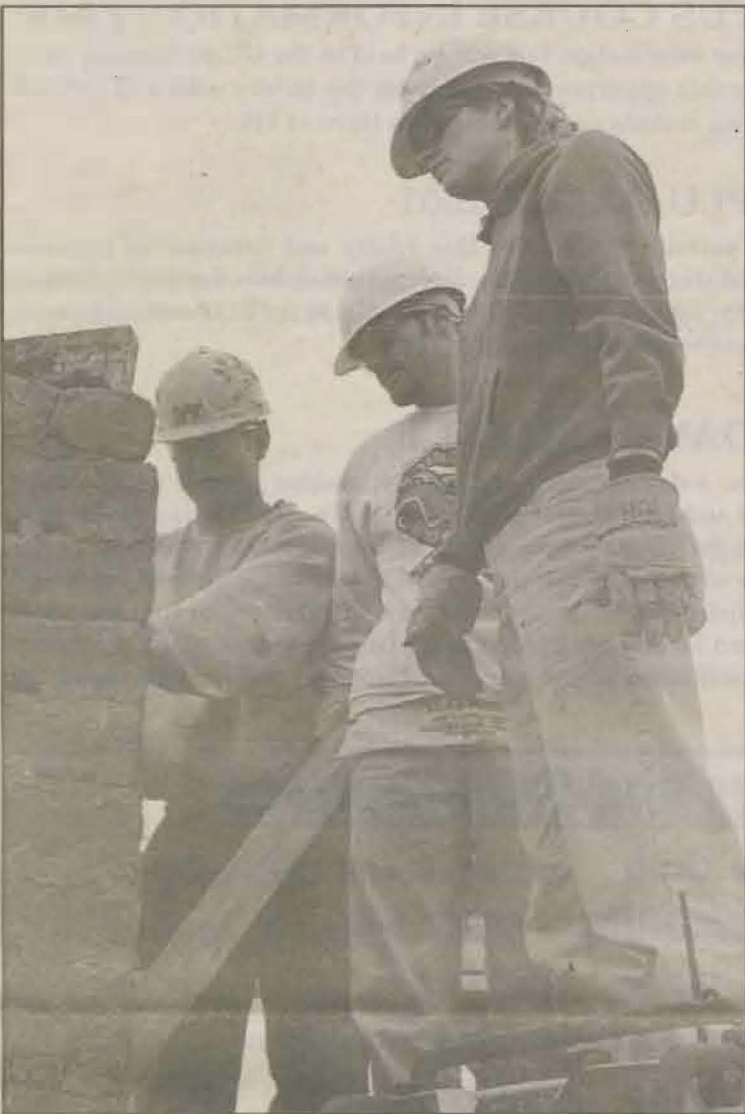


Students take Habitat for Humanity Collegiate Challenge 15 PLU students spend spring break building houses for New Mexico families



Shaun Takenouchi, Brian Riehs and Colleen Lorenz kying adobe on a Habitat for Humanity house-in-progress in Taos, N.M.

BY ELIZABETH JERABEK
Mast assistant news editor

Instead of trying to imitate MTV's televised Spring Break — a sunny beach vacation filled with people wearing skimpy bathing suits, slathering on glistening tanning oil, and partying compulsively — 15 students from PLU joined other college students from around the country in accepting Habitat for Humanity's Collegiate Challenge.

The students traveled to Taos, N.M., and spent four days helping with plastering, framing, and laying adobe brick on three houses for three families.

"I wanted to give students interested in service a good opportunity to do something different with their spring break," said Volunteer Center coordinator Cheyanne Zhart. Zhart organized the Collegiate Challenge trip through the Volunteer Center with support from Campus Ministry, University Congregation, and the Diversity Coalition.

"While we were [in Taos] we all talked about how we could be in Cancun, but we agreed we were glad to be working in Taos," Zhart said.

Habitat for Humanity is a non-profit organization that rehabilitates and builds houses through volunteer labor and donations of money and build-

ing materials. According to the literature, the houses are sold to partner families at no profit, and financed with affordable, no-interest loans.

The homeowners' monthly mortgage payments are then used to build more houses. In addition to a down payment and the mortgage payments, the families invest their own sweat equity into building their own houses.

Collegiate Challenge is a year-round alternative break program sponsored by Habitat for Humanity, designed to give high school and college students opportunities to work on construction projects during their time off from school.

According to literature put out by Habitat for Humanity, almost 8,500 students participated in the challenge in spring 2000.

In Taos, the PLU students also worked with students from the University of Minnesota, Taylor University in Indiana, and students from various schools in Colorado.

Despite working in a large group of unfamiliar people, the 15 students from PLU quickly formed friendships, according to Zhart.

"Some people knew each other and signed up together, but most didn't," said Zhart. "But by the end of the trip we were all very close."

The students bonded through the shared hardships of the trip, such as the 31-hour one-way trip from Tacoma to Taos in two rented Budget vans, sleeping on the floor of Taos' First Baptist Church for five nights, the minor car accident on the way home in Wyoming, and the physically challenging construction tasks.

However, the trip wasn't all work, and even the working parts were satisfying for the students.

"I liked the [construction work] a lot," said senior volunteer Shaun Takenouchi. "The adobe brick and plastering are a different way to build a house, and I had a lot of fun learning a new skill."

On the way to Taos, the students took time to visit the Garden of the Gods National Park in Colorado Springs, Colo.

During their time in New Mexico they visited Bandelier National Park in Los Alamos, N.M., and ate at a premier restaurant in Santa Fe, N.M., The Shed.

But the most gratifying part of the trip, Zhart and Takenouchi both said, was getting to meet one of the families they were building a the houses for.

This family, a young single mother and her son, ate with the

See MISSION,
page 6

Students, faculty to run for Lute Loop Saturday

BY STEPHANIE CHRISTOPHER
Mast reporter

The Wellness Committee is sponsoring the Lute Loop, a 5-kilometer fun run/walk on Saturday. The event, open to all students, faculty, staff and their families, will include prizes, raffles and a run through the neighborhood surrounding PLU.

The event begins at 9 a.m. in

Foss Field with registration and an aerobic warm-up to energizing music.

The run begins at 9:45 a.m. and will take participants around Rieke Science Center and Olson Gym, past the University Center, around campus out to Tule Lake Road South and Yakima Avenue South, and back to Foss Field.

Local businesses have donated prizes for top finishers

and raffles, including restaurant gift certificates, T-shirts, a KPLU jazz cruise and gift certificates to the PLU Bookstore and PLU Northwest.

Last year's run had 108 participants. This year, the Wellness Committee is hoping to have 150 student, faculty and staff participants.

The purpose of the Wellness Committee is to promote healthy lifestyles, wellness and

physical fitness, as well as spiritual and emotional wellness. The committee, which is made up of faculty and staff members, focuses primarily on employee concerns. The Wellness Committee puts on this event each year to include students in a fun and healthy time.

The event is also a time for students and staff to participate in an event outside of

class.

Past participant Brita Willis said, "I think the most fun thing about this event is you get to see all the faculty and staff and professors together outside of class for a nice, healthy run."

Registration the day of the event is \$8 and includes refreshments and a T-shirt. For more information about volunteering to help with the event, call Jeff Schultz, ext. 7555.

13-year-old attacked on campus

BY JENNI DILLON
Mast news editor

A 13-year-old girl was attacked Tuesday afternoon on the PLU campus. The young woman was walking near the wooded area bordered by 125th Avenue South and Park Avenue South when an unidentified man grabbed her from behind. She was able to free herself and escape without injury.

According to Campus Safety Director Walt Huston, the young woman's parents later reported the incident to the Pierce County Sheriff's Department, who notified PLU Campus Safety of the attack.

The attacker was described as a 6 feet 1 inch tall, white male between 20 and 40 years old. He

has brown eyes and short brown hair. The young woman reported that the man was wearing navy blue warmup pants, a Nike sweatshirt and a Mariners baseball cap.

Huston said that the vague description means that finding the individual responsible for the attack is unlikely.

Nevertheless, he said that anyone who believes he or she has spotted the individual should call Campus Safety immediately.

The basic profile of a 'bad guy' or sex offender is that they stay in character," Huston said. He explained that serial attackers usually have a profile of potential victims, including an age range.

Because the man originally attacked a 13-year-old, a repeat

attack would most likely target young women ages 12 to 14.

Huston added, however, that PLU students should not let their guard down. He reminded that basic safety procedures include walking with purpose and looking strangers in the eye to let potential attackers know that they could be identified later.

The PLU Student Life Office sent an all-campus e-mail to the PLU community Tuesday afternoon to notify students and staff of the incident.

In the e-mail, Laura Majovski, vice president and dean of Student Life, advised community members to remember to use designated pathways and to follow lighted pathways at night. She added that Campus Safety escorts are available at all times.

Safety When Walking

- Avoid walking alone, especially at night
- Avoid dark and vacant areas
- Wear clothes and shoes that allow quick movement.
- Walk with purpose, keep eyes up, scan surroundings.
- Make eye contact with others.
- Anticipate potentially dangerous situations
- Have keys in hand — they make a good weapon if needed.

Sidewalk Talk

What are your plans for Foss Fest this weekend?



"I'm going to watch Jaws on the wall of Pflueger Hall."

Maggie Eastman

"Since it's my first Foss Fest, I'm going to live it up."

Zach Zimmerman



"I'm definitely going to indulge in the pleasures of the flesh."

Chris Ode



"Just chill with my friends."

Bo Winnberg



March 21

■ A cake and ice cream belonging to a PLU student was stolen from the refrigerator on the ground floor in Harstad Hall.

March 22

■ The fire alarm in Stuen Hall was activated by burnt food. The Pierce County Fire Department responded and reset the alarm.

■ A PLU faculty member reported a strange man in East Campus. The Pierce County Sheriff's Department responded and found out that the man was suffering from a mental deficit and transported him back to his residence.

March 23

■ A PLU student was letting a high school friend stay in his Ordal Hall room for a week. The student did not know that his friend had run away from home. The Pierce County Sheriff's

Campus Events

LUTE LOOP 2001

Lute Loop 2001, an annual 5 kilometer fun run/walk, will start tomorrow at 9:45 a.m. on Foss Field. Entry fees are \$5 for pre-registered participants and \$8 for race-day registration. All entrants get a free T-shirt for participating. The race is open to PLU students, faculty, staff, alumni and families only. For more information, call Dana Zaichkin at x7516 or Kara Fleharty at x7439.

J-TERM OFF-CAMPUS COURSE INFORMATION FAIR

The 2002 J-Term off-campus course information fair will be held in the UC on Monday from 11:30 a.m. to 1:30 p.m. Don't miss this opportunity to talk with the faculty who will be leading these courses. The 2002 J-Term courses are also posted in Harstad 115.

PLU DANCE 2001

The PLU Dance Ensemble will perform Dance 2001 this Friday and Saturday in Eastvold Auditorium at 8 p.m. A variety of student and faculty-directed ensembles are performing at this popular annual event. Cost for admission is \$7 for adults and \$4 for PLU students, faculty, staff and senior citizens. For more information, call x7762.

DAY OF SILENCE

Wednesday is the Day of Silence, a day set aside to focus on making people aware of the silence that lesbian, gay, bisexual and transgender people face daily. On this day, students at high schools and colleges across the country take a vow of silence to call attention to the silence and oppression that those who are lesbian, gay, bisexual and transgendered are forced into. Instead of speaking, participants pass out cards and wear stickers explaining their participation. PLU students, staff and faculty are invited to participate in this event. For more information or to serve as a facilitator, please contact Harmony adviser Beth Kraig at kraigbm@plu.edu.

Clubs and Organizations

Monday: **Philosophy Club** Northern Pacific Coffee Co. - 7 p.m.

Diversity Coalition ASPLU office - 8:15 p.m.

Tuesday: **HARMONY** UC 208 - noon - 1 p.m.

Puentes UC commuter lounge - 6:30 p.m.

Truth Ministries In front of Eastvold - 4 p.m.

PLU Young Democrats UC 214 - 6 p.m.

Meetings held every other week

Wednesday: **B.L.A.C.K. @ PLU** UC 208 - 7:30 p.m.

Thursday: **Advocates for Social Justice** UC gray area - 7:30 p.m.

Department contacted all involved and returned the runaway to his home.

■ A PLU student was suspected of throwing athletic tape at a Campus Safety vehicle and yelling at the officers.

■ Clothes belonging to a PLU student were stolen from the dryer in the basement of Harstad Hall.

■ The intrusion alarm in the Knorr House was activated by unknown means. An internal and external search of the building turned up nothing out of the ordinary.

March 27

■ A PLU student was complaining of flu-like symptoms. She was taken to a medical clinic by a Resident Assistant.

■ The fire alarm in Ordal Hall was activated by unknown means. The Pierce County Fire Department responded and reset the alarm.

■ The car of a PLU student was stolen from the Ivy parking lot.

March 28

■ The intrusion alarm in the Knorr House was activated by unknown means. An internal

and external search of the building turned up nothing out of the ordinary.

March 29

■ A PLU staff member was transported to the hospital to be treated for inhaling bleach fumes.

March 30

■ Campus Safety recovered a stolen vehicle in the Ivy parking lot.

■ PLU non-guests were playing the organ in the chapel in Eastvold. They were made persona non grata and picked up by their parents.

March 31

■ The Pierce County Sheriff's Department observed PLU students drinking alcohol and smoking marijuana. The drug pipe and alcohol were confiscated and Student Conduct was contacted.

April 3

■ A PLU student is suspected of dumping a large amount of trash in front of the Rosso House.

SAFETY BEAT is compiled by Campus Safety

Interest fair presents off-campus J-Term courses

BY TRACI FISHER
Mast intern

Students and faculty members who have journeyed abroad will be available to answer questions from students who are interested in studying in other countries. The interest fair for J-Term study abroad opportunities will be Monday from 11:30 a.m. to 1:30 p.m. in the University Center.

