

Photo by Andy Sprain

Lt. Gen. Romeo Dallaire (Ret.) spoke about the urgent and growing need for humanity in today's world.

## The humanity of war

**BENJAMIN RASMUS**  
Mast international editor

"Are all humans, humans? Or do some humans count more than others?" Lt. Gen. Romeo Dallaire (Ret.) posed this question at the beginning of a lecture he gave Tuesday night in Lagerquist Hall. Dallaire was the leader of the United Nations peacekeeping mission during the 1994 Rwandan genocide.

Dallaire spoke to about 200 people. He addressed an urgent and growing need for humanity in today's world.

"Given Dallaire's background experience and his participation in Rwanda, we can learn from his insights of the humane and inhumane," Jeffrey Parker, Canada's Consul General of Seattle, said. "Perhaps his insight can bring a new kind of structure to events which transpire because he is not only helpful from intellectual level, but a much deeper level—the human experience level."

Dallaire lived through the failures of traditional conflict resolution during the Rwandan genocide. He witnessed first hand more than 800,000 people being killed in 100 days. It is because of what he has seen that the Lt. General engages people around the world in discussions on how to make conflict resolution more intelligent and humanitarian.

"I am very excited Dallaire is on campus," PLU President Loren Anderson said

after dining with Dallaire before his lecture. "People that do great projects tend to be people of exceptional values, generous hearts and genuinely humble. Just a wonderful human being."

In his hour-long lecture Dallaire compared the gap between developed and undeveloped countries. Particularly, the Lt. General addressed how 20 percent of the world's population is advancing at a spectacular rate, while the other 80 percent of the world lives in inhumane conditions.

"Dallaire's lecture was a really sorely needed perspective on society," junior computer engineering major Nathaniel Mylet said.

Dallaire highlighted two schools of strategic thinking in conflict resolution during the lecture.

The first: build a wall. This policy of isolation pursues self-protection of political borders, narrows civil liberties and exploits racial profiling.

The second: human rights. This policy of humanity finds no value in isolating a country in a cocoon. Instead, the second policy encourages devolved countries to eliminate the growing rage in 80 percent of the world's population.

Dallaire encouraged middle powers like Germany, Canada and Japan to stand up to countries like the United States and

**see Dallaire**  
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## Download for free and you will pay: Recording industry sues more than 700, including PLU student

**JENNI JENSEN**  
Mast news intern

The Recording Industry Association of America's endless pursuit of copyright violators has come to PLU.

The Computing and Telecommunications department received a warning from the RIAA that a PLU student was going to be issued a subpoena, Network and Communications Systems assistant director David Allen said. Additional information about the student has not been released. As of press time, the status of the subpoena could not be confirmed.

"What always scares students about this particular case was that this was a first offense for the student," Allen said.

Not only was it a first offense for the student, but the student had only been on the network for about seven hours when picked up by the RIAA.

According to the RIAA website, the copyright law protects recording artists from "unauthorized reproduction, adaptation, performance, display or distribution of copyright protected works." And as convenient as it may be to share downloaded music, programs like KaZaA, Napster and Limewire, violate this law.

As far as PLU's responsibility to this case, "We don't look for students or volunteer information. We just respond," Allen said.

Allen said if the CATS department receives a warning from the RIAA that a student has been illegally downloading music off the Internet, PLU's responsibility is to locate the student's name and e-mail address.

"Then we send them what is called a takedown notice," Allen said. "Which basically warns the student about the warning we have received."

CATS said they verify the actions have been stopped, Allen said.

If the actions had not been stopped, it could entail sending the student-to-student conduct or disconnecting their Internet connection.

When subpoena warnings are issued, the responsibility is handed to Student Life that deals more with the legal end of the situation.

CATS received 45 notices of illegal downloading last year. There have been five notices sent already this year.

"Students need to be aware of what the risks are to them of sharing anything, and if they are, to make sure they are doing it lawfully," Allen said.

Web Links:

[www.riaa.com](http://www.riaa.com)

[www.cnn.com](http://www.cnn.com)

"PLU puts a lot of responsibility on students about following laws."

"We can never truly protect students, and most students aren't aware they are sharing files. And they're liable for everything," Allen said. "Right now, the RIAA is just going off those who are sharing music, but eventually it will be for those who simply download."

But not all PLU students are sharing music.

"I don't download music because I like to support the artists that I listen to, and I don't like stealing music," first-year Kendall Jeske said.

This case has not changed some students' attitudes toward downloading and sharing music off the Internet.

Senior Mary Vintilo said she downloads music as a way of sampling the albums she might want to buy.

"Albums are so expensive

**see RIAA**  
page 5

## Peace in Jerusalem

Three women of diverse backgrounds speak about the reality of war, the possibility for peace

**MICHAEL ISAACSON**  
Mast news intern

The religious battlegrounds of the Middle East will come to PLU Sunday as part of the "Jerusalem Women Speak" lecture tour.

Marianne Albina, a Christian Palestinian, Hidaya Said Najmi, a Muslim Palestinian and Gila Svirsky, a Jewish Israeli will address the realities of the Israeli-Palestinian conflict and show peace is possible.

Partners for Peace, a Washington, D.C. based non-profit organization, is sponsoring the tour. The women united under the banner "Three Women, Three Faiths, One Shared City—Jerusalem."

Partners for Peace program director Susanne Waldorf said students will benefit from hearing from people living in the region.

"Usually you hear from politicians or extremists; these are just women living the conflict," Waldorf said.

Erin Dana, PLU Diversity Center programs coordinator and organizer of the event, is also encouraging people to come.

"This is something that's important enough that people all over South Puget Sound will be attending," Dana said.

Dana said she believes everyone would benefit from hearing what these women have to say.

"These are the problems that the world is facing right now, and will face in the future," Dana said. "This is basic literacy for the world citizen."

The event will take place in Chris Knutzen Hall at 7 p.m.

PLU is just one stop in a nationwide tour. Other stops include a breakfast on Capitol Hill in Washington, D.C., Stanford University, the World Affairs Council of Seattle and DePaul University. While talking about the tour, Dana said PLU was "really lucky" to host a portion of the tour. Waldorf said the stop was arranged in part because of its Lutheran affiliation.

"I knew about PLU because of my Lutheran background," Waldorf said. "We were already coming to Seattle for the World Affairs Council."

Waldorf said the focus of the PLU stop will be mostly the same as at the other locations, although there may be an increased focus on students. "One lady is 26...she'll probably focus on going to Hebrew University in Jerusalem," Waldorf said.

## Briefly...

National, International

### Brame report leaves many disappointed:

Tacoma City Manager Jim Walton released an edited version of the conclusions reached after an investigation of last year's murder-suicide involving Tacoma City Police Chief David Brame and his wife, Crystal. Walton said Tuesday that agreements with city employees and police unions prevented him from releasing more information, which includes names of 32 individuals suspected of wrongdoing. Since the Brame scandal, four separate investigations of the Tacoma Police Department have been launched, including one conducted by the Washington State Patrol, which found no criminal wrongdoing, but rather a "culture of corruption" within the department.

### Capital punishment for juveniles brought before Supreme Court:

A former U.S. solicitor general, Seth P. Waxman, brought the case of Christopher Simmons before the Supreme Court Tuesday. Simmons is on death row in Missouri for a murder he committed at age 17 in 1993. Waxman presented a plea to skeptical judges, asking them to declare capital punishment for juveniles unconstitutional. Two justices, Anthony M. Kennedy and Sandra Day O'Connor, said they fear a ban may allow gang leaders to use juveniles as "hit men."

**Bush and Kerry clash in final debate:** In the last Presidential debate before the election, President George W. Bush and Sen. John Kerry focused on terrorism and foreign policy Wednesday. Kerry said Bush rushed into the War in Iraq and ruined alliances. Bush said the war on terrorism could only be won if America remains on the offensive. Bob Schieffer of CBS News moderated the 90-minute debate.

**Somalia elects new president:** Members of Somalia's interim Parliament elected former army Col. Abdullahi Yusuf as president of Somalia Monday. The election is the 14th attempt at peaceful elections in 13 years. Since 1991, Somalia has had no government, no civil service and no public property. Yusuf is considered a sensible politician who supports the war on terror, although critics claim he is intolerant of media and militant Islamists. He is expected to name a prime minister and Cabinet.

Briefs compiled by Juliet Mize.

# Campus political clubs prepare for election

**INGRID STEGEMOELLER**  
Mast news reporter

A number of events throughout campus are working to heighten student political awareness in the weeks leading up to the November presidential election.

Both the College Republicans and the PLU Democrats will continue their campaigns to educate students about political issues, as well as lobby for their respective party's candidates.

Activism of the two parties has "charged the campus," senior Jennifer Newman, secretary for the PLU Democrats, said. "There is a lot more political propaganda and activity on campus."

"Getting people involved and active is always fun," senior College Republican President Patrick Bell said. "The purpose of these events is to get people involved in the political process. There is a time and place where these discussions need to happen."

Several events have taken place to intensify awareness. On Wednesday, Oct. 13 both parties held a Debate Watch party to back their respective candidates.

"It's a chance to support each other," senior PLU Democrats vice president Andrea Sander said.

The College Republicans hosted Mary-Beth Nethercutt, wife of Republican Representative George Nethercutt, at 2 p.m. Wednesday.

In the coming weeks, both clubs have many more events planned to spur students to get involved and vote.

The Democrats went flag-waving last Saturday and will be waving signs on Pacific Avenue for the Kerry/Edwards campaign on Saturday, Oct. 16 and 30.

"This gives PLU students a chance to get out and get active within the community," Sander said.

Democrats will continue their Oct. 10 Parkland canvassing mission on Sunday, Oct. 17 as they go door to door supporting Kerry.

On Wednesday, the Republicans will also go sign waving, as they march from campus to Pacific Avenue, then back to Red Square for a rally in front of Eastvold. A similar event held Oct. 6 "worked out well and was a lot of fun," Bell said.

Three partisan issues panels,

sponsored by the Democrats, serve to educate students on the Democratic opinion of subjects. The experts come from on campus as well as the surrounding community.

The panel addressed the War in Iraq Oct. 7. The next panel, on Oct. 14, dealt with the economy. A third panel on Oct. 26 will focus on Women's Rights, and is co-sponsored by the Feminist Student Union. This panel will take place at 7 p.m. in Chris Knutzen Hall.

"It's important that Democrats are educated," Sander said.

The College Republicans are working with ASPLU to put together a gun safety event, which will feature gun safety training by a qualified instructor and an optional trip to the Marksman Range in Puyallup.

"The event is ultimately about gun safety and awareness," Bell said.

A joint event between the two parties is also in the works. On Wednesday, Oct. 27, Bell and PLU Democrats President Scott Stauffer, as well as another member of each club, will form a panel to debate the issues. None of the panelists will be from the debate team in an effort to keep the debate fair.

This is the first presidential election we can vote in. Don't let information be spoon-fed to you.

Jennifer Newman  
secretary, PLU Democrats

Each party will hold an election gathering on the day of the election, Nov. 2.

Opinions between the College Republicans and Democrats often conflict, but their general purposes are similar.

"This is to get people to vote. Period," Bell said.

"This is the first presidential election we can vote in," Newman said. "Don't let information be spoon-fed to you."

For more information, e-mail the Republicans at [colrep@plu.edu](mailto:colrep@plu.edu), or the Democrats at [dems@plu.edu](mailto:dems@plu.edu).

## Celebrating Hong Hall



Photo by Hakme Lee

Hong International Hall President, sophomore AJ Francis, speaks at the celebration of Hong's grand opening Tuesday. This is the inaugural year of Hong International Hall's multilingual residence community.

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Contact **Thu Nguyen at 7487** with any questions

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## Debates receive grant money

**KRISTI CLOUGH**  
Mast news intern

Been to a PLU debate lately? If so, this helped raise money for the PLU forensics team.

An organization called the International Debate Education Association recently sponsored a program called "The People Speak." The goal of the program was to promote discussions about foreign affairs.

From Sept. 13 to Oct. 15, debate clubs around the world had the opportunity to earn a \$250 grant for debating topics centered on foreign affairs. To be eligible for the grant, 50 or more people had to participate in the debate.

The PLU Forensics team held three debates that discussed international security, the environment and global economy. Each debate met the program's eligibility requirements. More than 100 people attended the debate on international security, which discussed the current situation in Iraq.

PLU was awarded \$750 for its participation in the program. The money will go toward the forensics team's travel budget.

The forensics team receives most of its funding from the School of Communication.

Communication professor and debate coach Dan Bloomingdale said the forensics team is "well supported."

This is Bloomingdale's first year teaching and coaching debate at PLU.

"PLU has a long history in debate with a long history of success," Bloomingdale said.

The strength of the program can be attributed to its past directors who include communication professors Amanda Feller, Mike Bartanen and Communication department chair, Ed Inch, Bloomingdale said.

PLU's next public debate will be Nov. 8 at 7 p.m. in Ingram 100, and will discuss the topic of governmental funding for the arts.

## Professor Nordquist to retire

**ANNE SPILMAN**  
Mast intern

History professor Philip Nordquist will be retiring this year after more than 40 years of teaching at PLU.

Nordquist's PLU experience has been all encompassing. He attended PLU as an undergraduate, worked in research, development and faculty governance.

Nordquist began his teaching career at PLU in 1963. Nordquist has taught various history classes since then including The Reformation and Early Modern European History, two of his specialties.

Upon announcing his retirement, Nordquist has received many e-mails and letters from past students reminding him of goofy or critical comments given on papers.

"I should have been more careful and judicious in what I wrote in the margins," Nordquist said.

Nordquist intends to spend time in the PLU archives after retirement. There has been much improvement in organizing the archives, but Nordquist believes there are organizational issues where he still could be of assistance.

Nordquist is also looking into studying the history of the Lutheran church in the Pacific Northwest, as this area has little information.

