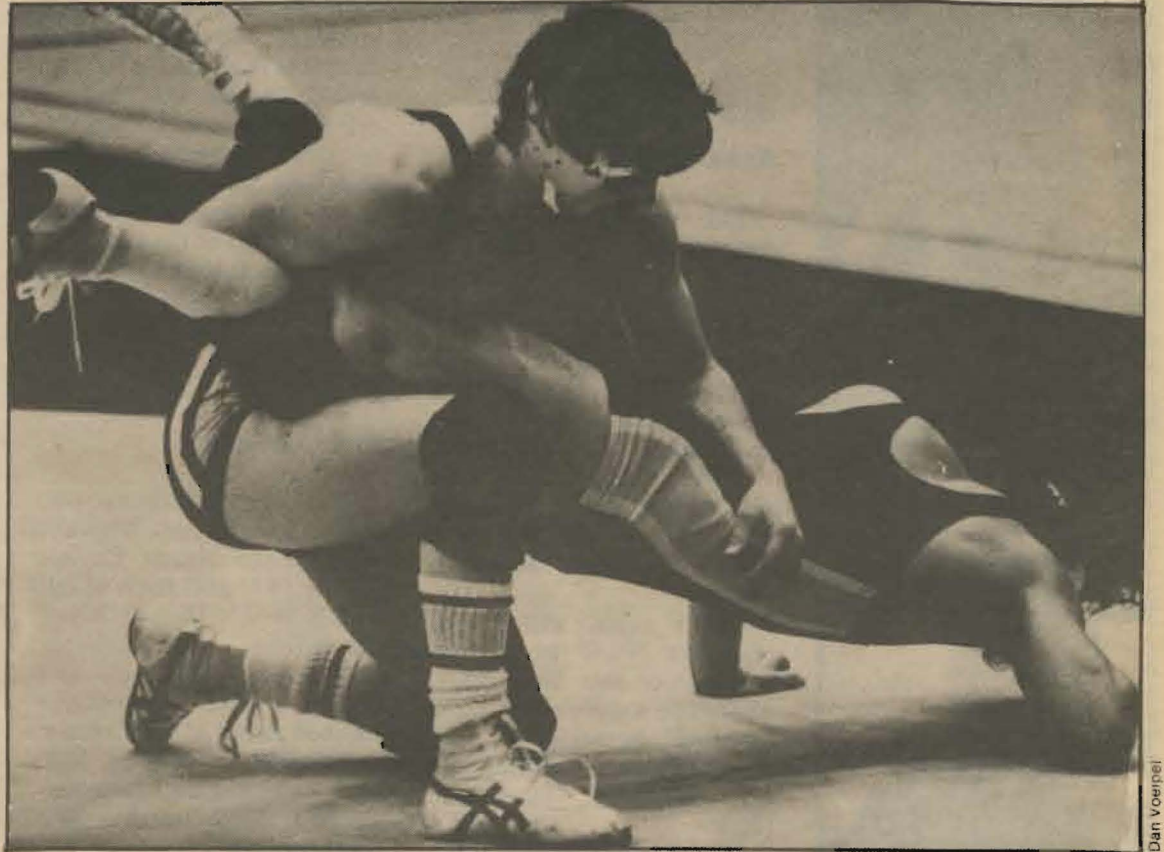
1 pm, Xavier, Film.

2:30 pm, Xavier, Puget Sun Appropriate Technology slide show.

4 pm, Xavier, Film.

SPORTS: The Year In Review

Wrestlers place first in district,
Giovannini fifth in nationals



Paul Giovannini takes down his WSU opponent.

By Karen FASTER

The PLU wrestling team was successful this past season, as they won the NAIA District I title and the Willamette Tournament with five freshmen in the varsity lineup.

In the NAIA District tournament, PLU had 37½ more points than the second place winner, Central Washington University. Paul Giovannini, Russ Netter, Mike Agostini and Jeff Rohr each won individual titles.

Giovannini took fifth place

in nationals, while Agostini "lost narrowly to the fifth place winner in his division," said Coach Dan Hensley.

Hensley, who was also voted the district coach of the year, noted each year we keep getting better.

Volleyball ends with 3-20 record

By Dan Voelpel

One might think that at 3-20, coach Kathy Hemion would be disappointed about this year's volleyball season. But she's not.

"This was one of the best seasons we've had since I've been here," said the six-year veteran coach. "All of the players were dedicated, hard-working and competed well with the teams we played."

Hemion said the poor statistical record could be

misleading, because "a lot of the matches we played were five-game matches that we lost in the last game."

Hemion cited Jorie Lange, Pat Shelton, and Luann Macan as the team's top performers. Although none of the lady spikers qualified for any post-season honors, everyone contributed, Hemion said.

"Lange is probably the best all-around player we had. She's a sparkplug," Hemion said. "Shelton is our best attacker, and Macan is probably

our best passer and digger."

Hemion hoped for a better season this year than last year's 2-20 season, but stressed that the record is not necessarily the most important factor. "We know we can compete with most of the teams in our division. It's not like we get blown out all the time," she said.

Rounding out the squad were Cindy Betts, Carie Faszholz, Lori Hanson, Sooney Mackin, Nancy Stern, Tracy Vigus, and Gretchen Wick.