A study of religion in Italy, biology in Ecuador, or travel writing in Australia are just a few of the adventures that will be open to students next year, said Cherry Benston, assistant director of the International Programs Center.

"This is a fabulous way to be able to see and touch things all over the world," she added.

For example, the 19th-century art history course in Paris allows students to actually see paintings, not just look at pictures in books. Students and

faculty enjoy learning together while experiencing a new culture.

These programs provide an opportunity to gain hands-on knowledge, and PLU offers a variety of locations and courses that can fit almost any student's need, said Janet Moore, director of the International Programs Center.

Summer-length, semester, and full-year programs are also available. Moore said she believes these offer a more complete view of a culture to the student, but are also hard work.

Venturing into the world of an off-campus program will not only increase understanding of a culture, but also set one apart from the rest upon graduation. Having these experiences helps to build a resume and shows students there is more out there than our own small little community, Moore said.

"Students are exploring, building resumes and comple-

menting their work here," she added.

"It was the scariest and most rewarding experience of my life," said Jill Muhn, a senior who has traveled to both Spain and Costa Rica.

In Costa Rica, Muhn participated in a job placement program that led her to social work. Based on the experience, Muhn now plans to return to South America after graduation to do volunteer work.

The new perspectives and deeper understanding provide invaluable memories, Benston said.

"People come back with more confidence in themselves; they come back excited and more mature," Benston said. Other bonuses include earning credit towards majors, minors or GURs. Financial aid will apply if a PLU program is chosen.

Some students will enclose themselves in the infamous Lutedome for three years, then

travel to the place they have always dreamed of, Moore said. The chances to study one's heritage or just see new sites are not opportunities to pass up.

A J-Term should never be spent on campus, said senior Adriana Koessler. "Two-in-one baby, class and travel," she added.

For more information on study abroad programs, visit the interest fair in the University Center Monday. Information on specific programs is also available at the Center for International Programs in Harstad 105.

Flyers are posted in the hallway outside the Center for International Programs, and staff members inside will be able to answer questions directly.

J-Term and spring applications are due May 14. A small deposit and teacher recommendation needs to be included as well.

Off-Campus Courses J-Term 2002

- Australia (2)
- Costa Rica
- Cuba
- Ecuador
- Germany
- Greece, Italy, England
- Hawaii
- Italy (3)
- Jamaica
- Lake Chelan, Wash.
- London (2)
- Neah Bay, Wash.
- New Zealand
- Paris
- Tacoma

Adopt-A-Highway offers PLU opportunity to serve Office of Alumni and Parent Relations adopts stretch of SR512

BY STEPHANIE CHRISTOPHER
Mast reporter

In a commitment to serve the community, the Office of Alumni and Parent Relations is taking part in the Adopt-a-Highway program, sponsoring a stretch of highway east of the

Pacific Avenue exit on State Route 512.

On April 22, a team of alumni, faculty and students will gather to clean up the roadside east of the PLU campus from 1 p.m. to 4 p.m.

The Office of Parent and Alumni Relations is trying to

organize groups to clean the stretch of highway every other month, which is more than the program requires.

Darren Krebs, associate director of the Office of Alumni and Parent Relations, said, "It is our spot, and we want to keep it clean. Besides that, it's a fun

thing to do."

PLU formerly sponsored a length of Interstate 5 at the intersection with Interstate 705. Krebs said he likes the stretch of State Route 512 better because this area is safer and closer to the campus. Parents, alumni and friends can see the work of

the volunteers just as they pass the school.

Students, staff, and alumni will meet on Sunday and travel together to the spot on State Route 512.

Safety clothing and equipment will be provided. For more information, call ext. 7415.

Dates to Know

Feb. 22	Date to start obtaining an instructor's signature to withdraw from or add a class (no tuition refund - W grade; \$50.00 administrative fee per transaction).
April 9-30	Advising weeks for summer and fall 2001
April 12	Last day to register or add second-half semester classes
April 12	Last day to drop a single second-half semester class
April 13	Easter Recess begins - 8 a.m.
April 16	Easter Recess ends - 3:40 p.m.
April 17-30	Registration for summer and fall 2001

The Mast will not publish next week, April 13, as the university will close for the Easter Recess. We will resume publication Friday, April 20.



you know that little voice
inside that says "I can't"?
this summer,
[crush it].

Bring your "can-do" attitude to Camp Challenge. Where you'll get paid to learn how to become a leader and acquire skills that'll help you meet the challenges you'll face in your career. Apply today at the Army ROTC department, with no obligation. Before that voice tells you to take a vacation.



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Call 535-8740 for information.

Say the R-word three times in the bathroom mirror; it will surely come get you

There is a game I used to play when I was little called "Bloody Mary." I would tiptoe into the bathroom, flip off the lights and whisper ever so quietly the words "Bloody Mary" into the mirror on the bathroom wall.

The game required saying the name three times, at which point "Bloody Mary" would appear and, according to legend, come out of the mirror and get you. The result was supposed to be a bloody mess.

However, common sense and a little fear prevented me from ever saying "Bloody Mary" for the third time. No, instead I would go running out the bathroom, flipping the light switch on the way out and basically saving my own life.

"Bloody Mary" taught me an important life lesson: If you believe something strong enough, it could come true. It is the idea of a self-fulfilling prophecy. Or more simply, if you don't want bad things to happen, then don't fixate on them.

With all this hootenanny about a recession, the lesson of "Bloody Mary" has come back to me.

Technically, a recession, according to the economic Web site www.fool.com, is "a decline in real gross domestic product for two consecutive quarters." Another site defines the R-word as "a period of high unemployment." And neither of these exist at the moment. (While the stock market has taken a plunge, the stock market is not the entire economy).

However, because the nation has taken to throwing around the R-word with little thought to what it means, many businesses and consumers are acting as if said recession already exists, even though it doesn't. At least not yet.

A good example are the prerecession hiring-freeze rejection letters from employers that I received in the mail. They go something like this: "Dear Candidate, Your qualifications and credentials look great. However, due to the recession (or possibility of a recession) we are in a hiring freeze for the next year."

The first of these letters made me chuckle. At least they are being cautious, I thought graciously. By the fifth letter, I started getting a little more worried, and a lot more frustrated. Here I am, on the brink of being truly employed for the first time, and yet I can't find a job because of a recession that doesn't exist.

Which brings me back to Bloody Mary and the life lesson. If the country does not want recession, then perhaps we should stop whispering the word recession in the bathroom mirror. I recently read an article in *Newsweek* that quotes president Bush saying, during his campaign, "in case of a recession..."

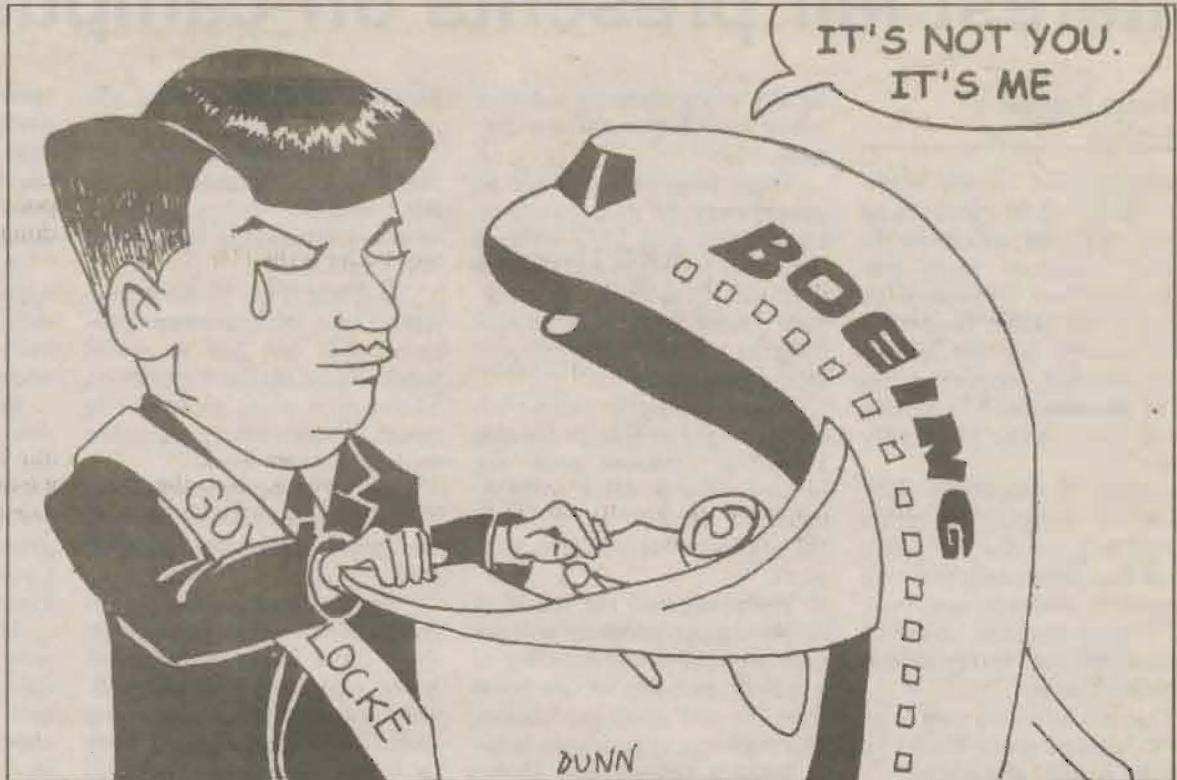
Now it is fine to say things like "in case of a fire... please know where the emergency exits are." There are situations where people should be prepared. However, in our particular situation, preparation may actually cause the emergency.

"In case of a recession..." causes people to panic and implement such things as hiring-freezes and pull their money from the stock market and reduce their spending.

And after all this preparation, we what do we have? You got it: Recession with a capital "R," and it is coming through the mirror and straight for your job.

So while I don't have the answer to these economic woes, for next few weeks, I won't be whispering "Bloody Mary" or "Recession" anywhere. No, instead, I will be whispering "Job Fairy, Job Fairy, Job Fairy." And hopefully this self-fulfilling prophecy comes true.

Kelly Kearsley
Mast editor in chief



PLU parent finds column disturbing, irresponsible

I am the father of two PLU students, one having recently graduated and the other currently enrolled. Our family of four chose PLU after a good deal of searching and careful consideration of several factors we felt would lead to a good education. Those factors have to include, among others, a climate for learning.

A college or university permitting alcohol, parties until 4 a.m., single students of the opposite sex living together in dorm rooms, no quiet hours or any of a multitude of things that will deteriorate the learning environment, becomes a facilitator for those activities by providing the facility for them to take place. Any responsible adult knows this.

The *Mooring Mast* columnist, Sarah Sanders, prompted my letter. I realize Sanders is young, and based on her column, not a very responsible person. Her logic is dis-

turbing. To make sense of some of the following, you may need to refer to the March 2 edition of *The Mast*.

If you are going to watch a movie in your room, see how long the movie is so you will know when to start so it will be over before 2 a.m. (simple math).

If you are having a crisis and bawling in your room at 2:04 a.m., perhaps you should get a grip, determine what caused the crisis and deal with it. If you still need help, it isn't in your room.

Visitation rules are there to protect roommates and yes, visitation rules are also there to protect the good Lutheran name of Pacific Lutheran University (although I am personally not a religious person). Sarah, as a parent I am scared. I'm scared of the consequences of allowing university students to lead the lifestyle on campus you espouse. Do what you like off-campus.

I might point out the fact that your room is not your room. The room belongs to Pacific Lutheran University, which is allowing you to occupy it for a price provided you follow certain guidelines which are agreed upon ahead of time (called a contract).

The administration and regents are not catering to these scared parents. If anything, we are catering to them. A major factor in our choice of PLU was the policies in place set by its administrators and regents. If we didn't like the policies we would have chosen another university.

The visitation policy is a good policy and it's there because it doesn't underestimate your morality or maturity. Maybe that is why no one asked you.

Ed Johnston
PLU parent
Shelton, Wash.

The Mast is hiring an editor in chief for fall semester 2001

If you are interested please turn in:

- A resume including any media and leadership experience.
- Two references with contact information
- A letter of intent including your vision for *The Mast*, any news ideas or changes, your focus as a leader and your reason for taking interest in being editor in chief.
- Two samples of your writing.

Please turn these in by 5 p.m. on Thursday to Rick Eastman in the Student Involvement and Leadership office.

Questions? Email *The Mast* at mast@plu.edu, or call x7494.

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POLICIES

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

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

Letters.

The *Mooring Mast* encourages letters to the Editor. Letters need to be submitted to the *Mooring*

Mast office no later than 5 p.m. the Monday before publication.

Letters without a name and phone number for verification will be discarded.

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

The *Mooring 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 *Mooring Mast* can be reached at (253) 535-7494 or mast@plu.edu.

Adviser
Joanne Lisosky

Think before you drink – and we're not talking alcohol here

The ad slogan "Got Milk?" is now a part of pop culture. Smiling, white-mustached celebrities – everyone from Pete Sampras to Martha Stewart to the Dixie Chicks – beam from the glossy pages of major magazines, exalting the powers of cow's milk to build strong bones and muscles and fight the onset of osteoporosis. These ubiquitous and extremely successful ads have helped milk become the all-American beverage, a nectar of the gods that can do no wrong.

However, there is a small but vocal group of anti-milk advocates who say that if you got milk then you got trouble. The "not-milk" group – which includes physicians, animal rights and environmental activists, and concerned mothers – claims that milk and the dairy industry cause a wide range of diseases, are abusive to animals, cause females to start puberty early, and are responsible for increasing rates of obesity in children.

So who's right? Is milk a healthy lifestyle choice or an



Artichoke
Maggie Santolla

evil drink from hell? I love milk and everything dairy, but sadly it seems to me that the "not milkers" are right (bye, nachos! bye, milkshakes!). Milk has some dirty little secrets that might just scare you into being soy's best friend.

