

THE MOORING MAST

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Sexual violence programs raise campus awareness

Clothesline Project, "Silent Witnesses" and multiple presentations provide insight

BY LARA PRICE
Mast reporter

"I wanted to love you . . . not die because of you." These were the plaintive words that blanketed T-shirts Nov. 23 at the Clothesline exhibit held in the University Center.

The exhibit revealed the personal tragedies of domestic and sexual violence victims.

Cries of anguish and violence draped each T-shirt with their colors representing a victim's trauma; beige identified a battered woman, green represented a survivor of incest and white symbolized a violent death. Blood rained down its sleeves, crying out to its viewers.

One young boy's shirt lamented to his mother, "I was only three years old when I was first incested by my father, Mommy, where were you?"

Long after these victims' deaths and misfortunes, their tragic stories indented in fabric are never to be forgotten. The

Clothesline Exhibit, one of the several events hosted for a sexual violence awareness day, brushed away the cobwebs from the issue of sexual violence.

Sara Prengel, a student who helped organize the event said she thought the campus needed a wake-up call about sexual and domestic violence.

"One of four women are sexually assaulted by the time they're eighteen," Prengel cautioned, referring to a recent government survey.

The sexual assault and violence day was hosted in order to make this statistic more real. She said she hoped the project would stimulate conversation about sexual violence.

According to Prengel, the results of a sexual assault survey done last year at PLU reported, "Over 50% of the male (student) body isn't basically educated about this kind of thing." She referred to sexual violence as "a

see VIOLENCE, page 16



Photo by Eric Rothford

Colleen Hacker, a professor in PLU's physical education department, prepares to display a self-defense technique Nov. 23, sexual violence awareness day, as student Joel Houston plays the role of attacker.

Harsher penalties for alcohol violations under discussion

BY LAURA RITCHIE
Mast assistant news editor

For the first time in recent memory, a group of student leaders from across the spectrum of campus organizations has assembled to discuss and offer recommendations to the administration on university issues.

The first meeting of this Leadership Subcommittee of the Healthy Lifestyles Initiative Steering Committee, held Nov. 18, produced recommendations regarding the campus alcohol policy that may have far-reaching effects on the PLU community.

The subcommittee serves as the primary student advisory group for the Healthy Lifestyles Initiative introduced by the PLU administration this fall.

Members determined that stricter policies are necessary for enforcement of the alcohol policy on campus.

Currently, violation of the "dry campus" alcohol policy results in punishments such as a few hours of community service at a location such as the child care center on East Campus and posting a bulletin board in a residence hall.

The 22 subcommittee members felt these punishments were not harsh enough to warrant taking the alcohol policy seriously.

Recent events such as the al-

cohol poisoning in Ordal Hall last spring have brought the issue of alcohol on campus to the forefront of university concerns.

Suggested revisions to the policy took on many forms, including the institution of a fine system and mandatory community service performing tasks that would be less desirable, such as dirty maintenance or janitorial work.

A tiered system for dealing with repeat violators was widely accepted by subcommittee members for dealing with the problem.

Committee members discussed a "three strikes" system, as well as a five-step pyramid system. Under each system, punishment for violation of the alcohol policy would become more serious, and strike three or step five, depending on the system, would be expulsion.

ASPLU President Bradd Busick, who serves with RHA President Robby Larson as the student representatives to the steering committee composed of faculty and administration members, was careful to state that all suggestions are in the discussion phase.

He did, however, emphasize the administration's dedication to taking student recommendations seriously.

"I act as the voice piece," Busick said. "Whatever this

see ALCOHOL, page 16

Parkland crime a continuing problem for Pierce County

BY JAMIE SWIFT
Mast editor-in-chief

More than 2,000 street crimes were committed in the last year within a 1.5-mile radius of PLU. According to the Pierce County Sheriff's Department crime statistics, the PLU vicinity is riddled with burglaries, drugs, and vandalism.

Meanwhile, the Pierce County Sheriff's Department is faced with the daunting challenge of countering the upward trend of criminal activity in the county—specifically, Parkland—with an understaffed police force that will have to spread itself even more thinly over the coming months.

