

The Mooring Mast

Pacific Lutheran University

Vol. LVIII, Issue No. 1

September 5, 1980



SURVIVAL SURVIVAL SURVIVAL

Contents

Physical Survival

- Page 3**
You are What You Eat
- Page 4**
Getting Your Just Desserts
- Page 6**
Noah, How Long Can You Tread Water?
- Page 7**
Umbrella
- Page 8**
How To Look Like A Freshman
- Page 9**
Decorating On a Budget
Apartment Hunting
- Page 10**
Without Horse or Carriage
Vans available
- Page 11**
Parking In A What Context?
Big Wheeling On Campus
- Pages 12 and 13**
Tacoma Map
- Page 14**
The Land of Opportunity
- Page 15**
Your Mast Guide to Volcanic Eruptions



Academic Survival

- Page 16**
Rescue From Academic Oblivion
- Page 17**
Maximizing Your Study Break
Health Care For Peace of Mind



Mental/Spiritual Survival

- Page 18**
Listening Ears and Big Shoulders
Letting Off Steam
- Page 19**
Alternate Service
- Page 20**
Spiritual Batteries Charged Here
- page 21**
Something for Everybody
- Page 22**
How to Cope With a Roommate



- Editor**
Kathleen M. Hosfeld
- News Editor**
Tom Koehler
- Features Editor**
Petra Rowe
- Sports Editor**
John Wallace
- Production Editor**
Margo Student
- Photography Editor**
Bill Truitt
- Magazine Editor**
Marci Ameluxen
- Editorial Assistants**
Dee Anne Hauso
Eric Thomas
- Copy Editor**
Karen Wold
- Graphics Editor**
Steve Hauge
- Business Manager**
Hiedi Hackenschmidt
- Circulation Manager**
Pam Carlson
- Advertising Manager**
Cindy Kloth
- Technical Advisor**
Mike Frederickson
- Faculty Advisor**
Cliff Rowe

The Mooring Mast is published weekly by the students of Pacific Lutheran University under the auspices of the Board of Regents. Opinions expressed in the Mast are not intended to represent those of the regents, the administration, the faculty, the student body or the Mast staff. Letters to the editor should be submitted by 5 p.m. of the same week of publication.

You Are What You Eat

by Petra Rowe

What

"Don't compare our food with your ma," says Food Service director Bob Torrens, "unless your ma was a bad cook."

"Horrors!" you gasp, "If the food is so bad the director complains, what can I expect?"

Actually, Uncle Bob is prone to facetiousness. It's not the food you have to worry about at PLU, it's you and your concept of nutrition. Food Service offers a variety of entrees, including vegetarian options, at every meal. It even offers the old stand-by peanut butter when you just can't stand liver or quiche another night.

Good campus eating habits begin with you.

Rule One is don't feel like you have to eat your fill three times a day just because you are paying for it.

Breaking the rules is penalized by a physical deformity called "lute-but", or ten pounds of excess baggage applied directly to your hips and thighs.

In order to follow Rule One simply be aware of your past eating habits. If they were good keep them. If you never ate more than a salad for lunch at home, why change even if the desserts do look so great?

WHERE

The gruel lines, er, uh, dining halls, are located on lower campus across from Tinglestad, The Columbia Center, and in the University Center on the main floor.

WHEN

The Columbia Center is not open for breakfasts or on



weekends. The University Center dining room is open for all meals, seven days a week.

Monday through Friday, breakfast is served from 7:00 to 9:00 a.m., lunch is served from 11:00 a.m. to 1:00 p.m. and dinner from 5:00 to 6:00 p.m. On Sundays, the "early bird breakfast" is from 8:30 to 9:30 a.m., brunch from 9:30 a.m. to noon and dinner from 3:00 to 5:00 p.m.

Also

If, due to working schedules or other conflicts, you will be missing any particular meals regularly, you can talk to Uncle Bob and arrange for a refund. This must be done at the beginning of the year, not after you've missed 47 breakfasts.

If you require a special diet, or want to begin one, you can make an appointment with one of the dieticians in the UC to make special arrangements.

If you are sick, and don't want to spend money getting special food, you can have a friend get

you a "sick tray." This requires that your friend fill out a form at the UC or CC with information about your illness.

Wing or dorm activities can be 'catered' by Food Service. It can provide food or drinks or a whole meal (i.e. lasagna, tossed salad, rolls and juice). This has to be arranged with Uncle Bob ahead of time, and requires collecting everyone's food number in advance.

If you have comments, criticisms or suggestions about anything related to food service, particularly the food, place your comment in the suggestion box located outside the Food Service office in the UC. This is the only kind of feedback that the service gets and Uncle Bob encourages you to supply it.

SUPER VALUE COUPON



20-EXP DEVELOPING AND PRINTING

- 20-exposure color print film developed and printed
- C-41 process only

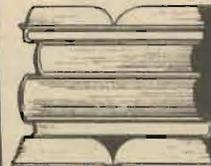
\$3.29

Limit 1

P600 Offer Expires
One Coupon Per Customer
Redeemable Cash Value 1/20 of One Cent

COUPON MUST ACCOMPANY ORDER

BACK TO SCHOOL SPECIAL



PLU

BOOKSTORE

Getting Your Just Desserts

by Mike Frederickson

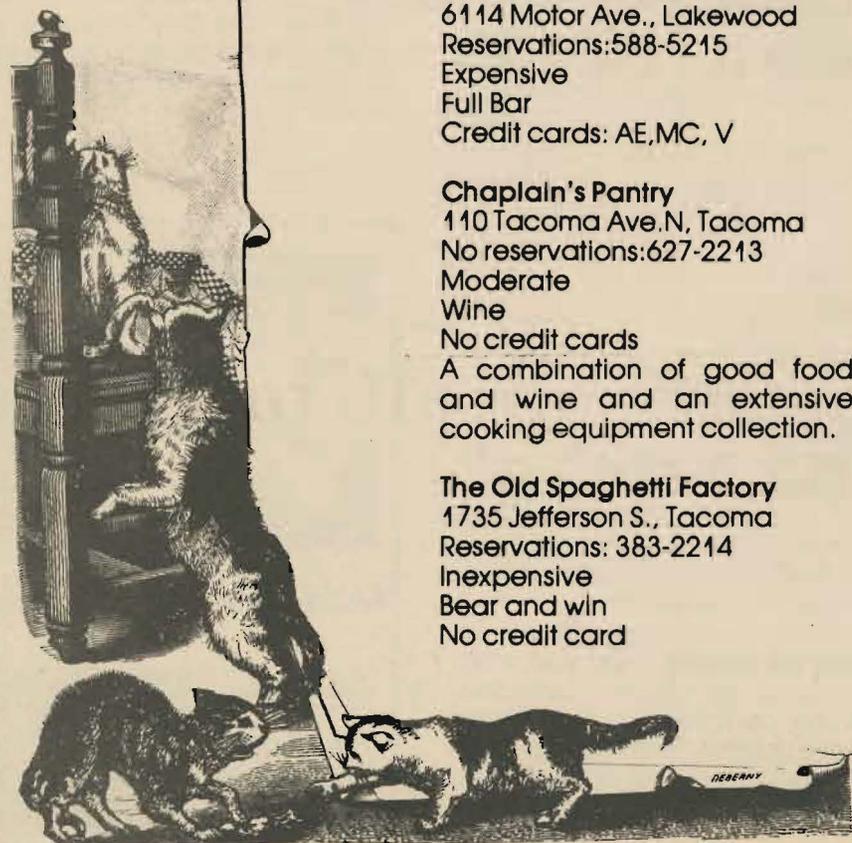


Shain's
115 E 34th Street, Tacoma
Reservations: 472-9619
Expensive
Full Bar
Credit Cards
A carefully prepared continental menu and cityscape view of downtown Tacoma.

Lakewood Terrace
6114 Motor Ave., Lakewood
Reservations: 588-5215
Expensive
Full Bar
Credit cards: AE, MC, V

Chaplain's Pantry
110 Tacoma Ave. N, Tacoma
No reservations: 627-2213
Moderate
Wine
No credit cards
A combination of good food and wine and an extensive cooking equipment collection.

The Old Spaghetti Factory
1735 Jefferson S., Tacoma
Reservations: 383-2214
Inexpensive
Beer and wine
No credit card



A truly fun place to eat, with various pasta dishes to choose from.

Roland's Market Restaurant
88th and South Tacoma Way
Tacoma Village, Tacoma
Reservations: 582-9312
Moderate
Full bar
Credit cards

A combination of an old-fashioned farmer's market and European sidewalk cafe.

