

THE MAST



STRIKE A POSE
INVENTIVE, INEXPENSIVE
LUTE FASHION
PAGES 8 & 9

GONE WITH THE WIND
MUSIC ENSEMBLES
TRAVEL TO EUROPE
PAGE 11



OCTOBER 7, 2005

PACIFIC LUTHERAN UNIVERSITY

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HOMECOMING 2005

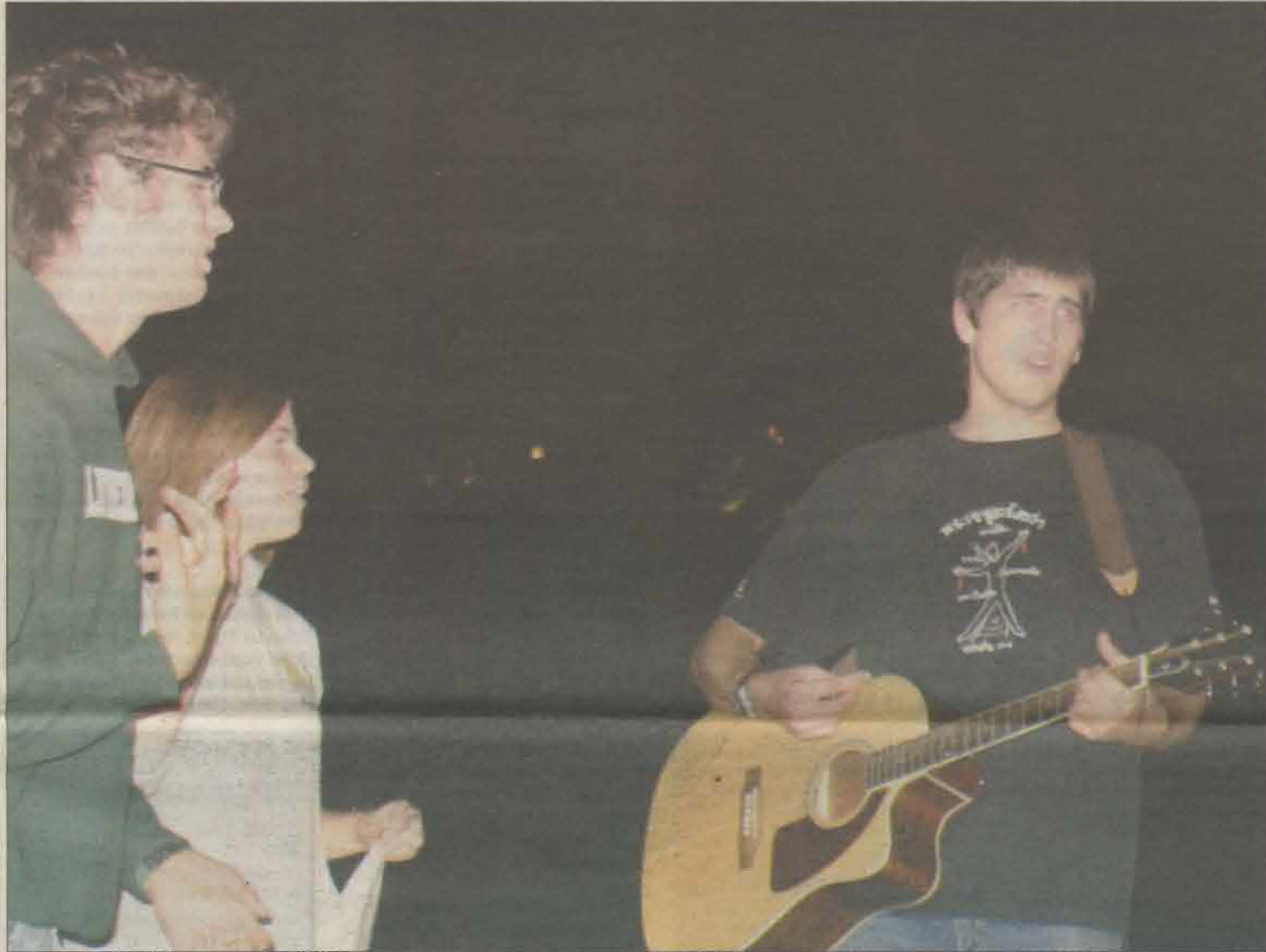


Photo by Kyle Duba

Kumbaya: First-year student Daniel Baker strums the guitar and sings Wednesday night with junior Krystal Anderson and sophomore Calvin Moore as part of Campus Campfire at the Pfeiffer volleyball pit. Campus Campfire was one of many Homecoming week events, including "Powderpuff" Football, "Powerbuff" Volleyball and Songfest.

Graduation location: Tacoma Dome

NICOLE RAE
Mast news reporter

A campus-wide e-mail released by the President's Office Sept. 26 announced PLU's May 2006 Spring Commencement will take place at the Tacoma Dome.

The location, previously PLU's Olson Auditorium, was changed to allow for a larger audience and to accommodate the growing graduating classes. This year's 2006 graduating class began as a body of 626 students and the graduating class of 2007 held 694 students coming in their first year. The highest was last year's first-year class, coming in at 701 students.

The decision to change the graduation location, PLU President Loren Anderson said, was prompted by parent and student complaints concerning last spring's commencement and the number of guests each graduate could invite. With the help of ASPLU staff members and head professors, Ander-

Please see Dome
Page 5

Diet and exercise: Debunking the 'freshman 15' myth

Suggestions for eating right and staying active

KATIE KAECH
Mast news intern

Coming to college means experiencing new things: New home, new schedule and new food. While these experiences can be positive, some students worry that a new busy schedule and a diet consisting of caf-

eteria food and late-night pizza can lead to the infamous "freshman 15."

According to a long-term study conducted by Tufts University, a majority of first-year college students can expect to gain what is traditionally called the "freshman 15." However, the "freshman 15," the study found, is more like an average of six pounds gained for men and 4.5 pounds gained for women during the first year of college.

No matter what a student's weight, exercise and healthy eating are recommended. The USDA food guide pyramid suggests 30 minutes of exercise several days a week.

"To connect one's weight with health and fitness is an error," said Colleen Hacker, assistant dean of the Department of Physical Education. "Weight is neither medically or psychologically connected to vitality, and isn't an indicator of one's fitness but rather of one's heredity."

If students are worried about eating healthily on campus, the United States Department of Agriculture recommends avoiding fried and greasy foods and sodas, and instead eating vegetables and lean meats such as chicken or fish.

"Don't focus on looks or your weight," Hacker said. "Focus instead on staying

**"Weight is neither medically
or psychologically connected
to vitality, and isn't an in-
dicator of one's fitness but
rather of one's heredity."**

Colleen Hacker
Department of Physical Education
Assistant Dean

Please see Nutrition
Page 5



Photo by Brian Bradshaw

Healthy choices: Sophomore Laura Brade (front) eats salad with first-year Andy Guinn in the University Center Commons. Avoiding greasy food is one way to maintain a healthy body.

STATE, NATION, WORLD BRIEFINGS

Local to Global news

News choppers catch police chase: Instead of their usual 5 p.m. TV news fare, Seattle-area viewers watched aerial footage Tuesday of a man speeding through Eastside rush-hour traffic in a succession of stolen cars. Police agencies kept tabs on the fugitive by watching TV, as all three network affiliates tracked the driver by helicopter. The whole episode began with a crime spree that may have involved several homes in the Lake Hills area of Bellevue. Traveling first in what police said was a stolen silver Honda, then in a blue Subaru the man broke into while TV news helicopters hovered overhead, the driver traveled surface streets and Interstate 405, sometimes veering into left-turn lanes and oncoming traffic lanes. While the man was involved in several fender benders as he forced his way through congested traffic, no serious injuries were reported. The wild half-hour drive moved from Bellevue through Kirkland, Woodinville and Bothell - where he drove through the Wayne Golf Course - and back to Kirkland. Finally, he drove onto a residential dead end street, pulled into a driveway and got out of the car. The man dropped to the ground as police vehicles closed in and officers surrounded and arrested him.

White House counsel nominated for Supreme Court: President Bush asked the Senate Tuesday to confirm Harriet Miers for the Supreme Court by Thanksgiving, and urged Democrats to give her a chance to explain her views of the law and the Constitution. As his White House legal counsel was spending another day meeting with leading Senate Republicans, Bush said in a news conference Tuesday he was confident she would be a superb justice. But he worried aloud that issues could surface, and noted half of the Democratic members of the Senate had voted against John Roberts, his choice to succeed William H. Rehnquist as chief justice of the United States. Miers, met Tuesday with Sen. Orrin Hatch, R-Utah and former Judiciary Committee chairman and Finance Committee Chairman Charles Grassley, R-Iowa. She was nominated to replace retiring Justice Sandra Day O'Connor.

Search for dead concludes: The search in Louisiana for bodies of people killed by Hurricane Katrina has ended, and further searches will be conducted only if someone reports seeing a body, a state official said Monday. All agencies conducting the searches have finished their sweeps for remains. But Kenyon International Emergency Services, the private company hired by the state to remove the bodies, is on call if any other body is found, said Bob Johannessen, a spokesman with the state Department of Health and Hospitals. Last week the Federal Emergency Management Agency said it had completed its role in the search because its specialties were no longer needed. Those services include getting access to bodies in attics or other hard-to-reach places, or



AP Photos/David Hernandez

Hurricane closes Mexico port, crude oil loading ports: Hurricane Stan slammed into Mexico's Gulf coast Tuesday, forcing authorities to close one of the nation's busiest ports. It also spawned related storms across the region that left at least 66 people dead, most from landslides in El Salvador. Stan, which whipped up maximum sustained winds of 80 mph before weakening to a tropical storm, came ashore along a sparsely populated stretch of coastline south of Veracruz, a major port 185 miles east of Mexico City. The storm's outer bands swiped Veracruz, knocking down trees and flooding low-lying neighborhoods, authorities said. State officials said four people were injured, including a child, but gave no details. All three of Mexico's Gulf coast crude oil loading ports were closed Tuesday as a precaution, authorities said, but the shutdowns were not expected to affect oil prices.

in buildings that may be structurally unsound. FEMA did nearly 23,000 secondary searches in New Orleans with about a dozen teams. As of Monday, the Katrina death toll in Louisiana stood at 964.

Troops attempt to overthrow al-Qaida: U.S. troops pushed through Haditha streets sown with bombs Tuesday in their biggest operation this year in western Iraq, seeking to retake three Euphrates River towns from al-Qaida insurgents. At least five U.S. service members have been killed in the fighting. Operation River Gate, launched at the start of the holy month of Ramadan, was the second U.S. offensive in a week in Anbar province, near the Syrian border. Al-Qaida in Iraq called for intensified attacks on U.S. and Iraqi forces during the Muslim period of fasting, which started Tuesday for the nation's Sunnis.

The above briefs were gleaned from the Associated Press wire service.

Business update

The beginning of October marks the end of the third quarter, which was the first positive quarter of 2005. Considering the markets went up even as Hurricanes Katrina and Rita caused billions of dollars in damage, hundreds of deaths and pushed energy prices sharply higher, the markets proved quite resilient as the third quarter came to a close. However, look for energy prices to dictate direction of the market in the fourth quarter.

The biggest gainers for the quarter - steel, natural gas, oil, oil services, biotech and semiconductors - face environments that are almost assuredly positive. Oil and gas prices are high, energy companies are investing in new wells and platforms, the computer chip business looks strong and the steel industry faces the happy prospect of all the reconstruction work that will happen after Hurricanes Katrina and Rita, according to CNBC.

When the Supreme Court resumed Monday, newly appointed Chief Justice John Roberts' legal philosophy did not emerge on one of the social issues dominating today's judicial politics. Instead, it heard a case that is of high priority in business and something of a throwback to the early 20th century, when disputes over wages, working conditions and hours dominated the docket. The case concerned a Pasco, Wash. meat-packing plant owned by Tyson Foods Inc., which requires its workers to don protective gear before their shifts, according to The Wall Street Journal. The workers claimed they should be paid for the time required to walk, once suited up, to the production line and not just for the time spent donning the gear and working. Although only a few minutes per employee per day are at stake, the industry said a contrary ruling could impose vast new costs.

Business update compiled by Evan Unzelman.

SAFETY BEAT

Sept. 27:

Campus Safety (CSIN) discovered a bag possibly containing marijuana on the street in front of Pflueger Hall. The substance was confiscated and properly discarded.

An anonymous caller reported a bag possibly containing marijuana on the street in front of Pflueger Hall. The substance was confiscated and properly discarded.

CSIN personnel discovered a small bag of what appeared to be marijuana. The substance was confiscated and discarded.

Sept. 28:

A student contacted CSIN to report a recent break-in on her car. The Pierce County Sheriff's Department was contacted to file a formal report.

Several Tingelstad residents were contacted in response to several complaints of people being loud and jumping in the elevator. A small amount of blood was found on the carpet soon after the event and housekeeping was contacted to clean it up.

Sept. 29:

A multimedia services golf cart was reported stolen from where it was last parked. The cart was found later in a different location and had been moved by authorized personnel.

A student contacted CSIN for medical assistance with a rolled ankle. Central Pierce Fire and Rescue was contacted and assessed the ankle. The student was transported to Mary Bridge Hospital.

Sept. 30:

A staff member contacted CSIN to request ice for an ankle injury on the library steps.

A staff member reported that her purse had been stolen off campus. Personal items and keys were in the purse.

A student contacted CSIN to request ice for a shoulder injury during ROTC practice.

Oct. 1:

A student contacted CSIN to report a series of harassing phone calls that she had received earlier that morning. The matter is under investigation.

Oct. 2:

CSIN was contacted about a student who was apparently having a seizure. CPFR responded and transported the student to St. Clare Hospital.

CSIN was contacted regarding the smell of marijuana in Pflueger. A room search was conducted. Several liquor bottles were found, along with a used pipe and several bags of what was admittedly marijuana. The matter has been forwarded to Student Conduct.

Oct. 3:

A student contacted CSIN to request ice for a wrist injury she sustained during an earlier activity. Ice was applied, however, the student went to St. Clare on her own when the injury failed to get better.

An intoxicated local resident slipped on Park Avenue and Wheeler Street, hitting his head. CPFR was contacted to assess the person and eventually transported him to St. Clare Hospital.