According to the Sheriff's Department, though, there are some positive trends, such as a decrease in gang activity, and the relatively low number of violent crimes in the area.

Deputy Ed Troyer of the Pierce County Sheriff's Department, said the high frequency of crime in the PLU vicinity is indicative of what is going on in Parkland and the rest of the county. Troyer said, "Pierce County is the highest crime county in the state."

Out of the 2,166 street crimes perpetrated in the last 12 months, about half are related to some type of theft. There were 290 cars stolen and another 325 automobiles broken into within a 1.5-mile radius of PLU.

Violent crimes constitute approximately 3 percent of all the crimes committed in the last year. There were six drive-by shootings and five rapes. (None of the rapes were first degree.)

There were 63 instances of either drug possession or drug trafficking in the last year.

The volume and the variety of criminal activity

in Pierce County are not proportionate to police staffing in Pierce County, which "may be one of the reasons for the increase in crime around PLU," Troyer said.

The Pierce County Sheriff's Department reports it is 38th out of 39 counties in the ratio, or number, of commissioned law enforcement officers per 1,000 citizens.

With the high rate of crime and poor ratio of deputies to citizens, response times have increased 17.7 percent over the past eight years and, according to the Sheriff's Department,

there is a sentiment among jail staff that recent prisoner releases were due to error caused by inadequate release-unit staffing.

Pierce County Sheriff Mark P. French said the proportionate disparity between the crime volume and police staffing "is about to widen dramatically." In March, the Washington State Patrol will no longer service Parkland or any of unincorporated Pierce County.

Director of PLU Campus Safety Walt Huston said "crime has no doubt increased over the last five years." Huston said the majority of the problems are automobile break-ins.

Regarding Pierce County police staffing and the effect on PLU, Huston said the Sheriff's Department is quick to respond to breaking situations. But in situations "that occurred some time ago the police put us low on the priority list."

Out of the several businesses and neighborhoods within the 7-square-mile area around PLU, Troyer pointed to the Crystal Palace restaurant, which is two blocks east of PLU, and Pacific Avenue as two areas fraught with danger. He sug-

see CRIME, page 6

Community Consciousness:
See pages 6 and 7 for more articles on Parkland crime and local identity.

In Brief...

SAFETY BEAT



Holiday spirit for everyone
The Diversity Programming Committee is throwing a party, Monday at 6:30 p.m. in CK West, celebrating the many festivities that occur in the winter season.

Urban Rythms, a Seattle-based chorus, will perform a variety of seasonal songs, with strong influences of African style music. In addition to the music, food from different cultural and religious backgrounds will be provided.

Although the event is free, donations are welcome. All proceeds will go to the Pierce County AIDS Foundation and the People of Color Against AIDS Network. For details contact Beth Kraig at x7296 or Lisa Marcus at x7312.

Children's Christmas Party
Volunteers for the Annual East Campus Christmas Party for local children in need are needed to make the party a success. The party is Dec. 10 from 1 p.m. to 5 p.m. Donations of toys and clothes in new or like new condition are also needed. If you are interested in volunteering or have some donations, contact the Volunteer Center at x8318.

After School Activities
The Parkland Family Support Center is looking for volunteers to plan and lead a variety of after school activities for elementary and middle school children. Beginning the third week of January, the center plans on offering academic, arts and crafts, and theater classes. Volunteers are needed Monday through Thursday, from 4 p.m. to 5:30 p.m. to help plan. If interested call Lisa Lindsay at x2392 or Julie Wade at x7003.

Nov. 18
•A PLU student contacted Campus Safety to report having been the victim of an harassing phone call. No suspects were identified but the victim completed a written report of the event for further investigation.

•A PLU staff member contacted Campus Safety to request medical assistance for a PLU guest who had severely strained his left ankle while unloading his supply truck at the UC Food Services loading dock. Campus Safety responded and applied ice to the injury. No Emergency Medical Service contact was necessary.