Nordquist's interest in history stems from his inspirational mentors during his time as a student. Nordquist taught history part-time while in graduate school.

Nordquist not only teaches classes in International Core, but also helped in the original organization and plan-

ning of the INTC program. Another development Nordquist took part in was the establishment of a history research seminar for seniors. The history department was the first department on campus to establish a seminar of this kind. Graduates of this particular class will be presenting papers today at the Nordquist Seminar and Retirement Event.

Concerning his own research, Nordquist spent a year and a half during sabbatical writing a history of PLU, "Educating for Services, PLU 1890-1990." The book was published in 1990 for the PLU centennial celebration.

Nordquist's involvement in faculty government includes serving on the presidential search committee, faculty chair, serving on various committees and commissions throughout the university which "offer an interesting opportunity to be involved." Nordquist is an avid supporter for faculty responsibility.

"I have considerable enthusiasm about the faculty and advocate that the faculty attend to their affairs the best they can," Nordquist said.

As an undergraduate at Pacific Lutheran College, Nordquist recalls the smaller student population, estimated at 1,000, created a greater sense of community. "With the small community, you knew

everyone by first name," Nordquist said.

Nordquist was also a member of the PLC basketball team during his undergraduate years, and said he is proud to note they were the first team at PLC to advance to the national tournament and proceed to win a game.

Nordquist's wife, Helen, has been closely involved with his efforts at PLU.

"It would be impossible to be as excited and enthusiastic without her support," Nordquist said of his wife.

They have two sons who were raised in Parkland and now live in San Francisco.

### Today: Nordquist History Seminar

This afternoon from 2 p.m. to 5 p.m. in Xavier 201, there will be presentations from the following speakers:

-**Samuel Torvend, Ph. D.:** "Luther's Early Thought on Public Welfare"

-**Michael Halvorson, Ph. D.:** "Lutherans, Jesuits, and Jews: Confessional Conflict in Late Reformation Hildesheim"

-**Molly Loberg, Ph. D.:** "If this is Democracy, then Democracy is Ugly: Advertising Columns and the Berlin Landscape, 1918-1936"

-**Robert Ericksen, Ph. D.:** "Hiding the Nazi Past: An Incident Involving Bishop Otto Dibelius"

-**Christopher Browning, Ph. D.:** "Comments on the Past and Future"

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# Foss residents learn from sharing diverse backgrounds

**KATIE CLARE**  
Mast news intern

Eight dorm rooms. Sixteen students. Four countries. The United States, along with Sweden, Norway and Germany, are all being represented this year in Foss' second floor north.

Junior Marieh Tanha, from Stockholm, Sweden, junior Kristine Bjelland, from Stord, Norway and first-year Whitney Clemmons, from Hohenfels, Germany have all decided to live in Foss Hall. All have unique reasons for traveling this far from home to acquire their education.

Tanha is a returning student to PLU. Although Tanha was born in Iran, she lived in Sweden most of her life. Tanha said she decided to attend PLU

because of its Scandinavian background and the fact that her credits from other colleges she attended in Sweden and California would transfer easily.

Tanha is pursuing a degree in psychology and she said she hopes to do this by attending graduate school at PLU for forensic psychology.

When Tanha arrived at PLU she had no choice of what resident hall she would live in and was assigned to Foss. She said Foss turned out to be a perfect match and she met many friendly people, including her roommate Sarah Kiehl.

"There was an instant connection between us when we met," Kiehl said. "We both have lived overseas and can relate to each other."

Tanha's main reason for

continuing to live in Foss was the friendly environment.

Bjelland is in the same situation as Tanha was last year. This is the first year at PLU for Bjelland who is from an island in Norway. She was given the opportunity through an exchange program to come to PLU for nursing studies.

Living in a residence hall is a new experience for Bjelland. She chose Foss because of the many options it had to offer, like location and co-ed floors.

"I had never lived in a dorm before. I liked that it was a mix of boys and girls," Bjelland said.

Clemmons was born in Turkey and has lived on Army bases her entire life. Clemmons' mom is a middle school teacher for Department of Defense Dependent Schools.

One of Clemmons' teachers told her about PLU because he was from Washington.

"I thought that a smaller school would be better than a large university," Clemmons said.

Clemmons said she might transfer next year. The sports medicine major she may want to pursue is not available here.

She added that she would like to attend a bigger university because the small school environment is not what she

thought it would be.

Foss was Clemmon's first choice for a residence hall. She liked that it was located near the gym and Foss Field.

The resident assistant for Foss second north, Sam Lessard, likes that more international students are located in the wing.

"I think it is great PLU is integrating the international students into the more traditionally American residence halls," Lessard said.



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# Fifth Annual Lemkin Lecture Holocaust deniers

**STEPHANIE MATHIEU**  
Mast assistant news editor

Historian and previous PLU professor Christopher Browning enlightened audience members yesterday evening on his views concerning Holocaust deniers.

Browning was the main event at the fifth annual Raphael Lemkin Lecture held in Chris Knutzen Hall West at 7 p.m.

The focus of his talk, titled "Holocaust Denial in the Courtroom: The Historian as Expert Witness," was on his experiences in the 2000 David Irving trial in London. He testified for two days against Irving, a Holocaust denier.

"Deniers argue that the Holocaust didn't happen and that the United States and Israel have faked the evidence," history professor Robert Ericksen said. "Chris was used in many trials to counteract Holocaust deniers."

Browning is a professor at the University of North

Carolina and has been the author of many historical books.

Thirty years ago, Browning began teaching at PLU, and he worked at the university for 25 years. His involvement in the Lemkin Lecture marks the 30th anniversary of his arrival at PLU.

While Browning taught here, he became one of the most important Holocaust scholars in the world, Ericksen said.

Browning will also be speaking at the Nordquist History Seminar this afternoon from 2 p.m. to 5 p.m. in Xavier 201.



Browning

Photo courtesy of Robert Ericksen

**Dallaire**  
continued from page 1  
Great Britain. He said he believes these middle powers can provide the humanitarian factor in places like Iraq and the Darfur region of Sudan.

"Dallaire presented the lecture in a way I never thought about other countries before," junior business major Amanda Holloway said. "And how I understand conflict resolution."

Dallaire also called on the importance for discussion in conflict resolution. He highlighted the need for anthropology, sociology and philosophy to prevent and end conflicts.

In an interview after the lecture Dallaire spoke about how college students can pursue a field of conflict resolution.

"One must go into humanities at the master's level, have sensitivity of the human factor, both multi-faceted and multi-disciplined," Dallaire said. "Not the classic engineer who has no humanities. A balance is needed for modern day conflict resolution."

"He is a Canadian hero. He should be everyone's hero," Parker said.

**RIAA**  
continued from page 1

right now," Vintilo said.

Vintilo said she still downloads, but news of the lawsuit changed the way she goes about it. After downloading a file, she quickly moves it out of her shared folder.

"I have 800 files, honestly," Vintilo said. She also said students should buy used CDs or buy indie music to send the RIAA a clear message.

Other PLU students have mixed opinions on whether or not downloading music should be illegal.

"I don't think it should be illegal because I know plenty of people who are responsible about it," sophomore Ian Englund said. "Like, if they

download a CD and they like it, they go buy it. What if you buy it and it sucks? Sure, you can return it to a used CD store for, like, two bucks."

First-year Brittany Culver said it should be illegal but, "not yet, because they haven't found an efficient way to catch violators, and it's not fair to just catch a few here and there when so many other people are getting away with it."

Whether it should be illegal or not, the case has affected on-campus PLU students.

"I think this case will help get the word out that it's actually out there and people are getting caught for downloading," first-year Dan Eppelsheimer said.

## Tickets educate drivers

**MICHAEL ISAACSON**  
Mast news intern

Campus Safety Director Marsha Stril sought to clarify her position in response to students who complained about the ticketing situation.

"I know Campus Safety has had a bad reputation in the past. I'm trying to upgrade the image and we're making huge advances in that direction," Stril said.

Changing parking behavior is the motivation for writing tickets, Stril said.

"Tickets are meant to educate people, unfortunately there has to be a civil penalty attached to the ticket," Stril

said. "The reason for that is it helps educate people to not do it again."

Stril explained that enforcing the rules is a necessity, required by the lack of parking.

"The bottom line is there's not enough parking at PLU, and with the Morken Center going in it's going to be even worse, it's going to eliminate some of the parking down there on lower campus," Stril said.

Stril said Campus Safety writes approximately 50 tickets per day, and the money from ticket collections goes to the university general fund. No tickets are given during the first week of school, just warnings.



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## From the editor

## Voting rocks at PLU

"Screw MTV" flyers were posted anonymously in the administration building the day of Rock the Vote. The writer of the flyer insulted the program, saying that a pseudo-celebrity was not needed to get people to think critically and vote.

Giving up all chance of ever being cool, I'll admit that I don't watch MTV.

I didn't attend last Wednesday's Rock the Vote because "Syrus from MTV's the Real World is going to be there." I went for three reasons: the energy that ASPLU had built up around it, to see what the non-profit organization Rock the Vote had to say about voting issues in my demographic and to discuss politics with my passionate fellow Lutes.

I was well rewarded for my time. I came out thinking if college students ruled the world, we would all be better off. Students stood up to line the walls of the packed Chris Knutzen Hall, their respectful attention held for a whole two hours during the middle of the week.

It wasn't about Syrus. It was about young people speaking their minds on things that matter with a fellow young person respectfully moderating.

Here are the issues we identified as important:

## 1) Safety

Safety issues are among the most complex, especially since, depending on how you look at it, the United States invasion of Iraq either made our nation safer because it got rid of an authoritarian despot who didn't like us much, or the invasion made it less safe for us because it acted as recruiting posters for Al Qaeda.

At Rock the Vote we talked about supporting the troops, many of whom are our peers. We talked about a possible draft where we would become our peers.

And, at a school that raises our awareness of the rest of the world at the same time that it demands that we work to make it better, we argued about what engagement in the world means for foreign policy. International intervention on a broad level is an issue we are taught to care deeply about. Yet when it comes to tools, methods and strategies put into practice, we, and the rest of the world don't know enough yet to draw up definitive peace theories.

## 2) Women's rights

Women's rights elicited the largest amount of vocalization and clapping. While issues of reproductive health affect all people, it matters most to young women. No college student wants to have to factor in decisions on parenthood among which career to choose and where to settle after graduation.

Many admitted on stage that they didn't know what they would do if an EPT came out positive, but they wanted a choice.

## 3) Gay rights

When Syrus asked the audience for a show of hands of who was for gay marriage, the space above our heads grew as thick as a cornfield. This is one of those issues that, in addition to being a religious one for some, is also generational. Elderly people make up the largest percentage of regular voters yet are least likely to approve of gay marriage because they didn't grow up in a time when it was OK to be "out." Even those who haven't been exposed to the issue as much as others think twice about Bush's plans to make the Constitution restrict rights.

We don't have to wait for generations to change. We can vote now.

One self-identified Lutheran shared his interpretation on what the Bible says on such social issues. Then, because of his respect for separation of church and state, he told the audience to leave the Bible at home when going to the polls.

One issue that wasn't addressed at Rock the Vote was the economy. It should have been. In addition to serving the world, we also need jobs to support ourselves after we walk off that graduation stage. I have a feeling we didn't talk about it because we don't know what to say.

President of College Republicans Patrick Bell considers this and safety to be the top issues of concern for college students, but conservative ones especially. He kept it on the agenda in a recent letter to the editor.

Rock the Vote certainly wasn't as unbiased as it could have been, since conservative issues didn't make the stage, and thus my column, nearly enough.

But whatever your preference, I implore you to vote, damn it. Live up to being a Lute. Syrus was impressed that our focus was on the real world we live in and not on the TV show he is affiliated with. Let's keep it that way.

## SUPPORT DIVERSITY



Cartoon by Steven Donovan

## Embarrassing secrets can take lives if blues not treated with friendly support



**Chenda Minn**  
*SIL Health & Wellness Intern*

It's orientation time. The adrenaline is rushing. There's excitement and everyone is happy. The new school year is about to begin, and with the new school year brings different activities, new people, a newfound freedom from your parents, tons of homework, unstructured class schedules and tons of other things that pop up out of nowhere.

What happens when everyone begins to settle down into their new lives and the school year brings challenges you thought you'd never have to deal with, or difficulties that used to be easy to overcome? Between classes, new relationships, work, clubs and organizations, life can become overwhelming and stressful. With all this stress, it's no wonder many college students develop depression. So, what happens when you think you might be suffering from depression?

You can find out online at [www.depression-screening.org](http://www.depression-screening.org). It's a site that provides an

online test that helps identify signs and symptoms of depression, but is not meant to diagnose depression.

Depression is treatable and nothing to be embarrassed about. In most cases, a person with depression experiences five or more of the following symptoms for more than two weeks: sadness, anxiety, fatigue, loss of interest in activities, lack of sleep or too much sleep, feelings of guilt and hopelessness, thoughts of suicide, difficulty concentrating, negativity and excessive crying.

If this is the case for you or someone you know, it is important to seek help immediately.

Victims of depression are not alone. According to The National Mental Health Association, 10 percent of college students have been diagnosed with depression. Many times symptoms of depression go undiagnosed because students believe their feelings aren't important enough to speak up.

It can be daunting, as well as embarrassing, for some students to find help and admit they might be suffering from a

"mental disease." What college students don't realize is that they have some of the most valuable resources and support networks on campus.

There are a variety of services at PLU that are geared toward helping and supporting students. Places on campus include: Counseling and Testing, The Health Center, Campus Ministry, Residential Life, The Diversity Center or Student Involvement and Leadership.

The Counseling and Testing Center provides students with licensed psychologists to speak with, as well as support groups for students to attend. It's a great place to turn to and it's confidential.

Another way students can seek help is to reach out to their professors, advisors, mentors or a close friend with whom they have developed a trusting relationship. If students feel it is too difficult to go to an established service on campus, going to someone trustworthy is a good start.

