

THE MAST

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Sankta Lucia

Revealing the history behind the Swedish tradition that has lit up Lagerquist annually since 1950

SOLVEIG BERG
Mast news intern

A bright "light" is coming again to PLU in the form of the annual Sankta Lucia Festival, to be held in Lagerquist Concert Hall today at 7:30 p.m.

Now in its 53rd year at PLU, the Sankta Lucia Festival is a program filled with singing and dancing performed in remembrance and the tradition of the legend of Lucia, a Swedish martyr.

The story of Lucia is a combination of many legends and traditions. One legend describes a beautiful young lady named Lucia (meaning light) who was engaged to be married to a gentleman who subscribed to a different religion. When she refused to denounce her Christian beliefs, her fiancé called off the wedding and Lucia donated her dowry to the poor people of her village.

Her fiancé was enraged and reported her to the authorities

as aiding and abetting the Christians, which was against the laws of that time. She was ordered to be burned at the stake. However, when the fire would not light, she was executed with the sword.

Lucia became a martyr for her country and a Swedish symbol of light. Lucia is remembered on Dec. 13, the longest day of darkness. This is the day in which some believe Lucia comes, bringing light and hope in the darkest time of the year.

The Sankta Lucia Festival is a time-honored tradition at PLU. It first came to PLU in 1950 when Reverend E. Larson was the Swedish language professor. As part of his class project, he brought the tradition of Sankta Lucia to PLU. The first Lucia bride was Lola Murk Gracey ('54).

According to the Swedish custom, Lucia rose very early in

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Red Square decked out for the holiday season



Photo by Andy Sprain

Members of the PLU community gathered in Red Square Wednesday evening for the Christmas lighting. The lights on Eastvold Chapel, the Rose Window, and the Christmas decorations will be on every night through the end of the semester.

Bradley's love for music lives through his students



Photo courtesy of Photo Services

Associate professor of music Raydell Bradley conducted the PLU concert bands. He passed on his passion for teaching to the music education majors he supervised.

JAY JAHNSEN
Mast news reporter

Raydell Bradley, associate professor of music and director of concert bands at PLU, passed away last Thursday.

Bradley, who waged a battle against diabetes and other ailments took a leave of absence this year while he struggled with his health problems.

Although Bradley was not actively involved this year as a teacher, conductor and mentor, his loss is still sending shock waves throughout the PLU community.

"Raydell Bradley was a gifted musician, an accomplished conductor and an excellent teacher. Raydell loved his music, and he loved his students." PLU President Loren Anderson said. "He was a valued member of our faculty and our communi-

ty. His untimely death is an incredible loss for all of us and he will be deeply missed."

Bradley will be strongly missed by his colleagues and students for numerous reasons, but most notably because of his love of his students and his love for music.

"He had all the gifts of technique and ear that you would expect a conductor of the first rank to have. What made him special was his warmth," David Robbins, music department chair, said. "There was this incredibly warm humanity that he shared with everyone in every circumstance. It was that warm humanity that influenced his musicality and I will always remember his incredible ability to make music."

Senior Gwyneth Benson, a clarinetist in the Wind Ensemble, echoed Robbins' comments. "He passionately loved music

and teaching. He made me want to be a music educator," Benson said.

Future music educators had many opportunities to interact with Bradley since he taught conducting, methods for band directors and materials for band directors. Bradley was also in charge of supervising music education students as they completed their student teaching requirement.

"One of my favorite memories was to see his glow when he returned from supervising music ed students; he would be so proud and supportive," Robbins said. The memories Bradley has left with his students extend beyond the classroom, and range from tours to California and Nevada, to teaching marching band pedagogy on Foss Field.

Even though Bradley has passed on, he will continue to have an impact on the world's music.

"The way he said things was so unique it will come out in our teaching. We were very fortunate to have had this opportunity to study with an amazing teacher," Benson said.

Senior Meghan Paustian, a french horn player in the Wind Ensemble, has known Bradley as a family friend for eight years. She met him through her father, Kevin Paustian, a local band director at the high school level.

"In a way his conducting and attitude is present in everyone who studied with him," Paustian, who is a music education

major, said. "As long as PLU students are still around, he will still be here because he has inspired a level of musicality and

expressiveness in all of his students. There's just a huge level of 'Raydellness' in everyone who knew him."

Paustian will be among the music students and faculty speaking at chapel today. Chapel will be held at its regular time, 10:30 a.m., but in Lagerquist Concert Hall, where wind ensemble will perform in a service dedicated to Bradley.

The Raydell Bradley Memorial Scholarship, which has been created by the University of Washington's School of Music, will be awarded to graduate instrumental conducting students.



Photo courtesy of Photo Services

Raydell Bradley loved music, his students.

Rabbi Mark Glickman: PLU professor hits headlines

ANGEE FOSTER
Mast news reporter

Mark Glickman, Rabbi and PLU professor, responded to a subpoena to testify in the John "DC Sniper" Muhammad case by saying, "I don't want to let the John Muhammads of the world define who I am."

Glickman was serving as head rabbi at Temple Beth El in Tacoma in May 2002 when he and a student noticed a small hole in the wall. They were perplexed, but soon forgot about it. A little later, Glickman realized that there were three aligned holes in three walls of the temple. He came to the conclusion that they were bullet holes. Glickman's wife made him report the incident when the local media reported the sniper had been in Tacoma. The local police recovered a bullet from the temple that matched the pattern of Muhammad's other bullets.

Glickman was subpoenaed to Muhammad's sentencing trial in the prosecution's effort to show that Muhammad engaged in hate crimes in the past. Although the entire ordeal was out of the ordinary for Glickman, he said there are

more important things in his life.

"John Muhammad has nothing to do with the rewards of my work. I'm willing to let our paths cross, but that is all," he said. "What happened (at Temple Beth El) could have been much worse and for some people it was."

Glickman's priorities in life are his faith, work, and family. Glickman became a rabbi in 1990 and above all else, defines himself as Jewish. "I love being Jewish and sharing Judaism in as many ways as I can," he said.

Teaching a Judaism class for the first time at PLU is just one way Glickman can explore and express Judaism. So far he said he has enjoyed the experience immensely.

"I love teaching here. Students are great. There's such an interest—a hunger for learning. And I am learning more from teaching as well," Glickman said.

At the John Muhammad trial, Glickman gave four minutes of testimony and was never cross-examined. Although the questions attorneys asked of him were important, he said he answers equally important questions everyday

in the classroom, the temple, and through a monthly article in *The News Tribune*.

Glickman's work is rewarding, he said, because he becomes a part of the process that helps individuals grow. "It's not that my work always makes me happy or is fun, but I've at least been able to take a few small steps toward sanctity and help other people do so as well," Glickman said.

His newest program at Temple Beth El focuses on the elimination of gossip, a subject that is considered a horrible transgression by the Jewish faith. Since the beginning of the program, he has been asking people to set aside gossip-free times.

"It's hard work," he said, "Helping people to stop gossiping is one small part of helping them to escape from everyday drudgery."

Empowering people to change their lives is what led Glickman to become a rabbi; he has a first-hand understanding of personal struggles. Although he was kicked out of the third grade in elementary school for behavioral problems, he found an environment at his temple where he flourished. Through



Photo by Andy Sprain

Rabbi Mark Glickman explains Jewish beliefs and customs to his Religion 237 class. Glickman, the head rabbi at Temple Beth El in Tacoma, was recently called to testify at the D.C. Sniper's sentencing.

this early childhood experience Glickman said he felt a call that has echoed throughout his life.

He majored in Jewish studies at Washington University in St. Louis, Mo., and as an undergraduate spent one year studying in Jerusalem. For rabbinical school he spent another year in Jerusalem plus five studying in the United States.

After he became a rabbi Glickman worked for one year in New York for the Reform Denomination Headquarters Youth Division. After that he worked as an assistant rabbi and then came to the Pacific

Northwest to be a head rabbi.

He is now married to his second wife and they have four children between them. Among his favorite pastimes are reading and hiking. Glickman also has a few silly talents. He can touch his tongue to his nose and is proficient in stupid sentences from other languages.

All aspects of Glickman's life, public and the personal, show vibrancy for life and people, and he is always moving forward in his quest to help others grow into sanctity. That is why, he said, he believes he is here after all.

Dance team looks forward to competition in February

YEVETTE WALSH
Mast news intern

The PLU dance team wants to meet you.

Members of the team, established last year, hope the dance team will "become a little more known within the PLU community," senior Jane Berentson said.

"I think we just want to get out there and make it known that we exist. A lot of people at PLU don't even know there is a dance team just because we're so new," junior Kelsea Lundquist said.

Team members are looking forward to the exposure the team will receive during February at its first competition in Oregon. Many of the members and the coach, Tara Balderson, are ready to move from local exhibition performances and appearances at PLU basketball

games to the competition level.

"Our team has a lot of talent, so I am anxious to show other teams what we can do," senior and returning member Allison Gaboury said.

The team practices once a week for approximately two-and-one-half hours, in addition to "all the times we practice individually or in small groups," Gaboury said.

Choreography is one of the priorities during practice time. The team members said much of their choreography comes from two sources. "Tara (Balderson) has done all the initial choreography so far this year, and we, as a team, change parts and perfect things to fit our team style," first-year Anna Hagen said.

Junior and returning member Melissa Hills, said the choreography is "working choreography" which is

"adapted to our (team's) needs and abilities."

"Three hours a week is not a lot, but we manage to get through a lot of choreography during that time because our team works really well together," Lindsey Worthington, who has studied classical ballet since she was three, said.

In addition to working well together, Lundquist and first-year Annelise McDougall described the team as "down to earth." McDougall also said the team members, although "pretty diverse, as far as styles of dance and experience go," are very respectful and help each other when needed.

All of these well-grounded dancers were chosen for the team through a yearly tryout process.

Junior Jaime Fortescue said last year's tryouts were "pretty competitive" and "there are many good dancers

at PLU." Berentson wanted to join the team because "it's an opportunity to dance for free in good company."

McDougall said, "We have fun, we laugh, and we dance hard, and that is exactly what I signed up for."

Nearly all of the team members said they encourage students who plan to try out for the team to participate in Dance Ensemble, a performance showcasing student choreography, held at PLU every spring. Worthington suggests students also take dance classes outside of PLU in addition to Dance Ensemble.

As advice for next year's hopefuls, Hagen said, "When you go to tryouts come ready to learn and remember (to) be energized, because performance is all about how you present yourself."

Pinnacle Society honors involved seniors

EMMA COULSON
Mast news reporter

Freshmen orientation focused on getting involved at PLU, at least for the first year. Since last spring, there has been a reason to stay involved throughout the undergraduate years: The Pinnacle Society.

The Pinnacle Society honors graduates with recognition for campus experience and participation. The society acknowledged on Wednesday seven students who will graduate in either December or May, four of whom were selected as Pinnacle Society members. Those selected this year were Megan Freiling, Marc Kostic, Jenny Shaw, and Brandon Whitley. Other nominees were

Adele Anderson, Daphne Smith, and Amy Wellman.

"It's so important to be involved," Wellman said. "It helped me understand that there is a spot for me here."

The society started last year by inducting 16 out of 30 nominees for induction for the May and August graduations.

The selection process is quite extensive. The students were nominated, reviewed by the board, and then selected. Both Dean of Student Life Laura Majovski as

well as Provost Jim Pence confirmed the selections and spoke at the ceremony about those selected.

The committee looked for sustained involvement in

diverse activities. It also looked for concentrations in individual activities as well as positions in leadership.

"It's very selective," said selection committee member and Student Programmer and Orientation Coordinator Aubree Robinson. "Those selected must be a representation of the entire class."

The inductees took their education further throughout their time at PLU by being involved in clubs and organizations such as KCNS TV, K103 Radio, Residential Life, Orientation, and the Music Programs.

"I have such an appreciation for this gift (of attending PLU)," Shaw said. "Being involved has allowed me to appreciate it from the inside."

The selected students received a framed certificate as well as a satin sash with the society's logo to be worn at graduation.

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G.R.E.A.N., printing services explore paper options



Photo by Andy Sprain

Junior Jenny Schlies (left) and sophomore Katie Schlepp, make use of recycling facilities in Tinglestad. Environmental activism club G.R.E.A.N. is working to make PLU a 100 percent recycled paper campus.