The most popular argument against milk has to do with something called rBGH, a synthetic growth hormone that increases milk production. Studies have shown that increased levels of this hormone in humans leads to certain types of cancer. For a while rBGH was officially "okay" because Monsanto, the company who manufactures the hormone, said their tests showed that the hormone didn't stick around in the body.

However, new reviews of the studies show that 30 percent of

rats did have rBGH in their bodies. It seems that if increased levels of the hormone can cause cancer, and if drinking milk raises the level of the hormone in the body, then milk may indeed cause cancer. Monsanto denies that rBGH poses any risks, however, and the hormone is still approved for use in the United States.

"Well big deal," you might be thinking, "I'll drink organic milk." The growth-hormone controversy has spurred a huge increase in organic dairy sales. However, many people think milk has more troubles than just a scary chemical content. They think that milk is inherently unhealthy and that humans weren't meant to drink it at all.

Humans (and our well-trained pets) are the only species who drink milk beyond infancy and

drink the milk of another species. Whole cow's milk has much more protein and fat than human breast milk – it's designed for baby cows, after all, who grow to weigh 300 pounds in their first year. We don't need all that fat and protein, and drinking a glass of milk is like drinking a big ol' glass of liquid hamburger.

Health experts blame milk for autism, diabetes, heart disease, and much more. All that fat and protein, they say, messes with our bodies in more ways than we can count. And when we eat dairy, we don't joke around – the average American consumes four times the amount of dairy as recommended by the United States Department of Agriculture.

It also turns out that milk might not be a great source of calcium either – it actually might cause osteoporosis. Some doctors say that it is not an increase in calcium, but a decrease in protein, which helps to prevent the loss of bone density. When our kidneys process protein they get rid of calcium

at the same time, so the more protein you eat, the more calcium you lose. In most Asian countries, where people consume little or no dairy and a lot less protein, osteoporosis is hardly an issue. Because milk is so high in protein, drinking it for its calcium content might be counterproductive.

Interested in ditching dairy? The best sources of calcium are beans, figs, and green leafy vegetables like spinach. Dairy products like milk and cheese can be replaced by their soy counterparts. But a tall glass of soy and a spinach salad just doesn't sound as yummy to me as pizza and ice cream.

Still, if you start by eating the recommended three servings (as opposed to our average 11), and try to integrate soy into recipes, you might find that you don't gotta get milk as much as you thought you did.

Maggie Santolla is a senior writing major. She suggests going to www.peta-online.org to find yummy moo-free recipes.

The addiction may be natural, but the consequences still suck

I am a drug addict.

I am addicted to adrenaline.

Think about it: Adrenaline is the miracle drug. I manufacture it in my own body, it's totally natural, completely legal, and nobody would ever point a gun at me and demand it.

And so, I have taken a substance meant for providing that extra push in emergencies and turned it into a way of life.

Adrenaline makes me feel alive. It makes me feel powerful and in control, like I can handle any problem thrown at me, juggle multiple concerns and sweep like a whirlwind of hyperactive prowess through the lives of the people around me. The symptoms are similar to those of a manic spell brought on by bipolar disorder.

It's terribly simple to create: Just get excited, throw some stress and extra worry into the mix, and kick-start the process



Artiswallow
Ben Dobyns

with some physical exertion. I like to run around, jump on things, and dance with strangers. You've probably seen me do it.

With adrenaline, I have the confidence that I need to achieve. A world of possibilities opens up to me. I accomplish nearly impossible tasks. In fact, it's probably sounding like a pretty good deal right now. Perhaps it would be but for the side effects.

Physically, it takes both short- and long-term tolls on my health. When it wears off, I tend to crash, sinking into depression, anxiety and general moodiness. On a grander scale,

the frantic stress levels that I must maintain cause major chest pain. Last year, I ended up in the hospital with what I thought was a heart attack; it was purely stress.

You see, with adrenaline, I can't let up, can't relax. In order to get the high, I must always continue to increase my stress level, both by adding extra tasks and responsibilities to my already-full plate and by pushing the very limits of procrastination. As soon as I know that I am capable of something, the adrenaline is no longer necessary, so every challenge must be greater, larger and with a nearer deadline.

If I chose instead to work at a reasonable pace, I'm sure that I could accomplish more, do better work and be a happier, more relaxed person. Yet I continue to live this way. I am an addict. My adrenaline highs also hurt my relationships with my friends and co-workers.

While I am normally a nice, sensitive person, when I am on adrenaline, my vision narrows, and I forget to be aware of the people around me. I have a goal, and that goal is the most important thing in the world.

When I am on adrenaline, I treat my friends as part of a task-accomplishing machine, rather than as feeling, unique human beings. So, in short, my habit makes me physically sick, unhappy, and it alienates the people who are closest to me.

Honestly, whether adrenaline is the actual physical substance that I crave is irrelevant. Think of it as a metaphor, a short-

hand way of describing a complex process of self-destruction. The point is that I am addicted to work, to deeds, to achievements and to other external concerns, instead of attempting to live a balanced life.

I hate it. I love it. I live it.

This week's column is an admission of my problem and an apology. While the people who have been touched by my actions are too many to list here, please know that if my problem has hurt you in any way, I am sincerely sorry. An extra-large apology also goes to Leah, Jeff, and Matt, who have seen the worst of my addiction.

Ben Dobyns is a PLU senior who is majoring in English and film. He is studying in Cannes, France, for the semester. He has done a lot of stuff. He doesn't want to die before he is 30.

Heard in ambulance: Vitals are fine, but what about her boyfriend?

Recently, during a routine exam at the PLU Health Center, I had some blood drawn. The nurse practitioner listened to my heart, checked my reflexes, examined my eyes, ears and throat, and concluded that there was something wrong. In decidedly ambiguous terms, she stated that certain "symptoms" had been detected that might be indicative of an extremely adverse "condition." It was recommended that I be kept overnight for observation at St. Clare's hospital to ensure that this condition did not worsen.

Being concerned about my health but not wanting to miss class, I spent last Friday night in the hospital under the capable scrutiny of Dr. Ronald D. Hart. Our conversation went something like this:

Me: Honestly, I feel fine. I'm not really sure why I'm here.

Hart: Let's see... well, according to your chart, it seems that you've been engaging in some fairly excessive sleeping behaviors, consuming quantities of



The Ingenue
Julie Marie Wade

chocolate that extend into the "borderline" category, and your tear count is low.

Me: I don't mean to challenge your opinion, Doctor. Certainly you know more about these things than I do, but... I'm sleeping well, I have a hearty appetite and I haven't been sad lately. Shouldn't that be a good thing?

Hart: To the untrained eye, maybe – but people don't always realize the danger they're in until it's too late to administer any effective treatment. I'll level with you, Julie. You're not the first student from PLU to be brought in under these conditions. The campus, once quite healthy, is beginning to show signs of sickness: low, steady heart rates, decreased palpitations, a noticeable defi-

ciency in palm-sweat, absence of all hickey-like abrasions on skin...

Me: I'm not sure I'm following you, Doctor.

Hart: Julie, let me ask you something – I'm sorry I don't have a calendar to help you count back the days, but, roughly speaking, when was your last dating cycle?

Me: Sophomore year, spring... why?

Hart: Am I to understand that was spring of – 1999?!

Me: [nod]

Hart: That's incredible! You've gone this long without seeking treatment?!

Me: Well, I didn't really think it was a big deal.

Hart: Big deal?! Loneliness has been known to increase to lethal quantities in as little as two to three weeks! Your immune system must have extraordinary combative powers.

Me: [shrug] I guess so.

Hart: Now, Julie, as I've told several of your fellow students, it's important to remember that just because you don't feel "ill" doesn't mean you're well. I'm going to recommend drug therapy in this case. I know it sounds extreme, but I feel we should take as much pressure off your immune system as possible... Are you familiar with amorexus strangulatonol?

It's better known by its generic name, LP9. You can buy it over-the-counter in low doses, but in your case, I'm going to recommend prescription strength.

Me: I'm not a big fan of medicine. Can you tell me what's in it?

Hart: Certainly. Oyster juice extract, red rose petals, a free-radical estrogen hormone, and Chanel No. 5. Take three times a day, and if possible, increase your average number of flirting behaviors. These tend to support the success of the treatment.

Me: So, am I free to go now?

Hart: Yes. We'll do a follow-up in a couple weeks, see how you're doing. With any luck we'll have you miserable, sleep-deprived, and well on your way to co-dependence in no time. But, if all else fails, there's always the Internet. In the next few years, we're looking to cyber-marriages as a powerful new innovation in this field...

I went home, sat down on my bed, and threw the prescription away.

Julie Marie Wade is a senior writing and psychology major. This column is her answer to the ubiquitous question, "So, do you have a boyfriend?"



Photo by Brie Bales

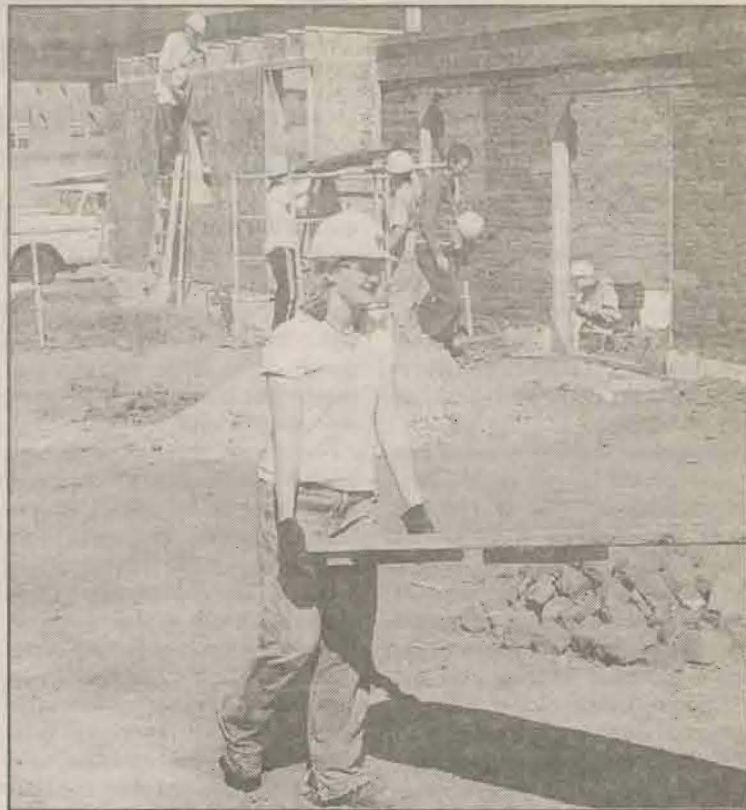


Photo by Adriana Koessler

MISSION

Continued from page 1

PLU group at a closing dinner. "Putting an actual face with the house, and knowing that this little boy has a place he can be proud to call home, was a huge reward," Zhart said.

Takenouchi agreed, "It was good to interact with them and see [the family's] situation."

For Zhart the real meaning of the trip crystallized when she was able to actually see the mother's commitment to a brighter future.

"Seeing her dedication to

making a better life was empowering — that's why we were there."

Zhart hopes this impetus is enough to spur students on next year to organizing another Collegiate Challenge trip.

This was the first year the Volunteer Center has ever sponsored something like this trip, but Zhart is confident from the good time that students had this year, there will be interest in putting another trip together next spring.

Lessons Learned

Student shares experiences of a vacation serving in Taos

BY AMELLIA PARTLOW
Mast reporter

I left Friday for spring break with only one of my close friends and 13 strangers. Five days later, I was sitting naked in a hot spring along the Rio Grande River with my new closest friends.

Gazing up into the starry night sky, I realized that in the short time we had all been together in Taos, N.M., I had developed a newfound respect for each person's idiosyncrasies and unique qualities. This was just one of the valuable life lessons I learned this spring break.

Like many other college students, my friends and I had been planning to take a spring break vacation to Mazatlan or Hawaii to sit in the sun, relax, and be tourists.

However, I couldn't seem to find the extra cash sitting around screaming to be spent. One Sunday morning, I saw an advertisement for a campus trip to Taos with Habitat for Humanity.

I decided to take the plunge and signed up for the trip the next day. I called home and told my dad excitedly that I was going to go to New Mexico to build houses. He laughed hys-

terically, thinking I was playing some sort of sick joke on him.

He knew better than anyone that as a young girl, I could barely build houses with Legos, let alone houses with real building materials — not to mention I don't exactly fit the stereotypical description of a construction worker.

I'll admit I was a little apprehensive about traveling with a group of nearly total strangers to the Southwest to do volunteer construction work. Now, I'm glad I did.

Every year, students from colleges and universities all over the country donate their spring break time to building houses for disadvantaged families in a program called Collegiate Challenge. This year, 15 brave souls from PLU were included in this adventure.

This trip allowed me the opportunity to gather and bond with PLU students I wouldn't have otherwise met. The trip gave me the introspective opportunity to re-evaluate what qualities I desire in friendships and what qualities I desire in myself. I was surrounded for 10 days with an incredible mix of people.

All of them exhibited qualities I deeply admire: self-confi-

dence, bravery, a passion for what we were doing and most of all, a deep faith that we were making the right choice.

Along with student groups from the University of Minnesota and Taylor University, we worked on three houses for Habitat for Humanity.

I would have never imagined 45 college students with little or no construction experience could accomplish so much. I never imagined how much I could help, until I saw all of the people involved working together.

PLU's motto is Educating for Lives of Service. While to many this may sound corny or colloquial, on the trip to New Mexico I saw this in action.

I saw dirty, tired, sunburned students having the best time of their lives. I saw a group of PLU students come together, learn about each other and accomplish a goal the entire PLU community should be proud of.

