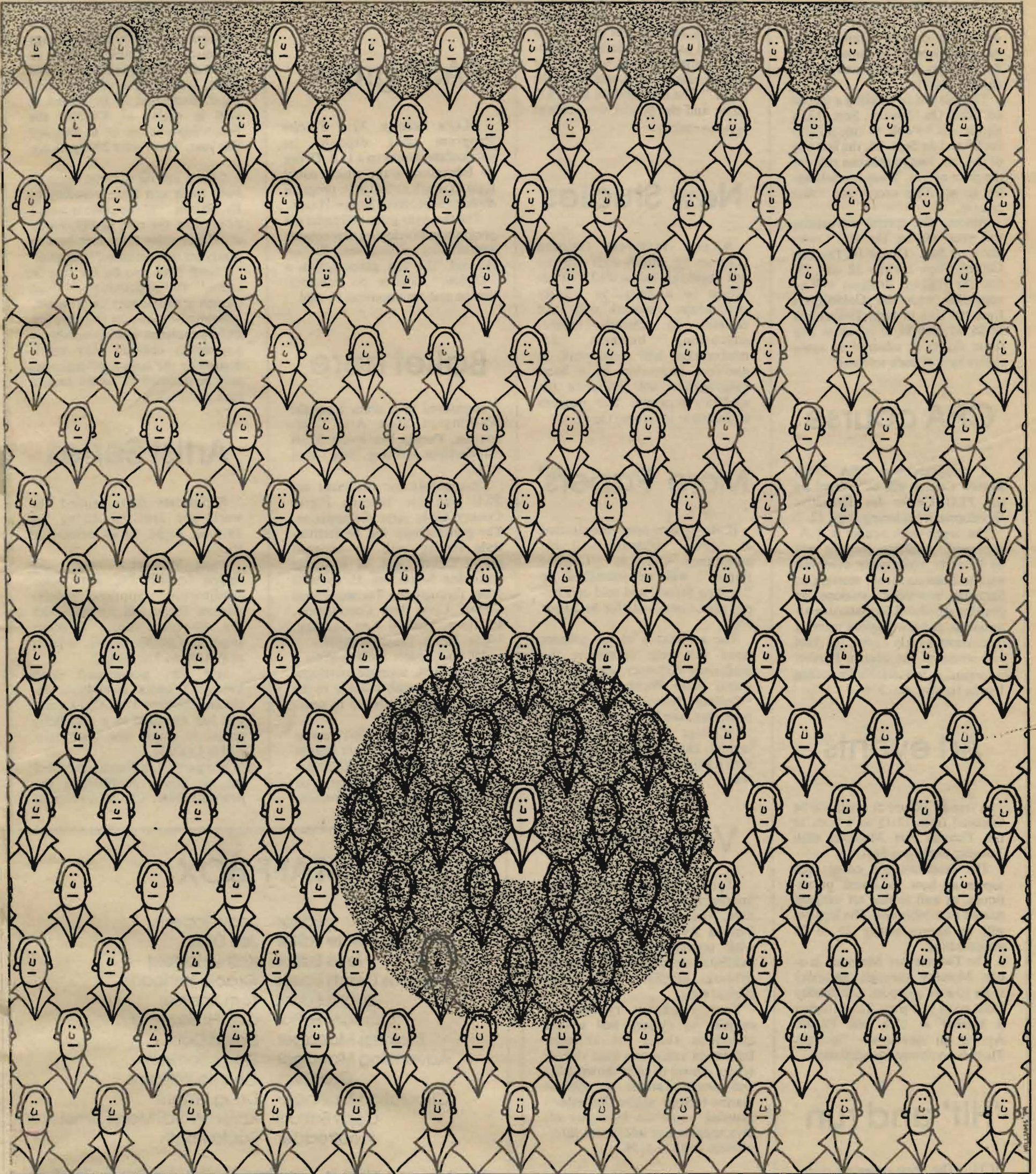


A MOORING MAST SPECIAL EDITION



SURVIVAL

Vol. LVII September 11, 1979 Issue No. 1



DIRECTION ADAPTING STUDY FINANCES
ACADEMICS SECURITY POLITICS HEALTH
SHELTER FOOD WORK PLAY

UPDATE

Puyallup Fair

The Western Washington Fair has again opened and will be offering some special attractions during the two-week event held at the fairgrounds in Puyallup.

The fair will open each day at 9 a.m. and close around 11 p.m. depending on the weather. Admission prices are \$3 for adults, \$2 for students 12 to 18 and \$1 for children 6 to 11.

The fair will be offering a special on rides. On Monday, Sept. 17, a visitor will be able to ride all day for \$5 and on Sept. 23, the last day of the fair, two people can ride for the price of one. These specials apply to all rides except the roller coaster.

Among the special attractions this year will be The Bill Cosby Show on Sept. 15 and 16, The Leif Garrett Show on the 22 and 23, and the Hudson Brothers will be appearing with the Goldiggers from the 10th to 14th. Tickets will be \$6, \$7, and \$8. It is best to buy those tickets in advance as some shows have already sold out.

CPA course

A comprehensive CPA Exam Review Course will be offered by the PLU Center for Executive Development beginning Sept. 12.

The seven-week course is V.A. approved. Auditing sessions will be held on Wednesday evenings, with sessions on theory meeting on Saturday mornings, sessions on practice scheduled for Saturday afternoons, and law sessions meeting three times weekly during the final two weeks of the course. Further information is available by calling Lynda Hunter, ext. 374.

Art events

A free art lecture or event will be featured from 12:15 to 1 p.m. at the Tacoma Art Museum each Tuesday beginning Sept. 11.

The programs will cover such topics as how to invest in antiques, as well as fine art subjects related to exhibitions. The lectures will be approximately 20 to 25 minutes long.

The Tacoma Art Museum is open Monday through Saturday from 10 a.m. to 4 p.m. and Sunday from noon to 5 p.m. The Museum is located at 12th and Pacific Avenue in downtown Tacoma. There is no charge for admission.

'Hit' and run

(CH)—The latest collegiate craze, surfacing on campuses in Michigan and Ohio, is the game of "assassination."

The rules vary, but the game always involves stalking a victim, then making a "hit"—usually with a squirt gun or rubber dart gun—when he least expects it.

One variation of the game

requires hits to be made in the presence of only one witness; a victim can feel safe going to classes, but must be cautious of late-night knocks on his dormitory door.

The most elaborate game of assassination to date was played recently on the campus of Ohio State University, where 100 students participated. Each paid a \$2 entry fee and was given a toy gun and name of a victim. The object of the game was to locate the victim, identify him, and make the "kill." The last survivor got a \$50 prize and the profits were turned over to charity.

New Studies

A new four-year training program for church staff workers will begin this fall at PLU. In addition to a religious studies curriculum, students will take courses in church music, education, business administration, and social work. A one-year internship in a local congregation will complete the student's program. The program coordinator is Stewart Govig.

More 'Papers'

(CH)—A new magazine directed at college students will hit newsstands Oct. 2. "College Papers" will be published by "Rolling Stone" and sold on campus area newsstands for \$1.50 per copy.

The acceptance of the premier issue will help determine the magazine's frequency, according to editor Kate Wenner, sister of "Rolling Stone" founder and publisher Jann Wenner.

"College Papers" will be a tabloid, like "Rolling Stone," but with a glossy cover, Wenner reported.

Volunteers

If you're fishing for something interesting to do with your spare time, the Seattle Aquarium is looking for volunteers to assist with tours, lectures, care of exhibits or programs support (library, graphics, journalism, clerical etc.).

Tour volunteers explain the exhibits to visitors and answer questions about the animals. Education volunteers treat visiting school classes to slide shows, talks and demonstrations on various marine biology topics. Volunteers assisting aquarium biologists are also sought. For additional information, call 625-4358.

\$1.25 million

Confirmed pledges to PLU's "Sharing in Strength" capital fund campaign officially passed the \$1.25 million mark this summer according to Luther Bekemeir,

PLU vice-president for development.

"Sharing in Strength" is a five-year \$16.5 million campaign intended to provide funds for new science and fine arts facilities at PLU as well as increased endowment and student aid monies. The drive will continue through 1983.

FASP grant

PLU's Foreign Area Studies Program will expand its curriculum thanks to a U.S. Office of Education grant which could total as much as \$90,000, program director Mordechai Rozanski said.

The two-year grant will assist the program in developing new courses and revising existing ones, Rozanski said. This fall, plans include a "topical" cluster on modernization and development, he said.

Ballet here

Sponsored by a grant from the Washington State Arts Commission, Pacific Northwest Ballet will perform at 8 p.m., Sept. 26 at PLU.

Co-sponsors for the event are PLU and the Tacoma Pierce County Civic Arts Commission. The performance will be festival-style seating with no assigned seats. Tickets will be available beginning September 13 by mail order through the Tacoma-Pierce County Civic Arts Commission, 4th floor, Medical Arts Building, 740 St. Helen, Tacoma, 98402.

All mail orders must contain a self-addressed, stamped envelope. The tickets are only a dollar so the public should be advised to order as soon as possible.

Performing for the first time in Tacoma, the program will consist of selected pieces for Pacific Northwest Ballet's repertory of classical and contemporary ballets,

Grant to prof

Are many small castes in India convinced that they are underpopulated, even as the country as a whole is seriously overpopulated?

A grant from the Indo-American Fellowship program is making it possible for Pacific Lutheran University anthropology professor Dr. Carolyn Brown to spend the 1979-80 academic year in India, studying the paradox firsthand. Estimated to be valued at well in excess of \$20,000, the fellowship was one of 13 awarded this year. There were 200 applicants.

Castes are rigid social units in both India and Fiji, according to Dr. Brown. "If the caste is small, as is often the case in Fiji, incest avoidance rules force members to marry outside the caste," she said.

"Such may also be the case in India," she hypothesizes. "Even though a region may be crowded, individual castes may feel they are underpopulated. Efforts to achieve population control, very much desired by the Indian government, may be doomed to failure among such groups."

Artist Series

Performers from around the world are featured during the 1979-80 Artist Series season at PLU.

Fana Mannskor opens the season Tuesday, Oct. 9, in Olson Auditorium. Soprano soloist Angum Skage will perform with the 60-voice choir. Another soprano, Cynthia Clarey, appears at PLU Nov. 7 in the UC.

She has performed with numerous opera companies, including the New York City Opera, and has appeared as a symphony soloist in major east coast cities and in England.

Hungary's Lili Kraus, scheduled for an Olson Auditorium appearance Nov. 28, is considered

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Letters to the editor should be submitted by 5 pm Tuesday for same week publication. The Mast reserves the right to edit all letters for length, libel and propriety.

By Carol Toms

Living with a roommate How to share a room and not start a war

For many students coming to college, this fall will not only be their first encounter with "higher education," but with having a roommate as well. Roommates are rather curious creatures, and successful cohabitation depends on a variety of factors.

As we all know, we all have a few peculiar habits which make our personalities unique. What many of us don't realize is that what we consider normal behavior might be considered unusual by our new roommate. Whether you are a freshman living with someone you've never met before, or an experienced roommate living with someone new, the old adage "you never really know a person until you live with him," will prove to be very true.

One difference that may arise between roommates could affect their entire college career—this is a difference in study habits.