BEN RASMUS
Mast A&E editor

A new type of paper could soon fill the paper trays at PLU. A 100 percent post-consumer recycled paper might be available in the library, computer lab and for professors and faculty members.

The student activist group Grassroots Environmental Action Now has been instrumental in this potential change. Currently, the library, computer lab and printer in the Rieke science building print with 30 percent post-consumer recycled paper. G.R.E.A.N.'s goal is to convert to 100 percent post-consumer recycled paper.

"It is definitely feasible for PLU to switch to 100 percent post-consumer recycled paper," senior G.R.E.A.N. activist Jessie Ham said. "Larger universities have made the transition smoothly."

G.R.E.A.N. has worked extensively with University Printing Administration to tackle the question of paper resource conservation on campus. G.R.E.A.N. members have found University Printing Administration helpful, and in fact encouraging, in facilitating this change.

"The University Printing Administration has been really helpful," senior Kate Dunlap said. "We are grateful of the fact they have really gone out of their way to council and set up appointments and listen to the student body."

For example, the director of printing at PLU, Kathy Berry, does not order paper from companies that produce their product from old growth forests. In 1997, when Berry arrived at PLU, only 10 percent of campus paper came from recycled resources. Since 1997, Berry has altered PLU's paper supply to consist mainly of post-consumer recycled paper.

"At least 95 percent of paper in stock rooms is 30 to 50 percent post-consumer recycled," Berry said. "Some are 100 percent paper, and everything we purchase is from new growth trees. We are trying to be very good stewards."

The members of G.R.E.A.N. said they still feel more can be done. "For one, we really need more of a push from both students and faculty," Dunlap said. Many professors and faculty are unaware they can presently request 30 percent post-consumer recycled paper.

Many hurdles lay in the way of switching PLU

to a 100 percent post-consumer recycled paper campus. For one, 100 percent recycled paper is expensive, about \$1.60 to \$2.00 more a ream compared to un-recycled paper. There are 500 sheets of printing paper in one ream.

Second, 100 percent recycled paper leaves residue in printers and copiers, which might result in maintenance increases.

Third, implementing a campus wide change in paper could only result from a budget reallocation by PLU President Loren Andersen. Members of G.R.E.A.N. are working with the University Printing Services to submit a proposal, which might result in achieving a 100 percent post-consumer recycled campus.

If this proposal were to be accepted, PLU would still have an inventory of un-recycled paper to meet specific demands, such as for posters and official PLU correspondence.

G.R.E.A.N. is part of a nationwide movement to bring universities to using 100 percent recycled paper. Many universities claim to have done so, but Berry said an inventory consisting exclusively of recycled paper would not meet the needs of an entire university.

Yet, G.R.E.A.N. members remain undaunted in their mission to transform PLU's current printing procedures. On Nov. 13, University Printing service

representatives, a West Coast Paper specialist and G.R.E.A.N. performed a test to see how well 100 percent recycled paper would work in a printer on duplex mode, printing on both front and back.

Two different 100 percent recycled printing papers were tested. The limited test tried to determine if excessive amounts of residue from 100 percent recycled paper would jam the machine. Overall, the test was successful. One brand in particular, Aspen paper, did especially well. The results are to be included in the report being submitted to President Anderson.

Even if PLU does not switch to 100 percent post-consumer paper in the near future, both students and faculty members can do their share to conserve paper resources. Properly recycling paper is one important mean of paper conservation and post-consumer recycled paper is readily available for purchase in the bookstore.

G.R.E.A.N. meets weekly on Wednesdays at 9 p.m. in the University Center Grey Area.

B.L.A.C.K.@PLU

After a two-year absence, the club is reborn and aims to concentrate on community service and reach out to minority students

HEATHER GILLESPIE
Mast news reporter

BLACK@PLU is back. After a two-year absence from PLU, the club is returning with a new leadership team and new ideas to bring awareness of racial issues to the PLU community.

BLACK@PLU stands for Black Leaders Actively Communicating Knowledge at PLU. Their purpose is to "bridge the gap of cultural difference on campus," junior Sharron Allen, BLACK's president, said.

The central focus of the club is community service, both on and off campus. Members plan to provide outreach to incoming minority PLU students to help them transition into their new home. The club is also working to network with community leaders in Tacoma and alumni to provide mentors to minority students.

BLACK@PLU is sponsoring a family for Christmas. In February, it will plan and sponsor activities for Black History

Month. The club is also working with a Tacoma agency called Hope, which provides global outreach. BLACK@PLU will help host a dance to raise money for Hope's efforts.

BLACK@PLU was inactive for the past two years due to a lack of awareness about the club. The club also "lacked a leader to spearhead the organization," senior Michael Newman, BLACK's vice president, said.

Now, with the help of a new leadership team, BLACK@PLU is looking to generate awareness of the club to all minority students so they can work together to educate the PLU community. "We are teaching a culture, but not excluding any cultures," Allen said.

Meetings are held the first and third Thursdays of every month at 5:30 p.m. in the Regency Room.

For more information contact BLACK@PLU at black@plu.edu. Or visit <http://www.plu.edu/~black/>.

PLU President Loren Anderson lobbies in D.C.

Anderson, board member of the National Association of Independent Colleges and Universities, has lobbied in the U.S. capitol for years

JACE KRAUSE
Mast news reporter

PLU President Loren Anderson visited Washington D.C. two weeks ago to promote independent colleges and their students.

Anderson is a board member of the National Association of Independent Colleges and Universities. The organization is the public policy voice for institutions of higher education across the country.

The NAICU covers private universities like Harvard and Stanford all the way down to religiously affiliated colleges and seminaries, Anderson said.

NAICU's policy mission has three parts. One is to ensure that student aid programs continue to provide all U.S. citizens access to college.

The second is to promote tax policies that help families save and pay for college.

Third, NAICU seeks appropriate regulations sensitive to

the needs of independent colleges and universities.

NAICU's work can be felt at PLU.

"Anyone who has a Pell Grant, Perkins loan or work study has felt the impact of NAICU's work in the past few decades," Anderson said.

While in Washington D.C., Anderson said members of NAICU go "door-to-door" on Capitol Hill and talk to congressional representatives from their areas of the country.

Anderson met with Wash. Sen. Patty Murray and Reps. Rick Larsen, Brian Baird, Adam Smith and Norm Dicks. Larsen is a PLU grad, and Baird used to teach at PLU.

He also met with Rep. Lois Capps, a PLU grad who represents the Santa Barbara area in California.

"It's a fun job. We think we have a good, worthwhile story," Anderson said in reference to lobbying.

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Chinese Ambassador Yunxiang visits PLU

BEN RASMUS
Mast A&E editor

Consular General Wang Yunxiang graced the South Sound Advisory Council meeting Nov. 20 in the Scandinavian Cultural Center.

Yunxiang is the consular general of the People's Republic of China, in San Francisco. The position of consular general is the equivalent rank of an ambassador, which he was appointed to in Aug. 1999. Yunxiang is retiring from his position and will be relocated to his home country of China. He is now on a farewell tour of the Northwest.

Yunxiang gave the opening address during last spring's China Symposium. At the Advisory Council, Yunxiang gave a brief speech about the United States and China's association to combat terrorism. The speech also reinforced the need to collaborate in business and trade opportunities.

Senior Kim Croft, Chinese studies major, presented Yunxiang with a PLU hat and gave a short speech about China House. "We wanted to thank Ambassador Wang for stopping here," Croft said. "It is a really big honor that he is interested in and visited PLU."

The South Sound Advisory Council meets twice a year at PLU and acts as a networking device. More than 50 members attended the invitational meeting and catered luncheon. A diverse assortment of individuals was represented at the South Sound Advisory Council.

Members include teachers from the Puyallup School District, PLU professors, local

and state governmental officials, private business people with strong Chinese ties and Peter and Grace Wang. The Wangs are responsible for the \$4 million gift to further develop international studies at PLU.

Professor Gregory Youtz is the chair of Chinese Studies and is also a member of the South Sound Advisory Committee. He has contributed to develop Chinese Studies and language curriculum in local school districts.

"The general population is remarkably naïve about China," Youtz said. "Few high school courses are taught, which focus on China or the language, therefore few PLU students choose to study it. We are working hard with school teachers to get them personally fired up about China."

A grant from the Freeman Foundation worth \$700,000 has enabled members involved in the South Sound Advisory Council like Youtz, and teachers from the Puyallup School District, some interesting opportunities.

For example, PLU faculty led presentations about Chinese opera and calligraphy in local high schools and middle schools. The grant will also allow 20 teachers from neighboring school districts and four PLU professors to travel to China together next summer.

"It is one thing to read about China and another to go and travel there," Youtz said. "Teachers with personal travel experience will convey curiosity and passion to their students."



Photo by Lindsey Paxton

Peter Wang (right) greets Consular General Wang Yunxiang at the SCC Nov. 20. Yunxiang attended the South Sound Advisory Council meeting and spoke briefly about relations between China and the U.S.

Yule Boutique sells crafts, raises funds for scholarships

AIMEE HORNBERGER
Mast news reporter

The PLU Women's Club sponsored the 32nd annual Yule Boutique. The Yule Boutique, which took place Saturday in Olson Gym, raises funds for student scholarships.

Every year, proceeds from the boutique are put into an endowment fund and awarded to seven or eight scholarship recipients. The scholarships are awarded on a need basis.

When the Women's Club started the endowment the goal was to reach \$100,000. Anita Christian, chair of the Women's Club, said she was surprised that they were able to meet their goal three years ago. The amount of available funds now exceeds \$200,000.

Money for the scholarships is raised through sales made on entrance fees, arts and crafts, and raffle tickets. This year 112 booths featured work from artists throughout the Puget Sound area.

The Women's Club is made up of PLU alumni, faculty and wives of faculty, as well as anyone who is interested in helping with the boutique.

Sandra Kostilecky, administrative assistant in the PLU physical education department and marketing contact for the boutique, said people, who normally would not attend craft shows, come to this event because they know it supports the students.

PLU sophomore and scholarship recipient Cassandra Smith said it is amazing what the Women's Club has accomplished as a group of volunteers who are dedicated to helping PLU students.



Photo by Brian Bradshaw

A Christmas tree displays ornaments for sale at the Yule Boutique Saturday. The Yule Boutique is sponsored by the PLU Women's Club and is held annually.



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M.I.L.K. club fosters random good deeds

MELISSA RASMUSSEN
Mast news reporter

Milk. It not only does the body good, but the spirit as well. M.I.L.K., an acronym for "make it a little kinder" is in the process of becoming a club on PLU's campus. The club's goal is to commit random acts of kindness for fellow students.

"We want to encourage students to be more aware of their surroundings, and if someone is having a bad day, all it takes is a hug to let someone know you care," said first-year Christine Gordon, co-founder of M.I.L.K.

Gordon and her roommate Beth Speen, also a first-year, formed the idea for the club. The idea came about through the dialogue that occurs between Gordon and Speen every day when they come home from class and share how their day went with each other.

The name of the club was formed while drinking milk

and eating a batch of cookies Gordon's friends had made for her because she was having a bad day.

The club hopes to promote kindness through small acts that do not require a lot of money. A random act of kindness can be something as simple as a hug. Gordon organized a group of people to line up and give her RA, junior Callie Andrus, a hug when she got back to campus from an RA retreat.

"One of our trademarks are surprise hugs," Gordon said.

Gordon hopes to involve the whole campus with stress-relief activities during finals week as soon as the club is official.

The M.I.L.K. club has had two meetings and is in the process of writing a constitution to finalize its club status on campus.

For more information about M.I.L.K., please contact club president Christine Gordon at gordons@plu.edu.

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Student-run television station serves PLU community

KCNS offers regular news, sports and entertainment shows for viewers, first hand experience for journalism majors

HARMONY HAVEMAN
Mast news intern

While flipping through the cable channels provided on campus, one may wonder what Channel 26 is really about. KCNS is a channel owned by PLU and is managed completely by students. Two shows airing weekly on KCNS are KCNS News at 9 and What's Happening.

KCNS News at 9 has national, campus and feature stories. The news program airs Tuesdays at 9 p.m. with new information about events taking place on campus.

What's Happening is an entertainment show with stories that focus on events happening nationally as well as at PLU. It airs Wednesdays at 10:30 a.m. and 4 p.m.