Mama LaMoyné's
625 Commerce, Old City Hall, Tacoma
Reservations: 627-7111
Moderate
Full bar
Credit cards: AE, MC, V

Clinkerdagger, Bickerstaff and Pett's Public House
3327 Ruston Way, Tacoma
Reservations: 752-6661
Moderate
Full bar
Credit cards: AE, MC, V
Fresh seafood dishes highlight this over-the-water restaurant.

Harbor Lights
2761 Ruston Way, Tacoma
Reservations: 752-8600
Moderate
Full bar
Credit cards: AE, MC, V
A twenty-three year operation of serving good and fresh seafood.

Lieu's
14102 Pacific Avenue., Tacoma
Reservations for more than six only: 537-3023
Moderate
No alcohol
No credit cards
Even Seattleites come to Lieu's for the outstanding Mandarin and Szechuan entrees.

Noah, How Long Can You Tread Water?

Scotch-guarding your underwear is not the way to prepare

for Tacoma's permadrizzle weather, no matter what your

mom says. But a weather-proofed wardrobe is more complicated than just buying an umbrella.

The first tool of the trade is a raincoat. When purchasing a raincoat, check to see that the one you have chosen has a resin coating or other waterproofing agent. Many "raincoats" are sold without such a coating and keep out moisture like a sponge.

The second area of concern is the feet. Remember, good shoes are the only things that keep you from developing root rot during the monsoon season.

Shoes to avoid are swede or light colored canvas. One time out in a surprise downpour and your shoes are done for.

Heavy wooden clogs are great for keeping your tootsies from the foggy, foggy, dew. Nailed or stapled construction of the shoe seems to hold together better than glued, when subjected to frequent moistenings.

Don't expect your Frye boots to keep out the cold and damp. Save those to wear with your Stetson at the fall picnic only if there isn't any rain.

Fashion boots are designed for their aesthetic value not their functionality. Put your faith and feet in good old rubber or plastic boots if you want to stay dry.

Your mom was half right about the scotch-guard; a weather-proof coating does extend the life of shoes and coats (just don't over do it!).

Finally, a covering for books and papers is essential. Try a bike pack or sports bag to protect your tediously typed term papers on cross-campus sprints between showers.



Umbrella (ʊmbrəˈlɑ̃). Also 7 *umbrellia*, *umbrilla*. β. 7-9 *umbrello* (7 vn-), 7 *vmbrillo*, 8 *umbrellow*. γ. 7-8 *ombrella*. [ad. It. *ombrella* and *umbrello*, f. *ombra*:—L. *umbra* shade, UMBRA 1. Cf. F. *ombrelle*, Sp. *umbrela* (zool).]

1. A light portable screen or shade, usually circular in form and supported on a central stick or staff, used in hot countries as a protection for the head or person against the sun.

α. 1611 CORYAT *Crudities* III Many of them doe carry other fine things.. which they commonly call in the Italian tongue 'umbrellaes'... These are made of leather something answerable to the forme of a little caunop^{er} and hooped in the inside with divers little wooden hoo^{er} * extend the umbrella in a pretty large compa^{er}

Man's the Master II. i, A very near so bright a Sun as you are w^{er} or a Bondgrace. 1695 MOTTE'

Umbrella was carry'd over defended me from the Heat . the S^{er} *Trivia* I. 213 Let Persian dames th'

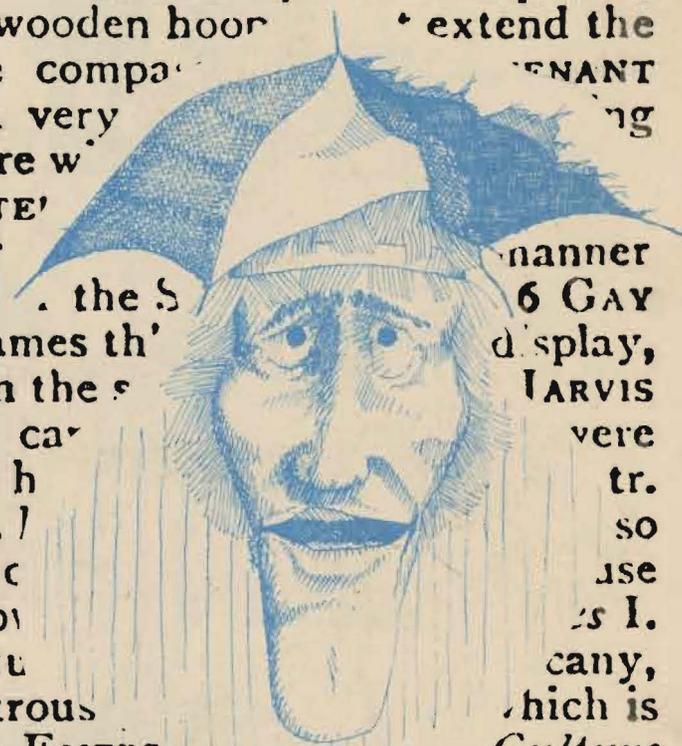
To guard their beauties from the s^{er} *Don Quix.* I. I. iv, They car^{er} attended by four servants on h^{er} *Stolberg's Trav.* (ed. 2) III. 1

early in the day that, at six c^{er} our umbrellas. 1832 G. DO^{er} 341 The costume is very pictu^{er} always excepting the monstrous

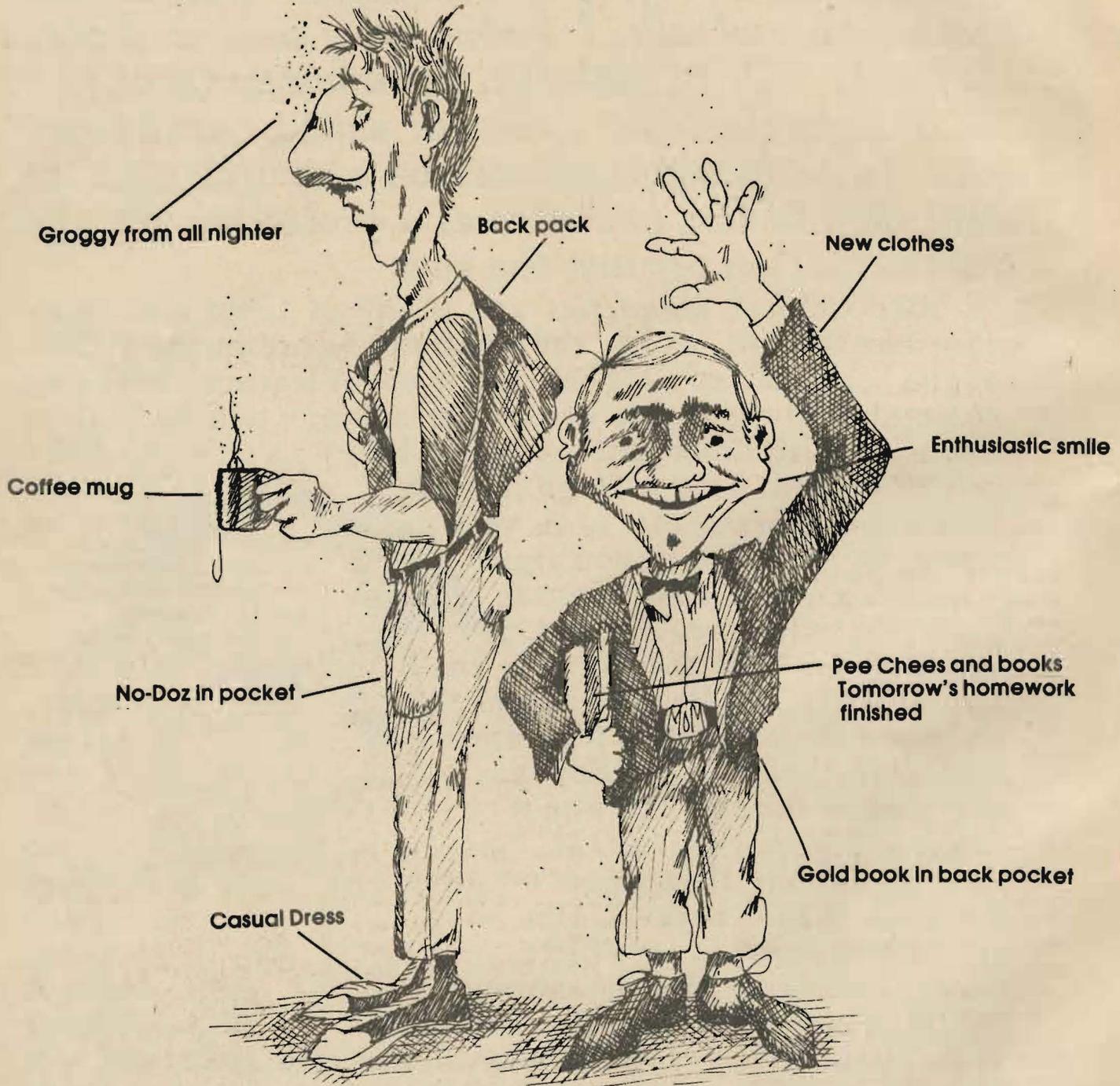
part and parcel of it. 1850 EMERSON^{er} *Culture* Wks. (Bohn) II. 373 In the city of Palermo, the street was in a blaze with scarlet umbrellas. 1875 JOWETT *Plato* (ed. 2) III. 103 He sees the rich man under an umbrella puffing and panting.