Life has its ups and downs. College students face many changes and opportunities that bring on a handful of hard decisions and emotions. It is normal to feel "blue" at certain points in life, but it shouldn't be something that consumes and affects daily living.

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The Mast is published each Friday by students of Pacific Lutheran University, excluding vacations and exam periods.

The views expressed in the editorials and columns reflect those of the writers, and do not necessarily represent those of the PLU administration, faculty, students or The Mast staff.

The Mast encourages letters to the editor. Letters need to be submitted to The Mast office by 5 p.m. the Monday before publication. Letters without a name and phone number for verification will be discarded.

Letters should be no longer than 400 words in length, typed and double-spaced.

The Mast reserves the right to refuse any letter. Letters may be edited for length, taste and errors. Letters are printed in the order they are received.

The Mast can be reached at (253) 535-7494 or [mast@plu.edu](mailto:mast@plu.edu).

# Soccer fields appreciation in Italy, tickets not expensive



## Along the Arno Trista Winnie

There are a lot of things I like about Italy.

Being surrounded by some of the world's finest art and architecture comes to mind.

I walk past the Uffizi to get to school. It has one of the world's most important collections of paintings - my favorites are those by Fra Filippo Lippi, Domenico Ghirlandaio, Leonardo da Vinci, and Raphael Sanzio. I see things such as Santa Maria del Fiore, Florence's Duomo (cathedral), every day. The Duomo has an elaborate facade of white, green and pink marble, and it's topped by Filippo Brunelleschi's incredible red brick dome.

I also love the food. This is a great country for vegetarians - lots of pasta, bread and fresh fruits and vegetables.

But one of my absolute favorite things about Italy is the prevalence of soccer (also known as football or calcio).

It pains me that I missed both Ichiro Suzuki breaking George Sisler's single-season hit record and the retirement of Edgar Martinez. Edgar was always my favorite.

I can remember the Mariners before Ken Griffey, Jr., but I can't remember them before Edgar.

I've also missed watching the Seahawks and Cougars play football, but I like what I see in their win-loss columns.

This has all been tempered somewhat by the fact that soccer is everywhere here- quite unlike at home.

I recently went to a Serie A (Italy's top level of soccer) game between Fiorentina and Sampdoria.

My friends and I crammed ourselves tighter than sardines onto a bus full of people decked out in purple and red to go watch our home team, Fiorentina.

We each bought some Fiorentina gear of our own when we got to the stadium. I bought a jersey and a scarf.

As a loyal Washington State University fan since birth, that was easily the most purple I've ever worn in my life.

Once we were all gaudily dressed in bright purple and red, we went in and found our seats.

I was surprised at how good they were, especially since the tickets were so inexpensive. We sat just a few rows up from the field at one of the 18-yard lines.

Looking to our left, I saw a large Plexiglas enclosure. The walls went all the way to the top of the stadium, and inside was an entire section of seats.

This was where the visiting team's fans sat.

Keeping soccer fans separated is probably a good idea. But just in case any violence did break out, dozens of police officers with lots of equipment and expressions that read "don't even think about it" were positioned around the stadium.

The Fiorentina fans began their noisy, spirited cheers well before kickoff. They were in Italian so I didn't understand them all.

The ones I did understand wouldn't be deemed suitable for publication by anyone except maybe Howard Stern.

The Sampdoria fans cheered louder in the end, though.

Sampdoria defeated Fiorentina 2-0. They converted a couple key scoring opportunities. Fiorentina didn't shoot as much, and shanked most of the shots they did take.

Being so immersed in soccer made me antsy to actually play.

I play on intramural teams for outdoor and indoor soccer at PLU. There aren't many girls, so I get to play a lot.

Playing soccer with my friends all the time is one of the things I miss most about PLU.

So I was excited when a game between students from my program and Italian students was scheduled.

Then, I was disappointed when I saw a sign announcing the game was cancelled. There are 143 people in my program, and we couldn't field a team- even though free pizza afterward was offered as an incentive.

I don't understand why, but many Americans don't like soccer. Some say it's boring because the scores are always low, but that just means each goal is that much more important.

Soccer requires endurance, speed, technique, teamwork, strategy and also a bit of recklessness.

Even so, apparently Americans who like soccer are a minority. The Italians had no problem fielding a team.

It was the only time since I've been here when I felt like I needed to apologize for my country. I'm sure the Italians were just as disappointed as I was that the game was cancelled.

So go play soccer with your friends, or at least watch a game on TV. It's important for international relations.

*Trista recently went to dinner with her friends visiting from Austria and Switzerland and their friends from Florence. She spoke German to one end of the table, Italian to the other end and found she quite frequently forgot words in English.*

## Little less programming, more flex



## The Ugly Stick Ronan Rooney

The year is 1953, and it is Christmas at Pacific Lutheran College.

The fall orientation handbook describes the students of PLC as holding a formal banquet with men and women "splendid in their finery," all attending a production of Charles Dickens' "A Christmas Carol." The night culminates as students "surprise Parklanders with Christmas caroling at various homes and street corners in the community."

Does this sound like your PLU experience? Unless you're one of our fine alumni, probably not. Student life has changed drastically over the years. With the advent of lightning speed technology and an interstate highway system that goes almost as fast, the world is a new place. The things we do to bide our time have changed. I don't think more students should get involved in more things on campus.

There was a time when going to college meant you had to leave behind the life you previously led. You left home and became stranded on the island world of your campus. For entertainment and human contact, you might turn to your campus. The wise ones, I imagine, just held themselves up and did homework.

These days are different. Where once upon a time I may have had to talk to the people living down the hall (or in the bunk below me) for human interaction, I am now totally connected to almost everyone I have ever known. Through e-mail, Internet instant messaging and online diaries, I don't miss a beat. In fact, with the advent of cell phones, I can now hang out with the people that I do like while I ignore them to talk to the people I like even better!

Furthermore, it doesn't take much to get back to wherever home is, and I'm a dude who lives hundreds of miles away on an island in Alaska. Ironically, my friends from Eastern Washington might expect to drive four to five hours to get home, while I can hop on a jet and be home to Alaska in a three-hour flight.

The case I want to make is that college life is not the isolation from "reality" it used to be. As a result, I feel as though we can see students drawn away from doing some of the big, social activities on campus that used to fill rooms. It's not their fault, and maybe it's time to reconsider the value of some of the programs and activities on campus to which so many resources are devoted.

Once upon a time, before being the plush furniture valley that it is now, the Lute Lounge held pinball machines and video games. The draw of the Lute Lounge dropped when people started owning their own video games, TV sets and forms of entertainment higher than rock-paper-scissors. The Lute Lounge changed to meet new needs and I propose that a time is coming for other activities to meet that standard.

I'm not asking that more students get more involved—that could be the furthest from my goals. Rather, I'm proposing that we are a school in a dramatically different time from the Christmas of 1953.

As a matter of economics and evolution, perhaps programs that are gaining little support should be cut for the sake of putting resources toward the programs that are effective. New programming would get the funding of failing programming. In the end, the degree of success would be measured by the involvement of students. In the end, we all win.

*Ronan Rooney is a sophomore at PLU. He thinks Mt. St. Helens is quaint, but he wants you to know that his home state of Alaska is home to half the world's active volcanoes.*

## Washington ballot measures

### MEASURE 297 MIXED RADIOACTIVE AND NONRADIOACTIVE HAZARDOUS WASTE

This measure would add new provisions concerning "mixed" radioactive and nonradioactive hazardous waste, requiring cleanup of contamination before additional waste is added, prioritizing cleanup, providing for public participation and enforcement through citizen lawsuits.

### MEASURE 872 ELECTIONS FOR PARTISAN OFFICES

This measure would allow voters to select among all candidates in a primary. Ballots would indicate candidates' party preference. The two candidates receiving most votes advance to the general election, regardless of party.

### MEASURE 892 AUTHORIZING ADDITIONAL ELECTRONIC SCRATCH TICKET MACHINES

This measure would authorize licensed non-tribal gambling establishments to operate the same type and number of machines as tribal governments, with a portion of tax revenue generated used to reduce state property taxes.

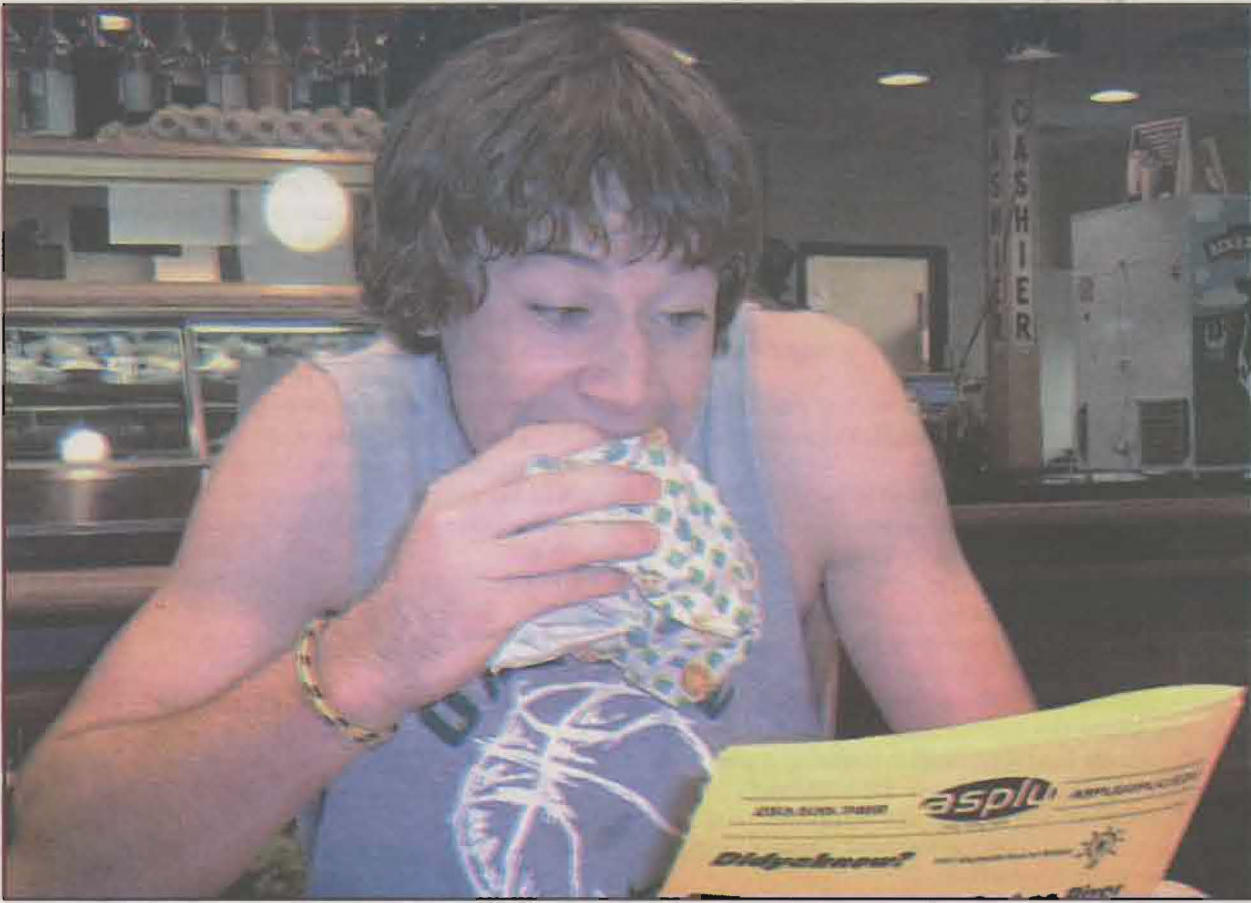
### REFERENDUM MEASURE 55 CHARTER PUBLIC SCHOOLS

This bill would authorize charter public schools and would set conditions on operations. Charter schools would be operated by qualified nonprofit corporations, under contracts with local education boards, and allocated certain public funds.

Information courtesy of Washington Secretary of State Web site

Got something to say?  
Write a letter to the editor!

E-mail 300 words to mast@plu.edu by 5 p.m. Wednesday, include name and ID



Sophomore Joel Caldwell reads the Daily Flyer while eating his breakfast sandwich in the Coffee Shop.

Photo by Jamie Stewart

## On-campus options

**JAMIE STEWART**  
Mast Lutelife reporter

Students may complain about the quality, atmosphere, wait or location, but there is no doubt there is a selection of places to eat on campus.

### University Commons

What do pizza, muffin sandwiches, fresh waffles and burger baskets have in common? They are all some of the food choices Dining Services offers.

With all of this, what do students think, and what do they prefer when it comes to eating at PLU? Here it is, what is hot and what is not:

Those with meal plans usually visit the University Center Commons (U.C.). Open seven days a week, 7 a.m. to 7:15 p.m., the U.C. provides options ranging from cold cereal to fresh pasta cooked in front of you.

Sophomore student manager Jennifer Tompkins has worked in the U.C. since last year. The staff, she said, works to provide a fun and enthusiastic atmosphere for its guests. Scrumptious pasta dishes and an assortment of salad bar choices always receive compliments, Tompkins said.

"You have to eat at the salad bar definitely," sophomore Chris Davis said. "The U.C. is as healthy as one chooses to make it."

One of Davis' favorite foods, along with sophomore Chase Donnelly, is cereal. Both eat cereal and a hard boiled egg with almost every meal at the U.C.

Some students might not know the U.C. provides sack lunches in the morning. This is especially convenient for students with class conflicts during meal hours. The U.C. also puts on a theme meal once a month, which is decided on by the student managers, Tompkins said.

"It is a fun way to get people in and get the job done," Tompkins said.

### The Bistro

The Bistro, located by the golf course, provides two services for students. The Bistro Lunch, also known as Grab and Go, offers sandwiches, microwaveable items, chips and desserts. The Grab and Go is open Monday through Friday, 10:15 a.m. to 1:45 p.m.