The name KCNS stands for Campus News Station and the K is the standard letter of all broadcast stations located in the western United States.

KCNS has provided broadcasts for football, basketball, Songfest, guest speakers such as Paul Simon, and various other events on campus.

Besides tuning in and watching the KCNS station, there are numerous opportunities for student involvement.

"Any person could come up and start a show as long as they have a friend to help them out," KCNS general manager Megan Freiling said. Freiling, a senior, said having a friend's help for a

regular show is the best way to assure time and commitment to the program.

Many hours are put into the station each week. As general manager, Freiling oversees the entire station, including budgeting and keeping up to date with the latest equipment. She said she feels KCNS is the best way to get closer to her ultimate dream of working for the Discovery Channel or the Travel Channel.

Other KCNS staff members also see working at the station as a hands-on learning experience that will help them learn the skills needed to reach their goals.

"(KCNS) gets you the most hands on experience. You can take all the classes you want but you will learn more with hands-on," assistant entertainment producer, junior Lacie Runolfson said.

Although the members of the KCNS staff see the station as a great learning tool, they are always looking for more people to get involved.

"We want more shows, but people are intimidated and don't know how to use the equipment," Runolfson said.

Sophomore Megan Coughlin knows what it is like to be a stranger to the television station. As a first-year she was called in as a favor to tape a show and from there she was taught a great amount about the station. Coughlin is a news producer and finds working at KCNS to be a valuable experi-

ence. Coughlin has gained skills to work in with a team atmosphere and how to work with different people in the same situation. Coughlin said KCNS is helping her get closer to her dream job.

"I want to be the next Diane Sawyer," Coughlin said.

KCNS Job openings

There will be three paid job openings for the spring semester:

sports show producer

news assistant producer

entertainment show assistant producer

Applications are due in Carla Miller's mail box outside of KCNS, UC Mezzanine, Tuesday by 5:00 p.m.

For applications and job descriptions, contact sophomore Carla Miller, KCNS general manager for Spring 2004, at kcns@plu.edu or ext. 8649, KCNS news-room.

Feminist leader's message speaks to both sexes

STEPHANIE MATHIEU
Mast news reporter

The Feminist Student Union and ASPLU invited Inga Muscio to present "World Domination: A Variety Show" at PLU Wednesday.

Muscio is originally from the Seattle area and went to Evergreen State College. She is also the author of a book titled *Cunt: A Declaration of Independence*. Senior Bromley Henningsen organized the event along with senior Alexa Folsom-Hill and Women's Center Director Judy Mladineo.

"I read her book this summer and felt completely enlightened and empowered by her words and thoughts," Henningsen said. "It's charged with information about womanhood and being human and the people in the world that have tried to inhibit our ability to live."

FSU planned the event now because there are often too many events going on in the spring.

"Fall doesn't have as many events," Henningsen said. "We thought it would be stellar to have a solid FSU event in fall."

"We wanted to bring a speaker who was not expensive and who was local," Folsom-Hill said. "(Muscio) was the person we thought of immedi-

ately."

Muscio covered many things such as feminism, environmentalism, racism and all types of violence in society.

"It (was) fairly humorous, but also loaded with serious information," Henningsen said. "She (talked) about the female body, including sex, masturbation and reproduction."

Even though much of the talk was geared towards women, all students were welcome.

"I assume there (was) a misconception that this event (was) only for people with cunts. I want to make it clear that the event (was) for everyone," Henningsen said. "Inga Muscio has a variety of messages that span to all sexes. We are very excited that she is coming because this sort of dialogue is desperately needed at PLU."

"I hope that I leave her talk thinking about things in a different way," Folsom-Hill said prior to the event. "I just want (the audience) to come and feel something."

FSU meets on Wednesdays at 5:30 p.m. in the Commuter Lounge.

For more information about Inga Muscio or FSU contact womencen@plu.edu.

Thank you to the Thanksgiving baskets donors

The Thanksgiving baskets drive, sponsored by the PLU chapter of the nursing society Delta Iota Chi, collected a record 165 baskets. The excess donations allowed the club to donate to the Parkland WIC, Parkland Headstart, Americorp and Puyallup Parent Resource center, as originally planned, but also to the Parkland Family Support Center and the Tacoma Rescue Mission.

LUCIA

Continued from page 1

the morning. At PLU, wearing a white robe with a red sash, she traveled from door to door awakening her fellow residents of Harstad Hall to serve them the traditional saffron buns, ginger cookies and coffee. In place of this custom, PLU now has the traditional Festival of Light.

This festival is a service project for students, and each year a scholarship is awarded to the new Lucia. Applicants write a 250-word essay describing the importance and benefits of experiencing traditions from other cultures and attend an orientation meeting to learn about the Sankta Lucia program.

Applicants are also required to attend weekly rehearsals and learn songs that are performed in Swedish. Participant Merissa Andre, a junior fine arts major, decided to become involved because her sister was active in the festival for the last two years and she thought it would be nice to carry on the tradition. She said, "The Sankta Lucia Festival is a fun tradition at PLU, and there are a lot of Scandinavians that attend school here. I'm half Swedish and Norwegian and thought I would like to learn

more about my heritage."

Lucia must have certain qualities, which are represented by the five candles in the ceremony: hope, mercy, purity, dedication, and faith. Before the actual festival begins, the attendants must take place in a private "sashing" ceremony.

During this time, the Lucia Committee gathers around the students and expresses their gratitude, awarding each student with a small gift. They all sing a special song and last year's Lucia walks around the circle and stops in front of the "new" Lucia. The new Lucia is given a red sash and her attendants silver sashes. The program then begins.

Children of the community also participate in the festival, performing three dances as junior attendants (or tåg). Even children ranging from two- to three-years-old perform as elves (or tomtar) who come out at night and shake the presents around the Christmas tree.

At the conclusion of the ceremony and the presentation of the scholarship, the new Lucia leads her attendants and audience to the Scandinavian

Cultural Center along a lighted path. At the SCC, a reception is held, featuring live music, Swedish treats, and dancing around the Christmas tree.

This year the PLU Sankta Lucia Festival is co-sponsored by the Scandinavian Cultural Center and IKEA Seattle. In special thanks to IKEA, Lucia and her attendants will travel to Seattle tomorrow to parade through the store, singing songs from the program in order to spread Christmas cheer. An added performance this year will be on Sunday at St. John's Lutheran Home in Tacoma.

Susan Young, director of the Scandinavian Cultural Center, expressed her gratitude to the students, "They are doing this on their own time. With their busy lives, I truly think it's a nice thing to do."

Attendants of this special event will be the Swedish Console General, Jahn Hedberg and President Loren Anderson. Some tickets will be available for students at the door, but reservations are recommended.

For tickets please call 535-7322.



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From the editor

Practice kindness this finals season

"How wonderful it is that nobody need wait a single minute before starting to improve the world." - Anne Frank

It's that time again. Not the holidays, though those are coming soon enough. It is getting close to finals time. And everyone is feeling the pressure.

I know it's hard. Projects are piling up. Tests are looming near. And don't forget all those holiday obligations.

It is easy to become overwhelmed. It is easy to lose hope. But this is not the end.

Sure, getting your diploma is important. In fact, it may be the most important thing in your life right now. But long after your four years here are over, your degree isn't going to make that much difference. The difference will be in the influence your life has on others.

A group of students on campus has started a club, called the M.I.L.K. Club encouraging random acts of kindness. It is these kinds of acts that mean more than getting your name on a degree.

Write a note of encouragement. Bake cookies for your hall-mates. Leave a candy bar for your roommate.

These little acts may seem meaningless, but you may never know the impact they have on others. You don't know when your small act will save someone from the frustrations of a day full of tests, late homework assignments and fleeting hope.

Sure, it takes time out of your own busy schedule, but you may find that these acts do as much for you and they do for the other.

Imagine for a moment if we took this beyond PLU. What if acts of kindness and consideration were taken on the road?

Well, it would make driving easier. A little courtesy on the road would do more to ease traffic than any toll bridge or HOV lane ever would.

Let's go even further. What if instead of approaching negotiations among nations as a power struggle, we treated each other with kindness and respect. Leave a box of chocolates for the German ambassador or buy a cup of coffee for the French guy. Would it make a difference?

I know I am treading awfully close to an idealistic and unrealistic land of flowers and lollipops. I know the world is not an after-school special where cookies and a glass of milk solve everything. Things are never that simple.

But what if we all just tried focusing on others instead of ourselves?

My point is this: In stressful situations, whether final exams or negotiations at the UN, it is easy to focus solely on our own survival. But our own survival doesn't amount to anything if the world around us has lost all hope.

Let's take a glimpse into a world with no hope. It is an angry, bitter and vicious world. It is a world where everyone is out for themselves. No one helps anyone. No one loves anyone. It's a sad and lonely place.

But we can do something to keep us from that sad state. And that is what those random acts of kindness are about. These acts stave off bitterness. These acts remind us that if we do not have each other, there is no point to diplomas, careers and social obligations.

So do something kind for someone. And ask for only one thing in return: that they do something kind for someone else in return.

For ideas on how to spread kindness, visit The Random Acts of Kindness Foundation at <http://www.actsofkindness.org>.

See story about M.I.L.K. Club on page 4.



Effectiveness of dialogue remains untested in international arena

My Norwegian internship brought me to the sloping town of Lillehammer to learn how to communicate. Normally I consider myself a great communicator, but what I experienced in Lillehammer showed me just how deep interpersonal communication can go.

I joined the Nansen Dialogue Project for a week of dialogue work with 14 young adults from former Yugoslavia and one Norwegian. All of them except the Norwegian risk excommunication from their respective communities for working with "the other side." Yet they persist.

Interethnic fights have raged in the Balkan region for over 700 years. The area is very ethnically diverse, yet isolated in pockets by rugged terrain. Improvements in communication and transportation in the 20th century have brought these cultures to clash. And, since the break up of the Socialist Federal Republic of Yugoslavia ten years ago, political manipulation has polarized ethnicity, creating enemy images of everyone who is different.

This is the atmosphere in the Balkans. It is improving. The United Nations runs Kosovo, a province in Serbia, ever since NATO bombed Slobodan Milosevic in March 1999 to stop the Serbian government's cleansing of ethnic Albanians. When the ethnic Albanians started retaliating against their Serbian neighbours who repatriated after the bombing, the world had to redefine their perspective of victim and aggressor.

The Nansen Network is

of my emotions and needs like never before. Restorative mediation is a process that works to reconcile individuals or whole communities to each other. While dialogue is talking about stuff that really matters, restorative mediation is the deepest level of dialogue. It is also the hardest.

Intragroup fighting broke out the day after I had arrived. It was not over ethnicity or nationality, but personality type. How very human. This was something that anybody would fight over, and we often do.

Those involved tried to mediate the conflict without a third party. When mediation experts arrived the next day for a seminar workshop, they tried to draw on the real-life issues of the group. The group refused and instead started acting like disruptive, disrespectful high school students.

Project director Steinar Bryn admitted disappointment with their behaviour but told me he had belief in the process. The

Nordic Nuance Laine Walters



about gaining new perspectives, new ways to think and thus move forward. The other participants grew emotionally and mentally through 10 weeks of practical experience in dialogue methodology, discussing how to break down enemy images, promote human rights and peaceful conflict resolution.

My time with Nansen certainly gave me new perspectives. A two-day restorative mediation seminar taught me to listen to the chemical language

**See NORDIC
Page 7**

**It's the end of the world as we know it!
Not really, but it is the end of the
semester and this is the last Mast for
2003. We'll be back Feb. 6, 2004.**

See page 9 for Letters to the Editor

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POLICIES

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.

Cheeseburger paradise near PLU

It was a gorgeous t-bone steak.

In the course of a week my parents' last child moved out of the house and the thirteen-year-old family dog finally croaked. They were a bit lonely.

I announced a little jaunt home, sheets were cleaned, pies were made and fine cuts of beef were purchased.

I put away about eight ounces of the medium-well twelve-ouncer with a steady voracity, only stopping once to note the sadness of having no canine pal to drop my fat and gristle to. And then it hit me.

A slow gulp of milk and a few bites of asparagus did not stop the sudden revolt of my stomach's digestive

juices. Unaccustomed to really any abdominal discomfort, I was confused, bewildered and perplexed by the gastronomical gymnastics brewing inside me.