β. 1610 W. STRACHEY in Purchas *Pilgrims* (1625) IV. 1739 So broad are the leaves [of palms] as an Italian *Vmbrello*. 1611 COTGR., *Ombrelle*, an *Vmbrello*; a (fashion of) round

1611 COTGR., *Ombrelle*, an *Vmbrello*; a (fashion of) round



'WRONG' 'RIGHT'



How To Look Like A Freshman

Decorating On A Budget

For heaven's sake, Mom, don't cry! It won't look so bad when I get it fixed up."

Your dorm room or apartment- it looked so bare that first time you walked in. But it wasn't as bad for you as it was for your mom. Those rooms contained independence for you. For her they meant one less plate at the dinner table and one less morning hug as you headed off for school.

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

But you don't have \$200 or a lot of time. You just forked over \$2000 for tuition and you have assignments due next week. On the other hand, you can't continue working in what looks like a solitary confinement cell.

Here are some Must decorating tips and ideas to remedy the situation

Rule One- Keep it simple. Keep possessions at a minimum and combine functionality and beauty whenever possible. Colorful mug on a rack add color to your wall. Pick a super graphic calander and save money on posters. Everything should lead a double life and seldom-used items should be left at home.

Rule Two- New is not necessarily better. Think back to your parent's garage or attic. Isn't there a terrific over-stuffed chair collecting dust at home that you could recover and curl up in on the dateless Saturday nights?

Or what about Dad's old army footlocker? A few coats of high gloss paint and metal restorer on the hardware and you've got a solution to your storage

problems.

Rule Three- Don't do anything that you can't take with you. You'll be changing rooms or apartments probably in nine months or sooner. Don't invest more money than you need to.

Some decorating investments that work hard in functionality

and aesthetic contributions are director's chairs in bright colors, bright throw rugs, colored plastic drawer organizers, baskets for pencils, outgoing mail, plants, fruit crates for bookcases, sisal mats instead of carpet and colorful sheets and towels.

Apartment Hunting

There are two tried and true methods for finding an apartment near campus. One is getting on or in a vehicle and cruising "C" street. There are at least five major apartment complexes visible from "C" street. Garfield street is another place to check although the apartment buildings usually double as retail store buildings and therapy centers.

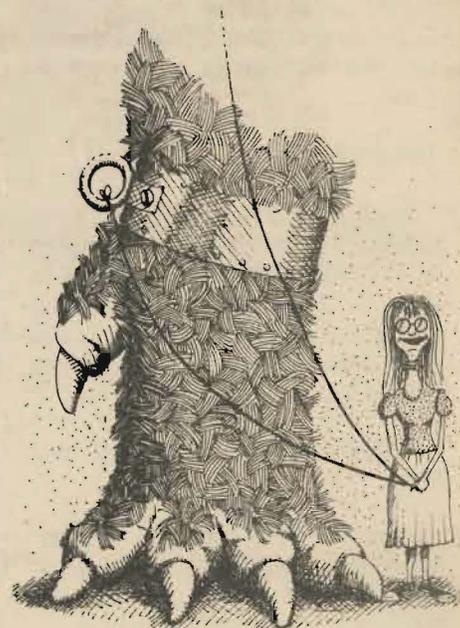
Parkland Realty, located on Garfield can also help students find apartments, if their own efforts have failed.

The second method is to ask any off-campus student you know if they are aware of open apartments. These students are usually in-the-know about apartment availability. They also have experience with landlords that a realty office could not give you.

Once you have been shown an apartment try to check it for the following points: sturdy construction, absence of insects or rodents, cubic foot of space per cost and security features (locks, etc.).

Before signing a rental agreement make sure you know exactly how much rent and

deposit you will be expected to pay, how much your utilities will cost, if you can have pets or children, what is your rental payment date and what is the late fee, and whether there is a 30 day notice regulation and what will happen if you do not give 30 days notice before moving out.



"THE LEASE I SIGNED SAID 'NO DOMESTIC PETS, WELL SHEETUMS IS NOT A DOMESTIC PET, HES AN EXOTIC PET..."

Without Horse or Carriage

by Marci Ameluxen

You had to sell your car in order to pay this year's tuition, and now you don't have any wheels. What do you do now?

Whether you support mass transit or not, Pierce County Transit offers bus service to most places that students need to get to. Parking is no longer a problem, but bus riding is still a lot cheaper—twenty cents cheap.

The following is a list of places, and how to get to them. Call Pierce County Transit for specific schedules.

Downtown

Take the bus at the stop across the street from Harstad Hall, on the corner of Garfield and Park, then take any of the Spanway/Parkland buses that come your way, No. 43A or 43B. Flash 'em your ID card and ride for 20 cents (25 cents regularly). Schedules are available at the University Center information desk.

Tacoma Mall

Take the 43 A or 43 B bus from Garfield and Park and get off at 38th and Yakima—don't forget to get a transfer. Then let the Manitou bus chauffer you to the Mall. Reverse the process for the return trip.

Seattle/Federal Way/Sea-Tac Mall

Tacoma and Seattle transit systems have finally made connections so that you can ride all the way to Seattle by city bus.

First, get to the main Tacoma bus terminal on 12th and Com-

merce by taking the downtown Tacoma bus described above.

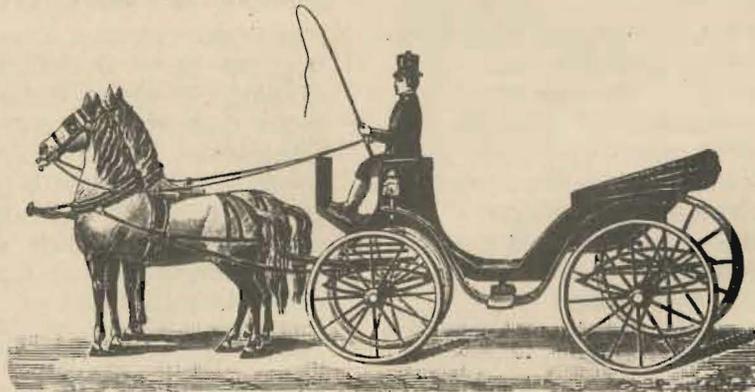
Use your transfer to board the Federal Way bus, and pay an additional 50 cents (75 cents without the transfer). You will ride about 30 minutes before you reach the end of the line.

To go on to Seattle, get off at the 324th Street Park-N-Ride Metro stop. Transfer to the Seattle bus, paying another 75 cents (no transfers accepted from Tacoma Transit here). Ride approximately 30 more minutes to get to downtown Seattle. Reverse the process to get home

(remember where you got off in Seattle!).

The Federal Way bus leaves Tacoma approximately every hour, but call Pierce County Transit to get specific times.

Now that may sound like time and money to you, but face the alternatives: driving for about 90 minutes at \$5 plus, roundtrip, or Greyhound for 100 minutes at \$6.60 roundtrip.



Vans available

Most clubs or dorms on campus can't afford private vehicles for transportation, but through the Associated Students of Pacific Lutheran University (ASPLU), recognized clubs and dorms can rent one of three vans owned by student government.

A recognized club is one with an authorized account with the university, accord to ASPLU President Bob Gomulkiewicz. Groups interested in renting a van should sign up with either Program Director Rick Mattson, or the ASPLU secretary. Rentals are based on a priority system, with ASPLU groups and committees having top priority.

Parking in a What Context?

Bringing a car to campus may be a little easier this year, not to mention a little less expensive. The only problem left is a place to put it.

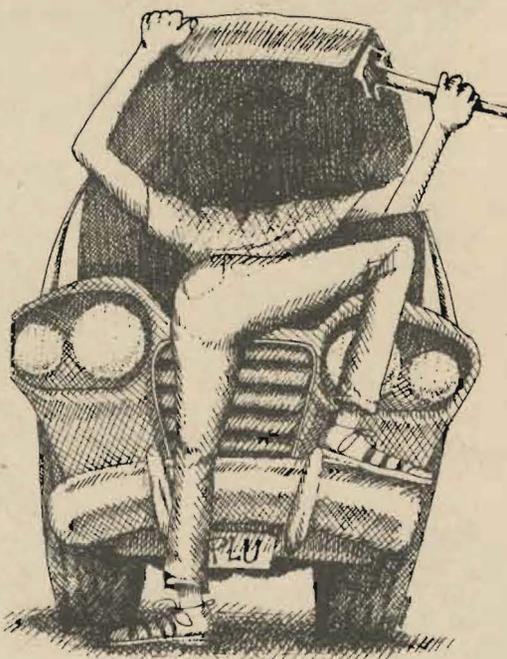
If you drive, registering your vehicle(s) with the Campus Safety and Information office is a good idea. Not only will registration help Campus Safety officers notify you in case there is a problem, but it will also tell officers to which account parking tickets are billed.