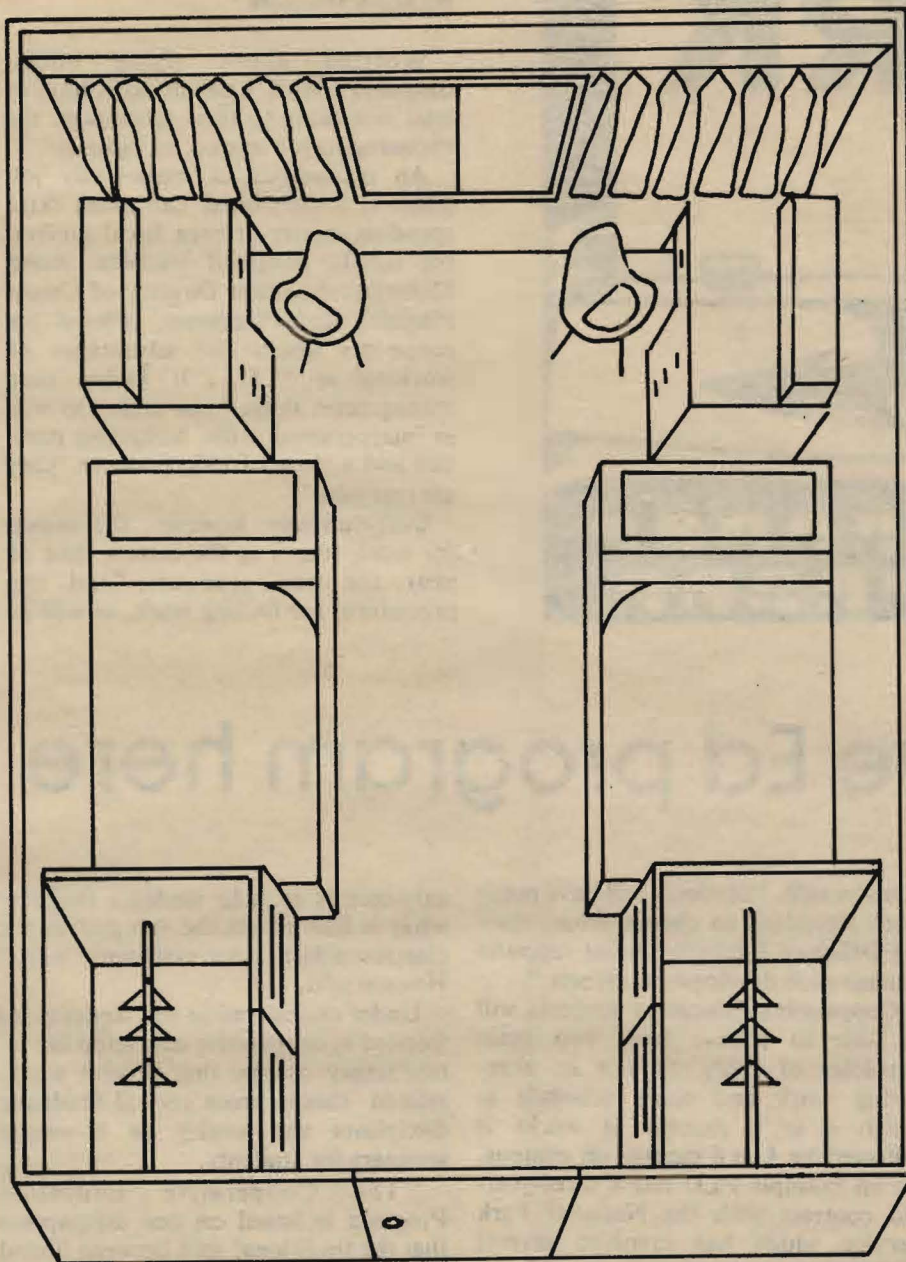
Often times fate throws a fervent student together with notorious last minute crammer. In these instances one of the dorm study lounges or the library can be utilized by the conscientious student while the crammer listens to records or tries to get to bed at a decent hour.

When the crammers go into action the day before their tests, their roommates should be understanding and give their roommates directions to these study areas, since the crammers may not be aware of their existence.

Sleeping habits can present another set of discrepancies.

If your roommate knows the name of every Johnny Carson guest-host, you can assume that you will be living with a "night person." On the other hand, if your roommate thinks staying up past 10 p.m. is being up late, you're probably dealing with a "day person." This is a little harder problem to solve, but the dorm's TV lounge, study rooms, or a trip to Denny's can provide shelter for the night-owl, while the early riser catches a few Z's.

Decorating ideas might be another source of conflict. Since in the dorm



you study, sleep, and live all in the same rather small area, decorating should be compatible with all these activities.

A few carefully-chosen prints or posters, a rocking chair or some floor pillows, and a bright throw rug can work wonders for your room. However, a life-sized stuffed elephant or an 8' x 10' poster with the slogan "LIFE STINKS" will probably not only be considered distasteful, but might cause a bit of tension between you and your roommate as time goes on.

Believe it or not, friends can cause problems between roommates as well. Having friends in while your roommate is studying for a Bio test is never appreciated. Neither is the boyfriend/girlfriend who spends so much time in the room that he or she seem like a third roommate.

Try to give each other advance notice when possible if you've made plans to have your German study group meet there, or if you're going to entertain that "special someone" in the room.

Moving away from home also means no more mom around to pick up after you or to do your laundry. A dorm room is pretty small and what may have seemed like a little clutter at home can make your room at school look like the aftermath of a tornado. The weekend is usually a good time for you and your roommate to attack the dustballs under your beds and other major cleaning problems, but hanging up your clothes, making your bed, and keeping dirty laundry out of sight are things that should be done on a daily basis to prevent a strain on your relationship.

Common courtesy, common sense, and the Golden Rule, must all be exercised so roommates can live together successfully. If problems arise between you and your roommate, talk them over right away. Brooding, silence, and time usually don't improve the situation. Remember your RA and Hall Director are always willing to help should any major problems come. Dorm life is an important part of the college experience and it can also be one of the most rewarding.

ADAPTING

A warning to freshmen:

Don't try to pass as a senior—it won't work

By Jody Roberts

(Reprinted from Fall 1978)

I had tried so hard to look like an old hand at the game. I wore old jeans and a bandana at least once a week. I learned how to pronounce Pflueger and Xavier correctly. I even knew Hinderlie Hall was not Hinderlie Hall at all, but really Rainier. I tried to look bored and jaded.

Yet they always knew.

Whenever I'd meet an upperclassman for the first time, they'd always say "You're a freshman, huh." It was never a question; always a statement.

It wasn't until my second semester that I learned one of the infallible traits that marked me as a freshman girl.

I carried my purse everywhere. To classes, to dances, and worst of all, to every meal. (Where else was I supposed to keep my dorm keys, validated PLU I.D. card and money? Not to mention all of the really important stuff I kept in that survival bag.)

Since that time I've learned a lot. But for those of you freshman girls who spent all summer practicing that bored, sophisticated look in front of the mirror, you probably just wasted a summer.

Nobody wants to be recognized as a green freshman. But its no use thrying to bluff your way through—its more obvious than you realize.

If you don't believe me, try taking the following test to find out how well you'll pass as anything but a freshman.

Circle one answer for each question. When you finish, check the key to find out how well you did.

1. You live in Harstad and someone asks you how you like it. You say:
A) "Oh, I just love it. It's a really friendly dorm."
B) "It wouldn't be so bad if it weren't for the bats."
C) "I didn't have a choice."

2. You overhear a couple of guys saying that Lutebutt is really going around this year. You:
A) Eat nothing but salads for the next two weeks.
B) Run to the Health Center to get a vaccination.
C) Go up to them and ask "What's Lutebutt?"

3. Your political science prof gives you a list of six required texts. You:

A) Run down to the book store to get them before they're all sold out.
B) Wait a week or two in case you drop the class.
C) Don't buy any until he gives you an actual reading assignment in them.

4. You hear that there's a dance at Ordal that starts at 9 p.m. You:

A) Get dressed to kill and show up at 9.
B) Get dressed to kill and show up at 10:30.
C) Loudly proclaim "You'll never drag me to one of those dumb things" and study instead.

5. Some of your friends say they're heading for the Cave. You:

A) Swallow your fear of spiders, grab your flashlight and join them.
B) Figure they mean Ivy Hall.
C) Advise them to go to Edna's instead.

6. You hear Torrens is serving Cheese Dreams for dinner. You:

A) Head for the Ram.
B) Go to dinner early—you love trying new dishes.
C) Decide you're on a diet anyhow, skip dinner and go tomorrow night instead.

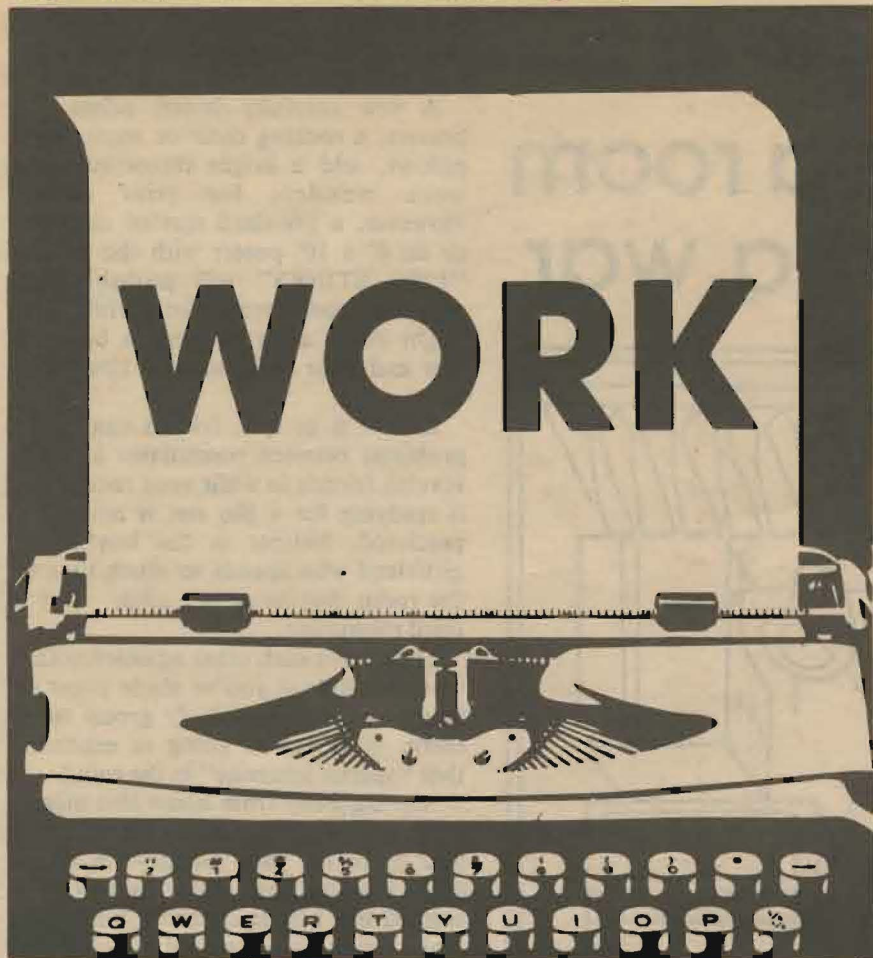
7. You hear an upperclassman say she's going over to "Tacoma's Other University" to get a book for her research paper. You figure she's talking about:

A) The Parkland Library's nickname.
B) The University of Washington, located in a northern suburb of Tacoma known as Seattle.
C) The home of the Loggers.

8. Your roommate announces she's spending the evening at Bob's and "don't wait up." You say:

A) "How'd you meet him?"
B) "Study hard."
C) Nothing. (You're trying to be sophisticated, remember?)

If you care to find out how well you faked out or were found out, turn to the quiz answers on page 15.



cleaner, baker, money-maker

A myriad of jobs open on campus

By Mark Dunmire

Worried about rising unemployment? Well, PLU students have at least one thing to their advantage: the encouraging job market on campus.

An on-campus or work-study job (there is a difference) can mean extra spending money or even fiscal survival for tightly budgeted students. Anita McIntyre, Assistant Director of Career Planning and Placement, offered her comments about the advantages of working at PLU. "It builds time management skills," she said, "as well as interpersonal skills, budgeting practice and a sense of independence. They are real jobs."

Unfortunately, however, the search for work comes at the busiest time of year for new students; and the procedures for finding work, as well as

a maze of work-study regulations, often prove confusing. One goal of CPPO is to stem this bewilderment as well as to act as the resource center for on-campus jobs.

One opportunity students choose is Food Service. Often-cited reasons include the fifteen cent per hour bonus for students who work for an entire semester. A former student revealed that she found the job a good way to put otherwise wasted time to use: "Meal time is goof-off time, and that's when they need people."

Another available opportunity is with Security. For eight hours at a time, students receive phone calls, keep in contact with officers, and maintain records. Employees say that a great deal of time is available for study.

Housekeeping and Maintenance hire students to do a variety of chores, as does the University Center. Clerical tasks are performed by students working for the various administrative and academic departments, for the Library, and for the Mailroom.

Not to be forgotten is the *Mast*. Students may write freelance articles, for which they are remunerated on a "quantity" basis. For example, an article of this size brings a writer about \$4, sharpened writing skills, plus the fleeting fame of seeing one's name in print.

For students with work study eligibility, dorm desk hours are available. To qualify, a student must have a work-study award, and be willing to sign up for at least 10 hours per week. These changes, put into effect this year, are to make desk attendants more accountable to their supervisors, and as one hall director noted, to make dorm desk work "more like a real job."

Student questions with regard to work-study regulations are also answered by CPPO. McIntyre revealed that work-study students are provided with first choice of all available jobs. Students, however, may not exceed their award and must terminate before that time.

For more information, students are encouraged to contact CPPO, in the UC, ext. 555.

Cooperative Ed program here

Bridging the gap between the campus and the working world will be the emphasis of a \$60,000 cooperative education program at PLU to be funded by the U.S. Office of Education.