A trip to the bathroom (comforted only by the quality TP just mothers and hotels can supply) confirmed my dreaded premonition: I had accidentally become a vegetarian.

I quickly racked my brain for my last red meat ingestion. No clue. I took a quick survey of my recent dietary habits—eggs, the vegetables on sale, tuna, rice, yogurt, mooched UC swipes from my sister.

Frugality, laziness, and the shackles of routine had led me away from a fuel source I used to so smoothly process. I

was born to rip flesh — I had eight wisdom teeth.

So, in order to get my rebellious system back in the meat packing business, I invented the Cheeseburger Challenge. Tacoma is littered with inexpensive, convenient ways to keep beef a part of one's life. Namely, greasy burger drive-ins. I started an informal club. We checked them out on Monday nights.

This is me playing food critic.

Cheeseburger Club Week One: Frugal's, just a skip down Pacific Ave,

days. The cheeseburger club feared for their lives in transit. Though I was pleased by the absence of ranch. Burger Ranch loses points for superfluous use of styrofoam.

Cheeseburger Club Week Three: Jubilee Burger is oddly just across the street from Burger Ranch on 38th St. Jubilee highlights include the option of sautéed onions and crinkle cut fries. Though the patties were thin, and the prices steep, the Cheeseburger club (record attendance: 8) left satisfied.

Cheeseburger Club Week Four: Lame. Surrendered to the woes of homework.

Cheeseburger Club Week Five: Participants were a bit confused that both Kevin's Drive-In and Biggie's Burgers did not serve cheeseburgers, but rather teriyaki.

Cheeseburger Club Week Six: Attendance dwindled. Best Burgers off Bridgeport Way in Lakewood provided near Frugal's caliber, but at a slightly higher expense. Fries were soggy. Spirits were down.

The Cheeseburger Club has disbanded due to alarming cholesterol build-up and fleeting interests. My digestive system successfully avoided all woes similar to that of the t-bone crisis and I coasted through a poultry-based Thanksgiving without incident. If you find yourself on beef deficiency, just hit up Frugal's — and if it's been awhile since your last red meat consumption, pace yourself. That may have been my initial mistake.

Jane would like to thank Allison Gaboury for her perfect Cheeseburger Club attendance and her insightful evaluations of mayonnaise and special sauce ratios.



popping the clutch Jane Berentson

uses quality beef, has fries that hit or miss, and a staff quite sympathetic to complicated, condiment-free orders. Best of all, this is a good deal place. The \$1.19 burger beats anything else we've found.

Cheeseburger Club Week Two: Burger Ranch on 38th Street between Pac Ave and I-5. Just a wise aside about ranch salad dressing: People often blame beer for the legendary freshman fifteen, but I tell you — it is the misuse and gross overuse of ranch dressing that causes cafeteria-frequenting first-years to pack it on.

Anyway, Burger Ranch uses those fun yellow buns, high-quality lettuce, and delightfully red, red tomatoes. This was one of those super rainy

POINT-COUNTERPOINT

Is pre-emption the answer to terrorism?

Point: Preemption protects the country from attack before attack

Preemption in military is a theory of protecting one's country from attack, by attacking before being attacked. From the Philippines and Granada to Mexico and now Iraq, preemption is not a new and unique concept concerning national security.

Before understanding the world of preemption, we must understand the previous world order. The world for two centuries was a place of balancing national powers through alliances. Today, that balance of power has disappeared after the end of the Cold War with the United States as the undisputed superpower.

This balance of power is replaced with the Bush Doctrine of preemption. U.S. preemption produces a safer and better world in a number of ways. First, it removed a brutal dictator from power, Saddam Hussein of Iraq. This signal event not only produced a safer Iraq for the Iraqi people — Hussein brutalized, tortured, and killed millions of Iraqis — but caused a chain reaction that eventually will establish the first Arab-Muslim democracy. By establishing this democracy, other democracies are much more safe and secure because historically no two democracies have ever gone to war with each other, ever. Preemption was the catalyst for democracy in Iraq.

The second preemption domino is decreasing the U.S.'s oil dependency problem. By helping reconstruct Iraqi infrastructure, the U.S. can turn around and buy Iraqi oil instead of Saudi Arabia's oil. Currently, many Saudi clerics promote and disseminate their form of Islam, Wahhabism, by filtering money to terrorists. U.S. dependency on Saudi oil lessens by purchasing Iraqi oil, thereby breaking the money train that supports terrorism. Then the U.S. can press Saudis to open their society by teaching their children love not hate, pluralism not fanaticism, tolerance not fundamentalism, and life not death.

That approach via education will produce fewer terrorists, and fewer terrorists produce less terrorism, and less terrorism produces a safer world. When freedom and democracy spills over to surrounding nations, and when Saudis and Iranians feel these beneficial spills, then their populations shall demand those same democratic benefits.

A third benefit of U.S. preemption unraveled last month when Iranian officials gathered with European foreign ministers for possibly halting Iran's 18-year uranium enrichment program according to the International Atomic Energy Agency. After a decisive decision to suspend these activities, the Iranians' must have factored in the U.S. preemption and occupation of Iraq with fearing Marines could march down the streets of Tehran by justifying it with preemption. Peacefully stopping Iran's uranium enrichment program that could be used for constructing nuclear weapons proves preemption produced a safer and better world because it is a safer place without Iranian nukes.

From preemption and creating a democratic nation to the theoretical conception that democracies do not war against each other, our president proclaimed we have before and we will again form an independent democratic society that rests on the rule of law, producing a safer and securer Iraq, Middle East and world. Time and patience are required to effectively transform a nation from autocratic to democratic, and that may take a sixty year period to solidify as in the Philippines. Preemption produces a safer world. But are we willing to pay for safety or remain in a myopic quagmire?

Skye Caradonna is a senior political science major.

Counterpoint: Preemption causes policial decisions to be made too early

To many, preemption seems like a cut and dry issue. The major reason for this is the misuse of the word and the distortion of its meaning. Skye says that, "preemption is a theory of protecting ones country from attack, by attacking before being attacked." I guess that is a start, but the U.S. Department of Defense's own official Dictionary of Military Terms defines preemption as "an attack initiated on the basis of incontrovertible evidence that an enemy attack is imminent." Seems logical, but that is absolutely not what the Bush Administration did in Iraq.

What Bush did, and called an act of preemption, was to initiate a preventative attack, which is defined as, "initiated in the belief that military conflict, while not imminent, is inevitable, and that to delay would involve greater risk." Not the type of policy that we, as U.S. citizens, should endorse, and a dangerous precedence for the Bush Administration to project on the world.

The consequences resulting from the tendency to respond to threats preemptively is that political decisions are made too early. And in the end, threats that are neither imminent nor inevitable, suddenly seem have require military action. For instance, there are many diplomatic routes we can now take to deal with the situation in North Korea. However, we can easily see that there is a potential threat there, right? That would mean that logically we would go attack them now. That idea is probably a happy thought for Rumsfeld, but a dangerous

NORDIC Continued from page 6

large man with the intimidating black beard listed countless examples of students who appeared to waste the Nansen Network's time, money and hope and but gained positions as top Balkan officials a few years after their return. Bryn said if the participants already excelled at what Nansen had to share, they wouldn't have needed to come.

A bold statement. In the United States such a claim would receive ridicule from the Department of Foreign Affairs or at least incredulous looks. Who wants to fund opportunities for people to talk to each other, especially if it doesn't work right away?

The Nansen Network and its belief in the importance of dialogue for conflict resolution demonstrate typical Norwegian foreign policy. Norway prides itself on experimental work through non-governmental organizations.

For the past two years, the Ministry of Foreign Affairs gave the Nansen Network approximately \$7 million each year to fund eight Nansen Dialogue Centers in former Yugoslavia and the feeder program in Lillehammer.

The effectiveness of dialogue is largely untested. Can something that requires our total commitment and a willingness to be emotionally vulnerable succeed? It seems a gamble to bet on superhuman abilities. It seems too personal for a principle of foreign policy. Yet we yearn from the depths of our being for dialogue, for deeper understanding of each other and ourselves. We yearn for peace. When I ask the participants why they believe in dialogue despite all difficulties, they responded, "we've tried everything else."

A few years ago Laine inked "ability to communicate well" onto her list of requirements for dating potential. Guess that limits her to speech writers.

Skye Caradonna & Heather Beaupre Guest columnists

plan for the world at large. Remember for a second that they are trying to get nuclear capabilities, and pushing them towards that is probably the worst possible thing for us to do.

What was done in the war in Iraq, was a war of prevention. Skye believes it was worth it because the world is so much better. I ask why? He refuses to see the true outcome in the war on Iraq, namely to distract from the war on terrorism while fueling it, kill U.S. and Iraqi soldiers and Iraqi civilians, leave Iraq devastated and in a situation where democracy simply cannot happen, and U.S. occupation is certain. All attacking Iraq accomplished was to dispose of a leader, that while horrible, was contained and not a threat, and destabilize its leadership while squandering support for the war on terrorism internationally. Not to mention creating a very effective recruiting tool for terrorist organizations around the world. Yea Bush!

The most dangerous element of the new Bush doctrine is the precedence it sets. Fighting a war because another country just might be a threat somewhere in the future is ridiculous. With that logic, a country can decide to fight another country because that country might consider them a threat, and therefore might attack them first. Can you imagine countries preempting preemption? Crazy? Just wait!

In the end, justification for a preemptive war rests on objective realities: enemy capability, intent, the imminence of attack. Whereas, justification of preventative war rests on fortune telling, which is prone to error.

Heather Beaupre is a junior political science major and communication minor.

HOW TO COPE WITH *Stress* DU

LESLIE DYCUS
Mast reporter

Finals week is not quite here, but it is only one week away. This is the time of the season when students begin to feel especially stressed.

Students worry about last minute papers, projects, studying and the pressure of the last test that will determine their final grade.

Students must realize symptoms of stress and know how to relieve their anxiety.

According to Webster's Dictionary, stress is defined as, "A mental or physical tension." Stress is a person's response to any situation or event that requires adjustment or change.

People may handle stress in their own way, but how they choose to do so can either be helpful or harmful. Too much stress is harmful but most stress can be helpful and exhilarating.

During college, students will spend countless hours on homework and studying for exams. Students should learn how to prevent becoming overwhelmed by creating a study program.

Some tips include making a to-do list, avoiding procrastination, taking time to relax, getting plenty of sleep and thinking positively.

When preparing for a test,

students should schedule at least one week to study. Allowing plenty of time will help manage stress before it builds.

Making flashcards and reviewing them consistently can help students learn and memorize the text. Students should not cram an hour before an exam because the brain will not have time to process the information.

First-year Kayla Nelson said she does not stress out. "I don't get stressed out by finals. I prepare early enough in advance that I don't get stressed out."

If stress becomes unbearable, students should not be afraid to ask for help. The first step to relieve stress is to receive help from a peer or an adult the student can trust. Talking to friends or family will give students a chance to express their feelings.

If the student cannot talk to someone close, there are other options. They can talk to a priest or minister, professor or doctor.

According to Problems of Life Exam, "A problem shared is a problem halved." Stress among college students can cause many unhealthy habits. It can be experienced physically, emotionally, behaviorally and mentally.

Stress can cause three main

types of symptoms: The first is the physical symptoms, which include muscular tension, colds or illness, fast heart-rate, high blood pressure, fatigue, ulcers and difficulty sleeping.

The second is emotional symptoms. If students are experiencing emotional stress they may become anxious, irritable, tired, fearful, angry, depressed or have mood swings.

These emotional symptoms do not only affect the students but also the people in their lives. It is hard to talk with someone who is very irritable or angry. They may begin blaming people for things that happened to them. Also, the student may begin laughing or crying for no apparent reason.

Behaviorally, students will not be able to sleep, and their physical coordination becomes reduced. If students are unable to concentrate or solve mental problems they may be experiencing mental stress.

The final symptom of stress is a cognitive symptom, which includes forgetfulness, unwanted or repetitive thoughts and difficulty concentrating.

No matter how hard a student may try, no one will be able to elude stress. It is everywhere and in almost everything. Planning for these potential anxieties may be the best way to battle them.

There are numerous ways to relieve stress in daily life. Athletes tend to exercise or workout to ease their tensions. Others seek counseling for professional assistance, or support groups for help from people experiencing the same problems.