•A PLU student contacted Campus Safety to request medical assistance for a severely strained right ankle sustained while traversing the stairs in the Administration Building. Campus Safety applied ice to the injury. No Emergency Medical Service contact was necessary.

•Due to the activation of the Tinglestad alarm trouble, Campus Safety officers made contact with two Tinglestad residents and discovered that the detector head in their residence room had been illegally dismantled. The PLU engineer was contacted and the detector head was replaced. Student Conduct was duly notified.

evidence of the student. Pierce County Sheriff Office was contacted by the parent and a report was written. However, later that evening the concerned parent contacted Campus Safety to report that his daughter had returned home after staying with a friend in an attempt to avoid getting caught in the rainstorm.

•Two PLU students contacted Campus Safety to report a suspicious male loitering in the area of Tinglestad Hall. Campus Safety responded and made contact with the individual who identified himself only by the name "Dave." The suspicious individual quickly departed the area upon arrival of the responding officers and yelled a few expletives with his departure. No Pierce County Sheriff Office contact was deemed necessary.

•A PLU student contacted Campus Safety to request emergency medical response for a fellow student who had ingested six shots of vodka over a 30 minute period of time. Campus Safety immediately responded and found that the patient, although inebriated and feeling ill, had not lost consciousness and was fully responsive to all questions asked. No Emergency Medical Service contact was made, but the RLO staff was notified. The patient was left in the care of her friends with the understanding that Campus Safety would be contacted again if complications appeared.

Nov. 22
•A PLU student contacted Campus Safety to report that his Honda Civic had been broken into and that the CD player was stolen. No suspects were identified.

•A PLU student contacted Campus Safety to report that his Plymouth Sundance had been broken into and his CD player stolen. No suspects were identified.

•A PLU student contacted Campus Safety to report having been maliciously hit in the face by a male acquaintance while handing out refreshments to wing mates in Harstad Hall. Campus Safety immediately responded and found the victim to be distraught over the incident but not in need of emergency medical assistance. Pierce County Sheriff Office was contacted and a report was taken. A former PLU student is currently being sought for questioning in this incident which is still under investigation.

Nov. 23
•A PLU student contacted Campus Safety to request medical assistance for an inflamed left knee. Campus Safety responded and, subsequent to the requests of the patient, assisted her in wrapping the knee. No Emergency Medical Service contact was necessary.
•A PLU student contacted Campus Safety to report that his Oldsmobile Ninety-eight had been broken into and items stolen while it was parked in the Tinglestad Secure Lot. A particular PLU student is strongly suspected to be a perpetrator in the incident, which is currently under investigation. Due to the fact that the parking lot has controlled access and is not publicly accessible, the Pierce County Sheriff Office was notified and is categorizing the incident as that of "Burglary" and not simple theft or vehicle prowling.

Activated Alarms for this week:
Intrusion alarms: 8
Panic alarms: 0
Fire alarms: 3

SIDEWALK TALK



"An "A" in religion."

Fred Moore, third-year student

"A microwave for my new apartment."

Marjorie Weide, second-year student



???
What are you asking Santa Claus for this Christmas?

???



"I want my car back from my brother."

Leilani Balais, fourth-year student

"Charm and personality for all of my friends."