The program is designed to help students perceive the relationships between subjects studied on campus and experiences on the job, for instance, between ethics as studied in a philosophy class and ethics in the office or between roles people play as studied in a sociology class and role relationships at work.

"Our goal is to place 100 students in employed situations during the first year," says professor Vern Hanson, director of the program.

"Developing work situations that relate to students' career interests will be a primary focus of the project,"

Hanson said. "Students will have many work situations to choose from, since the Office of Education grant supports intensive job development efforts."

Cooperative Education students will be able to choose from two main schedules of study. One is an alternating work and study schedule in which 4 to 6 months at work is followed by 4 to 6 months on campus. As an example PLU has a three-year-old contract with the National Park Service which has involved several students in work at national parks in Washington and Idaho alternating with study at PLU. Concurrent work and study is the second main schedule students may choose; this schedule too is already in use by some students.

"One difference the program will bring to work-study options now in

existence is to help students integrate what is learned on the job and in the classroom in a more systematic way," Hanson said.

Under consideration for students interested in cooperative education are introductory courses that present work-related themes from several academic disciplines and weekly or bi-weekly seminars for students.

"The Cooperative Education Program is based on our assumption that the traditional split between liberal arts and vocation or career is false and unnecessary," Hanson said.

"Work makes up a major part of the lives of Americans, and many studies show that meaningful work promotes the worker's emotional and physical health. Our program will help students make connections between their college studies and their work, to help them find meaning in their work and indeed to identify the work that is most satisfying and meaningful for them."

CPPO: finding jobs in community also role

By Carol Toms

Many students at PLU will find it necessary to work part-time this year. Those who receive financial aid often find a work study job a part of their aid package, but for those not receiving aid, finding a job will be up to them.

The Career Planning and Placement Office in the University Center is the best place for the student to begin the job search. Devena Thompson, the CPPO secretary is so helpful that you might just forget that you're embarking on what many consider to be an unpleasant task.

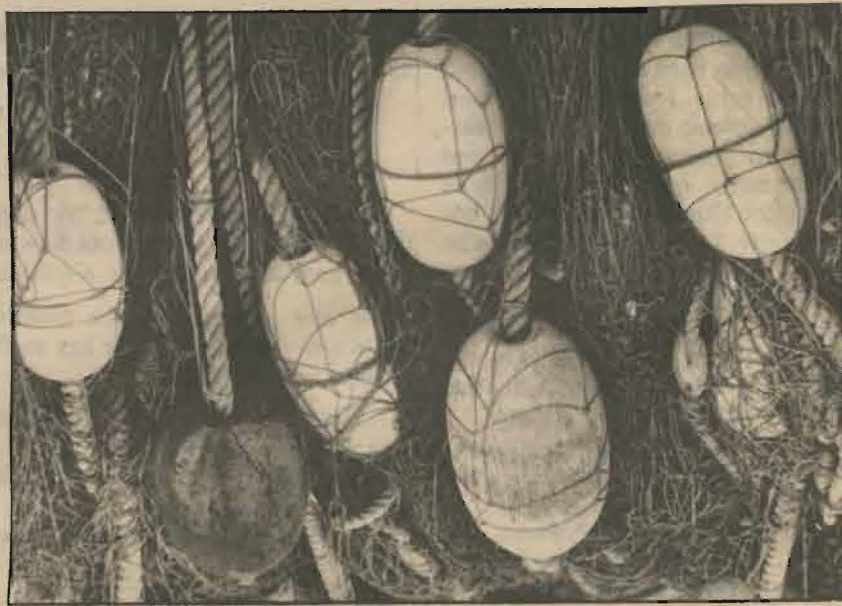
The CPPO has lists of jobs ranging from babysitting to staying nights in a funeral home. They have job listings for many part-time jobs in local restaurants and small businesses which offer flexible hours to fit the student's class schedule. Many job opportunities are close to campus so that those without transportation could get to work by taking a bus or walking.

For those who are looking ahead to summer jobs and for full-time employment after graduation, the CPPO has job listings for you too. The sum-

mer possibilities range from being a crew boss in a blueberry field to being a camp nurse. Many of these jobs are in camps and parks outside of Washington state. In fact, the CPPO receives 1,000 listings a year for jobs outside the state.

Seniors should check out the listings in CPPO as they begin their career search. Listings for jobs in business, education, nursing, and even some Civil Service jobs can be found among the full-time opportunities. Many large companies come to the campus to interview prospective employees. CPPO lists the times for interviewing and can usually give you some idea of what kind of qualifications might be required. They also offer lists of sample questions you might be asked during an interview, and ways to prepare yourself for an interview.

If none of the jobs currently listed in CPPO seem to fit your job needs, ask Mrs. Thompson if there are any new listings that have not yet been posted. The staff in the Career Planning and Placement Office goes out of its way to help each student find a job that fits his or her needs.



The First Regular Edition Of The Mooring Mast Will Be Out September 21.

A good prank'll beat the blues every time

By Kathleen M. Hosfeld

Week after week of nose-to-the-grindstone travail can wear students to the point of frenzy. Over the years I have learned and practiced many activities for those who need to cut loose.

Deviancy can be a prime form of tension relieving activity. For a little excitement try stealing the neon sign from Bob's Drive-In and installing it on the roof of the U.C. Commons. When you are tired of seeing it there you can always use it on top of the library.

Feel like a little more personal interaction? Run up behind someone you barely know and plant a loud kiss on top of his or her head. My first victim in

to be especially effective you must pretend you don't know why people are staring at you.

A variation of this is to wear them to a dance. Girls, it is a proven fact that more guys will ask you to dance if they think you'll let them wear your glasses.

During a particularly busy lunch rush hour, pretend you lost your contact while standing in line. After you have at least 30 people on their hands and knees, seriously and diligently searching for the precious little disc, inconspicuously slip away.

Another suggestion from my files is pack up your favorite blankie, some graham crackers and milk and stay up all night in the library to watch the fertility statues come to life and dance by the light of the full moon.

Finally, next time your roomie wants to impress his/her new date and asks that you vacate your room until at least 4 a.m., do so. But while the love couple is stepping out on the town, do a little redecorating.

Fold down the sheets on one bed and lay out a pair of men's and women's pajamas. Light a few candles, play some soft music, and on the bedside table leave a bottle of Mateus Rose', two glasses and an extra large bottle of Kama Sutra oil.

Last year was an excellent one for pranks. At one time the entire campus believed that the draft was about to be reinstated and this time men and women were to be called.

Incoming freshmen have a lot to top to beat these pranks, so let's see them give it the old college try. Be innovative and unique. Remember, if you sit back and wait to be entertained, you're the one who'll get shaving cream sprayed under your door.

Deviancy can be a prime form of tension relieving activity.

this scheme was an ASPLU president who shall remain nameless. His reaction was what someone later described as a "pennies from heaven" facial expression.

In anticipation of your next discreet reproduction movie in biology, tape a center-fold on the roll-down projector screen.

Try wearing a pair of Groucho Marx nose glasses to lunch. It is difficult but



Right in your own backyard Something for every one in PLU activities

You don't have to go off-campus to escape the academic life at PLU.

If you are an old-time movie fanatic, the Cave often schedules movies that were taken off the late night movie circuit years ago, as well as modern movies just back from their rounds in local theaters.

ASPLU also offers a variety of movie presentations, with scheduled shows for this year including everything from M*A*S*H, Butch Cassidy and the Sundance Kid, and the ever-popular Rocky

Horror Picture Show to the newly acclaimed Julia, The Turning Point, and The Champ. Discount tickets for an entire year are available at almost a tenth of what it would cost to see just one of these movies in the theater.

If those silver screens never really turned you, live entertainment—including Open Mike for those of you searching for campus fame—is featured in the Cave weekly, and a variety of presentations from concerts to classical music are offered by the

university throughout the year at low prices.

If intellectual discussion is more along the lines of your idea of a pleasant evening, film series and lectures are offered throughout the year.

Dances can be found throughout the campus almost any weekend of the year, whether it be a formal homecoming dance or an indoor-outdoor dorm dance by the bonfire at Ordal.

Still nothing that really strikes your

fancy? Last year, special events included hypnotists, Reno nights, costume parties and more.

If you like to get more involved with your activities, you can play the part of a pool shark or 300-series champ in the games room's bowling and pool leagues.

And what better way to have fun than to participate in PLU's many-faceted athletic program on campus?

For runners, the men's and women's cross-country team will hold an interest meeting today at 3:30 p.m. in the Olson Auditorium Balcony. All that's needed is a pair of running shoes and a set of togs.

For rowers, the Crew team needs you. Check out the Olson bulletin boards for more information or see Coach Dave Peterson.

For booters, check the Olson bulletin boards for information on the tradition-laden Lute soccer club coached by Dave Asher.

For spikers, the women's volleyball team is planning an interest meeting for potential players at 4 p.m. on Thursday in Memorial Gym.

For women's Field Hockey players, there is a meeting today at 4 p.m. in Memorial.

For animals, talk to Frosty Westering in Olson Auditorium as soon as possible. Football is still open for those who want to turn out.

Nothing ever happens on campus? That can be true, but only if you never pull your head out from inside of a book long enough to look around.

Cars won't be missed—much—at PLU

By Mark Dunmire

So you had to sell your car to pay your tuition bill?

Or you didn't have a car to begin with, which means you still don't have a way to get around town. Employment farther from campus than five blocks might as well not exist for you, and night life and entertainment seems even farther away.

Being without a set of wheels doesn't mean your activities must be limited to the immediate campus area, however.

PLU sits square in the middle of the Parkland community. Within easy walking distance of the campus are numerous fast food chains and restaurants serving everything from Italian and Oriental food to steak and

seafood.

A movie theater, ice cream shop, supermarket and tavern are all also within easy walking distance of the campus.

Bicycling offers even more independence and convenience, and is sometimes just as fast.

Tacoma's bus system offers an even farther-flung pathway to various parts of the county. Check the bus schedules at the information desk, or call the bus station for transfer information. Fare is 20 cents for students, with a ten cent Parkland zone fare.

With the bus service, students have an opportunity to visit the Tacoma Mall, explore downtown, and even catch a transfer bus to the Puyallup Fair.

Not to be ignored is the opportunity

for employment off-campus for students. Legislation is being considered to expand bus service to Parkland, linking it closer with Lakewood and even the Seattle Metro Bus System.

The convenience of traveling by bus is heightened when you realize that the transportation offers no insurance bills each month, costly repair services no longer plague you, and you don't have to worry about leaving the lights on and letting the battery run down.

Last year, less than half of the students on campus, whether residential or commuter, had cars on campus. So before you get too despondent about the fact you had to sell Old Bessie—or that you never even had an Old Bessie to sell—remember: we're all on the same bus.

So you don't want to eat in the UC tonight

You ran down three flights of stairs, stood in a meal line for 25 minutes, and took cuts only once. Then you noticed the sign above the door of the UC commons proclaimed Bob Torrens was serving up liver —again.

You just got a B-plus on a math test you were sure you were going to flunk after your textbook was stolen from the games room. It's a night to celebrate, although not very expensively—it's really just a good excuse to splurge on a meal off-campus. Unfortunately, you don't have a car.

You finally got up the nerve to ask that dark-haired guy in your physics class to the upcoming Tolo dance. Then he asks you where you're taking him for dinner—and you don't even know the name of single restaurant in town except the Wagon Wheel.

Just where are the eating establishments off-campus? Unless you live in Tacoma or are an upperclassman, you

may not know where you want to go, or how to find a restaurant that suits the evening and your budget.

Although lovingly referred to by residents as "the armpit of the county," Tacoma does have a variety of restaurants to choose from both far and near to campus, formal or casual atmosphere.

Students just looking for a place to grab a cup of coffee—especially after midnight—usually flock to the nearby Wagon Wheel (within walking distance), Denny's, or the Dakota Coffee House, all located on Pacific Avenue. The Dakota is the only establishment to accept checks, and is also the furthest from the campus at about 35 blocks to the north.

If you're a junk food fanatic, Pacific Avenue is littered with hamburger joints, fried chicken franchises and pizza pits, although you may have to drive a few miles north or south to find them.

If you are looking for a nice meal on a fairly low budget, there are a number of small, single-owner establishments that specialize in a variety of menus. Just one block from Harstad is Edna's (formerly Turco's) Pizza and the Tea Leaf restaurant, which specializes in Oriental food.

Angelo's, located at 14114 Pacific Avenue, is a favorite spot for many PLU students looking for good Italian food for less than \$5 per person.

Definitely classified as a PLU hangout is The Ram, a pub in the Lakewood Villa Plaza. If you enjoy good steak or hamburgers at a low price—and don't mind cooking it yourself—The Ram can be a nice place to escape PLU, and PLU's Cheese Dreams.

