

THE MAST

March 14, 2003 Pacific Lutheran University Volume LXXX, No. 18



Ultimate Frisbee tournament ends up on Foss Field

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Lady Lutes advance to Sweet 16

LIZ KANYER
Mast news intern

The PLU community witnessed the PLU women's basketball team beat Gustavus Adolfus in their first national tournament game this season.

Spectators were also able to fully experience what PLU emphasizes as one of the University's best traits: a friendly and supportive atmosphere and society.

The first 100 students were allowed free admission to the game and started off the estimated 1,400-person crowd that set an unofficial attendance record for a PLU women's basketball game. With the doors opening at 6 p.m., a sea of yellow and black outfits give or take a few alternative costumes, such as a fan dressed as a tourist, filled Olson Gymnasium.

The atmosphere was buzzing with various types of encouragement for the team; signs read "Go Lutes!" and because of the ASPLU elections, complimentary pizza and pamphlets were given out to students as a campaign tactic and as reminders for the student body to vote.

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Photo by Brie Bales

Sophomore Aundi Kustura and freshman Anna Sticklin celebrate with the women's team after its 68-54 victory over Gustavus Adolfus Saturday. The team will play No. 1 ranked Wisconsin-Eau Claire in the sectional game tonight in Eau Claire.

Stauffer, Prest take reins as ASPLU executives

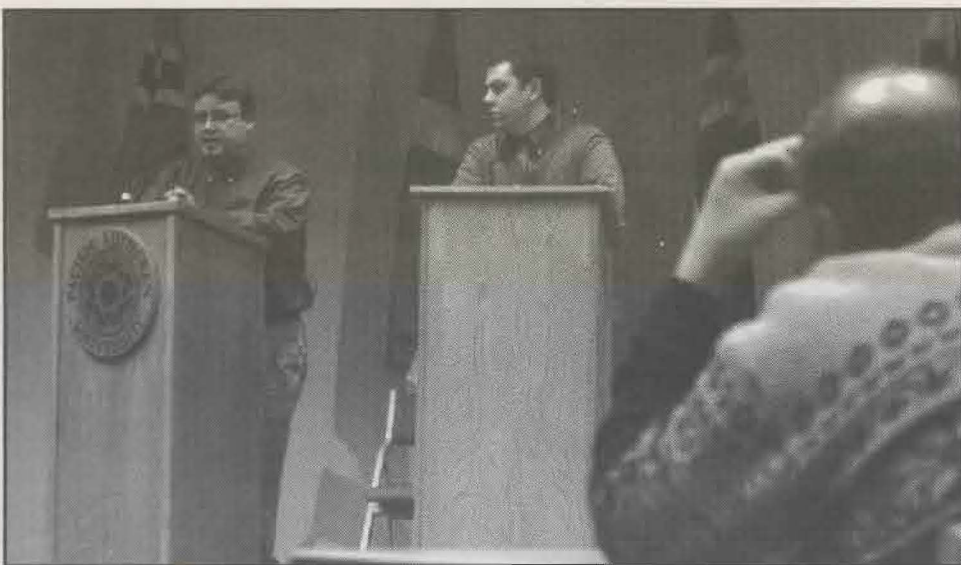


Photo by Leah Sprain
Scott Stauffer responds to a question from Rick Eastman while Michael Steele looks on at Sunday's debates. Stauffer went on to win Tuesday's ASPLU election.

SAM CHREST
Mast news intern

Scott Stauffer was announced the ASPLU president for the 2003-04 school year. Stauffer defeated opponent Michael Steele by 46 votes.

Jessica Prest won the election for vice president by 40 votes over Gen O'Keath.

A total of 658 students voted in the election Monday and Tuesday.

Presidential and vice-presidential candidates met in the Scandinavian Cultural Center for the final debate Sunday.

After opening statements, candidates fielded questions from ASPLU President Susan Carmine, ASPLU Vice President Emily Brown and Rick Eastman, associate director of Student Involvement and Leadership, and students in the audience.

The debate was broadcast live on KCNS and Tammy Lynn Schaps, ASPLU public relations/personnel director fielded questions phoned in from the television audience.

Stauffer, a sophomore who holds the position of ASPLU lower campus senator, sees the presidency as an opportunity to bring out the voice of the PLU student body in the upcoming year.

His motto of "Let the lion roar in 2003" summarizes his goal of making the voice of ASPLU and the student body heard.

"As we saw last year, there is little respect for student voice on campus. Option three and President Carmine's campaign for option three showed that there is little respect for our voice," said

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Honors program will take a year to re-evaluate curriculum

JENNIFER NEWMAN
Mast news reporter

In the interest of curriculum re-evaluation, the PLU Honors Program will go on hiatus for the upcoming academic year.

Current honors students will continue to take their classes, but there will not be a new class of honors students next year.

The current honors requirements consist of two 100-level introductory classes based on a

survey of Western civilization, a series of one-credit virtue seminars highlighting components of service, and a honors capstone done in conjunction with the student's major.

In addition, students must complete two honors-by-contracts, fulfilled either by additional projects outside of regular class work or through independent study.

Plans to remodel the Honors Program have been discussed

for several years. However, as chair of the Honors program and professor of communication Michael Bartanen said, the process "just didn't move as quickly as everyone hoped."

Taking a year off from admitting first year students into the program made a lot of sense, said Bartanen, and will give the program committee and other involved faculty an opportunity to "figure out the overall picture."

Bartanen said there has been

"absolutely no diminution of support for the Honors Program," and the temporary suspension of the program can be best understood as a strategic pause in order to model a better program.

Although Bartanen has led the restructuring work up until now, the position of honors chair is likely to be taken up by political science professor Ann Kelleher by the end of the academic year. Kelleher would

then have the responsibility of restructuring the program, along with input from the existing honors committee.

Both Bartanen and Kelleher stressed the importance of input from honors students, and Bartanen said, they hope to get as many voices as possible.

Kelleher further encouraged honors students to articulate their opinions about the program.

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New J-term classes despite paperwork headaches

LAINA WALTERS

Mast assistant news editor

As the ripple effects of Sept. 11 create more paperwork and deadlines for travel abroad, PLU is pushing forward by offering more J-term courses than ever.

Twenty-five programs are offered for January 2004, with new classes forging into new territory such as English in South Africa, business in Ireland, and economics in Hong Kong.

Full-page course descriptions and applications will be available on the Wang Center Web site Monday.

The J-term and semester abroad fair is April 3 from 11 a.m. to 1:30 p.m. in the University Center.

The application deadline for J-term 2004 is May 5, 2003. There will be no late application date this year because of the increasing amount of planning time needed to make plans.

If courses do not have adequate enrollment they are cancelled.

At this time the cost for a J-term will center around \$3,100 depending on the location, though the cost of fuel and new airport security taxes may cause a rise in price.

Travel arrangements in general have also become harder to make with increasing regulations on international travel.

Administrative assistant Patricia Bieber said getting students to order their passports early is one of the biggest challenges the center faces when arranging trips.

The Wang Center is now requiring students to provide a photocopy of their passport at the time of application for international courses if they already have one. If they do not, they must obtain a passport as soon as they are accepted.

"Students don't realize when you send passports you have no control when you get them back," Bieber said.

The added paperwork and delays have not discouraged J-term classes from multiplying.

Professors and departments are responsible for drafting proposals for new J-term classes and the process takes about a year.

Some programs are held every few years, some every year depending on student interest and professor availability.

There are eight brand new courses this year emphasizing a particular discipline as an entry

point for comparative cultural studies.

Svend Ronning, a music professor and violinist, will take a class of students interested in the arts and Scandinavia in a class called "Music Centers of the World: The Music of Scandinavia."

Like most courses being offered, Ronning does not require students to have a working knowledge of music or Scandinavian language but simply a curiosity about foreign cultures.

He hopes his students will "see how music and the arts are used to create and develop a national identity," especially since Scandinavian countries pour more government funding into its art programs than most other European countries.

Students will visit at least three countries to compare the distinct cultures that exist among Scandinavian countries alone.

A Scandinavian music course has been taught on-campus at PLU before but Ronning said "any time you deal with an idea in an intensive way the stronger the experience the better."

Business professor Merle Simpson's class "Celtic Culture

and Contemporary International Business" will study the synergistic relationship between the culture and economy of Ireland and the European Union.

Beyond the chance to immerse themselves in what Simpson calls an "electric" culture, students will have an opportunity to study Ireland's rapidly improving economy.

The economy has been reviving in the past 7 to 10 years due to the implementation of innovative tax initiatives to keep the country from experiencing "brain drain," an exportation of educated people looking for a better job market.

Because of this brain drain, most educated Irish have spent part of their lives abroad, nourishing an international culture when they return home.

New J-term classes for 2004

Germany "History and Systems of Psychology" Psychology 493
Kelly Goedert

Germany/Netherlands "Intensive Performance Study: Ensemble Tour" Music 390 Paul Tegels

Hong Kong "Hong Kong Economics" Economics 496
Kevin Terada

Ireland "Celtic Culture and Contemporary International Business" Business 485 Merle Simpson

Italy "International Business Law in an Italian Environment" Business 408 Diane MacDonald

Scandinavia "Music Centers of the World: Scandinavia" Music 395
Svend Ronning

South Africa
"Communities Promoting Peace: the Courts, the Arts, the Church and the Schools" English 213
Barbara Temple Thurston

West Indies "Languages and the Caribbean" French 141, 241, 341
Mark Jensen and Roberta Brown

Filipino music, dance chime in Diversity Week

KIMBERLY ANDRE

Mast news reporter

Passing through the UC on Monday afternoon, one couldn't help but notice the rhythm that shook the air and rattled the windows.

In honor of Diversity Week, a Kalilang performance group, the only youth Filipino Kulintang Ensemble in the United States, visited PLU. This group is a division of the Philippine American Youth Organization and was one of many performers, speakers and workshops as part of

Diversity Week.

The Philippine American Youth Organization performed traditional Filipino music and dances clothed in vibrant earth-toned colors highlighted by gold and black ornamentation. The costumes were primarily uni-gender scarves called Malongs. The most traditional costume piece, Malongs are not only beautiful, but also used to carry food and children.

The music was a heavy blend of drum rhythm and indigenous Kulintang gongs. Highlighted with song, the

music enticed passersby to stop and listen.

Traditional dances involving props such as fans and Kawoyan poles (bamboo poles) told stories like the tale of two princesses escaping from the palace.

In addition to lively music in the UC, three sessions of Appetizers and Engaging Talk, regular events at the Diversity Center, were hosted this week.

The first took place on Tuesday afternoon when Counseling and Testing's Dr. Mark Anderson facilitated a conversation on the topic of

"Campus Burnout."

Anderson talked about the stressful nature of being on a college campus and how to succeed in spite of the stress. Suggestions for managing stress and avoiding burnout included getting 8-10 hours of sleep, eating a balanced diet, exercising, finding a peer support group and most importantly getting connected to others on campus.

Wednesday Associate Provost William Teska spoke about "Biology and the Culture of Colombia" and on Thursday SIL Director Kathleen Farrell

discussed "Vegetarianism."

Diversity Week will wrap up tomorrow night with the ninth annual Asian Pacific Islander's banquet. This year's theme is Asian Vacation and the evening will be complete with Asian food and dancing workshops.

Appetizers and Engaging Talk sessions are held Thursdays at 4 p.m. in the Diversity Center. Sessions will resume after spring break.

For information about this and other events contact the Diversity Center at x8750 or stop by UC 125 (next to the Coffee Shop).

New clubs add art, inquiry, connection and politics

LIZ KANYER

Mast news intern

Several new clubs and organizations on campus this year have developed due to the work of both students and faculty.

The newly founded Amnesty International club campaigns and produces human rights projects that have an international effect.

Amnesty International can take on projects that range from the survival of endangered animals to sexual violence.

One of the coordinators of PLU's chapter, freshman David Pool, said he encouraged anyone who is curious about Amnesty International and has a desire to make a difference and improvement in someone's life to come to one of the meetings held in the Commuter Lounge, every Wednesday at 8:30 p.m.

PLU's Anime club also meets weekly, Thursdays at 7 p.m. in the Stuen Hall lounge.

The Anime club discusses different types of Anime, both literature and video series. Junior Marissa Meyer is in charge of this club.

PLU's Chess club gives those

interested in an opportunity to play chess and practice their technique.

The Chess club is in the process of fundraising and has not set a steady meeting schedule.

Another new campus organization is the PLU Student Alumni Association. This is a program designed to keep PLU alumni and students connected.

It enables current Lutes to learn about traditions and successes of PLU through graduates.

One of the coordinators, senior Elisabeth Pynn, said she encourages anyone to join and to promote the club's motto: "Lutes for Life!"

Lauralee Hagen, the head coordinator of the Student Alumni Association and director of Alumni and Parent Relations, describes the new program as, "an opportunity to maintain a relationship with PLU alumni, give opportunities for obtaining a mentor and potential internships, and be able to better make connections with both alumni and other people connected to them in the community."

A student searching for a particular club or who wants to

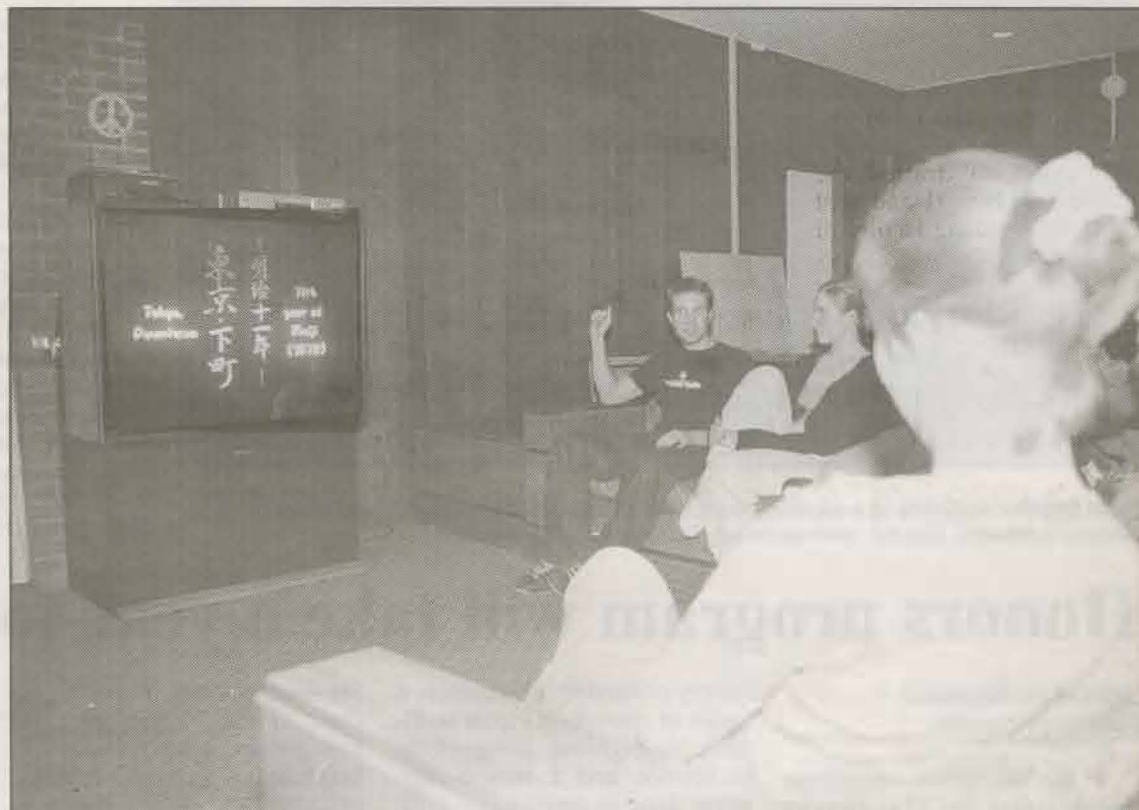


Photo by Andy Sprain

Members of the new Anime club discuss an anime film at their meeting in the Stuen Lounge.

begin one should inquire at ASPLU's Clubs and Organizations and Student Involvement and Leadership headquarters in the UC.