Others choose to relax, sleep or meditate. All of these are great ways to relieve stress and even help fight potential stress.

According to The American Institute of Stress some great stress reduction strategies students can use are meditation, yoga, massage, aromatherapy, prayer, time management and herbal and other nutritional supplements.

Sophomore Katy Nelson-Penland relieves stress by "giving backrubs and playing guitar." She said doing this takes the tension to the hands and releases the stress.

Coping with stress when it first becomes evident is the best way to battle it.

There are many ways a person can cope with stressors before they are obvious. Nutrition can have an effect on a person's stress level so it is important to eat well-balanced meals on a regular basis.

Try to limit the caffeine intake and think of meals as breaks, not an escape. Eating healthy meals can help keep-up blood sugar and lessen symp-

toms of stress.

Along with eating healthy students should exercise on a regular basis. This allows time for the body to relieve tension.

Junior Josh Hardman said he copes with stress by, "going to the weight room, or just sitting back and listening to some music."

Time management is another way, and possibly the most effective way, to battle stress before it becomes unmanageable. Making sure to have enough time to do what is required is vital in controlling the possible influx of anxiety.

Most importantly, students should make sure to schedule a good night's rest. Stress is an important factor in life that one must recognize.

Remember that occasional stress is a natural part of life, but students must recognize when stress is beginning to be unmanageable, and find a way to fix the problem.

Students must take control of what they can, take a break, and not commit themselves to things they cannot do or do not want to do. The best advice is to not wait until the last minute or the inevitable will happen. Stress.

**Editor's note: Information for this report was contributed by sophomores Ashley Jamieson and Chase Jabara.*



Photo by Andy Sprain

Co-photo editor Andy Sprain photographs himself while driving in Mount Rainier National Park last weekend.



Sidewalk Talk: What do you do to relieve stress during finals?



"Workout, hang out with friends."

Amanda Phillips
Sophomore



"I hang out with friends a lot, watch movies."

Zach Hesser
Senior



"Sit around and not do anything on the weekends."

Tim Kelly
First-year

WINTER FINALS



Photos by Andy Sprain

Above and Watermark: Junior Hannah Brandt meditates to reduce stress.

Left: First-year Beth Loech (front), sophomore Bethany Devilbiss (left) and senior Geoff Greseth (right) ran a half marathon at the Seattle Marathon Nov. 30.



End-of-the-Semester Activities

**ANIMAL HALF-HOUR
ALL RESIDENCE HALLS
STARTING DEC. 11
9:30 P.M.**

**STRESS FREE ZONE
IN THE UC
DEC. 12 AND DEC. 15
8 A.M.-5 P.M.**

Reference to Hitler vilifies letter author

We're writing to express our collective opinion regarding the Nov. 21 editorial in *The Mast* entitled "Defend your right to speak against injustice." In this editorial, *The Mast* editor relayed that an anonymous letter was submitted speaking heavily against *The Matrix* publication. As the editor relates, "the author of the anonymous letter [...] is appalled that the University funds such a publication."

For expressing this opinion, the anonymous writer is portrayed as violating the first amendment. The editor even quotes the first amendment, and goes so far as to compare the writer to Hitler. "To suggest pulling funds [...] that's what Hitler did to the press in Germany."

While the school does encourage open academic expression, school policy doesn't guarantee you can say anything without check. Last year during the Holocaust conference, protesters denying the Holocaust were escorted off campus. *The Mast* reserves the right to deny any article including the voice of the anonymous.

And we think every one of those examples is justified, both morally and by official school policy. We feel safer knowing that the school disallows speech when it is hateful or destroys discussion.

But it's for those reasons we don't think *The Mast* should have printed such an article.

The anonymous writer expressed their opinion: disapproval of a particular publica-

tion. In response, *The Mast* compared the anonymous writer to Hitler. This vilified the opponent, ending constructive discussion, promoting hatred. It also insults memory, suggesting that Hitler was evil, not for murder, not for violence, not for suppression, but for "cutting funds."

While no specific policy states that *The Mast* cannot insult people anonymously, I do not feel that *The Mast* is justified in doing so. Rather than insult, arguments should be made on their own merits, when both people involved have a voice.

Aaron Lahman, senior
Chris Ellison, senior

ROTC offers proud leadership tradition

History is becoming vitally important in our increasingly interdependent world, as illustrated in recent events. However, numerous people find it difficult to acquire an overall view of history because they never find attractive starting points.

Our nation was formed by revolution and has been upheld by the soldiers who have fought and died for it, along with the gallant leaders who have guided our nation through these troubling times.

ROTC is part of this proud tradition, not a detriment to our university or nation. ROTC participants are not made into drones and raised in a dogmatic indoctrination program. My teachers are inspirational leaders, not devise militants.

As an Eisenhower Scholar, Eagle Scout and Earth Day leader, I value the programs I participate in and what they contribute to my life. I participate in ROTC because I will become a better person as a result of my ROTC experience.

Professor Jansen's inferring that ROTC does not stimulate intellect could not be farther from the truth. ROTC teaches one to use their intellect to think outside the box.

Alexander the Great's successes came from two influences: his military training and his tutelage under the philosopher Aristotle.

Our first president, George

Washington, was the general who commanded our nation's revolution and later willingly gave up power to set the foundation for democracy.

Inflammatory remarks only serve as a stimulus for controversy and not an intellectual discourse. As PLU students, we come to PLU for higher learning, not as sheep waiting to be subjugated. If ROTC created such a 1984 milieu, why does PLU support the program?

One reason is that the university knows ROTC will bring more leadership and spirit to the PLU community.

Wearing the uniform represents the army values, loyalty, duty, respect, selfless-serve, honor, integrity, personal courage and a tribute to all those that have served our nation.

Based on Professor Jansen's remarks on wearing the uniform, "coercive" and "potent symbol of discrimination" one would think not wearing the uniform to class would result in corporal punishment. I have three other classes on the day I have ROTC and as a result do not always have the time to put on my uniforms before class.

I have never been met with any form of punishment on the occasions I do not wear my uniform to class.

The U.S. Army is not a symbol of discrimination. It was in 1948 that the army fully integrated,

more than a decade before prominent universities of the U.S. government took similar actions.

For diversity in the army look at former Army General Colin Powell who was in ROTC and is now the United States Secretary of State, or that more than one third of the Army is comprised of minorities.

We now live in a turbulent time with many new policies that now govern our lives, but they're for our protection. Policies that are too soft, unclear, self-deceptive and therefore, dangerous, are what helped allow an events like the Twin Towers to happen.

If we as a nation are unwilling to commit ourselves clearly and firmly to the price of defending peace we can only expect an uncertain future.

No peace can last without a democracy willing to defend that peace and let us learn from our past so we do not make that same mistakes that cost our nation so dearly, so that we can have a lasting peace that is a tribute our nation and to humanity.

I believe communication is the key in solving any differences or problems in a diplomatic manner, not sniping a program through character assassination.

Tyler Piper
Student



"Considering we can't light candles or incense, tea is good. Taking walks is always good too."

Candis Suddoth-Tyler
First-year





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Eight music scholars named

Talented musicians chosen for special scholarship

SIRI HAYNES
Mast Intern

Eight talented musicians, two from each class, were chosen to receive a special scholarship in addition to well-deserved recognition from the music students and faculty. They recently performed in a concert to showcase their talents. Each student comes from diverse backgrounds and have built up quite a musical career prior to attending PLU:

First Year

Alexandra Giesbers- Vocalist (soprano)

Giesbers began her voice career when she joined the famous Northwest Girls Choir based in Seattle. At age nine she began to sing in the Children's Chorus of Seattle Opera for famous productions such as *Carmen* and *La Bohème*. Giesbers would like to work toward a career in opera. Giesbers said: "(Music) indulges my intellectual self as well as my purely creative side." When asked why she thought she might have been chosen as a scholar she was speechless but eventually decided it had to be her "winning smile and pleasant demeanor."

Laurent Nickel- cellist

"I remember crawling up to the stage at intermission in a vain attempt to touch the cello," Nickel said of one of his first orchestra concerts featuring a cellist. Fascinated with the cello after that concert, he began his studies at the young age of five.

When asked why he loves music he responds with a quote from Plato: "Music gives a soul to the universe, wings to the mind, flight to the imagination, a charm to sadness, gaiety and life to everything. It is the essence of order, and leads to all that is good, just and beautiful, of which it is the invisible, but never less dazzling, passionate and eternal form."

Sophomore

Bethany Kirstein- Vocalist (mezzo soprano)

"It makes everything more beautiful. Singing is absolutely the most exciting thing I do," Kirstein said when asked why she loves music. She has been singing in some form or another ever since she could talk and involved in numerous ensembles, choirs, and musical productions ever since she can remember. Bethany is from Gresham Oregon and is majoring in secondary music education. She hopes to have a career in education, vocal performance or musical theater.

Kenneth Westcott- French horn

Westcott started singing in third grade and has been playing horn for nine years. He filled his time with several choirs and youth symphonies both through school and in the community. Of all his ensembles Kenneth placed more importance on his wood/brass wind quintet. He is also very proud of some of his favorite role models that he has had the opportunity to play with such as Bobby McFeran and Maren Alsef.

Junior

Cale Olson- Vocalist (tenor)

Olson did not have any formal training until he came to PLU, and in fact was not at all serious about music until he joined his high school choir. The director, Beth Hutchinson, introduced him to the "broad world of music," he said. The deciding moment that enticed Olson to become a vocal major came when he was chosen for the Alaska All-State Choir. "The music I experienced in that group was full of incredible emotion," said Olson. "I knew something that could make a person feel like that was worth devoting a lifetime to."

Paul Christensen- pianist

"Music is a universal language that everyone can understand," Paul Christensen said, "It clears my mind and absolutely fascinates me." Christensen began taking both piano and voice lessons at a very young age, and his love and passion for it grew. Christensen grew up thinking he was going to be a vocalist until he switched piano teachers at which time his piano career took off. In high school he attended the Interlochen Arts Camp in Michigan, which is one of the most prestigious music camps in the country. He has recently joined a rock band called Grad School and is hoping everyone will come to his performance in The Cave Dec. 12.

Senior

Amanda Hinz- Clarinetist

Amanda has been playing the clarinet since fifth grade and loves it even more with each coming year. She loves the people she has met and worked with along the way, which explains why she is a music education major - she will be able to work with musicians the rest of her life. Amanda cannot imagine her life without music. "It's a great way to let out (my) creativity and it's a great stress reliever too."

Elaine Lee-Vocalist (soprano)

When Lee was young, she was known for wandering around the house with a microphone. It is not hard to believe then that she has been involved with music ever since elementary school. She started singing, however, in the 10th grade. She started on the violin and played through 11th grade. She played the piano for her jazz band throughout junior high as well.

Lee is majoring in both music and biology. Although even just the sound of it makes me tremble, she says it is a good balance for her. Music calms her and allows her to forget everything else; it is where she lets out her emotions. Biology pulls the exact opposite out of Lee allowing her to use her "scientific mind."

REVIEW: Wizard of Oz

The Tacoma Little Theatre puts a fresh coat on the yellow brick road

STEPHANIE CHRISTOPHER
Mast Editor in Chief

There's no place like home, and no story drives home that point better than *The Wizard of Oz*. Many are familiar with the 1939 motion picture depicting L. Frank Baum's classic tale, but the Tacoma Little Theatre has put a fresh spin on this story of one girl's search for her heart's desire.

Maya Sugarman, a fresh-faced 14-year-old, takes on the role of Dorothy, the yellow-brick road sojourner just trying to find her way home. Sugarman's enthusiasm brought the character to life, and her interaction with other characters portrayed the wonder of a girl in a new and unreal land.

The only weakness in Sugarman's performance was her rendition of the hallmark song "Somewhere over the Rainbow." But honestly, that's a tough song to sing and if Sugarman had vocals like Judy Garland she wouldn't be performing in Tacoma. So props to her for getting on stage and belting it out as well as she did.

The play combined elements from the well-known movie and L. Frank Baum's Oz books. The result is a greater development of the Kansas characters and their shared traits with their Oz counterparts.