Field hockey qualifies for nationals

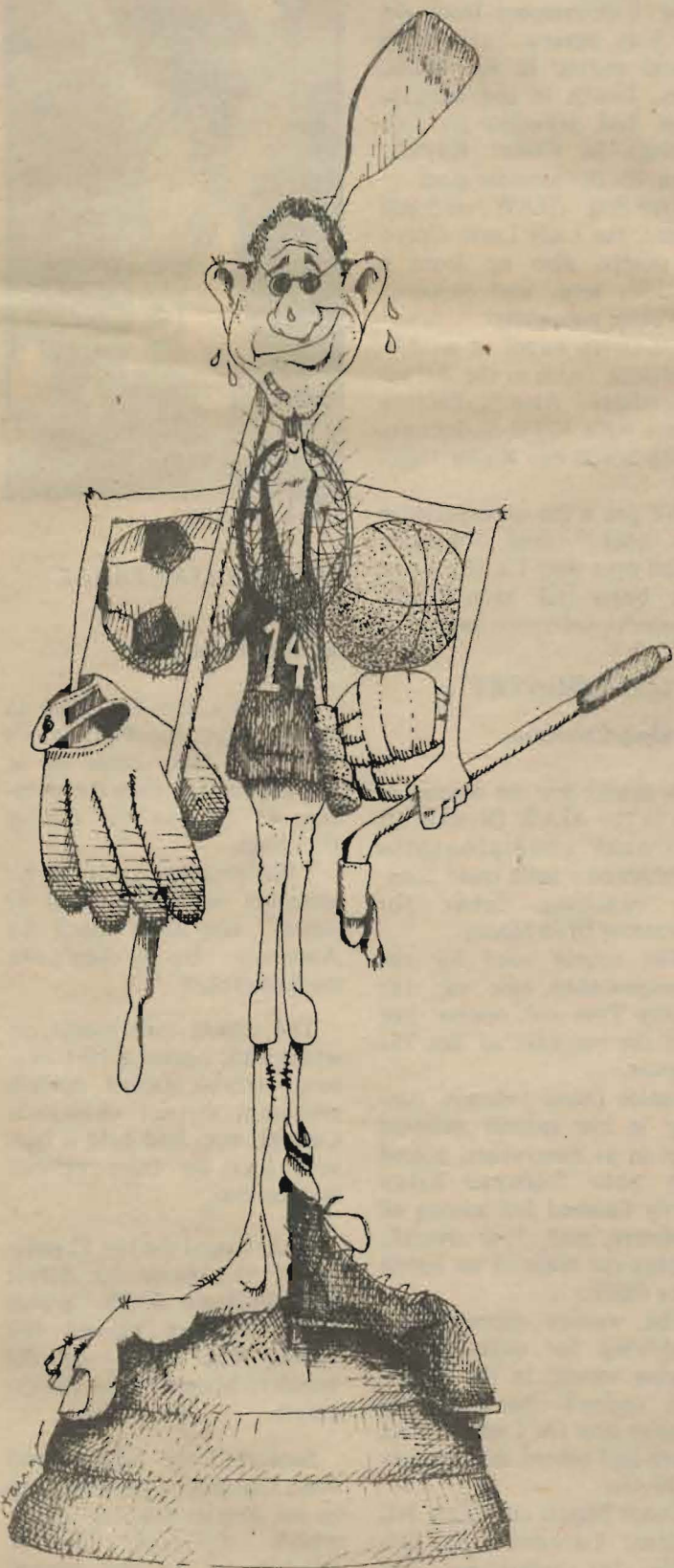
By Scott Charlston

Under the admirable direction of coach Colleen Hacker, the women's field hockey team qualified for the AIAW Division III National Tournament for the second straight year.

Knowing from the start of the season that a trip to nationals would not be possible, the team was further disappointed by the news in late January that field hockey at PLU was being dropped as

13-5-2 overall record and established several individuals as national leaders. Sophomore captain Julie Haugen led the entire nation in scoring while another sophomore, Kim Krumm, was second in assists. The team's defensive average ranked 8th nationally.

The highlight of the season came when the team prevailed as the Northwest region division III champions by beating Oregon College of



Sports: The year in review



Pat Shelton

Dan Vogel

WOMEN'S SOCCER

By Bobbi Nodell

The Lady Lutes ended their last soccer season as a club sport quite victoriously. An 11-1 record with two games remaining reflects their many successes this year.

First-year coach, Colleen Hacker, felt that competing under Division 4 of the Women's Soccer Association wasn't very competitive, for she said the team was "stronger than their divisional status." This belief is supported by PLU outscoring their opponents 49 to 6.

The key victories of the season included 2-0 against Evergreen State, 4-0 at Evergreen Community College and a 3-2 win over Pantera Club, ranked as the top team in the state.

Hacker felt "good" about this year. There were many new and young players to work with and skillwise they did some "outstanding things with the ball." She was also able to introduce new styles.

Haugen and junior Judith Logan, were the leading scorers, Haugen with 19 goals and Logan with 10 assists. All forwards scored and fullbacks and halfbacks, according to Hacker, "did an outstanding job towards defense, forcing the ball outside, and shutting out opponents.

As for the next year, the team is very optimistic about moving from a recreational sport to varsity status.

WOMEN'S SOFTBALL

By Karen FASTER

The softball team underwent a transition this year. "We went from a club slow pitch sport last year to an Intercollegiate WCIC Varsity sport," explained coach Laura Jo Husk. Even then, the team did well, winning twelve games and losing seven.

Unfortunately, the team will not be going to regionals. They lost to Linfield, which was "a big upset," according to Husk.

UPS's team will be at regionals. PLU beat them twice, once last Wednesday. That game's score was 4-3. "It was a rally situation. We were down 3-1 into the seventh and we came back," described Husk.

For the season, players Jorie Lange, Jean Manriquez, Diane Bankson, Tracy Vigus and Pat Shelton were all great assets to the team. Lange and Manriquez were the pitchers; their records were 5 wins, 4 losses and 8 wins, 3 losses, respectively. Both were also strong hitters. Husk described Vigus at catcher as a "real stable kind of force behind the plate." She was a great help to the two pitchers as they hadn't really pitched before.

Though the team lost to Lewis & Clark, Husk called it "a good game." Other good competition was found in the games with Pacific and Willamette, in which PLU split a doubleheader, losing the second game by only one run.

Of the season Husk said that the team "went beyond basics in its first year." This is something that a lot of other teams wouldn't do with such a young team, and something that really helped.

PLU's last softball game is on May 14 against Fort Steilacoom at Gonyea Field number one at 3:30.

MEN'S SOCCER

By Bobbi Nodell

PLU's mens soccer, fielding a team with six new players and a rookie coach, had a winning season, entering the Northwest Conference play offs with a seven win, four loss and one tie record.

Although they received a second in conference this year with a 3-1-1 record compared to last year's first place finish, team member Brian Olson

high-ranking Holden University. PLU lost 0-1 but to a penalty kick but Holden was so impressed with PLU's competitiveness that they asked for a game next year. Usually it's PLU who does the asking.

Coach Arno Zoske had a fairly rounded team, skillwise, to work with. There were no real outstanding players but the team voted Axel Arentz, a halfback from Norway, as the strongest player. Saudi Arabians made up the hard offense. Overall, this was "a rebuilding season," according to Olson. "Defense greatly improved."

The men ended by ranking in the top ten of the Division II NAIA and are hoping to attain national ranking next year.

GOLF

By Tom Koehler

Western Washington, Simon Fraser and Whitman loom as the biggest barriers for the PLU golf team at this week's NAIA District I golf tournament.

Western's Vikings and Simon Fraser's Clansmen finished ahead of the Lutes at the district tourney in 1980 and, according to coach Roy Carlson, have tough teams again this year.

Whitman surprised the Lutes last week at the Northwest Conference meeting in Blue River, Oregon. They nipped the Lute linksters by one stroke.

The squad was dominated by freshmen this season. Jeff Clare, Todd Kraft, John Briggs, Tim Daheim, and John Nokleberg all played a major role on the team in their first year at PLU. Mike McEntire, sophomore, was the only non-freshman in the top six.

The team traveled to Yakima for the first round of the 36-hole shootout yesterday. Results were unavailable by press time.

WATER POLO

By John Wallace

"We were a young team but we gained a lot of experience this year," said Coach Jim Johnson in reference to the PLU water polo team.

The youth and inexperience showed during the season, as the team played an up and down, yet respectable slate of games.

The season ended at Lewis & Clark College in the Northwest Collegiate Championships, which pitted Washington State University, the University of Washington, Oregon State University, Lewis & Clark College, Central Washington University, Portland State University and Southern Oregon State College against the Lutes.

PLU dropped the first two games of the double-elimination tournament,

SWIMMING

By John Wallace

The PLU men's and women's swim teams made "phenomenal improvement" this season, according to Coach Jim Johnson.

The mermen won the Northwest Conference Championship, were second in the district meet, and then traveled to William Jewell College in Liberty, Missouri, for the NAIA national meet.

Once there, they racked up 31 points, up from zero points last year. The 31 points were good enough for 11th place in the nation.

"We couldn't have hoped for more," said Johnson. "It was great, considering we didn't score a point last year and we scored 31 this year."

For the Lutes, Mark Olson swam to a sixth place finish in the 100 butterfly, which gained him All-American honors. Also scoring for the men were Tim Daheim, Alan Stitt, Todd Sells and Alex Evans.

The Lady Lutes also showed great improvement from the previous season. The team placed second in the WCIC meet, fourth in the regional meet and traveled to Coe College in Cedar Rapids, Iowa, for the national meet.

Treading AIAW national waters, the Lady Lutes scored 24 points, also up from a previous zero, and captured 41st place nationally.

Liz Green swam to an All-American finish in the 200 intermediate. Also collecting points were Kristi Soderman, Kristi Bosch and Kathy Gotschall.

"We got a lot of experience this year," said Johnson. "And next year I'd like us to win both the men's and women's conference meets."

CROSS-COUNTRY

By Scott Charlston

A chance for the women to run in the AIAW Division III National championships highlighted a solid cross country coaching debut for newcomer Brad Moore.