Aubree Robinson, student programming specialist, said extracurricular activities are a great idea for both personal well-being and obtaining cre-

dentials for future vocations come graduation time, which can potentially give a student an edge in a highly competitive workforce.

Prominent Republican Vance chats with students

TRISTA WINNIE
Mast news intern

Chris Vance, chairman of the Washington State Republican Party, was on campus on Monday night to give a speech about the United States' impending war against Iraq.

A dignitary in the political community, Vance has previously been a member of the Washington State House of Representatives and the King County Council.

As the chairman of the WSRP, Vance's job is to get republicans elected to office.

Darren Ritchie, co-president of College Republicans, said "He sets the strategic direction of the Republican Party. He recruits new members, and helps campaign and raise funds for candidates."

Since Washington state Gov. Gary Locke is a democrat, Vance is the state's highest-ranking republican. "I'm the nearest branch of Bush, Inc.," Vance said.

During his speech, Vance brought up a myriad of points.

One in particular that he reiterated was that though the United States may take action against Iraq without the United Nations' blessing, President Bush is not acting alone. "This is not something George W. Bush thought up on his own," he said.

Vance acknowledged that the students present likely had differing political views. "There are legitimate reasons to be for and against what's going on right now," he said.

Vance talked about the various atrocities and acts of aggression committed by Saddam Hussein since he became president of Iraq in 1979. Among other things, Hussein has invaded Iran and Kuwait and executed thousands of people, especially those who disagree with him or his views.

Speaking about Hussein and terrorism, Vance said, "He may or may not have ties to al-Qaeda, but no one denies that he has supported international terrorism."

Vance contended that Iraq's efforts at disarming thus far have hardly been efforts at all. He explained that if a country wants their weapons destroyed, it can be done by the UN within about a week; this happened when Nelson Mandela came to power in South Africa and when the Ukraine became independent from Russia.

"The only reason Saddam has done the little bit he's done is because of the 300,000 American and British troops poised to attack his country," Vance said.

On the possibility of war itself, Vance stood firm. "We've



Photo by Leah Sprain

Washington State Republican Party Chair Chris Vance spent much of his time on campus Monday fielding questions from audience members about the potential for war in Iraq.

tried everything," he said. "After 12 years of ultimatums, eventually you have to pull the trigger."

After Vance's speech, he fielded questions from the audience. The topics ranged from the potential war against Iraq and Osama bin Laden to tax cuts and welfare.

He said he would stay all night if he could and he very nearly did. As the majority of the students left, several thanked Vance for coming to

speak, and he thanked them for coming to listen.

A small group of about half a dozen students remained to talk with Vance in depth about the issues that they were concerned with. Vance pulled up a chair and immersed himself in a lively but amicable debate.

Vance said he was encouraged by the students' interest. He urged students to take an active part in politics by joining College Republicans or Young Democrats.

"The key to American political effectiveness is to pick a party," he said. "Then if you don't like what your party believes, work to change it from within."

It was after 10 p.m. when Vance left, over two and a half hours after he started. He said he enjoyed his time on campus and said that it was his favorite part of the job. "The fun stuff is getting out and speaking to audiences," he said. "I love going to college campuses."

Faculty plan to cancel classes day war starts

MELANIE GOSS
Mast news reporter

In the event that the United States declares war on Iraq and begins bombing or invading the country, 78 faculty and staff members are prepared to cancel midday classes to gather in Red Square for prayer.

Mark Jensen, associate professor of French, said, "this idea emerged from the Peace Studies Working Group."

The group met on Jan. 21 and formed this contingency plan for a campus gathering at noon on the first class day following a government-announced invasion or bombing."

He added, "I drafted the statement, on Feb. 11 and sent it to all the teaching faculty of the university. To date, 78 faculty have signed the statement that was published all week in the Daily Flyer."

Recently, the Student Activist Coalition began circu-

lating a petition for students to urge the university to take a stance on the war as an official body.

The PLU President's office responded with a memo to the PLU community.

"We especially encourage students to engage faculty and one another in discussions that will deepen understanding of those events, their consequences, and individual responsibility."

Memo from the President's office

The memo read: "As the possibility of armed conflict in the Middle East continues to

build, we encourage the entire campus community to take time to participate in a variety of opportunities available each week at PLU."

Events and services include:
- Continuous access to news coverage in the University Center.

- Opportunities for discussions with faculty and staff who are knowledgeable about the conflict.

- Full availability of university resources for group and/or individual conversation and counseling.

- Multiple times for personal reflection and public worship and prayer.

The memo stated that the university does not plan to cancel classes.

According to the memo, "Many students find it important and helpful to discuss world events in class with their professors, who are valuable resources in times of crisis and national emergency.

"We especially encourage students to engage faculty and one another in discussions that will deepen understanding of those events, their consequences, and individual responsibility."

The memo also read, "In these times of national and international tensions, we hope that everyone at PLU will live our mission and do our best to foster thoughtful inquiry, leadership, service, and care in our campus, in our community, and in the world."

Although this statement is not an official stance taken on the war from the university standpoint, it does reflect how the university would like its students and faculty to respond.

Specifically, the mastermind behind the campus prayer, Mark Jensen, belongs to several peace groups and has written a number of anti-war statements.

Jensen said, "I am opposed to the war on Iraq. I am active

in a number of groups which have taken positions against the war and I have written a number of anti-war pieces which explain my opposition to the war."

Jensen is involved in People for Peace, Justice, and Healing; United for Peace of Pierce County; and Sound Nonviolent Opponents of War, (SNOW). Jensen was the principal author of a SNOW-endorsed document entitled "Iraq is a tree, not a forest."

Other faculty members are of the same viewpoint.

Music professor Greg Youtz said, "Because of this war, we are rapidly losing not only the friendship but also the respect of most nations in the world. This is a disaster that may take generations to rebuild."

Associate professor of religion, Doug Oakman said, "War should always be a 'tragic necessity,' and never a tool of offensive state policy."

Prepaid tuition plan starts this summer at PLU

KIMBERLY ANDRE
Mast news reporter

It is a dream come true for the parents of future Lutes and private university goes everywhere - prepaid tuition at set rates.

How is this possible?

A new prepaid college tuition plan officially named the Independent 529 Plan, allows families to invest funds into certificates that can be later redeemed for tuition at 292 participating universities.

Vice President of Finance and Operations Sheri Tonn said she sees no drawbacks to the program. "The 529 Plan allows students who might not otherwise attend a private university like PLU to afford the cost."

Tuition Plan Consortium, a non-profit organization based in Albuquerque, NM, runs the 529 Plan.

Formed in 1996, TPC's goal is to make private undergraduate education at colleges and universities more affordable.

Tuition accounts with this program are flexible to meet the needs of individual families.

An account can be opened for as little as \$25 a month, provided the total reaches \$500 in 24 months.

Others, such as grandparents, can make contributions to the account until the maximum of five years' tuition, about \$140,000 for the 2003-04 program year, is reached.

If a student decides to attend a non-member college,

funds may be transferred to another family member or into another 529 Plan, tax-free.

If the beneficiary of the plan decides to put the funds towards non-educational uses, the withdrawn funds will be taxed 10 percent of earnings as well as income tax.

The Independent 529 Plan is administered by TIAA-CREF, the nation's largest manager of pension funds.

Financial aid offices can treat the money from the 529

certificates as expendable student resources, but the proceeds from interest are deemed parental assets.

However, the 529 Plan is exempt from Federal income tax.

The Independent 529 Plan covers only undergraduate tuition and fees and requires a minimum three-year holding period.

The goal date for establishment of the Independent 529 Plan certificates at PLU is set for July 1 of this year.

HONORS

Continued from page 1

"Now's the time to talk," she said.

Although ideas for restructuring the Honors Program are still in their preliminary stages, Kelleher's stated goal is to infuse more vitality into the program. She said the Honors Program holds the potential to be "a whole world of research possibility" and a forte to advance students' academic careers.

Moreover, Kelleher said she hopes to see the installation of an honors budget to provide grant money for original student work.

Another possibility for the new program is to more closely affiliate the curriculum with the International Core.

At present, the introductory honors classes are quite similar to Core 2 classes and continue the tradition of team-teaching.

Kelleher herself teaches in the International Core and hopes to plan the new curriculum with help from members of the International Core Committee. If such a partnership were established, the Honors Program could be approved to receive Core 2 funding.

Advising is another important component Kelleher would like to see strengthened. "Honors students have their own ideas," Kelleher said, and she supports their increased involvement in planning the course of classes specific to their chosen field.

One possible curriculum change could involve students designing their own core, and such an adjustment would require much guidance.

Another possibility could involve more specific integration of the Honors Program with other individual departments. The program would not necessarily have to be uniform for all participants, and Kelleher explained that for example, a science student might choose to do intensive research while someone in literature might instead do an involved service project.

A further technical change to the program could involve the decision to accept incoming honors students after their first year.

The current system has contacted possible candidates for the program during their senior year of high school inviting them to apply.

If entry was postponed until sophomore year, students would have a better understanding of what the Honors Program entailed and feel more able to make a decision.

Kelleher said many other colleges use a sophomore-entry format for their Honors Programs, and she believes the system could have real benefits for students, especially if they start to thrive at PLU during their first year.

Although no honors students admitted to the program will be affected, this decision means current freshmen who are not already in the program will not be admitted to the Honors Program for the 2003-04 school year.

Kelleher said she plans on using examples of successful honors programs from other similar-oriented colleges. PLU is committed to an excellent honors program, she said, and utilizing the ideas of other universities would provide a good context for improving the system.

In addition to curriculum details, Kelleher hopes to further develop the program beyond academics. She sees the program as a way to "enhance (the student's) experience here," especially through the honors' commitment to preparing students for lives of service.

Kelleher expressed a possibility of beginning the remodeling process as early as this summer and characterized herself as eager to start planning. "I don't like gaps," she said. She said she is committed to (following) through with the program.

NATIONALS

Continued from page 1

Aundi Kustura, a sophomore wing, described the crowd as one of the best she's seen with an awesome amount of school spirit and support.

The fact that the women's team is competing at the national level, does not go unnoticed by those in the Admission office and potential students.

Laura Polcyn, vice president of Admissions and Enrollment, said "From an admissions perspective, we keep a watchful eye on sports and other kind of competitions."

"Any time a team of groups ranging from athletes to mathematicians gets national recognition it definitely adds to the recruiting power of admissions. As vice president it's nice to be able to celebrate the achievements of the women's team," Polcyn said.

Once the final quarter came to an end, players and audience members alike filled the court hugging, laughing and celebrating for the team and school.

**See complete coverage
of the women's
basketball team**
Pages 10-11

ASPLU

Continued from page 1

Stauffer at the opening of the debate on Sunday.

"Let the lion roar in 2003. Make them respect your voice in 2003, like a lion," he added.

In his goal to allow the voice of the student to be heard, Stauffer plans a number of things to incorporate the role of the students on campus.

He plans on attempting to update various student oriented programs, including changing the games room and bringing back a version of Saga, the PLU yearbook.

Another key project he plans on taking up is filling the empty spots in the Senate. One spot is open due to the lack of participation from international students. His plan would be to open the spot to students who have studied abroad.

"When you look back, I would hope that I had brought change and movement. I hope to define a vision for not only ASPLU, but for campus and the student body. We can at least start to think and move," Stauffer said.

Prest, who serves on the ASPLU Senate as an at-large senator, has been active on campus since her freshman year. She has been involved in a number of activities, and has used her experience to form her views on ASPLU and the vice-presidency.

"I look at ASPLU as more

than just residential life. I think that it is supposed to be something that addresses each and every student as well as their concerns, including academics and the events that take place on campus," Prest said during the debate.

One of Prest's main concerns is the confusion and difficulties that surround registration and GURs in academics. Working with the Academic Affairs Committee, she hopes to clear up some of the confusion for the future.

She also hopes to bring together ASPLU and RHA in planning and coordinating events. The culmination of events planning would be an events calendar for the students.

"This is a way that we could put everything out for every student to see, rather than just what they happen to see in the Daily Flyer or in *The Mast*," Prest said.

With an extended outreach towards ASPLU involvement with students, Prest hopes to make the process of day to day life easier for the students of PLU, and to bring the campus together.

She also hopes to bring to light the concerns of the students and meet each new challenge as it occurs.

While there were only two names for each position on the ballot, there was a third candi-

date running in this year's election. Patrick Bell, sophomore, decided to run after the official deadline and organized a write-in campaign, earning 25 votes.

"When I was about to vote, I just didn't feel that any of the candidates were really connected with the views of the students," Bell explained. "I wanted to put a fresh outlook out there for the students."

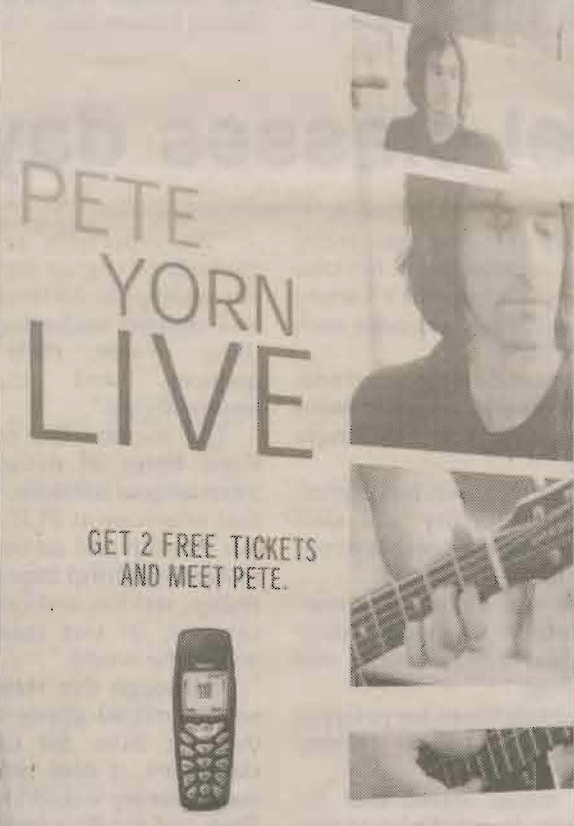
While Bell was not officially a part of the debate process on Sunday, he came prepared with a variety of questions for the candidates, and will run a full campaign for next year's election.