Scarecrow (Paul Eddy), Tin Man (Daniel Willman) and Cowardly Lion (Brian Middleton) all enjoyed longer versions of their songs than seen in the movie. Tin Man even divulged to Dorothy that he had a Munchkin sweetheart and wanted a heart so he could love her even more. I don't know if that's what Baum had in mind when he created the character, but it made the audience identify with him even more.

In addition to fighting off flying, or in this case, acrobatic monkeys, Dorothy and friends had to fight off the Jitterbug, a nasty bug that makes the bitten dance until they can dance no more. The jitterbug scene was cut from the 1939 film version as

the movie was already pushing two hours. But the song and dance number is an energetic interlude before the final witch meltdown.

The deleted song wasn't the only addition. While Dorothy was dressed in the traditional blue gingham pinafore, the costumer at the Tacoma Little Theatre took some liberties with some of the other costumes. Glinda, the good witch of the North, (Betzy J. Miller) dressed the part of disco queen with bright blue and teal loose dress and sparkly sunglasses.

Glinda wasn't the only one expressing herself. Cowardly Lion wore a kilt, white blouse and orange and pink striped stockings. And don't forget the green bow he dons before he visits the Wizard. For being such a coward, he seems plenty willing to take chances on his wardrobe.

The Wizard of Oz film pushed the limits of movie technology, moving from black and white to color and employing such a large cast and complex choreography. This is a tough act to follow, but the Tacoma Little Theatre made good use of a limited stage and resources. The stage crew kept the scene changes moving quickly with rolling sets and suspended scenes.

The Tacoma Little Theatre is a community theatre. This means the stage is somewhat small, the seats are as cramped as flying coach and the Munchkins sell candy bars at intermission to raise money for the theatre.

But there is no better place to watch a classic family story than in a cozy theatre that welcomes families, babies and children of all ages.

But if you do decide to do to the Tacoma Little Theatre to watch Dorothy and the Munchkins or any other play, get good directions. Otherwise you might end up over the rainbow and nowhere near the theatre.

For more information about The Tacoma Little Theatre and *The Wizard of Oz*, visit www.tacomalittletheatre.com.

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Sat/Sun: 12:00, 2:15, 4:30, 6:45, 9:00



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(R)

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Turn-Ta-Bology:
The Science of the Ones and Twos

The first Rave ever hosted on the PLU campus.

The Cave
Starting at 9 p.m.
Tonight

KCCR Student Radio will be student disc jockeys spinning trance, rpm, house and vocals music until 2 a.m.

Admission is free for students and people from the PLU community.



Above: Richard Nance directing in a rehearsal for "Let Us Adore Him..."

Celebrate the season with music

Below: Stefan Hovik and Emily Fenske practicing for the holiday music season

Photos by Andy Sprain

MEGGAN JOHNSON
A&E Critic

The winter holidays give the entire PLU community the opportunity to celebrate the season in a variety of ways. Each year, the PLU music department dazzles students and visitors alike with beautiful holiday music ranging from classical instrumental numbers to swinging jazz renditions of traditional Christmas favorites. This year is no different, with the music department planning several sure-to-be sold out events.

Perhaps the largest of these events will be the "Let Us Adore Him" concert, featuring the combined talents of the Choir of the West, the University Chorale, and the University Symphony Orchestra under the direction of Kathryn Lehmann, Richard Nance and Jeffrey Bell-Hanson, respectively. Lehmann, conductor and director of chorale activities, says that the concert draws its inspiration directly from the Bible. The performance opens with familiar carols and builds to a climax in which all three musical ensembles perform "Gloria in Excelsis Deo, Cantata 191."

Johann Sebastian Bach composed "Gloria in Excelsis Deo" in 1733. The piece represents the heavenly angels raising their voices in exaltation after the birth of Christ. Over the years, "Gloria in Excelsis Deo" has become a staple of Christmas services all over the world. Even if only one of the three ensembles at the concert performed the piece, it would be extremely

moving. However, with the Choir of the West, the University Chorale, and the University Symphony Orchestra all performing the song together, it undoubtedly will be spectacular.

"The Bach Cantata 191 is an especially colorful work for orchestra, soloists and chorus. It features flashy trumpet solos and the wonderful transparent orchestral textures that Bach created so well," Bell-Hanson said.

See the premier performance tonight or Dec. 12 at 8 p.m. and Sunday at 4 p.m. in Eastvold Auditorium. The ensembles will also perform Saturday at the Saint Phillip Neri Church in Portland, Oregon and Dec. 14 at the First Presbyterian Church in Seattle, Washington. Order tickets in advance for this concert by visiting the Campus Concierge's Desk in the University Center or by visiting <http://www.plu.edu/christmas> online.

The PLU music department has several other concerts for the holiday season planned. Similar to the "Let Us Adore Him" concert, the University Singers under the direction of Nance and the University Men's Chorus under the direction of Lehmann will also dazzle audiences at their "Sounds of Christmas" concert.

In addition to the beautiful Christmas music the two groups plan to perform, "Sounds of Christmas" will also feature the organ music by Paul Tegels and passages of Martin Luther's Christmas sermons by Pastor Dennis Sepper. Catch "Sounds

of Christmas" at Tuesday at 8 p.m. at the Lagerquist Concert Hall in the Mary Baker Russell Music Center.

If neither of these classical music concerts appeals to you, you might want to consider attending the University Jazz Ensembles' KPLU 88.5 "Christmas Jam Live Broadcast" on Thursday at noon in Lagerquist Concert Hall.

KPLU mid-day jazz personality, Nick Morrison, hosts this radio broadcast which will be heard by thousands worldwide. It will feature the best of PLU jazz with performances by PLU's Regency Jazz Ensemble and Vocal Jazz Ensemble.

The concert will also include guest artists from the Seattle professional jazz community. Plus, unlike the other two concerts, the "Christmas Jam Live Broadcast" is free.

If you can't attend this broadcast at noon, you can also see the PLU University Jazz Ensemble and the Vocal Jazz Ensemble under the direction of David Joyner Thursday at 8 p.m. in Chris Knutzen Hall. The two groups will perform a variety of classic and contemporary jazz tunes.

Take a break from studying for finals and go support the music department this holiday season. Whether you enjoy listening to classic music celebrating the birth of Christ or jiving to jazzy Christmas favorites, this December the music department has something for everyone. So make this holiday bright with some beautiful music from PLU.



Holiday Concert Schedule @ PLU

"Let Us Adore Him"
In Eastvold Auditorium
Dec. 5, 6, 12 at 8 p.m.
Dec. 7 at 4 p.m.

Student Series:
Gwyenth Benson and Amanda Hinz
Eastvold Auditorium
Dec. 7 at 7 p.m.

Choral Series:
Sounds of Christmas
Dec. 9 at 8 p.m.

University Jazz Series:
University Jazz Ensemble
KPLU (88.5)
Christmas Jam Live Broadcast
Dec. 11 at 12 noon
Lagerquist Concert Hall

Jazz Series:
University Jazz Ensemble and Vocal Jazz Ensemble
Dec 11 at 8pm
University Center
Chris Knutzen Hal

PLU's first rave in The Cave tonight

TURN-TA-BOLOGY? SOMETHING ONLY STUDENT RADIO COULD MIX UP

MARC KOSTIC
K103/KCCR Radio

KCCR Student Radio will put Pacific Lutheran University campus on the party map tonight with an event never seen before on campus. Turn-Ta-Bology: The Science of the Ones and Twos will be the first Rave ever hosted on campus. Starting at 9 p.m. in The Cave, there will be student disc jockeys spinning trance, rpm, house and vocals music until 2 a.m. Every beat and groove will be broadcast live on-line at Energy 98.1

(www.energy981.com). Admission is free for students and people from the PLU community.

"It will be very similar to a Rave atmosphere, but without any of the bad things that often are associated with Raves," Rob Christiansen, KCCR RPM Director said. KCCR will provide as many props as possible to give Turn-ta-bology a real Rave atmosphere, including glow sticks, moving visuals, lighting, surround sound and a fog machine.

KCCR has been granted a

special opportunity to be broadcast live on-line at www.energy981.com, an on-line electronic music radio station based in Beaverton, Ore. Consisting of volunteer disc jockeys, Energy 98 broadcasts 24 hours a day, seven days a week. Turn-ta-bology will represent the first time that amateur disc jockeys from PLU will be broadcast live on an international stage.

While KCCR has been committed to a more modern alternative rock format for music and entertainment, this will be an opportunity to feature a dif-

ferent type of music played on air. "I'm excited to share music that many students have probably never hear before," said Christiansen. "If students are willing to have a good time, and open their ears to new music, I think the event will be enjoyable for everyone. The night will be an excellent introduction to electronic music for many students.

Turn-ta-bology will be KCCR's third event of the semester, helping to provide weekend entertainment for students on campus. In an academic atmosphere,

"There are not a whole lot of events around campus that are strictly for the purpose of entertainment," Christiansen said. "I think the Rave will really add to student entertainment and hopefully turn some people on to electronic music.

In preparation for the event, KCCR will broadcast live from the UC on Thursday, from 5 p.m. to 7 p.m. outside the cafeteria.

Turn-ta-bology: The Science of the Ones and Twos will be broadcast live on campus through KCNS channel 26.

Review: CD stocking stuffers for the whole family

ERIC THOMPSON
A&E Critic

With Christmas now less than three weeks away, it's once again time to start thinking about the most important aspect of the gift-giving season: music. Nearly everybody enjoys music in some form, and CDs are a reasonably priced, stocking-stuffer gift sure to make shopping incredibly easy. With the wide range of albums to be released before the 25th, there's plenty to choose from, and something can be found for everyone.

Toddler - Blues Clues Karaoke

This CD, to be released by Warner Brothers Publication on Tuesday, should keep the little children occupied and comatose for at least a little while on Christmas morning. At only \$9 that seems a small price to pay. The CD features the main theme and other songs from the popular Nickelodeon children's learning program, and gives the kids the chance to sing along. Also be

sure to reassure your young brothers and sisters that Steve Burns, the former host of the show, actually did not commit suicide, as was rumored for a while, but just got really sick of his job. For slightly older kids check out the Spongebob Squarepants Karaoke, also set for release on Tuesday by Warner Brothers.

Pre pubescent girl - Ruben Studdard Soulful



Tuesday the American Idol champion emerges with his first full album since his victory. The runner up of the competition, Clay Aiken, had massive success with his album earlier this year, easily topping a million in sales, and Studdard's looks to create a similar frenzy. Middle school girls worldwide, as well as other rabid Idol fans of all

types, will jump at this one. Soulful contains 14 tracks, a mixture of covers and original material, for about \$14.

Punk-loving teenager/college student - The Offspring Splinter

Orange County veteran punk rockers, The Offspring, reveal their seventh release Tuesday as well. With over 32 million albums sold, The Offspring have fine-tuned their craft with large success over the years. Splinter, said lead singer Dexter Holland, is a bit of a return to their older, less poppy style of music with modifications and heavy experimentation. The album also features some new, big name faces. Josh Freese, of The Vandals on drums and Pennywise's Jim Lindberg sings backup vocals. This album might appeal to any fan of punk.



Mom and Dad - Gene Clark Under the Silvery Moon

Gene Clark, formerly of The Byrds, returns with fourteen previously unreleased tracks Dec. 23. Clarks previous solo efforts received generally positive feedback from customers, and Silvery Moon may continue that trend and will do well with our parents' generation. Clark plays a mellow folk/country rock that will help parents relax amidst the chaos.

Grandpa and Grandma - Smo-o-oth Vintage Jazz

To be released Tuesday, this is a 32 song compilation of old jazz greats. The collection features hits by legends such as Duke Ellington, Ella Fitzgerald, Glen Miller, Count Basie and Benny Goodman. The CD is put out by the label Living Era, which claims to be "focused on nostalgia," the perfect gift for the members of your family who miss the "good old days."

Review: Fantasy films that are sure to thrill

ADAM KING
A&E Critic

I'm sure everyone knows there are few really magical fantasy films out there. The majority consist of badly made heroic epics or fairy tales that are released directly onto video (i.e. *The Sword and the Sorcerer*, *the Deathstalker* series, etc.).

But some movies have the right mix of potions to create something magical. These movies prove making a decent fantasy film is a tricky process. A successful fantasy film must be a story with a soul and special effects that flow with the story.

So check out a few of these magic shows if you find some time over winter break.