CAMPUS SAFETY TIP OF THE WEEK

Lock your vehicle and look inside. Can you see any items of value? If you can see it, so can someone else. Do not make your vehicle an easy target. Be safe, be legal, be neighborly.

THIS DAY IN HISTORY

1849

Poet Edgar Allen Poe dies at age 40 in Baltimore, Md.

1963

Hurricane Flora kills 7,190 people in Haiti and the Dominican Republic.

1995

The Seattle Mariners baseball team defeated the New York Yankees 5-0 in game five of the division series, advancing in the playoffs.

1955

World-famous cellist Yo-Yo Ma was born in Paris, France.

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Rising tuition, static aid plagues university

Federal aid and bank loans keep PLU students financially afloat

ERIN WIGGINS
Mast news reporter

PLU senior Theresa Bronson, like many students, is frustrated with rising university tuition costs.

"I am thankful for the gift aid that I have, but it would be nice if it would rise with tuition," Bronson said.

PLU is not alone in its need to raise tuition, and like many other universities, PLU does not have the financial aid to keep up with growing expenses.

"PLU does a good job of trying to keep up," Financial Aid director Kay Soltis said.

Gift aid often falls short of students' needs, yet the financial budget increases. This means more self-help financial aid, such as loans and work-study, is available.

While gift aid seems to decrease every year, loans and work-study improve. The amount of aid available to a person goes up each year he or she is in college. A first-year student can borrow \$2,625, whereas a junior or senior can borrow \$5,500.

Even with the disappointments students feel about their gift aid, complaints about it actually seem to decrease every year, Soltis said. She said she feels this is because there is so much publicity about how financial aid works. Because gift aid goes down, it is easier to get loans.

Senior Elece Pyne said she now needs to get loans from the bank to pay for rising PLU tuition.

"I was awarded a scholarship that was great when I was a freshman, but it isn't so great anymore," Pyne said.

The amount of aid for incoming first-year students grows higher every year because PLU has to compete with other schools.

The increasing gap between tuition and gift aid, however, does not scare too many people away. The PLU retention rate stays about the same.

If a student's financial situation changes substantially in a year, he or she can receive need-based aid. That is determined each year when students fill out the Free Application For Student Aid (FAFSA). The PLU gift aid is provided by tuition dollars.

"Just like a business... we have to put money back into it to help it succeed," Soltis said.

Of all PLU students, 95 percent receive financial aid, which includes a budget of

more than \$25 million. That is almost half of the money going through the Financial Aid Office belongs to PLU.

The nationwide rise in tuition is caused by factors including inflation, library books and electronics.

"It's just like the cost of running a business," Soltis said.

Public school tuition is rising at a higher rate every year. This means the financial field between public and private schools will become more level. Because of this, students may be able to choose schools for more than just financial reasons, Soltis said.

Soltis has been involved with financial aid for 32 years, and said she believes gift aid will never be able to keep up.

"I'm thankful for the gift aid that I have, but it would be nice if it would rise with tuition."

Theresa Bronson
senior

Stock it up to SIF



Photo illustration by Kyle Duba

Student Investment Fund members buy and sell like real Wall Street execs

ERIN WIGGINS
Mast news reporter

Managing over \$100,000 each year, the Student Investment Fund is a student-run organization that invests between \$1,000 and \$2,000 in approximately 30 different stocks.

SIF has been a club at PLU since 1982, when donor Mary Lund Davis contributed \$25,000 to the fund. She designated the money for use by students to manage stocks. It has been managed by PLU students ever since.

"(Members) get real world experience," said senior Evan Unzelman, SIF vice president. "They deal with real money and real consequences."

The fund is separated into seven sectors, or groups, that include categories such as health, energy and technology. The 10 board members are in charge of these sectors, and lead other members in decisions about what to do with their stock.

Because SIF is student-run, the more experi-

enced members educate others. The system gives all the members the chance to learn and then lead.

Whether a stock is bought or sold depends on a majority vote by all members. Not all of the stocks do well, and SIF uses those instances to discuss what went wrong and to learn from that experience.

"You win some, you lose some," board member and senior Sara Seed said. "You just hope that your wins will be more than your losses."

Seed was attracted to SIF because she wanted to learn about how trades happen, to pay attention to the market and learn from other students.

Many other schools have investment funds similar to SIF, but usually do not use real money. The ability to use real money gives students an active hand in the market, according to Seed.

SIF used to target business majors who had already taken specific classes. However, SIF is now hoping to attract a larger, more diverse group of members.

"Regardless of your major, investing is something that everyone can be involved in," Seed said.

Both Seed and Unzelman became involved in SIF their junior year, but SIF is trying to attract younger members.

"This should be a learning experience for anyone that wants to learn," Unzelman said.

The club also has opportunities to enjoy its work. The club spends 4 percent of its money on a trip or party. This year, members are hoping to visit the New York Stock Exchange in January.

"(Members) get real world experience. They deal with real money and real consequences."

Evan Unzelman
SIF president



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Program provides academic challenge

Curriculum a practice for students with promise

XANDER LAUMB
Mast news reporter

The Challenge Program is creating bridges for students who do not qualify for admission to PLU but show considerable academic potential.

These students complete a rigorous curriculum that prepares them for life at PLU.

The program, in some form, has been around since 1978 and was created by professor Richard Jobst. The current program accepts 30 students each year who may be mentally handicapped, or have a learning disability or language barrier. These students are accepted on the condition that they complete both the summer and fall sections of the program.

The summer program is six weeks long, and the program participants live on campus. A student is required to take seven to nine credits-worth of classes: a skills course, a pre-college writing or math course and two other university courses. Faculty members teach the courses, and students are tutored by peer coaches who live

in the residence halls with them. If the student passes the summer program with a 2.0 or higher Grade Point Average, he or she is admitted to the fall program.

"Students who fail in the summer fail for a variety of reasons, but students who succeed succeed for only one reason," said Rick Seeger, Challenge Program advisor. "And that is the motivation to continue on with their education and succeed."

The fall program simulates a normal fall semester for first years. The Challenge Program students who have moved on take 13 to 14 credits in regular university courses

"Students who succeed succeed for only one reason. And that is the motivation to continue on with their education and succeed."

Richard Jobst
professor

and Challenge Program courses. Peer coaches continue to offer supplemental instruction, but no longer live with the program's students. If the student completes the fall semester with a 2.0 or higher GPA and earns a cumulative GPA of 2.0 or higher, he or she is admitted to the university.

The Education Assistance Foundation recently awarded a \$40,000 grant to help fund the Challenge Program. The EAF's mission is to support access to postsecondary education for undeserved students in Washington and to encourage undergraduate students to complete degree programs. The grant money will be used to alleviate education costs for Challenge Program students.

"I think that any opportunity that gives students the chance, if they take it, to expand their knowledge and change their lives, is an opportunity that should be taken advantage of," Jobst said.

NEW CLUB AT PLU



Photo illustration by Kyle Duba

Students voice sexual outlook

VOX teams with Planned Parenthood to promote comprehensive sexual health on campus

VANESSA BRUCE
Mast news intern

VOX is the new voice of reproductive freedom on campus, sophomore and organization president Abi McLane said Tuesday, Sept. 29 at VOX's first official meeting.

VOX, the group's namesake, is the Latin word for "voice." VOX clubs are affiliated with Planned Parenthood and are found on college campuses across the country. Their collective mission is to energize and mobilize a new generation of pro-choice Americans, according to its Web site.

"Our main goals are to provide education and support, resources for sexual health, and knowledge of reproductive rights," sophomore and VOX vice president Rachel Crossen said.

VOX once enjoyed a prominent presence at PLU, but has since been dormant.

"Abi and Rachel were the ones who really decided to bring VOX back to PLU," said first-year Kara Bierley, VOX public relations manager.

Other executive members include first-year Becca Crossen as treasurer and sophomore Jocelyn Denham as secretary.

"VOX really wants to promote safe sex and facilitate safe options for students," Crossen said.

VOX's mission statement includes plans to promote a healthy, safe and open sexual outlook on campus and to create an outlet for people to talk

freely about all sexual topics.

"VOX really wants to promote safe sex and facilitate safe options for students," Crossen said. "We want to make talk about sex not so taboo."

According to Crossen the group has not faced resistance. Even the conservative friends of the executive members have been supportive.

McLane said she wants students to understand VOX and Planned Parenthood's stance on abortion.

"Abortions are only a very small part of what Planned Parenthood does," McLane said. "They assure everyone that abstinence is the only way to stay 100 percent safe from pregnancy and STDs. Abortion is not a form of birth control. It is a completely separate issue."

Crossen and McLane said they would like for males to feel welcome in the group as well.

VOX views sexual responsibility as equal among the sexes, McLane said. There are several male contraceptives available now.

"VOX really wants to promote safe sex and facilitate safe options for students," Crossen said.

Political activism is another facet in which members may participate. Pro-choice advocates are concerned with Chief Justice John Roberts' pro-life stance on the 1973 Supreme Court decision Roe v. Wade, VOX members said. VOX will continue to focus on the decisions of the newest additions to the Supreme Court, and encourages students to speak out through its "Save Roe" campaign.

"We want to make talk about sex not so taboo."

Rachel Crossen
VOX vice president

GET INVOLVED

Students who want to contact VOX can e-mail Abi McLane at mclaneag@plu.edu or Rachel Crossen at crossere@plu.edu.



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Dome
Continued from Page 1

son and faculty members made the decision over the summer to move the graduation ceremony from the PLU campus to the Tacoma Dome.

The move will not only accommodate the larger class sizes, but also allow members of the graduating class to invite more family members to their special day. Past ceremonies in the Olson provided only 3,500 seats, while the Tacoma Dome will hold over 6,000 people.

In the past, each graduating student was allowed five tickets each, and any family members or friends beyond that number were directed to Leraas Lecture Hall in Rieke Science Center to watch the ceremony on live broadcast. Moving the graduation location means tickets will not be required for family and friends to attend.

"If there is overflow, we can open the bleachers up above to let in more people," Anderson said. "A drive for me is that students have, and should be with, their

families on this special day."

Students graduating December 2005 will still be graduating in Olson Gym. There will no longer be a summer graduation; summer graduates will have the choice of participating in either Spring Commencement or Fall Commencement.

Many people in the PLU community worry there will be a loss of tradition with the move of Spring Commencement. Graduates will no longer make the walk from Eastvold Chapel down to Olson Gym.

However, the basic elements of the ceremony will not change, Anderson said.

Even so, junior Sean Allen said he would prefer graduation ceremonies to remain at PLU as opposed to the large Tacoma Dome.

"It's more personal," Allen said. "The Tacoma Dome is so big."

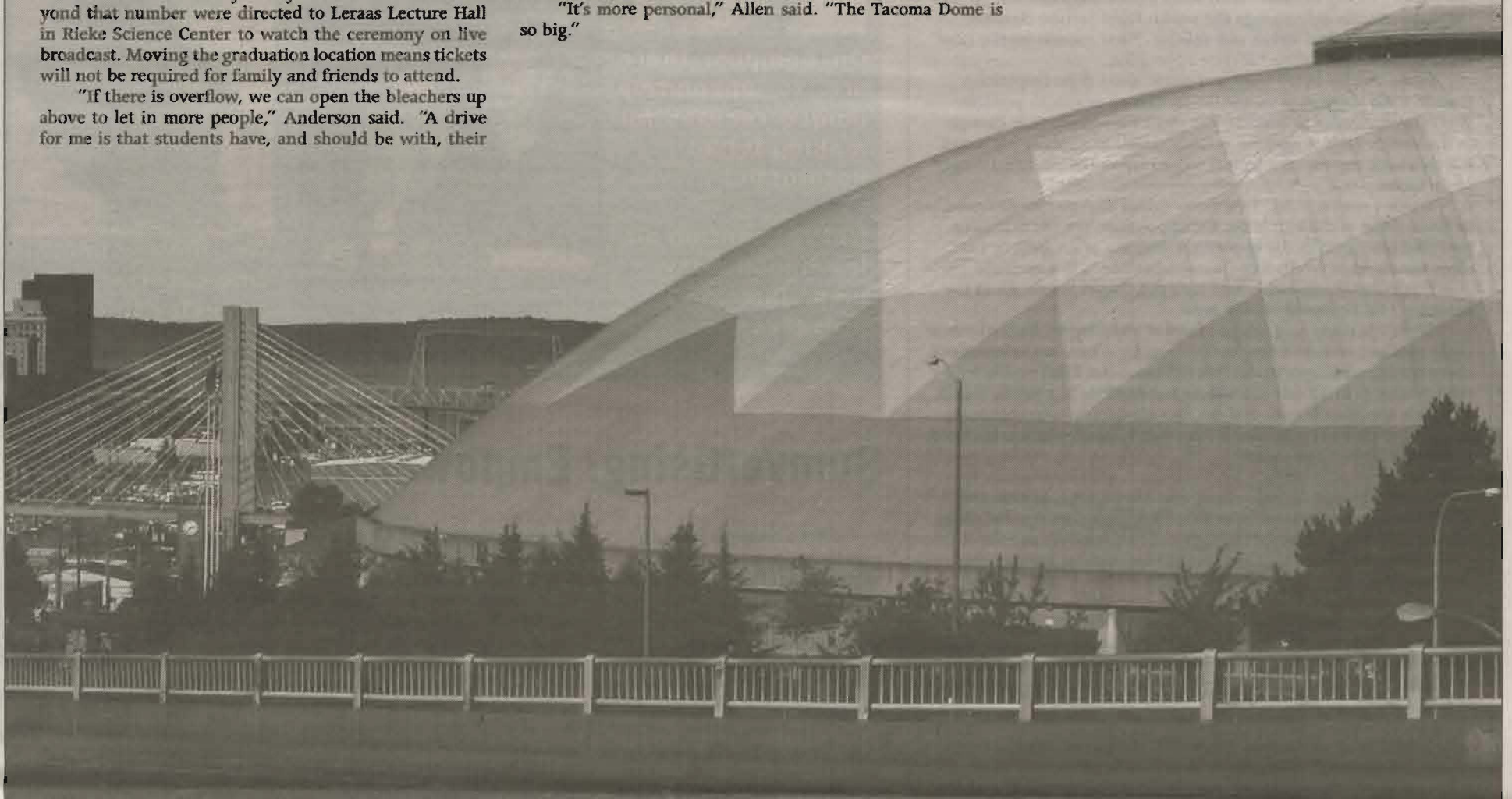


Photo by Hakme Lee

Nutrition

Continued from Page 1

healthy by being physically active. Eat nutrient-rich foods in moderation, and eat a good variety."