The Bistro has been complimented on the lunchtime sub sandwiches this year, Tompkins said. Davis, however, feels the options he enjoyed last year have been cut out and some point values have risen on items compared to last year.

At dinnertime, music and the chatter of students is the first thing someone might notice when eating dinner here. It is open Monday through Friday from 5 p.m. to 9 p.m. and is available to off-campus students who wish to pay by cash or Lute-points.

Donnelly and Davis are fans of the pizza.

"The pizza is a lot better this year, I think they got new sauce," Davis said. Pizza, subs, and salads are dinner choices along with beverages and side options. "We definitely have to give credit where credit is due when it comes to the Bistro," Davis said.

### The Coffee Shop

A more relaxed atmosphere, which is good for studying, is the University Center Coffee Shop. Sophomore Frances Adair likes the coffee shop because it is comfortable.

"It is a place where you can go and know what to expect, unlike the U.C.," Adair said.

The Coffee Shop has three different options for students. Monday through Friday from 7 a.m. to 10:30 a.m. is the meal plan breakfast to go. The renowned breakfast sandwich can be found here in the morning, along with other low-fat breakfast options such as muffins, bagels and yogurt. Smoothies and freshly cooked gourmet breakfasts such as pancakes, eggs and sausages are offered here as well for cash or Lute-point paying customers.

Lunches in the Coffee Shop are exclusively for cash and Lute-points. Everyday the menu is posted outside of the shop.

As for dinner, the Grill Service is offered to meal plan users or paying customers Sunday through Thursday 5 p.m. to 8 p.m. It sticks with the same menu nightly and offers choices such as grilled chicken breast sandwiches and burgers, along with a small salad bar.

### The Cave

Meal plans are not the only way to get food on campus. The Cave is a great example. This ASPLU facility offers drinks, milkshakes, ice cream and nachos during evening hours. It is open Sunday through Thursday from 8 p.m. to midnight, and Friday and Saturday from 8 p.m. to 1 a.m.

"I think people like to eat at The Cave because it is a comfortable and friendly place where you can get away from other things on campus," student worker Frances Adair said.

Dave Matthews Band and Coldplay often play in the background as people chat over nacho mamas or do a little studying. The Cave also holds a lot of special events such as Open Mic or Karaoke, and that is when it typically gets busiest.

"People usually wait a little longer because we take our time and meet the customer's direct needs. We always make nachos differently for each person who orders them," Adair said.

### Espresso Cart

The espresso cart is located in the lobby of the administration building and is open Monday through Friday, 7:45 a.m. to 4:15 p.m. It makes espresso drinks, tea and Italian sodas. Muffins, sandwiches and cookies can be purchased here as well using Lute-points or cash. Although the lines can be long, students such as Adair like to use the espresso cart between classes to grab a good drink.

### Vending Machines

Vending machines are always an alternative, and can be found in almost every building on campus. Popcorn, pretzels, candy bars, and cookies always end up being a good snack for class or late night studying after everything has closed.

### Frittata

- 2 eggs
- 1/2 tbsp. milk
- 2 tbsp. chopped onion
- 1 tbsp. chopped red pepper
- 1/4 cup chopped broccoli
- 1 sliced mushroom

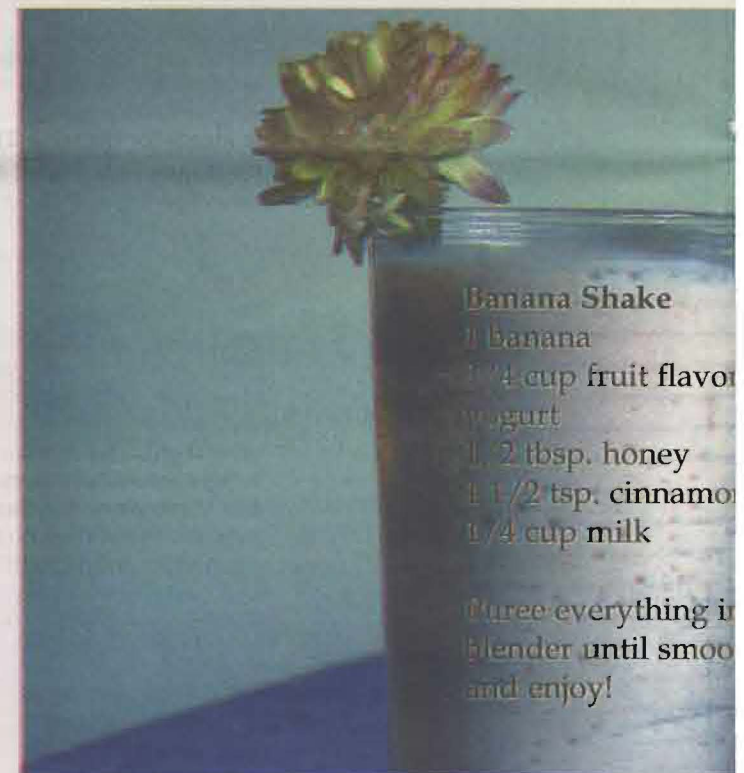
Pre-heat the broiler. Saute vegetables over medium heat until translucent. Set aside. Beat together eggs and milk. Pour slowly into heated pan. As soon as bottom starts to set, evenly disperse cooked vegetables over the top. Broil for about five minutes or when all of the egg is set. If desired, garnish with parmesan cheese and sliced olives.



### Quick and Easy Pizza

- 1 english muffin, split
- 4 tbsp. tomato sauce
- 3 olives sliced
- 1/2 cup shredded mozzarella cheese
- 1 tsp. basil

Preheat the oven to 350 degrees. Spread the tomato sauce on the english muffins. Sprinkle the cheese and basil on the english muffins. place olives on the muffin halves. Bake the muffins for 5-6 minutes, or until cheese is melted.



**Banana Shake**  
1 banana  
1/4 cup fruit flavored yogurt  
1-2 tbsp. honey  
1/2 tsp. cinnamon  
1/4 cup milk  
Blend everything in blender until smooth and enjoy!

## Different dining pers

**JAMIE STEWART**  
Mast Lutelife reporter

"It's miserable," is the first thing junior Josephine McCulley asked about eating on campus. This does not have to do with disliking the food. Instead, it is because she is a vegan, and is limited.

"It is disappointing and a pain when I want to join my friend for lunch at the U.C., but instead I just end up sitting there and watching them eat chicken crisps," McCulley said.

This month is vegetarian awareness month. The U.C. is providing information through their monthly newsletter, and is providing information and forms of vegetarianism. They also have suggestions for alternative protein into a vegetarian diet.

Even with this, vegans and vegetarians both have a hard time finding food at campus facilities. It comes down to being able to eat a healthy food.

McCulley mainly wants to be able to eat more of a variety. She wishes the university for adding features like the vegan fridge where vegans can find cheese slices and soymilk. But she wishes the tofu was better, and options like vegan yogurt or soup could be offered more often.

"The Bistro, for some reason, has these choices for vegans. I wish that the U.C. could do more. I have only gone twice to the whole year and I am already sick of it," McCulley said.

McCulley is grateful for the Bistro's vegan options such as bread, soup and salad. This is almost the only place she eats





Photo by Jamie Stewart  
Grad student Craig Lemay and senior Josh Houston unwind at the Cave

# Avoiding the Freshman 15

**GRETCHEN KURZ**  
Mast intern

College first-years have a lot to look forward to when starting school: independence from their parents, new friends, an extended education, new and exciting activities and a plethora of opportunities.

What most first-years don't expect to experience upon their start of college is the "Freshman 15." The legendary Freshman 15 has haunted and weighed down many first-year students for decades. The Freshman 15 is a label for the extra weight, usually 15 pounds, some students put on during their first year of college, according to PLU first-year Brittany Hale.

Many first-years hear about the Freshman 15 and spread the word so that other peers will help themselves fight the weight gain. Being aware of weight issues is important for PLU first-years like Barry Jones who say they do not understand what the Freshman 15 is and do not believe that weight gain has anything to do with coming to college.

Acquiring the Freshman 15

can be easy for those who get lazy with their health routines when they come to college. Many PLU students agree it is a common phenomenon, but don't understand why it happens.

"I would guess a lot of people do [gain the Freshman 15], because a lot of people that have come back home at Christmas time seemed to look heavier, so it seems true," first-year Emily Nolte said.

The question of whether or not the Freshman 15 is real cannot be accurately answered. It is dependent upon choices student make during their first year of college. Some students hardly notice the slightest alteration in their weight during college. Other students might have a noticeable weight gain haunt them all throughout college.

Lifestyles and healthy habits are the core of a person's health and well being, Sue Mkrichian, Student Health Center director and physician assistant, said. But creating a healthy lifestyle during the adjustment to college life is not as easy as it sounds. During the first year of college, the only

consistent thing about one's day could be the hours the cafeteria is open. In other words, first-years lack a consistency in their day-to-day living. A daily routine is out of the question for many.

In place of the standard three meals per day, it seemed to be the consensus among many PLU first-years that junk food and late night snacking are used to curb cravings when they can't get food from dining services. Dining Services offers meal opportunities until 9 p.m. This happens to leave many students hungry during their late night study sessions and movie marathons.

So what do the average hungry college students do? Whip up a nutritious dinner in their residence hall kitchen? No. They order cheap pizza or buy candy out of the vending machines that are so conveniently placed in the halls. This is a dangerous behavior for a student who is avoiding the Freshman 15.

"A lot of freshmen end up ordering pizza late at night and don't think about it," sophomore Daniel Rosales said.

College students should eat regular meals at regular times suggests Nancy Krupin, a registered dietitian at Lourdes Medical Center in Pasco, Wash.

While many students might not have a problem with eating regularly, many might find it hard to eat healthy.

"I remember that I was excited about all the forbidden food available to me. Mom never made french fries for lunch and dinner in the same day! But, the key to staying healthy is remembering the importance of balance and moderation," junior Katie Schrenk said.

Considering all the food options first-years are presented with upon coming to college, eating healthy seems to be more of a challenge.

"From my professional perspective, the weight gain is probably from living in the dorms and the cafeteria," Krupin said. "Food is always readily available to you and paid for, not the case so much at home."

Since the U.C. offers unlimited food upon each visit, many students overeat just because they can, sophomore David Nocoli said. Grabbing multiple entrees and desserts seems

acceptable since it is readily available. Eating extra food is understandable from time to time. The real problem, however, occurs when people turn this into a regular habit.

"Remember that it's OK to not clean your plate. Make sure you eat something from every food group and don't eat after a certain time," first-year Megan Moilanen said.

Physicians and professors teach that a healthy, balanced diet is one of the most important parts of being healthy. But, avoiding the Freshman 15 does not stop with eating healthy.

"To avoid the Freshman 15 you need to certainly maintain a regular exercise schedule with 30 minutes of aerobic activity," Mkrichian said.

Students risk more than just the Freshman 15 if exercise and a healthy diet are not incorporated into a regular lifestyle. Obesity, heart disease, high cholesterol and diabetes are just a few of the illnesses that people risk when gaining extra weight, Krupin said.

"We [health professionals] are seeing big increases with teens and young adults coming down with type two diabetes. This is very serious and it is getting younger and younger," Krupin said.

It is not only unhealthy to put on extra weight, it is bad for a person's self-confidence and when the spare tire rests upon one's hips and their pants won't button, it seems that their self-confidence might be affected, Mkrichian said.

"We are a very appearance-based culture, so weight gain affects our self esteem," Mkrichian said.

Guarding your figure from unwanted pounds is important for your self-esteem and health, Mkrichian said.

Looking good may be a means to having a positive self-esteem, but it is important to remember that health makes you feel good.

Whether it is health or appearance driving you to make better choices, listen to that little voice in your head telling you to choose the salad over the crispito. Avoiding the Freshman 15 can be easy if you make healthy choices part of your lifestyle. The next challenge will be avoiding the Junior 20...

## Objective: Vegetarians, Vegans

which she said is hard because she ends up having to go shopping and make her own food.

"I am a busy student. And if I want to fit in an extra game of Halo, I don't have time to cook," McCulley said.

Her only concern is she will have to convert back to vegetarianism because she needs more protein and variety in her diet. "I don't know how much longer I can eat pizza and garden burgers."

Vegetarians have it a little easier, junior Darice Grass said. Being creative in the U.C. is the one way Grass can eat well as a vegetarian. The U.C. always has vegetables, dairy and eggs available. Grass makes sure to use alternative sources of protein such as soy and beans to eat healthy. For her, being a vegetarian on campus causes her to eat healthier and stay away from some of "the nastier foods."

Grass says one of her top food choices on campus is sandwiches. She enjoys the options available at the Bistro to make sandwiches.

McCulley thinks it is interesting the Bistro seems to be more oriented toward vegans and vegetarians than anywhere else on campus. "Tony (the Bistro cook) is the man," McCulley said. "He has really helped in getting vegan options down at the Bistro."

One student manager said the Bistro was a little more vegan and vegetarian friendly because it prepares food for a smaller amount of people than the U.C. Whatever the case, McCulley said she could not "praise the Bistro enough" and stresses what has been done for a small minority.

Vegetarians and vegans have to choose to be creative at campus dining facilities to eat the proper food. The university has made progress, but students like McCulley would love to see just a little more quality and assortment for their specific needs.



Photo by Jamie Stewart  
Sophomores Travis Pagel, Carly Steen and Matt Burtness eat dinner at the U.C.

# A woman's touch



Photo by Hakme Lee

Nichole Boland (left) plays a sassy mistress in "The Constant Wife" while wife Constance, played by Lauren Wood, holds her own in a difficult situation. The play was chosen, in part, because it represents women in strong roles.

**ALLIE MOORE**  
Mast a/e intern

Long and reoccurring rehearsals have been taking place in Eastvold to prepare for the new play on campus.