10. *Groundhog Day*: Egotistical weather man Phil Connors is trapped in the same day repeating itself over and over again.

No hangovers, no consequences. A *Twilight Zone* situation with a deep philosophy of living a meaningful life.

9. *Paperhouse*: A 12-year-old girl draws a house on a piece of paper, but then becomes mysteriously ill. Whenever she reaches a state of unconsciousness she goes into a world of imagination where her drawing is a reality. This is an unsettling and heady film with allegories to inner fears and desires.

8. *Monty Python and the Holy Grail*: King Arthur and his knights go on a crusade for the holy grail while along their journey they encounter ridiculous situations i.e., a taunting Frenchman and a holy hand grenade.

7. *Punch Drunk Love*: Barry is an estranged guy always wearing a blue suit, painfully shy and harbors some repressed anger. Suddenly he develops a deep bond with his sister's friend Lena, also painfully shy but sweet. Yet Barry must deal with an evil phone sex compa-

ny that scammed him and won't back down as well as his inner fears.

6. *Pirates of the Caribbean: Curse of the Black Pearl*: Blackbeard and a sword maker must find a lost treasure and save a princess from skeleton pirates. This movie has all the goods; swordfights, guns, ship battles, magic, romance and most of all comedy.

5. *Dragonslayer*: Sorcerer's apprentice goes on a dangerous quest to destroy the dragon Vermathrax, whom terrorizes Dark Ages England. The dragon is amazingly so realistic in the film you would almost believe dragons really did exist.

4. *The Seventh Seal*: After the Crusades and the time of the black plague a knight is visited by Death. The knight tries negotiating to delay his doom, but is confronted with situations that challenge his faith in God and life itself.

3. *Army of Darkness*: Boneheaded hero with a chainsaw for a hand falls into, mediaeval times. In order to get back, he

goes on a quest to find the mystical Necromican Book of the Dead. But unwittingly releases the army of the dead. So, he must fight the army of darkness and his dynamic opposite Evil Ash.

2. *Crouching Tiger, Hidden Dragon*: Martial arts warrior couple goes on a quest to stop an evil martial arts warrior Jade Fox. And retrieving the Green Destiny sword from a princess that is dealing with her love dilemma and her role in life.

1. *Lord of the Rings Trilogy*: Peter Jackson has successfully adapted the J.R.R. Tolkien trilogy, and I consider this movie trilogy and book series the king of all fantasy. It has all the universal qualities, philosophy, action, beautiful environments and special effects. The trilogy also dabbles into romance, but most of all, develops character we all can care about and identify with. There may never be another epic that can top this trilogy.

The Captain

Waterfall, Part IV

The final installment of Aaron Hageman's fiction series

On one of the larger islands deep within the Mysterious Sea Jungle flows a creek. This creek's source comes from near the top of a small hill. Water creeps through a tropical jungle, cascades over a fifteen foot waterfall, then gently meets the ocean water in a still lagoon. If one was to climb one of the trees on the hill and look around, only green from the jungle and an occasional spot of blue could be seen.

A slight breeze moved through the island's jungle and over the stream. It danced across the face of a man on a red rock raft. The breeze ruffled his blue clothing and played with his magician's hat, but failed to majorly disturb him. This breeze also helped carry the sound of violent paddling and yelling, coming from upstream, to his ears. For this was a chase, and the magician was fleeing from Captain Tenderheart.

"Get back here with my gold, you scalawag!" cried Tenderheart. "There's nowhere in the jungle you can escape from me!"

Tenderheart had accidentally learned from a big mouthed baby giant green sea turtle that the magician stole his gold that Tenderheart discovered on the top of the hill after many months of searching. And now he pursued the magician, Tenderheart in a dinghy and the magician in his raft.

Just as the magician looked over his shoulder to make a reply his raft plunged over the waterfall. Gold from the secret compartment in the raft fell out and flew past him as he fell. A minute later, Tenderheart also went over the falls. His collection of knives fell out of his clothing and into the water.

Both the magician and Tenderheart scrambled onto the water. The magician used a magic spell to gather the gold and put it in a pile. Tenderheart frantically searched the water for a knife to attack the magician with. Tenderheart spotted a knife, but just then a giant turtle swam over it. He tried pushing the turtle out of the way. Then he tried pulling. The turtle wouldn't move. Tenderheart saw another knife nearby and seized it instead.

Meanwhile the magician had taken his gold and run into the jungle. Tenderheart followed, sweating and panting as he ran. The magician took a moment to rest. Tenderheart caught up and stabbed with his knife, but the magician magicked it away. Without any worry showing on his face the magician continued to defend himself. Tenderheart's face grew red and irritated.

Finally bored, the magician cast a spell and disappeared off into a different part of the Mysterious Sea Jungle.

A turtle resting in a pool of water close by chuckled.

And Tenderheart ran off towards the lagoon where his ship waited. Surely he would catch that magician someday! His fist shook with anger and hatred.

It is said that these two men still run around in the Mysterious Sea Jungle to this day, chasing and fighting each other (somehow always encountering turtles). And if the magician, The Captain, and Captain Tenderheart are not yet dead, then I suppose it is true.

*Editors note: this is the final piece of a serialized fiction series.

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Lady Lutes basketball opens with win

Team ranked 17th in D3hoops.com Top 25 national poll; center Courtney Johnson named to 2004 Women's Preseason All America Team

LINCOLN VANDER VEEN
Mast sports intern

PLU's women's basketball team opened their season Nov. 22 in Salem, Ore. with a non-conference victory over the Western Baptist Warriors 67-38. The Lutes employed a stifling defense throughout the game to limit Western Baptist offensively.

PLU, ranked 11th nationally in the preseason Division III poll, came out of the gate firing on all cylinders offensively. They connected on eight of their first 11 shots from the field to take an early 16-4 lead.

The Lutes shot 45 percent from the field while Western Baptist was held to an abysmal 25 percent and was also forced into 24 turnovers by the Lutes.

The win avenged a six-point loss the Lutes suffered to the Warriors one year ago.

Forward/point guard Aundi Kustura and center Lauren Coate led a balanced Pacific Lutheran offensive attack, with 12 and 11 points respectively. Coate also grabbed nine rebounds.

6' 3" senior center Courtney Johnson grabbed nine rebounds, while scoring nine points and turning away six Western Baptist shots.

The defensive pressure utilized by the Lutes made penetrating very difficult for Western Baptist. No WBC player reached double figures in scoring.

Guard/forward Sarah Hubeek and guard/forward Erin Plotts each scored six points to lead the Warriors, while guard Tosha Wilson collected eight rebounds.

PLU center Courtney Johnson was named to the 2004 Women's Preseason All America Team by D3Hoops.com as a first team selection.

Last season, Johnson was an all-conference first team selection while averaging 11.0 points and 8.3

rebounds per game.

She led the conference and finished third in the nation in blocked shots, with a season total of 128 blocked shots- 4.4 per game.

Pacific Lutheran saw a five point halftime lead over the Oregon Tech Owls slip away in the second half en route to a 62-52 loss Nov. 23 in Klamath Falls, Ore.

The Lutes held a 28-23 lead at the half, only to see Oregon Tech score the first five points of the second half to tie the score.

After the Lutes regained a slight advantage, Oregon Tech fought back once again to tie the score at 34-34 with 14:56 remaining.

Two minutes later, the Owls took the lead for good on a pair of free throws by forward Amanda Doherty.

Center Sara Wilcox led PLU with 18 points and four rebounds. Forwards Kelly Turner and Anna Sticklin each contributed eight points. Johnson led the Lutes in rebounding, hauling in nine, and blocked shots, with eight.

Doherty led Oregon Tech with 15 points and nine rebounds. Center Nikki McElligott scored 13 while collecting a game-high 15 rebounds. Guard Meggan Sager finished with 11 points for OIT.

PLU traveled to Ellensburg, Wash. during Thanksgiving break and won two games to improve their overall season record to 3-1.

The Lutes defeated the Northwest College Eagles 71-58 in their first round match-up Friday before rolling past the Warner Pacific Knights in a 56-42 win Saturday.

In their first game, the Lady Lutes jumped out to an early 18-11 lead, only to see Northwest fight back to tie the score with 8:47 left in the first half.

After that early run, the Lutes tallied six straight baskets by Wilcox, forward Pam Isaacson and Kustura and led the rest of the contest.

The lead was tested in the second half with Northwest narrowing a ten point margin to two with 10:16 left, but again PLU answered with a scoring spurt to take control of the game.

Johnson scored 13 points and grabbed 10 rebounds to lead Pacific Lutheran. Kustura and Wilcox contributed 11 and 10 points respectively.

Saturday, Warner Pacific's only lead of the game occurred very early, when the score was 3-2.



Photo by Andy Sprain
Forward/guard Aundi Kustura takes a jumpshot at a recent practice. The Lady Lutes play at Cascade College today in Portland.

With 18:15 to play in the first half, point guard Mallory Mann knocked down a jumper to take a 4-3 lead, and the Lutes never trailed again. The Lutes gained a fourteen point advantage prior to half, and had a 31-23 halftime lead.

In the second half, PLU kept their advantage, only letting Warner Pacific get to within five points. It wasn't five points for long, either. PLU used a large scoring burst to take back their double-digit lead.

Kustura and Coate came off the bench to score 13 and 10 points, respectively. Johnson and center Tiffany Millet each grabbed six rebounds to lead PLU while Turner dished out six assists.

The Lady Lutes are now ranked 17th in the D3hoops.com Top 25 national poll.


PLU travels to Portland today for a 4 p.m. game at Cascade College. The Lady Lutes host Warner Pacific in their home opener tomorrow at 7 p.m.

NWC Women's Basketball Standings (12/2/03)

School	NWC	ALL
UPS	0-0	2-0
Whitman	0-0	2-0
Pacific	0-0	4-1
PLU	0-0	3-1
George Fox	0-0	3-1
Whitworth	0-0	2-1
Willamette	0-0	2-4
Linfield	0-0	1-2
L&C	0-0	1-3




Photo by Andy Sprain
Forward Anna Sticklin runs lines at practice. The Lady Lutes are number 17 in the D3hoops.com national poll.



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Men's basketball at .500 after four games

Lutes to compete in the Quinn Classic this weekend at Eastern Oregon University

TYLER OCHSNER
Mast sports reporter

The PLU men's basketball team began the 2003-04 season with two wins and two losses. The Lutes squad dropped their season opener to the University of Wisconsin-River Falls before defeating Bethany College of California to wrap up the UPS Logger Classic.

During Thanksgiving break, the team traveled to Lewiston, Idaho to face Evergreen State College and Lewis-Clark State College.

The Lutes topped Evergreen State, but fell short to Lewis-Clark State in the championship game of the Clearwater/ River Casino KOZE Classic.

The Lutes were given a true test in their first game of the season against the Falcons from the University of Wisconsin-River Falls (2-2).

PLU trailed by 14 points in the middle of the second half but closed the deficit.

The Lutes found themselves within three points with five minutes remaining in the game, however the Falcons went on a scoring spree in the final few minutes to capture a 74-63 victory.

Head coach Dave Harshman was pleased with PLU's effort against a University of Wisconsin-River Falls basketball team that was ranked in the top 25 in the preseason NCAA Division III poll. The Lutes

resisted 6'8" UW scoring threat Rich Melzer, allowing him only 17 points, not his average of 28.

"Wisconsin-River Falls brought a lot more experience and physical toughness into the game," Harshman said. "We were able to play hard and be competitive against an outstanding program."

Wing Drew Cardwell and post Zach McDonald led the Lutes in scoring and rebounds. Cardwell and McDonald each recorded 11 points. Wing Sudon DeSuze adding 10. Each of the three players collected five rebounds.

The basketball squad bounced back in dominating fashion with a 71-43 win against Bethany College.

PLU led 30-27 at halftime and outscored their opposition 41-16 during the second half to ensure the victory.

The Lutes shot more than 50 percent from the field (31-58) and beyond the three-point arc (9-17).

Cardwell led all scorers with 13 points and post Jake Lipscomb recorded a team-high seven rebounds.

PLU continued where they left off during the first game of the Clearwater/ River Casino KOZE Classic with an

80-73 victory against NAIA opponent Evergreen State (1-2).

The game was tied with less than six minutes left in the fourth quarter when McDonald converted one of two free throws to take a 62-61 lead.