Registration is free and stickers can be picked up at the Campus Safety and Information office located on the north side of Harstad.

Campus safety has gone through a lot of change in the past year. Some of the changes have been to improve parking conditions.

Officers say they have redesigned some lots to allow more cars to park in them. Supervision has also improved with more student officers on the job, so be sure to pick the right lot.

Students will be ticketed if



they park in the faculty/staff lots by campus officials and by city officials if they park on the wrong street.

Consequently, going throughout the school year without a ticket has become something of an art form.

If you do get ticketed on-campus it is advisable to pay the ticket promptly. If tickets are paid within a day or two it will cost half price. If the tickets are not paid, or if they accumulate, students are unpleasantly surprised with the amount charged to their account at the end of the semester.

After much irritation from blocked driveways, local residents have placed two-hour limits on parking on streets around campus.

Spaces on lower campus are much easier to come by. The Campus Safety and Information office will provide you with an escort if you have a long distance to walk to your vehicle at night, but the service is also available 24 hours a day.

You can arrange for the Safety office to watch your car if you have to leave it for a long period of time.

Just remember, no matter where you park or what precautions you take, the Safety office makes no guarantees against rust.

Big Wheeling on Campus

By Petra Rowe

More and more students are turning to bicycles to beat the high cost of transportation and to rack up aerobic points for PE 100. Cycling is beginning to rival jogging for a fashionable way to get or stay in shape. Fashions for the fad, including special head gear, gloves and reflective arm and leg bands are seen frequently on "serious" cyclists.

Storage and safety are your

two major concerns if you are a student cyclist. Storage is the least of your problems here (no, you don't have to keep your Motobecane in the closet) because each dorm provides a bike storage room furnished with racks.

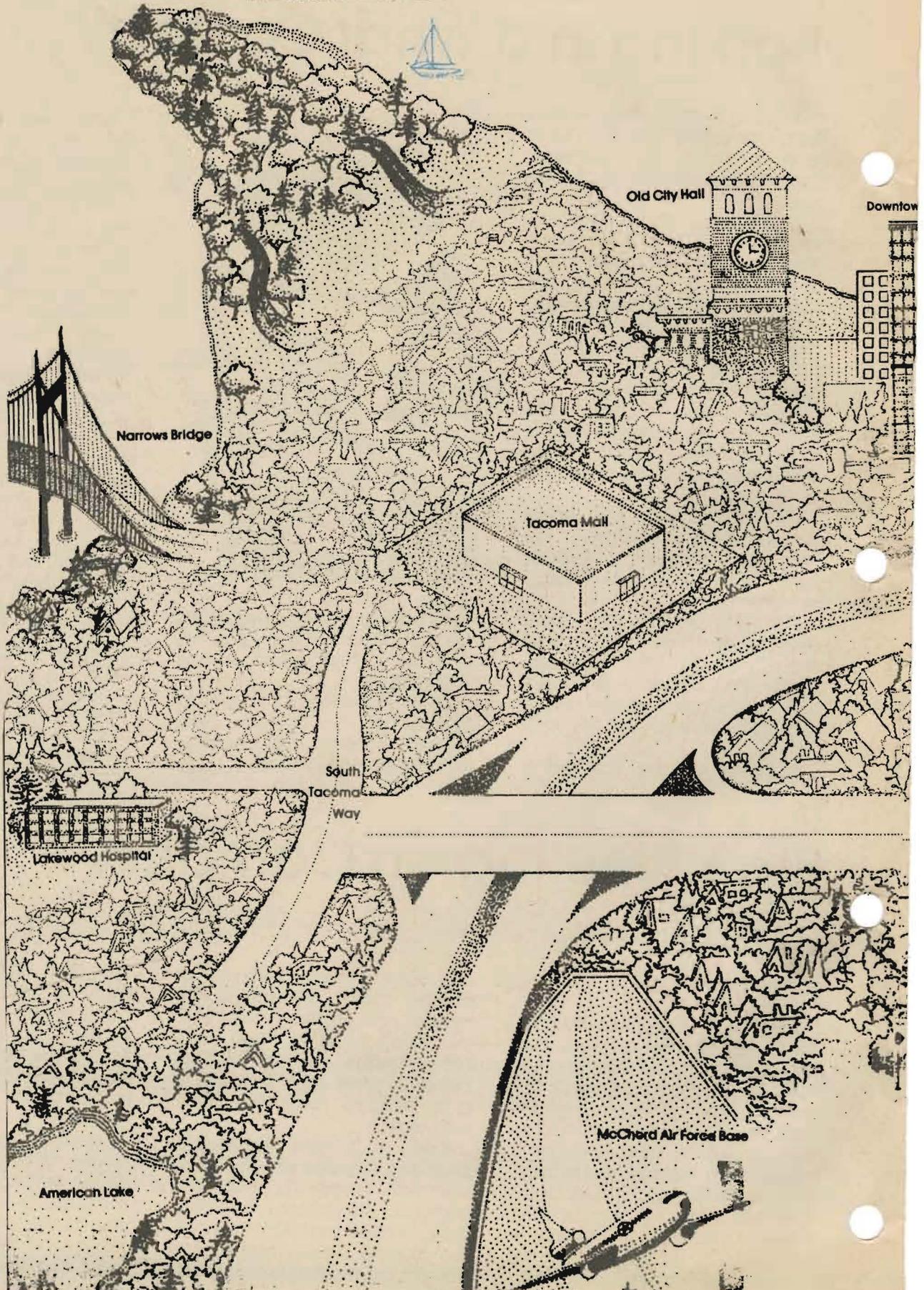
Safety is a more formidable problem. Bicycles are the most common target for theft on campus. Away from campus, keep in mind that Parkland has the highest crime rate in the county. On- or off-campus, keep

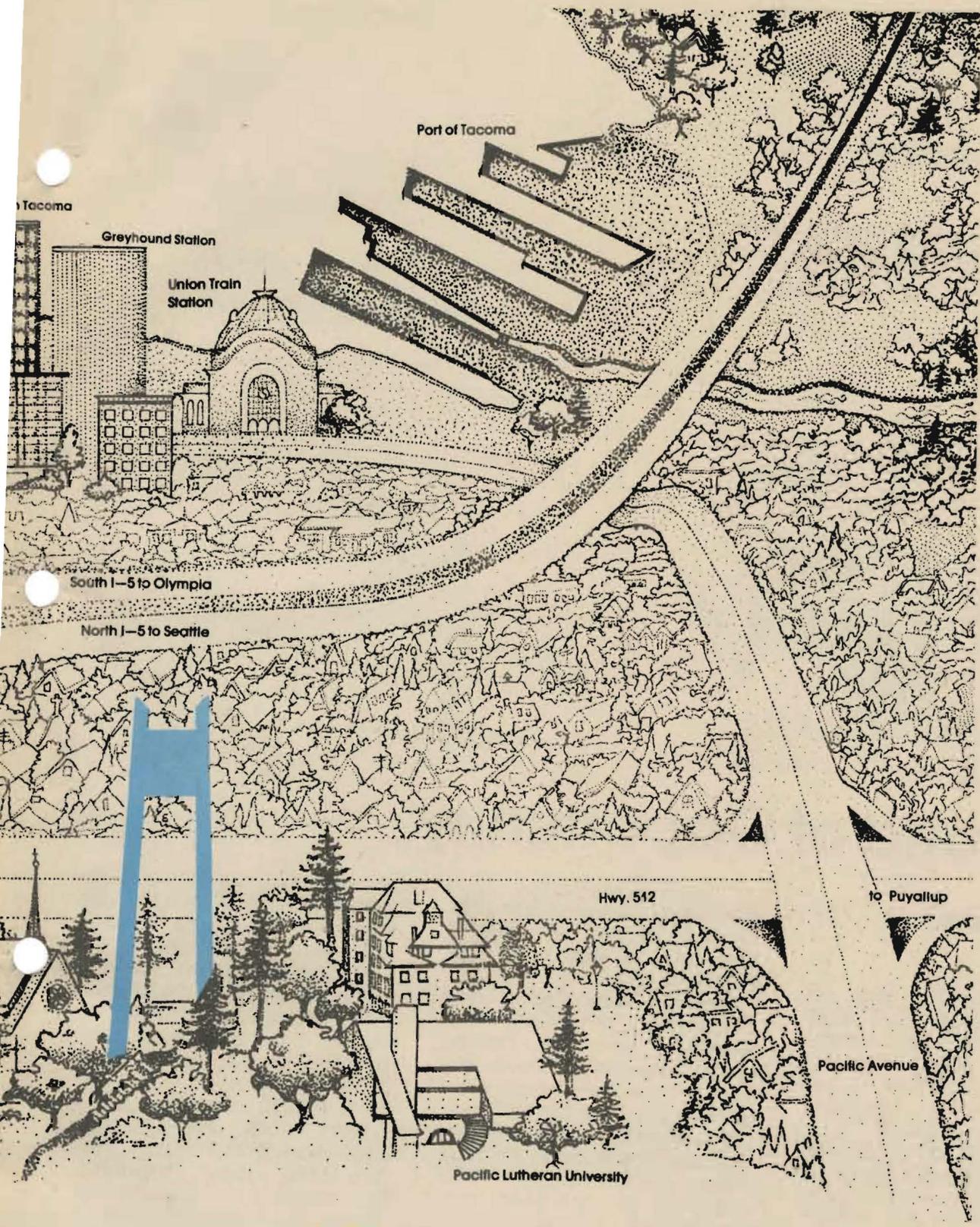
your bike locked to something stationary with a strong lock.