"The Constant Wife" opened yesterday. The play is humorous yet a little on the scandalous side and is sure to catch the attention of students on campus.

Though preparation for the play is time consuming, it is all worthwhile for junior Greta Jaeger. Acting since she was in junior high, junior Greta Jaeger is anticipating the opening of the play.

Even though she usually has her share of homework plus nightly three-hour play rehearsals, Jaeger said, "When I'm on stage, I forget about all the work I have to do and just focus on the play. I don't worry about time management and what to do next. It's the most

relaxing time of my day."

Though her work schedule feels like a lot to handle at times, "acting actually helps to relieve stress," Jaeger said.

"The Constant Wife" was written by William S. Maugham and first premiered in 1926. It is a comedy of manners with a strong feminist viewpoint.

The play is about a woman named Constance who is married to a successful physician. It is revealed he is having an affair with Constance's best friend and it seems as though everybody knows about the affair except Constance.

However, Constance does know about the affair and after an array of events, the tables turn and Constance is reunited with an old flame and runs off to have her own affair.

Jaeger plays the part of Constance's mother. "I like playing aged characters," she said. The play

is old fashioned and "I have to put myself in a motherly attitude."

Playing a British role and acting proper are not the only things Jaeger has to remember.

"I need to remember to take small steps because the costumes are great, but they don't leave you much room to walk," she said.

Jeff Clapp, assistant professor of theater and director of the play, has been working with PLU theater for 10 years.

He first saw "Constant" two years ago and enjoyed the message it offered.

"There aren't a lot of good female roles," Clapp said. "The majority of plays come from a male's perspective and it was time for some female opinions."

The cast has many new students this year. "There is a lot of variety and it's fun to meet new people," Jaeger said.

The nine cast members "are doing a really good job of stepping up," Clapp said.

The majority of plays come from a male's perspective and it was time for some female opinions.

Jeff Clapp  
Director



Photo by Hakme Lee

Adam Drake (left) acts as John Middleton, a cheating husband. He is conversing with Martha, a friend aware of the affair, played by Ingrid Running.

**The Constant Wife performances:**

Tonight, Saturday, Sunday, Oct. 23 - 8 p.m.

Oct. 24 - 2 p.m.

Tickets - \$4 for students and seniors, \$7 general admission

## Huckabees offers laughs and existential bliss

**Someone sneezed in my popcorn: at the movies with Matt McVay**

I was surprised at the lack of knowledge anyone had about *I Heart Huckabees*, for being a mainstream independent film.

Not only did the people I talked to not know what it was about, they didn't even know it existed.

With an A-list cast including Dustin Hoffman, Jude Law, Jason Schwartzman, Lily Tomlin, Mark Wahlberg and Naomi Watts, you would think someone would know something. But the idea of not knowing is precisely what the whole movie is all about.

Let me set the stage of how this movie experience came about...

As I am looking I see this strange title, *I Heart Huckabees*. Curious, I clicked on it and began my journey into existential cinema.

The movie was only coming out in select cities and Seattle was one of them.

After purchasing some over-

priced matinee tickets, my girlfriend and I entered into a surprisingly crowded theater.

The lights dimmed and the film started. It is near impossible to tell you what this film is about considering it really has no meaning except that it is to help enlighten the minds of its inhabitants and realize their place in the universe.

These characters live in a world much like ours but it is not. It is so far removed that it makes no sense yet fits it perfectly. OK, I know you are wondering, "What the hell are you talking about you crazy loon?"

Well, what I am saying is this film was hilarious.

It's a comedy that is smart and goofy at the same time. It is the first Dustin Hoffman movie I have enjoyed watching in a long time. It is one of the more honest and genuine roles I have seen him in.

Jason Schwartzman also does a superb job as the film's lead.

The movie itself wraps right up into its running theme. It starts off chaotic and confusing, with Hoffman's character

telling us we are all connected, all part of one blanket.

This idea is smashed and we are told we are all alone, nothing is everything and everything is nothing. Only to be rebuilt up into a connection that is stronger than anything before.

These are extremely complex characters that are easily accessible to the audience. By making them accessible, the audience creates an investment into each character where they genuinely want to know what happens to them.

When you are surrounded by people who are enjoying the movie as well it is much easier to let go and immerse yourself into the film.

The whole room was exploding with laughter and that laughter caused more laughter. By the time the lights came up they started clapping.

OK, clapping I feel is a bit far and cheesy, but that aside, the film deserved every bit of it.

# AUTO GLASS

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# Music: Pleasing to the ear or bodily noises?



## Musical musings

Eric Thompson

Have you ever noticed the things our culture produces become weirder and weirder every year?

As time moves on, and we find ourselves with more human history and achievement behind us, we have to evolve and constantly innovate our art, literature, music and other cultural products to continue to create new and relevant material and avoid being derivative.

This leads to the continual stretching of the definition of art.

Author David Sedaris commented on this trend, as he saw it in visual art, in his book, *Me Talk Pretty One Day*.

About the time he spent sharing a house with some modern artists Sedaris wrote, "Their artworks were known as 'pieces', a phrase I enthusiastically embraced. 'Nice piece,' I'd say.

"In my eagerness to please, I accidentally complimented chipped baseboards and sacks of laundry waiting to be taken to the cleaners. Anything might be a piece if you looked at it

hard enough."

Anybody who has ever seen a "piece" consisting of orange metal bent in three places selling for thousands of dollars and thought, "I could do that; why is that impressive?" understands this. The same definitely applies to music.

With every generation comes some new genre or type of music that pushes the limits of the current conventional understanding of what music is. In the 50's and 60's it was rock and roll, which was so different and abrasive that many denied its musicality.

In the 70s and 80s it was rap, a genre that some people continue to deny is music at all. A friend of mine from high school once spent an entire class period arguing that Nelly's music could not possibly be considered music, let alone art.

While his latest song, "Flap Your Wings," which features the lyrics, "Drop down and get your eagle on/Flap your wings girl," strongly tempts me to agree, I must remain strong.

Rap usually does contain rhythm, and sometimes even melody or harmony, which are the key components of music.

In the 90s the new genre was "laptop music," which

could be created completely on computers by a single person.

The idea of music existing without actual instruments was very disconcerting to some people, and it too suffered claims that it was not a legitimate form of music.

The most recent musical trend is to combine multiple preexisting pieces of music into a new creation.

The best example of this is DJ Danger Mouse's *The Grey Album*. The album features the vocals from Jay-Z's *The Black Album* and the instrumentals and some vocal harmonies from The Beatles' *The White Album*. Danger Mouse combined the two creatively to make an amazing and completely new product.

A lot of people are unimpressed with this. Some think it is shameless theft of others' work. Others just don't see the appeal.

Music writer Chuck Klosterman complained that listening to the track "Dirt Off Your Shoulder" has no effect on him other than to make him wish he was listening to "Julia," the song from which the guitar part is sampled.

I do not share his sentiments. The DJ uses the two components so well that the

result is completely original and good in its own right. Nevertheless, it will probably take several years before society as a whole accepts that this form of expression is, in fact, music, not copyright infringement.

There is another pseudo-genre of music called experimental. This is the rough musical equivalent of the modern art that Sedaris described so well.

It encompasses anything that toys with unconventional concepts and ideas. An excellent example of this is John Cale's *Sun Blindness Music*. The album consists of seemingly unending, jarring, dissonant chords played on electric organ and electric guitar which extend for over twenty minutes, changing so gradually it's almost unnoticeable. To borrow from Sedaris, anything might be music if you listen to it hard enough.

So what is music and what isn't? An elementary school teacher of mine once made the argument that some of the metal music we were listening to was not music.

She got out her dictionary and read us the definition, which included the phrase, "pleasing to the ear." She

claimed what we were listening to was loud, unmelodic and unpleasant, therefore it could not be defined as music.

She failed to realize that "pleasing to the ear" is a completely subjective state and she could not decide what was or was not pleasing to anybody's ear but her own.

Actually, she unknowingly proved our point rather than hers. If music is defined as "pleasing to the ear" then there can be no culturally dictated standard. Every single person has their own ears, and might find absolutely anything pleasing to them.

Because of this, I can't answer the question. Nobody has the power to say what constitutes music. If we want to continue to make original music we will have to be creative and daring, and nobody should squelch that.

I'm not saying there's no such thing as bad music, because I've heard plenty of it. I'm also not saying that just because you personally happen to find the sound of bodily functions pleasing to the ear you should make an album out of them.

But if you did, I wouldn't be able to tell you it wasn't music.

# Hudson River art exhibit features moral, social ideals of early America while on display at TAM

KARYN OSTROM  
Mast critic

Fifty-five landscape paintings representative of the Hudson River School are currently on display at the Tacoma Art Museum. The new exhibition opened the weekend of Oct. 1-2 entitled Hudson River School: Masterworks from the

Wadsworth Atheneum Museum of Art.

The installation is part of a nationwide traveling exhibit which began one year ago and will continue to make its way to other United States venues through winter 2006.

The collection, on loan from Connecticut Wadsworth Atheneum Museum of Art, the country's oldest public art

museum, features oil paintings by a group of mid-19th century landscape painters who founded America's first school of landscape paintings.

Among them are Thomas Cole, Albert Bierstadt, Frederic E. Church and Asher B. Durand.

They are characterized by the Romantic depiction of nature on the East Coast (and later, the westward expansion)—a response on the part of American artists to Ralph Waldo Emerson's call for art and literature to reflect the image of a new republic.

The Hudson River School paintings have come to represent moral, social, political and economic ideals of the 19th century when America was attempting to create a national identity.

The paintings use 17th-century European landscapes as models, but showing the rugged mountains and uninhabited wilderness of the American landscape which

symbolized good fortune and potential.

At TAM, the paintings are displayed in the dimly-lit Annette B. Weyerhauser Gallery, which showcases the warm colors and representation of light in the paintings as luminism was a trend the Hudson River School artists employed to represent a higher level of thinking and to symbolize divine providence.

This installation will be featured until Jan. 16, 2005.

Ongoing exhibitions at TAM include Look Alikes: The Decal Plates of Howard Kottler and Scott Fife.

Look Alikes, which closes in December, is a display comprised of ready-made commercial plates decorated with altered decals of familiar paintings, such as "American Gothic," "The Last Supper," "Mona Lisa" and "Blue Boy."

Kottler, a former University of Washington professor, aimed to reflect issues of social protest in the

1970s, such as gender issues, religion and politics, using his unique artistic language of defacing and changing familiar icons.

Scott Fife features sculptures by the said artist, a native of Seattle.

The sculptures, made of archival cardboard with glue and screws, provide commentary on media icons and the realities of American life.

Fife's interest in 1960s pop artists is evident as his works, from his three-dimensional fashion clothing portraits, to "Green Chair," a living room chair combined with a television—a progressively important fixture at the time. Scott Fife closes Jan. 2, 2005.

Museum admission is \$5.50 with student identification.

For more information on the Tacoma Art Museum, please visit [www.tacomaart-museum.com](http://www.tacomaart-museum.com).

## Take a study break!

### Maria Full of Grace (R)

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### The Motorcycle Diaries (R)

Daily: 4:05, 6:30, 9:00

Sat/Sun: 12:15, 4:05, 6:30, 9:00

### Festival Express (R)

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### Concert calendar for week of Oct. 8

#### Friday, Oct. 8

-Leuko, Kuma, Aviso, Mono in VCF Hell's Kitchen; 9 p.m., all ages/bar w/ID, \$5  
-Unearth, Terror, Black Dahlia Murder, Remembering Never The Graceland; doors at 7 p.m., all ages/bar w/ID, \$10 via Tickets West

#### Saturday, Oct. 9

-UK Subs, Bristle, The Guilty, Sadie Hawkins Rejects, The Assassins Hell's Kitchen; 6 p.m., all ages/bar w/ID, \$10  
-New American Standard, Post Stardom Depression, Strange Occurrence The Graceland; doors at 5 p.m., all ages/bar w/ID, \$8

#### Sunday, Oct. 10

-Hip Hop Comedy Sundays Hell's Kitchen; 9 p.m. - 2 a.m.

#### Monday, Oct. 11

-Acoustic Open Mic Jazz Bones; 6 p.m., all ages, FREE  
-Guitar Center Jam Jazz Bones; 8:15 p.m., 21+, FREE  
-LAO, Truce, Pistol for a Paycheck Hell's Kitchen; Doors at 6 p.m., all ages/bar w/ID, \$7

#### Wednesday, Oct. 13

-The Eagles of Death Metal Chop Suey; 9 p.m., 21+, \$10 via Ticket Web

\*\*Something missing? e-mail info with "concert calendar" in the subject to [mcculljm@plu.edu](mailto:mcculljm@plu.edu)\*\*



Raevyn Lee  
and  
Sophie Lou:  
Resident  
Gumshoes



Providing answers  
and advice for the youth of today  
and the leaders of tomorrow

Dear Lou and Lee,

I've been good friends with this guy—lets call him Schmitty—for about six years now, and I think he's developed some kind of romantic feelings for me. For example, we were at the mall the other day, and I pointed to a pair of earrings that I liked. Next thing I know he's handing them to me, calling them an "early birthday present." My birthday is in May.

Knowing him for six years, I know that this is how weird he acts when he likes a girl. So what do I do? He's a really good guy at heart, but I just don't see myself being in a relationship with him that is more than platonic. He's awkward, has bushy eyebrows and he spends more time getting ready than I do. Does that make me shallow? Mostly, I just don't feel that way about him.

I think he knows I don't share his feelings, but he still seems to be pursuing me. How do I let him down gently without jeopardizing our long-standing and really awesome friendship? Or should I try harder to like this guy?