The course used for the championship run was the nearby Tyee golf course, just past the runways of Sea-Tac Airport.

Junior Diane Johnson, running in her second national meet in as many years, placed 29th while freshman Kristy Purdy finished 3rd among all freshmen and 31st overall, helping the team to an eighth place finish.

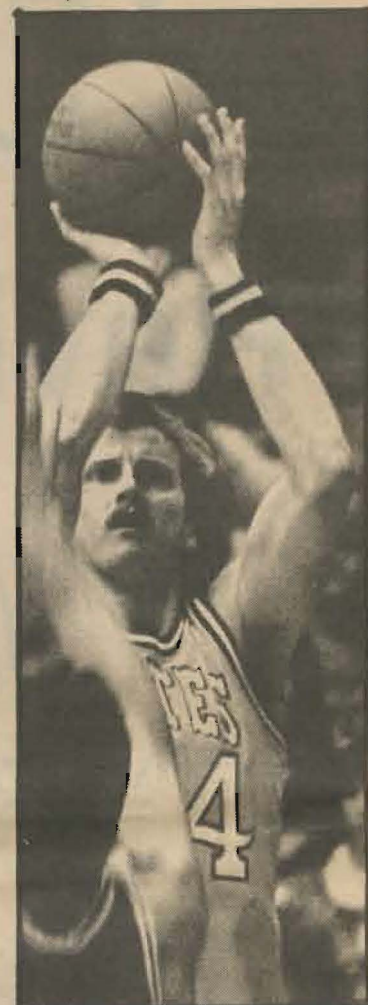
The women capped their qualifying for nationals by placing second in the Northwest regional meet, gaining revenge over the Linfield team which had beaten them earlier in the year.

Coach Moore cited Deb Tri, Melanie Langdon and Kris Kylo for consistent improvement throughout the season.

national powerhouses (Simon Fraser and Central) and Western. The harriers also nabbed the 4th spot in the conference race.

Freshman Zane Prewitt led the Lutes all year at the number one position while Randy Yoakum ran second until the conference and district tournaments, where he ran 4th.

Seniors Mike Carlson and four year letter-winner Rusty Crim ran three and four until the post-season races, where they each ran a man higher. The fifth position alternated between Phil Nelson and Bill Whitson.



Dave Lashua

Eric Thomas

MEN'S BASKETBALL

By Eric Thomas

Despite a slow 6-12 start to their season, the PLU men's basketball team came on at season's end to earn the number six spot in the district standings.

"We lost a few games early, although we played well at times," said head coach Ed Anderson. "But we didn't win the games then."

The season turnaround, in which PLU posted a 10-1 winning streak, started against perennial district champion Central, who had held a ten-year jinx on Lute victory celebrations.

PLU scored the last 12 points of the game to defeat the Wildcats 60-59. Senior Tom Koehler played the spoiler role, coming off the bench to hoop 16 points in the effort.

Seniors Dave Lashua and John Greenquist were selected to the district All-Star squad, which defeated Central Washington in the annual game against the district first place team.

“Smashing” tennis squad heads to nationals

By Dan Voelpel

When Mike Benson took over the PLU tennis coaching reigns 12 years ago, most of his present varsity volleyers were attending elementary school. Yet in his mind, Benson built a program for the future, with prayer as a foundation.

“I really have to thank God for the successes of the team,” Benson said. “I pray a lot for the tennis program here, and I really feel that the kids that come here are genuine answers to those prayers. And I mean as serious answers, not flip-pantly.”

“As for more earthly answers, our school draws a lot of kids. A good program draws talented kids. If a good high school player wants to have the small college experience and still be recognized for tennis, then we’re the place. We’re a small school with good education and tennis programs,” Benson said.

PLU has had its share of quality in both the women’s

and men’s tennis ladders this season.

For the men, all 15 team members have winning records in varsity action. Leading the way are Larry Floyd (15-3), Craig Hamilton (15-4), Scott Charlston (13-4), Eddie Schultz (13-4), Craig Koessler (13-5) and Ken Woodward (12-5). The rest of the men have seen limited varsity action but also have contributed to the team’s best record ever at 19-2. These include Tim Larson (8-2), Doug Dalenberg (7-2), Chris Lundquist (5-0), Doug Rasmussen (7-0), Scott Ellerby (4-0), Gary Koessler (4-0), Svend Brath (3-1), Eric Strandness (3-0) and Mike Guidos (2-1).

A similar story has been written by the virtuous young women’s squad. Freshman Tanya Jang from Lindbergh High School in Renton came to PLU and unearthed the roots of last year’s top women players by nabbing the number one slot. Jang will take an 11-3 record in singles competition

into the district tourney next week and hopefully into the national competition in Trenton, New Jersey, June 10-13.

Nearly all of the women’s squad members are fresh off Santa’s knee as there are no seniors and only three juniors on the 17-woman roster. And fortunately for the Lutes, age does not produce the talent in this case as the ladies have put together an impressive 11-4 record. Their only losses have come at the hands of the wealthier NCAA schools of Washington, Washington State and the University of Idaho.

Rounding out the women’s team are Sue Larson (12-2), Tracy Strandness (10-4), Sharon Garlick (9-5), Stacia Edmunds (9-6), Karen Stakkestad (11-4), Debbie Misterek (1-0), Mary Nordon (1-0), Tammy Newcomer (1-1), Gretchen Geldaker (1-1) and Nancy Stern (1-0). Other team members who have not seen varsity action are Cathy Andersen, Connie Wusterbarth, Tonya Newcomer, Deanna

Stark, Mary Mickelson and Flo Hamilton.

“It has been a very good year,” Benson said of the women’s performance. We haven’t lost to any of the teams in our division. And we’ve got a good feeling going of being together and playing together. With no seniors on the team, it’s hard not to get excited about the upcoming years.”

The season’s highpoint, according to Benson, has to be the men team’s eight-day California road-trip during spring break. “We had eight matches in eight days, and we won seven of them against consistently good teams. We had terrific weather to do it in, which was really a treat for us.”

Benson pointed out only one ‘slight’ disappointment this season. Charlston and Hamilton, who are “among the best in the league,” according to Benson, did not grab the Northwest Conference title last weekend in Spokane.

Last year, Hamilton won

the conference crown and fought until he was ousted in the fourth round of the national tournament. Charlston from Vancouver and Hamilton from Tacoma teamed up in the doubles competition last season until they were also knocked out in the fourth round of nationals.

The NAIA District 1 tournament will be on PLU’s home courts, beginning this morning and running until Sunday afternoon. Benson expects nine schools and about 40 top college players to attend the event.

Number one finishers at the district tourney will be invited to Kansas City May 26-30 for the national championships.

If top honors should elude the men this season, “it will be a promising season next year, even if we get no one new,” because there are only four seniors on the team, Benson said.

“I’d have to call it a pretty good season,” he said.

Men, Women tracksters look back on success

By Paul Menter

As the school year winds down to a close, both the men’s and women’s track teams have successful seasons to look back on.

The women’s season was highlighted by a remarkable team victory in the WCIC Conference meet.

Coach Brad Moore cited four individual performances at the Conference which he thought were especially outstanding as the Lutes shocked favored George Fox to take the team title.

Donna Curry, a freshman sprinter, scored 20 points by winning the 400 dash (60.4), placing third in the 200 dash and running on both the 400 and 1600 meter relay teams which each took second. “Counting prelims, Donna had to run 6 races in two days, and to do as well as she did under those circumstances is quite an accomplishment,”

said Moore.

Shauna Lakin, who had been fighting injuries all year, came through with lifetime bests in both the 3000, and 5000 meter runs. Also, she qualified for Regionals in both events with times of 10:44, and 18:43.6 respectively.