I encourage you to do the same. Step out of your comfort zone, check your attitude at the door and get off your butt for a weekend. You might just have fun, meet cool, new people and learn something about yourself.

Clockwise from above: Sarah Sanders moistens adobe bricks in the New Mexico sun; Kim Carlsen carries scaffolding to the construction site; 15 PLU students helped build this new home for a family in Taos; Cheyenne Zarht lifts adobe bricks, used to build the new home.

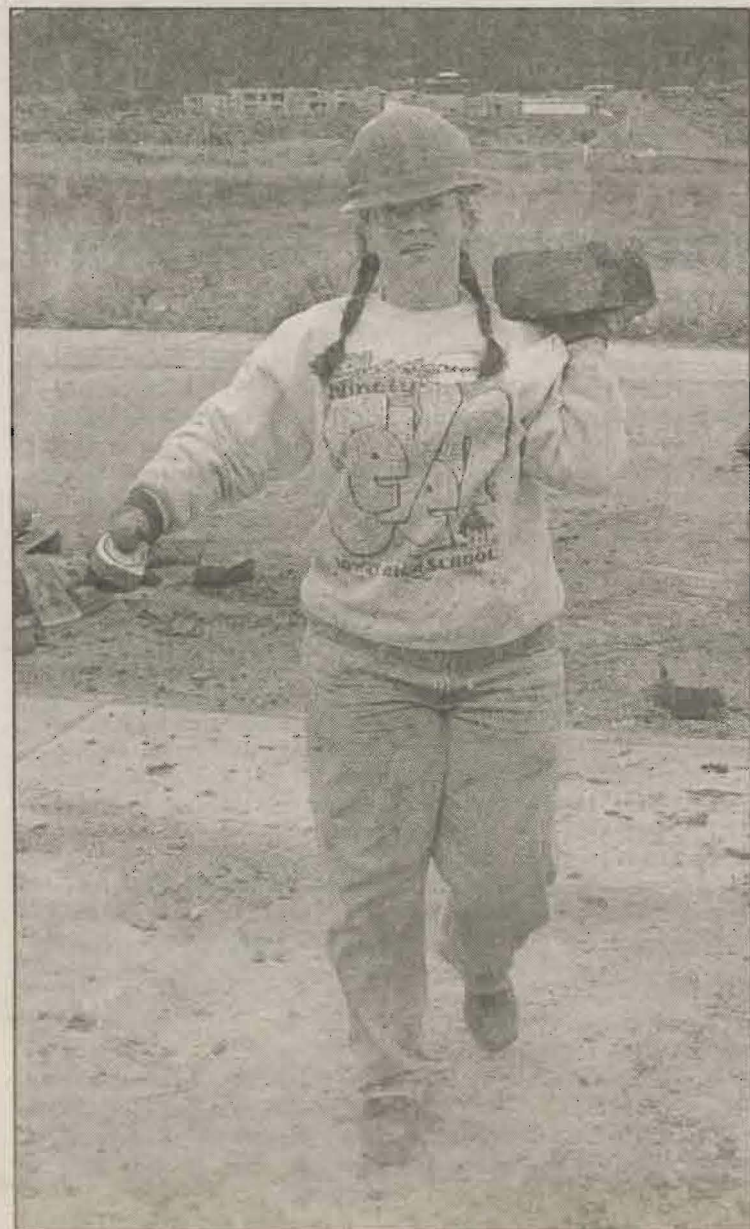


Photo by Adriana Koessler

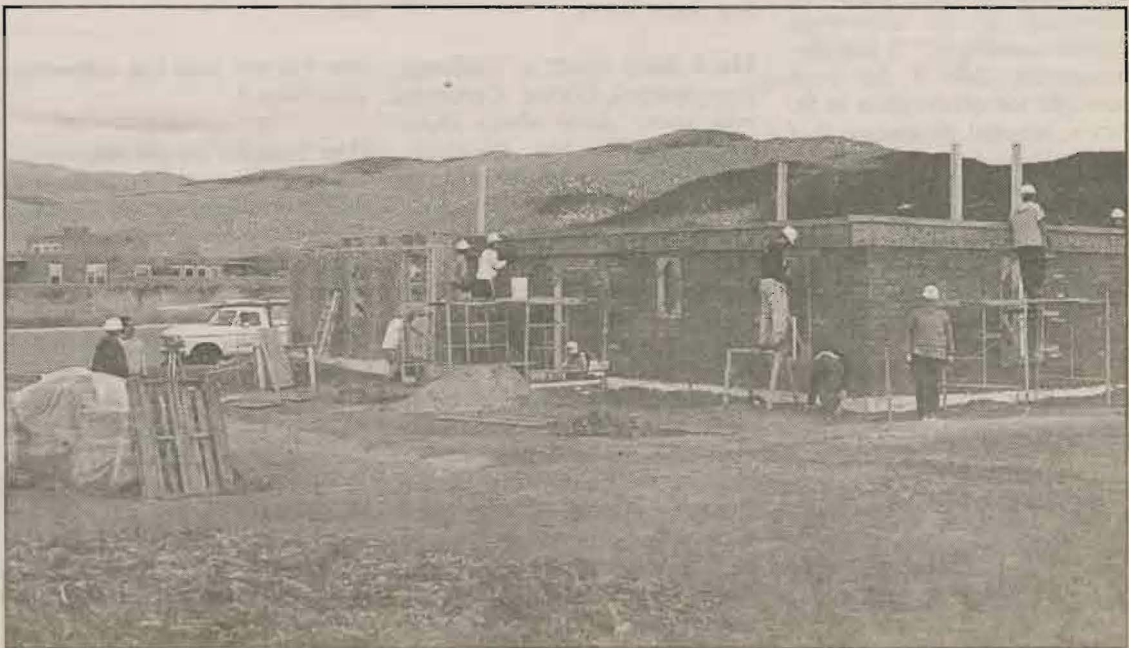


Photo by Adriana Koessler



Photo by Brie Bales

SPRING BREAK 2001

Above: Dave Hougum ascends a 140-foot ladder at the Bandelier National Monument.

Far right: PLU students tour Cobb Tower, an alternative housing structure.

Near right: PLU students wait as one of San Francisco's famous trolleys switches lines on the turntable.

Below right: Junior Tim Vialpando enjoys the sun and excitement of Disneyland's Big Thunder Mountain Railroad.

Below: Junior Will Munich takes his chances with the lion at the MGM Grand in Las Vegas.

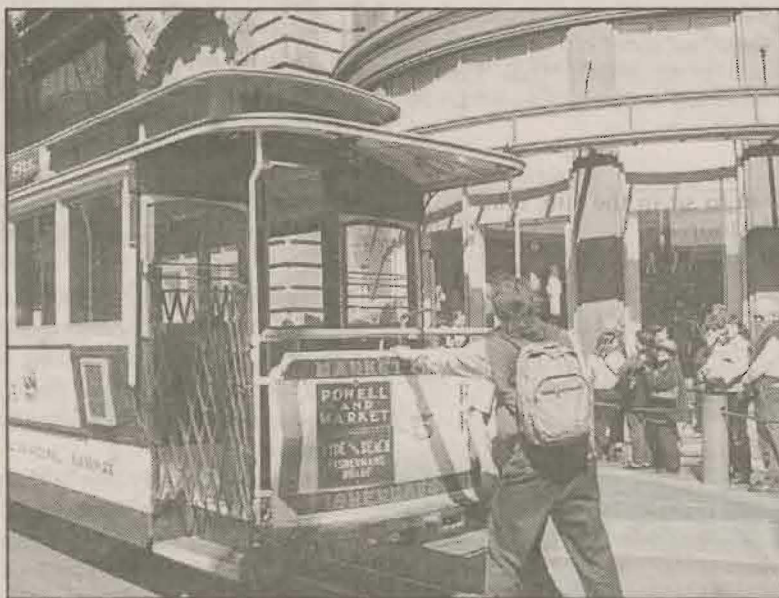


Photo by Nisha Ajmani

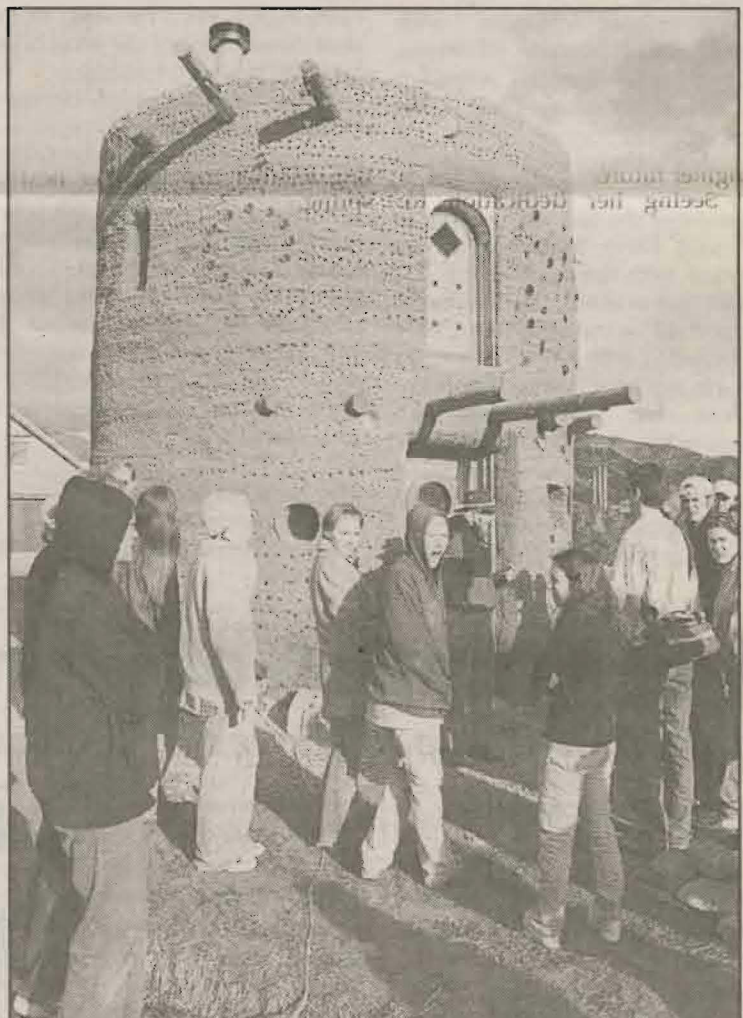


Photo by Brie Bales



Photo courtesy of Brian Johnson

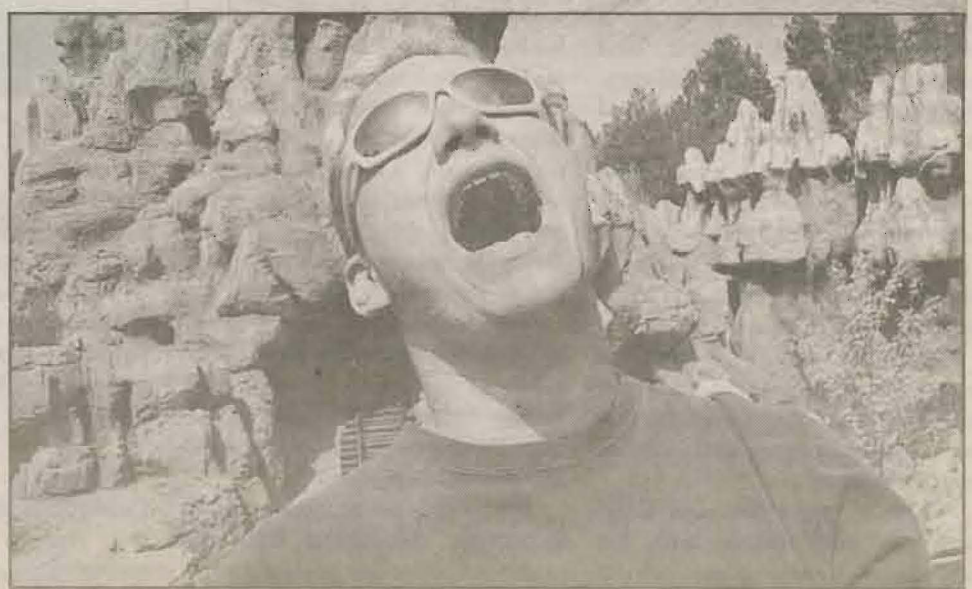


Photo courtesy of Brian Johnson

Fans are marching for the Dave Matthews Band's controversial Lillywhite Sessions

BY AARON JACKSON
Must critic

Sometimes you give the fans what they want. Sometimes the fans just take it.

One month after their latest studio album (*Everyday*) came out, an even newer Dave Matthews Band recording was released — by a fan. Where *Everyday* may have left some longtime fans feeling empty, this newest album may leave them feeling a little criminal. What is special about this set of recordings is that it was never released. In fact, it was never even finished.

By the end of March, none of this mattered. After months of craving, the online Dave Matthews Band community finally got its fix.

"Every song was about dying..."

Before there was *Everyday* and its producer Glenn Ballard, there was Steve Lillywhite. Lillywhite had been the Dave Matthews Band producer for their first three major label records, and is internationally known for his work with bands like U2 and the Rolling Stones.

Last year, when it came time to put together a new album, the band once again went to Lillywhite. A few months passed in the studio and a few release dates were pushed back.

The writing process with Lillywhite had become laborious. The band said they all sensed a dark veil surrounding them. The songs, too, had become darker.

"I was choking. Every song was about dying. Not about living regardless of the fact we're going to die," said Dave Matthews in an interview with *Rolling Stone*.

With that in mind, the band soon scrapped all of the songs that they had recorded with Lillywhite.

It was not long before the online fan community was buzzing with rumors of those who had copies of the songs that had been recorded with Lillywhite. This collection of songs, whether they existed or not, came to be known as the *Lillywhite*

Sessions.

The discussion boards at nancies.org and dmbml.com endured months of people crying wolf, or, in this case, Lillywhite.