"I plan on running full out next year. This year, I just wanted to see if I could challenge these guys and I definitely wanted to hear what they had to say. I wanted to get my ideas across and stand as an advocate for the underdog. The election definitely needs to be more competitive," Bell said.

Stauffer and Prest will be sworn into office April 1 during the ASPLU Senate meeting at 8:30 p.m. in the Regency Room.

Stauffer said between now and April 1 he will begin learning the job responsibilities and transitioning into his new position.

"I will be making sure I focus completely on ASPLU," Stauffer said.



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DVD of the Week pays homage to the films of Michael Bay



DVD of The Week
Travis Zandi

I have wanted to write this article for a long time, but editorial pressures and personal restrictions have prevented me from doing so. However, I have decided to throw caution to the winds. I now have the freedom to write this next sentence.

I am a fan of Michael Bay movies.

For those not in the know, Michael Bay is the auteur behind *Bad Boys*, *The Rock*, *Armageddon*, *Pearl Harbor*, and the upcoming *Bad Boys II*. Four of these fine films are currently available on DVD, while the fifth hits theaters sometime this summer.

Odds are you've seen at least one of these films. They were all huge summer blockbusters that made about a trillion dollars a piece. Despite the popular appeal, or perhaps because of it, each film is also reviled by critics, justifiably so in the case of *Pearl Harbor*. As an amateur critic, I must say that I love 'em.

My fascination with Michael Bay began when I watched the Criterion Collection DVD of *Armageddon*. I had never seen the film before, but had heard plenty of terrible things about it. On advice from a friend, though, I took a look at it and was simply blown away.

I am a fan of Michael Bay movies.

You know the story, right? A giant asteroid is going to hit the Earth, so, and I'm quoting, a team of "roughneck oil drillers blast off on a mission to save the planet." Steve Buscemi and Bruce Willis star.

Admittedly, the worst thing about the movie is that horrible, awful Aerosmith song that everybody got so sick of back in the summer of 1998. Oh, and the relationship between Ben Affleck and Liv Tyler is more sickening than sweet. But the overall film is an astonishing piece of work.

It's full of lighting quick cutting and great special effects. The science may be a little bit



Photo courtesy of Touchstone Pictures

Partners in crime: Love them or hate them, Michael Bay (left) and Jerry Bruckheimer often team up to make grandiose Hollywood summer blockbusters that make truckloads of money. Here they are pictured on the set of *Pearl Harbor*

off, but only nitpickers and movie critics noticed that. I just sat down and had a blast watching this film.

Soon after seeing that, I picked up *Bad Boys* at a Target for seven bucks figuring that I couldn't go wrong. I certainly did not. In reality, *Bad Boys* is nothing more than a buddy-cop action movie; it just happens to be done really, really well.

The cops in question are family man Marcus (Martin Lawrence, in the only funny thing he's ever done) and smooth bachelor Mike Lowrey (Will Smith, in his first summer blockbuster). These two eventually have to switch roles in order to protect a witness. Yeah, it's kind of contrived, but go with it.

I saw *The Rock* in the theater back in 1996 but never took much notice of it. When it was re-released on DVD by the good people at the Criterion Collection, though, I jumped at the chance to own a copy.

You probably remember this plot, too. A rouge general (Ed

Harris) takes over Alcatraz. An FBI agent (Nicolas Cage) and an escaped Alcatraz prisoner (Sean Connery) have to infiltrate the prison, take out the rogue soldiers, and prevent them from slaughtering San Francisco with nerve gas.

After re-watching it with my new-found love of Michael Bay, I saw many of the same concepts that I enjoy in him. The shots are fast, yet well-constructed. Amazing visuals fill the screen as the action unfolds. The green, liquid-filled spheres that contain the nerve gas roll about everywhere and simply glow with malevolence. Sparks fly, the explosions are huge, and the colors are startlingly bright. The movie just seems to breeze by, giving the audience pure entertainment.

You see, the films of Michael Bay are, in a word, tight. They might be long (*The Rock* clocks in at 136 minutes, *Armageddon* at 144), but they simply fly by. The action comes fast and the plot never gets in the way of the

good times. Some of the setups can become artificial, but are easily enjoyed.

This is where *Pearl Harbor* lost me. The 30-minute Pearl Harbor attack sequence is breathtaking, as expected, but the rest of the movie lacks an interesting plot.

The first hour and half or so is filled with this annoying love triangle between Affleck, Kate Beckinsale, and teen heartthrob Josh Hartnett. Then, we have to resolve that already extraordinarily long plot with an attack on Tokyo. Bonus points for casting Alec Baldwin as the officer in charge, but it quickly loses them as the film drags to its stifling conclusion.

Bay is not ashamed to go completely over the top for a shot and I respect him for that

Nevertheless, I consider myself a fan of Michael Bay and

the movies that he makes. His films contain amazing visuals. The editing is super-quick, but along the way, you get some great shots.

He also blends action and comedy seamlessly into a cohesive whole, which is harder than you think. I've seen dozens of films that are neither as funny nor as action-packed as one Michael Bay movie.

Here's my favorite point: Michael Bay is possibly the most manipulative filmmaker I've ever seen. Take the final scene of *Armageddon*, for instance. The surviving oil drillers return home and one of them, "Chick," is greeted by his estranged wife and son.

His son comes running toward him, in slow motion, wearing an American flag T-shirt! It is the most contrived piece of Americana I've ever seen...and I love it so much.

Bay is not ashamed to go completely over the top for a shot and I respect him for that. It gives his films an energy and verve that is missing from many movies these days.

His films occasionally stray into cheesy territory, but sometimes, that's how I like it. I enjoy watching him go all the way. If he goes too far, I can admire his powerful conviction, anyway. He doesn't make heartless blockbusters; his blockbusters have as much heart as you can stand.

I like to look at him as a young Steven Spielberg. In his early days, Spielberg was all about creating dynamic images. He, too, was critiqued for being too popular, for having a different style. Perhaps, someday, we will be honoring Michael Bay in the same way.

You know ... somehow I doubt it.

But I'll still be in line for *Bad Boys II*.

Travis Zandi is also a huge fan of the equally guilty pleasurable films of Tony Scott, movie musicals, the Police Academy series, the music of "Weird Al" Yankovic, and professional wrestling. He is appropriately ashamed of himself.

Oleander's *Joyride*: good music you may not know about

Lonny Sulfaro
Mast critic

One album that hit store shelves last week that many people probably don't know about was Oleander's latest album *Joyride*.

If I was only allowed to use three words to describe this album those words would be, "buy this album."

Joyride is Oleander's third release and the follow up to their 2001 album *Unwind*. This album is pure musical genius and by far the best album released this year.

Oleander is a band based out of Sacramento that doesn't receive much radio airplay or television exposure on MTV or VH1. This is because this band is simply about the music and doesn't care about all the other hoopla associated with being in the rock 'n' roll mainstream.

If you've never heard Oleander before, I recommend giving them a listen. They have their own sound that mixes some hard hitting rock tracks with some mellow easy going rock tracks.

"We're a rock 'n' roll band. It's that simple. You cannot lump Oleander in

with general categories," Flowers wrote on the band's Web site <http://www.oleander.net>.

If you like bands like Creed, 3 Doors Down, Fuel, Foo Fighters, or Nickelback then I think you'll like Oleander.

Lead singer Thomas Flowers has an amazing voice. Mix in lead guitarist Ric Ivanisevich, bassist Doug Eldridge, and drummer Scott Devours and you have quartet of guys that rock to the extreme.

All three of the band's albums are killer, so if you pick this album up and like it I'd highly recommend picking up *Unwind* as well as Oleander's 1999 debut album *February Son*.

Two of my favorite songs on the album are "30 60 90," and "Better Luck Next Time." Both of these songs are really rockin'.

Another song that I like is the last cut on the album, "Runaway Train," which is a more laid-back track.

The band is currently touring across the Midwest and South in support of their new album, so if you happen to be down in those areas during spring break you might be able to catch one of their shows. For more tour information check out the band's Web site.

Joyride was released on a new label for the band, Sanctuary Records. "A lot of pressure was on us in the past, but it was much different this time. More relaxed and natural," Eldridge explains on the band's Web site.

"Whenever we write a new record, we know immediately what we like. We didn't go backward and use any leftover ideas on the upcoming album. Everything's new on the new record. We even worked differently this time. Instead of doing two weeks of preproduction on 15 potential songs, we concentrated solely on four or five songs at a time. It allowed them to develop a little more, and we were able to focus better," Eldridge said.

The songs that Oleander writes all have personal meanings to the band. "I write from my perspective. I don't take myself out of the realm of what I know. Oleander writes music about what we live, and we



Photo courtesy oleander.com

Joyride is the third album from this Sacramento-based band

have nothing but passion," explains Flowers, courtesy of Oleander's Web site. "Songwriting is cathartic for us. It becomes a journal. We write with absolute open-mindedness. But I do believe in that old adage that a song is good if it holds up when it's played on just an acoustic guitar."

This album is incredible to say the least. I highly recommend picking it up for your listening pleasure.

Don't eat those ones

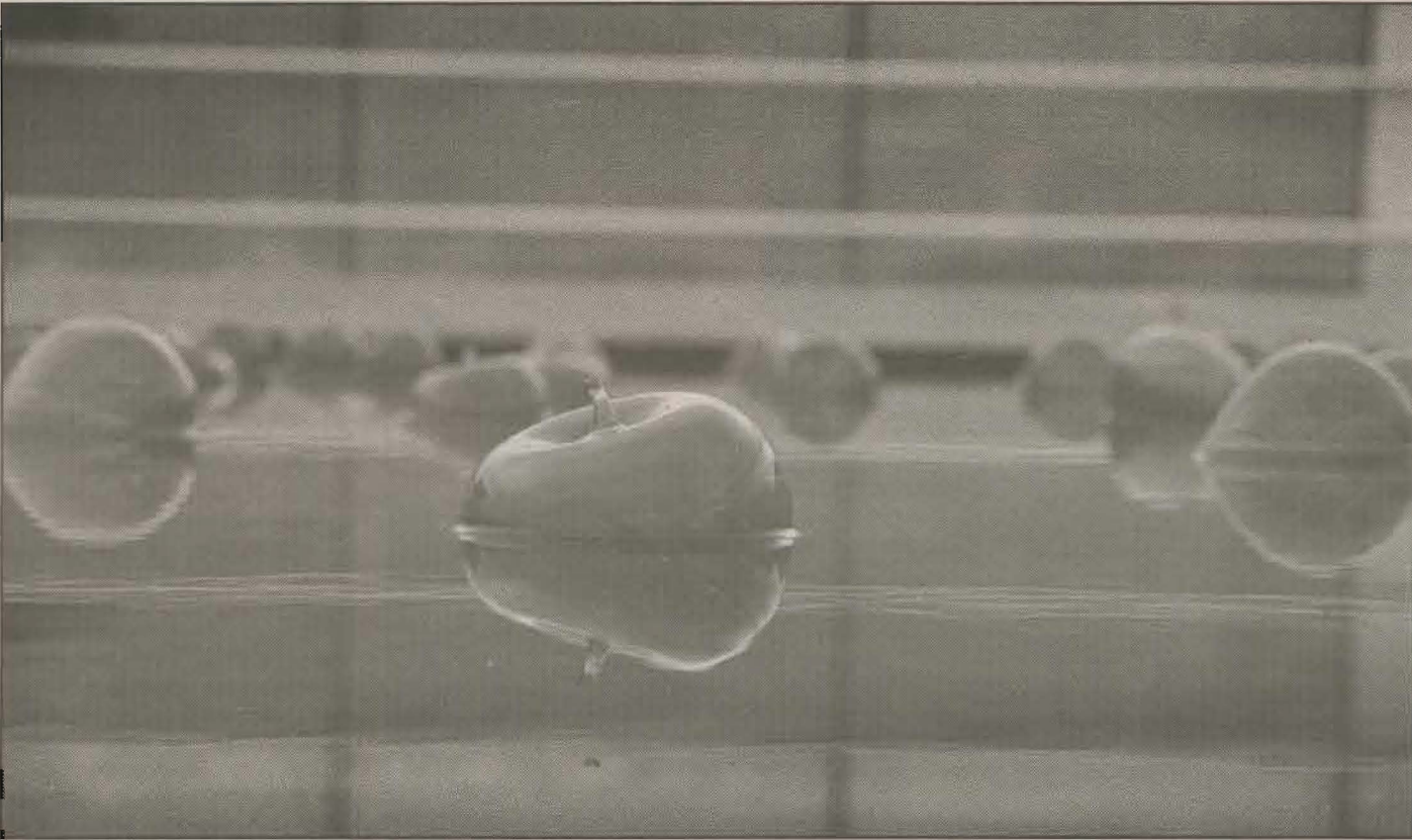


Photo by Jace Krause

These "apples" can be found floating in one of the many pools outside the Tacoma Glass Museum. Although they look appetizing, eating them may not be a good idea -- they are made of glass. The museum is located downtown on Dock Street and has free admission on the third Thursday of each month from 5 p.m. to 8 p.m.

Grip it and rip it Lo-fi hip-hop in grand fashion

MICHAEL YOSHIDA
Mast critic

"At the Safeway I pay with coins, club-card, and coupons, I never throw out the stale bread, I make croutons."

--Grip Grand

For many within a growing allegiance of underground hip-hop heads, the current popular state of hip-hop has become the musical equivalent of a Chicken McNugget. Mass produced with slick marketing campaigns, CD singles, and the occasional Pepsi commercial, the Cash Money's of the world have sucked the artistic life-blood from a beautiful musical genre.

Enter California-based MC Grip Grand, whose desire to recapture the art in hip-hop has produced a rare and challenging hip-hop debut.

After graduating from the liberal arts vacuum known as Reed College in Portland, Grip Grand, born Gabe Winogrand, pursued what few of his overly literate peers might consider a career -- rapping.

Combining a life-long love of hip-hop with an almost preternatural sense of linguistics, *Welcome to Broakland*, the debut of GG, captures a new high in lo-fi.

Recorded and produced in its entirety on a bedroom four track, Grip Grand's debut LP plays like an imaginative independent film fighting for survival in the midst of a never ending plague Hollywood blockbusters. As his artist bio reads on Bomb Hip Hop, "when your whole studio fits in a brown paper bag, the music had better have a message, and Grip Grand delivers."

On the surface, *Welcome to Broakland* plays as an anthem to living a life at the poverty line providing a constant assault of metaphors and tongue and cheek humor.