Ryan Enbom, fourth-year student



FOOD FOR THE WEEK

Fri. Dec. 4 <i>Lunch</i> Grilled Turkey & Swiss, Tuna Casserole, Eggplant Parmesan, Curly Fries	<i>Dinner</i> Gyros, Spanikopita, Mediterranean Chicken, mixed veggies, Baklava	Mon. Dec. 7 <i>Breakfast</i> French Toast, Scrambled Eggs, Hashbrowns, Muffins	<i>Lunch</i> Chicken Club Pasta, Rubeen Sandwich, Peppers Salsa 'lito, Cookies	<i>Dinner</i> Cannelloni, Manicotti, Baked Salmon, Yogurt Sundaes
<i>Dinner</i> Sweet & Sour Chicken or Tofu, Egg Rolls, Sticky Rice, Oriental Blend Veggies	Sun Dec. 6 <i>Breakfast</i> Continental: Old fashioned Donuts, Oatmeal	<i>Lunch</i> Spicy Hot Dogs, Mac & Cheese, Veggie Pita, Graham Crackers & Frosting	<i>Dinner</i> Hard and Soft Tacos, Black Bean Ratatouille, Spanish Rice, Omelet Station, Churros	Thurs. Dec. 10 <i>Breakfast</i> Blueberry Pancakes, Scrambled Eggs, Tator Tots
Sat. Dec. 5 <i>Breakfast</i> Biscuits and Gravy, Scrambled Eggs, Roasted Red Potatoes, Zoom, Danish	<i>Lunch</i> Fresh Waffles, Blueberry Pancakes, Scrambled Eggs, 101 Bars, Bear Claws	<i>Dinner</i> Philly Beef S'wich, Pesto Penne, Onion Rings, Entree Salad Bar, Scandinavian Blend, Assorted Pies	Wed. Dec. 9 <i>Breakfast</i> Fresh Waffles, Fried Eggs, Hashbrowns, Sausage, Cinnamon Rolls	<i>Lunch</i> Southwestern Wrap, Veggie Burrito, Mexi Fries, Burger Bar
<i>Lunch</i> Breakfast Menu plus, Fishwich	<i>Dinner</i> Herb Pork Roast, Au Gratin Potatoes, Stir Fry Blend, Apple and Blueberry Cobbler	Tues. Dec. 8 <i>Breakfast</i> Pancakes, Scrambled Eggs, Tator Triangles, Bacon, Donuts	<i>Lunch</i> Teriyaki Chicken, Stir Fried Veggies, Grilled Cheese, Tomato Soup, Sticky Rice, Fortune Cookies	<i>Dinner</i> Christmas Around the World in the Commons
				Fri. Dec. 11 <i>Breakfast</i> Biscuit S'wich, Scrambled Eggs, Bacon, Zoom

Nov. 21
•In the course of the Tinglestad fire alarm, three PLU students were found to have been in violation of the PLU visitation policy. Student Conduct was notified.

•A PLU student contacted Campus Safety to request medical assistance for a fellow student who had strained her right ankle after inadvertently stepping into an unseen hole. Campus Safety responded and applied ice to the injury. No Emergency Medical Service contact was necessary.

•A PLU guest contacted Campus Safety to request medical assistance for another guest who had suffered head trauma after falling against a wooden stand in the Olson Auditorium. Campus Safety responded and assessed the injury and, due to the guest's extensive medical history, further medical assistance was advised. The guest was shortly transported to Madigan Hospital by her daughter.

•A PLU parent contacted Campus Safety to report that his daughter, a PLU student, had failed to arrive at their designated meeting place following her class on Friday evening and was therefore assumed to be missing. A search of campus by all on-duty Campus Safety Officers elicited no

Sankta Lucia festival brings Swedish culture to campus

BY LARA PRICE
Mast reporter

Sweet smells of gingerbread will permeate the nostrils of families all over Sweden Dec. 13.

The eldest daughter of each family, dressed in white cloth and crowned in a wreath of candles, will arouse her family members with traditional cookies and coffee.

The blistering candles atop her head will illuminate Sweden's darkest and longest day of the year, symbolizing the rebirth of light.

Sankta Lucia is here at PLU, as well, for the Christmas season.

Tomorrow at 7 p.m. at the annual Sankta Lucia Festival of Light, a female PLU student will be crowned as this year's Sankta Lucia. Coordinated by Ulla Lindwood, Sharolyn Blanchard, and Susan Young, the Scandinavian Cultural Center will sponsor the event held in Lagerquist Hall in the Russell Music Center.

The legend of this Christian martyr dates back to 284 A.D. Sankta Lucia lived in a time of Christian persecution. When she was a young maiden, she made a secret virginity vow. As a result, she could not marry the man her mother had chosen, so she donated her dowry to the poor. In vengeance, he released her religion to the public, but Lucia refused to denounce her Christian

faith. Ordered to be burned at the stake, she was stabbed to death because the fire would not light.