Not every college student gains weight upon entering a university environment.

Sophomore Heather Meligan lost five pounds fall semester of her first year. She said she believes the change in activity is what caused her weight loss. Walking up the stairs from lower to upper campus, as well as maintaining her normal eating habits and portion sizes prompted her to lose weight.

"If you make good choices in what you eat, work out or have some kind of physical activity," Meligan said. "You should be fine."

PLACES, WAYS TO GET EXERCISE ON CAMPUS

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INTRAMURAL SPORTS

Open to all PLU students, offered seasonally. Include: basketball, volleyball, soccer, flag football, soccer and softball. Contact: Olson Gym at ext. 7350 or residence hall front desks. Club Sports: Lacrosse and Ultimate Frisbee. Contact Olson Gym at ext. 7350

PHYSICAL EDUCATION CLASSES

Offering anything from aerobics to scuba diving. Look at a PLU catalog and talk to your advisor.

VARSITY SPORTS

Men: soccer, cross country, football, basketball, swimming, track & field, baseball, golf, tennis and crew

Women: Soccer, cross country, volleyball, basketball, swimming, track & field, tennis, golf and softball, crew

Contact: Coaches in Olson at ext. 7350

OUTDOOR RECREATION

Offering opportunities to help students stay active outside year round. Examples of activities include: rock climbing, hiking, biking, scuba diving, biking. Contact ASPLU.

VOLUNTEER

Opportunities such as Citizens for a Healthy Bay are available, which will provide an opportunity for students to be active while volunteering in the community. Contact the Volunteer Center at ext. 8318

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From the editor

Living equality, thinking humanarchy

It's difficult to be a feminist these days. I consider myself a feminist. In short, I believe in the economic, social and political equality of all individuals, regardless of sex, race, class, religion or any other conceivable difference of mind, body or soul.

It sounds simple, but more and more I find feminism a dangerous path to walk. There is always someone who, upon hearing my opinions, feels attacked and becomes defensive.

For example, on the wall above the computer in my office, there is a poster bearing the title "How to be a Fabulous Feminist." It lists the ways one can help change the world: Fight racism, classism, ageism, homophobia, sizism and ableism. Raise consciousness, raise self-esteem. Create safety. Liberate oppression.

I read this list every week as I work, and I draw inspiration from it. Each suggestion on the list focuses on practical, positive ways anyone—male or female—can work for constructive change in the world. Each suggestion is fairly simple to apply to one's own life, and each represents a logical way to repair the world's damaged social fabric.

Yet, as I read this list, I see many things that may be offensive to some. What is difficult is not the opposition, but the defensiveness that accompanies the opposition. Because of my beliefs, I am often the target of words like "man-basher" or "un-American."

I don't hate men, and I don't hate the United States. All of the feminists I know would say the same.

There are many men whom I respect and admire. And, like most other men and women living in this country, I have my reservations about certain situations in the United States, but I feel comforted by the knowledge that I can voice these reservations in a public forum, of which *The Mast* is part, and not face censorship or persecution.

Perhaps it will be helpful if I provide a list of men I respect and look up to. This is easily done.

John Edwards. Here is a man who has personal wealth and political power but refuses to be lulled into complacency. He, along with John Kerry, fought for the rights of homosexuals and for a woman's right to determine her own sexual destiny, among other democratic ideals.

Nelson Mandela. There aren't enough words to express my respect for this man. He was a major factor in dismantling the corrupt and unconscionable system of apartheid in South Africa, and he played a crucial role in writing the most egalitarian constitution in the world.

Rabbi Mark Glickman. I had the privilege of taking a course in Judaism from Rabbi Glickman, and his wisdom helped re-shape my ideas about religion. His teachings helped me see the Bible from a different perspective, one that reconciled my ideas about gender equality with my ideas of spirituality. All PLU students, given the opportunity, should take a course from this man.

John McCain. This man is working for positive change in the United States, and has the sense and ability to rise above bipartisan squabbles. I may disagree with some of his politics, but McCain is leading progressive measurements to combat corruption and inequality in our government.

E. M. Forster. Here is one example of a male from history whom I hold in high regard, not because of his political accomplishments or his personal beliefs, but simply because he was a great writer who depicted women with fairness and humanity. His novel "A Room With a View" contains a beautiful depiction of a female protagonist struggling to define her identity.

Yet, I can't help but feel I shouldn't have to prove my commitment to equality by making a list such as this. Feminism is not separate from the fight for civil rights. It is not separate from the act of voting. It is not separate from the expectation of basic human respect.

Ask any feminist, and he or she will tell you that feminism is not about tearing anything down. It's simply about bringing everything to an equal level. Looking at all the injustice in the world, sharing our power, giving a little bit of ourselves so that others may be elevated. This is a beautiful dream, and the most worthwhile expense of energy and compassion.

Please see *Humanarchy* continued on page 7

A Special Message from PLU

Here at PLU we value the differences and uniqueness of all of our students, here are just a few examples....

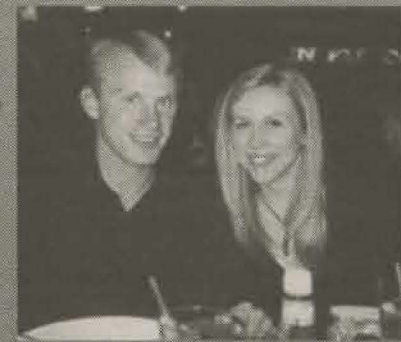
FAST FACT!



On campus, there are 16 absolutely unique recipes for making lefse! Potatastic!

Not to mention all the lingonberry pies, jams and preserves!

From Anderson, to Olsen, to Ytterstad, just one look through our student directory shows how different our students can be!



Students Steven Gustavsen and Inge Larsen share some lutefisk in the cafeteria.

DID YOU KNOW...



We have students who can trace their ancestry to over 35 different regions of

Brought to you by a cartoonist who hopes you can take a joke. And probably the Scan Center. Finland?

Cartoon by Adam Spry

Bumvertising: Empowering the homeless

Offer a homeless person a quarter and you are a good Samaritan, but offer him or her an opportunity to improve his or her own situation and you're a selfish, exploitative monster.

Seattle entrepreneur Ben Rogovy's idea to "Bumvertise" by paying the homeless to advertise has met an overwhelming amount of criticism, especially from homeless advocates who say the practice is unfair, demeaning and insensitive. What's truly insensitive, however, is the complete disregard these supposed advocates have for the opinions of the homeless on behalf of whom they are speaking.

Rogovy has been offering water, food, and money to the homeless in return for their agreement to attach a sign for his Web site, www.PokerFaceBook.com, to their own cardboard signs.

The response by the homeless has been mostly positive, according to an article in the Seattle Post-Intelligencer and the Web site www.bumvertising.com. Most homeless people who were approached were eager to accept, and happily reported an increase in donations on days they held the sign.

So what is all the fuss about? Critics claim paying the homeless less than minimum wage is exploitative, and because of their desperate situation these people do not technically have the ability to turn the offer down.

Rogovy arrives at a fair price through negotiations with the

homeless person, according to his site. He makes an initial offer, which is sometimes refused, and increases the amount until the employee is satisfied, and accepts. Occasionally they refuse the offer completely. Not only do the homeless clearly have the power to decline to work for Rogovy, but they also gain direct control of their pay.

As for the call for fair wages, keep in mind informal employment occurs all the time and those jobs are not subject to minimum wage laws. Why is nobody upset about the oppressive and exploitative old ladies who pay children \$1 to shovel their sidewalks? The Seattle Post-Intelligencer article reported that the practice is completely legal because the homeless are not officially considered employed.

Some of the criticism is aimed at the name Bumvertising, which is seen as crass and insulting. This is understandable: If Rogovy had wanted to promote the idea he was helping out the homeless rather than exploiting them, this was a poor choice.

To be realistic, it seems Rogovy's primary interest is his own. He makes no claim this Bumvertising is primarily for the benefit of the homeless, but if the idea helps out the homeless even secondarily, and he treats them with respect, why should it be opposed? The name Bumvertising is the only aspect of the venture I interpret as disrespectful, and it should be changed.



Having My Cake and Eating Yours, Too

Anyone who has ever driven down Pacific Avenue knows this issue affects us in Parkland. The number of homeless in Pierce County in 2005 was more than double the 2003 total, up to 2,676 according to a March article in *The News Tribune*. I don't know if Bumvertising has appeared in our area yet, but copycats have been springing up as far away as Nevada and Michigan, so it is certainly a possibility.

If someone does begin Bumvertising in Parkland, I hope that we would support the aid to the homeless rather than complain about it. I have to wonder how much more of a direct positive impact Rogovy has had on homelessness than have most of the people who are so upset about his actions.

Those speaking for the homeless need to stop being so outraged on behalf of people who are far from outraged themselves. The homeless are perfectly capable of making their own decisions, and the assumption they are all helpless or stupid is far more insensitive than any Bumvertising.

The Mast Staff, 2005-2006

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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 the opinions of the writers, and do not necessarily represent those of the PLU administration, faculty, students, or *The Mast* staff.

The Mast adheres to the Society of Professional Journalists' code of ethics, which includes the guidelines to "seek truth and report it," "minimize harm," "act independently" and "be accountable."

The Mast encourages letters to the editor. Letters must be submitted to *The Mast* by 5 p.m. the Wednesday of publication. Letters without a name, phone number, and identification 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.

Sidewalk Talk:

Are you going to the Homecoming game this weekend?



Hopefully, yes. I like football.

Allie Moore, sophomore



Yes, I am. They have a program for international students, and it's an American pastime.

Kevin Fortune, first-year



Yes. (I'm going) to support PLU.

Lindsay May, sophomore



When is it? I know it's Saturday, but I don't know what time. I guess that would be a no.

Troy Madsen, senior



No, because I have family plans already.

Theresa Tauscher, first-year



I'll just say yes. I might not be able to, I have to go to work.

Jeff Martin, sophomore



Yes, because it is Homecoming. It's the first game everyone can go see, and it's fun.

Faye Dotomain, sophomore



No. I work full-time.

Josh Saint Jacque, senior

For a *Mast* sports poll on the outcome of tomorrow's game, please see page 13.

TFSOTHIDP, or The Five Stages of the Horrible Intimidating Drawing Process

Let me begin by saying I have absolutely no drawing talent. Despite my knowledge and acceptance of this, I somehow, with the diabolical accuracy of a true masochist, managed to register for the class that would make me and my non-artistic nature suffer the most: Art 160 - Drawing.

Don't get me wrong. It isn't a terrible class or anything. It would be rather nice if it weren't for the drawing thing. But there is the drawing thing, which first manifested itself in the form of a still life. A still life, for those who are not familiar with this term, is a picture of inanimate object(s).

When I first learned this definition I thought, "Well, that sounds easy. Inanimate objects don't move. How hard could it be to draw them?"

Harder than one might suspect, it turns out.

You see, this particular still life was not composed of everyday objects arranged in a usual manner. Instead, I was forced to try to draw what appeared to be a mountain of bizarre objects, including: a sofa cushion, an unidentified piece of metal, various Styrofoam implements and what turned out to be the hardest item to draw of all: a small black bucket.

Seeing all these effects arrayed in front of me, instead of the few little trinkets I was expecting, immediately caused a negative effect on my psyche, and I began

to experience what I shall refer to as The Five Stages Of The Horrible Intimidating Drawing Process.

The first step in TFSOTHIDP is denial.

Surely I don't have to draw this, I thought. It must just be left from some previous class. After all, we've only had this class twice so far. The professor can't possibly want us to even try to draw that. Pretty soon he'll take that stuff away and this will all be just a horrible memory.

But when the still life stayed in place and the professor informed us we were, in fact, expected to draw it, the next stage began: anger. I began to draw, and consequently began to realize what I was putting on the paper looked nothing like the actual things I was drawing.

This is stupid, I thought, as I drew a line and promptly erased it. He hasn't even told us what to do. I hate this class. I hate art. I REALLY hate that damned bucket.

I drew and erased more and more lines, getting more and more frustrated until I finally just made a scribble in the middle of the paper, threw my pencil down and began to engage in the third stage of TFSOTHIDP: bargaining.

"God," I thought, closing my eyes piously, "If you somehow make this entire still life collapse, or cause the fire alarm to go off or something, I promise I will stop laughing at televangelists and



Corinne HOLMBERG

All in All

faith healers for at least the next two days."

When I cautiously opened one eye, only to see the dreaded bucket and its cohorts still in place, I plunged into the fourth stage: depression. I began to think about what would happen if I never finished the drawing.

What purpose would my life have if I couldn't even draw a bucket? I would lead a pathetic existence surrounded by happy bucket-drawers frolicking among impossible still lifes.

Woe was I until, rather accidentally, I drew something somewhat resembling the sofa cushion, leading me into the final stage of TFSOTHIDP: acceptance. I realized that though I may never be able to capture things such as buckets in exact detail, I could still make it through this drawing and the rest of the class with the help of the pass/fail form.

And so, I say to everyone out there dealing with the same situation in drawing or another subject: It gets better. So take your C-minus or above, and enjoy it.

Letter to the editor

I wish to thank everyone who contributed to the removal of the former *Daily Flyer* producer. Finally, we can go back to boring, inoffensive jokes and politically-correct obscurity until our society is filled with mute impotents terrified of stepping on one another's toes.

Humor begins at the ability to laugh at oneself. The former *Daily Flyer* producer pushed the envelope and produced some very funny stuff, often at the expense of us students. It seems that, despite PLU's propensity for thinking of itself as an open-minded and accepting campus, we aren't all that open-minded after all.

Again, congratulations. Now go back to your boring, humorless and safe lives.

Sincerely,

Ethan Jennings
sophomore

Humanarchy

continued from page 6

Feminism has become a dirty word. One mention of it, and images of burning bras and militant marches are called to mind. Feminism, however, is always evolving, and contemporary feminists, more often than not, are working toward inclusion and encouragement.