But beyond its initial wit and lo-fi novelty, subtly and methodically (all while never taking itself too serious) launches an attack upon the cliques, commercialization, and image of hip-hop dictated by the music industry ("it might hurt my street cred, when they find out I eat the tofu and wheat bread"). With lyrical influences rooted in artists like KRS-ONE, Tribe, De La, Brand Nubian, Nas, Outkast, Souls of Mischief, Rakim and Slick Rick amongst others,

GG's catchy lyrical style shows both incredible promise, and all the makings for commercial disaster.

But the purpose of Grip Grand's LP is obviously not to sell records. There's no promotional photos, no high-powered producers, no guest appearances, no music videos -- nothing ordinary. What remains is a soundtrack for anyone caught between what they are, and what they should be. With *Welcome to Broakland*, don't expect mindless entertainment, generic flows, thoughtless expressionism, or anything resembling a musical McNugget.

And while GG might not be MTV bound, expect big things in his lo-fi dissection of the American hip-hop dream.

Over a series of email conversations, the rapper took time to answer a few questions.

Q: How is your life as an impoverished rapper?

I don't need more shiny rap. The four track sounds unpolished but sometimes feels more immediate.

Grip Grand

A: So far, life as an impoverished rapper is identical to life as an impoverished retail clerk. My record-store job holds me down, allowing me to shop at the finest boutiques, such as Ross Dress 4 Less.

My days of eating dinner at 7-11 are over, but I'm a long way from being able to rap for a living. That's what *Broakland* is all about -- trying to have a middle-class lifestyle on a mac 'n' cheese budget. Rent, gas money, working overtime, the everyday grind -- that's my life.

Q: What was your intention of putting out a lo-fi record?

A: Well, it wasn't so much intentional as it was unavoidable. The sound of the album was dictated by the quality of my equipment. Analog four track, a sampler the size of a VHS tape, a cheap mic, pantyhose-on-a-coat hanger pop-stopper -- a budget bedroom studio, all demo style.

Q: The entire album was recorded in your bedroom?

A: I produced and recorded every-

thing with that set up, sent it out into the world, and Bomb (Hip Hop) wanted to put it out basically as is. It was cool with me, I don't need more shiny rap. The four track sounds unpolished but sometimes feels more immediate.

Q: So your signed with Bomb Hip Hop?

A: After I recorded the demo, I sent it out to ten labels. I'm told this is not a good way to get a deal, which is probably true. Bomb is one of the two labels that wrote back, the other one offered a gracious rejection. Dave Paul, the head of Bomb, was backing the songs, asked for more stuff.

I sent him the full length album and he decided to go with it. It happened pretty fast. Essentially, the album itself is signed to Bomb, but I'm a free agent. I suppose I could put out my next album on Grip Grand Records if I wanted to. Or maybe Death Row. Either way, whatever.

Q: Was your thought process of producing the thing based on any particular influences?

A: Influences on my production style are definitely Prince Paul, Premier, Pete Rock, Large Professor, Ali and Q-Tip from Tribe, and Diamond D. That's how I tried to make my album sound. If I could make beats half as nice as any of those guys, I'd be content.

Q: What has your education brought to your abilities as a lyricist?

A: I have a B.A. in literature, a good choice for a rapper, I guess. I got exposed to endless styles of writing and expression and hopefully some of it rubbed off. More than anything, it made me want to analyze lyrics and to hone them, make each line tight.

Lo-fi, high art -- I love that.

Grip Grand

Q: And did it make you think about what you were listening to differently?

A: I looked at my favorite rappers' lyrics the same way that I looked at the books I read, tried to figure out why they were so good, what was original or interesting or fulfilling about what they said and how they said it. It gave me a high standard for what you can do with words.

Slow down

I'll keep this short, because I know you're in a hurry.

After all, there are only so many minutes in a day and every moment you spend reading this column is a moment that won't be spent on the rest of your busy lives, running from class to class, picking up a quick latte, eating, sleeping, breathing, all that.

Simply the fact that you made time to pick up a copy of *The Mast*, open it up to this page and read this article is a small miracle in itself. I'm amazed and flattered.

Since I have your attention, I would like to direct it to a former church in far-off Halberstadt, Germany.

If you were to walk into that stone structure right now you would hear a sustained note, a G sharp to be specific, resounding from the pipe of an organ being built there. That G sharp is the third note in a 639-year-long piece by the late American avant-garde composer, John Cage, titled "Organ2/ASLSP" -- or "Organ squared/As slow as possible."

SEAN BENDICKSON

Nosh This

This piece began on Sept. 5, 2001, on what would have been Cage's 88th birthday. Oddly, though, the composition starts with a rest, and so a year and a half of silence has since passed. Then, one week ago today, the first three notes -- G sharp, B, and G sharp -- broke the silence. The performance will continue, by my calculation, until the year 2640. By that time I will be dead. Dangit! I hear the last bit is the best part, too.

Anyways, I would just like to urge you to consider for a moment, during your five minute class break, your fast-food lunch or perhaps while you are waiting for a stoplight to change, this performance taking place right now in Halberstadt. Then, maybe, try to slow yourself down a bit.

As for me, I have decided to plan a trip to Germany so that I might catch a small portion of this monumental performance. I'm not in a hurry to get there, though, thanks to Mr. Cage.

To sum up, I would like to leave you with a quote from one of my favorite songs:

"Hey man, slow down."
Radiohead's "The Tourist"

Q: From what I can gather, you don't have the most positive view of hip-hop at the moment?

A: Ah, the current state of hip-hop. What can I say? To quote a great rapper, "Rap is not pop/If you call it that, then stop."

A lot of hip-hop that I hear on TV and radio has more in common with Britney and Christina than with Kane and Rakim.

Q: So is it pretty hard to find a good disc these days?

A: There's still dope music being made, but it's mostly on 12 inches and mix-tapes and you have to look for it. In my heart, I think the last golden era of hip-hop, when most of the popular artists were also the best artists, ended around 1996.

Since then, hip-hop took over the world, and maybe it got watered down in the process. But, I'm over people like myself complaining about rap. Though I'm an old man, what do I know? I want to hear a certain kind of hip-hop, so I try to make it myself. That's all I can do.

Q: Anything that has impressed you considerably lately?

A: Most recently, MF Doom and Thirstin' Howl. When I heard Doom's *Dead Beat 12* inch or Thirstin' Howl's *Skillionaire* album, it made me feel like maybe I really could put out fresh songs on a stale budget. Lo-fi, high art -- I love that.

Choral opposites

Choir of the West ensembles take a packed Lagerquist audience to the edges of seriousness and laughter

LIZ WARNER
Mast critic

I made my way to Lagerquist Hall last Thursday for one of my favorite music events of the year, the Choir of the West ensembles concert. The ensembles concert is performed every March.

Ensemble leaders are chosen out of the choir, and then all the ensemble leaders meet to hash it out and put together their ensembles of five people, on average. Each small ensemble is responsible for performing two pieces: a chamber vocal piece (a madrigal, motet, or other type of work for a small vocal ensemble).

Then, almost anything goes for the second piece, which is where things get really interesting and the reason why so many people look forward to this fun concert.

Selections from the past have featured some familiar tunes from Nirvana, the Backstreet Boys, and the Beatles.

Choir of the West Director Kathryn Lehman has formatted the concert so that the first half is the more "serious" part where the ensembles perform vocal chamber music, and the second half is titled "On the Lighter Side."

During the first half of the concert, the listener really gets to hear all the different voices that make Choir of the West, how they blend together, and what kind of musicianship they individually have.

Blending voices together can really make or break a choir, and is always challenging, yet vital.

Trying to blend with forty people is also very different than trying to blend with four. It takes good listening skills, a certain level of vocal training and the ability to listen well and sing at the same time.

The first group of the evening demonstrated these skills brilliantly when they opened with Javier Busto's "Ave Maria." The great blending and balance of their voices made for a sublime beginning.

During the first half of the concert, the listener really gets to hear all the different voices that make Choir of the West

The program was well balanced with more upbeat tunes like the Scottish folk song "Bobby Shaftoe" and John Rutter's arrangement of "O Waly, Waly." Both of these had very close and difficult harmonizations, and how each group tuned to each other was impressive.

The more reflective low-key selections include Busto's "Ave Maria," Jacob Handl's "In Nomine Jesu," and Palestrina's "O Beata Trinitas."

In the middle of the first half of the concert, the lights of the hall went down and each member of the fifth ensemble to perform came in with hand-held candles to set the mood for Peter Tchaikovsky's "Crown of Roses." This was a great effect and really made the concert seem more like a show.

The first half closed with a lovely performance of Daniel Gawthrop's "Sing Me to Heaven."

When the second half of the concert started and Jenny MacDonald, Hannah Williams, Ryan Healey, Chris Wood and Jason Brandt took the stage, my first thought was, "Wait a minute... am I at the Gorge Amphitheater?"

The ensemble performed an a capella rendition of Dave Matthews "Satellite,"

arranged by the talented Hannah Williams. Costumes are a vital part of the ensembles concert. This group sported the DMB-concert-at-the-Gorge uniform of t-shirt over long sleeved shirt, jeans and/or chords and/or shorts, Hawaiian shirt, and of course, the infamous Northwest grunge-esque stocking cap.

The facial expressions and body language of the group captured the stereotypical Dave fans, as well as Dave himself. It was great.

For the next piece, Ryan Healey struggled behind his group to play a key role for the next group performing "Mosquitoes" from *Due North* by Stephen Chatman.

What I loved about this transition was that when Ryan Healey dragged his lawn chair out, wearing the same outfit, it perfectly captured "the next day" at the Gorge. You've partied your ass off all night, crashed in a tent (or on the ground somewhere) and are waiting around for the second Dave show to start.

Many ensembles had some dramatic element that continued into the next

Each ensemble was very unique in their costumes

piece, which was very effective and gave the second half a really strongly connected feel to it.

Overall, the drama, completely created and performed by the students, was superb and the best I've seen it in three years.

Each ensemble was very unique in their costumes - from the cute "jammies, teddy bears and pig-tails look" used in H. Johnson and T. Morse's "Mother," a cameo of Mark Carr-as-French-maid in Schickele's "My Bonnie Lass," to a bottle

of Nyquil and a box of Kleenexes in Ellen Foncannon's "Cold and Fugue Season."

The ensemble led by Wendy Gilles sang an adapted version of Gilbert and Sullivan's "Three Little Maids from School" - their version being, "Five Little Maids from School" arranged by John Young.

Of course both male and female members of the ensemble dressed as "school maids," continuing the long tradition of dressing in drag.

Other pieces involving drag were the N Sync medley "It's Gonna Be Me," arranged by Sean Haley, Jordan Brookshire's Michael Jackson Medley "The Good Years", and the unforgettable closing number, "Lady Marmalade" from *Moulin Rouge*.

All ensemble members were scantily clad à la Moulin Rouge cabaret style, complete with corsets, short skirts, platform shoes and fish net stockings, and none more risqué than the six foot blonde drag queen that was Joel Cummings.

However, their elaborate costumes were equally matched by their performance which included fantastic belting of the verses, beat boxing by Dalton Shotwell, and an all-out rap by Michael Newman.

Out of the twenty pieces performed, over a third were arranged, composed, or adapted by students. All costumes, staging and choreography were done by the students. All of the pieces are chosen, learned, and usually memorized in a month's time.

I'm always surprised to see empty seats at the Choir of the West ensemble concert because not only is it a great show, but it's the only time you get to see these hard-working singers showcase how much talent they really have.

What We're



Listening To

John Bob Dylan
Love and Theft

Have you ever bought something and just felt good about it? It is almost like you are proud of yourself for buying something. It's weird. Maybe it's the American consumer in me.

This happened to me at the beginning of last month. I went to the store to return something my sister gave me and I humored myself by browsing through the CDs. This is when the money in my pocket started to talk to me, saying, "Treat yourself, you deserve it, buy something, spend me."

It always strikes me as strange when inanimate objects that live in my wallet speak. I figured it must be a sign so I listened. I picked up *Love and Theft*, Bob Dylan's 2001 follow up to the Grammy winning *Time Out of Mind*.

A friend of mine recommended it to me over Christmas break. He said that it had taken up permanent residence in his CD player for the past two months. I thought if he likes it that much it must be

good, because if your friends have good taste that means that you have good taste. Lucky for me, this disc is that good.

There is something about Dylan's voice that just burns. It sounds so real, almost like you could reach your hand out and run it across the rough, gravelly surface of his lyrics as they pour out of the speakers. Some people hate the sound of his voice, but I am not one of them.

The album as a whole has the feeling of a really great, old, blues album. It has songs like "Mississippi" that are filled with somber regret, bluesy songs like "Lonesome Day Blues," and twangy, bluegrass songs like "High Water" that feel heavy and almost epic.

Like my friend's CD player, mine has had this CD as a constant companion since I bought it. There is something about a truly great album that makes you feel good, I have never been more pleased with myself for spending money than when I bought this album.

-John Henry

A note from the A&E Editor

The above Choir of the West piece was originally intended to have pictures accompanying it. However, *The Mast's* photographers were not allowed to take photos of the event, although we have taken photos of previous concerts at PLU.

We've shot and published photos from the Valentine's Day Jazz Benefit in February, and flutist Matthias Ziegler in

September 2002, among others.

The Mast thinks it is important to cover on-campus groups, especially those in the arts, but without photo opportunities, it makes that task difficult. Photos add to stories what 1000 words couldn't describe.

It is understood that the music department has a policy of not taking photos of music events for many reasons, including distraction of per-

formers.

However, our photographers show the utmost respect to the performers by turning off their flashes, or taking photos during warm-up periods.

We hope that in the future we can continue with great photojournalism by letting *The Mast* take photos of PLU music events.

-Jace Krause, A&E Editor

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When it's not just another case of the blues

THE DEPRESSION AND BIPOLAR Support Alliance considers depression the most common serious brain disease in the country.

The American Psychiatric Association defines clinical depression, also called major depression, as "a serious medical illness that negatively affects how you feel, the way you think and how you act."

The American Federation for Suicide Prevention stresses that clinical depression is not merely an extended state of "the blues."

While anyone can have a bad day or

be bereaved by the death of a loved one, clinical depression lingers and persists over time.

According to the APA, depression strikes an estimated 17 million Americans every year and impacts both men and women of all backgrounds, cultures, races and incomes.

The most common symptom of depression is an intense feeling of sadness accompanied by a loss of pleasure and/or interest in usual activities and endeavors.

To be diagnosed with clinical depression, a person must experience this feel-

ing of sadness and must exhibit five additional symptoms as outlined by the APA's Diagnostic and Statistical Manual of Mental Disorders for two consecutive weeks (see "Know the Symptoms").

Before diagnosing the patient with clinical depression, it is recommended that they have a blood panel done to rule out other disorders that may have symptoms that mimic depression, such as anemia, hypothyroidism, cancer or other hormonal or neurological disorders.

Medications like muscle relaxants for other infirmities and substance abuse might have side effects that resemble depression, too. Therefore, it is important for the patient to consult with a psychiatrist and/or primary care physician before being diagnosed and treated with medication.