This tradition still exists in modern day Sweden. In fact, it is considered a big honor to be crowned Sankta Lucia. "Every town picks a Sankta Lucia, it's still a big deal," JooHee Berglund said, a sophomore applicant.

In recreation of the actual tradition practiced in Sweden, Karin Anderson, last year's Lucia and helper for this year's festival, said, "The actual event is more accurate to what the Swedes do." The tradition has been practiced at PLU for almost 50 years, according to Anderson. "It's been going on since my mom was here," Joelle Skaga, a sophomore Lucia applicant, said.

The application process for Sankta Lucia consists of three parts; the application and essay writing, a formal interview, and participation in preparation for the festival.

In preparation, each applicant was involved in a myriad of Swedish activities leading up to the Festival of Light including cooking Swedish treats and learning Swedish songs, Skaga informed. They will also perform at a Swedish furniture. All applicants wrote an essay on the importance of cultural diversity and what it means to them, Berglund said. The objective of the interview was to learn about each stu-

dent running.

When Anderson was asked about the good qualities of the Sankta Lucia, she replied, "It's the willingness to learn, their enthusiasm and participation."

Chosen by a committee of judges, Sankta Lucia will be awarded an academic scholarship of \$500. At the Festival of Light, the awarded Lucia will "wear a red sash and a crown of candles," symbolizing the five virtues of Lucia, Berglund said.

Skaga, Berglund, and Kirsten Hauge discussed their favorite parts about the participating in the Lucia tradition. They said it helped them get into a merry mood for the holidays.

"It just helps me learn more about myself and more about where part of my family came from," Skaga said about her preparation for the festival of light.

Hauge said she was disappointed that her Swedish heritage didn't allow her a perfect accent for singing. "It was really fun learning how to sing the songs in Swedish." She also stated she enjoyed sharing her experiences with the other candidates.

The Festival of Light will consist of the following activities; traditional Swedish dancing, Swedish songs performed by all the candidates, Scandinavian desserts, an organ performance by David Dahl and the awarding of the scholarship.



Photo by Josh Miller

Sophomore Joelle Skaga diligently makes spritz, a traditional Scandinavian cookie, in the Scandinavian Cultural Center kitchen Nov. 21.

Busick makes appointments to fill open senate positions

BY PHILIP PALERMO
Mast reporter

ASPLU President Bradd Busick's appointments for two vacant senate positions faced no opposition at the Nov. 24 senate meeting.

Busick recommended Chris McCafferty for the Adult Off-Campus position and JooHee Berglund for the lower campus position.

The full senate was not present, although enough were present to vote, so the new appointments couldn't be officially sworn in until a later date.

"I believe he's exactly what we're looking for in the senate and from a different perspective," Busick said of McCafferty.

"I'm looking to bring leadership, experience, and age," McCafferty said, "but mostly experience because a lot of the things we're doing I've done before."

That experience comes from his prior involvement with student government. McCafferty talked about being president and vice president at Edmonds Community College, where he proposed a \$150,000 scholarship fund which is up to \$300,000 today.

One of the things he will be pushing for as senator is the introduction of lockers for students.

"Being an off-campus student, I have a stack of books and no place to put them," he said.

McCafferty is also looking into expanding services for commuters and expanding commuter lounges. One other idea he has is the formation of a commuter stu-

dent union.

"It's for those students to get together and be heard," he said. "It's to let people know that they're here and they make a large percentage of the student body."

Busick selected Berglund out of seven applicants. He echoed his previous statements, saying Berglund was also what the senate was looking for.

Berglund said she can bring experience and a different view-



McCafferty



Berglund

point to the senate. She pointed to her leadership roles in high school and her participation in Girl's State as examples of her experience.

Until now, Berglund said she hasn't been involved in much on campus, allowing her to bring a new viewpoint to the table.

"My goals are to promote volunteering and diversity," she said. "I'm going to try and get up to speed as fast as I can."