Down the stretch, post Michael Jacobs, Cardwell and guard Jason Heutink each added a pair of free throws to seal the win.

DeSuze pulled down six rebounds for PLU while four players scored in double digits.

Heutink led all scorers with 15 points. DeSuze

added 14, Cardwell recorded 11, and guard Hazen Hyland contributed 10.

Harshman was particularly happy about the performance of DeSuze. He had the task of guarding 6'4" forward Walter Tucker.

"DeSuze frustrated Tucker by forcing him to foul out of the game after 20 minutes," Harshman said. "He only allowed Tucker to score two points, which is well below his normal average of about 20 points per game."

The Lutes met up with host Lewis-Clark State College (7-1) for the championship game of the tournament.

PLU had a sluggish first half against the Warriors, trailing 48-30 after 20 minutes. Nevertheless, they outscored Lewis-Clark State by 13 points in the second half.

Despite the comeback, the Warriors prevailed and secured a 72-67 victory.

Jason Heutink and Drew Cardwell were the PLU's high scorers once again.

Heutink added 19 points while Cardwell chipped in 14. Jake Lipscomb collected six rebounds for the Lutes.

With his 17-point average in the classic, Heutink was named to the All-Tournament Team.

The PLU men's basketball team will resume non-conference play in the Quinn Classic tomorrow and Sunday at Eastern Oregon University.

The Lute squad will take on Carroll College of Montana in the opening round and Eastern Oregon or San Jose Christian in the final round, depending on the outcome.

The Lutes then host the PLU Thrivent Classic Dec. 11-13 and will seek revenge versus familiar foe Lewis-Clark State during the first round. The team will battle Oregon Tech in the final day of the round-robin tournament.

NWC Men's Basketball Standings (12/2/03)

School	NWC	ALL
UPS	0-0	3-0
Willamette	0-0	3-1
L&C	0-0	3-2
PLU	0-0	2-2
George Fox	0-0	1-1
Linfield	0-0	1-1
Whitworth	0-0	1-1
Whitman	0-0	1-2
Pacific	0-0	1-2

Men's swim team defeats UPS by one point

UPS women place first in all but three events to top Lady Lutes

KRISTEN LABATE
Mast sports reporter

PLU's men's and women's swim teams competed against cross-town rival University of Puget Sound Nov. 21 in a dual meet.

This is a much-anticipated meet every year as PLU always hopes to

beat their biggest conference opponent.

For the first time in head coach Jim Johnson's 26-year career at PLU, the men's swim team defeated UPS by one point. The final score was 103-102.

"It was awesome to beat UPS," swimmer Treg McLaughlin said. "It was one of the most exciting meets I have ever competed in."

The event that won the meet for the Lutes was the 400-yard freestyle relays.

The relay team consisted of captain Justin Lunday, McLaughlin, Kyle Thatcher, and Kris Sletten. They finished with a time of 3:22.72. UPS finished just 1.23 seconds later.

"It was a great team effort and winning the relays was key," Dave Girrard quotes Coach Johnson as saying.

PLU also took first in the 400-yard medley relay. Swimmers David Pedack, Lunday, Jason Hesla, and Sletten PLU took first in 3:47.94.

The men's team also placed first in several other events.

Tim Wagner took first in the 200-yard freestyle with a time of 1:46.66. Hesla won the 200-yard individual medley in 2:06.12.

Kyle Thatcher finished first in the 100-yard freestyle in 48.18. Pedack won the 200-yard backstroke in 2:08.78.

In the women's meet, UPS placed first in eight out of the eleven events.

UPS finished with a 43-point margin over PLU, beating them 124-81.

Rachel Fuller won two events: the 50-yard freestyle in 25.81, and the 100-yard freestyle in 55.92.

Lindsey Robinson gave PLU another first place finish in the 200-yard breaststroke with a time of 2:38.68.

The Lute swim teams will resume Northwest Conference competition today and tomorrow at the Northwest Invitational, hosted by Linfield College in McMinnville, Ore.

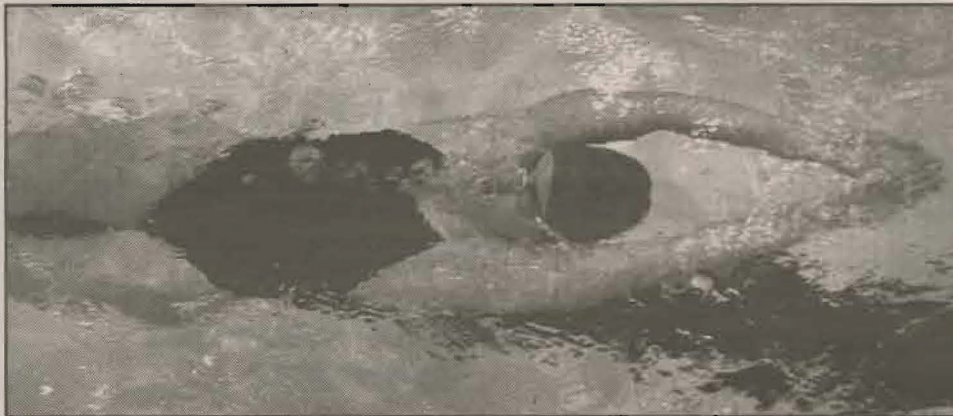


Photo by Andy Sprain

An unidentified swimmer competes in PLU's meet against UPS Nov. 21. PLU continues Northwest Conference competition this weekend at the Northwest Invitational in Linfield, Ore.

Postseason Lady Lutes volleyball update

Setter Jenne Heu-Weller, middle blocker Heather Johnson and libero April Lee were named Division III Honorable Mention All-Americans by the American Volleyball Coaches Association (AVCA)

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Seahawks 7-0 at home for first time since 1984

Seattle will likely advance to the playoffs this season with the NFC West title or an NFC wild card berth

Information. Overload.

I couldn't cover all the sports stories that occurred during the past two weeks in this space, even if I wrote sentences as short as Ernest Hemingway did. Excepting the first two sentences of this week column - there is always an exception - I don't write short sentences.

I'm going to get the bad news out of the way first. The WSU Cougars turned the Apple Cup over to the UW Huskies, ending the rosy outlook they'd had going into the bowl games. The Cougs will travel to San Diego to play in the Holiday Bowl Dec. 30. They'll most likely face Nebraska, though other possible opponents are Kansas State, Oklahoma State, and Texas. We'll find out Sunday.

No matter who they play, they'd better score more than one touchdown and have fewer than seven turnovers if they want to win. Also, if they get a first down on the four-yard line and don't settle for a field goal, they'll be doing better than they did against the Huskies. The inferior UW team beat the Cougars for the sixth straight year, this year with a score of 27-19.

After the Coug's loss, I was hoping to see the Seahawks beat the Baltimore Ravens. Despite being up 41-24 at one point in the fourth quarter, and regardless of quarterback Matt Hasselbeck's career-high five touchdown passes, the Seahawks couldn't hold onto the lead. They lost 44-41 in overtime, slipped to second in the NFC West, and I'm not going to use up my space by going into the ugly details.

Their game Sunday against Cleveland went better, of course. It was a home game. The Hawks are 7-0 at home for the first time since 1984. They've got a chance at going undefeated at home for the first time ever, if they can beat the Arizona Cardinals at Seahawks Stadium Dec. 21. Barring some unforeseen circumstance - on the scale of Seahawks Stadium disappearing, for example - it should be a Seattle victory.

Their already good chances of beating Arizona will be even better if the defense plays the same way they did Sunday. The defense was stellar in this game. The Browns succumbed to the Seahawks 34-7, and the Seahawks defense never gave up a touchdown. True, special teams did allow one, but the defense had a perfect day. They recorded four sacks and forced key punts and turnovers throughout the game.

The offense didn't do too poorly, either. They totaled a season-high 463 yards. Wide receiver Darrell Jackson had two touchdown receptions and 102 yards.

Other Seahawks who racked up serious yardage were wide receiver Koren Robinson with 122, running back Shaun Alexander with 127, and Hasselbeck, who had 328.

In the kind of football where the players actually use their feet, Landon Donovan scored two goals for the San Jose Earthquakes

in their 4-2 victory over the Chicago Fire in the MLS's championship game. It was the highest-scoring MLS title game ever, and Donovan became the first player to score more than one goal in the championship. He was named the MVP. I won't argue that one.

Midfielders Ronnie Ekelund and Richard Mulrooney also got on the board for the Earthquakes. Midfielder DaMarcus Beasley scored one for the Fire, who got their other point from an own goal.

Backed by goalie Zach Thornton, the Fire hadn't allowed a goal in any of their playoff games leading up to the championship. The win gave the Earthquakes their second MLS title in three years.

The Purdue Boilermakers men's basketball team is another recently crowned champion. They won the Great Alaska Shootout - a preseason tournament - by upsetting the Duke Blue Devils 78-68. Purdue began the second half with a 16-2 run. Duke freshman Luol Deng, remember that name, brought the Blue Devils to within two before Purdue pulled away.



On the ball
Trista Winnie

Senior Standouts

MEG WOCHNICK
Mast sports reporter

Amanda McCartney's friendship with teammate Alison Leiman began during swimming season. "Ali and I have become great friends over out time on the PLU team," McCartney said. "I know that part of my success with PLU swimming is due to my friendship with her."

McCarty is majoring in biology and has been recognized by the Northwest Conference as a three-year scholar athlete.

"Maintaining a balance between swimming and school has been one of my greatest accomplishments at PLU," McCartney said. At last year's NWC Championships, McCartney placed 13th in the 100-yard backstroke and 11th in the 200-yard backstroke. "Finishing my fourth season and knowing that I haven't given up will be my greatest accomplishment," she said.

During swim meets, before she races backstroke, McCarty always kicks water into the lanes next to her. "It wasn't really a superstition," she said, "but I didn't do it once and several of my teammates got on my case about not doing it, so I continue to do it before each race."

For the rest of the season, McCarty hopes to "finish and know that I have worked as hard as I possibly could have and to help my



Amanda McCartney

teammates do the same."

Her advice to fellow Lutes would be to give everything you have because you will always be surprised to find how much you still have left over.



Holly Mulvenon

Although Holly Mulvenon missed last year's swimming season because she was studying abroad,

she is ready to come back. "I'm working on getting my training and endurance back to what it was," Mulvenon said.

Mulvenon is majoring in Spanish and placed 12th in the 50-yard freestyle, 10th in the 200-yard freestyle, and 12th in the 100-yard freestyle at the 2002 NWC Championships. "With some luck and a lot of work, I will hopefully make it to finals this year," she said.

The senior from West Valley High School (Yakima, Wash.) has been an integral part of the women's swim-

ming program. "Holly is my house mate, teammate, and most importantly, a supportive friend," teammate Jessica Bland said. "She is also my greatest competition."

Mulvenon also realizes how much her teammates mean to her. "I can't even think of words to describe my teammates' importance," Mulvenon said. "They're the ones who are going to get you through those rough practices, pump you up before a race and congratulate you on a job well done."

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2003 Fall sports review



Photo by Andy Sprain, courtesy of Photo Services

Above: Libero April Lee hits the ball as setter Jenne Heu-Weller and middle blocker Karla Gubany look on.

Right: Running back Ryan Simpson runs the ball for a touchdown as outside lineman Kent Bailey, outside lineman Casey Maynard and quarterback Dusty Macauley provide protection.

Below: Defender Jacquelyn Oehmeke supports midfielder/forward Andrea Gabler as she fights to gain control of the ball.

Below right: Blaise Bellows and Kelly Fahl row a pair at American Lake during crew practice.



Frosty

Photo by Andy Sprain, courtesy of Photo Services
Coach Frosty Westering motivates running backs Ryan Simpson, Kelly Brown, and Scott Peterson, and end Jacob Wasburn. Westering retired this year from the PLU football program with a career total of 305 wins.



football

Photo by Andy Sprain, courtesy of Photo Services



women's soccer

photo by Jordan Hartman, courtesy of Photo Services



crew

Photo by Andy Sprain courtesy of Photo Services

Right: Libero April Lee and setter Jenne Heu-Weller dive to get the ball as it falls between them.

Below: Tim Wagner swims freestyle during practice.



swimming

Photo by Andy Sprain



volleyball

Photo by Andy Sprain, courtesy of Photo Services