Although depression can occur in anyone, regardless of their circumstances and backgrounds, the APA lists four factors that may contribute to depression—biochemistry (a chemical imbalance of the neurotransmitters, serotonin and norepinephrine in the brain), genetics (hereditary and familial factors), personality (low self-esteem or inability to cope with stress) and environmental factors (exposure to poverty, abuse, violence or neglect).

Depression may also accompany serious health concerns such as cancer and heart disease.

Depression in the context of adolescent mental health has received more attention recently due to the realization that depression is not necessarily developmental.

It is a disorder that may surface at any stage of one's life and may be triggered by a chemical imbalance in the brain or a difficult change.

The Center for Mental Health

Services has estimated that one in eight adolescents have clinical depression. In children and adolescents, depression often manifests itself through irritability and withdrawal.

PLU offers a number of services for students who suffer from depression.

Counseling and Testing provides counseling, individual assessments and psychiatric evaluations, while Campus Ministry offers pastoral care and support. The Student Health Center administers screenings/tests for depression and physician assistants may write prescriptions for anti-depressants and disperse beginning treatments.

Joanne Ito, a psychologist in PLU's Counseling and Testing center, said students come in both on their own and as a result of being referred by a concerned friend. "Oftentimes, people wait and see if (feelings of depression) will pass," she said.

"They may try everyday coping techniques like keeping busy, before coming in for counseling."

Ito also said college students sometimes turn to drugs and/or alcohol to mask their symptoms.

Through counseling, therapists can provide patients with coping techniques, help them understand depression, work on relationship skills and learn how to avoid factors that contribute to depression.

"Treatment technology has advanced to the point where anyone can get help," Ito said.

According to the APA, 80-90 percent of depressed people seeking treatment (medication, psychotherapy/support groups or both) will improve significantly.

Ito said a combination of psychotherapy (talk therapy and counseling) and medication is often recommended to provide relief for depression.

Tips On Dealing With Depression In College

Provided by the National Mental Health Association

- n Carefully plan your day. Make time every day to prioritize your work. Prioritizing can give you a sense of control over what you must do and a sense that you can do it.
- n Plan your work and sleep schedules. Too many students defer doing important class work until nighttime, work through much of the night, and start every day feeling exhausted. Constant fatigue can be a critical trigger for depression. Seven or eight hours of sleep a night is important to your well-being.
- n Participate in an extracurricular activity. Sports, theater, fraternities and sororities, the student newspaper – whatever interests you – can bring opportunities to meet people interested in the same things you are, and these activities provide welcome change from class work.
- n Seek support from other people. This may be a roommate or a friend from class. Friendships can help make a strange place feel more friendly and comfortable. Sharing your emotions reduces isolation and helps you realize that you are not alone.
- n Try relaxation methods. These include meditation, deep breathing, warm baths, long walks, exercise – whatever you enjoy that lessens your feelings of stress and discomfort.
- n Take time for yourself every day – even if it's only for 15 minutes. Focusing on yourself can be energizing and gives you a feeling of purpose and control over your life.
- n Work towards recovery. The most important step in combating depression and reclaiming your college experience is to seek treatment.
- n Your physician should tell you that remission of symptoms should be your goal and work with you to determine whether psychological counseling, medication or a combination of both treatments is needed.

SAFETY BEAT

March 7

Campus Safety officers responded to a medical aid reporting that a student had injured her back while at dance practice. The victim further noted her back was starting to bruise and requested ice. Attending officers provided the victim with ice and advised her to seek further medical attention.



March 8

Campus Safety officers are investigating a report of a temporary employee driving a green Mercury Sable at speeds in excess of the campus speed limit and operating a vehicle without permission on campus property. The incident report is being forwarded to Dining Services where the person is employed.

Safety officers responded to a medical aid reporting that an individual had stabbed his hand with a pencil. It was learned that the victim did not stab his hand but suffered from a minor fingernail scratch caused by a friend. Officers provided the victim with a Band-Aid.

March 10

Campus Safety responded to the Administration Building when a professor reported a suspicious message on her voicemail. Investigating officers determined that the reported message was a hoax but still contacted PCSD as a precaution. Attending deputies took a report and concurred with CSIN personnel.

See related article on this page

Officers respond to threatening prank

KRISTINA COURTNAGE
LuteLife editor

Campus Safety and the Pierce County Sheriff's Department have been unable to identify the origin of a prank call, left in the form of a voicemail, Monday, in which the caller identified himself as Osama bin Laden and threatened to blow up "the center" with anthrax.

Anthrax is not an explosive material. The message was left on a professor's voicemail in the Hauge Administration Building.

"We have exhausted all investigative avenues to determine who the prankster was," said Shaun Atkinson, Campus

Safety operations

The administrator evacuated when Campus Safety officers determined a conclusion that occurred with after

Atkinson said by a hoax because used a fake account he talked in a joke

Atkinson said respond to credible bomb threat with it," Atkinson said by evacuate the building and contact the police to take this very serious

living with depression

STORIES BY KARYN OSTROM
PHOTO ILLUSTRATION BY TRAVIS EBY

floating water

One woman's story of recovery

UPON FIRST MEETING AND TALKING WITH NORA FLAGG, IT is difficult to imagine the senior elementary education major as anything but confident and cheerful. She smiles warmly and chatters congenially about a class presentation she just finished.

"Most people think I'm some bubbly person," Flagg said to describe how her family, friends, peers and teachers view her personality.

Five years ago, Flagg was diagnosed and treated for clinical depression. Flagg says this was the first time she ever felt genuinely happy.

Before the diagnosis and treatment, Flagg can recount bouts of extreme unhappiness she experienced at an early age that may or may not have contributed to her depression (depression can be onset by a significant stressor, but it is difficult to cite a major "cause" of depression).

When Flagg was 3, she was introduced to death when her preschool teacher was murdered.

By the time she was in second grade, Flagg was writing suicide notes to her family in the privacy of her bedroom, crying and then crumpling them up.

With the exception of visits to a child psychiatrist after her teacher's death, Flagg's suicidal tendencies and emotions remained internal as her parents were unaware of her morbid thoughts. It was not until Flagg had finished three years of high school that she was diagnosed with clinical depression.

Flagg described the summer before her senior year as a time when she was agitated easily, had no appetite (and as a result, lost 15 pounds) and was unable to sleep. She said she screamed, cried, deserted her friends and spent all of her time sitting on the couch watching television.

Above all else, she felt "numb."

"People can hug you and tell you that they love you and you can't feel the same for them," she said.

At her mother's insistence, Flagg began to attend counseling sessions.

Her primary care physician prescribed Zoloft, an antidepressant in the form of a pill, taken daily.

When she first began receiving treatment, Flagg was doubtful that she could feel better.

Fortunately, as Flagg began her senior year of high school, the Zoloft (which she affectionately dubbed "happy pills") began to take effect and she began to experience

happiness. "Everything looked brighter and I got used to being happy, smiling and laughing."

Her grade point average went from 2.4 to 3.1 and teachers remarked to her mother how confident she had become.

During her time at PLU, Flagg has performed with Solvinden Flute Choir, played on the women's lacrosse team and worked in the Admissions office. She also recently appeared in The Vagina Monologues.

Does Flagg still feel depressed at times? "Everyone has a bad day," she said.

However, she said the sadness or disappointment she may experience on a bad day is only temporary and does not linger like depression. "I'm not angry or numb. I don't feel like I'm drowning anymore," she said.

Flagg said exercise offers her an outlet to relieve stress, in addition to chocolate ice cream and sappy romance movies.

She also continues to take Zoloft regularly and is not afraid to ask for help if the need should arise.

Flagg said her peers have been supportive of her and do not treat her differently because she is clinically depressed. She said this is a change in attitudes from her high school friends and classmates who assumed that she cried all the time or was psychotic when she was diagnosed with clinical depression.

Flagg said she thinks because so many college students are educated about depression and mental health issues in psychology classes, they do not equate depression with sickness. Flagg said her parents' and grandparents' generations have also become more understanding of her condition.

She said she thinks this is because recent studies have explored the correlation between depression and genetics/brain chemical structure (Flagg has close relatives who are also clinically depressed), destroying the unspoken stigma that having a depressive disorder was onset by a personal weakness.

"If you're on medication, it doesn't mean you're sick," she said. She likened taking serotonin-enhancing drugs for depression with taking iron supplements for anemia or thyroid hormones for hypothyroidism.

Flagg encourages those who feel or are told by others that they need psychological/emotional help to make an appointment with a school psychologist. "There's no reason why you shouldn't go," she said. "It's free!"

"I don't feel like I'm drowning anymore."

Nora Flagg

Know the symptoms

The first step toward defeating depression is to define it. But people who are depressed often have a hard time thinking clearly or recognizing their own symptoms. They may need your help. Check the following boxes if you notice a friend or friends with any of these symptoms persisting longer than two weeks.

Does he or she express feelings of:

- o Sadness or "emptiness"?
- o Hopelessness, pessimism, or guilt?
- o Helplessness or worthlessness?

Does he or she seem:

- o Unable to make decisions?
- o Unable to concentrate and remember?
- o To have lost interest or pleasure in ordinary activities - like sports or band or talking on the phone?
- o To have more problems with school and family?

Does he or she complain of:

- o Loss of energy and drive - so they seem "slowed down"?
- o Trouble falling asleep, staying asleep, or getting up?
- o Appetite problems; are they losing or gaining weight?
- o Headaches, stomach aches, or backaches?
- o Chronic aches and pains in joints and muscles?

Has his or her behavior changed suddenly so that:

- o They are restless or more irritable?
- o They want to be alone most of the time?
- o They've started cutting classes or dropped hobbies and activities?
- o You think they may be drinking heavily or taking drugs?

Has he or she talked about:

- o Death?
- o Suicide - or have they attempted suicide?

If you have noticed these symptoms in a friend you or your friend can contact the PLU Health Center, Counseling and Testing or Campus Ministry.

Information provided by the U.S. Department of Health and Human Services

and to link call

supervisor.
ation building was not
the professor notified
t 5:55 p.m., because offi-
the call to be a hoax, a
sheriff's deputies con-
listening to the message.
the threat was obvious-
se of the way the caller
at and the way in which
ing, non-serious manner.
policies are in place to
ble threats. "If we had a
some substance behind
," we would immediate-
uilding, cordon the area
heriff's department. We
iously."


NEWS BYTES

THIRTY SECONDS OF THIS WEEK'S NEWS HEADLINES

- White House sources: U.N. vote might not happen
- Elizabeth Smart found alive
- New York City Council approves resolution opposing Iraq war
- Fort Drum mourns helicopter crash victims
- Parents of dead child sue over liver transplant mistake
- U.S. to resume flights near North Korea

- Egyptian gets \$27 million for tip leading to terrorist's arrest
- Texas woman charged with killing her three children
- Britain crafts plan for Saddam to avoid war
- White House sources: U.N. vote might not happen
- Serbia's pro-Western premier assassinated; unrest feared
- France dismisses new British ideas on Iraq
- Chinese government censors The Rolling Stones
- Broadway strike ends
- Bush one vote away from Arctic drilling OKs

Keeping you connected

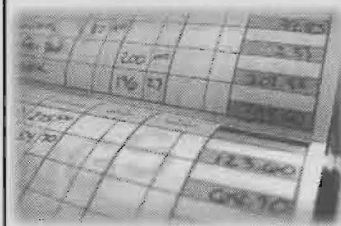
This week on KCNS TV 26 

- Friday Pre-funk with GM's Troy and Marc - 9 p.m.
- Saturday Adam's Action Zone Anime Marathon - 6 p.m.
- Monday National Lampoon's Comedy Network - 7 p.m.
- Tuesday News @ 9 - 9 p.m.
- Wednesday Miss Lute Live! 8 p.m.
- Thursday Lute Living 9 p.m.
Inside The Game Live! 9:30 p.m.

Contact us @ x8649 or kcns@plu.edu

Comments? Contact The Mast at X4362 or mast@plu.edu.

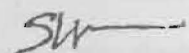
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Lutes defeat Golden Gusties, 68-54

LEAH ANDERSON
Mast sports reporter

An estimated 1,400 fans showed up Saturday to watch the Pacific Lutheran women's basketball team beat the visiting Gustavus Adolphus Golden Gusties, 68-54, in a second round game of the NCAA Division III Women's Basketball tournament.

The crowd set an unofficial attendance record for Pacific Lutheran women's basketball.

Head coach Gil Rigell said, "The crowd was awesome. The fans came out and were the ones that pulled us through."

Besides the support from the fans, it was defense that played the key role in the victory, something that Rigell has preached throughout his six-year career at PLU.

"These were two very evenly matched teams, but we knew what they were going to do and we were ready for them," Rigell said. "We defended really well." If Gustavus players set a screen, Lute players were ready on the other side of the screen to either block a shot or disrupt the play.

The Lutes, among the Division III leaders in scoring defense and field goal percentage defense, limited the Golden Gusties to 27 percent shooting, 17-of-63, for the game.

Point guard Mallory Mann said, "We always work on defense in practice. We pride ourselves on our strong defensive play."

PLU was 48 percent shooting in the first half making 12-of-25 and 48 percent for the game making 23-of-48 shots.

Except for a 2-2 tie 1:10 into the contest, the Lutes maintained the lead the entire game.

The Lutes went on an 11-3 run, extending a 7-6 lead to 18-9 with 9:53 left in the first half.

Wing Kelly Turner started the run when she scored five straight points, including a 3-pointer.

Gustavus fought back and



Photo by Brie Bales

Members of the record crowd watch as wing Aundi Kustura surveys her options in Saturday's night national tournament game. A KCNS camera operator is in the lower left of the picture. The game was broadcast live on closed circuit television to campus television sets.

pulled to within three, 21-18, but the Lutes went on another 11-3 run just before the end of the first half.

Wing Anna Sticklin scored

seven points, including a 3-pointer, during this run.

The Lutes held a 32-21 half-time lead.

The Lutes extended their 11-

point lead to 16 points, 47-31, off of a baseline jumper by wing Pam Isaacson nine minutes into the second half.

PLU held onto a double-figure advantage until the closing minutes of the game when Gustavus, the runner-up in the Minnesota Intercollegiate Athletic Conference tournament, started a comeback and pulled to within seven points, 57-50, with 2:24 left in the game.

A lay-up by guard Lacy Skoog with 52 seconds left pulled the Golden Gusties to within six points at 60-54. Gustavus remained scoreless the rest of the game as the Lutes went 8-of-8 from the foul line and held on for the win.

"We made some good plays and we made some mistakes, but we came away with the win, which is all that matters at this point," Mann said.

Sticklin led the Lutes in scoring with 13 points, including making four of the eight free throws at the end of the game.

Post Hilary Berg scored 12 points and grabbed six rebounds and Turner tallied 11 points, including three

3-pointers.

Gustavus guard Angie Peterson was 10-of-12 from the free-throw line, but struggled from the field hitting just 3-of-13 shots. She led both teams in scoring, however, with 16 points.

Post Kelly Etzel, the second leading scorer for the Golden Gusties, added 11 points and led both teams in rebounding with 10.