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Relief effort continues

BY ERIC RUTHFORD
Mast news editor

The Center for Public Service's fund drive for victims of Hurricane Mitch in Central America has raised \$3,700, said Director Oney Crandall.

Collection bins were placed in the University Center and the Administration Building three weeks ago, and the funds have been raised mainly through small donations, Crandall said.

One anonymous donor gave \$1,000, she said.

Three weeks ago, the Center

for Public Service said in a release that if every member were to give \$1, they could give between \$3,000-\$4,000.

"I think we did well to get what we did," she said. Then, she added, "Not what we did, but the community."

The money will go to World Vision, a non-denominational Christian charity. Crandall said the Center for Public Service made an arrangement that will make sure 100 percent of the money goes to the victims, and none of it will be spent on World Vision's administrative costs.

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(Okay, How About Our Church Service?)

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KOMO shines unnecessary negative light on Parkland

This week's issue of The Mooring Mast contains a package of stories about the community we live in.

You, the reader, will find some of the information to be astonishing at first glance. The crime statistics in the story on page one depict the worst of Parkland. But there is more to this community than crime.

Parkland's reputation does suffer due to the high rate of crime, but there is also another side to this community.

As you will read, there are Parkland residents looking out for the best interest of the area, its businesses, its people, and its future.

This brings me to something I watched on television Monday night that was a blow to the already deteriorating Parkland reputation.

KOMO TV referred to the attacker as the "Parkland rapist," although only a third of the attacks occurred in Parkland, and no one was raped in Parkland.

KOMO obviously prefers sensationalism over homework.

Both Linda Elliott, director of media relations at PLU, and Ed Troyer of the Pierce County Sheriff's Department, say they have contacted local media regarding their imprecise portrayal of the attacker.

At least news outlets have ceased referring to the attackers as the PLU attacker. This made absolutely no sense, considering the fact that only one PLU student was attacked.

From now on the spate of attacks should be referred to as the South Sound attacks. The men are the South Sound attackers. One of them is a rapist.

Police should be on the lookout for all of them and the media should realize that this story doesn't need to be sensationalized.