Debbie Tri also scored 20 points as she came through with seconds in the 3000, and 1500, and a fourth in the 800. She missed national qualifying in both the 3000 and 8000 by a mere two seconds, as both were lifetime bests. The Lutes took three places in the 800, with Monica Johnson and Krista Dong both placing also.

Kristy Purdy had perhaps the best day at Conference, winning both the 3000 and 5000 in 10:12.6 and 17:33.8 respectively. Both times were lifetime bests, school and Conference records, and both qualified her for nationals.

“Kristy has improved so much,” said Moore, “she has gone from being an average

high school runner who didn’t even compete in the state championships to one of the top ten distance runners in the nation in her division.”

There were other excellent performances turned in during the season. Dianne Johnson broke the school record in the 10,000 in the first meet of the year, and qualified for nationals in the 5000.

Heather Jahr broke the school record in the 100 meter hurdles with a time of 15.52, a personal record by almost two seconds.

At this time two Lady Lutes have qualified for nationals, Kristy Purdy in the 3000, and 5000 meter runs, and Dianne Johnson in the 5000. Moore expects his 4 by 800 meter relay team of Monica Johnson, Krista Dong, Debbie Tri and Melanie Langdon, to qualify this weekend.

The men’s team, although lacking the depth to be a threat for any team titles, also had its share of highlights this

spring. Bob Sargent, a transfer from the U.S Naval Academy, got things rolling early for the Lutes as he blazed to school records in the 800 (1:53.8) and 1500 (3:53.6). Neil Weaver was the next Lute to take centerstage as he heaved the hammer 160-10 to break the school record by almost 20 feet.

Phil Schot then took the spotlight by placing second in the Lewis and Clark decathlon, and breaking his own school record with a total of 6918 points. Schot also won the District decathlon, with freshman Paul Menter placing second.

Other areas that shone for the Lutes included the 400 intermediate hurdles, in which four Lutes, Paul Menter, Joel

Ogard, Jason Hunter, and Phil Schot all qualified for District. In the pole vault, senior Dave Johnson capped his comeback from a year layoff with a second place finish at the conference meet at 14-6.

Phil Schot is the only men’s trackster to qualify for the national meet so far, and is considered a threat to win the Decathlon. However, with one meet left in which to qualify, Bob Sargent and Neil Weaver are still hoping to meet qualifying standards. Sargent would have to improve on his 1500 meter time by about two seconds to make it, and Weaver must throw the hammer 2 feet farther, or over 162 feet, in order to qualify.

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Crew draws unprecedented 100 rowers

By Bruce Berton

The scene is a peaceful one at American Lake. It is early morning. The sun has not quite made it up over the tree tops, and the ducks and geese are just beginning to awaken with their usual morning fervor. Suddenly, their world is disturbed by the sound of cars driving up. The cars stop, and a good sized group of humans step out. They have a chatter of their own as a building near the lake is unlocked. With a splash something hits the water. What could cause such an unwanted interruption of serenity?

In actuality, it is the PLU crew team, who for the last part of the season, has been having an early morning workout to supplement their afternoon one.

For coach Dave Peterson's team, crew has become nearly a year-round sport. While league competition does not start until March, turnouts are in the fall to begin training and gain experience. This past fall an unprecedented 70 women and 30 men turned out.

Part of the credit for the rower's dedication must go to Peterson. Though only hired to a part-time position at PLU, he admits to working 70 hour weeks several times for the team. He has also continued participating himself, and last year won the pairs championship with Dave Anderson at the Regional Tournament. According to women's commodore Ann Gerber, "Dave Peterson is one of the best coaches around. Without him as a coach, PLU probably wouldn't have a crew team." Echoes men's Vice-commodore Doug Love, "The difference between him and other coached is that he is more of a friend to us; more part of the team."

AS a club rather than a varsity sport, crew has very little funding, and must do money-making projects on their own. Last fall, the team set out on a 100-mile, overnight Row-a-thon. Over \$6,000 in pledges were collected, and the events was very successful. However, the team still finds itself in debt, as the costs of replacing old oars, buying new boats, and leasing the property for the newly constructed boat house mount. An eight man craft costs \$7,900, while oars are \$185 apiece. Part of the money from the Row-a-thon went to paying off a debt for a boat purchase, and currently there is an "oar drive" going on. For anyone donating \$100 or more toward the purchase of an oar, a plaque with the donor's name will be engraved on the oar.

The boathouse was a joint effort of the PLU and UPS teams, who spent many Saturdays last fall building the structure. The old PLU boathouse was destroyed by arson, and both teams will have to pay \$500 per year for the new house's land leasing.

PLU holds a big lead on the men's competition for the Meyer Cup, an annual challenge. But last weekend PUS took the cup away for only the fourth time in 18 years, winning by .7 seconds. Women have been in the competition for the last five years, competing for the Lamberth Cup, with PLU winning every year, including last weekend.

This weekend is the regional tournament at Green Lake in Seattle. Many schools from the northwest region of the National Association of Amateur Oarsmen will be present, including UW, OSU, UO, UPS, SPU, WSU, WWU, and L&C. Because of the shortness of the lake, all races will be 1000 meters, half

of the normal distance of some of the events. According to Love, it will be an advantage for PLU. Love said, "For the lightweight, where we have the most experience, our team work is really good. We start out a high beat, and we stay together, so we usually jump out in front. But we have had trouble holding the lead. With

a shortened race and a good finish, we could win."

If that is the case, the PLU lightweights are considering competing at the Western Sprints, held this year in Santa Clara, CA. But as Love said,

"We just about have to win in order to go. We want to fly down there, and we probably

won't get any money if we don't win."

With the most important regatta coming up this weekend, the team is out practicing shortly after sunrise, and out again until shortly before sunset. Says team captain and men's commodore Jim Schacht, "that's dedication."

Hoopsters take WCIC title

By Dan Voelpel

Coach Kathy Hemion's encouragement of Lady Lute basketball players accomplished a feat that none of its predecessors ever matched. The women finished the season with a 10-0 record in the Women's Conference of Independent Colleges (WCIC) competition and captured their first-ever title.

"We've come close before, but we've never done that good," Hemion said of her teams.

After winning the conference, the Lady Lutes, who were 13-13 overall, traveled to Northwest Nazarene College for the regional tournament. PLU entered the tourney rated number two, but exited in the number four spot.

"Regionals were so tough that they were just like nationals for us," said Hemion, who has taken teams to regionals four of the past five years. "I was satisfied," Hemion said of the team's finish. "We played consistently good basketball, which was our goal from the beginning. We started very rusty and scattered, but as the season progressed we became more consistent," she said.

When it comes to key performers, Hemion has praise for all ten team members. Jorie Lange, PLU's 5-6 junior



Cindy Betts (24) and Kim Krumm (15).

guard, was named to the WCIC First Team All-Conference. Lange averaged 9.3 points per game, led the team in steals with 56, and was second in assists with 79.

PLU's other guard, Sandy Krebs, a 5-5 junior from Walla Walla, was named to the second All-Conference team. Krebs averaged 7.7 points per game for the Lady Lutes.

Leading in the rebounding department was Cindy Betts, a 5-11 sophomore from Lake Oswego, Oregon. Sophomore Kim Krumm led the team in assists with 87. Other varsity members were Kristy Cole,

Shelly Rasmussen, Pat Shelton, Karen Stakkestad, Tracy Vigus, and Michelle Bishop. Bishop was lost after the tenth game to a knee injury. "At that point she was our leading scorer," Hemion said of Bishop. "That kind of hurt us. She's really aggressive on the boards."