Homecoming weekend is upon us, and I won't apologize for feeling regret that PLU does not dedicate a celebratory weekend to the homecoming of women's soccer or women's volleyball teams—or any other sports team, or all of the sports teams, for that matter.

I realize it would be logistically and financially impossible to organize a large homecoming celebration for all the sports teams on campus, but I also wonder *why* it is impossible. If we split all the time and money dedicated to the football homecoming celebration and distributed it evenly to all

the sports teams, male and female, would it be much of a sacrifice?

Alternatively, why can't we move Homecoming to basketball season, and celebrate the accomplishments of both the men's and the women's basketball teams at the same time? This would not be unusual—other universities often choose to celebrate Homecoming weekend during the winter sports season.

Primarily, though, why can't we simply explore these options? The reason "this is the way it has always been done" is not good enough.

My view of feminism emphasizes critical examination and a passion for peace, above all. I believe in women and men, and I believe that one day we all can seek contentment without constraint.

As my fabulous feminist poster says, "Live equality, think humanarchy." If you are a human and you believe in equality, you are a feminist, too.

Good with computers? Need \$\$\$?

The Mast needs you

submit
-cover letter
-resume
-3 samples
of your
work

monthly
stipend!!



contact Juliet @ mizejm@plu.edu

This week in LuteLife

TROY A. BENTON
LuteLife editor

FASHION IS LIKE THE WEATHER — IT'S ALWAYS CHANGING. DURING THE FIRST FEW WEEKS OF SCHOOL, THE WEATHER WAS SO NICE IT ALMOST SEEMED LIKE SUMMER NEVER ENDED. PLU students leisurely made their way around campus in clothing fit for a day at the beach. Unfortunately, the beautiful sunshine was only temporary. The honeymoon is over and fall is here to humble us all with brisk air and rainy days. However, that does not mean we can't still look good.

This week's edition of LuteLife is Fall Fashion because we (the LuteLife team) want to capture the unique fashion styles of PLU students. One of the greatest qualities about PLU, and college in general, is students have the freedom to fashionably express themselves however they choose. Whether you shop at Abercrombie or Value Village, there is a place for you.

Speaking of Abercrombie & Fitch, this clothing brand is harshly critiqued in this week's edition of the LuteLife Diaries. As the author of this entry, I will say Abercrombie is not the only brand of clothing guilty of the

issues I address. It just makes a good scapegoat. In my opinion, any clothing brand that places price over product misrepresents what fashion is all about.

Although there is nothing wrong with wearing expensive clothing, fashion is not about that. It's about being creative and comfortable with the self. All clothing brands like Abercrombie are doing is putting a price tag on existing lifestyles. It's overpriced art imitating life. Before jeans were sold ripped and faded, people did it themselves. Before everyone wore a plastic bracelet, basketball players wore rubber bands around their wrists, and before some marketing genius put a price tag on it, the only people who wore John Deere trucker hats owned tractors. We are the trendsetters. If we ever take a stand against blind consumerism, I believe clothing brands like Abercrombie will actually start creating products worth buying.

The photographs and articles in this week's issue are meant to give readers some ideas about how to be frugal as well as fashionable. Above all, the LuteLife team wants students to know we had a blast with this assignment, because what would fashion be without fun?



Photos by Roxy Cooke

Name: Amir Gardezi
Class Standing: Senior
Hometown: Stockholm, Sweden
Fashion Inspiration(s): David Beckham
Favorite Music: Coldplay
Fashion Style: Urban



Name: Kara Bierley
Class Standing: First-year
Hometown: Houston, TX
Fashion Inspiration(s): Versace, many others
Favorite Music: Cher
Fashion Style: Eclectic



Photo by Kyle Duba

The LuteLife team from left to right: Sara Burkes, Troy A. Benton, Natalie Taylor and Danny Hibbard

Lute fashion

What's hot. What's not. What's PLU got?

Sara Burkes
LuteLife writer

According to Webster, fashion is "a prevailing custom of style of dress." PLU students, however, have a few definitions of their own.

The sociology of the individual's fashion runs much deeper, into gender, locality, class, occupation and group affiliation.

"Fashion is a way to express yourself. For some people this means, 'I have money to buy a pair of \$75 jeans,' for others it says, 'I feel pretty when I'm in a dress' or 'I'm lashing out by dying my hair green,' or 'I'm making a statement by wearing an anti-whatever t-shirt,'" first-year Andy Guinn said.

Several students, including first-year Chanel Ryssel, feel fashion is "a person's unique style that expresses your individuality." But, while people are all unique, there are many ways we are alike; these are expressed in trends.

PLU fashion trends include: big earrings, pajama pants, PLU wear, half sweaters, track jackets, polo shirts, messy hair-dos, Ugg boots and chunky bead necklaces.

"Sometimes we see something that looks cute on other people, we try it out on ourselves, and suddenly it's a trend," senior Ruth Bennett said.

While trends on the PLU campus are generally accepted, attitudes, perceptions and ideas

toward the concept of fashion differ.

"Fashion exploits people's need to fit in. It gives people a reason to judge other people," Guinn said. "It's not just that you can be who you want to be, but you have to be who the designers want you to be."

Kari Liebert, a sophomore and subscriber to five fashion magazines, disagrees with Guinn, comparing fashion to an art form.

"I look at magazines for clothing ideas because they're presented in an artistic and expressive attitude," Liebert said. "By seeing them, I get ideas for how I want to express the attitude I want."

Junior Liz Lamb, the winner of this year's Miss Spokane title

and third runner-up in the Miss Washington Pageant, believes fashion is important because of its effective opportunities to express personality and viewpoints, either through personal fashion or the "in-fashion."

"Competing in the pageant showed me how to express myself in how I look and not just how I come across on paper," Lamb said. "You never get a second chance to make a first impression."

Senior Dan Wilson agreed in his definition of fashion.

"It's probably the one way that we really try to make public what we enjoy without saying anything," Wilson said.

No matter what the fashion, Lamb gave up one tip that covered it all: "Buy clothes that fit."

5 Fashion Web sites

1. www.cosmopolitan.com

2. www.esquire.com

3. www.vogue.com

4. www.instore.com

5. www.stylabakery.com

The LuteLife Diaries

The LuteLife Diaries are an opportunity for all students to share their experiences at PLU. Entries reflect the particular theme of each edition of LuteLife.

My Abercrombie adventure

TROY A. BENTON
LUTELIFE EDITOR

I often wonder what compels people to shop at Abercrombie & Fitch. Do they proudly walk out of the store thinking, "I am wearing hundreds of dollars worth of clothing?" The prices in Abercrombie are so high the clothes should come with insurance policies. On second thought, that would be like buying full coverage insurance on a beat-down Chevy Nova.

When I think of bad fashion, I think of Abercrombie. It is the scapegoat for my harshest fashion critique because it boxes fashion into an anorexic, blond-haired, blue-eyed, preppy corner. Just take a look at most of the advertisements or trendy bags. The image Abercrombie promotes is as fake as the mannequins in their store windows.

I do acknowledge that Abercrombie does sell some quality items, but this fact is canceled out by the store's poor service. I have never felt genuinely welcomed in any of the stores. The only time I feel accepted by the Abercrombie club is when a store employee thinks I am going to buy something.

In spite of the consistent rudeness, I continue to periodically visit Abercrombie because I have a good laugh. I laugh every time I see jeans with holes, paint brush marks and even grass stains selling for hundreds of dollars. It's not just the jeans. Most of the items in Abercrombie look like they have already been worn. Yet, they sell for ridiculous prices. The prices of Abercrombie jeans are especially outrageous. Either they are laced with dope or the people buying them have money to burn. To discover why people buy worn-out Abercrombie jeans, I decided to try some on.

At the end of the summer, a close friend and I took a trip to the mall. While we were there, I drug him into Abercrombie, because believe it or not, the store occasionally has bargains. I take pride in

the fact the only Abercrombie item I own cost me \$6! Anyhow, we went into the store and browsed a little. Not surprisingly, everything was way too expensive. My friend and I were in a playful mood so we stuck around and danced to the disco music they always play inside the store.

While we were goofing around, a young female employee approached us and insisted we try on some jeans. My friend was reluctant, but we both went along for the ride. I was really curious to find out what Abercrombie jeans felt like. I figured the secret to their popularity must be in the way they feel. I purposely chose the ugliest pairs of jeans I could find. I had a pair with holes everywhere, a pair covered with red and yellow paint, and one normal washed-out pair. All of the jeans were priced over \$100.

The dressing room episode really was made for television. Each time my friend and I tried on a new pair of jeans, half of the Abercrombie staff was there to give him and I both positive and negative feedback. It was like being on "America's Next Top Model" or something. The most awkward moment was when I came out in the ripped jeans. I pointed out one of the holes on the mid-section of my thigh and a male employee suggested that I wear longer underwear. I laughed at the thought of knowingly wearing jeans that exposed my drawers.

The whole experience made me feel like a piece of meat, but I was able to laugh about it. What I found most humorous was that the first employee who approached my friend and I actually expected us to purchase the jeans we tried on. I had to apologize and tell her that the jeans were not comfortable enough to spend nearly \$400 on. I left the store satisfied, knowing Abercrombie jeans are not laced with dope; you just have to have money to burn.



Artwork by Natalie Taylor



Name: Cameron Pahl
Class Standing: Sophomore
Hometown: Pendleton, Ore.
Fashion Inspiration(s): African tribes
Favorite Music: The N'Dukinapsi Tribe
Fashion Style: "I really don't know how to describe my style."

ear
 Texas
 : Vivienne Westwood,
 Peaches, Bjork

Students go Goodwill hunting

LuteLife thrift store competition

Last weekend, the LuteLife team had a little fashion show. We took a trip to the Goodwill store to find out who could create the best outfit and spend the least amount of money. Below each picture is the amount we each spent on our clothing. You be the judge of who put together the best outfit.



Danny Hibbard
\$9.98



Natalie Taylor
\$11.55



Troy A. Benton
\$10.86



Sara Burkes
\$18.96

Photos by Kyle Duba

Female poets explore different meanings of housework

Some women enjoy it, others resent being expected to complete it, while still others use it as a springboard to recovering childhood memories of their parents



A woman asked "when was I happy?" and discovered it was with broom in hand. She swept away the wasted fragments of every season, flower petals and autumn leaves, "jammed handle through glass as if the house were burning" in response to a man's unfaithfulness, and became the broom herself as she hugged her sons and her hair swept across their backs.

"Broom," by Deborah Digges, is a poem from *Sweeping Beauty: Contemporary Women Poets Do Housework*, a collection in which female writers offer poetic responses to the tasks of homemaking. Edited by Pamela Gemin, author of *Minnesota Voices* Project winner *Vendettas, Charms, and Prayers: Poems*, *Sweeping Beauty* contains thoughts on housework from over seventy contemporary poets.

A memory of doing housework may be a beginning point from which a poet tells her story. In Laurie Kutchins's "Clothesline," family history hangs from the wire where clothes and sheets dry in the wind. As a child, the poet felt shame for the thin, worn fabric that belonged to her father, who "insisted his body into its patched denims, when a sleeve was torn it turned into a shorter sleeve, he loved rags." As the poem goes on she learns that frugality was a lesson from his childhood, when "washdays for money," meant that strangers' laundry hung from his widowed mother's line. He parted with only a few memories from childhood, and this was one that he allowed to become part of his daughter's own story.

For other poets, housework—by nature inescapable, continually undone, and traditionally assigned to women—arouses bitter anger. Dorothy Barresi's "The Prodigal Daughter" tells of a daughter who "did not return. She never left home in the first place." A sense of duty to housework and family bind her to the kitchen and dependent parents, and "if the fatted lamb is brought to the spit & fire in her honor... then she has made that dinner." The "Mutiny" she desires is beyond the confines of her character, and furthermore, escape is implausible:

"who, in any case, will protect her if she leaves from all the prodigal sons hitchhiking like so much unclaimed freight

by the side of the road, sticking out their spoiled thumbs?"

Barresi's lonely, maddening, even heartbreaking poem is striking because it captures a sense of hopeless imbalance. Family responsibility consumes the prodigal daughter so that her impulse to pursue her own desires is impossible.

Many of *Sweeping Beauty's* poets write of troubled relationships with housework; in "The Ugly Stepsister," Denise Duhamel spins the Cinderella fairy tale into the story of Cindy, the servile sister with a "sinister plan." Cindy's stepsister narrates the humorous but biting poem, telling of the contemporary Cinderella's "manic love for housework":

"My sisters and I didn't mind Cindy at first, but her relentless cheeriness soon took its toll. . . . She loved doing dishes and scrubbing walls, taking phone messages, and cleaning toilet bowls."

The suspicious stepsisters hold onto "the empty bottles of Clairrol's Nice 'n Easy to prove Cindy was a fake." Just as Cindy's sisters find unhappy secrets hiding under her scrubbed and polished appearance, Ingrid Wendt wonders what hides under perfection in her poem, "The Lady on the Cover of *Family Circle*." She imagines a cover model for *Family Circle* living towards "the moment" when her gardening, dishwashing, and ironing are not reflected in her appearance, "when none of her daily life shows."

The moment, captured on the cover of the magazine, hangs in suspense as the lady watches from her leaning place against the white railing in her front yard. Maybe her dress gives her away, the embroidery "from neck to waist to floor" divulging hours of work. She watches, knowing that "once you do notice her(,) there is nothing left for her to do, there is no one left to respect." In these few powerful lines, Wendt abandons the imaginary ideal woman and discovers someone real. Like "The Ugly Stepsister," Wendt's poem satisfies because the poet rejects existing ideals and defines for herself what it means to be a good woman. *Sweeping Beauty's* power is in the variety of perspectives it offers on women's work.