Both the Ram and the Raintree, another popular PLU hamburger and steak house, are closed to minors after a certain hour in the evening, so be sure to give yourself plenty of time to get there and eat if you have yet to gain your majority.

If what you are looking for is a really nice dinner in a really nice atmosphere, Roland's Restaurant, the Quarterdeck, and the Tacoma Salmon House all offer

quality food and cocktails for about \$8 to \$9 a dinner.

The Salmon House, located at 2611 Pacific Avenue, features seafood and steak dinners in a nautical atmosphere. Steak, seafood, and a salad bar—rumored to be one of the best in town—are featured at Rolands San Francisco-styled restaurant in the South Tacoma Village at 88th and South Tacoma Way. Closest to campus and the only establishment of the three offering both live entertainment and dancing is the Quarterdeck at 123rd and Pacific. The

17th-century nautical-styled restaurant also features seafood and steaks. All three establishments recommend you make reservations ahead of time.

Other restaurants that feature a casual to semi-formal atmosphere are the Butcher, Baker and Candlestick-maker at South Tacoma Way and Highway 512; The Old Spaghetti Factory at 1735 Jefferson; and The Old City Jail restaurant at 625 Commerce.

Food Service: now a choice

By Geri Hoekzema

Eating on campus is not what it used to be.

An alum from '62 remembers, "We had no salads, and even on rare occasions that we did, I didn't eat any because I didn't like them. Everyone gained at least ten pounds the first semester.

Now, if a student gains ten pounds, he or she can't blame Food Service; not with several diets to choose from.

Mary Hegvedt, Director of the Columbia Center Commons, said she is not sure about how the vegetarian diet will be run this year. So far, no students have signed up for it. Last year, 74 students were enrolled in the vegetarian diet during the fall semester, and 38 were enrolled during spring semester.

"We need to cut back on the meat we eat, but I'm not at all sold on an all-vegetarian diet," she said.

To apply for the low-calorie diet, Hegvedt requires that the student be at least ten pounds overweight. The diet, which is not vegetarian, includes 1,000 calories a day, and requires dieters to weigh every week.



FOOD

'Bob: Where has all the good food gone?'

At PLU, students are known for outspokenness and activism.

In the 60's and early 70's, this attitude often took the form of violent protest marches and anti-war rallies. More recently, however, this protest has been directed toward food service.

Armed with the slogan, 'You are what you eat', these campus activists as individuals and small groups show their protest by writing their frustrations on napkins, cereal boxes, and other scrap paper and turning them over to the dishwasher with their trays.

A popular theory among behavioral scientists is that these students subconsciously associate the Food Service 'establishment' with the letters, gleefully imagining them being chewed up by the merciless dishwashing equipment.

many letters, however, are rescued from this fate by conscientious dishroom workers, and are passed on to higher authority for inspection.

Robert (Uncle Bob) Torrens, director

of Food Service, personally reads and replies to each of the messages. The letters, together with replies, can be found on the Food Service bulletin board in the UC.

the following are just a few examples:

Dear Bob,

You're a good man; however, being a late-comer to dinner this evening, my cake was frozen solid and my meatloaf was dry and dead as if it was found in King Tut's tomb.

Yuk! Bob, food like that, in that condition, should not be served. Save it for the necrophiles*. Otherwise, your food service is excellent.

*You know what that is, Bob?

We ran out of cake that night and the peice you got was taken from the freezer. Usually cake thaws pretty fast. If it happens again, just let it sit for awhile.

***No, but I'm dying to find out.**

Dear Mr. Torrens,

This may seem petty, but I really miss the sugar packages with the different

paintings. It was sort of neat to be able to identify them. If there were more, it would be neat to have them back again.

If it is economically feasible, this recontinued cultural enrichment would be much appreciated.

When the price is right we will get some. I want you to have fun and be enriched while you eat.

Dear Bob,

One again we cannot find words to explain this UC feast. It went under great. We compliment your choice of cream puffs. However, we must criticize the 'gestapo' on their cream puff surveillance. We recommend the use of guard dogs for further protection of said cream puffs. Closed circuit TV monitors are also quite effective. We doubt, however, that these or other defensive measures can be effective in stemming our onslaught.

By the way, we managed to score five extra hits tonight.

Dear Uncle Bob,

Did you use two kinds of hot dogs today? Out of five, three were absolutely superb, like better than Mom makes!

Yes! Mixed breed and German Shepherd.

Dear Bob,

Let's face it, lots of people are just not early risers, for some it takes an act of Congress. Isn't there some way that maybe one lane could stay open for serving full breakfast for the late risers? Your steak tonight gets a nine. . . on a scale of one to 100.

Let me explain. There were several aspects of it that led us to a definite conclusion. Our clues were:

1. Visual evidence
2. Textural evidence
3. and Non-palatibility.

We, therefore, drew a conclusion—the meat was raw.

Enclosed is a specimen. If you do not find it, it is probably because it ran away.

Decorating a dorm room —on a student budget



By Kathy Hosfeld

SHELTER

"For heavens sake, Mom, don't cry! It won't look so bad when I get it fixed up." Your dorm room or apartment. It sure looked bare that first time you walked in. But it wasn't as bad for you as it was for your mom. Those rooms contained independence for you. For her they meant one less plate at the dinner table and one less morning hug as you headed off for school.

Mom helped you unload your things from the car and tearfully made your bed one last time, while you stared at the walls envisioning the things you could do to make the place homey if you had about \$200 and a lot of time.

But you don't have \$200 or a lot of time. You just forked over \$1,800 plus and you've got assignments due next week. On the other hand, you just can't continue working in what looks like a solitary confinement cell. Those walls are crying for color and that linoleum floor is sure cold in the morning.

Never fear! The Mast has come up with some suggestions for your decorating needs that your schedule and check book can afford.

Rule One

Keep it simple. Keep possessions at a minimum and combine functionality and beauty whenever possible. Your mugs and hot pot can 3-dimensionally transform a wall with color. Pick a super graphic calendar and save money on posters. Everything should lead a double life and seldom-used items should be left at home.

Rule Two

New is not necessarily better. Think back to your parent's garage or attic. Isn't there a terrific over-stuffed chair collecting dust at home that you could recover and curl up in on those dateless Saturday nights? Or what about your dad's old army footlocker? A few coats of bright, high-gloss paint and metal restorer on the hardware and you've got cheap storage.

Rule Three

Don't do anything that you can't take with you. You'll be changing rooms or apartments in nine months or

- ★ Keep it simple
- ★ New may not be best
- ★ 'You can't take it with you'

sooner. Don't base your decorating scheme on a wall of your dorm room. Don't invest any more money than you need to.

I have designated three categories of decorating styles for this brief course in "Creating Your Dorm Room/Apartment—Genesis Style" (out of nothing or chaos). They are basics, brights and naturals.

Basics

Basics are light blues, mellow yellows, baby pinks and spring greens. Basics are quilts and teddy bears and

cocoa bubbling merrily away in your hot pot. Basics are boring. I don't have pastels and anesthetic decorating tastes. If you are into basics you probably brought your quilt and rocking chair from home, your hope chest and a box full of your mom's best cookies. You'll buy a nice throw rug at Penney's in the pastel of your choice, decorate your walls with Argus posters and slip into the oblivion of average living.

Decorating for you will be cheap because you probably brought your home bedroom with you. So just curl up with some cocoa and relax.

Brights

If you want a fresh, living-color lifestyle, this category is for you and there are many cheap decorating possibilities for you. Start with white walls and keep adding bold reds, greens, blues, yellows and oranges. Most department stores sell bright throw rugs for between \$6 and \$10. Pick reds, blues or greens for these because lighter colors tend to pick up dirt and collect spots.

Your white walls should be splashed with color in the form of fabric pictures or quilted wall hangings. Fabric for pictures can be found in import stores along with framing paraphernalia. These are usually inexpensive and really add to the decor.

Director's chairs with bright red, green, blue, or yellow seats usually cost about \$25 and are a good decorating investment. Colorful metal shelving is available in department stores for about \$15 for a four-shelf unit. Organizing the study area is a cinch with plastic vegetable bins and clear plastic boxes—both available at import stores.

In this scheme try to keep plants at a minimum. You are looking for a clean crisp look and ferns and lots of hanging greenery detract. Cactus, jades and small plants are most suitable.

Also, make your sheets and towels work for you by picking bold colors and hanging them where they will add contrast and texture.

Naturals

Ahh, the bored sophisticate or the laid-back, got-it-all-together college man loves the class of "earth tones." If you are looking for the expensive and tasteful room you can expect to pay a little more but it can be accomplished fairly inexpensively. Walls should be creams, beiges or soft browns. One wall covered with natural-colored burlap adds texture or another idea is a 2-foot-wide matchstick blind hung on the wall above a couch or bed.

You are not limited to neutral throw rugs or wall-to-wall carpeting. For a change, try a sisal mat—another import store specialty.

Storage space is a snap with weathered barn-board and brick bookcases or fruitwood boxes stacked with books and favorite funky items. A nice touch if you can afford it is a wood folding chair available at most well-known department stores for about \$30. Cheap baskets are great for organizing the study area.

Plants are the crowning touch in this decor but remember to keep them at a minimum. The green-house effect only works for some.

Good Luck! For further tips, a private decorating consultation is available with me for a nominal fee (It's only \$4 every five minutes...) Be ready for the Mast's third annual "My Room and Welcome To It" decorating contest, coming soon to great apartments and dorm rooms everywhere.

What can you expect? Going the judicial rounds

by Kathleen M. Hosfeld

It's a teeny bit past one a.m. between Monday and Tuesday. You and your latest flame are bidding your fond farewells. There is a soft knock at the door. Unthinkingly you say, "Come in...." Your R.A. pokes her head in the

door and stops short when she sees you-know-who.

If you are discreet the chances of this happening to you are rather remote, but if it does, what can you expect

Your cases will go before your dorm standards board for review and sanction. You will receive an official warn-

ing (one of the four official hand-slaps of the judicial system) and be sent back on your merry way.

It started out as just a little piece of ice thrown at one of your dorm mates. But it ended in a mashed potato-slinging, liver-throwing free-for-all in Uncle Bob Torrens' hallowed halls. As the instigator what can you expect?

If they catch you, your case will go to faculty-student standards committee. You will receive sanction according to their deliberation of the seriousness of your crime. Chances are you will be expected to pay for any damages or make restitution by other means for your violation. Not to mention suffering with Uncle Bob's long-standing wrath.

It was a hard week at the books and you are ready for a little R & R and I don't mean rest and relaxation. You stealthily sneak your bottle of joy out of its drawer, pour a draught and turn around to find the door has blown open and your R.A. happened to be walking by. What happens next?

Your case will go before the Residence Hall Council judicial board (affectionately known as J-board). Your case will be reviewed and you will receive one of the four be-nice-and-don't-do-it-again sanctions.

Welcome to the judicial systems on campus. The jurisdictions and composition of these three boards are printed in your student directory which should be out this fall.

Hovel, sweet hovel

Good news for those of you living in the back of your station wagon or wearing out your welcome at a friend's house. There is no housing shrotage around the PLU area, according to a Tacoma News Tribune article published August 28.