Hemion will lose only Shelton to graduation. Shelton, a 5-10 senior forward from Chattaroy, was second in scoring for PLU with 9.7 points per game. She was also second in rebounds (121) and total points (252).

All-year training puts ski team in NW championship

By Bruce Berton

Although beset much of the year by "unlucky" weather, the PLU Ski team managed to qualify the entire men's squad and the women's cross-country squad for the Northwest Championships at White Pass, held in early March.

The team began workouts last October with seven weeks of dry-land training. Since the slopes were without snow much of the year, dry-land workouts were very handy. Says first-year coach Dan Dole, "It's based on continuous motion. It's trying to imitate the muscle movements of skiing." The team members were also instructed to run and lift weights, and soccer workouts were organized in the fieldhouse.

Hoping for some snow over Christmas Break, Dole sent the skiers home after holding workouts until December 19. There were about 30 skiers vying to complete a traveling squad of 16 or 17. The team returned December 29 to ready

Northwest Collegiate Skiers Association (NWSA), which includes schools from northern California to British Columbia. PLU is in the northern division, where the men finished third and the women fourth overall this year.

To qualify for the Championships, the team had to do well at the Lewis and Clark-hosted Valentines Day Classic, held two weeks before the championships. PLU finished second behind UPS in the rain-soaked meet. Assistant coach and team captain Gregg Timm won Skimeister honors with a fifth in the slalom, third in the giant slalom, and fifth in the cross-country. Dave Cole placed fifth in the giant slalom.

On the women's side, Diane Johnson won the cross-country event, while Liz Davis finished 7th and placed fourth in the slalom and second in the giant slalom. Tammany Stovner, who has never skied cross-country before this season, finished third.

So on it was to White Pass and the championships. The

that event. Timm finished 17th in the cross-country, 6th in the slalom and 24th in the giant slalom, taking third Skimeister honors. Kurt Serwold finished 24th in the slalom and 36th in the giant slalom. Dave Cole finished 37th in the giant slalom, but had the fifth best run of the day on his second run. The men's cross country relay team of Bana Martin, Greg Lamb and Greg Timm finished 7th. Individual finishers in the cross-country were Dana Martin in 33rd and Greg Lamb in 31st.

Diane Johnson finished fourth in the women's cross-country with Tammany Stovner and Kris Kylo finishing 15th and 24th respectively. Liz Davis, PLU's only women qualifier for Alpine Events, finished 29th.

Coach Dole was a bit disappointed with the finish in the championships. Said he, "We could have done better. We had some bad luck and some bad wax. The times just didn't add up the way we wanted. There were some great runs, but in most events, you have

raced for PLU from 1973-78, and last year was an assistant and a racer at the University of Strassberg in France. According to Timm, Dole "is the best coach PLU has ever had. He's done a lot for me personally, mainly because we only do slaloms in our competition, and I had done primarily downhill before. He's really taught me a lot, and I hope he sticks around."

Dole is a coach who believes in year-round training. He likes to see the skiers race in all three events. "It's great to have three-way skiers because it's more educational for the skiers," said Dole. "Plus, if they slip in one event, they can come back in another."

"But skiing in three events means being in shape. And that means year-round training. It takes weights, it takes isokinetics, it takes running, and most of all skiing. It's not just sit-ups and push-ups."

Timm seems to have taken this to heart. The native of Bend, Oregon took a leave of absence last year after coming

ACollegiate Ski Association Championships in March, and if all goes well, it may propel him into the professional ranks. "I'm pretty sure I can improve. If I train hard the next two years then take a year off and train even harder, I'd like to give it a go," said Timm.

Asked about his reflections on the season, Dole said, "The people that worked and showed some incentive came out on top. If they keep working, it will show. We have some great prospects for top racers. Not just good skiers, but people who are willing to put out in order to improve. Also, Greg Timm was an enormous help in organizing the practices and keeping everyone together."

With this season completed, Dole looks forward to next year... "We are bringing in three good skiers who can compete at this level. And we will work hard. I didn't start till October this year and we

Baseballers must sweep for playoffs

By Dan Voelpel

Had the PLU baseball squad's May 2 doubleheader loss to last place Pacific fallen a day earlier, the Lute distress signal would have been dubbed "Mayday."

The Lutes, who have yet to win a baseball title in their 16-year Northwest Conference affiliation, dropped decisions of 5-1 and 8-6 to the Boxers. Sunday's contest with Pacific in Tacoma progressed until the third inning before rain forced the game's cancellation.

A rematch with Linfield has been scheduled for Tuesday at 3 p.m. at PLU.

If the baseballers hope to nab their first conference title, they must win all three games from Whitworth in Spokane tomorrow and Sunday. The Lutes are 13-13 overall and 7-5 in conference action.

The conference title would not necessarily give PLU a post-season playoff spot unless they also finish first or second in the district. PLU is currently two games behind second place Whitworth, which forces a three-game sweep this weekend.

Wednesday afternoon brought both ups and downs as the Lutes split a twin bill with visiting Concordia College of Portland.

PLU easily captured the opener 8-3 as they exploded for seven fourth-inning runs. Catcher Mike Larson began the rally by leading off with his fifth home run of the season. Concordia had jumped to an early 3-1 lead before the Lutes retaliated. Ken Kinonen picked up his third victory of the season by doling out nine hits.

The story-line for the night-cap with Concordia would have been tough to match had it been written by Mickey Spillane or published by Harlequin.

The contest began with PLU

picking up three quick first-inning runs on a couple of walks and errors by Concordia.

The visitors, who have only three returnees from last year's team, came back with two runs in the second and solo tallies in the third and fourth stanzas to take a slim 4-3 lead.

The teams played even baseball until the Lutes made what was scheduled to be their final trip to the plate in the bottom of the seventh inning.

As Concordia still cling to their one-run lead, Joe Patnode sat on first base as a pinch runner for Kevin Dykman who walked. With two outs, shortstop Mike Davis stepped up to the plate and quickly saw two strikes go by. After a foul ball and two pitches outside the strike zone, Davis smacked a towering fly ball deep to left-centerfield. The ball eluded the mitt of the Concordia outfielders and Patnode scored from first base to tie the score at four. The Lutes saw a chance for the winning run fall away after Guy Ellison walked and Larson flied out to end the inning.

Starting pitcher John Camerer, who had changed from his cleats into tennis shoes prior to Davis' hit, took the mound to put down the Concordia hitters 1-2-3.

In the bottom of the eighth, PLU muffed several opportunities to score. Eric Monson reached first on an error. Rich Vranjes smacked a 3-2 pitch up the middle for a single. A sacrifice bunt by freshman Dave Latimer turned into a base hit and loaded the sacks for Dykman, who promptly popped to second. Rob Whitton missed a bunt as Monson was coming home on the pitch, and Monson was erased for the second out. Whitton grounded out to second to conclude the inning.

The Lutes missed a similar



Tom Brokaw reaches for first base in Wednesday's doubleheader split with Pacific.

opportunity in the ninth inning as they had the bases loaded with one out for slugger Monson. About 50 football players in attendance began to cheer Monson, but to no avail. The junior co-captain hit a broken-aluminum-bat-single into shallow rightfield that was caught by the second baseman who fired to second for a double-play. So ended the ninth.

It was about this time that talk along the PLU bench centered around calling roommates to bring homework down to the field so players could keep up with their studies between innings. One player even suggested that head coach Jim Girvan send out for some pizza.

The events of the PLU tenth inning forced coach Girvan to exclaim, "What rotten luck!"

With one out, Latimer singled to short and advanced

to second on a throwing error. Dykman hit a deep fly ball to centerfield that moved Latimer to third. Whitton again stepped to the plate and drove a line shot up the middle that would surely have fallen for a base hit. However, his hit was so up the middle that it struck the heel of the pitcher and ricocheted to the shortstop who gunned Whitton out at first.