Finally, a month after *Everyday* was released in stores, another Dave Matthews album began to make its way across the Internet.

The Internet takes over

Craig Knapp, lead singer of Ants Marching, a band named in honor of the DMB, mistakenly came across the album and released it to the world.

With military-like efficiency (mixed with equal parts confusion), the 12 songs of the *Lillywhite Sessions* were leaked to fans over the course of a couple of days in MP3 format. What had previously been unreleased, unfinished material was now being considered public domain.

Several radio stations, including Y100 in Philadelphia, have even played the *Lillywhite Sessions* on the air, knowingly risking the wrath of RCA, the band's record label.

To get the songs into the hands of thousands of craving fans, people used any and every method of file transferring available: from e-mail attachments to Napster (where the songs are still available) to a legion of Web sites. This massive campaign is even rumored to have shut down some of the servers used for AOL Instant Messenger.

Jason Tang, a Purdue University freshman, ran one of the main websites for downloading the *Sessions*. In a few days the Web site was temporarily shut down by the school. School officials said the massive amount of hits on the site took up too much bandwidth and affected everyone else on the network. The site, located at dmb.jktang.com is now back up and, according to Tang, now has recorded over 53,000 total hits.

The fans respond

Fans seem to be enjoying the songs, despite the fact that they



cd label by Ari Kounavis
No, I can't provide you with a copy of this incredibly moving yet highly illegal CD. Please don't ask again.

may be unfinished. Tang said that he likes the *Lillywhite Sessions* because they "includes more soul and emotion."

Other fans have shown their approval by creating material to support the illegitimate album. Within hours of the release of the MP3s, several CD covers and labels were already available. (These and other *Lillywhite* resources are available at listenersupported.net.) One person has gone even farther and is selling *Lillywhite Sessions* T-shirts on his Web site.

Although many feel this is the best time ever to be a DMB fan, others have not been so approving of the *Lillywhite Sessions*. Some fans are claiming that releasing material that the group had shelved is disrespectful to the band that they love so much, especially since these songs had been so burdensome and personally depressing for the group.

"DMB Chickie" was one of many fans to sympathize with the band on the nancies.org discussion boards. "I wouldn't want someone looking through my closet of skeletons uninvited," she wrote.

The album's namesake has his own opinion. Steve Lillywhite recently told MTV.com, "I cannot condone the release of these unfinished recordings, although I feel these are some of the most moving pieces of music that I've ever recorded with the Dave Matthews Band."

Not your Everyday Dave A closer look at the painfully insightful Lillywhite Sessions

BY AARON JACKSON
Must critic

I loathe doing it. It is not right to compare the legally released Dave Matthews Band release *Everyday* with the covertly released *Lillywhite Sessions*. They are completely different beasts.

Everyday is a highly produced, mainstream-loving, poppy album. It's a fun album, and much better than *The Must's* initial review let on. On the other hand, the *Lillywhite Sessions* are an under-produced, depression-filled, traditional DMB album.

Strangely, the *Lillywhite Sessions* are better.

When I played the album I was hearing something akin to a musical Holy Grail. These songs had been talked about for ages, but no one knew if they really existed. Now I had the songs and, as far as I knew, was one of only a few thousand people to hear them. It was gratifying having this little secret. It made me feel very elitist.

When the temporary insanity wore off, I allowed myself to listen to the music. Twelve songs, 70-plus minutes of music, the whole band driving each tune ... this is a true Dave Matthews album.

The songs collectively are very dark and haunting. It is intriguing to think about Dave's frame of mind as he wrote the lyrics. I found the song *Captain* to be the most beautiful of the songs, and the saddest. At one point Matthews sadly croons, "Oh, look, I'm buried/Like a cancer eating away inside of me/I don't want your pity/Only the promise that I'll be okay now." There was so much pain in his voice and words that it tore at me. Still, I could not stop listening to the song. Even when I wasn't listening, the somber tune possessed my mind. In the shower, in class, in the car.

I had found something in that one song that the entirety of *Everyday* was missing. It was honest emotions that were lacking. The *Lillywhite Sessions* are filled with that emotion, even if it is foreboding and darkness. But what a beautiful darkness it is, and so real.

Bartender, another of my favorite *Lillywhite* songs, is well over ten minutes long. Once again the lyrics are powerful (though not as dark as *Captain*), and the vocals are fierce. It is the kind of angry passion that filled the song *Don't Drink the Water from Before These Crowded Streets*.

Carter Beauford's drumming, however, takes this song and makes it one of the best the band has ever done. Try air drumming along with Beauford in this song and I promise you'll look like a fool. He is constantly switching styles, with a straight out snare pummel here and a complicated rhythm there. It is truly amazing. This is the stuff of goosebumps.

There are plenty of other noteworthy songs on this album that deserved to see the light of day. *Grace is Gone* is a country-laced heartbreaker. With its steel drums and complicated time signatures, *Kil Kat Jam* is one of the more interesting songs on the album. Then there is *Big Eyed Fish*, a song so simple I couldn't help but like it. The more upbeat songs like *Sweet Up and Down* and *Busted Stuff* keep this set from being totally hopeless.

In a strange way this "album" makes me think of the lyrics Kurt Cobain wrote for *In Utero* not long before he killed himself just seven years ago this week. Unlike past Dave Matthews Band albums, this one does not offer hope. You will never forget a song like *Digging a Ditch*, and its preoccupation with death and pity.

That may sound terrible, but it is very rare that a fan gets such a direct insight into the mind of a lead singer. Occasionally you may catch a glimpse, but never the full picture. With this album you get that. You see the pain; you feel the loss in each word. It is a very real album, and the fact it is unfinished and never released adds to that feeling.

Thankfully, with the release of the hyper *Everyday* (a.k.a. the "Happy Sessions") it is certain that Dave Matthews will not end up like Kurt Cobain. Now the *Lillywhite Sessions* serves fans as a deep connection to one of their favorite artists. Amazing songs are thrown in completely free of charge.

For anyone who is a fan of the Dave Matthews Band, especially those disappointed by the new album, this is definitely worth tracking down online. It may be hard to do as continues to RCA crack down on Web sites hosting it, but your perseverance will pay off.

This is the best unfinished, illegally released, MP3-sourced album in history. It is also one of the DMB's strongest albums to date.

A celebration of plunder

PLU acoustic duo is above the Ordinary on their newest

BY SEAN BENDICKSON
Must critic

Plunder's music isn't anything fancy. But then again, it doesn't claim to be.

Kyle Asplund and Leith Anderson, the two Lutes who are Parkland's most significant acoustic duo, consider their two guitars and two voices to be a complete package. Their first album, *Celebration of the Ordinary*, delivers that package with spirited humility.

These guys don't waste time with electric guitars, percussion or echo effects. Instead they rely solely on the dynamics of their folk-styled balladry and layered acoustic guitars.

Musically, the entire album is very solid. Asplund and Anderson aren't simply two college boys that have learned a few chords to play a cover or two.

They are musicians and songwriters, with strong ears for arrangement, voicing and melody. Each tune has a very organic feel

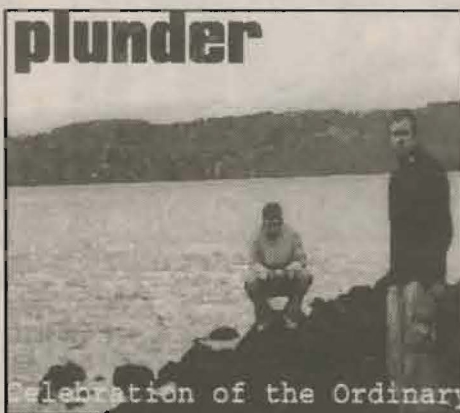
as it progresses from the verse to the bridge to the chorus and back down again. These tunes will stick in your head.

Asplund croons over the guitars with tales of apathy, existential reflection and life wisdom. Occasionally his lyrics miss the mark ("Ooo nah, nah, nah, nah") but he makes up for it with his funky folk-pop guitar riffs.

The highlights of the album include *Smoke*, a ballad dedicated to the pleasures of a cup of coffee and a cigarette; *Burst*, a jangly number filled with summery philosophy, and an impressively harmonized cover of the classic *House of the Rising Sun*.

Also mentionable are the quality solos that Anderson delivers on many of the songs, usually right before fadeout. (They should've kept those going a little longer, in my personal opinion.)

If you pick up plunder's album expecting something ordinary, you certainly won't be disappointed. In *Celebration of the Ordinary*,



album cover courtesy of plunder

this acoustic duo shows us that, yes plunder can write songs, yes they can indeed harmonize, and yes, they can do it all very well.

Plunder has delivered a sweet testament to the college student's natural affection for folk music, and to enjoy it all you need to be is ordinary.

Plunder's newest album, *Celebration of the Ordinary*, is for sale. And it's cheap! Write Leith at andersls@plu.edu to get your copy.

WHAT WE'RE LISTENING TO THIS WEEK

MAGGIE

Nirvana
Nevermind

It's 2:16 a.m. two days before the anniversary of Kurt Cobain's suicide and I'm listening to Nirvana's *Nevermind*.

When I was an angst-ridden seventh grader I'd lie on my bed and curse the world that alienated me so, and I would listen to Nirvana and think that Kurt spoke for both of us. I guess I always felt a sort of kinship with Kurt's songs. I think a lot of other people felt the same way. Maybe that's why it was such a shock when he messed everything all up.

Nevermind is an album that my eyes seem to skip as I look over over my shelves for something to play every day, but the album rocks just as hard as it did 10 (yikes!) years ago. The chords are just as powerful, the voice is just as gut-wrenching. More polished than *Bleach*, more exciting than *In Utero*, this record is the perfect combination of style and honesty.

Kris is a lobbyist with JAMPAC. Dave is a famous rock star in another successful band. Where would Kurt be now? Sometimes I'm glad we can remember him at his artistic peak, instead of watching him slip into rock star has-been mode.

Of course, he could also have gone on to make 800 more records just as important as *Nevermind*. I guess we'll have to be satisfied with what he left. After giving *Nevermind* a few more listens, I think it should be enough.

—Maggie Santolla



Ladytron photo courtesy Invicta Hill

JACE

Badly Drawn Boy
The Hour Of Bewilderbeast

With the advent of the latest crop of bands from the United Kingdom (i.e. Coldplay, Travis) it's no surprise that Damon Gough is making a name for himself. His one-man outfit, Badly Drawn Boy, takes music to the nooks and crannies that are often left in cobwebs by many of today's popular artists.

His debut album, *The Hour of Bewilderbeast*, is a wonderful carnival of music that explores the spectrum of lo-fi indie rock while adding intricacies like string and organ arrangements. The whole record flows right by you, sometimes slower, sometimes faster. At the peak is the unique brilliance of the first single, *Once Around the Block*, where Gough shows off his flashy side, using jogging bass lines and wavering hand-saw guitar effects to dance under his strong lyrics.

Look for Badly Drawn Boy on tour soon. He'll be in the Seattle area just next month. I suggest you go check him out, but first, study up with *The Hour of Bewilderbeast*.

—Jace Krause

MATT

Dirty Three
Ocean Songs

Our Interlibrary Loan program is one of my favorite things about this university. The good people at the ILL desk have facilitated my recent "research" into the current state of instrumental rock by providing me with recent releases from the likes of Mogwai, Tortoise, Godspeed You Black Emperor, and the Dirty Three. And I am a better person for it.

The Dirty Three are nothing less (and somehow so much more) than an electric guitarist, a drummer, and a violinist. Unlike so many of their contemporaries in the wide world of postmodern instrumental rock, the Three have few pretensions and a simple, immediately accessible style.

Ocean Songs, their best album, is a rolling sonic river fed by the gentle waters of a casual set of songs that ebb and flow together as one to create the ideal soundtrack for the halcyon days of early spring: that sleepy time as you find yourself waking up drowsily from winter and wanting everything at once. The best part is that the whole thing sounds almost totally improvised. I love that. Thanks, ILL!

—Matt Cameron

TRAVIS

Ladytron
604

While I was back home in Kelso during spring break, I made a couple of trips to Portland for one reason and one reason only: Everyday Music.

In case you haven't heard of it, Everyday is Portland's premier used music superstore. It has everything you could possibly want, from Señor Coconut to the *Eraserhead* soundtrack.

Anyway, while I was down there, basking in the glow of hundreds of used CDs, I picked up a CD by new indie group Ladytron for only \$8.99 new... suckers! I'd already heard their song *Playgirl* thanks to the wonders of audiogalaxy.com, and figured that the band deserved some of my hard-earned money. When I got home and put it in my CD player, I was simply blown away.

Ladytron blends haunting melodies and a steady beat with the soft, sweet voices of the two female lead singers to create wonderful sonic arrangements reminiscent of old school electronica like Kraftwerk and New Order.

One caveat: it's electronic music. I'm a huge fan of the genre, but it's not for everyone. However, if you appreciate '80s futuristic music, I think you'll like this group. I can't stop listening to this CD; it's tremendous. If anybody wants to take a listen, give me a call. I'm in the book.

—Travis Zandi

Travis Zandi's DVD review of the week

Two '80s cartoon classics now on DVD! Because knowing is truly half the battle...

BY TRAVIS ZANDI

Must DVD critic

I am a child of the '80s. I especially loved the cartoons. I grew up watching *He-Man*, *The Real Ghostbusters*, and *Care Bears* and playing with their respective toys. However, the two cartoons on the top of my list were *Transformers* and *G.I. Joe*.

Why those two? Because they had their own full-length movies. I still remember the week they showed *G.I. Joe: The Movie* on TV. Over the course of five mornings, I had my dad wake me up at 6:30 a.m. so I could catch the next installment. And I probably rented *Transformers: The Movie* from our local Video Warehouse more than anything else, with the possible exception of *The Karate Kid*.