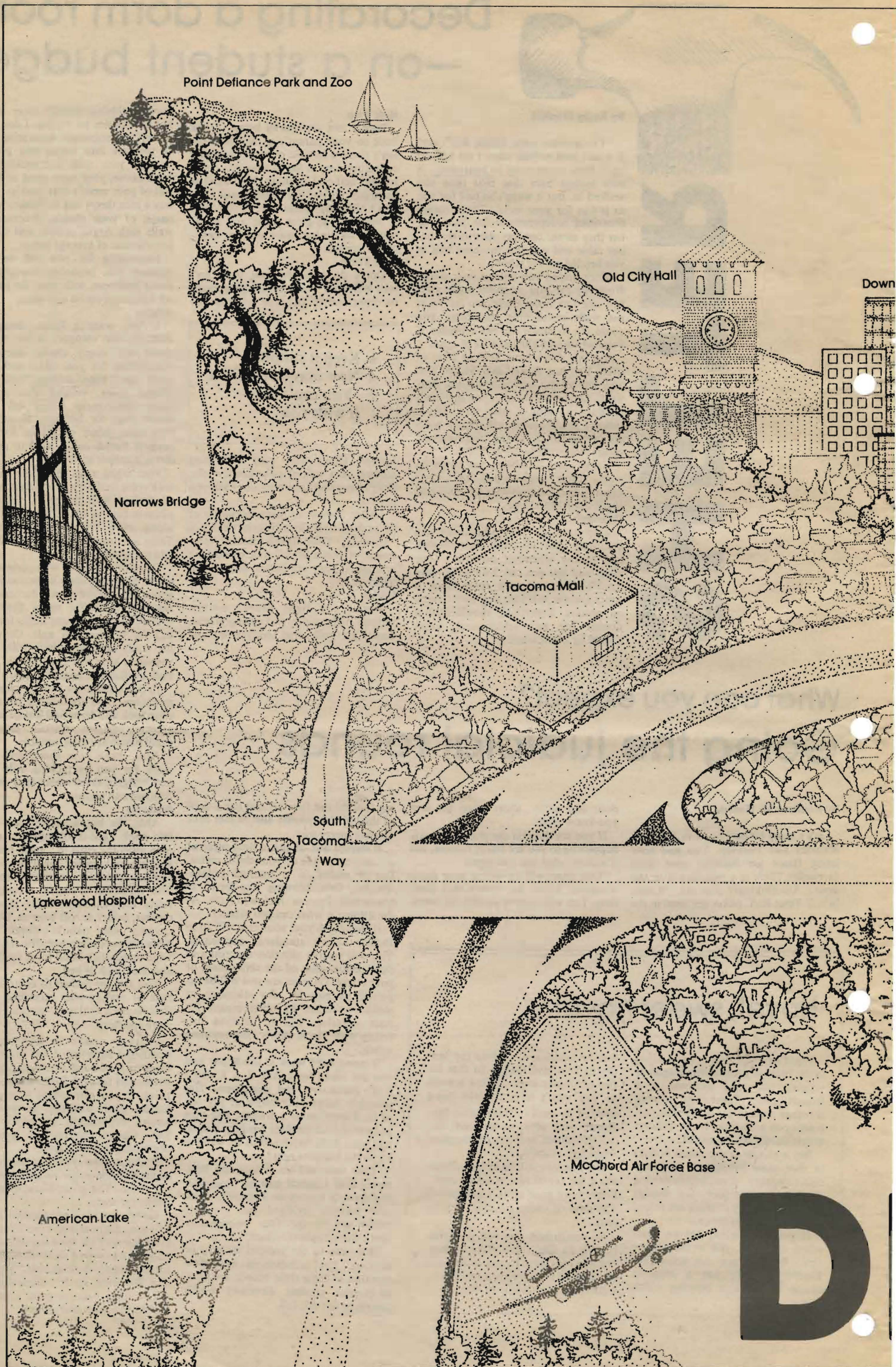
But a glance at the rental listings in that same newspaper reveals a different story. Even within driving distance from school, few listings appear and many of these are priced out of the student range.

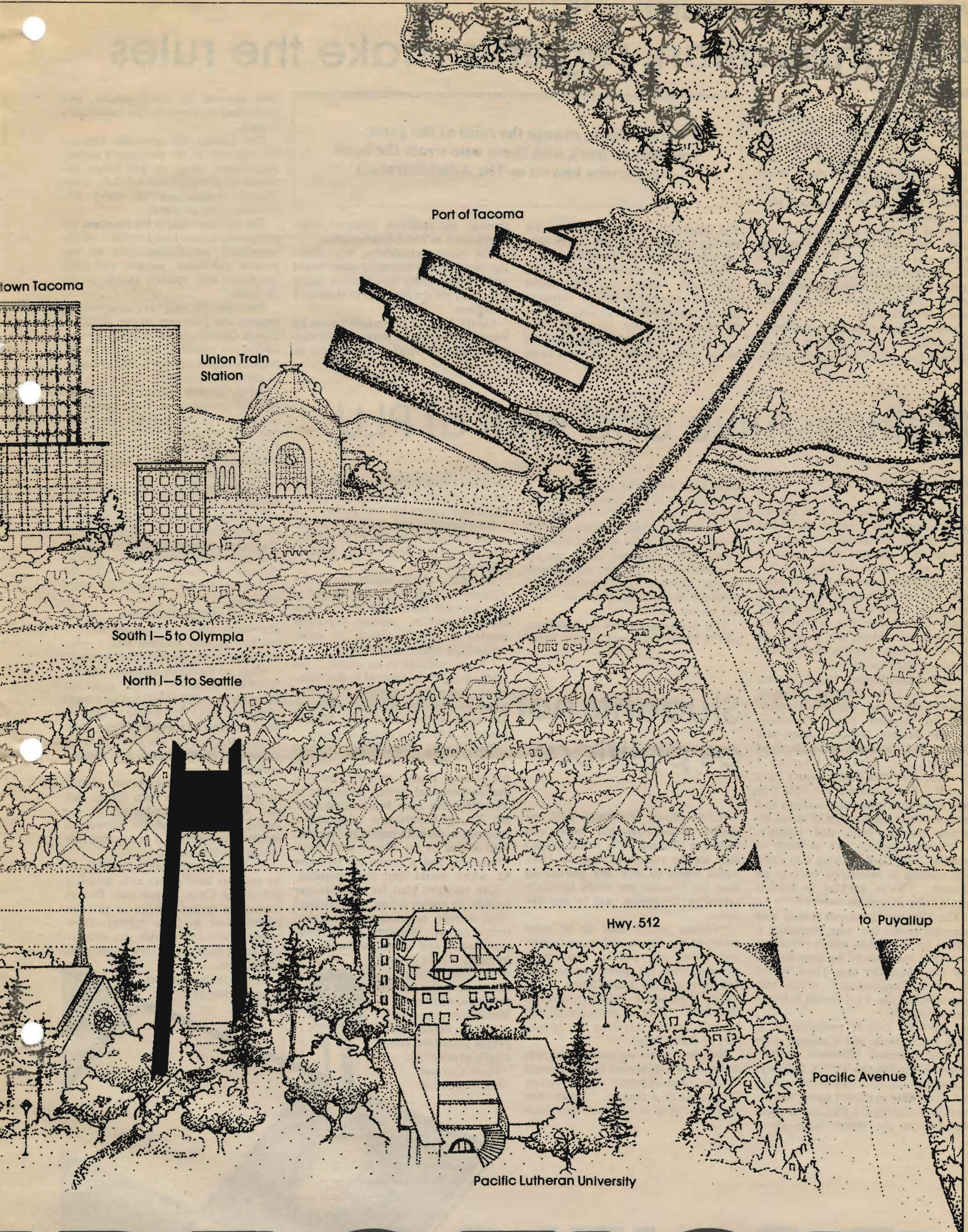
If you are looking for an apartment or house, you already know this. But you may not know that Residential Life has a separate listing of available housing which

can be consulted. Also, the landlords who give listings to that office obviously want student tenants so you won't have to face being rejected as unfit. These same landlords will also understand the typical student problem of adequate references.

But you may still be in for a shock when the rental rate is mentioned. Prices have gone up in most units. The days of cheap housing may be past.

So remember, you will probably be able to find some place to live, but you may have to pay more than you like. And anyway, a tent in the wilderness area might be fine.





DIRECTION

Who's who in the game of PLU Administration, regents make the rules

By Jody Roberts

Pay \$4,000 and start at Admissions. Lose two turns waiting in line at the Business Office, then take an extra turn for filling all your forms out right. Advance to Residential Life for a dorm assignment, then pay a penalty for allowing your brother in the dorm after visitation hours.

Life at PLU isn't a game, but it certainly may feel like one sometimes. Before you collect \$200 for passing Go (or collect a diploma for passing four years), you have to learn the rules of the game, otherwise known as university rules and regulations.

Some of these rules are contained in the student handbook, others will be outlined for you by resident assistants.

**In order to change the rules of the game
you have to work with those who wrote the book
—otherwise known as The Administration**

Still others—such as the \$50 fine for picking flowers on campus—may filter down to you by word of mouth.

Some of the regulations you may agree with, others you may prefer changed, whether it is the visitation policy, the alcohol policy, or the flower-picking policy.

In order to work at changing the rules of the game, however, you have to go

through the rulebook makers—otherwise known as The Administration.

The major rulemakers, who direct the course of the university game board and are responsible for all major policy decisions, are the members of the board of regents.

On the basis of recommendations by President William O. Rieke, the 30 elected regents are authorized to hire or

fire, approve or reject policies, and make final decisions on the university's budget.

The regents will generally approve the majority of the president's recommendations; thus, to get board approval for a change, it is helpful—if not almost mandatory—to have the backing of the president.

The president makes his decisions for recommendations based on his own observations, recommendations by the student and faculty senates, and from interviews with specific groups or individuals.

Involved in this decision-making process are assistants to the president Lucille Giroux and Milton Nesvig, who advise the president and assist in his responsibilities. Giroux is also in charge of university relations.

Administrative officials who also advise the president in their respective areas are Provost Richard Jungkuntz and vice presidents Perry Hendricks, finance and operations; Luther Bekemeier, development; and Donald Jerke, student life.

Jerke also heads and coordinates residential life, directed by Rick Allen; counseling and health services, directed by Gary Minetti; Career Planning and Placement, headed by Richard French and Anita McEntyre; minority affairs, directed by Amadeo Tiam; and the University Center, directed by Marv Swenson.

If none of these people can assist you in your crusade for change, the ASPLU can also provide students with a voice and liaison to the all-powerful regents.

Made up by senate members and officers and headed by student president Steve Rieke, ASPLU handles an annual budget of \$111,000 which is used to fund a variety of student services, from Cave operations and van pick-ups at the airport to special events and campus movies.

The student representatives, elected by the student body each spring, can also make recommendations to the board of regents and are allowed to represent students in a non-voting role during board meetings.

So if you want to start a campaign to let students have guests after hours, a pub in the Cave, or just pick flowers during the spring, it helps to gain the support—or at least advice—from someone who can provide you with access to the people who draw up the rules of the game.

Of course, by that time the game may be over.

Politics: Alive and well at PLU

By Geri Hoekzema

PLU, generally known as a conservative campus, nevertheless has some active groups on campus devoted to making PLU students more aware of social and political issues.

These groups, according to some members, are not as popular as the more prestigious clubs such as Mayfest or Spurs. But despite low budgets and misconceptions about the groups, the members remained active last year and are laying plans for this year.

The Feminist Student Union is, with 12-plus members, "One of the most active groups on campus," according to member Kevin Gussiaas. Another member, Darlene Conley, said "Most PLU students misunderstand feminism. They think, 'If I become a feminist, does that mean I can't have babies?'" The purpose of the FSU is to help erase such misunderstandings and make students more aware of issues affecting women, men, and equality.

"Sexism concerns men as much as women," said Conley, citing men going into nursing or secretarial work as an example. "We're working to expand men's roles as well as women's."

The FSU has sponsored several well attended events last year, including a debate on the ERA, which presented both pros and cons of the amendment, and the "Minority and Third World Women's Conference," which was sponsored by the PLU Social Sciences division as well.

Events sponsored by FSU include participation in Rape Relief Week, and a support drive for the Battered Women's Shelter, located in the Tacoma YWCA Building. The shelter currently houses 30 women and 50 children in a small space, and according to Conley, "a PLU dorm room compared to the shelter looks like a

hotel suite compared to the shelter," Gussiaas said that men are welcome to join; "It's not for women alone."

The Young Socialist Alliance, which is concerned with social and human rights issues, was recognized as a campus organization last October, according to Conley. Events last year included speakers from revolution-torn Iran, and an anti-nuclear forum.

The community plays an important part in YSA events, said Conley. Many

times the events attract more community people than PLU students, and coverage in local papers has been good.

Both the FSU and the YSA have received support from the PLU faculty, especially in the social science division, Conley said.

BANTU, which stands for Black Alliance Through Unity, was formed to give not only black students but other racial minorities, support especially needed at PLU, which is overwhelmingly white, said Conley.

"We're political to an extent," she said, having been involved in discrimination complaints against PLU and trying to keep the minority affairs office open a few years ago. Mostly, however, BANTU is a support group.

The Young Republicans purpose is "to foster interest and concerns for political events; on state, national and international levels," according to Vice President John Beach. Last year, the Young Republicans sponsored a field trip to the state capital in Olympia, with a visit to the Senate and House Chambers, and a forum on Initiative 62, which would limit state spending.