**Sweeping Beauty:
Contemporary Women Poets
Do Housework
Edited by Pamela Gemin**

With midterms drawing near, make time for fun and relaxation

Compiled by
MELISSA HUGGINS
A&E Editor

PLU Events

Artist Series
Gail Archer,
guest organist
Friday, Oct. 7
8 p.m. - 10 p.m.
Mary Baker Russell
Lagerquist Concert Hall
Free

"Why so slow? The advancement
of women"
Lecture by
Virginia Valian
Tuesday, Oct. 11
7:30 p.m. - 9:30 p.m.
Leraas Lecture Hall
Rieke Science Center
(253) 535-7327

University Wind Ensemble
Tuesday, Oct. 11
8 p.m. - 10 p.m.
Mary Baker Russell
Lagerquist Concert Hall
(253) 535-7602

**College Music Educators National
Conference Performance Concert**
Wednesday, Oct. 12
8 p.m. - 10 p.m.

Mary Baker Russell
Lagerquist Concert Hall
(253) 535-7602
Free, no tickets

PLU Bowling Night
Thursday, Oct. 13
9 p.m. - midnight
Paradise Lanes, 12505 Pacific
Ave., Parkland
(253) 537-6012
PLU students receive a discount:
\$7 for three hours of bowling,
including lane and shoes
(253) 535-7195
sil@plu.edu

"The Laramie Project," student
preview
Thursday, Oct. 13
8 p.m. - 10 p.m.
Eastvold Auditorium
\$4 PLU students
(253) 535-7760

**Photography and Electronic Im-
aging Exhibit**
Works by Stephen Rock and
Nichole DeMent
Oct. 14 - Nov. 11
Public hours Monday-Friday, 9
a.m. - 4 p.m.
Ingram Hall
University Art Gallery
Free
(253) 535-7150

**Richard D. Moe Organ Recital
Series Concert**
Guest organists Julia Brown and
Barbara Baird perform.
Sunday, Oct. 16
3 p.m. - 5 p.m.
Mary Baker Russell
Lagerquist Concert Hall
\$15 general admission, \$10 senior
citizens and students
(253) 535-7602

"Arctic Voices"
Tuesday, Oct. 18
7 p.m. - 9 p.m.
The trio Vajas, of Tromsø, Nor-
way will play Norwegian
folk music
University Center Scandinavian
Center
(253) 535-7349
Free

**Andreas Klein and the University
Symphony Orchestra**
Tuesday, Oct. 18
8 p.m. - 10 p.m.
Mary Baker Russell Music Center
Lagerquist Concert Hall
(253) 535-7602
Free for PLU students, \$8
general admission, \$5 senior
citizens and other students, \$3
alumni, free 18-and-under

Tacoma Events
"My Fair Lady"
Sept. 30 - Oct. 23
Tacoma Musical Playhouse
(253) 565-6867
\$19 students
www.tmp.org

Oktoberfest
Oct. 7 - 9
Puyallup Fairgrounds
www.oktoberfestnw.com

"Creativity: The
Flowering Tornado"
Museum of Glass
Adults \$10, free the third
Thursday of each month
5 p.m. - 8 p.m.
www.museumofglass.org

Seattle Events
The Killers
Wednesday, Oct. 12
7:30 p.m.
Key Arena
www.seattlecenter.com

Sheryl Crow
Sunday, Oct. 16, 8 p.m.
Paramount Theater
www.theparamount.com

Iron and Wine
Saturday, Oct. 22
8 p.m.
Moore Theater
www.themoore.com

"Death of a Salesman"
Oct. 5 - Nov. 6
Langston Hughes Performing
Arts Center
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cans to accom-
plish what feat?

Last week's
answer: Reverend
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PLU's first president.

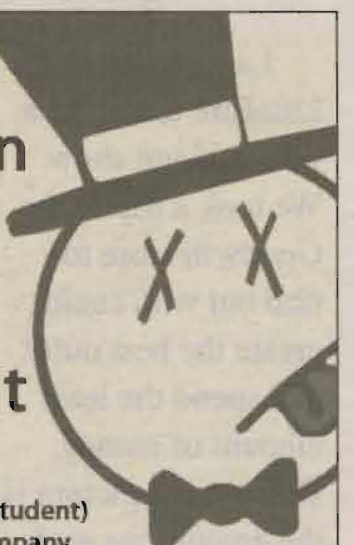
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Music ensemble tour allows artistic exchange between cultures

Students perform in Norway, Sweden and Denmark, gain understanding of various cultures and musical traditions

KAT JENKINS
Mast intern

Three PLU music ensembles shared their talents with the people of Scandinavia in this year's international tour. More than 70 students from the University Jazz Ensemble, Vocal Jazz Ensemble and Wind Ensemble traveled as a group to Norway, Sweden and Denmark.

The two-week trip during summer allowed the students to perform in several cities, explore new cultures and learn about the music of the regions they visited.

As a liberal arts university, PLU has expressed its commitment to an international experience for all students. For the music program, international tours are one way to fulfill that goal. The Music Department believes performing in another country brings students a deeper understanding of that country.

"Instead of just going and taking knowledge, we were presenting ourselves as well," David Joyner, director of the University Jazz Ensemble, said.

In Norway, the first venue of the trip, the ensembles performed in Bergen and Hamar. As part of Norway's 100th anniversary celebration of independence, the ensembles played in the Bergen International Music Festival, held at the Edvard Grieg Academy.

"Bergen Music Festival probably is the most merited music festival in Norway, so [the band] has good reason to be proud," said Oslo resident Sigurd-Lars Aspesletten, a relative of Wind Ensemble clarinetist Molly Keller.

The setting of the concert in Hamar was the famous Glass Cathedral, the largest glass structure in Europe. The Wind Ensemble performed beneath the glass shield, among the ruins of a stone cathedral that was built in the early 1100s and destroyed in the 1500s.

"I shall always treasure the events we shared. Especially the Glass Cathedral performance when those wonderful Norwegians clapped along with 'Valdres March' and almost didn't let us out of the place. I know I could have stayed there and conducted all night," former Wind Ensemble director Scott Taube said.

The directors and musicians were especially pleased with how the audience reacted to the music they played.

"Traveling through the Norwegian fjords was amazing. I never thought I'd be so lucky."

Sophomore Abby Fagan

"The audience participated with us at the end and it was so fantastic that Professor Taube called an impromptu encore," sophomore Abby Fagan, a Wind Ensemble clarinetist, said. "It brought tears to my eyes, really, which sounds ridiculous, but it was just incredible."

Although Stockholm was removed from the tour schedule, the group continued on to visit two Swedish cities, Karlstad and Gothenburg.

In Denmark they performed in Copenhagen and Aalberg. The University Jazz Ensemble performed at Tivoli Gardens in Copenhagen, where the outdoor setting experienced a downpour.

The jazz ensembles also performed on the ferry that transported the group from Denmark back to Oslo, Norway.

In the capital city of Oslo, the three groups gave a final concert in the world-renowned Aula at the University of Oslo. For 40 years the Aula was the location of the Nobel Peace Prize ceremonies. The groups had the rare opportunity of performing there, thanks to PLU President Lorin Anderson's personal connections in Norway.

"This trip was particularly interesting because of PLU's background in heritage in Scandinavia, but there were also some personal ties to the country with people on the tour," senior Everett Barr said.

All three groups were present on the Aula stage together. Each ensemble performed a piece of music, after which the next ensemble played another, and so on in a round-robin cycle.

To arrive in Norway originally, the students took a nine-hour flight from Seattle to London, which was followed by a two-hour flight from London to Oslo.

Once in Norway, the groups traveled by double-decker bus and were entertained by their lively tour

guide and bus driver. The students reported they had fun touring the countries while on the trip.

"Traveling through the Norwegian fjords was amazing. I never thought I'd be so lucky to go through that many tunnels and see that many waterfalls in one day," Fagan said.

The accommodations for the students and faculty were generally sophisticated hostels and hotels, but as with any trip, the quality ranged widely.

"Our hostel in Copenhagen was so small, but we would have fit in perfectly if not for all our luggage," Fagan said.

Pam Deacon, Manager of Performance and Outreach in the PLU music department, organized the trip preparations for students. She handled the details of communication



Photo courtesy Abby Fagan
The University Jazz Ensemble performs on a ferry on the Baltic Sea, during an eight-hour ferry trip from Aalberg, Denmark to Oslo, Norway.

with the tour company, scheduling, passports and fees, and educated students about the cultural differences they would face.

The students had many opportunities for cultural interplay, for example the musical exchange they participated in with Norwegian students. PLU students traded musical knowledge with students from Hedmark University College in Hamar. A folk music and dancing group taught several traditional folk dances to Wind Ensemble students. Meanwhile, the jazz ensembles jammed and exchanged ideas with the local jazz group Solfa.

All the students and faculty agree it was an experience they will never forget.

"In addition to learning about Scandinavia and its culture, I learned a lot about myself and my friends who were on the trip," Barr said. "We were definitely closer to one another at its conclusion, and nothing can really duplicate the experience we had or how close we got to one another because of it."



Photo courtesy Abby Fagan
The University Wind Ensemble after performing among ancient ruins of a cathedral in Hamar, Norway, destroyed in the 1500s. The site is enclosed by a glass structure, and the venue itself is known as the Glass Cathedral.

Alumni inspire art students by exhibiting their works in Ingram

AJA VIAFORA
Mast intern

Concealed in Ingram Hall, out of the sphere of many students' knowledge, sits the University Gallery. This hidden treasure and inspirational resource contains brilliant pottery in all shapes and sizes as well as abstract paintings in earth tones.

The most recent exhibit, opened Friday, Sept. 16 and ends Friday, Oct. 7, and features the artwork of PLU alumni Scott Davies and Stephen Sobeck.

The exhibit holds Davies' collection, "Modern Abstracts From Foreverland," which displays his pottery work. There are pots with clown faces and funky handles, all in light-colored glazes.

Sobeck's collection is titled "Three-Dimensional Departures." This work is a mix of colors, shapes and abstract images, as well as fun-filled fantasy creations. Some of the paintings are done in oil, some graphite, some airbrush, and collages are also included. One of the paintings, titled "Cornucopia" instills the feeling of this whole exhibit: an abundance of work and a plethora of creativity.

Stepping into this wonderland, one sees abundant motivation for PLU students to explore their artistic abilities and reveal their inner imaginations, as these two featured artists have done.

"I took ceramics from Steve my freshman year, junior Kyle Duba said. "Not only is he a great artist, but his encouragement as an instructor helped me decide to study fine arts at PLU."

Sobeck's artistic passion began with glass blowing. He earned his degree from San Jose State University, and eventually became interested in sculpture and taught a ceramics course at Tacoma Community College, PLU professor Dave Keyes said. When Sobeck returned to PLU, he was a studio foreman in the ceramics department. Since then he moved up the ladder to become a professor of ceramics, a position he has now held for five years.

Sobeck and his wife are both potters who exhibit in local art shows and run their own gallery in Gig Harbor.

His life goal is "To be a creator and not be a

bore," he said.

Davies became involved in construction after college, building hot rods until he transferred his skills to art. Davies now focuses on painting, and produces 200 to 300 drawings and nearly 100 paintings per year.

"Countless hours, days, months are spent in the studio painting," Davies said.

Davies is talented in many fields besides painting and is specifically skilled in building hot rods in his spare time, Keyes said.

Both artists graduated from PLU in the early 1970s and share many common interests. The friends have had exhibits together in galleries in the past.

The next exhibit at the University Gallery will feature an interactive installation in which visitors will be asked to drive nails into a wooden table. The aim is to emphasize the idea of feeling connected with the art, and allowing the viewers to impact what they see. The two-person exhibit will feature media works in photographic and digital processes by Nichole Dement and Stephen Rock.



Photo by Kyle Duba
Professor Stephen Sobeck stands next to a piece from his latest exhibit, "Modern Abstracts from Foreverland."

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Oliver Twist (PG-13)
Fri: 4:20, 6:45
Sat/Sun: 12:00, 4:20, 6:45
Mon-Thurs: 4:20, 6:45

Junebug (R) Daily: 9:20

Strategy game allows players to participate in fall of Rome

"Barbarian Invasion" includes controlling cities, fighting civil wars and leading barbarians

ETHAN JENNINGS
Mast reporter

Flavius Claudius Julianus, emperor of Rome, died in battle against the Persians in 363 CE. Never again would one man rule the entire Roman Empire; instead, the Eastern and Western Empires would continue under two separate emperors.

The years that followed were tumultuous for both nations; the Western Empire had barely a hundred years to live before being crushed by barbarians and taxes, while the Eastern Empire fought pitched battles for its existence for the next thousand years. These years of turmoil are the setting of "Rome: Total War - Barbarian Invasion."

This game is the expansion to last year's "Rome: Total War" for the PC. Total War is a turn-based strategy from Creative Assembly, in which the player guides Rome through its formative years. Now, in "Barbarian Invasion," the player takes on the years of Rome's decline and ultimate fall.

"Barbarian Invasion" uses Total War's basic engines, which are excellent, and elaborates on the gameplay. The nations of the first game have been replaced in favor of 10 new ones that more accurately represent the times, and include the Goths, Huns, Franks and both Roman empires.

The strategic mode, in which the player maneuvers armies and diplomats and builds up the cities in provinces, is more complex; now, religion is a major factor, giving the player the options of embracing Christianity, turning to Persian Zoroastrianism or reverting to the pagan religions of old. Each following has its advantages and disadvantages.

Also, popular uprisings can now turn into full-blown civil wars, with generals that desert their armies to fight for the rebels and the various rebel provinces that work in concert to undermine your rule.

The most unique play experience comes from leading the barbarians. If the cities are all taken, the player can pack his or her civilization up in a horde and move it across the map, laying waste to everything in its path. One can do this until he or she decides to settle down and found a city again. The disadvantage is that one only gets a fraction of the income the Roman opponents start with - so manipulate, bribe or intimidate rival tribes into alliances with you.

All in all, "Barbarian Invasion" is an entertaining package detailing the fall of Rome. Unfortunately, the depth makes it a fairly intimidating start for those new to the strategy game genre. Playing as the Romans is particularly difficult. Within a few turns of my start as the Eastern Roman Empire, on a medium difficulty setting, there was a civil war in the West and a passel of Huns slamming my Gothic allies. Oh, and I was being invaded by Persia, while my pocket was too empty to build armies to defend myself. I may have lowered the difficulty setting after that.

Another warning: The game may be fun, but as a Romanophile, I can tell you it's not always spot-on with historical accuracy. Please players, don't use it for research unless you enjoy your professors chuckling at your expense when they grade your papers.

Life lessons learned from shopping: The cuddle theory



Confessions of a shopaholic

Now boys, before you run away from the title of this story, read up. There is a good lesson in here for you. It might help you actually understand women!