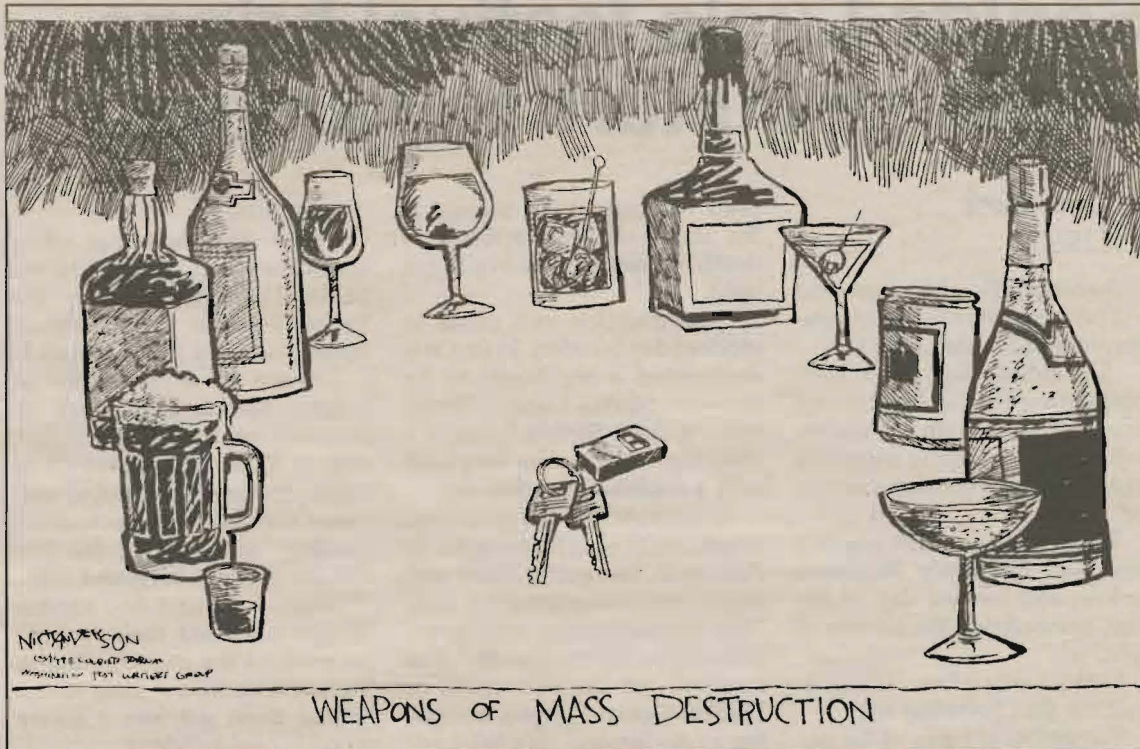
Jamie Swift
editor-in-chief

Readers can submit "Guest Speaker" items

Do you have something you want to say in more detail, or a discussion you want to begin on campus?

"Guest Speaker" is a Voices page feature which offers readers a way to explore a topic in depth, or to express an opinion that won't quite fit into a letter to the editor.

Send proposed articles to editor-in-chief Laura Ritchie, The Mooring Mast, PLU, Tacoma Wash. 98447 (or e-mail her at mast@plu.edu).



Trip to orphanage in China presents another, cruel reality

Perhaps you've seen television commercials or documentaries that have startled you into the awareness that there are children in this world who are suffering.

I went to visit an orphanage when I was in China during my senior year of high school.

I had heard a lot about orphanages from a missionary in our church who worked closely with them and I went expecting the worst.

What I saw left a lasting impression on me.

I spent most of my time with the babies in the nursery. At first, things didn't look so horrible. The babies were lined up on a long mattress against the wall, wrapped in scratchy woolen blankets because it was cold.

But then I started to look closer.

One little girl had been lying on her back in the crib for so long that the back of her head was completely flat, and she had no developed muscles in her neck. Holding her was like holding a newborn, except that she had long black hair and teeth in her mouth.

I held her and held her and whispered in her ear, but all she did was moan and lay like a dead-weight in my arms.

All the babies in the ward were little girls. There was not a boy among them. And they were beautiful little girls, but because of their sex no one cared if they lived or died.

In China, there is a one-child policy for families, a desperate attempt by the government to stop the growth of China's huge population. The result of this rule, combined with a culture that prefers boys because of the security that their status offers their parents, is that girls are not wanted.

Many little girls are killed at birth, or given up to orphanages like the one I visited.

These children were fed through bottles that were left lying next to them, as if the littlest ones would know how to pick up the bottle and drink the rice gruel inside by themselves.

The youngest baby was 20 days old. She had been left on the doorstep of the orphanage and had a small pink birthmark on her face. She was imperfect, and therefore abandoned by her parents.

Wearing plastic diapers meant that every baby on that bed had a severe rash. The ointment used was administered through a squirt bottle, and was a black, goopy mixture that looked like car oil.

Diapers were only changed every few days.

Worst of all was what many called the dying room. There was only one child in it when I was there. She had a cleft palate, and had been left in the room to starve to death.

When I went in to try to feed her one of the few attendants who was there yelled at me and told me that the baby would choke if I fed her.

I was even afraid to hold her because I thought she might already be dead. She lay so still, barely breathing. I reached out to touch her but she was very cold, just like the dark lonely room that she lay in.

Children with disabilities were also treated abominably. One little girl, who I was informed had seizures, was sitting up in her bed when I walked into her room. Her head was shaved and her eyes were large and beautiful in her face. But she was tied to the bed with cloth strips, and shared a bed with another child.

There wasn't a nurse in the room to look after them, and the ward was cold and dank, with tiled floors and walls, and small metal beds.

One little boy with cerebral palsy was left to feed himself on the floor outside the rooms. He sat there looking at the food, but couldn't do anything about getting it into his mouth. We were there that day to feed him, but what about the days when no one is there?