Sincerely,  
Nice Girl

RL and SL:

Dear Nice Girl,

Shallow? Pfft. Just a little bit. But that's okay, because it sounds like first and for most you just aren't attracted to Schmitty in the same way he is to you. And if you were attracted to this guy, all the surface stuff wouldn't irk you so much. You'd find his primping endearing and his eyebrows would start to remind you of Colin Farrell's manly brows. However, when you don't like someone, idiosyncrasies become vexing features. So cheer up Nice Girl, there's hope for your friendship yet! There are just a few steps to take:

#### Step 1: Denial

Pretend that you don't notice the change. This is not leading him on; it's just ignoring his "weird" affections. This hopefully will make him realize that you're feelings for him are not going to alter from "buddy" mode. If this doesn't work, then it is time to move on to

#### Step 2: Dropping Hints

In this stage, when he makes an interesting move, you tease him about his absurdity and leave, making it obvious that you are uncomfortable. It is also in this stage that he is still able to save face. If he picks up that you are not interested from your subtle refusals, he can still squelch his feelings, laugh it off, and go back to being your pal. This is key, because if he can save face then there is less of a chance that the friendship will get awkward, so try to stay in step two for as long as possible and only as a last resort (meaning he is just as thick as a door nail) go to:

#### Step 3: The Talk

This is hard, because, the friendship is going to change after "The Talk," but if you are seriously not happy about the "Schmittsters" fondness for you, then you need to put your foot down. Just make sure you're putting your foot down gently. Sit him down and be genuine, kind and truthful. Tell him what you're feeling. But along the way, reinforce the cool friendship you two have. Breaking hearts is a hard business, so if all else fails try to recall a crush-gone-wrong that involved your smashed little heart; that will give you some perspective to save face yourself. The last thing you want to be is an insensitive snob, which would guarantee one less friend. But you claim to be a "Nice Girl", so I don't think you'll have too much trouble.

Here, we have even provided you with some useful "Let 'um down easy" scenarios:

**Mean:** After he offers you a token of love you run away yelling "I don't want your stinky presents!" Maybe he'll think you're crazy and stop liking you and start pitying you.

**Scary:** Just drop this jewel into everyday conversation and watch him squirm: "Wouldn't it be funny if we got married? What would we name our children? Wouldn't it be beautiful to get old, fat and ugly together?"

**Innocently Honest:** Laugh lightly and turn to him and say "Man, we would be an awful couple! I mean we would constantly be arguing about (insert quirky friendship dispute here)."

**The Bubble:** To be said after physical contact of some kind: "Nope we don't touch me. I don't like to be touched. Touching means I'll go Xena on you're ass." Then continue the conversation like nothing happened.

Hope we've been some help. If you follow the steps and still end up loosing Schmitty as a friend, then we express our deepest apologies and suggest curling up with a good movie and chocolate, or dancing around your room in the buff to great music (Ben Folds is our selection of the month).

These things always cheer us up.

Best wishes,  
fellow Nice Girls,  
Sophie Lou and Raevyn Lee

## Ethan's retroactive review

# Showdown on the ol' DVD player

Clint Eastwood stars in *The Man With No Name* trilogy

ETHAN JENNINGS  
Mast critic

genre.

### FOR A FEW DOLLARS MORE

A lot of people don't like westerns. I do, and I feel I can safely say that few films were as influential to the genre as Sergio Leone's spaghetti western trilogy starring Clint Eastwood.

Usually referred to as either the *Man With No Name* Trilogy or the *Dollars* Trilogy, it consists of *A Fistful of Dollars* (1964), *For A Few Dollars More* (1965) and *The Good, the Bad, and the Ugly* (1966). Directed by Leone and with a legendary score by Ennio Morricone, the *Man With No Name* Trilogy forever changed the western movie.

### A FISTFUL OF DOLLARS

*A Fistful of Dollars* is Leone's first spaghetti western. It was also Clint Eastwood's first starring roll (unless you count his turn as "Jet Squadron Leader" in *Tarantula*) and the film that made him famous in American cinema.

*A Fistful of Dollars* follows the story of Eastwood as the Man With No Name (actually, his name is Joe, though the line is hard to hear) in the small Mexican town of San Miguel. San Miguel is ruled by two rival crime families, the Baxters and the Rojos, much to the detriment of its people—as one character intones, "You will get rich here or you will get killed." The Man With No Name sets out to destroy these two smugglers, playing one against the other to save the people of San Miguel.

Leone's films are all about style, and nowhere is this principle more apparent than in *A Fistful of Dollars*. The plot is threadbare, but the cinematography and Morricone's music—particularly during moments of tension, such as the many gunfights—is astounding, and has been imitated ever since. This is the film that created the clichés for which western movies are now known.

You won't find a hero more stylish than the Man With No Name. Eastwood's character is a nameless vagabond who only hints at the dark history that set him to helping this besieged town.

He is honorable but ruthless in the way he rights wrongs, and his motivation is never fully explained. The mystery of the Man With No Name adds greatly to the film's considerable panache.

Yes, *A Fistful of Dollars* is a little cheesy—Clint Eastwood is pretty obviously the only one speaking English, for one, and, despite having an R-rating, the gunfights are bloodless—but it represents the greatest use of style in western films, and launched a new era for the



Illustration by Steven Donovan

Douglas Mortimer (Van Cleef), a bounty hunter who is every bit as skilled as the Man With No Name.

Mortimer and the Man With No Name form a loose partnership to go after El Indio, though each tries to get the upper hand.

The Man With No Name is in it for the money, but the viewer soon realizes that Colonel Mortimer has a much deeper motivation for taking down El Indio. Meanwhile, El Indio becomes obsessed with robbing the supposedly impregnable bank in El Paso, and sets out with his brutal gang (which the Man With No Name infiltrates) to do just that.

As with his previous spaghetti western, *A Fistful of Dollars*, Sergio Leone makes this fairly straightforward plot interesting by injecting the film with so much style that every scene practically drips with it. Back are Leone's signature camera angles and the famous musical score of Morricone.

Back is Eastwood's honorable-but-ruthless character. It's interesting to note that Eastwood eats, drinks, deals cards and does practically everything else with his left hand—always keeping his right hand resting on his pistol.

Despite its considerable flair, *Dollars More* is easily the weakest film in the trilogy.

For one thing, Eastwood is noticeably lacking from large segments of the movie, when the narrative focuses on El Indio or Mortimer.

Van Cleef and Volonté are capable actors, but they just don't have the same screen

presence as Eastwood, and you start to wish the Man With No Name was in the picture more.

It wasn't Leone's greatest film, but *For A Few Dollars More* is definitely worth seeing if you're a fan of Eastwood, and I recommend it for those following the Man With No Name trilogy, even if it isn't essential to the experience.

### THE GOOD, THE BAD, AND THE UGLY

This is the one everybody has heard of, and rightly so—*The Good, the Bad, and the Ugly* is the best of the trilogy. This film is Leone's masterpiece and the culmination of everything he learned filming the first two movies.

A prequel to the other two films in the trilogy, *Ugly* is set in Texas during the Civil War.

The state is in chaos as victorious Union troops approach, and three men take advantage of this anarchy in their quest for profit: a bandit named Tuco (Eli Wallach), a ruthless killer known as Angel Eyes (Lee Van Cleef, back as a different character) and the enigmatic Man With No Name.

Through various means, the three discover that a Confederate soldier hid a fortune of \$200,000 in gold somewhere in the Texas desert. Tuco knows the treasure is buried in a cemetery, the Man With No Name knows the name of the grave and Angel Eyes knows he needs the other two to find the fortune.

The three set off across Texas, dodging the Union, the Confederates and one another as they each try to get to the gold. Along the way, they confront—and in Angel Eyes' case, participate in—the horrors of the war tearing America apart.

Unlike the other films in the trilogy, *Ugly* has a truly epic plot. The classic quest of Campbell's writings transposed into America's equivalent of the bold crusader: the cowboy.

While the other two films had small casts and close action scenes, *The Good, the Bad, and the Ugly* utilizes thousands of extras in massive battle scenes.

The close, personal gunfights of the previous films are still there, as is the Man With No Name's considerable skills with a revolver.

And of course, there is Leone's unique filmmaking style, refined with experience and elevated to an art form in *The Good, the Bad, and the Ugly*. His camera angles, editing and Morricone's iconic score are combined to create movie nirvana.

This is the great one, and though it will be best appreciated if you see the other two films first, I suggest that anyone with even a passing interest in westerns see *The Good, the Bad, and the Ugly*. You won't regret it.

# Half court chatter: The trade off ... sports v. education



**KRISTEN LABATE**  
Mast sports columnist

## Play for the love of the game

While writing the Title IX article it occurred to me that the lack of athletic scholarships at the Division III level can strike quite the controversy.

I personally applaud the NCAA decision to keep money out of Division III athletics.

I was a competitive athlete in high school with hopes to play in college. As my senior year rolled around I visited many Division II universities and talked with several coaches, but I will always remember my visit to Bryant College.

The Bryant coach was very intense and it was obvious her coaching mentality was geared toward winning. She expressed to me it was my job to do well there and work hard because she was paying me to be there.

Then it hit me. Did I really want to play for money? I would no longer play just for the love of the game, but for my coach, school and tuition. What a foreign concept for an 18 year old.

I decided it was too much responsibility resting on my shoulders, so I ended up at PLU, and I do not regret my decision.

Granted there are many athletes who thrive at Division I and II universities, but what about the athlete looking for a good time and a strong academic focus, while preserving the competitive mind-set? For this very reason, Division III schools can be an athlete's dream come true.

Ultimately, students go to college to get a higher education, not to become the next professional sports icon. It only makes sense that NCAA would designate a division devoted to balancing education and athletics.

Another issue that comes to mind is the elimination of the red-shirt athlete. I am for this new regulation. The only reason coaches red-shirt players is to develop an athlete and get four more years of eligibility out of the athlete.

Unless you are on the football team, how many PLU athletes are going to stay for five years? If you can graduate in four years, do it!

Seventy-one percent of PLU students graduate in four years. Tuition is too expensive to hang out a fifth year if you do not have to. Maybe we can get the football players out of here in four years too and put some extra bucks in their pockets!



**TYLER OCHSNER**  
Mast sports columnist

## A vote for athletic scholarships

Until the mid-1990's, PLU belonged to the NAIA and had the ability to offer scholarship money to athletes. Presently, PLU is unable to offer any athletic scholarships because of its affiliation to the NCAA Division III.

All divisions and levels of collegiate athletics offer scholarships except the NCAA division III classification. This includes Division I, Division II, NAIA and most two-year colleges.

So, a question remains: should Division III colleges and universities offer athletic scholarships?

Yes, NCAA Division III institutions need to provide some type of athletic aid.

Currently the average total cost to attend a year at PLU, including tuition and room and board, is an outrageous \$27,200. PLU offers merit, need-based awards and grants to pay for this uncomfortable sum. But all these scholarships are based solely on academics. What about athletics? Should there

not be need-based or talent scholarships for athletes?

The idea of being well-rounded is often promoted in high school and college. This means students are supposed to find a balance between academics and extra-curricular activities.

Colleges and universities, which are not affiliated with NCAA Division III, reward students for academic and athletic talents. This includes Yale, Harvard and all other Ivy League schools, but doesn't include PLU nor other NCAA Division III institutions.

I realize the academic mission is a very important aspect of the college journey. However, students should be commended equally for their abilities in the classroom as much as their talents on the playing field.

After all, most of us will not remember the boring lectures and discussions we endured. But, I almost guarantee we will recollect the spirit, attitude and atmosphere that our fellow Lutes created. Athletics is one of the primary arenas where these memories flourish.

I am not suggesting an enormous change in the distribution of scholarship money. I am just stating we should reward students for all their talents, not just academics. Academics are an integral part of the educational process, but so are athletics.

# Men's soccer beats George Fox, shutout by Willamette

**MEGAN WOCHNICK**  
Mast sports reporter

Execution determined the winner of both games the men's soccer team played last weekend.

The Lutes hosted the George Fox Bruins last Saturday in a 3-2 overtime thriller.

Junior midfielder Kevin Murray scored the game-winning goal on a penalty kick with 2:04 remaining in the first overtime. Murray also had two assists in the game.

"It was good to get three goals and I do think our attack is getting better," head coach John Yorke said. "We have been working on some things trying to improve in that area and we executed some of our training very well against (George Fox)."

The Bruins were the first to score in the game, taking a 1-0 lead on Ryan MacKenzie's goal at the 68-minute mark of the second half.

The Lutes then tied the score at 1-1, as Murray passed to teammate first-year forward Mike Ferguson who scored from 20 yards out.

About a minute later, sophomore forward Trevor Jacka put the team up 2-1 as he slid to retrieve Murray's pass. It resulted in a chip shot that went

over the George Fox goalkeeper and into the net.

The Bruins then tied the score 2-2 as a penalty kick by Dan Potter found the back of the net to force overtime.

The teams went into overtime before Murray's goal resulted in the final score.

"I would still like to see us get more of our shots on target though," Yorke said.

PLU junior goalkeeper Jared Harman made three saves in the match, including overtime.

The offense didn't carry over to Sunday, as the Lutes were shutout by the visiting Willamette Bearcats, 1-0.

Willamette's Michael Rodriguez scored the only goal of the game at the 22:34 mark, from 20 yards out on the right side. The goal was assisted by fellow Bearcat Daniel Park.

PLU (4-8-1, 3-3-1 NWC) out-shot Willamette 15-10 and had a 7-4 advantage in shots on goal.

Harman and junior Rob Grolbert split time at goalie, combining for three saves.

"If we would have started the game the way we fin-



Above: First-year Erik Gracey fights through three George Fox players last Saturday. PLU won the game 3-2 in overtime.

ished I do not believe we would have lost," Yorke said. "The guys gave a great effort in the second half but it was too late."



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# Women's soccer sweeps the weekend

**BREANNE COATS**  
Mast sports reporter

PLU's women soccer team slid past George Fox and pounded Willamette this past weekend.

"We played really well together, they were probably our best games," sophomore Stefka Kling said.

The rain made it so the Lutes hosted George Fox on a slippery field last Saturday that left most

players sliding and falling on the grass.