There are several bicycle shops in the Parkland/ Spanaway area, one within a few blocks of campus, which can handle your repair or remodeling needs.

Tacoma offers many bike routes, one beginning on "C" Street, east of campus. Route information and maps are available at some bicycle shops and from the State Highway Department.

Point Defiance Park and Zoo





Port of Tacoma

Tacoma

Greyhound Station

Union Train Station

South I-5 to Olympia

North I-5 to Seattle

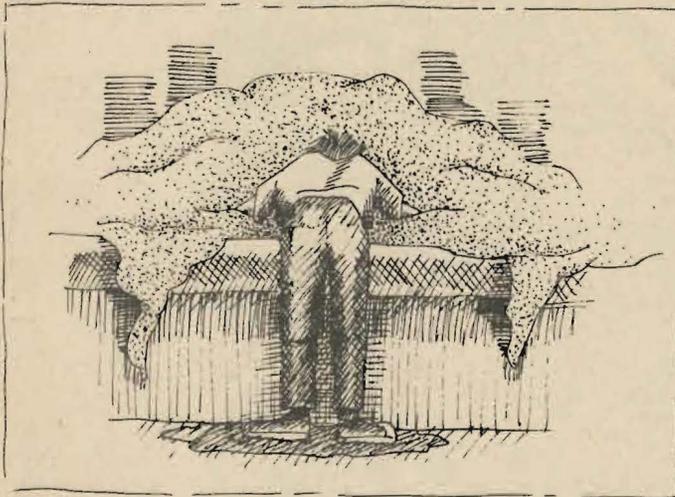
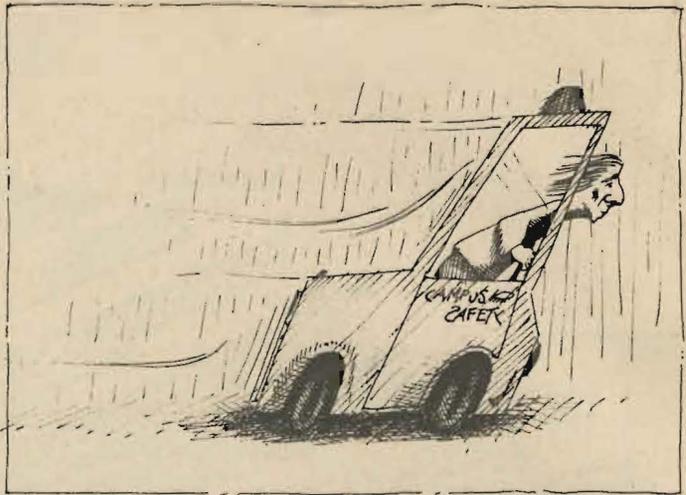
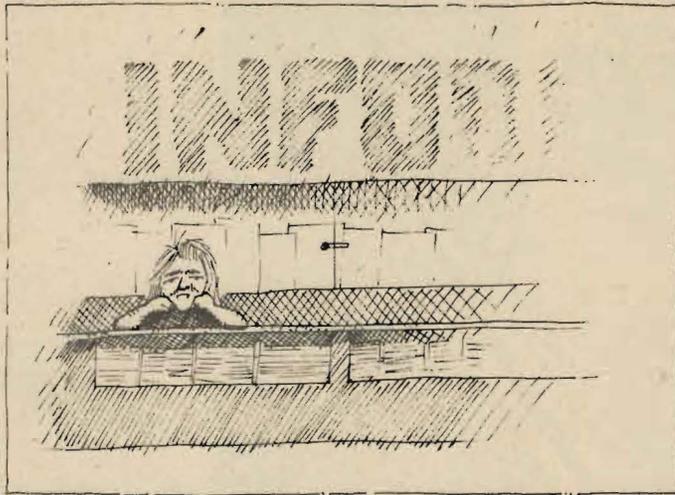
Hwy. 512

to Puyallup

Pacific Avenue

Pacific Lutheran University

Tacoma Map



The Land of Opportunity

by Sandy Williams

Students seeking jobs on campus or under PLU's work study program can apply through the Career Planning and Placement Office in the University Center. Minimum wage jobs are available.

According to a CPPO employee the advantages of working at PLU are that "it builds time management skills, as well as interpersonal skills, budgeting practice and a sense of independence."

One campus employer is Food Service where jobs are available as food servers and dishwashers.

The new safety office hires students to receive phone calls, keep in contact with officers and maintain records for eight hours at a time.

The University Center also employs information desk workers who sell candy, magazines, and cigarettes, answer the phone and give out general university information...

Housekeeping and Maintenance hire students to do a variety of chores. Many clerical positions in university administrative and academic departments are filled by students. Students can also work for the library and the mailroom.

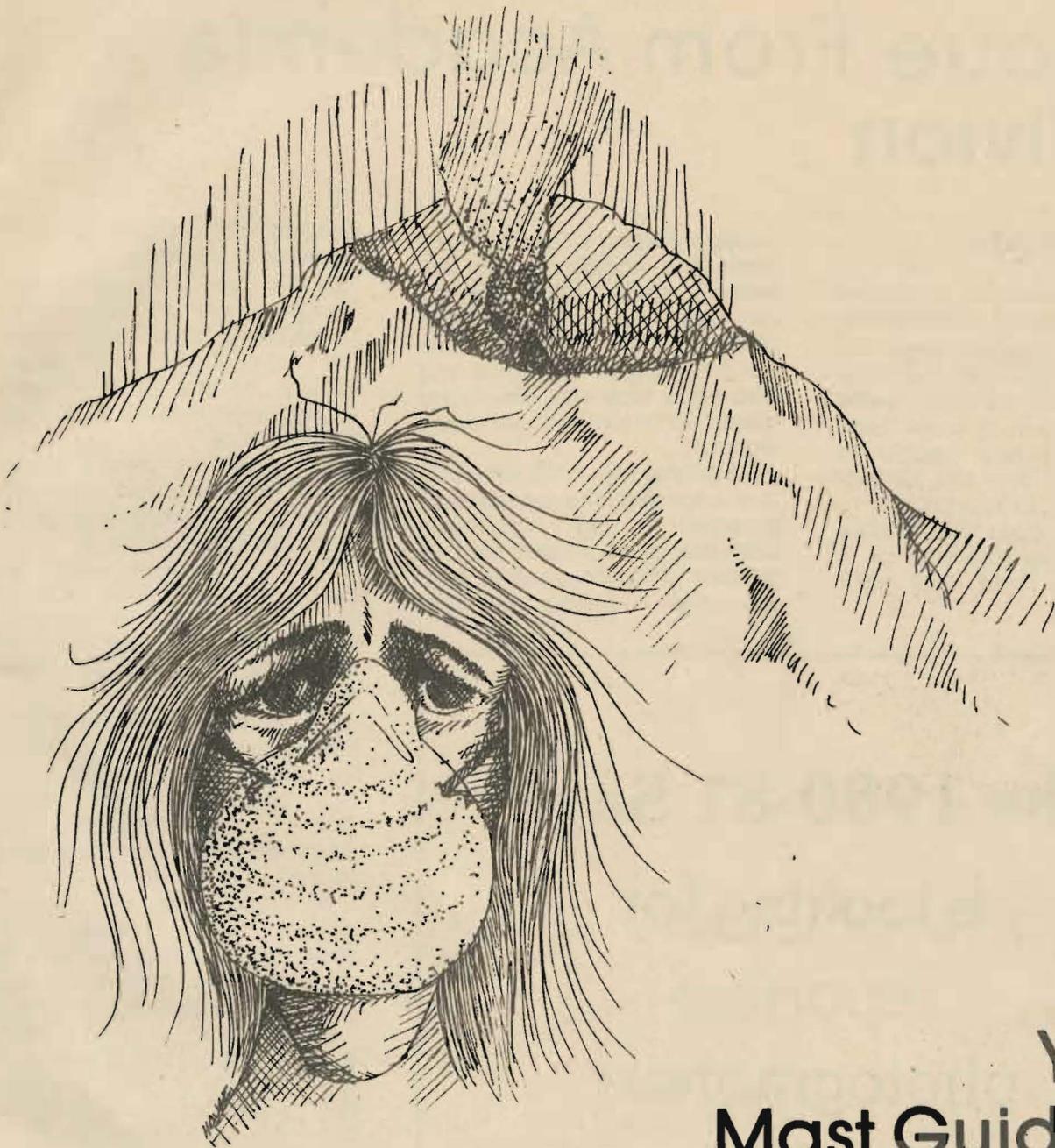
Students wishing to sharpen their writing skills may write freelance articles for the Mast