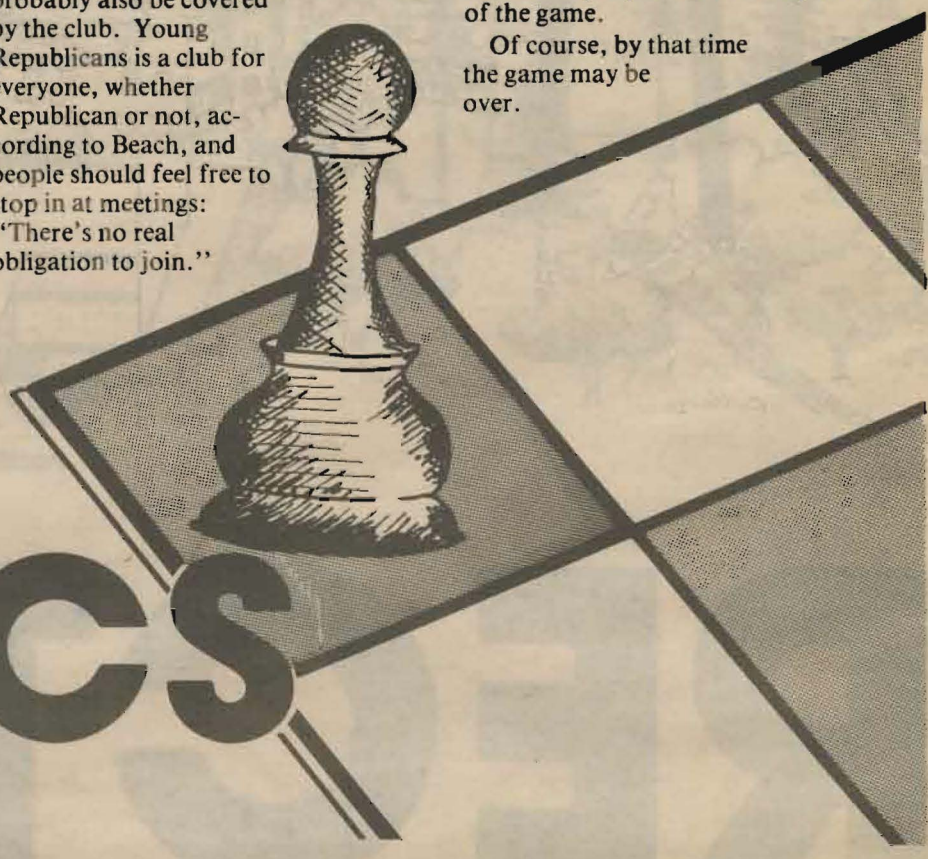
One tentative plan for this semester includes an energy debate, with speakers from nuclear, environmental and electrical power interests. The 1980 presidential and senatorial issues will probably also be covered by the club. Young Republicans is a club for everyone, whether Republican or not, according to Beach, and people should feel free to stop in at meetings: "There's no real obligation to join."

Students not as political

(CPS)—Since less than half the eligible 18-to-21-year-old voters cast ballots in 1972 and 1976, politicians say they see no reason to imagine 1980, which seems to lack any galvanizing issue like Vietnam that might especially appeal to the young, will be any different.

"College people tend to be more aware of the issues, and more concerned about the politics, but more alienated from the system because they feel they are not being heard," said Young Democrats executive director Bab Bahl. "They've participated, and haven't gotten anything in return. They're disillusioned."

Bahl recalls that ten years ago, it was common to find several hundred active Young Republicans and Young Democrats on a campus. "Today," he mourns, "they're lucky if they have 25."



POLITICS

Where to turn in an emergency

By Kelly Allen

For some freshmen, beginning college is enough to worry about without having to handle a real emergency. Here are some helpful hints and worthwhile information regarding the security system that may help you in times of need:

The Security Office, located on lower campus, is open each weekday 8 a.m. to 4 p.m. and provides round-the-clock protection and assistance for students along with the ASPLU Escort Service which has made its new headquarters in the Security Office starting this fall.

According to Rick Shaver, Chief of Security, the escort service will be on duty each evening from 9 p.m. until approximately 2 a.m. and will operate a little differently from last year.

"Instead of moving from station to station, the escorts will be roaming on the campus and respond whenever a student requests an escort," said Shaver. "We wasted a lot of man hours patrolling places that weren't occupied."

Shaver said that the escorts will be briefed on self-defense and campus security procedures before beginning their duties. Escorts will wear marked green jackets and have constant radio contact with Security. Applicants for escorts will be interviewed and screened before being hired.

Shaver also reported on the emergency procedures for on-campus emergencies.

In the case of an accident, you should go to the nearest phone and dial Security's emergency number, ext. 222. Identify yourself and the extension number of which you are calling. Indicate the nature of the emergency and wait on the line to answer any questions in case an emergency vehicle must be dispatched. Keep the telephone line open for incoming calls. In all emergencies, your Hall Director should be

notified immediately.

If you see someone or something suspicious anywhere on campus, go to the nearest phone and dial ext. 222. Escorts will be trained to respond immediately to the sound of a whistle so it would be wise to carry one if you plan to walk alone at night.

According to Shaver, the best protection at night is to avoid vulnerable places which are not well lit and out of the mainstream of traffic such as the paths behind the science building and Hinderlie (Rainier). Go in pairs after

dark and be sure to tell your roommate where you are going and when you will be back.

If you find that something has been stolen, report it to your Hall Director or to Security immediately.

Security also handles all parking permits and violations. For non-emergency matters, their numbers are ext. 476 and 477. Ext. 222 should be used in emergency situations only.

These protective measures may prevent you from facing an emergency unprepared.

'A little foresight...'

Don't get ripped off

By Kelly Allen

Rick Shaver, head of security at PLU, has words of advice to dorm residents about how to prevent theft of their possessions from their rooms.

Lock your room whenever you are not in it, including when you are just going down the hall to the bathroom.

Don't keep large sums of money or other tempting and easy-to-steal objects in your room, and especially not out in the open. Mark things like bikes, typewriters, and stereos with your social security number—and be sure to use a stencil pen or something that cannot be easily removed.

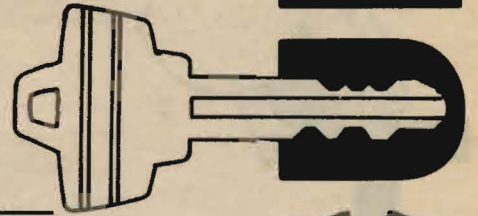
In the event you do have something taken, report the theft immediately to Security and to your Hall Director. Shaver said that Security tries to prevent "bad publicity" by handling cases internally.

Some cases, however, do make it to the Tacoma Police Department. Even so, Officer Carlson of Tacoma PD said that the police don't keep statistics on what thefts occur at PLU, since thefts are reported in the name of the victim only. Thefts filed with the city police are reported to the patrol officer on duty for Security.

Shaver also suggests that you do not rely on the person working desk to be a watchdog for the dorm, since, according to him, "90 percent of the desk duty is inefficient anyway."

Thefts in the dorms increase during breaks. Problems occur particularly when students leave their windows and curtains open.

Officer Larry Craig of the Pierce County Sheriff's office summed it up by saying, "A little forethought on the part of the victim would help a great deal in prevention."



SECURITY

MORE UPDATE

the foremost living interpreter of the keyboard masterpieces of the Viennese classical school, particularly those of Mozart.

The Bayanihan Philippine Dance Company was the highlight of the 1970-71 PLU Artist Series season. Featuring 28 dancers and 13 musicians, the company will perform in Olson Auditorium Jan. 17.

Opera Piccola will perform on PLU's Eastvold Auditorium stage Feb. 8. The program will include Rossini's "The Marriage Contract" and Walton's "The Bear," a farce in an English setting and a satire with a Russian setting.

The Preservation Hall Jazz Band, appearing in Olson Auditorium April 15, has also performed previously at PLU. These musicians have been playing New Orleans jazz for 50 years.

PLU Artist Series season tickets are available at the PLU University Center for \$15. For further information, call ext. 403.

Coed dorms

(CPS)—"Sexual pressure" is more common in sexually-segregated dorms than in co-ed

dorms, according to a survey published in *McCall's* magazine. The survey showed that four out of five of the students living in co-ed dorms found it easier to form non-sexual relationships with the opposite sex.

More than half the students responding to the survey said they have little or no sex life at all. Almost 85 percent of the men living in co-ed dorms said they make it a point not to date women living in their own dorms.

Order defied

At least four collegiate student newspapers have defied a government order not to publish a letter which calls for a Congressional investigation into governmental abuse of its classification powers. The letter itself was classified as "secret/restricted" by the Department of Energy.

The U. of California-Berkeley Daily California newspaper was the first to publish the so-called "Argonne Letter" on June 13, two days after the DOE warned editors they would be in violation of Chapter 18 of the Atomic Energy Act by doing so. The penalty for such a violation can run as high as

10 years in jail and a \$10,000 fine.

Other newspapers to follow suit include the U. of Illinois Daily Illini on June 26, the Illinois State U. at Normal Vidette on June 28 and the UJ. of Wisconsin Daily Cardinal on July 2.

The U. of Colorado Daily and the U. of Michigan Daily editors say they plan to run the letter also.

The controversial letter was written to Ohio Sen. John Glenn by four atomic scientists at the Argonne National Laboratory in Illinois. In it they claim the government has breached its own security by releasing classified information in the course of legal proceedings to prevent publication of an article on the H-bomb in the *Progressive* magazine.

Teacher test

Students completing teacher preparation programs and advanced degree candidates in specific fields may take the National Teacher Examinations on any of three different test dates in 1979-80. Educational Testing Service, announced that the tests will be given Nov. 10, 1979, Feb. 16, 1980, and July 19, 1980, at test centers throughout the United

States.

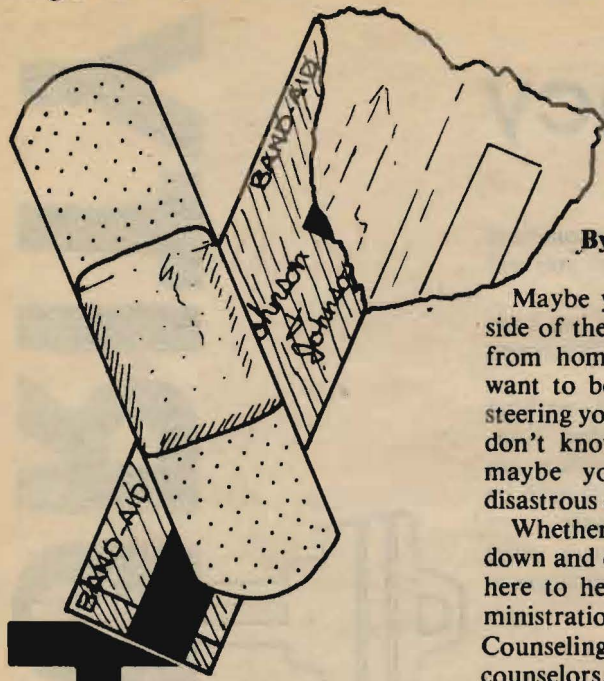
Results of the National Teacher Examinations are considered by many large school districts as one of several factors in the selection of new teachers and used by several states for the credentialing of teachers or licensing of advanced candidates.

Prospective registrants should contact the school systems in which they seek employment, their colleges, or appropriate educational association for advice about which examinations to take and when to take them.

The Bulletin of Information contains a list of test centers and general information about the examinations, as well as a registration form. Copies may be obtained from college placement officers, school personnel departments, or directly from National Teacher Examinations.

Election here

Voters will have six candidates to choose from in freshman senator elections on Sept. 18. Running for senator are Dave Batker, Debbie Biblarz, Jim Troyer, Clark Barclay, Brendan Mangan and Marc Faillettaz.



Homesick, depressed or confused? The counseling center can help

By Geri Hoekzema

Maybe you've come from the other side of the country, you're 3,000 miles from home and you're not sure you want to be here. Or your parents are steering you towards law school but you don't know if that's your choice. Or maybe you're on the brink of a disastrous end of a relationship.

Whether homesick, confused, or just down and out, the Counseling Center is here to help you. Located in the Administration Building (room 109) the Counseling Center is staffed with three counselors, including the director, a psychiatrist and several graduate students working as counselors.

Before walking into the Counseling Center with a paper bag over your head, Consider this: You are not alone in seeking help. Over 1,200 students visited the Counseling Center last year, according to counselor Alene Coglizer; that's between one-fourth and one-third of the PLU student body.

Coglizer said that many students may feel shy about going in for counseling because of social stigmas, but visiting the Counseling Center does not mean something is "wrong" with you. And all cases are handled in strict confidence between the counselor and the student; no information will be released to a third party unless the student gives written consent.

There are several different aspects of counseling:

Personal counseling focuses on the problem presented by the student's private life and often deals with family and social relationships.

Vocational counseling helps the student decide on career interests, abilities and goals.

Educational counseling helps the student get the most out of his or her education by developing study skills and planning towards a career.

Assertiveness training teaches shy students how to be direct and honest with others about their feelings, with respect for others.

Group counseling is a process through which people learn from each other.