Last year, I was shopping with my boyfriend, when I did something I usually scoffed at other girls for doing. I tried to hold his hand. Between trying to balance my shiny Nordstrom carriers, his preppy Abercrombie bags, and the Jamba Juice he had bought for me, it was a struggle at best. Usually, I reserve all hands not currently entwined in a shopping bag for grabbing at hangers that have potential enough to land in a shopping bag later. I had always hated seeing girls all over their boyfriends when they were shopping. Most of us girls were here to de-stress, away from boys. Why did we need to see something that invoked our gag reflexes? But here I was, engaging in this age-old practice.

So one day, now without a boyfriend, I stood in the bank line at Fred Meyer. Forgetting how blissfully in love I once was, I blatantly stared at a girl in front of me. She looked like my mirror image, clothing-wise, dressed head-to-toe in Baby Phat (from fur-collared snow parka to purse), while I was in the same duds in Juicy brand. But her tough look

stopped at the cooing she was directing toward her macho boyfriend.

At first, I sighed. Why do we do this to men, when it is obvious most of them hate to be cuddled in public? Why had this seemingly independent girl gone haywire during a mere two seconds away from her boyfriend?

Then I remembered my day at the mall, and realized I was guilty of the same crime.

As I was contemplating this, I noticed a little girl, probably about 6 years old, tightly hugging a stuffed dog. Her brothers were completely content to run around the store yelling, yet she clung to her stuffed animal. I remembered being little and taking Dede, my stuffed teddy (who may or may not still be in my dorm bed), every place I went. I never did anything without him in my arms.

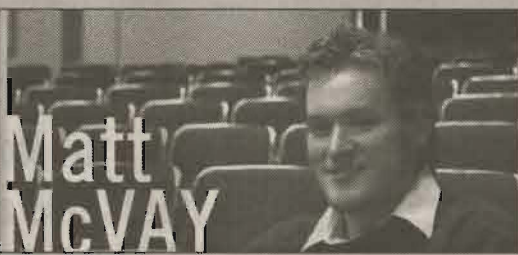
The fact is, from a very young age we are taught to be either feminine or masculine. For most boys, it isn't okay to bring the stuffed toy while shopping, yet for girls, we need to have our first love there at all moments, a soft reminder we are still loved. As we grow older, it becomes socially unacceptable for us to continue toting around our Dede and Fluffies. At the same time, we have satisfied our need for attention with stuffed animals for so many years that our attachment finds other places to cling to. By the time we are in our primitive dating ages, the guy becomes our Fluffy.

So, the next time a girl tries to hold your hand at the mall, let her. She just misses the company of a furry friend, and you're the next best thing!

Which celebrity would you most like to raid the closet of? Email me at jensenjs@plu.edu with your choice and you might see yourself in an upcoming column.

"History" forces audience to examine nature of violence

Lesser-known film is nuanced and intelligent, allowing the audience to draw its own conclusions



Someone sneezed in my popcorn

Cheers, laughter, gasps, cries of elation and of horror. It has been a long time since I had been part of an audience reaction like that, especially for a lesser-known film such as "A History of Violence." Critically acclaimed, this movie basically came out of nowhere, with little promotion or recognition. Based on a graphic novel of the same name, "History" follows Tom Stall, an everyman living in a small town. He has a wife and kids, a nice little home and a diner that keeps the locals happy. It is the perfect simple life - until two killers walk into his diner and intend on taking all the cash and everyone's lives, that is. Without missing a beat, Tom saves the day and kills their attackers, making him a national hero. But all of this attention brings some unwanted guests who claim to know Tom, but by a different name: Joey. After the continued harassment of his family, Tom must defend himself again, against this horrible case of mistaken identity. But is it?

Starring in the film is Viggo Mortensen, who has come a long way since his "Lord of the Rings" days. He gives one of his better performances, creating a complex character that keeps the viewer wondering what he will do next. He never gives you a hint of what the truth is, making you believe whatever he wants you to.

Another notable performance was that of Ashton Holmes, who plays Mortensen's son. He has a familiar face, but this was his first appearance in a major film and he did a phenomenal job. He makes the audience focus on him, from dealing with his father's new celebrity status, fending off bullies at school and then coming to terms with the notion that the man he has known his whole life may not be who he says he is. It was a great performance by an up and coming actor.

Maria Bello ("Assault on Precinct 13"), Ed Harris ("Apollo 13") and William Hurt ("The Village") also give strong performances, and round out the talented cast.

David Cronenberg's direction for the film was very casual, but very realistic. The first shot of the movie was a long stationary shot that was close to ten minutes. There was little movement by the actors and everything was conveyed by the performance. The violence was very raw and graphic.

There were no quick cuts, no fast moving cameras. The shots held and lingered on the violence, not letting the viewer look away. It was real. And it made sure you were uncomfortable. There were some other intimate moments between husband and wife that lingered far longer than expected, creating the sense of looking in on the lives of these people. It is a real that unfolds before the viewer's eyes. And again you are uncomfortable.

This is not the kind of movie the audience would believe to be based on a comic book, but in the tradition of "Road to Perdition" or "From Hell" these are not regular comic books. These graphic novels offer a much more adult story and could easily have been a regular novel, but the artist took the story one step further and created a whole different work. For this critic, that does not make it any less worthy of being taken seriously. Not in the least.

The ending is much more ambiguous than the audience had hoped, not giving a clear answer or resolution. After walking out of the theater, I could hear the moans and groans from many of the 17-year-old boys who were hoping to see Transporter 3: "Well that was a waste of my time!" and "I can't believe I sat through all of that!" Keep in mind these are the same guys who were gasping and exclaiming, "This is so awesome!" and "Oh, that was bad ass!" every time something exciting happened. They judged the entire movie simply based on the fact that they did not have the answers handed to them on a plate. They did not want a movie that made them think for themselves (heaven forbid). These teenagers saw the film in a completely different light than this critic. The very aspects they criticized explain why I enjoyed the film. Not only is it entertaining, but it makes the audience think at the end; wondering not only what just happened, but what will happen next and how that will affect their lives.

Our generation is used to having all of the answers provided to us, and we have gotten to a point where we want our entertainment to be numbing and predictable. This was a great movie, and I was talking about it for a while when I left the theater. I got my \$7.50 worth. Make it worth your \$7.50 as well.

(Word to the wise: There are extremely graphic scenes of violence. If you do not like that sort of thing, stay away. Although there are only a few scenes of it, if you do not like violence skip its "History.")

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With winter just around the corner...



...you're going to need something to keep you warm...

PLU Bookstore

Who will come out on top, PLU or UPS?

Homecoming



Here's what the PLU student body thinks will happen at the game

**Lutes Win:
103 votes (54%)**

**Lutes Win
in overtime:
46 votes (24%)**

**UPS Wins:
36 votes (19%)**

**UPS Wins
in overtime:
6 votes (3%)**

this survey was conducted
with 191 PLU students

UPS may break tradition and win

NICK PAGE
Mast columnist

This could very well be the year the unthinkable happens.

PLU's first home football game of the season against cross-town rival Puget Sound tomorrow, and there is a distinct possibility PLU could lose to UPS for the first time since 1987. That's right, 1987. That means most of the freshmen on this campus weren't even born the last time UPS beat PLU. It has almost become a rite of this campus to beat UPS every year, and in most cases, roll up a lot of points in the process.

However, there seems to be something in the air of late that is causing this football season to shape up differently. UPS is 2-2 and PLU is 0-3 heading into this week's contest, and for the first time in years PLU will probably be playing the underdog role. UPS is hungry for a win and the team is aware this is its best chance.

The rivalry isn't exactly the friendly variety, either. Most UPS football players exhibit an extreme amount of loathing for PLU, and UPS' anti-PLU group on www.facebook.com helps point that out.

Not to mention UPS was only a yard short of beating PLU last year. The Lutes' amazing

defensive effort kept the Loggers out of the end zone when they had first and goal from the 1. It's going to take a similar defensive effort this weekend if PLU wants to keep the streak alive. UPS runs an offense called the West Coast Wing, which is all about misdirection and confusing the defense with runs and play action passes.

That's a pretty tall order for a PLU defense that has had trouble finding itself early in the season. PLU has allowed 129 points in the first three games. The offense has had trouble with holding onto the ball and already has 11 turnovers.

Quite honestly, this is going to be an interesting Saturday. Last year's game was one for the ages, but the storylines leading up to Saturday make this year's contest intriguing. It's Homecoming, it's a rivalry, and a 17-game winning streak is on the line.

I predict this game will go down to the wire, and it's going to be a shootout the entire way.

UPS wants the streak ended, and PLU needs a win. Sparks Stadium is going to be bursting at the seams with atmosphere. Be ready for some fireworks.



Nick PAGE Tim KELLY

Third and long and we're swinging for the fences

TIM KELLY
Mast columnist

I know the Lutes are 0-3. I know the Loggers are 2-2. I know the Lutes will not lose to the Loggers tomorrow at the Homecoming game.

This rivalry, alive since 1987, is reminiscent of the New York Yankees' domination over the hapless Boston Red Sox between 1918 and 2003. In the PLU vs. UPS scenario, the Lutes have been beating up on the Loggers for so many years that it can hardly be called a rivalry.

This season the Lutes have been playing well offensively, but not putting the points on the board. Last week, the Lutes outgained defending national champion Linfield, 445-425, but at the end of the day the scoreboard showed a 42-13 Wildcat victory.

Puget Sound is a running team. The Loggers are averaging 310 yards per game. The Lutes struggled this year in their one contest with a running team, as Wisconsin - River Falls racked up 506 yards on the defense. A big part of the Wisconsin - River Falls' success with the running game is that the team features

Lutes will top rivals in close contest

offensive linemen the weight of sumo wrestlers.

The Loggers, on the other hand, have some big men, but not anywhere near the average size of the Wisconsin - River Falls' monsters.

The Loggers have floundered this year when defending high-powered passing offenses. On their recent trip to La Verne, California they gave up 384 passing yards and were held to 194 rushing yards. UPS lost the game 38-14.

In the PLU vs. UPS competition the psyche of both teams must be examined. The Lutes are chomping at the bit to win a game, because the team and fans know we should have one, possibly two, victories by now.

The Loggers are excited to travel cross-town and face a team that has fired a goose egg in the win column. There is probably doubt inside every Logger helmet, questioning if the team will beat PLU considering it has not done so for 17 years.

In rivalry games the record does not matter, and this year should be no different. All bets are off. Even so, the Lutes have to feel good knowing they can score on the Logger defense and stop the offense, just like they have every year since 1987.

'Nuff said.

Second-half surge lifts Linfield past PLU, 42-13

Turnovers prove costly as Lutes remain winless

LINCOLN VANDER VEEN
Mast sports reporter

The Pacific Lutheran football team traveled to McMinnville, Ore. to take on the reigning conference and national champion Linfield last week. The Wildcats put away the Lutes 42-13.

After turning the ball over on downs, PLU allowed the Wildcats two relatively easy scoring drives in the first quarter. Linfield quarterback Brett Elliot completed his first eight passes to a bevy of talented receivers, and it looked as though the Lutes were finished

before they started.

"They're a really good team," defensive back Brent Frank said, "but we're a good team, too."

PLU refused to bow out, and with just seconds left in the first half, receiver Chase Reed scored on a pass from Chris Maine from one yard out to get the Lutes on the scoreboard. Just as importantly, the heralded Linfield offense was stagnant in the second quarter, leaving the halftime score 14-6.

Linfield started the second half by driving the ball to the one, only to see PLU linebacker Chad Blau recover a muffed handoff and turn the ball back over to the Lutes. After a PLU punt, Elliot found teammate Casey Allen in the end zone to get the Wildcat lead back to up to two touchdowns.

On the ensuing PLU possession, Maine led the Lutes all the way down to the Wildcat 11-yard line before having a pass picked off and returned 90 yards for a touchdown.

After a couple more touchdown tosses by Elliot, the scoreboard looked as though Linfield had simply walked over its opponent.

"The scoreboard didn't dictate how the game really played out," coach Scott Westering said, echoing the sentiment of Frank.

Maine finished the game with 325 yards through the air, along with three interceptions. Two receivers, Craig Chiado and Reed, each broke 100 yards in the game and the defense fought and scrapped against one of the most vaunted offenses in Division III football. In the end, PLU may have come up short on the scoreboard, but a silver lining was there for coach Westering.

"We did enough things in the ball game to change what the scoreboard read at the end of the game," Westering said "The fact of the matter is we continue to improve and strive for excellence on the field, and there is no doubt we're going to get there."

EMAL philosophy keeps Lutes' heads held high

LINCOLN VANDER VEEN
Mast sports reporter

Pacific Lutheran has played eight national championship games, winning four of them. Former football coach Frosty Westering won 262 of 305 games while he was at the helm, never enduring a losing season in his entire 32-year tenure. His son, Scott, the long-time offensive coordinator and now head coach, was one of the team's many All-American players.

The tradition of PLU football is rich and well documented. For this reason, the 2005 season has raised the eyebrows of many people.

The Lutes have lost four straight games since last season, and have been blown off the scoreboard the last two weeks.

Outsiders read the paper in disbelief, unable to comprehend this enormous turn of events; PLU isn't supposed to lose, they say.

What team loses the first three games of the season and still attends team meetings with the same positive, endearing attitudes the athletes started with? What coaching staff simply shrugs off the difficult defeats and continuously looks for the positives, even if there may only be a precious few?

Some people may answer, "A team that doesn't really care that much." In some cases, that answer would not be far from the truth. In the case of PLU, however, the opposite is true.

"Most people see our 0-3 record and interpret failure," Westering said, "but anyone who knows this team, and most importantly, knows this program, understands we don't think like most people."

Listening to coach Westering wax philosophically about the program and the team, one begins to wonder whether all his remarks and beliefs truly reverberate throughout the team. The first thing PLU football players are asked when they return from a road trip is, "Did you win?"

Coach Westering said his players buy into his system. He is positive they know winning and losing is just one layer of playing football.

"At any other school with a football tradition like ours, a 0-3 start would be devastating," Westering said. "The head coach wouldn't bother talking to a college reporter. But to me, and our guys, this slow start is just the living out of the program."