for which they are paid 35 cents per column inch. There are also big bucks to be made in selling advertising for the Mast.

Working at a dorm desk is a possibility for students with work-study eligibility. To qualify, a student must have a work-study award from the Financial Aid Office and be willing to sign up for at least 10 hours per week.

Work study students are provided with first choice of all available jobs, however, students may not exceed their award and must terminate their employment before they exceed it.

Further information may be obtained by calling the Career Planning and Placement Office in the University Center



Your Mast Guide To Volcanic Eruptions

by Petra Rowe

Attention all new students: In case of volcanic eruption, remain calm.

Publicity, sensationalism, and exaggeration have probably convinced you that Tacoma and Seattle have been blanketed with lung-infecting ash. In reality, the majority of the ash fallout from Mt. St. Helens

has been east and south of our geographical location.

If there is an eruption, listen to your radio for news. KIRO a.m. in Seattle (77 on the dial) is strictly a news station with quick updates. Listen for wind direction and details of the ash fallout.

Check television channels 4, 5 or 7 for news and listen for direction in case fallout is intended for this area.

Don't try to call home, friends or relatives. This blocks telephone wires which are needed for emergency service organizations and rescue units which need to get through.

Northwesterners have learned to deal with the mountain's activity. So, if you can't learn to adjust to harmonic tremors and such, you should consider moving to North Dakota.

Rescue From Academic Oblivion

By Marcel Ameluxen

It's the second day of classes and you're already behind with 350 pages of Tolstoy to read and a 10-page essay to write by tomorrow. And how can anyone expect you to study when there are all those new people to meet and the dorm has 32 "functions" for you to attend?

Freshmen, does this picture sound familiar already? If it does, don't fear that your

college career is over before it starts: The Academic and Advising Center is there to help you manage your time and give other advice so that you can get the assignments done and also enjoy time with new-found friends (or at least not get ulcers about it).

Established in 1973 with only one counselor the center now employs two full-time professional counselors and 16 student skills counselors who specialize in aiding new and

experienced students with academic problems.

Advising and Counseling Rick Seeger. "Most freshmen are not adequately prepared to meet the expectations of college faculty," he said. "They're trying to do college work with high school habits."

The advising center offers group workshops and individual tutoring in skills which form good study habits in college.

During orientation week the center will be offering sessions on getting started at college, buying, reading and marking textbooks, notetaking, and time management.

But Seeger emphasized that the center is always available for one-on-one counseling for any problems that affect studying—new roommates, difficult assignments and adjusting to a new environment.

All these factors can affect a person's ability to study effectively, and, said Seeger, "almost all academic problems show up as concentration problems."

Over 40 percent of the students at PLU used the office, and each of those students came to the center an average of six times during the year; 60 to 75 percent of the freshmen took advantage of center services last year.

This year the center will offer minicourses in speed reading, term paper writing, and exam taking. They also have tests in reading and writing if you're worried that you've forgotten some of those basics.

The center is located on the second floor of Mortvedt Library near room 207. You are welcome to drop by and browse.

The 1980-81 Saga

is looking for

reporters

photographers

layout personnel

Apply now at the Saga
office

University Center
Mezzanine Office

Maximizing your Study Break

When do you need a study break?

When you're sitting behind a pile of books, notes, Tab cans and candy wrappers, your head is throbbing and you've been re-reading the same sentence for 45 minutes.

What should you do for a study break?

Your options are limitless, but

keep in mind that a study break is only temporary relief from studying. With this in mind, rule out all trans-atlantic trips planned during your next study break.

The television in your dorm lounge is one source of refuge.

Changing your environment is another option for a study break. A brisk walk to the coffee shop or Cave energizes atrophied limbs and fuddled

brains. Refreshment may be included depending on your finances.

Other choices are a quick game of basketball, a dip in the pool, a sauna, a nap, or a visit to a friend for a gossip session.

The common denominator in these suggestions is: don't speak, read or think of anything which is even remotely related to studying.

Just relax.

Health Care For Peace of Mind

by Sandy Williams

PLU's Health Center, located on the corner of Park and 121st Street, provides outpatient services for PLU students and staff members.

The Center administers physicals for varsity athletes, private physicals, diagnosis and treatment of minor medical problems and injuries as well as allergy programs, casts, pap-smears, immunizations and lab tests.

Counseling in regard to general health questions, weight control, stress, anxiety, and sex education is available also.

A woman interested in receiving birth control can be counselled and advised by the center as to the methods available and what effects they may have on her. A full physical is also necessary. Each following year, a renewal exam must be taken.

To cover costs, student insurance is available at about

\$70 a year. If a student does not have insurance, payment in person is preferred. Tests which are not paid for at the time of administration will be referred

to the business office and put on the student's bill.

A chart listing all fees is posted in the lobby of the Health Center.

NEW STUDENTS

President's reception

Begins at 6:30 p.m.

Sunday, September 7

at Gonyea House

REMEMBER

Listening Ears and Big Shoulders

by Marci Ameluxen

Room 109 in the administration building.

That is the location of the Counseling and Testing Center. It is staffed by two psychologists, a counselor and a part-time consulting psychiatrist. According to the director of Counseling and Health Services, Gary Minetti: "The primary goal of the Counseling Center is to assist students as they seek to integrate the intellectual, emotional and spiritual aspects of their being."

Despite social stigmas visiting the Counseling Center does not mean there is something "wrong" with a student, assures counselor Alene Coglizer. All cases are kept in strict confidence between the counselor and the student.

Over 1200 students took advantage of the center's various services last year. For instance, the center offers personal counseling, which often focuses on the student's private life, including social and family relationships and building self-esteem.

To help establish clarification of interests, abilities and life goals the center offers vocational counseling.

Educational counseling can assist the student in developing his/her skills and to plan realistically for a satisfying career utilizing one's education and to learn how to cope with stress.

Assertiveness training can help students learn how to say "no" and how to be direct and honest in the process of communication within the context of mutual respect.

The center also offers group counseling.

The center supervises the university testing service which

provides a comprehensive testing program for students, professional staff and community residents, including national tests.

The rest of the staff includes Dr. Seiichi Adachi, an associate professor in the psychology department and a licensed psychologist, and Dr. Ada Van Dooren, a part-time consulting psychiatrist.

The center can be reached at extension 201, but the staff asks that an appointment be made a few days in advance. However, if the need is pressing or urgent, provisions can always be made to be seen promptly. The office hours are Monday-Friday, 8-12, and 1-5 p.m., and Tuesday evenings until 9 p.m.

Letting Off Steam

Tension-Let it out!

No matter what kind of stress you may go through at college, don't repress your tensions, don't clam up.

Your problems may be academic or personal or just difficulties in adjusting to a "desk job." But there are ways to

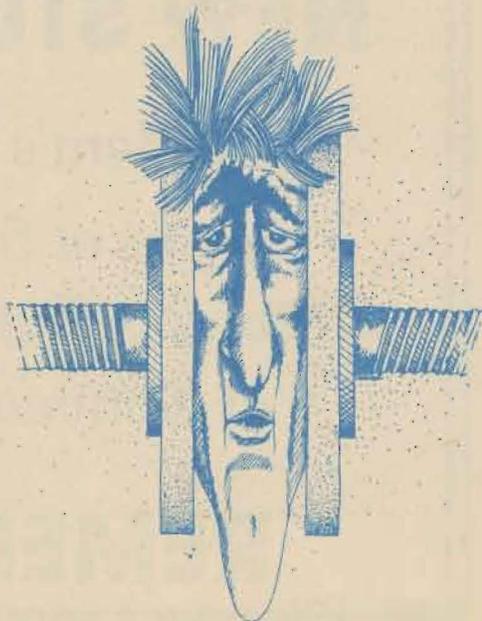
cope and people who are happy to help.