The win advances PLU to the Sweet 16 sectional round of the national tournament. They travel to Wisconsin where they will play Wisconsin-Eau Claire at 5:15 p.m. PST today. The Bugolds finished the regular season ranked No. 1 by d3hoops.com. The game can be heard live on KLAY 1180 AM.

The winner of the PLU-UW-Eau Claire game will play the winner of the Hope-Wilmington (Ohio) game that precedes it at 5 p.m. PST Saturday.

"We are excited to play because we have nothing to lose," Mann said. "No one expected us to get this far, so we do not have any pressure."

Rigell echoed Mann when he said, "The pressure is on them (UW-Eau Claire); they are ranked number one and we aren't," he said. "We are going to go and give it our best shot."

This is the third time in the last five years that the Lutes have been to the Division III Sweet 16.

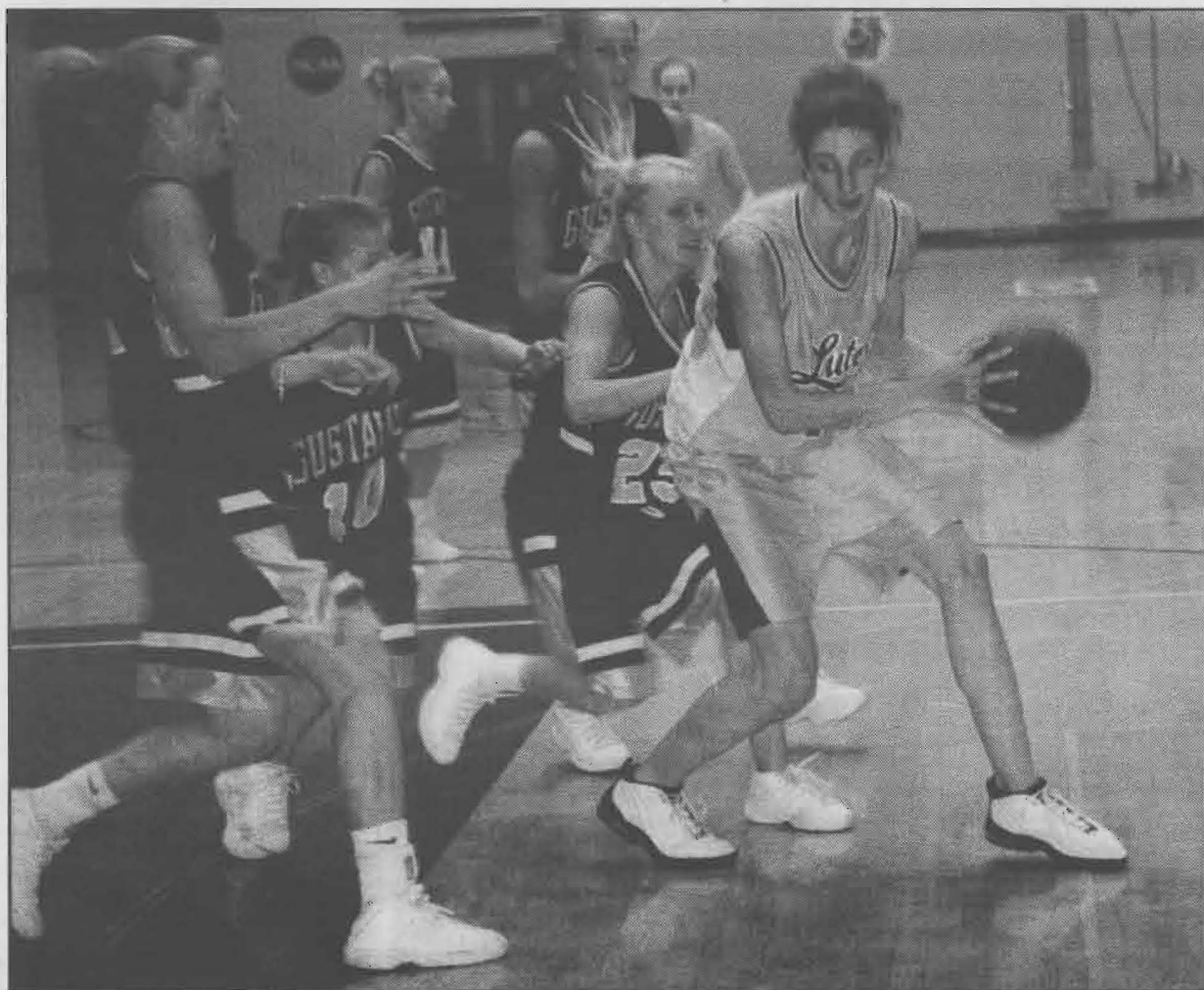


Photo by Brie Bales

Four Golden Gusties rush to quadruple-team post Courtney Johnson. She finished with nine points, seven blocks and seven rebounds in the Lute victory.

Lutes face No. 1 team in showdown

Lutes



MATT MACDONALD
Mast sports editor

The Pacific Lutheran women's basketball team continues its ride through the NCAA Division III national tournament tonight against the No. 1 rated team in the country.

The Lutes play at Wisconsin-Eau Claire (29-1), top ranked in the final regular season d3hoops.com Top 25 poll, at 5:15 p.m. PST tonight. The sectional semifinal will be broadcast live on KLAY 1180 AM.

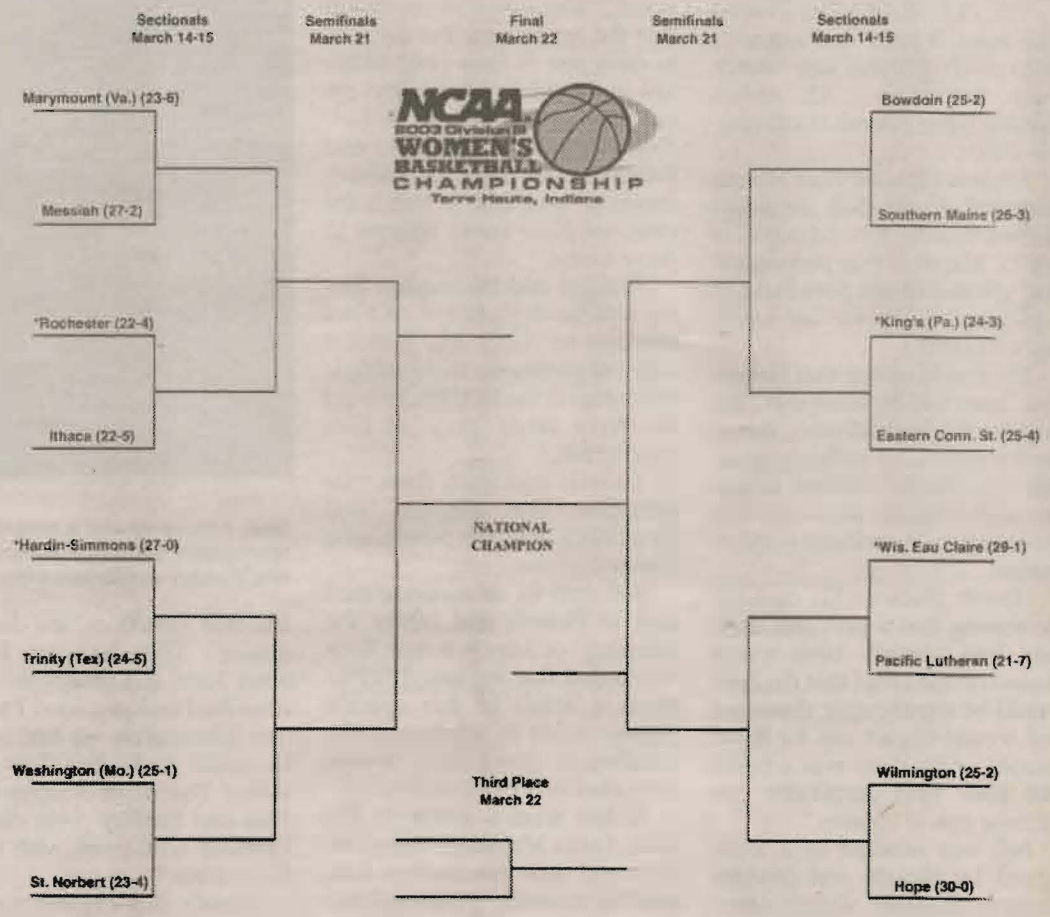
The Blugolds enter the game with a 20-game winning streak, dating back to their lone loss of the season, a 73-59 loss to South Dakota State, currently ranked

No. 4 nationally in the final regular season NCAA Division II USA Today/ESPN/WBCA Top 25 poll. UW-Eau Claire drew 1,543 and 2,103 fans to their first two post-season games, a 70-49 victory over Wisconsin Lutheran and an 81-45 win over Chapman. They are expected to sell out W.L. Zorn Arena tonight, which has a seating capacity of 2,200.

If PLU wins, they will play the winner of the other sectional semifinal, Hope (30-0) vs. Wilmington (25-2), at 5 p.m. PST Saturday, which can also be heard on KLAY 1180 AM.

With two wins this weekend, PLU would earn its first trip to the NCAA Division III Final Four March 21-22 at Terre Haute, Ind.

2003 NCAA Division III Women's BASKETBALL CHAMPIONSHIP



*Sectional games will be held at four of the 11 participating universities.

Pacific Lutheran

21-7

Northwest College	W, 59-44
Western Wash.	L, 47-58
Seattle Pacific	L, 55-73
Warner Pacific	W, 63-60
Evergreen	W, 56-36
Southern Oregon	W, 65-42
Oregon Tech	W, 59-43
Southern Oregon	W, 57-31
Western Baptist	L, 51-57
Lewis & Clark	W, 55-39
Willamette	W, 50-39
Whitworth	W, 63-53
Whitman	W, 58-47
Pacific	W, 61-49
George Fox	L, 55-57
Puget Sound	W, 64-62 OT
Willamette	W, 63-29
Lewis & Clark	W, 64-28

Linfield	W, 53-41
Whitworth	L, 39-52
Whitman	W, 61-45
Pacific	W, 49-45
George Fox	L, 42-45
Puget Sound	L, 53-60
Linfield	W, 71-67
Puget Sound	W, 79-75 OT
Whitworth	W, 68-58
Gustavus Adolphus	W, 68-54
Hilary Berg	6.6 rebounds
	1.4 steals
Courtney Johnson	11.1 points
	8.3 rebounds
	4.4 blocks
Aundi Kustura	7.7 points
	97% free throws
Mallory Mann	4.6 rebounds
	4.6 assists
Kelly Turner	9.4 points
	48% 3-pointers
Sara Wilcox	53% shooting

Wisconsin-Eau Claire 29-1

Wartburg	W, 61-45
Luther	W, 71-48
St. Norbert	W, 83-64
Hamline	W, 99-41
Northwestern	W, 83-48
UW-La Crosse	W, 65-61
UW-Stout	W, 72-69
St. Scholastica	W, 84-49
UW-Superior	W, 93-39
South Dakota St.	L, 59-73
Trinity (Texas)	W, 65-59
Texas Lutheran	W, 71-45
UW-Stevens Point	W, 68-66
UW-River Falls	W, 57-41
UW-Whitewater	W, 95-71
UW-Oshkosh	W, 72-56
UW-Platteville	W, 65-54
UW-Stout	W, 74-61
UW-Superior	W, 68-42
UW-Stevens Point	W, 72-50

UW-La Crosse	W, 73-56
UW-River Falls	W, 60-47
UW-Oshkosh	W, 62-58
UW-Whitewater	W, 67-59
UW-Platteville	W, 63-53
UW-River Falls	W, 76-41
UW-Stout	W, 83-70
UW-Oshkosh	W, 64-50
Wisc. Lutheran	W, 70-49
Chapman	W, 81-45
Kristi Channing	15.5 points
	6.0 rebounds
Katie Murphy	3.2 assists
	2.1 steals
	47% 3-pointers
Janel Soppeland	11.5 points
	81% free throws
Becca Spaeth	13.0 points
	6.3 rebounds
	1.0 blocks
	55% shooting
Brooke Wozniak	10.0 rebounds



Photo by Brie Bales

Good vs. evil? Lute wing Pam Isaacson (light No. 32) and Gustie guard Angie Peterson (dark No. 32) battle for the ball in Saturday's NCAA Division III second round game.

Bits and Pieces

MATT MACDONALD
Mast sports editor

Tonika Vickers and Carrie Larsen competed at the Last Chance Qualifier, an indoor track and field meet held Saturday at the University of Washington.

With nationals coming up this weekend, the meet served as a last chance to qualify.

Vickers finished second in preliminaries for 60-meter dash (7.93 seconds) and first in the finals (7.91 seconds).

Larsen was the only entrant in the 400-meter dash, running a time of 59.79 seconds.

Unfortunately, neither time was fast enough to qualify for the NCAA Division III national championship indoor track and field meet.

The outdoor track and field team hosts the Salzman Invitational at 9 a.m. Saturday. As of Wednesday, 14 collegiate teams and 463 athletes had signed up.

Fox crossed home for the lead Lute run in the eighth and pitcher Jason Anglin scored the winning run in the ninth. The Lutes won, 6-5.

Anglin also earned the save in his first PLU pitching appearance.

Sunday's game saw PLU pitcher Matt Serr earn his first win of the season. Serr gave up six hits and one earned run in seven innings in the Lutes' 6-2 win.

The Lutes scheduled game Tuesday against St. Martin's was cancelled because of wet grounds.

Rhoden's national run short

TIM GALLEN
Mast sports reporter

Pacific Lutheran 174-pounder Josh Rhoden was hoping to earn All-American honors at the NCAA Division III Wrestling Championships last weekend at Ohio Northern University in Ada, Ohio.

Rhoden's trip to Ohio was cut short, however, as he was ousted after two matches.

Rhoden lost an 8-7 decision to Gary Franck of Coe College (Iowa). That loss was followed by an 8-3 consolation bracket loss to Joe Fitzsimmons of Roger Williams College (R.I.).

Rhoden finished the season with a 33-8 overall record.

He met the same fate as PLU's only other wrestlers to compete at the NCAA national tournament, Matt Werner and

Mark Cypher. Both went 0-2 at the 1999 championships.

Cody Koenig, of Wisconsin-Stevens Point, finished first in the 174-pound class. Eduard Aliakseyenka of Montclair State finished second followed by third place Jason Lulloff from Wisconsin-LaCrosse.

Top finishers in all classes were as follows: at 125 pounds, Heath Ropp from Wartburg; at 133 pounds, Dave Ilaria from College of New Jersey; at 141 pounds, Wil Kelly from Wartburg.

At the 149 pound weight class, Rami Ratel from Montclair State; at 157 pounds, Marcus LeVesseur from Augsburg; at 165 pounds, Jesse Reyerson from Luther; at 184 pounds, Brad Marten from Wisconsin-Stevens Point; at 197 pounds, Brent Meyers from Upper Iowa; and at 285 pounds, LeRoy Gardner III from Wartburg.