Of course, I'm now a 19-year-old sophomore in college and those days are long gone. However, thanks to the fine people at Rhino Home Video, I can now relive them over and over again. You see, both *Transformers: The Movie* and *G.I. Joe: The Movie* have been re-released on DVD, to my infinite delight. Let's have a look.

First, *Transformers: The Movie*. In case you've never heard of Transformers, well, there were these robots from the planet Cybertron that came to Earth and taught themselves to "transform" into cars, trucks, guns, planes, and various other

devices. The two main groups were the heroic Autobots, led by Optimus Prime, and the evil Decepticons, led by Megatron. The movie was essentially an excuse to kill off a bunch of older robots and create new ones to bring in more money on the toy market, but they still managed to turn out an entertaining story.

It goes like this: It's the year 2005, the Decepticons control Cybertron, and the Autobots are bravely struggling to regain their home planet. Enter Unicron (voiced by Orson Welles... so very sad), a massive, planet-eating monster that wants to control the matrix of power, which is owned by the Autobots. Chaos ensues, backed by the quintessential '80s soundtrack, featuring a synth score, plenty of butt rock (including *The Touch*, later used in *Boogie Nights*), and even "Weird Al" Yankovic.

Additional voice talent includes Eric Idle, Judd Nelson, Robert Stack and Star Trek's Leonard Nimoy.

G.I. Joe, on the other hand, is (and I quote the opening theme) "the codename for America's daring, highly trained, special mission force. Its purpose: to defend human freedom against COBRA, a ruthless terrorist organization determined to rule the world." Although COBRA and *G.I. Joe* fought for years and destroyed the equivalent of millions of dollars of equipment and gadgets, not one person ever

died. The foot soldiers would always escape from their battle tank or jet fighter just seconds before the explosions.

Anyway, *G.I. Joe: The Movie* is much more than mere battles between *G.I. Joe* and COBRA; it features the introduction of Cobrala, a hidden civilization of snake people. They have a plot to mutate the entire human race with weird spores, with the help of *G.I. Joe*'s new toy, the Broadcast Energy Transmitter. Many battles are fought, lots of stuff explodes, and the good guys triumph in the end. The picture features the voice talents of Don Johnson, Burgess Meredith, and Sgt. Slaughter.

Which is the better movie? It's hard to say. They're so equally entrenched in my mind that I can't possibly say that one is better than the other. *Transformers* may be the better movie, but *G.I. Joe* packs a lot more action. Which is the better DVD? Well, let's look at the special features.

Really, they could each come with nothing more than their respective movies and I'd be perfectly happy. But both discs have more. *Transformers* features an interview with the composer of that wonderful synth score, Vince deCola and comes completely unedited. ("Unedited," you say, "What do you mean, unedited?" You see, in the original theatrical release, a curse word was included as one of the

characters was sucked into the Unicron. Although this was edited for the videocassette release, this infamous moment is now back in full effect.)

G.I. Joe has no such vulgarity, but does come with what is perhaps the greatest special feature of all time. Oh, it has trailers for the movie and vintage commercials from the '60s *G.I. Joe* cartoon, but that's not what I mean.

Remember how they always capped off the show with a public service announcement that ended with some kid saying "Thanks, Joe, now I know!" and the Joe in question replying with "And knowing is half the battle?"

Well, this DVD comes with 25 of those old PSAs. Twenty-five! These commercials take me back to my living room floor so many years ago, lying around half-asleep and learning not to talk to strangers or play with downed power lines.

This is no contest; *G.I. Joe* is the superior DVD. But why settle for one, when you can purchase both for a reasonable price? Relive your childhood with these two '80s cartoon classics.

Travis Zandi is a sophomore history major and women's studies minor who knows all about the patriarchal implications of He-Man...but doesn't care. He is currently the screening president of the PLU Film Society.



photo courtesy Rhino Home Video.

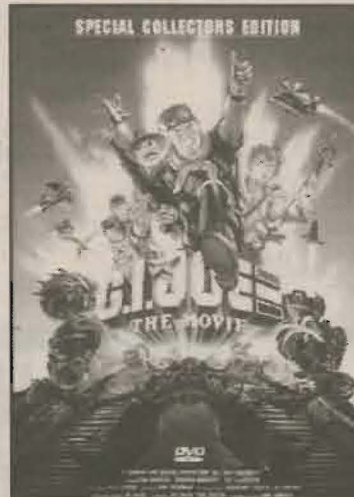


photo courtesy Rhino Home Video.

Will Tacoma go Delirious?

Band member Tim Jupp on the new album and upcoming tour with Bon Jovi

BY REBECCA WELLS
Mast critic

British band Delirious? will tour the United Kingdom with Bon Jovi this June—but not before returning to Tacoma again next week. The band played a well-attended show in Olson Auditorium just last year, and is ready to return to our area to promote its newest album, *Glo*.

These five former worship leaders from Southhampton, England, will be back in town Monday during a three-week tour with stops in Canada and the United States. I caught up with the band's keyboardist, Tim Jupp, in a phone interview last Wednesday to talk about the band's new album and its promotional tour with Bon Jovi.

"Our goal has always been to take Christian music outside the church," Jupp said. He said that the band's focus has always been to make quality music without sacrificing the message.

"If Jesus were here now, I think that's where he'd be. Mixing with those kinds of [secular] people," he added.

"There's quite a big Christian music scene [in the United States], right? The music scene is more mainstream in the U.K.," Jupp said, explaining that the band plays on top-40 radio stations in his country rather than strictly segregated "Christian" stations.

Cutting Edge, the group's first album, was purely original worship music and included *I Could Sing of Your Love Forever*, a song that is now sung in churches around the world.

Though relatively novel as Christian band (as any band touring and playing worship songs with Bon Jovi is bound to be) Delirious's musical style is reminiscent of U2, Jars of Clay and Enigma.

Chanting monks, bagpipes, a touch of gospel and a chorus of 150 Delirious? fans (invited to participate in the live recording through their

Web site) are all included on the band's newest album *Glo*, their third major full-length release.

"We're all big fans of British guitar bands," Jupp said, naming U2, Radiohead, Coldplay and the Manic Street Preachers as some of his personal favorites.

Tim Jupp, Stuart Garrard, Jon Thatcher, Martin Smith, and Stewart Smith all began playing together while leading youth worship in 1992 for Arun Community Church, which Jupp said they still attend regularly.

He added that many of them had already been involved in music production, so making their own album was a natural move. Jupp himself runs a recording studio, and Martin Smith was a solo worship singer thinking about producing his own album. Stewart Smith does graphic design and contributed much of the artwork on the albums, Jupp said.

They wrote, performed, recorded, edited, produced, promoted and distributed their first album almost entirely on their own, he said. And they still produce independently, although Sparrow Label Group does their publicity.

They chose the name Delirious? because it means "excited," Jupp said. "We try to be that some of the time," he laughed.

As for their moniker's unusual punctuation, Jupp explained that the earliest publicity for of the band had been called *Curious?* with a question mark and then they added it to the band name.

"It's just a little fun, really. We need a little bit of mystery," he said.

Delirious? will be performing Monday, at the Church for All Nations on 112th Street East in Tacoma. The show starts at 7:30 p.m. and tickets cost \$16.50. For more information, try CreationConcerts.com or iTickets.com, or call (800) 327-6921.



photo courtesy Sparrow Label Group
 Stuart Garrard, Jon Thatcher, Martin Smith, Stewart Smith, and Tim Jupp (left to right) are Delirious.

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PLU fastpitch gets off to a slow start this season

PLU's eight losses make for worst season in two years

BY JASON ANSPACH
Staff reporter

A team batting average of .287 and a fielding percentage of .936 offer insight as to why PLU fastpitch currently owns an unexpected 10-8 record. This is already the most losses Lutes fastpitch has sustained in a single season since 1998, when the team went 21-11.

The team is currently tied with cross-town rival University of Puget Sound for the top spot in the Northwest Conference, with a 4-2 divisional record.

The Lutes played at home on March 17 and 18 for only the second weekend of the season, taking two out of three games.

From there, the team traveled to Hayward, Calif., to

partake in the Hayward Tournament, which was largely dominated by NCAA Division II teams. PLU started off with a 2-1 loss to Sonoma State. Starting pitcher Jewel Koury kept her team in the game through seven innings, however, the Lutes weren't able to get their bats on the ball, striking out five times and getting only four hits.

Ace pitcher Melissa Korb recorded her fourth win in a later game against Hawaii Pacific, 4-2. Catcher Shannon Fritzke and Korb both had doubles for the Lutes.

PLU then turned around and took an 8-1 loss at the hands of Cal State-Bakersfield. Starting pitcher Jessica Baca pitched six innings in which she was rocked for 15 hits and eight runs, all of them earned. Kelsey Palaniuk homered for the Lutes.

The following day saw PLU fall to Humboldt State 2-7. Korb pitched three innings in which she was touched for five hits and four runs, and



Photo by Leah Sprain
Junior catcher Shannon Fritzke dives to protect home plate from a Willamette player. PLU came out of the three-game series ahead of Willamette with two wins and one loss.

she picked up her second loss of the season.

Bats came alive for PLU in the following game against Brigham Young University-Hawaii when the Lutes rampaged over their opponents, 17-8. Jenny Ferries and Koury both tripled for PLU. Korb and Palaniuk each racked up doubles. Koury picked up her second win of the season despite giving up eight runs off of eight hits in five innings. Baca entered in the sixth inning striking out one and allowing no hits for the save.

Following the tournament, the Lutes split a doubleheader against Cal State-Hayward on March 28. Korb brought her record to 5-2 by hurling a masterpiece. She went seven innings and allowed only one hit with four strikeouts in PLU's 2-0 shutout victory.

Koury blasted her first

home run of the season in the game, and was then blasted herself in game two. Cal State-Hayward picked up seven runs, four of them earned, and seven hits off of Koury. PLU recorded three errors in the 7-2 loss. Fritzke managed a three-hit, two-RBI game, including a home run.

Following the 3-4 road trip, the Lutes returned to Washington state to face NWC opponent George Fox University. PLU took both games in a doubleheader Saturday. Korb picked up her sixth win with a complete game 12-strikeout performance in which she allowed only two runs as the Lutes cruised to a 5-2 win.

Not to be outdone by her teammate, Baca then pitched a complete-game no hitter, though the contest was shortened to five innings due to the eight-run rule as PLU

rolled over GFU, 9-0. Junior Amy McGlinchy had four RBIs and three hits in four at-bats, while Fritzke went 2-3, driving in two runs of her own.

The Lutes lost their eighth game 4-1 April Fool's Day. Baca evened her record to 2-2, while the Lutes struck out six times, with Allison Gaboury notching the team's only RBI. Sara Shideler went 2-3.

Next up—Fastpitch returns home for the first time in almost a month this weekend as PLU takes on division rival Lewis & Clark, which is part of a five-team tie for first place in the NWC with a 5-3 record. Tomorrow's doubleheader starts at 1 p.m., with a noon starting time listed for Sunday's game.



Photo by Leah Sprain
Freshman outfielder Alison Gaboury rounds third base and heads for home.

Fickle wanna-be fans, move over for the rest of us



Full Count Jason Anspach

One could sense something in the air Monday night during the Seattle Mariners season opener at Safeco Field. Something electric. Not just the cold that had turned my hands the same color blue as my dyed hair, and turned my feet into unfeeling stumps.

As the M's rallied from a 4-0 deficit to beat the Oakland Athletics 5-4, a feeling of rejoicing collected the fans into one cheering mob. You could practically hear Queen singing *We are the Champions* in your head.

Seattle, in case you'd forgotten (as impossible as that may seem), has lost three future hall-of-famers in the span of three years. And here they were, beating the team they just couldn't beat last year, the A's.

A sense of Oakland's impending doom fell upon

the crowd when Seattle took the one-run lead in the eighth. Kazuhiro Sasaki would finish them. That's what he does, and that's what he did.

Most sportswriters pick the Mariners to place third this year. That may very well be, though I'd like to think they'll beat out Texas for second place behind the A's.

Still, for one shining moment, all was well in the heart of M's fans. Alex Rodriguez had made the blooper reels by tripping himself up on his own shoelace the day before, and the team that he left beat the out-and-out favorite to win the AL West.

It seemed that the fans were ready to support the Mariners for the long haul, despite the lack of a prevalent superstar on the team. Ichiro may be huge in Japan, but

we're not in Hokkaido anymore, Toto.

Game two of the series took place the following night, but someone forgot to tell the fans. The stadium looked half full, with more open seats than filled ones in right field.

The A's took it to the M's 5-1 and no one seemed to care. It seemed expected. Opening night was a fluke. Only a few loyal fans remained to watch Carlos Guillen strike out for the final time that night.

Here's where I start to rant.

Is it just me, or are Mariners fans some of the most fickle folks in the Pacific Northwest? Last summer, when the M's were in the hunt for the postseason, you couldn't look sideways without seeing some guy in a shiny new M's hat (with the \$1.50 waterproofing no less).

My M's hat is dirty and smells, and I'm quite sure my wife would throw it away if she didn't already know I'd cry like a baby if she did. I wore that hat all during fall and winter, only to encounter those same people saying that the Mariners are a lost cause, and without

Is it just me, or are Mariners fans some of the most fickle folks in the Pacific Northwest?

A-Rod they won't make it, blah, blah, blah.

So what? What if the Mariners lose 90 games? Is it going to be so different from the way baseball has always been in Seattle? Long before Ken Griffey Jr.'s

winning run in the 1995 American League Divisional Series, Mariners fans were treated to Harold Reynolds' losing season.

There was a time, before Sweet Lou came along, that a 500 season seemed the sweetest thing an M's fan could get.

All of a sudden, Seattle was on a tear in the mid 1990s and a flock of born-again baseball fans flooded the Kingdome. They did it again in 1997.