Developmental growth groups are group sessions which help both men

and women in the process of growing up.

Behavior self-modification teaches the student better self-control and how to feel more relaxed in stressful situations.

The counseling staff includes Director Dr. Gary Minetti, Counselors Alene Coglizer and Seiichi Adachi, psychiatrist Andrea Van Doren, and secretary Peggy Saregaren.

It is usually necessary to call for an appointment, at ext. 201.

HEALTH

Warding off the virus epidemic this year...

By Anne Halley

Every year it seems that a vast portion of the PLU community is stricken with a bug. What this mysterious bug is varies, but it is usually related to the flu. During the year 1978-79, up to 50 percent of PLU's population was sick with the Russian Flu.

Although the bug is not this much of an epidemic most of the time, it is important to take some precautions.

1. Some of the things your mother told you were right. Eat proper food and get enough sleep. This will make you less

susceptible.

2. Flu immunizations are available at the Health Center. If you did not get one last year and are under 26 years of age, you need to get two shots, one month apart. Otherwise, only one is necessary.

3. If someone you know has the flu, restrict your visits. According to Health Center records, flu spreads systematically by wing, floor and dorm.

Veterans from previous epidemics will tell you that contracting flu during the semester is like eating UC food. It's a big joke until it gets you...

Health Center services

A shot in the arm—and a little bit more

By Anne Halley

PLU's Health Center, located on the corner of Park and 121st Street, provides most outpatient services provided by other, less accessible outpatient facilities. All PLU students and staff members may take advantage of its services. The following questions and answers may help to describe the care and service available.

What does outpatient care involve?

Outpatient care, as administered at the Health Center, involves all physicals for varsity athletics, private physicals, diagnosis and treatment of minor medical problems and injuries. Health Center personnel can administer allergy programs, casts, papsmears, immunizations and lab tests. They also will counsel in regard to general health questions, weight control, stress, anxiety, and sex education.

How much will this cost?

Most of the time, a student receiving care from the Health Center will not pay anything. Some services, however, do involve a fee. This fee is based on cost of supplies only.

Lab tests run between \$3 and \$5. A Complete Blood Count is \$3.25, a throat culture is between \$3 and \$3.25, pelvic exam and papsmear is \$5.

Mono exams involve an initial fee of \$2 and an extra \$9.10 for Complete Blood Count and Liver Enzyme Check.

If the tests are positive, then the C.B.C. and liver check are necessary every two weeks until everything is back to normal.

A simple short arm cast costs about \$8 and a short leg walker costs about \$12. This does not include X-rays, which must be done at another facility.

A complete private physical costs \$14 plus any lab work, i.e. blood tests.

Pregnancy tests are \$3 for a urine test which is accurate from 1 to 2 weeks after a missed period, and \$10 for a blood test which is accurate from 3 to 5 days after a missed period.

There is a chart listing all fees in the lobby of the Health Center.

How can the costs be covered?

Student insurance is available at about \$70 a year. This covers the academic year from fall registration to fall registration. Most any health care is covered by this insurance, even if it is not PLU-related. If a student does not have insurance, payment in person is preferred. Tests which are not paid for at the time of administration will be referred to the Business Office and put on your bill.

What is included in the full physical?

It includes a vision check, head to toe exam, urinalysis, and check on iron level. As stated before, lab work is extra.

What provisions are made for birth control?

A woman interested in receiving Birth control will be counseled and advised as to the methods available and what effects they may have on her. A full physical is also necessary. Each following year, a renewal exam must be taken at the cost of \$8.

Eluding the ever-present Lutebutt with a few practical precautions

Secretary Spread, Lutebutt or the Freshman Ten (pounds, that is). College students across America are plagued with weight problems. But this tradition need not apply to you.

Stress is a contributing factor to overeating. Loneliness, study pressures and unstable interpersonal relationships build up until students begin eating for comfort. A full stomach seems to make things a little easier to take.

Another reason for overeating is that students are now on a meal schedule and think "I'd better eat now or I'll be starving by dinner." Or "My folks are paying a lot for my meals, I'd better get my money's worth."

Students also gain weight at college

because they tend to eat the starchy foods that the campus food service offers. "I can't stand liver. I think I'll have a peanut butter sandwich."

You don't have to fall into these traps. Crash and fad diets are not the answer to your problem. The answer is discipline. Set your mind and will against the temptation to be undisciplined and get your eating habits back on the track.

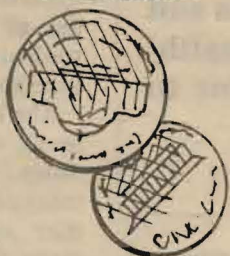
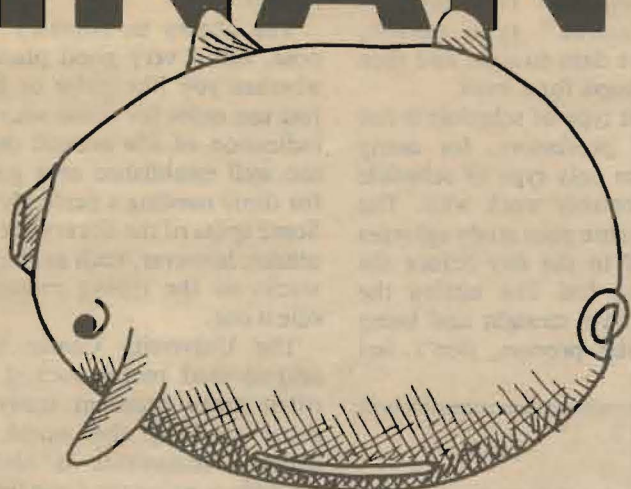
Not only should your eating habits and concepts change but also your personal mental attitude. Develop a positive mental attitude that will carry you through the rough spots when everyone is going to Baskin-Robbins or Pietros.

If you were already overweight when you came to college you have a more difficult time ahead to lose weight. But it can be done. Consult a doctor for a detailed plan of diet and exercise.

Exercise is essential to student life. Now that you have a desk-job you will be sitting much more. When this is your primary activity weight tends to collect on the backs of your legs. Discipline yourself to a three-to-four time per week aerobic exercise program.

No diet that lasts is easy. It takes a strong will and determination to get on a diet and stay there. But if you want to be slim bad enough, you will find those qualities within yourself.

FINANCES



Dear Mom; Please send money...

By Jody Roberts

Dear Mom; So far school is nice. By the way, you gave me money for textbooks, but forgot to give me money for paper, notebooks, etc. I think \$40 will do. Thanks, Jody.

Dear Jody; I'm glad to hear that you're doing well. \$40 seems like an awful lot just for paper and pencils. I am sending \$10. Spend the change on a gift for yourself. Love, Mom.

Dear Mom; The 10 paid for my two fountain pens, but I still need a notebook and other misc. Please send \$35 ASAP; classes are about to start and I need it now. By the way, everyone here is really nice. My roommate and I painted our room purple—it looks real nice. Love, Jody.

Dear Jody; So nice to hear you and your roommate are fixing up your room, although purple seems a little extreme. If you need our old brown curtains for your windows, let me know. Mom.

Mother—Thanks for your letter. Did I forget to mention classes were about to start (tomorrow) and I don't have any notebooks to take notes with? You were the one who wanted me to keep my grades up. Love, Jody. (P.S., I had to borrow \$10 from my RA and \$5 from my roommate. please send that with the \$40 so I can pay them back. Thanks.)

Dear Jody; I am enclosing a check for each of the two girls; I made it out to them to save trouble cashing it. Also, I am enclosing \$5 for your notebook. It should be enough. Please be sure to eat right. Mom

Dear Mom; It sure is lonely around here. Everybody else on the wing went out to

Farrell's. I already borrowed \$15 from Linda to buy a notebook and a few sheets of paper, and it wouldn't have been right to borrow any more. I used your \$5 for pencils—they are two real nice silver metal ones. Also, my laundry is piling up. Please send \$5 for soap, etc. (Note: this makes about \$55 or \$60 I now need. Thanks.) Jody.

Dear Jody; I have included some quarters for your wash and some laundry soap. Please don't get behind in your laundry; there should be enough soap for about two months. Love, Mom.

Dear Dad; Hi. College is going really well. Mother may have told you I was having some financial problems—you guys didn't give me quite enough for supplies and laundry. Please send \$100. Thanks. Your daughter, Jody.

Dear Jody; Your father was pleased to receive your letter, although he is sorry you are having such a hard time with your finances. We decided to chip in and send you the \$40 you requested. Please use it carefully. How are your classes? Mom.

Mom; You will be happy to hear I solved my money problems. It appears the business office lets students borrow money and charge it to their account. I borrowed a little to tide me over until you send me my allowance. Love ya, Jody.

Jody; I received a statement from the school today saying you borrowed \$150 and charged it to your account. Please don't do this anymore, we have troubles enough paying the tuition. We will take \$25 out of your allowance each month for you so that you won't have to pay the \$150 back in a lump sum. Have fun at school. Mom.

Dear Mom; I had to borrow another \$50 from our account in order to pay for....

Financial aid—to get, or not to get

By Kelly Allen

Financial Aid is always a major factor in determining a student's ability to go to college.

The Financial Aid office at PLU of-

fers many different ways to help you through the school year without causing you to face bankruptcy.

About half of PLU students receive help in the form of gift assistance (i.e. scholarships, talent awards, and

grants), low interest loans, or employment. Most often, a financial award is a combination of these forms of assistance.

The makeup of an award is based on demonstrated financial need, academic achievement, test scores, and other personal talents and interests. Need is determined from analysis of the Financial Aid Form (FAF), a statement of financial condition.

"Financial Need" is defined as the difference between total student expenses for an academic year and the expected student/family contribution, and is a primary factor in determining eligibility for most financial aid.

There are, however, scholarships where financial need is not a determining factor. PLU is a sponsor of the National Merit Scholarships. They provide President Scholarships for freshmen in recognition of high academic achievement in high school. Among others, PLU also offers Alumni Merit Scholarships, two-in-one family grants, and also works with the Air Force ROTC program.

Other forms of aid which are not university-supported, such as Basic Educational Opportunity Grants

(BEOG) and Supplemental Educational Opportunity Grants (SEOG) are also available. These government-sponsored programs were awarded \$1.2 billion for the 1979-80 school year. This grant benefits the SEOG, National Direct Student Loan and College Work Study programs. This aid will benefit approximately 1.8 million students across the country.

Also, a new system to figure a family's contribution ability will be taking effect in the 1980-81 school year. Under this program (BEOG), the grants will range from \$200 to \$1,800 and reach approximately 2.7 million students. Last year, more than 1.7 million students received basic grants which averaged \$867.

To be eligible for any financial aid at PLU, a student must submit all required materials such as the FAF and Financial Aid transcripts to the office of Financial Aid by March 1. The deadline for the FAF to be filed with the College Scholarships Service is Feb. 1.

To find out about current availability of financial aid, see the Financial Aid office. They can help you put together a package of financial aid which is becoming, in some ways, much easier to come by.



We're not threatening, but if you want to reach the PLU market, use the Mooring Mast classifieds.

APPEARING NEXT WEEK

Don't let the study blahs bog you down...

By Jody Roberts

It's only a few weeks into the semester and already Comparative Literature, which once sounded so exciting, is now about as much fun as a bowl of soggy noodles.

Strangely enough, all of your other classes, which looked so enticing on the schedule and seemed so promising those first few days of classes, have similarly lost their appeal.

Have the professors been going downhill in their class lectures? The authors of the textbooks lost their enthusiasm after the first chapter? Or was the subject matter simply not as interesting as you once thought it to be?

It's very probably none of the above. What may have happened is that you have hit the normal "study blahs" that bombard every student, whether freshman or senior, sometime within the course of the semester.

But although it may be soothing to know that you are not alone with this malaise, that knowledge does little to change the fact that you still have three chapters you don't want to read before the exam tomorrow morning.

At that stage of the ailment, there is little you can do except cry on somebody's shoulder, go out and gorge yourself on pizza, and come home at 1 a.m. to absolutely cram for that exam.

But know that those "study blahs" that will very likely hit you sometime during the semester can help you prepare for them now.

Each individual has his own way of studying that works best for him, and a strategic plan for preparing for a "blah" attack will also vary from in-

dividual to individual.

Some students find that taking at least one of their classes on a pass/fail option does wonders for the tension that builds up towards exams. They can still study for that class as thoroughly as before, but the knowledge that any one poor test score will not ruin their GPA does more wonders for morale.

If you are considering changing one of your courses to pass/fail, cut-off deadlines are coming up sooner than you think.

If you feel yourself getting sick and tired of books and classes, play hooky for a day. Those 'mental health' days can be like a mini-vacation, giving you time to catch up before jumping back into the next day.