He defines this program as EMAL, or, Every Man a Lute. The program does not berate players and force them to do certain things, but instead gives them a gentle nudge in the right direction.

Westering has a simple solution to the team's season slump.

"We simply have to play at a higher level of excellence, and the scoreboard will take care of itself. Believe me; we're getting to that higher level, too," he said.

Westering's athletes agree with this philosophy.

"We've continued to improve every week," defensive back Brent Frank said, "and it isn't just about the scoreboard. It's about striving for excellence, growing as a team. It just happens sometimes that a team comes out on the wrong end of the scoreboard."

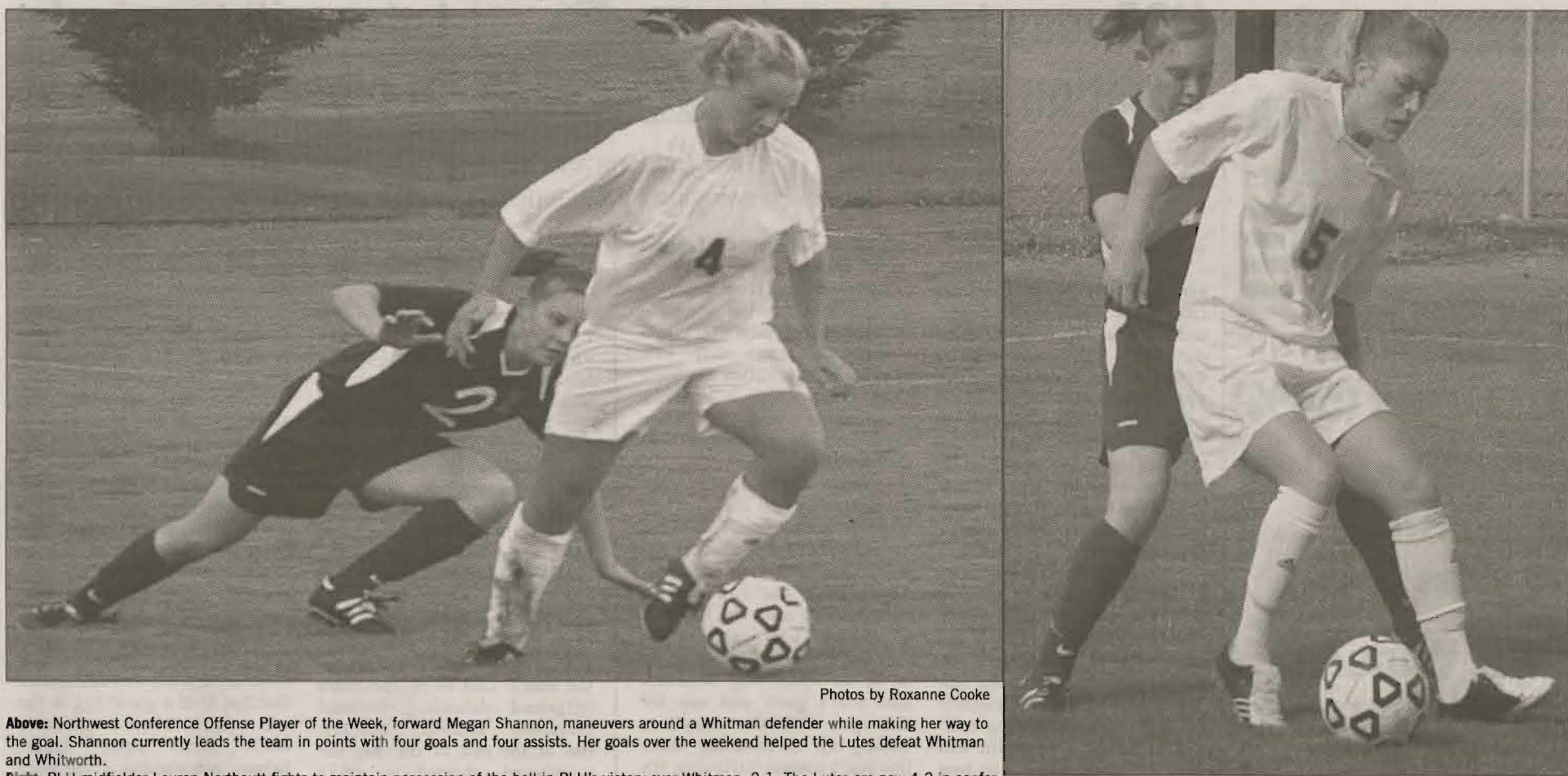
Last Three Games:

Sept. 10 at Cal. Lutheran,
Lost 42-35

Sept. 24
at Wisconsin-River Falls,
Lost 45-14

Oct. 1 at Linfield,
Lost 42-13

Clutch goals grab two PLU victories



Photos by Roxanne Cooke

Above: Northwest Conference Offense Player of the Week, forward Megan Shannon, maneuvers around a Whitman defender while making her way to the goal. Shannon currently leads the team in points with four goals and four assists. Her goals over the weekend helped the Lutes defeat Whitman and Whitworth.

Right: PLU midfielder Lauren Northcutt fights to maintain possession of the ball in PLU's victory over Whitman, 2-1. The Lutes are now 4-2 in conference play. They are back on the road this next weekend. The team will visit Willamette Saturday, Oct. 8 and Linfield Sunday, Oct. 9. Both games are scheduled for noon.

TYLER OSCHNER
Mast sports reporter

Forward Megan Shannon had a breakout weekend as her three individual goal performances matched the number of combined-team goals scored by Whitman and Whitworth in PLU's two victories last weekend.

Shannon's scores carried the women's soccer team (6-3, 4-2 NWC) over Whitman (5-3, 3-2 NWC) 2-1 Saturday and Whitworth (3-4-3, 2-3-1 NWC) 3-2 in overtime Sunday.

Shannon, a forward from Bellingham, Wash., was selected as the Northwest Conference Offense Player of the Week for her three-goal, two-assist effort over the two-game span last weekend. She currently leads the team with 12 points (four goals and four assists), and is second in total conference points and assists.

"[This weekend] was really exciting," Shannon said. "I don't know how to describe it, but these goals were much different than just regular scores."

In both games, Shannon converted game-winning goals that sealed victories for the Lutes.

Against Whitman Saturday, Shannon put the Lutes on

top with a goal in the 32nd minute. She received a crossing pass from forward Jackie Oehmcke and placed the ball inside the left post.

Whitman tied the score at 1-1 at 72:00 in the second half. The team continued to put pressure on the Lutes in the last few minutes of the contest, but was caught off guard in the final minute. With fewer than 60 seconds remaining in regulation, PLU offense passed the ball to Nicole Roeder, whose shot was blocked by the Whitman goalkeeper. Shannon took the loose ball and converted the game-winner from the right side, with only five seconds remaining.

"[Coach Fleury] told us that we play the entire 90 minutes," Shannon said, "Everybody was pretty thankful because nobody wanted to go into overtime."

The Lutes took an early lead over Whitworth Sunday when forward Christina McDuffie headed a ball into the net from Shannon's cornerkick at the 6:28 mark. In the 26th minute, Andrea Gabler put PLU on top, 2-0. The score came from a rebound off Shannon's deflected kick.

Both Whitworth goals were scored in a 1:13 time frame, 25 minutes into the second half. The second goal was converted through a penalty kick and sent the game into overtime. With only 3:16 remaining in the overtime

period, forward Jackie Oehmcke's shot was deflected by the goalkeeper. Shannon took the loose ball and punched it into the left side of the net, giving the Lutes another conference victory at home.

"Megan [Shannon] is amazing," defender Nicole Reinke said. "She really stepped up her game in the last few weeks."

Reinke added Shannon is very coachable, easy to play with and has a diligent work ethic on the field.

Shannon feels all the first-year players are learning their roles and are beginning to understand the strengths of their teammates.

"We are proving to a lot of schools that we are going to be tough competition," Shannon said. "We have made a lot of progress, but are still learning."

Reinke agrees.

"These two games brought our team together," Reinke said. "Coming into the games we relied more on our returners, but our first-years really stepped it up. We really improved a lot as a team [this weekend]."

The soccer team will visit Willamette Saturday, Oct. 8 and Linfield Sunday, Oct. 9. Both games are scheduled for noon.

Lutes dig up one victory out of two conference matches

Volleyball sweeps Whitman, 3-0, then drops five-game match to Whitworth

KRISTEN LABATE
Mast sports reporter

The Lutes defeated Whitman last Friday, only to suffer a tough loss Saturday to NWC opponent Whitworth.

The Lutes are now 7-6 overall, and have improved their conference record to 4-2.

The game against Whitworth was a close match extending to five games, including the tiebreaker.

The Pirates were ranked 24th according to the CSTV/AVCA Division III coaches poll and are 10-2 overall with a 6-0 conference record.

In the first game, the Lutes triumphed with 32-30 to pull out the win.

However, the Pirates came back strong and defeated PLU in the next two games, 30-22 and 30-23.

The Lutes then tied it up, winning the fourth game 30-25 and forcing a fifth-game tiebreaker.

The Lutes were down 5-0 by game five, but sought the advantage and tied 6-6.

After three more lead changes the game was 13-all, but two kills by the Pirates ended the hard-fought

match, with a 15-13 victory over the Lutes.

The Lutes were able to add another win to their record Friday, defeating the Whitman Missionaries in three short games. This was PLU's third-straight conference win.

"We struggled in preseason, getting used to the new players on the court and finding our team chemistry, but we've finally found our groove and we've started to click as a team," outside and right side hitter Meghan Fagerberg said.

A 10-2 lead in the first game secured a 30-20 victory.

In the second game, the Lutes started out ahead but let their buffer zone drop to a 20-19 margin. However, a kill by Lute setter Gina Di Maggio and two Whitman errors left PLU unchallenged, winning 30-23.

The third game proved a closer match.

The game was tied at 15-all, but outside hitter Rachel Shillinger's kill and defense specialist Ashleigh Houlton's ace serve set the Lutes ahead for a 28-21 lead.

Whitman made one last run at victory and pulled the team to a 29-28 margin, but a kill by Fagerberg ended the match, 30-28, in favor of the Lutes.

Fagerberg led the team in kills with nine, and middle blocker Kati McGinn and outside hitter Stephanie Turner totaled eight kills. Middle blocker Kyla Wytko and Shillinger had six kills each. Defensive specialist Megan Kosel totaled 14 digs and McGinn finished with 11 digs. Di Maggio tallied 28 assists.

PLU travels to Forest Grove, Ore. today to play Pacific tonight, and will continue on to Newberg tomorrow to play George Fox. Both matches are at 7 p.m.

Wang Center for International Programs



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TACOMA - "J-Term on the Hill" (SOCW 201 or SOCW 491)

CANADA - "Exploring Medicinal Chemistry and Awakening to Indigenous Natural Therapeutics in British Columbia" (CHEM 190-491)

CHINA - "Business and Urban Culture in China" (CHSP 287/BUSA 486)

ENGLAND - "Business of the Arts in London" (COMA 393 or BUSA 486)

GERMANY - "Language, Art, and Culture in the New Germany" (GERM 231 OR 331)

HONDURAS - "Service Learning in Mathematics" (MATH 205)

ITALY - "Investigating Environmental and Economic Change in Italy" (ECON 338)

JAPAN - "Cultural Psychology in Japan" (PSYC 483)

TOBAGO - "Service Learning in Tobago" (SOCW 390)

Upcoming Events and Programs

~Study Away 101: Hear when, where, and how to study almost anywhere in the world! Get information on J-term, Semester, and Yearlong programs.

Oct. 13, Thurs, 6:00 pm to 7:00 pm, @ UC room 208

And

Oct. 26, Wed, 12:30 pm to 1:30 pm, @ Wang Center

~International Internships Info Session: Learn about all the options to work and learn abroad through an internship experience.

Oct. 19, Wed, 6:00 pm to 7:00 pm, @ South Hall Lounge

Questions? Contact us!
www.plu.edu/~wangctr
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	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
THIS WEEK IN SPORTS AT PLU	•PLU volleyball is at Pacific for a at 7 p.m. match.	•PLU football plays UPS for their first home game of year. Kickoff is at 3:30 p.m. •PLU Cross Country Invitational at 10 a.m.	•Men's soccer at Linfield at 2:30 p.m. •Women's soccer at Linfield at noon	•NFL teams, the Pittsburgh Steelers and the San Diego Chargers, kick off at 9 p.m. ET	•Whitworth's women's volleyball team travels to Lewis-Clark State, their game begins at 6 p.m.	•NHL teams, the Minnesota Wild and the Vancouver Canucks, face off at 8:30 p.m. EDT	•UCLA women's volleyball takes on the University of Washington at 7 p.m.

Mariner fans have reasons to smile in '06

Young players bring promise and excitement for the team's future



Brent CHANTLER
Between the lines

With baseball season in playoff mode, some Mariner fans are disappointed by the fate of this year's team.

Adding such big-name free agents as Adrian Beltre and Richie Sexson, they provided fans with an excitement that has been missing since the days of Griffey and A-Rod.

However, the excitement was short-lived as the mighty Mariners found themselves out of it two months into the season. Do not fear, however, because the Seattle loyal have reasons to smile.

Sometimes people do not realize what being excluded from the playoff contention can do for a team in mid-season.

It gives teams the chance to bring up young prospects that can fill in and gain some major league experience.

That is exactly what happened this year, as the Mariners said goodbye to notable players such as left fielder Randy

Winn, catchers Pat Borders and Miguel Olivo and second baseman Brett Boone.

Despite the Mariners' seemingly complete makeover, there have still been those glimmers of hope and promise in this season's somewhat-dismal performance.

I am here this week to shed light on those feel-good stories. One of the first stories I have to talk about is that of Richie Sexson.

The acquisition of Sexson was seen as a domino effect for the Mariners. Many people said if they did not get Sexson, Beltre would have never come to Seattle.

Analysts thought Sexson, having missed so much time last season, would be nowhere near the high-impact homerun hitter he once was.

Well, Sexson made sure he quieted the critics. Despite striking out 167 times this season, he still managed to become the power in the Mariners' lineup, hitting 39 homeruns this season.

I will admit even I was a little skeptical of Sexson and wondered if he could return to form, and it pleased me to see him do so well.

Another of the lesser-known stories from this year is the play of infielder Yuniesky Betancourt.