PLU baseball starts NWC 2-1

TIM GALLEN
Mast sports reporter

The Lute baseball team won two-of-three games against the Linfield Wildcats in McMinnville, Ore.

Linfield pounded the Lutes, 7-1, in game one of Saturday's doubleheader. The Wildcats scored four runs in the seventh inning to break a 1-1 tie.

Lute third baseman David Fox said, "They caught a lot of breaks."

Fox said the Wildcats weren't hitting the ball that hard. They had a lot of blooper hits and hits through the gaps.

PLU had six hits, including two from second baseman Tyler Stevenson.

In game two, the Lutes rallied from a 4-0 deficit with the help of two Linfield errors, to tie the game at four.

Ultimate Frisbee allowed to play on Foss Field

MATT MACDONALD
Mast sports editor

Foss Field was used after all, albeit for only three games in a tournament that encompassed about 200 games for 29 teams.

The PLU A Ultimate Frisbee club team, B team and women's team each played one match there Saturday. All matches Sunday were played at off-campus fields.

Athletic Director Paul Hoseth informed Aaron Bell, president of the Ultimate club, via e-mail at 5 p.m. March 6 that permission was granted to use Foss Field as a playing surface for last weekend's PLUBBQ.

The e-mail stated that Hoseth had "been told by some that I am to make the final decision. Based on the above, for today, a reluctant - Go For It." Hoseth would not elaborate on who else was involved in contributing information.

Hoseth prefaced his decision by writing that a previous decision had already been made "based on the belief that the field would be significantly damaged and would impact use for intramurals. Also there was a belief that poor field conditions can increase risk of injuries."

Bell was notified in a letter signed by Hoseth and Jennifer Thomas, assistant athletic director and club sports coordinator, on Feb. 18 that Foss Field would not be available.

There was concern that the damage from the tournament would inhibit intramural play on

Foss Field that was set to begin in April. Intramural athletics are higher on the priority list for facility use than club sports are.

In regards to damage to Foss Field and liability issues for having a tournament there, Hoseth wrote, "Recently I have heard that the reasons for the decision to deny use of Foss Field (damage to the field and liability) are not appropriate and can be handled (we can 'fix' the field and liability issues are not a primary concern)" and that "If this is the case, we have fewer reasons to deny access."

Thomas said Wednesday that the athletic department had not changed its stance and that if it was completely up to the athletic department, the PLUBBQ would not have taken place at Foss Field at all.

Thomas said Sheri Tonn, vice president for Finance and Operations, was the person who allowed its use.

Bell said in an earlier e-mail sent to Hoseth and others the morning of March 6 that Tonn "conceded that increased liability as a result of this specific Frisbee event in relation to the intramural event four weeks from now is not of concern."

In last week's article in *The Mast*, Laura Majovski, vice president and dean for Student Life, said the morning of March 6 that Tonn was "researching the 'facts of the field' and how it might affect intramurals in April."

Majovski said Thursday that the oversight of club sports resides primarily with athletics



Photo by Leah Sprain

Both a close-up and a normal shot of Foss Field shows the damage caused by the PLUBBQ Ultimate Frisbee tournament Saturday. Aaron Bell, president of the Ultimate club, said that people diving on the field Saturday and Sunday exacerbated the damage.

and that Hoseth is "the decision maker. (Provost) Jim Pence, Sheri Tonn and (Majovski) were consulted and provided Paul the best information we had so that he could make the final decision.... The issues of repair to the field and liability were clarified by those who work with her in those areas."

Hoseth did express concern over where the money would come from, whether it would be from the athletic department, the Office of Student Life or Ultimate.

Bell added in his e-mail that

"Ultimate has agreed to supply any needed person-power to replace, by hand, any overturned grass ... and has agreed to provide the person-power to lay sod if ... necessary."

Also if necessary, Bell "will provide the \$600 cost of any sod laid before the beginning of intramurals."

As it stands right now, where the money is coming from is still up for debate, Bell said.

Unfortunately, from a weather standpoint, last weekend was the worst weekend of the year, Hoseth said. All four varsity

softball games scheduled last weekend were cancelled. Rain fell almost continuously throughout the Ultimate tournament.

Bell said that people sliding on Foss Field Saturday and Sunday damaged it further. "When I came back from the women's basketball game Saturday night, I saw 10 people diving around (on Foss Field)," Bell said. "We encouraged them to get off the field, at least until Monday (so that appropriate damage from the PLUBBQ could be assessed)."



Photo by Andy Sprain

Adam Holt grabs the Frisbee over a Chico State defender during their PLUBBQ quarterfinal.

PLUBBQ tournament a rainy, fun affair

MATT MACDONALD
Mast sports editor

The men's A Ultimate Frisbee club team wrapped up a successful PLUBBQ weekend with a tense championship match, losing to the University of Washington, 13-8.

The PLU Reign and the UW Sundodgers were tied 8-8, but as the sun peeked through the clouds for the first time all weekend, the UW, who entered the weekend ranked No. 8 nationally, ran off the final five points of the game to close out the championship.

"It was nice we could take them to 8-8," captain Aaron Bell said. "All (of our) will and drive wasn't enough to overcome our fatigue."

The only Reign lead in the game was 1-0 as the Sundodgers held 3-1, 6-3 and 7-5 leads to keep PLU at bay until they could run off the final five points.

PLU had not played in 2003 prior to the PLUBBQ while the Sundodgers had nine games under

their belt.

Bell said that the highlight of the tournament for the A team was beating Chico State in the quarterfinals, 13-8. The Reign lost to Chico St. in the final game of the 2002 Northwest Region championships, 15-10.

The Reign followed the quarterfinal win with a dominating performance against the University of Victoria, winning 13-2. Many wide open Reign receivers and close defensive coverage of Victoria players contributed to the onslaught.

After the game, the Victoria players good-naturedly sang, "Blame it on the rain." The PLU players clapped along.

The Reign won all four group-play games Saturday, defeating Oregon State's B team, 13-1, the University of Calgary, 13-9, the University of Victoria, 13-7, and Reed College, 13-2.

The PLU B team finished the tournament 1-6.

A constant rain fell throughout the weekend, causing extremely muddy and wet play.

"That's one thing that I admire about Ultimate; it is an all-inclusive

weather sport," women's captain Mandy Halverson said.

In their first match of the tournament, the women's team was out-matched by Oregon State's superior receiving, throwing and defensive-covering skills and lost, 13-3.

The Lady Reign also lost to the University of British Columbia, 13-1, the University of Calgary, 13-0, Chico St., 13-7, and UC Santa Barbara, 6-3, before earning their first victory over the University of California B team, 7-0. The UW defeated PLU in a tightly contested final match, 10-7.

The Lady Reign improved throughout the tournament. "We were able to really function as a team on defense by the last game and people were not able to get off passes as easily," Halverson said. "We learned how to break through a zone defense on offense effectively and also worked on throwing a zone defense ourselves."

Crowds for PLU matches ranged from 15 to 35.

All three PLU teams, play at a tournament Sunday hosted by Linfield College in McMinnville, Ore.

Men's tennis wins against Whitworth and Whitman

MICHAEL YOSHIDA
Mast sports reporter

The Lutes continued their unbeaten streak last weekend defeating both Whitworth, 7-0, and Whitman, 6-1, putting their Northwest Conference record to 6-0. The Lutes have built a strong reputation among the NWC, outscoring their first four opponents 40-2.

In addition to doubles wins Friday against Whitworth from Martin Uylanco and Justin Ochsner, 8-6, Scott Nguy/Luke Roloff, 8-4, and Ben

Schaefer/Kevin Yoder, 8-2, the Lutes once again impressed in singles competition with all six Lute players earning wins.

Adding to the victories of Roloff, 6-3, 6-0, Schaefer, 6-1, 6-2, Nguy 6-1, 6-2, and Yoder, 6-3, 6-0, the day saw both a hard-fought tie-breaker win for Ochsner, 6-3, 4-6 (17-15), and yet another decisive victory for Linfield transfer Martin Uylanco, 6-4, 6-2.

"It's Martin's 20th birthday tomorrow, so he deserved his win," Ochsner said. "He's brought a lot to our program in terms of work ethic which is why

the guy continues to deliver week after week."

After Whitworth, PLU faced their most formidable league opponent to date but were quick to shut down the visiting Whitman Missionaries 6-1. Asked about the play of the weekend, coach Clayton Harris offered encouraging words. "It was a joy to watch our players play hard, play well, and have a good time. The players were focused, prepared, and simply took care of business."

Similar to the scene of the day before, PLU doubles delivered

three wins from Ochsner/Uylanco (8-5), Roloff/Nguy (8-3), and Schaefer/Yoder (9-7). Player Erik Loraas, said of the Schaefer/Yoder victory, "It was a close match, but they were sure having fun and I knew deep in my heart there was no chance of them losing. Plus because (Schaefer's) my roommate, he knew that if he lost I would have locked him out of our room."

In singles action, the day saw decisive victories from Uylanco (6-4, 6-2), Roloff (6-4, 6-0), Schaefer (6-0, 6-2) and Nguy (6-4, 6-3). But, according to Yoder,

Gabe Svad's victory over Missionary Trevor Gamble "left the most lasting impression and really brought the fans out of their seats." Adding to Svad's performance, which saw a first set tie-breaker win followed by a close second set victory (7-6 (4), 7-5), Schaefer commented by saying, "Svad brought it today. With his blistering serve he left his opponent in a quandary that could not be remedied."

Hoping to play with the momentum of their first six matches, the Lutes play Linfield this weekend at home.

Mud, rain and WSU can't stop Lutes

BRIE BALES
Mast photo editor

The Lute club men's lacrosse team defeated Washington State University, 24-5, to hold to their first seed ranking in the Pacific Northwest Collegiate Lacrosse League Sunday.

They took the field in conditions of mud, puddles, and pouring rain, but the Lutes are getting used to this after having played in these conditions throughout the season.

Attack Kyle Berggren said, "We weren't expecting to handle WSU as well as we did, especially in the mud, but our defense really stepped it up, giving the offense a lot more opportunities to score."

Leading the scoring was Chris Jensen with seven goals, followed by Kyle Berggren with four and Jacob Henderson and Levi Diggs with hat tricks (three goals).

It was a very offense driven game for the Lutes, scoring nearly five times as many goals as WSU. Berggren said, "It was a big win for us today, our girls team played before us in the rain, leaving the

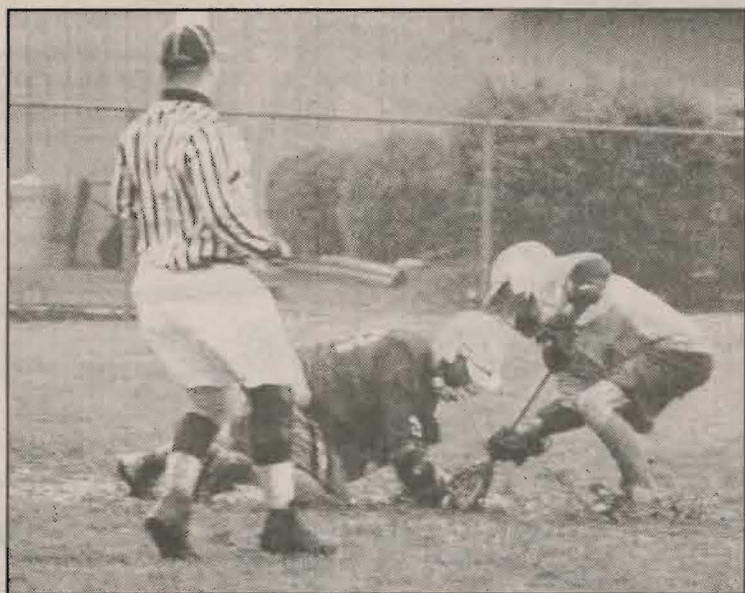


Photo by Brie Bales

Midfielder Adam Burke (right) battles a WSU player for the ball Sunday.

field decently muddy, and very soft. It continued to rain while we played, and we destroyed what was left of the field in the first quarter."

The Lutes travel to Oregon for games at Oregon State at 1 p.m.

Saturday and at noon Sunday at the University of Oregon. Berggren said, "Our defensive coach, Bubba (Gutherless), will be there, but our offensive coach (Jason Stockton) will not, and that will be our biggest challenge."

Women's lacrosse earns first victory

BRIE BALES
Mast photo editor

The PLU women's lacrosse club team beat Willamette, 8-5, Sunday morning for their first win of the season, and lost to the Seattle Barracuda, 2-8, Sunday afternoon.

The girls came out running, kilts and all, Sunday despite the pouring rain and the poor field conditions.

Kristina Calvert led the Lutes in scoring against Willamette with a hat trick (three goals). Following closely were teammates Nicole St. Amand and Ashleigh Houlton who each threw in two. Also scoring for the Lutes was co-captain Jessica Schwinck with one.

Co-captain Ellen Vaughn said, "We are a very young team this year with 13 rookies and two returning players. As a captain it is amazing to watch the improvement of individual players and of the team as a unit. We played at 9:30 a.m. and when we played again at 3

p.m. we could already see improvements."

Before the start of the second women's game the men's team took on Washington State University. The field was in poor condition during the first game, but when it came to game three, the field had an enormous puddle in the middle and was nothing more than a field of mud.

Sara Burkes said, "To boost morale at the beginning of the second (women's) game I slid belly first through the mud."

After their first win of the season, the Lutes came back to an even more muddy, destroyed field and lost to Barracuda, a post-collegiate team.

Kristina Calavert and Emily Bruce each scored one for the Lutes.

The women's lacrosse team travels down to Eugene, Ore. Saturday for the University of Oregon Tournament. They play Portland at 10 a.m., Boise State at 11 a.m., Lewis & Clark at 1 p.m. and the University of Oregon at 2 p.m.

Women's tennis lose two

LIZ KANYER
Mast sports reporter

The PLU women's tennis team traveled to Eastern Washington last weekend where it experienced disappointing losses to both Whitworth and Whitman.

Despite the snowy pass, the Lutes safely arrived in Spokane Friday only to lose all nine matches to Whitworth.

The women's team faced Whitman Saturday, losing again, 6-3, with wins only coming from

No. 1 - Ogin 6-1, 4-6, 6-2, No. 2 - George 6-2, 2-6, 5-4 in singles and the No. 2 doubles team of George and Cafferty, 8-5.

"Despite our losses both on Friday and Saturday we worked really hard," Cafferty said. "Both of these matches will just motivate us more towards winning the next time we play."

Pacific Lutheran defeated Mills College Tuesday, 6-3.

The Lutes have home court advantage today against Linfield at 3 p.m. and host the PLU alumni team at 10 a.m. Saturday.



Photo by Brie Bales

The ball is up there somewhere. Sara Burkes (left), Kim Smith (No. 11) and Emily Bruce (No. 00) look for the ball in Sunday's women's lacrosse game against Willamette, an 8-5 win.

Golfers take on UPS

MOLLY BERGQUIST
Mast sports intern

The PLU men's golf team took part in a double header against UPS on Friday and Saturday.

The men prevailed both days with scores of 299 and 307 against UPS who scored 310 and 309 respectively.