For common tension relief, appropriate physical exercises on a regular basis can help relieve your cabin fever or nervous tension.

But if you just can't stand your roommate's noisy friends or punk rock music, let off steam with your R.A. Your R.A. is there to help you make the transition from home to college life. Remember, the confidential relationship between you and your R.A. is a by-law of the R.A. job description.

Homesickness, family problems, or just a lack of confidence are all problems that can be helped by the pastors in Campus Ministries, your R.A. or the counsellors at Counseling and Testing (see article this page).

Don't keep your tension bottled up inside; it will come out somehow-either in a bad case of acne or a bad case of the blues. There are more than enough people on campus who care and want to "be there" for you.



Alternate Service

by Mike Frederickson

Tacoma boasts of some 300 churches of many denominations, including the three major bodies of the Christian Church: Roman Catholicism, Eastern Orthodoxy and Protestantism.

The following is only a partial list of those in the area which PLU students have recommended. For those without transportation many congregations offer a campus pick-up service. Call the numbers listed for more information.

Central Seventh Day Adventist
N 6th and N Sprague
272-7473
Pastor Clayton Jepson
Sunday worship: 11 a.m.

Christ Episcopal Church
30 N "K"
383-1569
Father Tomter
Sunday worship: 8:30 a.m.

Christ Lutheran Church
8211 112th SW
582-0331
Pastor Torvend
Sunday worship: 8:30 a.m., 9:45 a.m. and 11 a.m.

Christian Reformed Community Church
2419 E 72nd
475-6564
Pastor Rod VanderLey
Sunday worship: 10:30 a.m. and 6:30 p.m.

Clover Creek Baptist Church
3509 Military Road E
531-5140
Pastor Duane Wells
Sunday worship: 11 a.m. and 7 p.m.

Greek Orthodox Church of St. Nicholas
1523 S Yakima
272-0466
Rev. E. Anthony Tomaras
Sunday worship: 10:30 a.m.

Harvard Evangelical Covenant Church
1611 85th E
537-5288
Pastor Bill Frisell
Sunday worship: 9:30 a.m.

First United Methodist Church
423 SA "K"
627-0129
Pastor Kenneth Peterson
Sunday worship: 10:30 a.m.

Life Center
First Assembly of God
S 18th and Union
756-5300
Pastor F.W. Butain
Sunday worship: 9:30 a.m., 11 a.m. and 6 p.m.

Little Church on the Prairie Presbyterian
6310 Motor SW
588-6631
Rev. Vernon G. Elgin
Sunday worship: 8:45 and 11 a.m.

Mason United Methodist Church
2710 N Madison
759-3539
Dr. Dick Orchestree
Sunday worship: 8:30 and 11 a.m.

Our Lady Queen of Heaven
14601 "A"
537-3252
Father Kerney
Sunday worship: 8, 9:30 and 11 a.m.

Our Savior Lutheran
4519 112th E
531-2112
Pastor Daryl Wildermuth
Sunday worship: 8 and 10:45 a.m.

Parkland United Methodist
12183 "A" Street
532-2400
Pastor William Jones
Sunday worship: 11 a.m.

Peoples Church
1819 E 72nd
475-6454
Rev. Owen Shackett
Sunday worship: 11 a.m. and 7 p.m.

Puget Sound Christian Center
4009 Bridgeport Way, Suite D
564-1058
Pastor Tom Isenhardt
Sunday worship: 10 a.m. and 7 p.m.

St. John of the Woods
9903 24th E
537-8551
Father Carl Hageman
Sunday worship: 8, 9:15 and 11:15 a.m.

Spanaway Assembly of God
170408 36th E
531-1412
Pastor Warren D. Bullock
Sunday worship: 11 a.m. and 6 p.m.

Tacoma United Pentacostal
3201 S 43rd
474-6114
Pastor Frank Lacrosse
Sunday worship: 9:45 and 11 a.m., 6 p.m.

Trinity Lutheran Church
12115 Park S
537-0201
Pastor Erling Thompson
Sunday worship: 8:30 and 10 a.m.

Spiritual Batteries Charged Here

by Sandy Williams

Through PLU's Campus Ministry Office "crosses are born, elephants are tamed, dragon's are slain, lost sheep are found, stories are told, pagans are converted, missionaries are sent, pilgrimages are arranged, marriages are validated, wars are ended, lions are fed and cathedrals are built."

According to the office's calling card, that is. The recognized duties of the office, staffed by students and administrative staff, are designed to provide students with worship opportunities and spiritual guidance.

Twice each Sunday, University Congregation meets under the leadership of Ron Tellefson, University Pastor, and Ron Vignec, Associate University Pastor.

An informal service is held at 8 a.m. in Tower Chapel (above Eastvold). A longer service is held at 10 a.m. in Chris Knutzen Hall, University Center. Both services utilize the Lutheran Book of Worship and are organized by a student council to which any student may belong.

University Chapel is held Monday, Wednesday and Friday from 10 to 10:30 a.m. in Trinity Lutheran Church, across Park Street from the library.

"Evensong," a quiet, meditative worship, and "Rejoice," a folk service are held at 10:15 p.m., Monday, and 9:30 p.m. Wednesday, respectively, in Tower Chapel. Both are student organized and led.

Roman Catholic Mass is held on Sunday at 3:30 p.m. in Tower Chapel under the leadership of

Reverend Victoria Ries.

The time and place of Episcopal Eucharist will be announced later.

Campus Ministry also provides short courses in Bible studies with topics such as Biblical Perspectives on Christian Fellowship and Social Issues.

Pastoral care and counselling are also available. Appointments can be made by calling

the Campus Ministry Office at extension 7464 or by stopping by the office located in the lower level of the University Center, across the hall from the coffee shop.

Other members of the Campus Ministry staff include Louetta Krippaehne, secretary, Carol Brandenburg, student secretary and Jim Martin, student coordinator.

Don't Write Home!

Send a Mooring Mast Subscription

Send \$8 and the name and address
through campus mail
of the person the subscription is for

to *The Mooring Mast*
University Center

Something for Everybody

by Petra Rowe

PLU offers a variety of activities and organization for on-campus involvement.

ASPLU- Associated Students of Pacific Lutheran University. Students interested in working for a student body committee should get in touch with Kim Tucker, chairman of Elections and Personnel, or Bob Gomulkiewicz, ASPLU President.

Artist Series- Sponsored by ASPLU, the Artist Series brings a program of performing artists to campus. This year the series will feature Marni Nixon, Elliot Fisk, The Toshiko Akiyoshi/Lew Tabackin Big Band, The Oregon Mime Troup and the Seattle Symphony. For more information contact Rick Mattson.

Choirs- Audition times and sectional rehearsals for the PLU choirs are posted in Eastvold, across from room 227 on the main bulletin board. Auditions for the choirs are held the first week of school. For further information, call the Music office at extension 7601.

Debate/Forensics- For information concerning competition and meetings of the PLU forensics program, check the bulletin board in the main hallway of Eastvold. For more information contact Michael Bartanen at extension 7762.

Drama- The theatre department encourages all interested students to audition for the several shows planned for this year. Theatre background or communication arts major are not necessary. PLU is offering six shows this year: *Dark of the moon*, *Harvey*, *King Midas and The Golden Touch*, *Therberg's Carnival*, *Midsummer Night's*

Dream, and *The Lion, The Witch and the Wardrobe*. Auditions for *Dark of the Moon* will be Thursday, September 11 and Friday September 12. For further information check the bulletin board in the main hall of Eastvold or call extension 7762.

Focus- Focus is PLU's on-campus television show. It is produced one evening a week. Interested students (experience not required) should contact Gary Wilson at extension 7762.

ISO- The International Student Organization. This organization



is designed to bring together the foreign students attending PLU. The organization stresses that this includes Americans also. Any students wanting to learn about the cultures and customs of different countries should contact Christina Cables at extension 7149.

Interim Committee- Interim, though many months away, is an experience to plan for early. The Interim Committee organizes special themes and events to co-ordinate the four-week session. Past programs have included in-door fairs, special

food demonstrations, etc. For more information call Judy Carr at extension 7129.

KPLU-FM-KPLU-FM is PLU's 100,000 watt radio station. Any student interested in working for the station may contact Scott Williams at extension 7262.

Lecture Series- The lecture series is programmed simultaneously with the Artist series, sponsored by ASPLU. This year lecturers will include James Hall, Oregon senator Mark Hatfield, and a debate on the Equal Rights Amendment between Phyllis Shaffley and Karen DeCrow and Paul Erlick.