If you can't or don't want to take a course pass/fail (courses in your major cannot be taken pass/fail), you might want to set up a study schedule to make sure you leave time for studying each day and don't find yourself with two weeks work two days before it's due.

Draw up a daily schedule that includes class time, meal time, at least couple hours of "free time," and approximately two hours of study time for each hour of class. (Now you know why they advised you not to take those 22 hours of classes...)

If you are a person who rebels against structured timetables, however, drawing up a class schedule will

probably not help you. You may be a "feast and famine" type person, studying for five days straight and then not touching a book for a week.

Although that type of schedule is not encouraged by professors, for many students it is the only type of schedule they can comfortably work with. The trick is to make sure your study spurges aren't restricted to the day before the big test; if you feel like hitting the books for two days straight and being anti-social in the process, don't feel

few hours.

The library is, contrary to its purpose, not a very good place to study, whether you like noise or hate it. It's just too quiet for those who need some indication of life around them, and is too well established as a gossip center for those needing a perfectly quiet area. Some spots of the library are better than others, however, such as the downstairs stacks or the typing rooms, so don't rule it out.

The University Center has several seldom-used rooms tucked away that often make excellent study areas for those escaping the world. The off-campus committee is also working towards opening the Cave up during the day as a study lounge for off-campus students, with a decision on the project expected in the next few weeks.

The best way to beat the blahs is not to let the studying blues get you too down. Although those grades on the transcript seem pretty important now, they are not worth driving yourself crazy for. (After all, how much does your high school GPA count for now?)

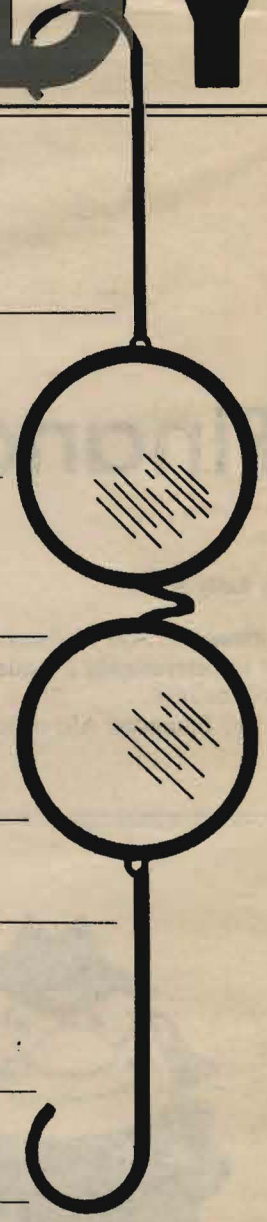
If you feel yourself getting sick and tired of books and classes, play hooky for a day. Those "mental health" days can be like a mini-vacation, giving you time to catch your breath and jump back into the system the following day.

Counseling and Testing is available for students who find themselves in need of serious counseling in times of strain and depression. A reported 1,200 students used the facility last year, so don't feel that you have to be in really bad shape to ask for help—they are there to help you learn to cope, whether its your first year or fifth.

WHERE TO

STUDY

UC COFFEESHOP	The coffeeshop can be a good or a bad place to study, depending on the time of day. Afternoons, between 2 and 5, and evenings after the dinner rush are best. Choose a table towards the back if you like solitude.	☆☆☆☆
PRACTICE ROOMS	The piano practice rooms in the UC are as quiet as a morgue. Unfortunately, they are also cold, and music students who need to practice have priority. The piano practice rooms are great for practicing speeches if you want to practice in private.	☆☆☆
THE CAVE	The CAve has a following of loyal devotees who swear they study better there than anywhere else. Coffee's cheap, you get background music, and the lighting in the booths isn't too bad. Unfortunately, it's noisy on busy nights, and is also bad for dieters.	☆☆☆☆
DENNY'S	Denny's during the wee small hours is usually quiet enough for studying. The tables are large enough and most of the waitresses don't mind students camping there all night (just leave a decent tip). The coffee can be a bargain if you go through four or more cups, and its the only place that's open all night.	☆☆☆☆
LAUNDRY ROOM	The laundry room in your dorm can be a good hideaway, but you'll have to get used to hearing clothes clunking around.	☆☆
UC STAIRWELL	Studying under the stairs in the UC works well if you don't try to study during the lunch or dinner rush when it sounds like a herd of bulls trampling down the stairs. Sometimes, the meeting rooms in the UC can be opened for study—ask the building supervisor.	☆☆☆
LIBRARY	The library works if you can find a hole to crawl into; usually, it's just too noisy, and towards the end of the semester, seats are hard to find.	☆☆
STACKS	The stacks in the library basement are fine, if you like dead silence, solitary confinement, and can study in a chilling 40-degree atmosphere. But if you don't want to crawl back upstairs into the bright light squinting like a mole, the stacks are not for you.	☆☆
OFF-CAMPUS	Some students are lucky enough to live off-campus or have off-campus friends. If you're one of those students, crash your friend's apartment.	☆☆☆☆☆



Before they get to you... Getting through four years of college

By Thuha Vuong
and Jody Roberts

Twice a year, PLU students are engulfed with class schedules enticing them to take everything from jewelry to applied regression analysis; from bowling to comparative anatomy of the vertebrate.

Choosing a balanced class schedule from such an assortment can be a confusing decision. Three options for choosing classes emerge:

Take a dart and toss it at the schedule four times or until you've hit a total of 16 credits:

Take classes that are easy or sound like fun, and worry about those silly requirements in your senior year;

Study the general and core requirements needed for graduation, and choose a balanced class load that includes these requirements as well as requirements for your major and electives that you find interesting.

If you're in no hurry to get out of school, either of the first two options are quick and easy ways to qualify as a fulltime student.

If you are considering getting out with your degree with the rest of your classmates, however, it would be wise to study those requirements needed for graduation before you discover you still have a foreign language requirement to fulfill—two weeks before commencement.

PLU is a "liberal arts" university, meaning you are expected to get a little bit of everything in addition to your major field of study prior to graduation

Students are required to complete 128 credit hours prior to graduation, with an additional 28 credits for each additional major. Thus, a student would have to complete at least 156 hours in order to double-major.

Included in these required courses are general university, distributive core and degree requirements.

General University requirements include four hours of writing, fulfilled by English 101; four hours of physical education, including P.E. 100 (but excluding first aid courses); and two four-credit interim classes at the 300-320 level.

Degree requirements include the completion of a major as detailed by each school or department, consisting of a minimum of 24 to 32 credit hours. Each department has different degree requirements, so check with your advisor or catalog for degree requirements in your field of study.

Included within degree requirements are the completion of 40 semester hours or more above the 320 level, a minimum of eight credit hours in your major field, 28 semester hours taken of 2.50 for business administration majors, 2.25 for education majors, and 2.00 for all other students. All courses completed for a major or minor must receive grades of C or above.

Core curriculum requirements can be met through the distributive core requirements or the Core II integrated study program. The Core II program includes three sequences with a total of 28 credit hours in integrated

sciences such as anthropology (excluding 221), economics, political science, psychology (excluding 110) or sociology.

Also included in core requirements are two four-credit religion classes, or one four-credit course for junior or senior transfer students. Students are limited to taking one of the Religion 261, 361, 362 courses to fulfill core requirements.

Sound like a lot of requirements? You're not through yet if you are enrolled in the College of Arts and Sciences, which includes majors in the humanities, natural sciences and social sciences.

This "college" includes a foreign language requirement, which may be satisfied by one of three options. Check with your advisor or catalog for the 16 credit hours needed to fulfill this requirement.

Students in the schools of business administration, education, fine arts, nursing and physical education also have individual requirements to fulfill. If you are not sure what you must take in order to receive your degree, don't wait until your senior year—you may be in for an unpleasant surprise.

In addition to required courses, other regulations concerning pass/fail options, auditing classes and credit by examination should be kept in mind by students.

Changes were made in the pass/fail option last year, allowing students to take on a pass/fail basis up to two courses which satisfy general university, core, and foreign language requirements.

Students are still restricted to taking a maximum of four courses pass/fail within the 128 credit required for graduation. The change also limits A, B, and C as passing grades; D and E grades will be regarded as failing grades on transcripts.

A pass/fail option agreement must be filed with the instructor no later than eight weeks after the beginning of the semester. Pass/fail students are responsible for all course work and examinations.

Students interested in taking a course but unsure whether they want it to count on their transcripts may audit a class on a non-credit basis. Students may change from a non-credit to credit basis any time before the first examination by contacting the Registrar's Office and the professor of the course.

Full refunds for withdrawing from a class may be made during the first two weeks of the course only, with a required signature from the professor. No withdrawals can be made during the final examination week, and no refunds will be given after the first two weeks of class. A \$5 charge will be made on all withdrawals after the first two weeks.

Students may earn up to 30 credits by examination, and with professor approval, may replace a poor grade by repeating the course.

Both the auditing and testing options will cost students \$25 per credit hour.

It is one thing to go to college; it's quite another to get out again, complete with your diploma.

If you have an advisor, see him/her on a regular basis to make sure you are fulfilling your requirements correctly. If you don't have an advisor, get one. If you have one who's not much help or doesn't seem to understand the requirements any better than you do—a not too uncommon situation, unfortunately—trade advisors as soon as possible. And keep your gold book updated and in a safe place—it really is your "passport" to graduation.

If you are considering getting your degree with the rest of your classmates... read on.

studies. A brochure outlining the program is available on request from the Office of Admissions or the registrar. Students are free to discontinue the Core II program at any time, with credits calculated to match the normal university requirement courses.

Distributive Core requirements includes 28 hours of required courses, including four hours each of fine arts (excluding teaching method courses and Communication Arts courses 151, 162, 241, 250, 363, 364, 458 and 459); history/literature (excluding English 101, 328, 400 and 403); natural sciences/mathematics (excluding Earth Science 101); philosophy (excluding 121, 233, 328 and 385), and social

ACCADEMICSS

Continued from page 3

Freshman quiz

(score in parentheses)

1. A(0) Even if you like your dorm, never admit it. Nobody is supposed to like the dorm they're in. B(5) Good answer—you avoided giving a direct answer and should do well in philosophy (and yes, there have been bats in that lovely relic). C(1) Never let anyone think you didn't have a choice. Let them think you have "connections."

2. A(4) Since you know Lutebutt is a terrible disease freshman girls get from eating PLU food, you did well. But think of all the cream puffs you'll miss. B(0) I refuse even to comment. Have fun waiting for three hours, though! C(1) So maybe you wanted just an excuse to meet some guys. Dumb, though, really dumb.

3. A(0) Silly—even if they do run out of books, it gives you a good excuse not to study. B(3) Good idea. You'll also beat the long lines. C(5) You catch on fast. In some classes you'll spend \$40 for books you never use.

4. A(0) You'll soon learn. It's no fun sitting around by yourself watching the

band warm up. B(5) Have fun. The dance is really just starting. C(1) Unless you just don't like dances, all you'll get with this kind of attitude is good grades.

5. A(0) When you get there and find out it's a student coffee house, just tell them you brought the flashlight to find your pizza during the movie. B(0) Ivy Hall was once fondly known as the "Zoo," not the "Cave." Rainier is a closer resemblance to a cave. C(4) If they wanted good pizza, that's good advice, except the Cave's pizza is cheaper.

6. A(4) Have fun getting a table—it gets crowded at that PLU hangout when they serve Cheese Dreams. B(0) You'll find out why you got no points when they serve those yummy things. C(3) Nice try, but they're probably serving Veal Birds tomorrow night. You just can't win.

7. A(0) Few people would look for research material at the Parkland Library, which contains a set of encyclopedias, two dictionaries, 32 hard-

bound books and 200 paperback novels. B(0) I love freshmen, they're so gullible. C(4) The University of Puget Sound, our arch rival, has a very good library, and PLU students are allowed to check out some of the material there.

8. A(0) First of all, "Bob's is actually Robert Mortvedt Library, and second, if it was a guy, do you think she'd tell you? B(4) Nice try, but you should know no one goes to the library to study. C(2) Silence is golden and it's also a good way to keep from making blunders.

Add up your points. If you scored: 0-5 You might as well give up and enjoy your freshman year. All the upper-classmen probably found out during initiation week anyhow.

6-15 Nice try. But remember, you can fool some of the people all of the time, and all of the people some of the time, but...

16-24 With a little luck you'll survive. 25-32 Just because your big brother told you all about PLU doesn't mean you'll get away with it forever.

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A writing/copy-editing workshop will be at 9 a.m. Saturday in the Mast office for staff members. Cliff Rowe of the Seattle Times and PLU's journalism instructor will direct the workshop.

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