The player with the lowest combined score over the two-day match was UPS's Matt Ristine at 149 with PLU's Todd Randolph in a close second at 150 and Lute Kurt Inouye in

third at 151.

The women's golf team competed at the UPS Invitational, a 36-hole two-day event, March 6-7.

Carrie Thorpe scored 105-112, Tina Scansen scored 129-122 and Sarah Matzen scored 127-133. Unfortunately, only three Lute women participated in the UPS Invitational, which made the team ineligible for the team scoring.

The next event for both teams is the Whitman invitational March 16-17.



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Upcoming local PLU sporting events

- 3 p.m. Friday - women's tennis vs. Linfield
- 9 a.m. Saturday - crew in American Lake Regatta (Tillamook)
- 9 a.m. Saturday - track & field hosts Salzman Invitational
- 10 a.m. Saturday - women's tennis vs. alumni (exhibition)
- Noon Saturday - baseball vs. Pacific (DH)
- 1 p.m. Saturday - men's tennis vs. Linfield
- Noon Sunday - baseball vs. Pacific

Learning to think purpose of college

At today's faculty meeting, Provost Jim Pence and University President Loren Anderson will address proposals that have been made by different members of the faculty and staff concerning restructuring university requirements and departments.

I was not able to contact the Provost's office before our publication deadline to learn the specifics of what Pence and Anderson will bring to the attention of the faculty.

But if your experience this spring has been anything like mine, you have been hearing rumblings of change from your professors in class and have a vague understanding of what ideas have been proposed.

At the heart of all this speculation over splitting up departments and adding and subtracting general university requirements, is the fundamental question of the real purpose of a university education.

Daring to use my experience as a norm, I would hazard that not many students stop to consider exactly why they are going to college. I certainly did not. Rather, because my parents went to college, I simply always assumed that I would go to college.

Looking back, it would have simplified my college career if, in the beginning, I had taken a few careful minutes to consider, and then articulate, what results I wanted my college education to return to me.

And if it would have been beneficial for me to stop and consider what the point was anyways my freshman year, then think how much more helpful it would be for the entire PLU community to pause and consider what we are all trying to accomplish here before we begin changing how we go about achieving said purpose.

For the students specifically, what do you want to get out of four, or more, years at PLU?

For the faculty and staff, what is so important about higher education that you have made a career in it?

Many students, graduating seniors in particular, might say that four years in college ought to bring them the reasonable certainty of a job and gainful employment when they graduate. While this is important, and I adamantly agree, I think this desire is often mistaken for the purpose of college education.

People may go to college in order to obtain a job, but that does not mean that the purpose of college is professional training.

If this were the case, then my own college education would be an example of gross failure. I majored in biology but nearly all of my job experience has been in journalism and the publishing industry. And when I graduate this May, I will not be heading off to a graduate school for a master's or a Ph.D. in biology. Instead, I hope to be embarking on a career in book publishing.

But I disagree with my well-intentioned family members who sigh and cluck and say, "What a shame, the girl should have majored in English if she wanted to publish books."

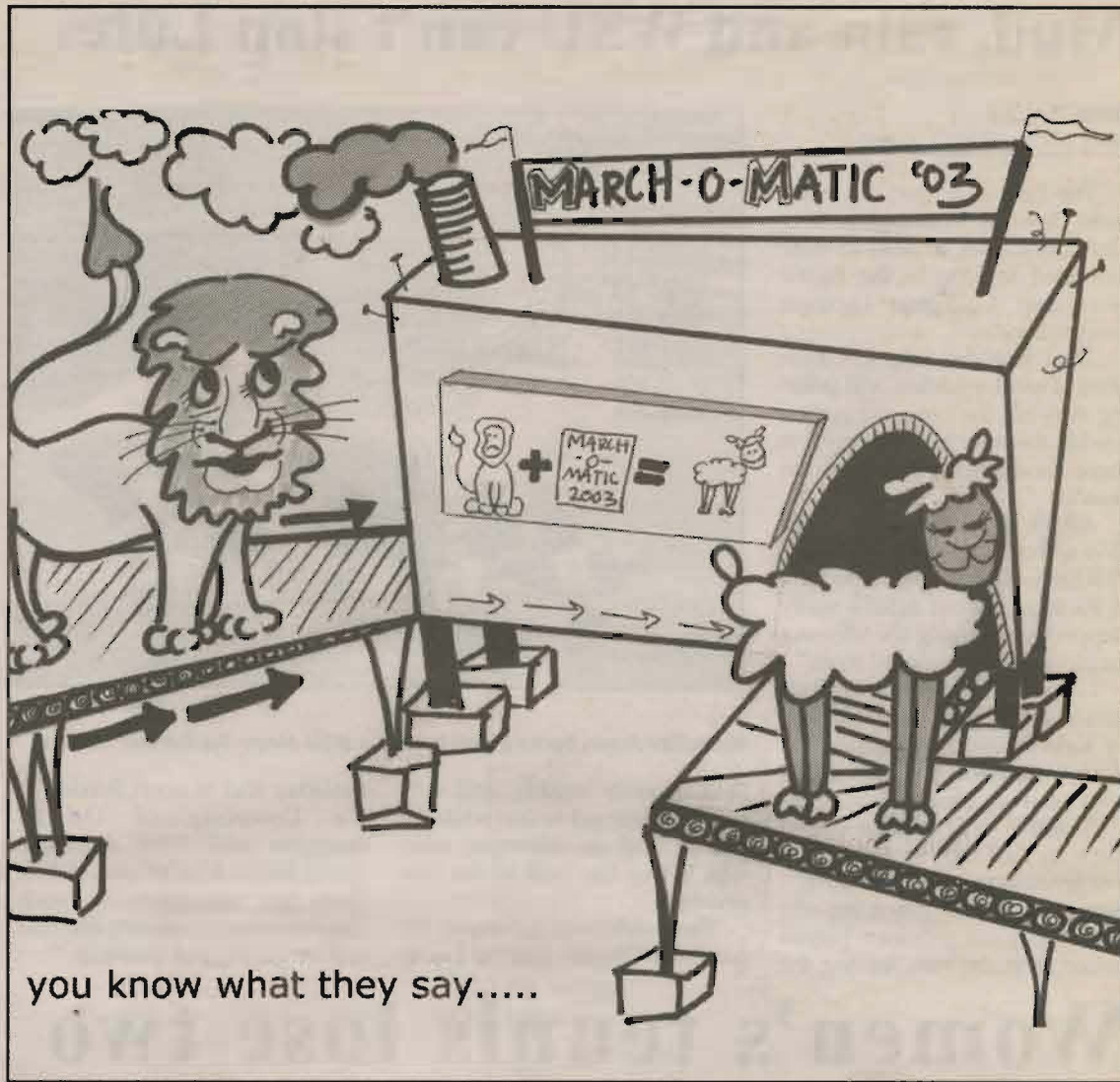
I should not have majored in anything but biology because it was through learning about biology that I wanted to learn how to think. And that—learning to think critically—is the real reason why we are here.

As many a panicking senior has been reassured, employers do not necessarily want someone who has been extensively trained in their field. Rather, employers know that they can teach you the skills if you have learned how to think independently.

Having come to this conclusion, it seems we should not only reassure the seniors but also the university staff members who have anxiously begun to contemplate restructuring as a way to make PLU more financially and conceptually solvent.

It is not the purpose of the university to map out career paths for students, by requiring specific courses, like so many railroad tracks. Rather it is important for the university to provide the opportunity for students to gain a broad liberal arts background so they can then jump the tracks, create their synthesis of knowledge and information, and thereby think for themselves.

Any changes made to university requirements and departments should only be to extend and enlarge the ability of the faculty and staff to teach people how to think for themselves.



Jones a refreshing change of tune

Every week, the top 20 radio hits seem to get bubblier and stupider, and every week, quality new music has become harder and harder to find.

American pop music sold its soul to go platinum a long time ago, but the music industry doesn't even seem to try anymore.

I'm all for diverse music tastes, but most of these songs aren't creative or catchy. If another teen princess or boy band gets any attention at all, I'm going to puke. I'm tired of people who can't sing, write, or play an instrument being loved by the radio because they have nice physique and can dance well.

That's why Norah Jones's popularity is so astounding and refreshing. She didn't sign with a major label. The world took a long time to notice her after the release of her album. And she can sing and play the piano with a style unlike anything I've ever heard.

I actually enjoy listening to her songs, even though they aren't usually the style I listen to. I didn't even know who she was until a few weeks ago, although I had heard her songs on the radio, but she has exploded onto my spotlight.

She won five Grammys,

indicative of her talent and popularity. Of course, Grammys aren't good indicators of future success. (Remember Lauren Hill? Nelly Furtado? Alicia Keys?) But it seems she may actually have sticking capacity in this crazy pop world. I can't believe it, either.

She's pretty, but that doesn't seem like the reason for her success. In fact, she has a boyfriend, which hurts me (and many oth-

ers, I'm sure) on the inside. Almost makes me as sad as when Zora said yes to Evan.

for popularity ever since the talent in the music industry started to fade with the breakup of the Beatles.

But still, lovely Norah Jones sits at a piano, singing her heart out, and melting ours in the process.

I'm afraid of letting out a dark secret that will lead to her demise, but does anyone realize she's a jazz musician? And I don't mean jazz musician in the same way that Harry Connick, Jr., is a jazz musician or in the way that Shania Twain is a country artist.

I mean, attended the University of North Texas, home of the world's oldest jazz degree. I mean, sings and writes jazz and only jazz. I mean, has a standard jazz trio format in which to showcase her singing and playing. I mean, for real.

This is the true magic of Norah Jones: the ability to defy the trends of an entire industry and become popular with a style of music that isn't all while being recorded on a minor record label. She graduated from college and just went to New York to wait tables, play the piano, and see what would come of it.

What has come of it is pretty spectacular.



Cup of Joe
Joe Scheidt

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POLICIES

The Mast is published each Friday by students of Pacific Lutheran University, excluding vacations and exam periods. The views expressed in the editorials and columns reflect those of the writers, and do not necessarily represent those of the PLU administration, faculty, students or The Mast staff. The Mast encourages letters to the editor. Letters need to be submitted to The Mast office by 5 p.m. the Monday before publication. Letters without a name and phone number for verification will be discarded. Letters should be no longer than 400 words in length, typed and double-spaced. The Mast reserves the right to refuse any letter. Letters may be edited for length, taste and errors. Letters are printed in the order they are received. The Mast can be reached at (253) 535-7494 or mast@plu.edu.

SIDEWALK TALK:

Is school spirit important at PLU?

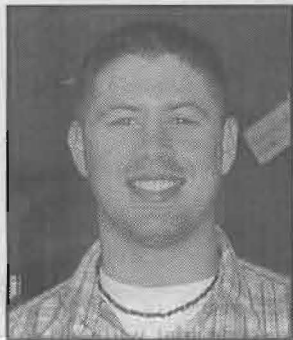
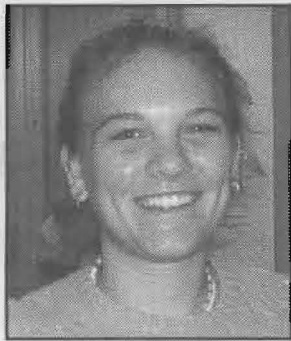


"Not to me. I'm not really into sports. But I do like the school."

Chris Champagne
Junior

"Yes because it brings a sense of community."

Kjelsi Tootell
Sophomore



"Not at PLU. It depends on what school you go to. You need a big sports program."

Dino Johnson
Sophomore

"Not to me. I just haven't been into it. But I suppose other people should have it."

Gretchen Flesher
Freshman



Listen to the women's basketball team's sectional semifinal game at Wisconsin-Eau Claire at 5:15 p.m. today on KLAY 1180 AM.

Mind your manners when eating out

At the beginning of this year I started a job working as a hostess in a small restaurant.

I would like to say that this job is all part of a long term study on the restaurant industry, but in actuality it is what helps me pay my rent.

One would assume that the job of greeting hungry people and taking them to their seat would be relatively easy. However, there just aren't that many seats in the restaurant I work at (which will remain undisclosed).

I find myself turning away most people who come in without reservations and offering a lot of drinks to people waiting for their tables. For the most part I try to be as gracious as I can when things aren't as expedient as the guests would like. In turn I would hope that people would offer me the same courtesy. Come on people, I'm just doing my job!

One of the most important rules of restaurant etiquette is the reservation. Once you have called in, (hopefully more than 20 minutes in advance, and preferably two to three days in advance) it is important to remember the day, time, and how many people exactly are going to be in your party.

I can't tell you how many times I have had to accommodate tables that made reservations for four people that show up with eight or more. This can be very inconvenient as there

are only three or four tables in the entire restaurant that seat that many people. The same thing can happen when a party of 15 people shows with only five people.

Showing up to a restaurant with too many people will add at least half an hour if not more to your waiting time, and the people who work there will be unhappy as well, resulting in a less than friendly atmosphere.

Perhaps one of the most difficult tasks that I have in my job is deciding where I am going to seat certain reservations. In case you weren't aware, the table that you are eating at only has a two to three hour time limit. If

Either that, or leave a really big tip.

While we're on the subject of wait staff, it is especially important to remember that the nicer you are to your server the nicer they will be to you. If you have an especially complicated order, be patient and realize that not everything is possible. There are times when your salad will come with onions and you will have to pick them out one by one.

People in the food industry try very hard to accommodate the "picky eater" but sometimes it is just impossible.

I get the dirtiest looks from people who all assume they are the most important person that ever walked in. Even if the restaurant is spilling over with people, with every table full, people will still say rude things to me at the door and walk out in a huff when I can't seat them without a reservation.

I'm sorry?

What can you say to an angry starving person? I just don't have any room.

Next time you consider going to a restaurant to have an evening out with your lovely lady or gent, remember the importance of restaurant etiquette. Although the restaurant is there to serve you, it is there to serve everyone else as well.

Have a little respect for those people serving your food, and for your own sake make a reservation.



Livid
Rebekah Oakley

the hostess is staring at you while you are sitting at a table with the bill paid and no food or drinks on it that means that she wants you to leave because someone else needs to sit there.

It seems rather pushy, and only in the most dire emergency will someone actually ask you to leave if you are enjoying a conversation. But as a customer, it is only polite to recognize that if the restaurant is busy you shouldn't sit there from open to close unless you are ordering food and drinks the whole time.

Ineffective journalism disappoints

Maybe it's because I work in Admissions or maybe it's because I was a journalism major, but I was a bit disappointed with the lead story of the March 7 edition, about the candidates to replace Laura Polcyn.

The name of the first candidate didn't appear until the fifth paragraph and the name of the second candidate didn't appear until the 13th. That is not effective reporting or effective editing. The story itself was fairly reported. I just wonder why you buried the candidates' names.

Please note that this is just my personal opinion and is in no way meant to be construed as having any official connection with the university or the Admissions office.

Brian Miller
Office of Admissions



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The Mast will not publish on April 4.

We will resume publication on April 11.