I still have not decided whether it is more fun to say his name or to watch him play. It seems as if every game in which he is in the lineup, he makes a great play on defense.

The Mariners have not had a solid shortstop since Alex Rodriguez, so

hopefully Betancourt can be around for a while.

On top of his great defense, he was able to get 54 hits in a matter of only 60 games for the Mariners. You can only imagine what he could have done with a full season of play.

Speaking of Betancourt and great defense, another great story was the defensive emergence of Jeremy Reed. Some experts are calling this young man one of the best defensive center fielders in the game today.

This guy has huge range and seems to catch balls that should never be caught. He should contend for a Gold Glove, despite missing the home stretch of the season.

You have him behind guys like Betancourt and things could really be looking up for the Mariners.

Switching gears a little bit, we have two great stories from the Seattle Mariners pitching rotation. First, we have the ageless wonder Jamie Moyer.

The 42-year-old lefthander has once again managed to contradict what every critic has said, and put together yet another season of at least 10 wins.

Many people might not see that as such an impressive statistic, but for a man whom people said should have been out of the league three or four years ago, it sure is something to smile about.

We do not know if we will get to see Moyer in an M's uniform next season, but either way, he will go down as a fan favorite.

We go, then, from the oldest player

of the Mariners to the youngest player in the major leagues, Felix Hernandez.

Part of me is slightly jealous, knowing he is a 19-year-old kid making more money than I will ever see in my lifetime, but it is hard to be upset when the kid can flat-out pitch.

He can blow right by hitters with a fastball, then make them swing out of their shoes with his patented curve ball.

He has taken on teams like the Yankees with no fear, showing the heart of a seasoned veteran.

He also manages to do all of this with a youthful excitement and exuberance that can only be found in the youngest of major league prospects. He brings a smile to the game, which I think more veterans need to find.

So fear not, Mariner fans. Things are looking up. We have rookies on the rise, and free-agent veterans finally coming around.

I see good things in store for this team's next season. It will be a team definitely worth watching.

TRIVIA QUESTION

***WHAT COUNTRY WAS FELIX HERNANDEZ BORN IN?**

- A) MEXICO
- B) COLOMBIA
- C) VENEZUELA
- D) BRAZIL

THE ANSWER LOCATED ON PAGE 16

Scorecard

Men's Soccer

Standings	Team	NWC	%	Pts.	All	%
	Whitworth	5-0-1	.917	16	8-1-1	.850
	Linfield	3-0-2	.800	11	4-3-3	.550
	UPS	3-1-1	.700	10	4-1-2	.714
	PLU	3-2-0	.600	9	6-4-0	.600
	Whitman	3-3-0	.500	9	4-6-0	.400
	Willamette	1-3-0	.200	3	3-6-0	.333
	George Fox	1-3-0	.200	3	2-7-0	.222
	Pacific	0-5-0	.000	0	1-8-0	.111

(All stats as of 10/5)

Goals by Period	1	2	OT	OT2	Total
Pacific Lutheran.....	12	11	0	1	24
Opponents.....	9	7	0	1	17

Shots by Period	1	2	OT	OT2	Total
Pacific Lutheran.....	63	72	3	1	139
Opponents.....	57	55	4	1	117

Last weekend's games

10/1 vs Whitman, Won 3-2
PLU goals
Mike Ferguson - 1
Kevin Murray - 1
Brennan Brown - 1

10/2 vs Whitworth, Lost 2-1 (2OT)
PLU goals
Matt Toller - 1

Upcoming Games:
10/8 at Willamette - 2:30 p.m.
10/9 at Linfield - 2:30 p.m.

Football

Standings	Team	NWC	%	GB	All	%
	Linfield	1-0	1.000	—	3-0	1.000
	Willamette	1-0	1.000	—	2-3	.667
	Whitworth	0-0	.000	—	2-1	.667
	UPS	0-1	.000	—	2-1	.667
	PLU	0-1	.000	—	0-3	.000
	Lewis & Clark	0-0	.000	—	0-3	.000

Upcoming Games:
10/8 vs UPS - 3:30 p.m. Homecoming
10/15 vs Chapman - 1:30 p.m.
10/23 at Southern Oregon (Hillsboro, Ore.) - 4 p.m.
10/29 at Willamette - 6 p.m.

Volleyball

Standings	Team	NWC	%	GB	All	%
	Whitworth	6-0	1.000	—	10-2	.833
	Linfield	5-1	.833	1	13-1	.923
	UPS	4-2	.667	2	7-3	.700
	PLU	4-2	.667	2	7-6	.538
	George Fox	3-3	.500	3	8-5	.500
	Whitman	2-4	.333	4	7-7	.615
	Pacific	1-5	.167	5	8-8	.500
	Lewis & Clark	1-5	.167	5	5-9	.357
	Willamette	1-5	.167	5	1-9	.100

Last Four Games
9/21 vs UPS - Won 3-0
9/23 vs Lewis & Clark - Won 3-0
9/30 vs Whitman - Won 3-0
10/1 vs Whitworth - Lost 3-2

Team Leaders - Blocking

- Kati McGinn - 34
- Rachel Crossen - 24
- Meghan Fagerberg - 19
- Gina Di Maggio - 18

Team Leaders - Kills

- Kati McGinn - 156
- Meghan Fagerberg - 140
- Stephanie Turner - 98

Team Leaders - Digs

- Megan Kosel - 181
- Nicole Potts - 122
- Kati McGinn - 97

Upcoming Games:

- 10/7 at Pacific - 7 p.m.
- 10/8 at George Fox - 7 p.m.
- 10/14 vs. Linfield - 7 p.m.
- 10/15 vs Willamette - 7 p.m.

Women's Soccer

Standings	Team	NWC	%	Pts.	All	%
	UPS	5-0-1	1.000	16	6-1-1	.812
	PLU	4-2	.667	12	6-3	.667
	Willamette	4-2	.667	12	6-4	.600
	Whitman	3-2-1	.583	10	5-3-1	.611
	Pacific	2-3-1	.417	7	4-4-1	.500
	Whitworth	2-3-1	.417	7	3-4-2	.444
	L & C	2-3-1	.417	6	3-4-2	.444
	Linfield	1-4-1	.250	3	3-5-2	.400
	George Fox	1-5	.167	0	3-6	.333

(All stats as of 10/5)

Goals by Period	1	2	OT	Total
Pacific Lutheran.....	6	5	2	14
Opponents.....	7	5	0	12

Shots by Period	1	2	OT	Total
Pacific Lutheran.....	52	67	3	122
Opponents.....	45	65	0	110

Last Three Games


9/23 vs George Fox - Won 2-1
PLU goals
Christina McDuffie - 1
Jackie Oehmcke - 1

10/1 vs Whitman
PLU goals
Megan Shannon - 2

10/2 vs Whitworth
PLU goals
Megan Shannon - 1
Andrea Gabler - 1
Christina McDuffie - 1

Team Leaders - Goals
1. Andrea Gabler - 5
2. Megan Shannon - 4
3. Christina McDuffie - 3

Upcoming Games:
10/8 at Willamette - 12 p.m.
10/9 at Linfield - 12 p.m.



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Men's soccer splits games with Whitman, Whitworth

Lutes (3-2 NWC,
7-4 overall)
currently fourth in
conference

MEGAN WOCHNICK
Mast sports editor

In order to come away with a victory Sunday over the defending conference champions and current first-place team in the conference, the men's soccer team needed to improve one thing, according to head coach John Yorke.

"We'll need to defend better," he said before the matchup with Whitworth.

Unfortunately for the Lutes, the team lost its battle Sunday against the Northwest Conference-leading Pirates as they pulled out a 2-1 victory in double-overtime.

"We defended very well for most of the game," Yorke said. "Unfortunately, we made some crucial mistakes in the end of the game that hurt us. I was very pleased with our defensive effort for the most part, though."

The game was scoreless until the 63:32 mark of the second half, as defender Matt Taller put the Lutes up 1-0 after he received a pass from midfielder Justin Stevens and put the ball in the left side of the net.

Whitworth's Todd Sabrowski, the 2004 conference Defensive Player of the Year, tied the score at 1-1 with six minutes left in regulation. He scored from 15 yards out as he worked his way past the Lute defense.

"We felt we should have won in regulation," Yorke said. "We were disappointed to be tied. The guys were in a real mental battle with themselves going into overtime as a result of the late [Whitworth] goal."

The Pirates had a chance to win the game in the first overtime after a foul was called on PLU goalkeeper Jared Harman.

Whitworth was awarded a penalty kick, and a diving Haman stopped Skye Henderson's shot toward the right side of the goal.

The Lutes' chance to win the game, with two minutes remaining in the first overtime, fell short as Whitworth goalkeeper Kevin Bostock stopped midfielder Derek Karamaic's shot from inside the goalkeeper box.

"We were taking it to them the whole game," Taller said. "We had good opportunities to score [in the overtimes] but none of the shots went in."

The game ended with 33 seconds into the second overtime as Niko Varlamos, the 2004 conference Offensive Player of the Year, scored on a header off a cross pass from Ali Seyedali to give Whitworth the 2-1 victory.

"We felt we dominated the game, even



Midfielder Kevin Murray battles with Whitman's Craig Yuen during the second half of Saturday's 3-2 win over Whitman. The Lutes are currently in fourth place in the conference standings and head to Oregon this weekend to take on Willamette and Linfield. Both games have a 2:30 p.m. start time.

Photo by Roxanne Cooke

though we lost," Taller said.

"It came down to better defense. We felt we dominated the game and Whitworth was a bit surprised. We made three mistakes, and [Whitworth] capitalized on two of them."

The day before, the Lutes' three first-half goals propelled the team to a 3-2 victory over the Missionaries.

However, the talk after the game was not about the Lutes' victory, but the number of yellow cards given to both teams.

A total of 12 yellow cards was issued, six to each team. Eleven of them occurred in the second half of play.

"The calls were pretty poor both ways, and when the referee started sending out the yellow cards it slowed the game down," assistant coach Jamie Bloomstine said. "Maybe four of the cards were actually deserved."

Whitman got onto the scoreboard first, just 54 seconds into the game, as Andy Huntington gave the visiting Missionaries a 1-0 lead after shooting past PLU goalkeeper Rob Grolbert.

Forward Mike Ferguson tied the score at 1-1, at the 17:36 mark on a pass from midfielder Jay Pettit.

The Lutes then scored twice in a span of 31 seconds, as midfielders Kevin Murray and Brennan Brown put the team up 3-1 at the 30:03 and 30:44 marks, respectively, in the first half.

"Whitman came out and scored right away, but that 20-minute run where we scored those three goals changed the pace of the game," Bloomstine said.

The remaining seven minutes of the game resulted in five yellow cards, including one on Brown.

As a result, he did not play in the Whitworth game due to the accumulation of yellow cards he has received this season.

The score remained 3-1 until there were three minutes remaining in regulation. Whitman's Marc Nabelek scored a goal, pulling the missionaries within one at 3-2.

However, that was as close as the Missionaries would get, as the Luted defense held on to preserve the win.

"We expected hard pressure from Whitman. They never really quit seeing that they scored in the last three minutes of the game," Brown said.

Yorke said he felt his players had spurts where they played well, but credited

Whitman for never giving up despite being down 3-1 to the Lutes.

"I knew, coming in, they'd be a tough team," said Yorke, acknowledging Whitman's spurts during the game. "[Whitman] outworked us in the second half to get back in the game and a chance to tie it up."

The Lutes travel to Oregon this weekend to take on Willamette Saturday and Linfield Sunday. Both contests will begin at 2:30 p.m.

Trivia Answer

*C) Venezuela

Felix Hernandez was born April 8, 1986 in Valencia, Venezuela. He signed with the Mariners at age 16.

Lute harriers have strong showing at Willamette Invitational

MELISSA FENSTERMACKER
Mast sports reporter

After a week off, the Lutes showed their staying power at the Willamette Invitational Saturday in Salem, Ore.

"We were faced with a lot of injuries and illness down at Willamette, but I believe that adversity makes you better and I think we showed that Saturday," first-year Ben Hollander said.

Running among the top overall for PLU was senior Ashley Jamieson, who placed 43rd with a time of 19:00.95. Because of her strong showing at the Willamette race, Jamieson was named as one of the athletes of the week for the team.

The top three PLU finishers were all members of the women's team. Behind Jamieson, first-year Michelle Hegg finished in 79th with a time of 19:36.75 and junior Emily Farr finished in 100th with a time of 19:55.80. Farr has performed consistently this year, continually finishing among the top women runners.

This is the women's team's second 5k race of the season. Seven of the eight competitors in Saturday's invitational improved their times from the last race.

For the men's team, sophomore Kenneth Chilcoat finished in 108th place with a time of 26:56.80. After Chilcoat, team captain Travis Savala finished in 145th with a time of 27:25.55

and sophomore Ben Johnson came in 210th with a time of 28:30.75.

Two of the men's top runners, Adam Oswald and Victor Dominguez, did not compete Saturday due to illness and a sore leg.

"Once our top two runners come back we are going to be in really good shape for not only the PLU invite, but for the postseason as well," sophomore Chris Ramirez said.

Ramirez finished 246th with a time of 29:59.00.

"Chris Ramirez had a great race, breaking 30 minutes for the first time in an 8K race. He's a full two minutes faster than he ran last year, and I think he has the potential to get a lot faster still," Savala said.

The Willamette Invitational is known as the largest collegiate cross country meet on the West Coast.

"I'm especially proud of Mike Jorgensen. Mike has

improved his time in every race this season and keeps a very positive attitude, no matter how tough the workouts and the races get," Savala said.

"It's always fun to run in front of the home crowd, and the louder it gets, the better we do."

Head Coach
Brad Moore

fun to run in front of the home crowd, and the louder it gets, the better we do," Savala said. "With Adam and Victor back in the mix, we'll be ready to go out and defend our home turf this weekend."

Now the workouts and training have changed from a strength-development focus to faster-paced workouts.

"This is when we should see some nice drops in racing times, depending on the course difficulty. I am very excited to see how much we can improve between now and the end of the 2005 season," head coach Brad Moore said.

The Lutes' first home invitational is tomorrow on the PLU Golf Course, which begins at 10 a.m.

"I'm looking forward to this Saturday's home meet. It's always