Concordia's winning run came in the top of the 11th. With two outs and a runner on second, second baseman Ellison mishandled an infield pop-up and the runner scored the tiebreaker.

PLU hitters came up empty in the bottom half of the inning and handed complete game pitcher Camerer his third loss of the season.

In the PLU batting circle the leaders are Davis (.373), Monson (.356), Patnode (.333), Tom Brokaw (.322), and

Camerer (.311).

From the mound, senior Kirk VanNatta leads the team with a 3.16 earned run average in 37.1 innings. Behind him are Steve Klein (3.79 ERA, 56.2 innings), Camerer (4.52 ERA, 21.1 innings) and Ralph Gomez (4.88 ERA, 24.1 innings).

According to Dave Chun, freshman pitcher from Hawaii, "If we plan to make the district playoffs, our pitching is going to have to come through. Our hitting is there. If we can put the two together, we can go all the way."

Statistically, the Lutes are better in overall games than in conference games. In the conference, PLU has a .261 team batting average, compared to a .292 overall batting average.

Only three hitters have a conference batting average higher than their overall average. These are Davis, Camerer and Latimer.

Klein becomes iron arm for PLU ball club

By Doug Siefkes

With finals coming up, everyone seems to be spending just a little more time studying. For Steve Klein, PLU's premier pitcher, he has also been spending a little more time on the pitching mound.

Throwing in 7 of 12 league games, Klein has proved to be the man the Lutes depend on.

"He has got to be considered our pitcher who's our stopper," said Coach Jim Girvan. "He's definitely the best we've got and he's one of the best pitchers in the northwest, major college or small college."

Klein has had plenty of opportunity to show his stuff, racking up twice as many innings as any other Lute pitcher, while compiling a 4-2 league record and a 3.51 league earned run average. One of the reasons why Klein

"Right now we have a couple of guys struggling who we depended on," said Girvan.

Ken Kinonen, the Lutes top mound hurler last year has had his share of problems this year but he is still highly regarded if he can get untracked; Ralph Gomez a freshman also shows promise but has been out with arm problems. A third pitcher, Kirk VandNatta has been pitching well, lately, but it's Klein who has been Mr. Consistent, pitching well throughout the season.

So well that he has done a rare feat on the baseball diamond. Twice so far this year, Klein has pitched both games of doubleheaders.

Two weeks ago Klein beat Lewis & Clark in both games of the twin bill, going the distance in each. "You have to be on and I happened to be on that day," Klein said. "It just happened to be a good day."

"Incredible" is how Girvan

to lose your rhythm. But once he got his rhythm back after the second inning of the second game, he was incredible."

Almost as incredible is that Klein developed a new pitching style this year, and it has proved highly effective. Klein, who had problems with control but not velocity during his freshman and sophomore year developed a sidearm delivery during the off season. Although he can throw just a little harder over hand he does have a big advantage on the batters with a delivery coming from his side. "I have a lot of confidence in my sidearm, the ball dips and if you keep the ball down with movement, well that's what it's all about," said the 6 foot 4 inch Charles Wright High School product.

Girvan couldn't agree more, "It's different from a release point, his curve ball rises and his fastball dips. It makes for

his infield does, on the ground. "Steve makes them hit the ball," said Girvan. "When Steve pitches, the infielders are ready and they know they're going to get ground balls," he said.

Confidence is another big factor; the team as a whole knows they can win. "The team has some excellent athletes and with Coach Girvan's attitude, we pull everything together and play really well," said Klein.

It's been a good year for both the team and Klein, a year Klein really didn't expect after sitting out last year. Although Klein's a little surprised on how well he's done, Coach Girvan isn't.

"I'm not shocked at all on how he's done. He has a major league arm."

Although more than a few scouts have taken note of Klein's arm, his goal isn't the pro diamond. Instead, it's get-

a student and an athlete.

"For the amount of money I'm paying to go here, grades have to come first and baseball second," said Klein.

As to his college baseball future, it's still up in the air whether he'll be back to throw again next year.

"I'd like to make up my mind and devote 100 percent but you can't devote 100 percent when you go to school, nor do I know if I want to devote the time; I haven't made my decision yet. I have a lot of interests and sometimes baseball gets in the way.

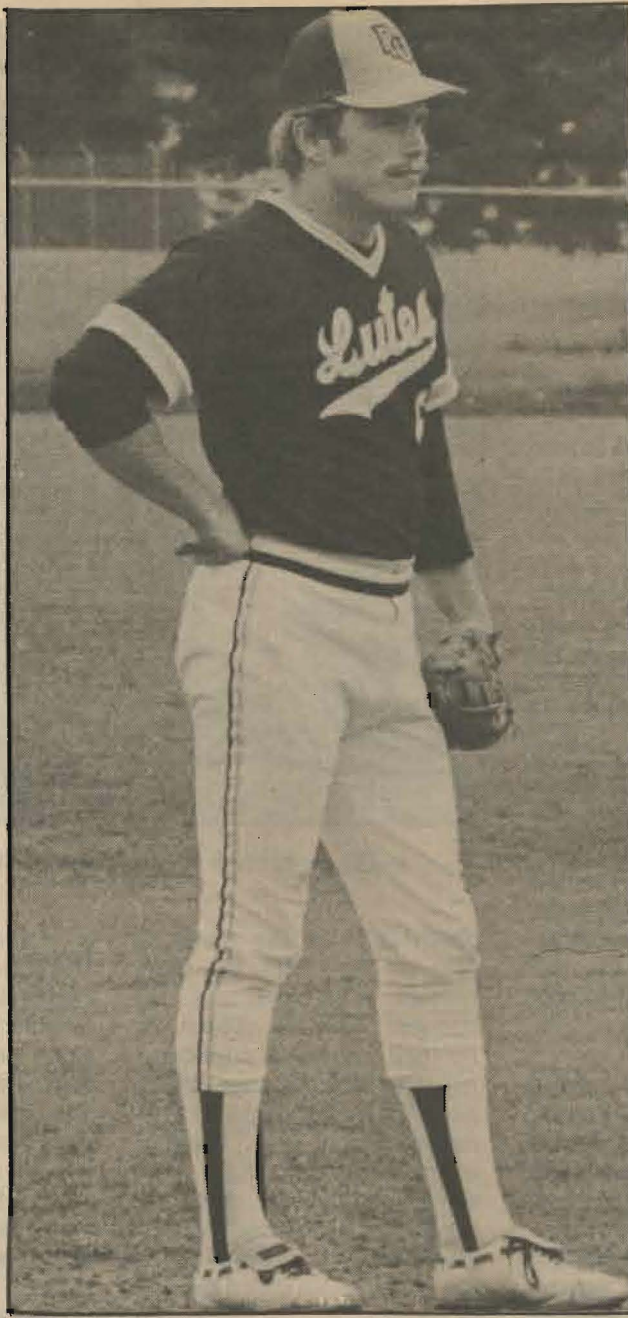
It's not that I don't care, I care a lot, but I don't know if I can devote the time to it. But now that I'm doing so well it kind of eats at you. Once you start doing well you want to keep doing it."

If Steve's career turns to the book's he'll be satisfied when he looks back at the 1981

Vranjes



Monson



Ellison



photos by Dan Voelpel

PLU's men for two seasons

By Eric Thomas

While the movie title *Same Time Next Year* could be coined to express when the majority of the 1980 PLU football squad will return to the grass and dirt of the practice field, the training vigil of three particular gridders is better described by the film leading *A Change of Seasons*.