After losing seasons in 1998 and 1999, the only thing keeping the Mariners' popularity alive was the emergence of Safeco Field. Then a winning season in 2000 whipped everyone into a frenzy again.

Now, two games have gone by as I write this, and already I'm hearing naysayers forfeit the season. Not enough offense to do it all again, they say.

Granted, keystone games such as A-Rod's return, the All-Star Game, and anytime the Yankees come to town will sell out. But the way I see things, let all these "new-wave" fans disown the M's. More seats for the rest of us.

Jason Anspach is a junior communications major. He appreciates the pain of a Red Sox fan, but wouldn't mind being able to strut like a Yankees fan. You can yell at him by sending email 'o FullCountSports@hotmail.com.

Lutes see individual results improve in track and field

BY KRISTINA COURTNAGE
Mast assistant sports editor

Individual results at three track and field meets during spring break qualified several Lutes for the NCAA Division III national meet this year.

Senior Leslie Seelye improved her best mark this season by 15 feet and also established a new personal record with a 165 foot 9 inch throw in the hammer throw event at the Western Oregon Invitational in Monmouth, Ore., on March 24. Seelye ranks third in the nation in the event.

Another PLU senior, Ryan Dirks, ranks first among the men with a best of 182 foot 7 inch throw in the hammer at the Spring Break Open Saturday.

Only one other PLU athlete, freshman Leah Proctor, has qualified for the national meet. She threw the javelin 139 feet 6 inches, for the nation's third best

throw, on March 17 at the Oregon Preview Meet. The throw earned her a trip to Decatur, Ill., the location of the national meet scheduled for May 24-26.

Junior Ryan Reed ran 14:57.75 in the 5000 meter run. The time was an improvement of approximately 25 seconds for Reed, but he missed the provisional qualifying standard by only seven seconds.

Freshman Aaron Binger ran 49.24 seconds in the 400-meter dash to place third at the Western Oregon Open on March 23.



Photo by Josh Miller

Freshman Lia Ossiander stays in front of the pack during a meet earlier this season.

On the women's side, sophomore Kelly Wright cleared nine feet in the pole vault for the first time while at PLU. She said, "I was happy I had a lifetime PR (personal record) and I hope to improve off of it the rest of the season."

Sophomore Rochelle Weems threw 130 feet 11 inches in the javelin, a provisional qualifying mark for the

national meet.

Freshman Carrie Larsen continued her improvement in the hurdles events, breaking 16 seconds with a time of 15.68 seconds in the 100-meter hurdles and 1:03.90 in the 400 hurdles. Her time in the 400 was within one half-second of the national meet provisional qualifying standard.

Head coach Brad Moore said the team is making a transition from a focus on training to a focus on performance. "It's time to focus on performance and see how many we can have qualify for conference and nationals," he said.

The Lutes competed in the Oregon Preview on March 17 and the Western Oregon Open on March 24. On Saturday competitors competed at the Spring Break Open in Edmonds or the Stanford Invitational.

■ Next up - The Lutes compete at the Vernacchia Team Meet at Western Washington University in Bellingham Saturday at 10 a.m.



Photo by Josh Miller

Sophomore Kelly Wright begins her descent after clearing the bar during a track and field meet held at PLU on March 10.

Men's tennis gains experience in California competitions

BY SCOTT MCVICKER
Mast reporter

The PLU men's tennis team returned home from southern California after battling in a week of competition, finishing with three wins and four losses against some of the region's finest tennis teams.

The men look to finish the season strong with three tough home matches before heading to the Northwest Conference Championships.

In California, the Lutes were able to beat Occidental by a 7-0 score and defeat Chapman with a 5-2 margin early in the week before running into some of the

toughest competition around.

The Lutes' losses came at the hands of an NAIA power, Pt. Loma Nazarene; the top NCAA Division III team in the West Region, Redlands; the 2000 Division III national runner-up, Gustavus Adolphus; and finally West Region foe Claremont-Mudd.

The biggest of the three wins in California came on the final day of the trip, after PLU pulled out a narrow 4-3 win over Pomona-Pitzer.

Pitzer took two of the three doubles matches against the Lutes, meaning that PLU had to win at least four of the six singles matches to secure the victo-

ry. The Lutes did just that and took four of the singles matches.

Coming through with great wins for the Lutes were junior Peter Lunoe, sophomore Reid Wiggins, sophomore Mark Watson and freshman Luke Roloff.

■ Next up - The Lutes host three matches this week. The men play non-conference foe Lewis-Clark State Thursday at 3:30 p.m. and conference foe Whitworth University at 3:30 p.m. Friday.

The Lutes then hope to avenge an earlier loss to conference rival Whitman College at 10 a.m. Saturday.

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Men's lacrosse takes a double hit at home

BY CHRIS FREDERICK
Mast sports editor

The PLU men's lacrosse team has had a rough season this year. The Lutes, now with a 2-9 record for the season, continue to battle every game for a spot in post-season play. Two more losses in the last two weeks isn't helping things.

During their spring break, the Lutes again found themselves trying to overcome adversity by competing with their opponents while short-handed. All season long the Lutes have had to work with players missing. This was again the challenge for PLU when they faced the University of California at Davis March 25.

The 5-18 loss shows how short-handed PLU was because of spring break vacationers and injuries. Also, the Lutes were forced to play without two key starters against UC-Davis. Junior mid-die Kris Johnson was out for the day because of the repercussions of being ejected for fighting against Lewis & Clark the previous week (league rules state that any player who is ejected in a game must also sit out the next game).

Junior attack Aaron Henderson was taken out of the UC-Davis game early after taking a hit in the chin during the first quarter. The gash required a trip to the hospital and five stitches. Junior defenseman Dennis Eller is also out for the rest of the season to heal the many injuries he has received this year, including finger injuries, a bruised spleen, and knee complications.

"It hurts when you lose two of your starters because every-

one else has to shift," Henderson said.

However, good things did happen during the game. "It was a good opportunity for the rookies to get in and get some experience and see what a real game is like," said sophomore attack Levi Diggs, who had one goal against UC-Davis. Eller said he thinks all the playing time the rookies are getting because of absences is a positive thing.

"Next year we're going to crush people because of all the playing time our rookies get right now," Eller said. "By the time next year rolls around, we're going to be an unstoppable team."

Senior mid-die Rob Resendez, previously out for five games for personal reasons, made his return debut by scoring two goals. The Lutes also cut down on penalties, a positive accomplishment considering their struggle with penalties this season.

The loss to UC-Davis was the second in two weeks. The previous week, PLU lost a 12-9 heartbreaker to the Lewis & Clark Pioneers. "We were up 8-4 and (Lewis & Clark) got a couple of bad goals, and then it just snowballed," said head coach Jason Stockton. Starting late in the third quarter, the Lutes, who had dominated throughout the game, fell apart. The Pioneers went on a scoring drive that resulted in eight consecutive goals, giving them a four-point lead.

"We took bad shots on their goalie over and over again and their goalie made a ton of saves," Stockton said of the Lutes in the second half. "We just don't have the stick skill that the other teams do, because we don't have any guys with high school experi-

ence."

Throughout the entire game both teams pushed, shoved, hit, slashed, and did anything else that would cause a little bruising. But when a Lewis & Clark team member went too far and forced junior defenseman Micah Kwiat to the ground, Johnson had had enough. The mounted frustration resulted in a fight. Both players were ejected.

Despite being down three men due to penalties in the last few minutes of the game, the PLU offense, namely Henderson, was able to tack another goal to the board. The effort was noble, but it was not enough to fill the hole dug by the Lutes earlier in the game.

"We stopped fighting," said junior Bo Windburg. "We didn't do our job, we knew what we were going to do, but we didn't play as a team."

Johnson and Henderson led the PLU offense with four goals each. Henderson also had one assist. Senior mid-die Billy Tackitt, PLU's leading scorer with 27 goals, added one to the scoreboard against the Pioneers. Tackitt assisted with one, as well.

All in all, many of the team members said they feel they gave up a fight. "Heart and hustle is what we have," Windburg said. "We don't have the best technique, but we have good athletes. We're fighters."

Next up, PLU faced the University of Washington Wednesday evening and won, but details were not in by the time the *Mast* had gone to press. The Lutes face tough conference foe University of Montana Sunday in Montana. In order to make it to post-season play, PLU must win the game.

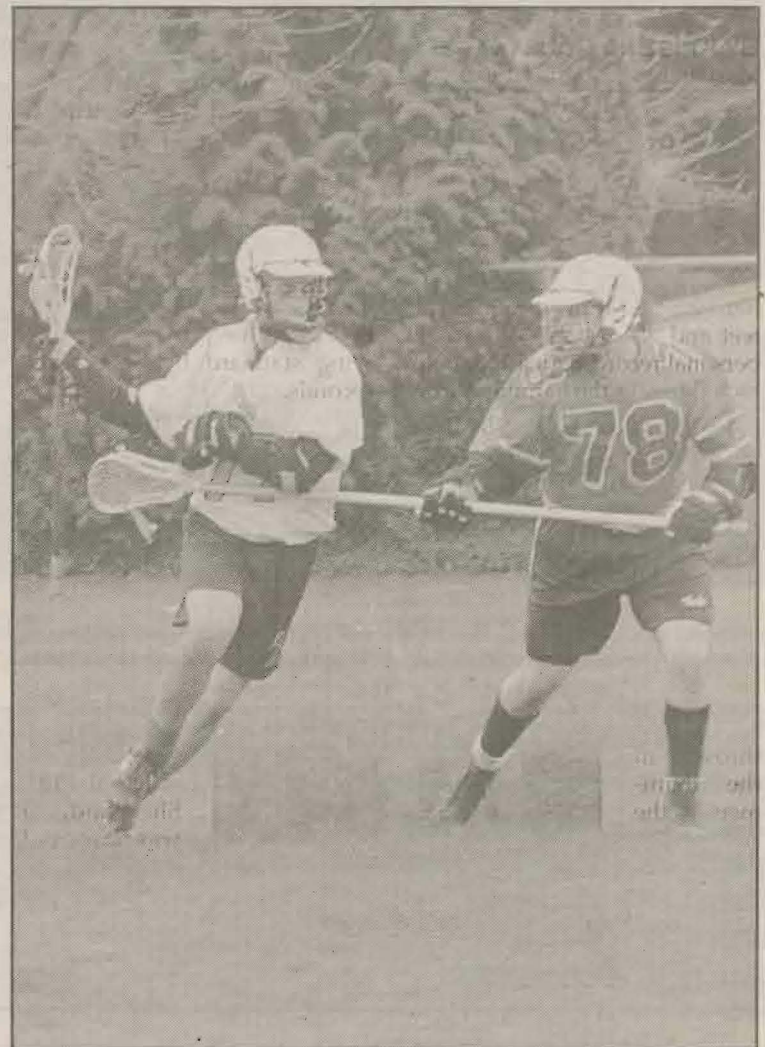


Photo by Brie Bates
Junior attack and co-captain Aaron Henderson makes a drive in the Lewis & Clark defensive zone. Henderson finished the game with four goals.



Photo by Brie Bates
Senior mid-die Billy Tackitt battles for the ball against a tough Lewis & Clark team. Tackitt is PLU's leading scorer this season with 27 goals. Junior Aaron Henderson is behind Tackitt.

Leading scorers

	Goals	Assists (avg. points)
Billy Tackitt	27 / 9	(4.1 avg. per game)
Aaron Henderson	18 / 12	(4.3 avg. per game)
Kris Johnson	16 / 8	(3.4 avg. per game)

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Women's tennis hopes to be at top of conference

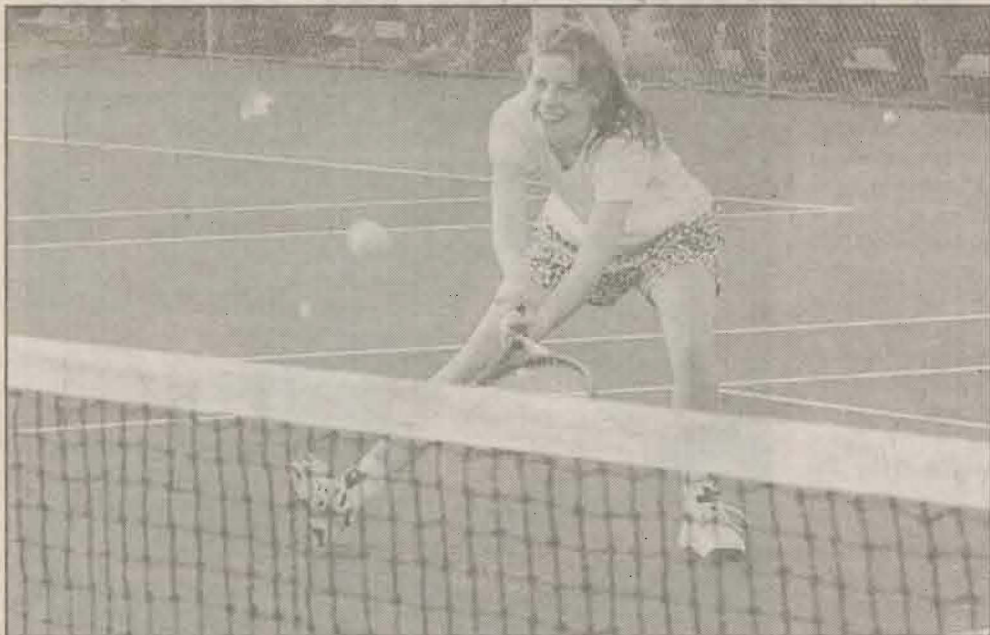


Photo by Josh Miller

Freshman Christina Gilman returns the ball during doubles competition against Seattle University. The team traveled to California during spring break to compete.

BY SCOTT MCVICKER
Mast reporter

The Pacific Lutheran University women's tennis team returned home from its annual spring break trip to southern California with two wins and four close losses.

The Lutes look to finish their season with a few tough matches before playing in the Northwest Conference Championships.