Mooring Mast- No one is quite sure what this organization is or what it stands for. It is rumoured that it is a student newspaper. Students may work for this organization in reportorial, photographic, or miscellaneous positions. For more information contact Kathleen M. Hosfeld at extension 7494.

Outdoor Recreation- Outdoor Recreation, which has its headquarters in the University Center games room, sponsors weekend trips for backpackers, cross-country skiers and the like. For information call extension 4013.

Saga- The Saga is the university yearbook. Positions are available on the yearbook staff as writers, photographers and layout personnel. For more information contact Erik Allen.

Further activities are posted on the bulletin boards in the University Center, outside the library and outside the administration building. A twice-weekly bulletin of campus activities is distributed in the cafeterias or can be picked up at the University Center information desk.

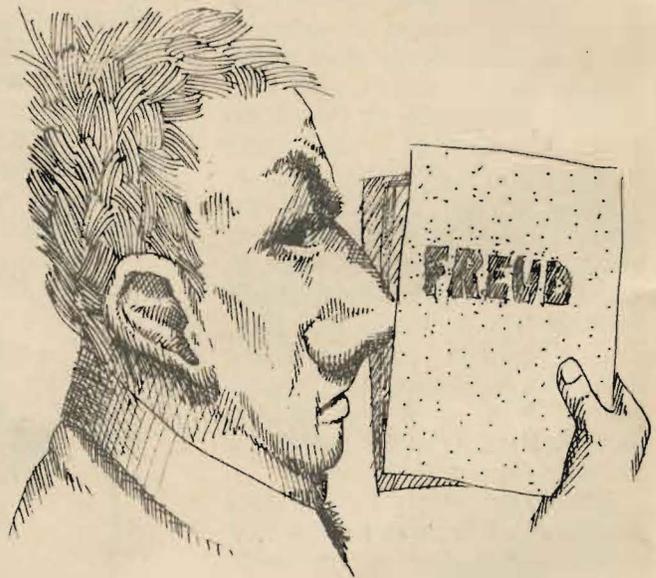
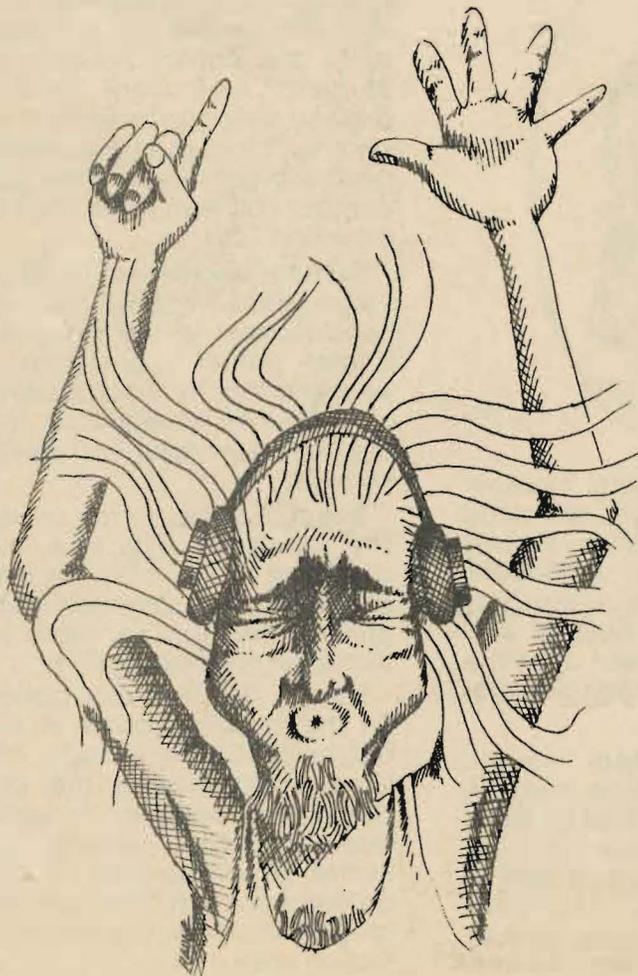
How to Cope With a Roommate

by Sandy Williams

The most common tension -creating factors for roommates are differences in study and sleep habits, decorating ideas, friends and visitation, and housekeeping habits.

Conscientious Connie who faithfully completes her assignments at an even pace and Cathy Crammer who is awake squirming at her desk until 3 a.m. during dead week may not get along.

When Jerry's girlfriend becomes as commonplace as his furniture, roommate Kevin begins to wonder whether he should have brought his pet snake from home.



Lazy Suzie who leaves blouses, papers and snacks scattered throughout the room is seldom a good roomie for immaculate Mary.

Habits become so ingrained that roommates are completely unaware of how their behavior affects each other. Suppressing irritations, brooding and not communicating seldom improve living conditions.

If roommate differences are openly confronted, compromise may help you avert painting a white line down the middle of the room.

If, however, one or both roommates are shy about discussing their feelings, your R.A. is there to work as a mediator in the dispute.

R.A.'s and Hall Directors are there to make the dorm social atmosphere more congenial. Use them if you need outside help to make dorm life liveable.

EXTRA! EXTRA!

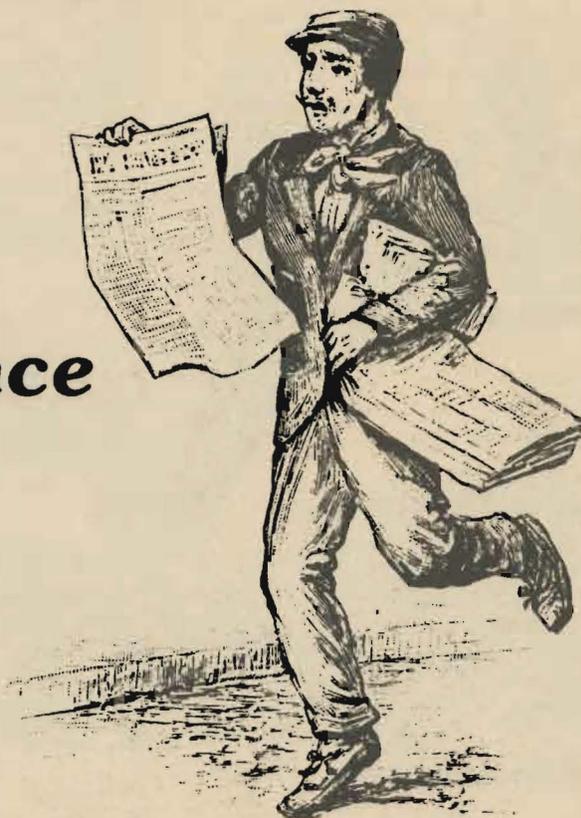
Read all about it!

Write all about it!

Photograph all about it!

Earn money

Get job experience



**Enlarge your college experience by
joining the Mooring Mast Staff**

Interest meeting

11 a.m. Friday, September 12,

University Center Mezzanine

Orientation Week Schedule

Friday, September 5

3 p.m.	Parent's Convocation	Eastvold
3:30 p.m.	Parent's Reception	CK
5:30 p.m.	Transfer Student Meeting	Regency Room
7:00 p.m.	New Student Convo	Olson
7:30 p.m.	Playfair	Olson

Saturday, September 6

7:30 a.m.	Freshman Senator Interest Meeting	North Dining Room UC Eastvold
9:00 a.m.	General Academic Briefing	See orientation book
9:30 a.m.	Advisor Meetings	See orientation book
10:30 a.m.	Dept. Interest Meetings	See orientation book
11:15 a.m.	2nd Choice Dept. Int. Mtng.	Eastvold
1:00 p.m.	People and Places Briefing	Eastvold
1:30 p.m.	Campus Tours	See orientation book
3:30 p.m.	Foreign Lang. Plcmt Exam	UC
7:30 p.m.	UC Open House	CK

Sunday, September 7

1:00 p.m.	Frosty's Talk	CK
1:00 p.m.	Optional City Tour	Info Desk
6:30 p.m.	President's Reception	Gonyea House

Monday, September 8

9:00 a.m.	General Briefing	Eastvold
10:00 a.m.	Senators Forum	See orientation book
1:00 p.m.	Seminars	See orientation book
1:30 p.m.	Seminars	Eastvold
8:00 p.m.	Music Testing	CK
	Movie "One On One"	

Tuesday, September 9

10:00 a.m.	Opening Convocation	Olson
12:00 p.m.	Classes Reconvene	

Friday, September 12

3:00 p.m.	Fall Picnic and Concert Dogpatch Olympics Preliminaries	Lower Campus
-----------	--	--------------

Saturday, September 13

7:30 p.m.	Varsity versus Alumni Football Game Dog Patch Olympics Finals	Franklin Pierce Stadium
-----------	---	-------------------------