Just when their teammates are putting helmets, pads and cleats into nine month drydock, Guy Ellison, Rich Vranjes and Eric Monson are restocking their lockers with bats, gloves and caps to be picked up after Christmas break for pre-season workouts.

The trio are among the vast minority of PLU male athletes who split time two fundamentally different varsity sports (Football and Baseball in their case) and consequently are involved with athletics for most of the academic year.

All three came out of their respective high schools as three sport lettermen (the third sport being basketball for Vranjes and Ellison and wrestling for Monson) and intended to come to PLU to play football, Ellison as a running back, Vranjes as a defensive back, and Monson as a tight end. Their mutual arrival on the baseball diamond, however, came via different routes.

Juniors Monson, who hails from Euphrata Washington, and Vranjes, from St. Louis Missouri, came to PLU with

rolled around.

"I was recruited for football and I had just planned on turning out for it here," said Monson. "I was looking for a school like PLU because I wanted to stay away from parties and go with religion a little more. But when spring of my freshman year came, I thought I'd give baseball a try. I came in a fortunate year, the opportunity to step into the program was there."

Monson was the starting catcher that year, and has since served time at both first and third base. Last year he broke the school batting record, finishing the season at a blistering .442 clip.

Vranjes similarly seemed to wind up on the baseball diamond because of spring fever, having transferred to PLU in the fall of his sophomore year from a Yakima Community College football program he calls "terrible."

"I had talked to Frosty and some of the players and they said it was a good program and that I could play other sports too, which was what I wanted to do," he said.

"But when I first came, I was planning on only coming out for football and I almost didn't turn out for baseball. I hadn't played for awhile, since high school actually, and it wasn't until after the third or fourth practice had already been held that I went and asked Coach Girvan if I could turn out."

The tryout proved beneficial

Vranjes Ellison came to PLU with the specific goal of playing two sports.

"The main object of my going to college was to play sports as well as getting an education," he said. "I didn't get recruited by too many big schools out of high school and it came down to deciding between UPS and PLU. I mainly wanted to come to PLU to play football, and when Ed (Anderson) and Jim (Kittlesby) came out to a few of my baseball games, that was the clincher. I felt then that I could play both sports."

With football commitments lasting from late August until, with this year's national championship, mid December, and baseball preseason gearing up soon thereafter, one would think that time schedules might get complex and hectic, a fact that Ellison and Vranjes underscore.

"The schedule sure does cram your time," said Ellison. "It's really very busy. You don't have time to train in the off-season that much. But I'd say that the biggest sacrifice is spending the time I should with my wife."

After two and a half years of two sport mayhem, Ellison finally took a semester off last spring, a move he's glad he made.

"I needed the time off," he said. "By the time you've been through three sports in high school and two sports in college, I decided I needed a break. Plus I was married, that's mainly where I felt I had

"It's hard on the studies, I'll be here five years for sure," he said. "In a way I kinda feel like dropping one sport, but in football with Frosty, the togetherness makes me want to come back and in baseball I hope I can continue on somewhere after college, but I'll have to start producing more to do that."

Like Ellison and Vranjes, Monson too will take five years to complete his education, but feels that he can find time for everything by budgeting his time.

"I'm not an A student, I have priorities in other areas," he said. "I put in the time required and I end up having to stay up late, but I'm able to do both. I've learned to budget my time."

Although the climax of their 1980-81 sports years no doubt came on the Lincoln Bowl astroturf against Wilmington earlier this year, the trio finds that baseball provides its own excitement and satisfaction.

For Ellison, it's a chance to relax.

"Baseball is more of a recreation than competition," he said. "It's more relaxing and not as emotionally demanding. Football lets me go out and challenge myself more. But it's not let down to start on baseball after our finish in football. I don't play baseball to win any national championships. I'm out to enjoy myself and compete."

For Monson, baseball is a chance for unity and to improve on last seasons perfor-

team. Also, after winning five games my freshman year, and nine last year, we're fighting for the league title this season. That's something that hasn't been accomplished since we've been in this conference."

Although the sports of baseball and football utilize different strategies, physical fundamentals and coaching styles, Ellison, Monson and Vranjes have found a common bond among the PLU sports programs they participate in.

"Basically, both Frosty and Girvan have the same outlook and perspective on sports," said Ellison. "Neither emphasizes winning, it's more competing against yourself. I find it refreshing."

"Girvan and Westering are similar," agreed Vranjes. "They don't push things on you. It's sort of a cozy atmosphere, your sort of on your own. They're fun to play for."

One interesting problem confronted by the "men for two seasons" may be filling the athletic portion of their fifth year time schedules when their collegiate eligibility has run out. Monson offers two solutions, one for each time of year.

This summer he will depart with the Athletes In Action baseball team for Korea, Taiwan and Alaska to, as he put it, "share the faith through playing."

As for his final academic year, two years distant, a cer-

Lute runners fourth at conference meet

By Paul Menter

Outstanding individual performances highlighted last week's Northwest Conference men's Track and Field Championships. A lack of depth kept the Lutes from being a factor in the race for the team title, as Willamette took first with 179½ points. Lewis and Clark was second, Linfield third, and PLU a respectable fourth with 89.

The Lutes were boosted to third place after the first day of competition thanks to Neil Weaver and Phil Schot. Weaver took first in the hammer, with a heave of 154-0, outdistancing his nearest opponent by more than 5 feet. Schot took second in the long

jump with a season best 23-1, and second in a very close high jump competition. Phil's hopes of winning were dashed on the last attempt of the competition, as he slipped on his last attempt at 6-7 and fell into the pit. Having more total misses, he was forced to settle for second behind Jon Gabriel of Willamette. Both cleared 6-6.

The most dramatic competition of the meet was in the pole vault on Saturday. After being interrupted numerous times by rain, the competition came down to a duel between Greg Hansen of Willamette, and Dave Johnson of PLU. Both vaulters made 14-6, but neither could clear 15-0, and since both vaulters had the

same number of misses, a tie breaker was necessary.

The bar was moved down to 14-9, with both vaulters getting one opportunity to clear the height. Both missed, and the bar was moved down to 14-6, where both missed again. At 14-3 Johnson nudged the bar, but it stayed for what looked to be the winning vault. However, as he climbed out of the pit, the bar fell and the jump was ruled a miss. After Hansen missed at 14-3 the bar was moved to 14-0, which both vaulters made.

This constituted a need to move the bar back up to 14-3. After this long competition, which lasted four hours, and nursing a tender hamstring, Johnson finally succumbed to

fatigue and missed, while Hansen made the height to win and end the marathon tie breaker.

Rain began to fall as the time came for the running to start Saturday afternoon, but Junior Bob Sargent was able to overcome the elements and the competition to win the 1500, finishing with a blazing kick to cross the tape in 3:56.8, a time which converts to approximately a 4:12 mile.

The Lutes were hurt in the running events by the illness of Phil Schot, who managed a third in the high hurdles, but could only muster a sixth in the 100. Paul Dong, who had not even met the qualifying standard for the meet, helped pick up the slack with a fourth

place in the 800, and the Lutes took three places in the 400 intermediate hurdles, with Paul Menter, Jason Hunter, and Joel Ogard finishing fourth, fifth, and sixth respectively.

Overall, track coach Paul Hoseth was pleased with his team's performance. "We picked up points in some events which we didn't expect to score in," he said. He especially cited Paul Delap, whose personal record of 43-73/4 earned him fifth in the triple jump; Chris Utt, who although ranked 9th in the conference, managed a 6th place in the javelin; and Mike Carlson and Rusty Crimm who finished fourth and fifth respectively in the 10,000.

Football wins crown

By Eric Thomas

The 1980 PLU football team added the crown diamond to a century-old Lute treasure chest of athletic accomplishments this fall by bringing a first-ever national championship to Parkland's doorstep.