"I think overall we had it together this weekend," Kling said. "We knew the conditions with the mud and rain."

PLU jumped out with the lead. Both teams were playing a very physical game, and at the 19:30 mark junior Andrea Gabler was fouled inside the goal box, meaning the Lutes got to shoot a penalty kick with only the George Fox goalie, Jessica Cardwell, defending the goal. Junior Alyssa Bursleson scored off the penalty kick and the Lutes were ahead 1-0.

George Fox, however, fought back and scored off a penalty kick of their own 45-yard shot by Jill Stinfeld.

At halftime the game was tied 1-1 and PLU's coach, Jerrod Fleury, went to talk with the referees about his frustrations with their calls. Fleury was given a red card by the head referee and had to watch the rest of the game from outside the

Photo by Andy Sprain

Left: First-year Sarah Hodges fights Jill Stinfeld for the header Saturday.



field boundaries.

The two teams continued to play an emotional and physical game that remained tied until senior Brita Lider scored the winning goal for the Lutes with 2:18 left in the game off a pass by senior Laura Fisher.

The Lutes hosted Willamette University last Sunday and beat them for the first time since 1992. The final score was 3-1 and junior Jenny Ironside scored two goals for the Lutes.

"Sunday was a better day," Kling said. "We weren't affected by the conditions."

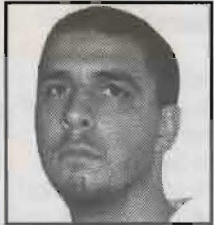
Ironside scored her first goal after 12 minutes of play in the first half. King scored off a pass by Lider to give the Lutes a 2-0 lead. "[Lider] crossed it and I just headed it in," Kling said. "It was a really good play by [Lider]."

Willamette's Susan Butler scored at the end of the first half after 42 minutes of play.

The Lutes sealed their victory off of Ironside's second goal after 75 minutes of play. The final score for the game was 3-1.

The Lutes travel tomorrow to play Lewis & Clark.

## Lutes to showcase the talent that could lead to a slammin' season



### Between the lines Brent Chantler

Today will mark the first day that NCAA rules allow basketball teams to legally start practice for the upcoming season.

Our PLU men's team decided to not waste one minute of time to get people excited about this coming season.

At 12:01 a.m. our men's team hosted their annual Midnight Madness.

During the event, PLU students were invited to witness a shooting contest, dunk contest and a team scrimmage.

The night will provide students with a taste of things you could see from our PLU men's team.

This is Dave Harshman's third year as their coach. Hopefully the third time is the charm for a team looking to become a force in the Northwest Conference.

One of the things the Lutes have going for them is experience.

The Lutes are once again going to be able to rely on the services of such players as John Stark, Drew Cardwell and Gabe Ash.

These guys got some decent playing time last year and are going to be looked at to help lead the team, both on and off the court.

"A lot of us guys have played together for a while now, so that is really going to help the team," Ash said.

Ash said there were some key losses from last team's season.

"The loss of Hazen Hyland is a big one," Ash said. "W.C. Harbert is a big loss as well. He got everyone to work hard during practice."

It is always hard to lose guys like Hyland and Harbert but Ash doesn't deny the fact that this team has chemistry.

"Playing with one another for so long does help, but this team gets along really well together," Ash said.

No amount of talent can do the same things that team chemistry can. Ash knows chemistry is not the only thing

they need.

"Being a captain I need to lead by example. I really want to try and play tough post defense," Ash said.

Defense is a big key to this season, Ash said. "We need to start with strong defense and let that work in our favor."

Ash is going to help out a defense that had a hard time finishing games last season.

"We need to be better at finishing games this year," Ash said. The Lutes lost eight games last year by seven points or less, and twelve games by eleven points or less.

One thing we can do as students is to keep up the great home attendance.

Last season the average attendance for a home game was 1,023 people. A great home crowd can do wonders for a team, so student support can play a role this season.

To get back to the top of the conference the Lutes need to beat conference teams. The Lutes conference record last season was 3-13. The three conference victories came against Lewis & Clark, George Fox and Whitman.

Some key games we can look for-

ward to getting the team to the top of the conference are Jan. 7 against Willamette and Jan. 28 against University of Puget Sound.

The UPS Loggers finished with a 17-1 record while the Bearcats finished at 17-8.

To really make a name for themselves it is going to take victories against teams such as the Loggers and Bearcats to make a statement.

My predictions for this season: with a strong core of leaders I look for this team to provide some excitement within the conference. They will finish with a record of 13-12 overall and a conference record of 6-10.

Keys to the season: aside from getting it done in the clutch, the Lutes really need to focus on starting out strong. Last year the Lutes were outscored 880-763 in the first half. I would also like to see their .636 free throw percentage go up a little bit.

Look for these guys to play the spoiler role in conference and give us something to look forward to in the 2005-2006 season.

## Women's volleyball overpower Pacific then Lewis & Clark

### Lady Lutes offense towers at the net as multiple players tallied several kills

**KRISTEN LABATE**  
Mast sports reporter

The PLU volleyball team ruled the courts once again. PLU defeated Pacific and Lewis & Clark last weekend.

Home court advantage appeared to be of no benefit for Pacific and Lewis & Clark.

"We have to focus each and every match, and this weekend we achieved that mental focus," sophomore middle blocker Jenn Henrichsen said.

On Friday Oct. 10 the Pacific Boxers hosted the Lutes in Forest Grove, Ore.

"We went into the match with a serious attitude to win because last season we lost to Pacific and we did not want to see our loss repeated," Henrichsen said.

However, the Lutes did not appear to establish this attitude as they dropped the first match, 26-30. The Lutes from the beginning gave the Boxers the advantage with a 3-point lead. PLU could not catch up to Pacific.

"Our coach has made us realize that every conference opponent is more than capable of winning on any given

night," Henrichsen said.

It is obvious the Lute volleyball team internalized this perspective after they dropped their first game, since the team refocused their energies for a positive outcome. They moved on to win the next three games for a match victory.

It was a hard-fought second game by both teams with the score showing a 17-17 tie. But sophomore middle blocker Kati McGinn got a good hit in the middle to establish the Lutes first lead. They went on to win, 30-28.

In game three the Pacific Boxers looked like a different team, plagued by attack errors. The Lutes easily pulled out the win, 30-15.

In the fourth game the plague continued. PLU took full advantage of the Boxer's off-game. Locke had a good game leading the team in kills, 21. Locke also out-hit the boxers with her

.526 attack percentage compared to the Pacific average of .269. McGinn put away 13 balls. The Lutes finished game four, 30-24.

In Portland, Ore. on Saturday, Oct. 11, the Lutes stole the show defeating Lewis & Clark in three straight games. This match made it PLU's seventh consecutive win. The Lutes now stand 7-1 in conference play and 8-6 overall.

The first game did not look hopeful for PLU as they were looking at a 6-point deficit, 8-14. However, enthusiasm increased and

the Lutes kicked their butts into gear to move from a deficit to a 21-15 lead. The Pioneers gained only five points on the Lutes for the rest of the game. PLU won 30-20.

The second game was short and sweet. PLU took control early in the game leading their way to victory, 30-19. First-year outside side hitter Lindsey Rice served two aces to top off

the game.

In the third game junior right side hitter Meghan Fagerberg and junior outside hitter Stephanie Turner each put away two balls for the lead, 4-2. The Pioneers gained two points, then the Lutes scored seven unanswered points for an 11-4 lead. Henrichsen hit a quick set in the middle to score the game point, 30-25.

Senior middle blocker Julie Locke led PLU in kills totaling 13, as well as 13 digs. First-year libero Meghan Kosel totaled 12 digs. First-year setter Gina DiMaggio racked in 33 assists. Turner and Fagerberg tallied seven kills.

Every player saw court time and gained game experience last weekend. According to several players it was fun to see the whole team working together. "It really boosted team morale to see everyone involved on the court," Henrichsen said.

The volleyball team will host George Fox today in Olson Gym at 7 p.m. and Willamette tomorrow in Olson Gym at 7 p.m.

**"We went into the match with a serious attitude to win."**

sophomore middle blocker  
Jenn Henrichsen

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## Women place third, men place seventh in PLU Invitational

**BRIAN JONES**  
Mast sports co-editor

After a long hiatus, PLU resurrected its seasonal race. Last Saturday, the men and women's cross-country teams hosted the 28th PLU Invitational.

The field was strong last Saturday. Seven teams traveled to the eighteen hole University Golf Course for a good stretch of the legs.

However, Whitworth stole the show. Both men and women's teams won the overall team standings. They placed their top five runners in the top 20 of both races.

The running Lady Lutes would not be deterred. Bethany De Vilbiss and Ashley Jamieson both placed in the top 10 of the women's race, finishing fifth and eighth, respectively.

The men would not be overshadowed. Adam Oswalt continues to lead the men with times under 27 minutes. He finished the race 16th.

However, PLU alumus Floyd Bangarter finished fifth overall. Since he has graduated, he ran unaffiliated.

The teams compete next Saturday, Oct. 16. They will compete at the NIKE Jim Danner Meet to be held at Blue Lake Park in Troutdale, Ore.

Photo by Andy Sprain  
Right: Sophomore Bethany De Vilbiss will not be slowed while running the PLU Invitational. She finished fifth overall in the women's race.



	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>THIS WEEK IN SPORTS AT PLU</b>	Volleyball PLU v. G. Fox 7 p.m.	Volleyball PLU v. Willamette 7 p.m.	Seahawks travel all the way to Boston to face the New England Patriots.	I know we have been beating the drum, but Monday Night Football!!!  Tampa Bay v. St. Louis	Relax and remember to make an athlete's day and say "good game!"	Midsemester breaks starts on Thursday. Looks like I'll get into the spirit a little early.	.....

## Call to action: Give credit to the athletes who deserve it

### Ode to the forgotten athletes of PLU



**On the ball**  
Brian Jones

Where has the respect gone? Where has the love gone? Where has the little guy gone?

After an athletic career spent in the shadows and a weekend of watching soccer, I'm here to give credit to the little guy.

You may be confused. Let me clarify. The small sports and less prominent positions in sports are going unnoticed.

My career in sports comprised of wrestler, offensive lineman, catcher, number six hitter and defensive power forward.

I lived my athletic career in relative anonymity.

That ends here and now. Since the birth of ESPN and modern sports media, the small sports are going unnoticed until the phenomenal happens.

Cael Sanderson, formerly of Iowa State, had to finish his college wrestling career undefeated before he was truly recognized.

That recognition has already faded. He was put 16th of 25 on the list of greatest records in the last 25 years by ESPN.

The fans, however, were wise enough to put him fourth on the same list. He won 159 consecutive matches and lost zero.

Recently, Sanderson won the gold medal in the Athens Olympics. He had roughly one minute of airtime on NBC.

The crime doesn't stop there. Where is the love for the offensive linemen?

Without guys like David LaSalata, PLU would not be successful on Saturdays. LaSalata is the anchor of the offensive line.

He has been for almost three years now. How many people knew who he was before now?

What about senior Gabe Ash for the PLU men's basketball team? Being a fan of basketball, I can say he provides as much to their success as a 30-point scorer. Ash is the guy who is unafraid to take a charge.

To top that, he is the only guy on the team to be there for all four of his years in college.

Personally, I loved being out of the spotlight. I played sports because I loved them. I played them hard all the time and to the best of my ability because that's how sports are meant to be played.

That is what LaSalata and Ash do. That is what Cael Sanderson does.

I can point out the single proudest moment in my career. It is not winning an award, placing a state, going to nationals or being named all-conference.

My single proudest moment was during my college career. Two years ago, I was home for mid-semester break. I checked the results of the PLU-Whitworth game. PLU won the game.

But what caught my eye was the fact Chris Rhoden and Casey Carlson had two sacks each.

Those were the two guys I devoted my time to getting ready for the games.

I spent time in the film room that week and noticed a little detail about Whitworth's offensive tackles. I told Rhoden and Carlson and mimicked it all week.

Because I noticed something, they played better on Saturday.

My dedication to these two guys let

them play at a higher level that Saturday. I didn't care if I got the glory, as long as I helped the team.

That is the spirit of LaSalata and Ash.

That is the spirit of athletics.

But athletes still want credit and recognition for their hard work. Even Carlson thanked me for what I had done for the Whitworth game. My running backs in high school thanked me.

"It's bull," first-year women's soccer player Sarah Hodges said. She and most other athletes feel the same. "We work just as hard as everyone else, we should be credited."

"But here at college, more people show up to the games than in my high school," Hodges said.

Hopefully you are asking yourself, what can I do?

Well, it's pretty simple. All you have to do is wander out to the field where the soccer team plays. Say "good game" to the athlete in your class. There is a good chance you'll make the athlete's day.

Want to do more? Write for *The Mast* or work at KCNS. Make sure these hard-working athletes are getting all the recognition they deserve.

So remember, make an athlete's day and say "good game."

## Scorecard

### Cross-Country

#### Men's

RESULTS  
10/09/04

#### PLU Invitational -Tacoma, Wash.

John Butkey, Clackamas C.C., 25:28.1. 2, Doug Blackburn, Whitworth, 25:32.8. 3, Brooks Cooper, Whitworth, 26:15.2. 4, Taylor Hallvik, Puget Sound, 26:22.1. 5, Floyd Bangerter, Unattached, 26:27.5. 6, Alex Henry, Lewis & Clark, 26:31.1. 7, Jesse Stevick, Unattached, 26:33.7. 8, Michael Hughes, Seattle Univ., 26:37.6. 9, David Larpenteur, Highline C.C.,

26:40.3. 10, Josh Cobb, Clackamas C.C., 26:41.2. 16, ADAM OSWALD, PLU, 26:54.8. 26, TYLER NUGENT, PLU, 27:29.8. 42, KENNETH CHILCOAT, PLU, 28:15.2. 44, TRAVIS SAVALA, PLU, 28:19.0. 46, BEN JOHNSON, PLU, 28:23.6. 58, COREY FISH, PLU, 29:02.1. 71, BRYAN JOHNSON, PLU, 29:50.4. 84, CHRIS RAMIREZ, PLU, 32:01.6.