The Lutes' two wins came against the Massachusetts Institute of Technology with a 6-3 victory, and the last of the wins came on the last match with a 7-2 triumph over Occidental.

The Lutes faced some of the toughest competition in the region on their trip and hope the experience will guide them to the top of their conference.

Summing up the experience in California, senior Whitney Freed said, "We did really well, we had close matches and played really well. This will help us for our next couple of matches and then in the Northwest Conference Championships."

Freed said that the team is now "focusing on the Northwest Conference tournament and the remaining matches."

The Lutes' performance in California against the tough teams of the region is going to make it hard for

the team to qualify for the six-team regional tournament, but senior Sofie Tibbling said her team still has a chance. "The goal is to win the Northwest Conference tournament," she said. "We are going to take it one step at a time, however. Our chances of making it to regionals are slimmer now, but there is still a chance."

The Lutes lost several close three-set matches in California, and saw it as unfortunate that they were unable to emerge victorious in some more of the close matches. "They were really close, we had mostly positive thoughts on the matches. Of course people were disappointed about losing the close three-set matches," Tibbling said.

Nevertheless, the Lutes are focused on winning the Northwest Conference. They will be forced to do so without their captain and No. 1 singles player, Kalei Kowalski.

Kowalski will miss the remainder of the season because of torn ligaments in her ankle. She will be off the courts, but will continue to lend her support to her teammates for the remainder of the season.

■ **Next up** - Look for the Lutes in action at 3 p.m. Thursday, taking on NAIA regional power Lewis & Clark before they travel east to take on Whitman College and Whitworth University of the NCAA III Northwest Conference.

Women's Tennis Spring Break Results

March 23 - Hardin-Simmons	8 - 1 (loss)
March 24 - Pomona-Pitzer	9 - 0 (loss)
March 25 - Massachusetts Institute of Technology	6 - 3 (win)
March 26 - Redlands	8 - 1 (loss)
March 27 - Whittier	6 - 3 (loss)
March 28 - Occidental	7 - 2 (win)

Baseball wins in California, loses to Pacific Boxers

BY JASON ANSPACH
Mast reporter

The only thing consistent about Lute baseball has been its alarming inconsistency on the playing field.

PLU spent spring break on a seven-day, five-game road trip from March 22 through March 28 in California.

The Lutes opened the trip with a loss to Cal State-Hayward, 16-6. Starting pitcher Luke Faxon was knocked out after four innings, giving up six runs and seven hits. PLU left nine men on base. Junior Michael Colon and freshman Chris Ullom both doubled for the Lutes.

The following day saw a rematch, as the Pioneers saw

the season even with a 3-2 PLU victory.

Pitching was the key to victory for the Lutes. Senior Brian Farman hurled eight innings of solid ball, striking out eight and walking four batters, and allowing only four hits.

Junior Jason Andrew came into the ball game and pitched a no-hit ninth inning for the save. Offensive firepower came in the form of freshman first baseman Nolan Soete's homerun.

Pacific Lutheran finished up its road trip by sweeping Menlo College Oaks in three games. Menlo put nine errors on the boards and lost the series by scores of 13-5, 3-1, and 9-2.

Soete put up another homer along with a double, and Colon spotted a long-ball of his own to

go with a triple in the series. Andrew and freshman Dave Janney each picked up wins, with Faxon giving a fantastic complete game, two-hit, eight-strike-out performance.

The 13 runs scored by the Lutes against Menlo were the most PLU has managed in a single game all season.

Several Lute batters hit well in the series. Senior catcher Adam Epperson hit .389 and junior Rob White also had a strong showing, going 7-21 and driving in three runs.

The freshman trio of Soete, centerfielder Lew England, and Ullom have been hitting well all season, and each has a batting average above .300 points.

After the four-game winning streak, things looked well for

PLU as they returned home to face the Pacific University Boxers, who were only one spot above the winless Lewis & Clark University for last place.

Things turned ugly quickly for the Lutes, as the Boxers managed a split on Saturday's doubleheader. Farman picked up his fourth loss of the season against Pacific's Dustin Bare, who nearly had a one-hit shutout before Soete "touched 'em all" in the ninth with a solo shot, to end the score 5-1.

Game two saw the Lutes' ninth win of the season and pitcher Andrew's fourth.

Epperson listed a double among his two hits and drove in three runs. White and England each drove in a pair of runs.

With a chance to bring their record to .500, the Lutes were completely obliterated in game three on Sunday. Faxon lasted only 3.1 innings while getting touched for nine hits and seven runs.

The damage didn't end with Faxon leaving the game; the Lutes were rocked for a total of 23 hits in a 17-4 loss.

Junior first baseman Ryan Borde had a couple of RBIs for PLU. After pitching a masterful complete game five days earlier, Faxon picked up his fifth loss of the year.

■ **Next up** - The Lutes have a challenge ahead of them. They face first-place Linfield for a doubleheader tomorrow at 1 p.m., and a single game on Sunday at noon.

Sports on Tap

Week of April 7-13 and April 14-20

Men's Tennis

Friday - *Whitman	10 a.m.
Wednesday - *Puget Sound	3:30 p.m.
April 19 - 21 NWC Championships	

Women's Tennis

Monday - *Whitworth	3 p.m.
April 13 - *Puget Sound	10 a.m.
April 14 - Seattle U.	3 p.m.
April 20 - 22 - NWC Championships	

Track & Field

Friday - Ralph Vernaccia Inv.	10 a.m.
April 14 - Northwest Relays	10 a.m.
April 16 - 17 - NWC Combined Events	

Golf

April 11 - 12 - Pacific Inv. - Illahe/Creekside	
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Lacrosse

Sunday - *University of Montana	
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Fastpitch

Friday - *Lewis & Clark (DH)	1 p.m.
Saturday - *Lewis & Clark	Noon
Monday - *Puget Sound (DH)	3 p.m.
April 13 - *Linfield (DH)	2 p.m.
April 14 - *Linfield	Noon
April 18 - *Puget Sound	4 p.m.

Baseball

Friday - *Linfield (DH)	1 p.m.
Saturday - *Linfield	Noon
April 13 - *George Fox (DH)	1 p.m.
April 14 - *George Fox	Noon
April 17 - *Lewis & Clark (DH)	3 p.m.

Crew

Friday - Husky Invite	Seattle
April 7 - 8 - San Diego Crew Classic	

HOME GAMES IN BOLD

DH - Double Header

*Northwest Conference Matches

Drinking remains leading health risk for college students Alcohol abuse, binge drinking pose risks during spring party season

BY ANNE KALUNIAN
Mast senior reporter

Warning signs of alcohol abuse

It's possible to drink too much once in a while and not have a drinking problem. But answering "yes" to any of the following questions could be a sign of a binge drinking problem.

Do you:

- Drink four, five or more drinks in a row on a single occasion?
- Binge drink two or more times a month?
- Need to drink to have fun?
- Often have a few drinks when things get tough?
- Do or say things you wouldn't ordinarily do or say after having just a little alcohol?
- Refuse to stop drinking when asked?
- Talk with friends a lot about drinking and getting drunk?
- Have a hangover two or three times a month?

Courtesy of PLU Health Services

Despite all of the education and heightened awareness about alcohol and campaigns bolstering responsible drinking, according to experts, alcohol is still the number one health risk to college students.

A recent Harvard study concluded that 44 percent of college students binge drink. Binge drinking is defined for men as drinking five drinks in one sitting and for women having four drinks.

However, according to Jonathan Smith, PLU health center educator, there is a problem with this definition.

"The definition of binge drinking states how many drinks a person can have for it to qualify as binge drinking," Smith said.

"The problem is that nowhere in the definition is there a time period. A person drinking four or five drinks over a period of a couple hours is different than a person having four or five drinks in one hour."

Because of the ambiguous definition, Smith said experts are now starting to call binge drinking "high-risk drinking" and the definition has become clearer as well.

"Risky drinking is defined as drinking beyond safe limits on a regular basis or drinking more than is safe on a particular occa-



Photo illustration by Ty Kalberg

sion," Smith said. Nevertheless, this definition is not still crystal clear.

This definition assumes the individual knows his or her limits and understands the concept of safe drinking.

Many who binge or are high-risk drinkers, Smith said, do not realize the secondary effects that alcohol can cause.

According to the Partnership for Alcohol Responsibility, some of these effects include: sexual assault or physical violence, interrupted sleep, vandalism and other crimes, missed classes and poor academic performance.

Adding to the murkiness of the binge-drinking debate are the social myths that college students and administrators have about students and drinking.

A study conducted by the University of Southern Illinois in 1994 stated that, nationally, 67 percent of college students do not binge drink, 70 percent of students have never missed a class due to alcohol, and 67 percent of college students have never driven under the influence of alcohol.

So how does PLU compare to these national numbers? Smith said he does not know.

"Right now, PLU does not collect that kind of specific data," Smith said.

Starting Thursday, Smith has set up a table in the University Center to survey students about alcohol and their drinking habits.

"I would like to be able to have these types of percentages specific to PLU," Smith said.

Campus hopes to celebrate Foss Fest responsibly

BY ANNE KALUNIAN
Mast senior reporter

By giving students the opportunity to dunk Residential Life staff members, listen to live rock music and see shark attacks on the wall of Pflueger Hall, organizers of Foss Fest hope to help Lutes unwind this weekend.

Foss Hall President Chris

Anderson said he and the other students running the event don't want alcohol to be a focus of the event.

"Traditionally in the past Foss Fest, previously Foss Luau, has been a weekend of alcohol abuse on our conservative campus," Anderson said.

Over the previous two years, Anderson said that Foss Hall Council has worked hard to change the image and repu-

tation of the Foss Fest. The name of Foss Luau was changed two years ago to make the event more culturally sensitive and in hopes of creating a completely new experience, Anderson said.

One of the things Anderson said Foss has done to create this new experience for students during Foss Fest has been planning more activities.

This year's Fest will feature

bands playing during the day, including Hyper Static Union (which played last year), A Jazz Band, Broken Veil and InVoice.

In addition to the live music, students will be able to participate in a three-on-three basketball tournament, volleyball games and a picnic.

Anderson said the day will also include a dunk tank staffed by resident assistants

and possibly some staff from Residential Life administration.

In the evening instead of hosting the traditional dance, *Jaws* will be played on the sidewall of Pflueger.

"Earlier in the year, ASPLU showed a movie like this, and it was very successful," said Anderson. "And hopefully, this will draw more people to the event."

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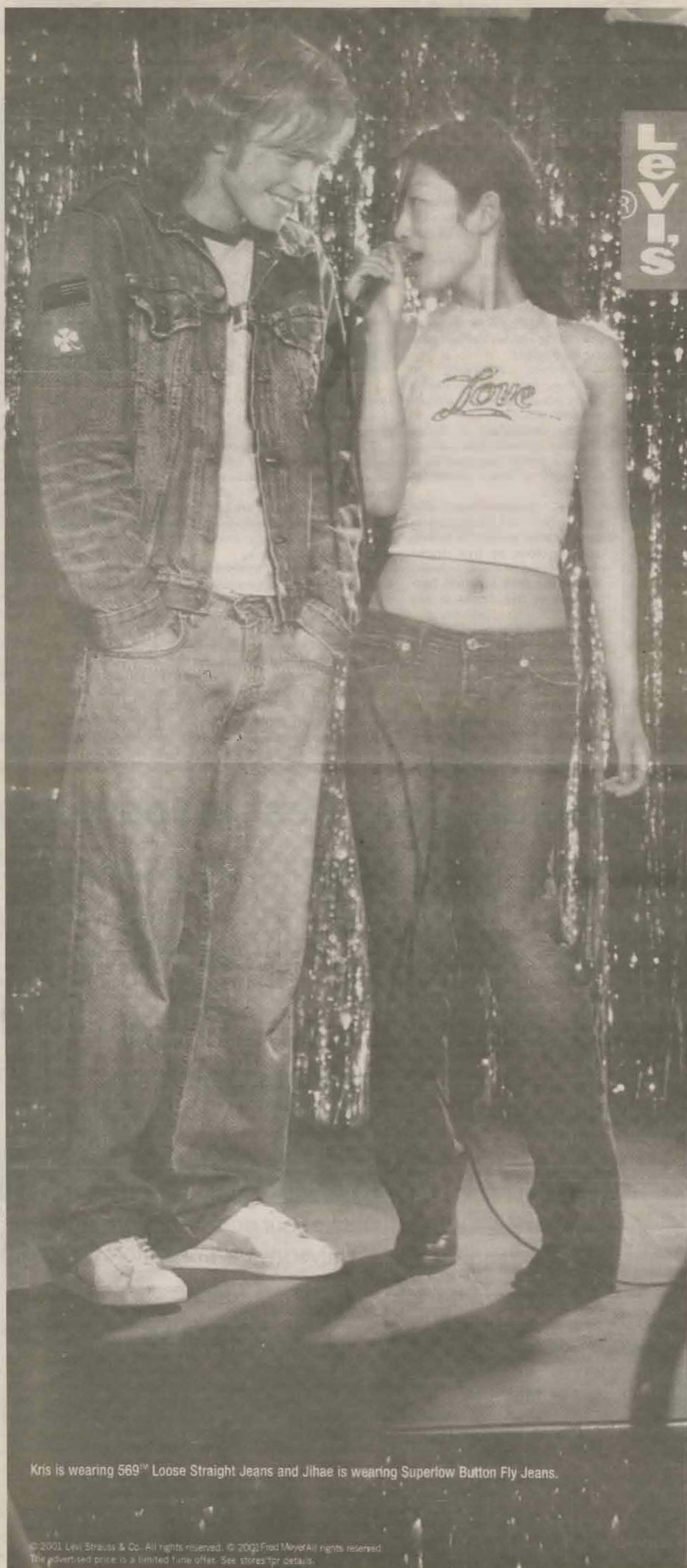
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