Coming off a second place finish the previous year, coach Frosty Westering's charges were picked No. 1 in the national preseason ranking, a spot they kept for the first two-thirds of the regular season.

Wins over Western Washington (30-0), Humbolt State (45-14), Central Washington (24-3) and Souther Oregon (25-0) brought the undefeated Lutes to league play, where they won their first two games, a 39-38 barn burner over Whitworth, and a 41-20 stomping of Pacific.

PLU then tackled perennial League rival Linfield, who had climbed to a No. 2 national NAIA spot behind the Lutes, setting up the NAIA regular season "game of the year," in McMinnville, Oregon.

A second half comeback fell just short on the mud-laden field and the 20-19 loss dropped the Lutes to a No. 5 national NAIA spot.

PLU won their remaining two regular season games, whipping Lewis & Clark 27-0 and walloping Willamette 42-7 to enter into post season play with a rematch against undefeated Linfield at Tacoma's Lincoln Bowl.

Freshman quarterback Kevin Skogn came off the bench to spark the Lutes to three touchdowns, and PLU upended the Wildcats 35-20 to



Guy Ellison

advance to the semi-final against Valley City State of North Dakota.

In that contest the Lincoln Bowl and the Lutes proved, once again, to be a winning combination, and a 37-0 shutout moved PLU into the national championship game against Wilmington, Ohio.

After opening up a 10-3 lead against Wilmington, the Lutes exploded for 21 unanswered first half points and the Quakers never recovered, falling to PLU 38-10.

Post-season highlights for the Lute gridders included placing five players on the NAIA All-American team. Scott Kessler and Scott Westering were both first team picks, while John Bley, Guy Ellison and Scott McKay were tabbed for second squad honors.

Westering and Kessler also earned free agent shots with professional teams. Westering with Buffalo and Kessler with Denver.

Tennis team takes conference title

By Craig Koessler and Dennis Robertson

The Pacific Lutheran men's tennis team earned their sixth straight Northwest Conference championship last weekend at Whitworth College in Spokane.

"The whole team played very well," said coach Mike Benson.

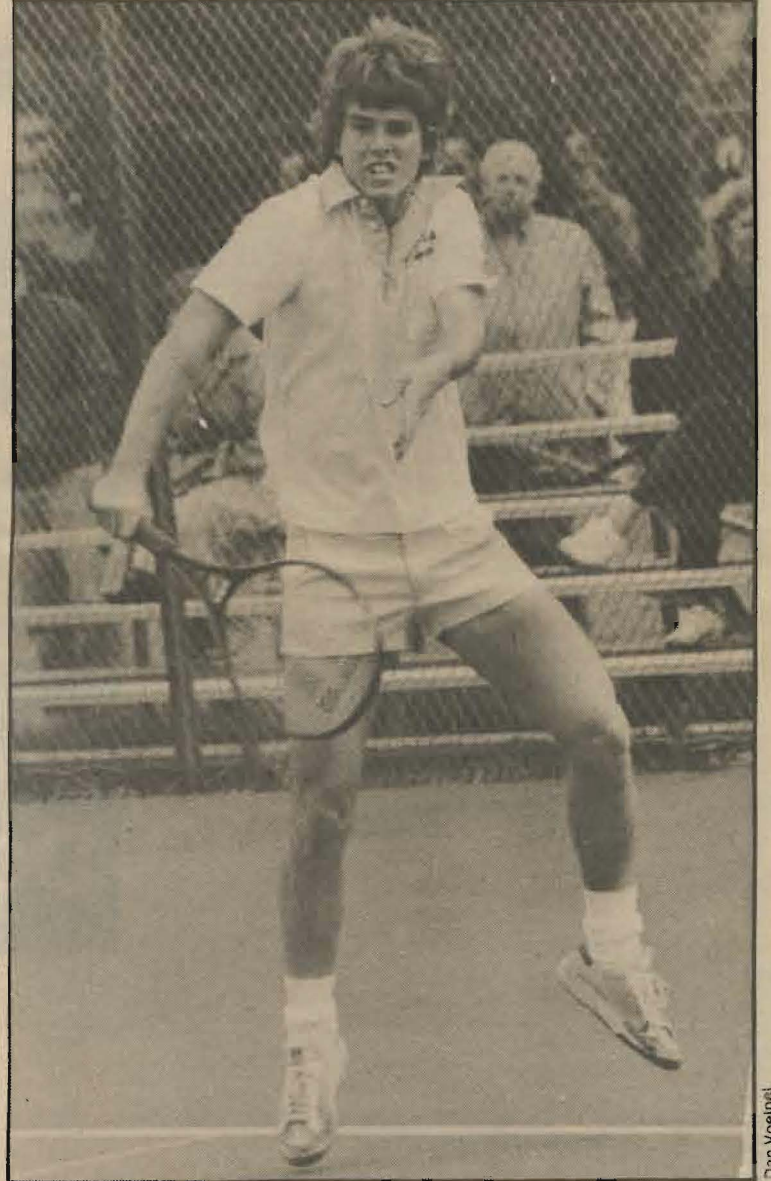
"It was a close tournament and a good experience for our guys to plug in that type of situation," he said.

PLU edged Lewis & Clark by six points by winning the very last match of the tournament. PLU's number one doubles team of Craig Hamilton and Scott Charlston beat L&C's number one team of Peter McKittrick and Skip Wells, 4-6, 6-4, 6-0, to clinch the title.

Benson said the tournament "turned out to be tougher than we had thought it would be." He said it provided some very valuable experience for the top four players, in that they got to play some tough matches before the district tournament.

PLU was without two of their top six players at the conference tournament. Number four singles player Craig Koessler was out with a virus and number six man Ken Woodward elected to stay home to catch up on his studies and to fulfill a coaching obligation to a local high school team.

Filling in for Koessler and Woodward was number 10



Craig Hamilton

man Doug Rasmussen and number 14 man Mike Guidos.

Benson said the two "fillers" did very well. Rasmussen reached the semifinals in the consolation singles bracket and teamed with Guidos to reach the semifinals in the consolation doubles draw.

Play began today in the NAIA District One Tournament hosted by PLU. The tournament will run all day today, tomorrow and Sunday. The individual and team winners will earn a trip to the NAIA National Tournament in Kansas City, MO, May 25-30.

Club volleyball finishes third at regionals

By Kris Geldaker

The PLU Men's Volleyball team ended their United States Volleyball Association season with a third place (in 19 games) finish in the regional

in pool play was a three game match against "Time Out Inn," a team from Federal Way that placed second in last year's regional tournament and ended up winning the championship this year.

team in the "B" Evergreen Region tournament, an area which includes all of Washington, Northern Idaho, and Montana.

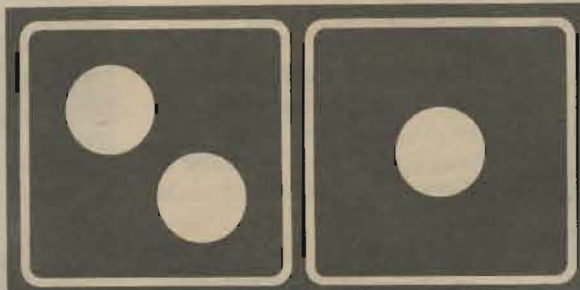
In the semi-finals the Lutes ran up against a tough team

The tournament officials decided at this time that the third place playoff would be one game. The spikers were matched up against "Mountain Shop No. 2," a team that they had defeated in pool play.

The Men's Volleyball Club is a self-coached team. The captain is Greg Vermillion. Other players on the tournament team are: Kevin Aoki, Pat Donovan, Kris Geldaker, Rob Gohl, Gary Harding,

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