#### Women's

RESULTS  
10/07/04

### PLU Invitational -Tacoma, Wash.

Sarah Smith, Pacific, 22:27.9. 2, Sitges Marshall, Highline C.C., 22:31.8. 3, Karen Steen, Unattached, 22:35.8. 4, Lia Ossiander, Unattached, 22:41.0. 5, BETHANY DE VILBISS, PLU, 22:41.9. 6, E. Kristi Dickey, Whitworth, 23:16.5. 7, Shana Shosky, Pacific, 23:18.4. 8, ASHLEY JAMIESON, PLU, 23:24.2. 9, Elaine Heinemann, Whitworth, 23:31.0. 10, Dana Boyle, Unattached, 23:35.2. 15, SHAWN WALTERS, PLU, 24:06.1. 37, BECCA SALZMAN, PLU, 25:07.3. 56, JILLIAN BARTLING, PLU, 26:05.5. 57, CHELSEA BERDAHL, PLU, 26:18.2. 75, LAUREN McDONALD, PLU, 27:34.3. 84, LIZ JACOBSON, PLU, 29:00.4. 92, JOANIE KAY FIRNSTAHL, PLU, 31:39.4.

### Football

#### Standings

Team	NWC	All	PF	PA
Linfield	2-0	4-0	192	110
Willamette	1-0	3-2	122	99
PLU	1-1	3-1	96	103
L & C	0-0	1-3	52	97
Whitworth	0-1	3-1	163	148
UPS	0-2	3-2	102	84

#### BOX SCORE

10/09/04

Pacific Lutheran 7 12 0 8 6 - 33  
Puget Sound 0 6 0 21 0 - 27

#### First Quarter

PLU - Nichols 8 pass from Macauley (Hodel kick), 5:46

#### Second Quarter

PLU - Nichols 20 pass from Macauley (Hodel kick), 3:01  
PLU - Hodel 23 FG, 1:10  
UPS - Gustafson 9 pass from Carlson (kick blocked), 0:03  
PLU - Hamilton PAT return, 0:03

#### Fourth Quarter

UPS - Bean 31 pass from Carlson (Griffith kick), 14:52  
UPS - Sparr 31 Interception Return (kick blocked), 14:29  
UPS - Carlson 3 run (Lorge pass), 14:12  
PLU - Stienen 5 run (Nichols pass), 11:22

#### Overtime

PLU - Reed 25 pass from Macauley

(kick failed), 0:00

	PLU	UPS
First Downs	19	22
Rushes-yards	49-217	68-285
Passing yards	155	106
Return yards	87	51
Comp-Att	9-23-2	7-17-2
Sacked -Yards lost	1-9	0-0
Punts	4-32.5	6-26.8
Fumbles-Lost	1-1	2-0
Penalties-Yards	3-15	2-15
Possession time	29:55	45:05

#### Individual Statistics

RUSHING - Pacific Lutheran, Simpson 20-94, Steiner 21-91, McCall 7-30, McKechnie 1-2. UPS, Lee 22-109, Hervol 15-80, Carlson 18-65, Watkins 13-31.

PASSING - Pacific Lutheran, Macauley 9-23-2-155. UPS, Carlson 7-17-2-106.

RECEIVING - Pacific Lutheran, Nichols 4-38, Reed 2-64, McKechnie 2-28, Canger 1-25. UPS, Bean 3-61, Gustafson 3-42, Lee 1-3.

MISSED FIELD GOALS - PLU, 27 (blocked). UPS, 33 (blocked), 36 (blocked).

### Golf

#### Men's

Whitworth Golf Invitational  
10/10/04 - 10/11/04

PLU  
Misterek, 151. Inouye, 153. Packard, 154. Keough, 163. Olson, 165. Snyder, 189.

### Soccer

#### Men's

Team	NWC	Pts.	All	GF	GA
Whitworth	6-0-1	19	9-1-1	36	12
UPS	4-2-1	13	7-2-3	30	8
Linfield	4-2-1	13	5-6-1	19	19
PLU	3-2-1	10	4-8-1	20	33
Pacific	3-4	9	4-7	16	25
Whitman	2-4-1	7	4-6-1	13	20
Willamette	2-5	6	2-7-2	8	27
G. Fox	1-5-1	4	2-8-2	16	30

#### RESULTS

10/09/04

Pacific Lutheran def. George Fox 3-2 (OT)

10/10/04

Willamette def. Pacific Lutheran 1-0

#### Women's

##### Standings

Team	NWC	Pts.	All	GF	GA
Whitworth	8-0	24	9-2	25	9
UPS	7-1	21	10-1	37	4
Whitman	5-2-1	16	8-3-1	26	15
Willamette	4-2-1	13	6-4-2	23	14
PLU	4-3-1	13	4-5-2	13	17
Pacific	2-5-1	7	3-6-1	17	14
G. Fox	2-6	6	5-7	22	18
Linfield	2-6	6	2-9-1	12	29
L & C	0-8	0	2-8-1	14	19

#### Results

10/09/04

Pacific Lutheran def. George Fox 2-1

10/10/04

Pacific Lutheran def. Willamette 3-1

### Volleyball

#### Standings

Team	NWC	GB	All
Willamette	8-1	-	14-4
PLU	7-1	.5	8-6
Whitworth	6-2	1.5	13-3
Linfield	5-3	2.5	7-7
G. Fox	4-4	3.5	8-8
UPS	3-5	4.5	4-12
Whitman	2-6	5.5	4-12
Pacific	1-7	6.5	2-14
L & C	1-8	7	2-13

#### RESULTS

10/08/04

Pacific Lutheran def. Pacific 26-30, 30-28, 30-15, 30-24.

10/09/04

Pacific Lutheran def. Lewis & Clark 30-20, 30-19, 30-25.

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# We've got spirit, yes we do! We've got spirit, how 'bout you?

**TYLER OCHSNER**  
Mast sports reporter

They are the first group to arrive and one of the last to leave every home football game.

They arrive before 11 a.m. when the stadium is silent. After the game they put away boxes, take down signs and carry out all gear before attending After Glow.

Most of the crowd faintly realizes all they contribute to a Lute football game. They provide huge PLU football signs with a variety of colors and creativity, ranging from "Attaway" to "More Than Champions." They offer enthusiastic spirit and entertaining cheers for the Lutes, such as "Let's Get Fired Up" and "Let's Go Lutes." Who are these spirited people who entertain the crowd by adding energy and spirit? They are the PLU cheerleaders.

## Spirit

The biggest role of a cheerleader is to provide spirit for the student body, fans and players. Winning or losing, they are supposed to always keep the spectators involved in the game.

"I believe cheerleaders add spirit and energy to the game," fourth-year cheer staff coach Kristen Kay said. "They get the fans to support the team, which can be difficult at times when PLU is behind."

Most PLU cheerleaders believe crowd involvement is the most important part of their position.

"We are supposed to get the crowd involved," junior Lacey Aubrey said. "We need to also keep the fans pumped up throughout the game."

Although first-year cheerleader Brittany Pedone agrees that it is essential

to keep the crowd involved and excited, she said she also believes cheerleaders add another dimension to the game.

"Representing the school is an important aspect to cheerleading," Pedone said. "It is not hard to represent the school and have school spirit because the PLU athletes are always giving their best."

## Hard work

Stereotypes exist at every high school and college about the cheerleaders who supply spirit for their athletic teams. Like other stereotypical groups such as preppies, jocks and nerds, the generalizations are rarely true.

"My least favorite part about being a cheerleader are the stereotypes," senior Tiffany Doorn said, who has been cheering for five years. "The worst stereotype is that cheering is not hard work. If people came and watched, they would realize all of the hours that we put in behind the scenes."

Similar to an athlete, cheerleaders average eight to 10 hours of staff practice a week. This includes four two-hour practices. Other time commitments are needed from each individual cheerleader to rehearse routines and fulfill their roles at games.

Pedone explained the amount of dedication necessary to be a devoted cheerleader and the reasons why it should be considered a sport instead of an extracurricular activity.

"Cheerleading is just as difficult as any other sport," Pedone said. "The dedication is beyond belief. Over the summer we learned approximately 100 cheers and 10 dances. I had to practice a lot by myself at home."

The intense work ethic and dedication goes further than learning routines and dances.

"We are required to find funding just like other varsity sports," Aubrey said. "We work at Mariners Games and also have car washes."

Photo by Andy Sprain

Left: Seen holding the banner at the end of halftime, the work of a cheerleader is never done.



Photo by Brian Bradshaw

Above: The cheerleaders put in time and sweat in the field house every week. This is the dedication, hard work, spirit and athleticism at work before it is seen on the sideline.

## Intelligence

Society has also constructed the stereotype that cheerleaders are dense and unintelligent. This is not the case for PLU cheerleaders.

"One of the false stereotypes is that cheerleaders are ditsy, stupid blondes," senior Carly Seabaugh said, who's entering her sixth year cheering. "We are smart girls."

Kay agrees the cheerleaders are intelligent and this ditsy stereotype is completely inaccurate.

"Most of my squad members are on the dean's list," Kay said. "It takes brains to organize as much as cheer requires."

## Appearance and Athleticism

The majority of people assume cheerleaders are supposed to be beautiful girls who lack athleticism. However, people do not realize the majority of cheerleaders have been involved with sports at some competitive level.

"A lot of people view cheerleaders as non-athletic, ditsy girls who are cute so they can get away with jumping around in short skirts," Kay, who participated in varsity volleyball, basketball and track in high school while being a cheerleader, said. "Cheer is just as hard and athletic as any sport."

Many PLU cheerleaders also said they have competed in organized sport at some level and believe that the degree of athleticism is equivalent.

Doorn participated in basketball, golf and swimming. Pedone played basketball and soccer growing up. Aubrey has danced since she was two years old and continues to lift weights on a consistent

basis. Staying in shape and lifting weights is common to all cheerleaders.

"I think the uniforms add to this stereotype," Pedone said. "Most people think of cheerleaders as nothing but a uniform and a pretty face."

But cheerleaders have to be in shape and athletic to jump, dance and stunt, Kay said.

"Like other sports, physicality and injury are some of the difficulties," Seabaugh said. "Coordination and strength are both required to be a cheerleader."

## Predetermined Personalities

Another common preconception is that cheerleaders are "stuck up."

"One of the most inaccurate stereotypes is that we are snobby," Aubrey said. "We say hello to everybody that we come across but we usually do not get responses from very many people."

Part of this generalization comes from the lack of respect and appreciation that is given to the cheerleaders.

"A lot of people just do not show any respect," Aubrey said. "Football players and parents give respect but not many others."

Like every other athlete or person in general, cheerleaders have their own habits and routines that make them unique.

Doorn admits she is extremely flexible and is able to put her leg behind her head in the shape of a bow and arrow. Aubrey does weightlifting everyday and is able to lift people over her head. Pedone listens to the song "Mmm bop" by Hanson on the way to school everyday.



## PLU football outlasts UPS in double overtime thriller

### PLU win kept a 17-year streak over UPS intact

**LINCOLN VANDER VEEN**  
Mast sports reporter

PLU blocked five potential attempts at points by the University of Puget Sound to help lead the way to a 33-27 double overtime thriller. The Loggers were unable to end a 17-year losing streak to the Lutes on their homecoming day celebration.

PLU senior quarterback Dusty McCauley hit red-shirt freshman receiver Chase Reed on a middle screen route for a 25-yard touchdown and the eventual winning score. On the subsequent UPS possession in overtime, sophomore defensive back Andy Hamilton stopped Danny Hervol on the two-yard line to seal the victory.

PLU began the game with McCauley hitting junior tight end Adam Nichols in stride for two scoring strikes. Senior kicker Chris Hodel added a field goal to make the score 17-0.

UPS managed to get on the board late in the second quarter, but their point-after was blocked and scooped

up by Hamilton, who took it the other way for two points and a comfortable 19-6 halftime lead.

The third quarter saw no change on the scoreboard, apparently because the teams were saving up energy for a 40-point explosion in the fourth.

A 31-yard touchdown strike from UPS quarterback Andy Carlson to wide receiver Aaron Bean started the rally.

After getting the ball back, McCauley's first pass attempt was intercepted and returned for a touchdown. The next PLU possession ended nearly the same way after Adam Kearns picked off another McCauley pass after it slipped away from the grasp of Reed. The subsequent UPS possession led to a touchdown and a 2-point conversion and capped off a 20-point swing in 40 seconds.

PLU responded with a scoring drive capped off by sophomore fullback Matt Steiner's 5-yard touchdown to tie the score at 27. PLU junior linebacker Chris Linderman, who collected 5.5 tackles in the game, pointed to the scoring drive as a defining moment for the PLU offense.

"After two interceptions in a row, the offense could've easily threw in the towel. Instead they marched right down the field and tied the game up," Linderman said.

UPS got the ball back and with just over a second left

on the clock they lined up for a potential game-winning 36-yard field goal. However, junior defensive lineman Nick Cromquist came off the outside to block the attempt and force overtime. The blocked field goal was the fifth block of the game for PLU and helped lead to the overtime victory.

"Our special teams play has been outstanding this year due in large part to the increased level of importance placed on them," Linderman said. "After we block one, we believe increasingly that we can block another."

McCauley threw two interceptions, but threw three touchdowns and finished the day with 155 passing yards. Senior full back Ryan Simpson led the ground attack with 94 yards on 20 carries. Junior safety Kurt Van Selus led the Lutes defensively with nine tackles and one interception.

PLU will travel to Orange, Calif. to take on Chapman University tomorrow at 7 p.m.

## Players of the game

**PLU special teams:** They blocked five UPS attempts, including a potential game-winning 36-yard attempt with 1.2 seconds left.