I don't know if anyone can relate to any of this. Maybe some of you have traveled into third world countries and seen poverty and neglect that would far outweigh what I saw in that building, but many people have no idea what's going on in other places.

It's part of our American complex, and I admit that a lot of times I fall into the trap of thinking that my life is all-important, that what I saw in China is not a part of my reality or my life.

But that's wrong to assume, because it goes on whether I see it every day or not.

Children shouldn't have to know pain like that. They shouldn't be left for dead, preferred dead because they don't live up to someone's expectations, whether that means their gender, or their mental or physical capabilities.

In all our prosperity as a nation, can't we do more to help those who have no way to help themselves?

Amy Pardini is a senior, creative writing major.

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POLICIES

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

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

Letters: The Mooring Mast encourages letters to the Editor. Letters need to be submitted to the Mooring Mast office in the UC Mezzanine no

later than 5 p.m. the Monday before publication.

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

Letters should be no longer than 250 words in length, typed and double-spaced. The Mooring Mast reserves the right to refuse to publish any letter. Letters may be edited for length, taste and errors.

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

U.S. holiday buying habits affect Third World

At the heart of Christmas is love, joy, and shopping for clothes.

If it looks cute (on us, or on significant others,) and won't hurt our checking accounts too badly, then it's a likely buy. But what is often overlooked in holiday shopping is the ethical aspect of buying clothes.

But as American consumers whose purchases determine the living conditions of millions of people, we have a responsibility to reflect upon what is happening to the world around us.

In China, for example, workers at American-apparel factories receive 13 cents an hour.

The corporations may argue that they pay their workers the host country's legal minimum wage, but few laborers can live off of this, and end up working large amounts of overtime just to survive.

In Haiti, workers at the Disney plant are paid 28 cents an hour, leaving them with no money to purchase milk for their children. In Vietnam, factory



Great Wide Open Sarah Beck

workers make 20 cents an hour. In Burma, 6 cents.

In addition, many transnational corporations refuse their overseas employees the right to unionize, thus prohibiting the workers to improve their conditions.

Victoria's Secret, for example, fired all 3,000 workers at their Dominican Republic plant when employees attempted to unionize.

Similarly, an Esprit factory in China immediately fires any workers who try to organize to defend their rights. And virtually none of these laborers have unemployment insurance.

Furthermore, child labor is

rampant among many American corporations abroad.

According to the International Labor Organization, over 250 million children between the ages of 5 and 14 are working in the global economy today.

For over half of them, working is their primary activity. In Indonesia, a recent investigation proved that 13- and 14-year-olds were working 12-hour shifts for May Co., and sometimes were forced to work 24-hour shifts.

To compete with the low prices of corporations who manufacture their goods overseas, some domestic-based companies maintain sweatshop-like conditions at their plants in the

U.S.

Three years ago, federal and state officials found 150 immigrant workers in "virtual bondage" at a clothing manufacturer in El Monte, Calif.

Labor economist, Douglas L. Kruse, found 59,600 children under age 14 illegally working in this country, and 13,100 of them working in garment sweatshops.

Charles Kernaghan, director of the National Labor Committee said, "These companies want to sell products to this country... So, there is an avenue here where the US people can be enormously effective."

Due to enormous pressure from student organizers and activist groups to end labor abuses, Nike agreed this past May to end child labor, follow U.S. health and safety standards, and allow independent auditors to monitor their factories in Asia.

Commending Nike and Gap for their recent labor improvements by choosing their products send a message to corporations that protecting human rights is,

in fact, good for business.

Supporting Levi Strauss & Company who is regarded as "one of the most conscientious of America's corporations" and making sure they keep this reputation as they reinvest in China this year, also sends the message home.

Staying aware, knowing, for example, that Apple Computer, Liz Claiborne, Macy's, Eddie Bauer, Reebok, Levi-Strauss, Amoco, and Petro-Canada pulled their businesses out of Burma in protest of a company's hazardous pipeline project, and keeping this information in mind when you hit the mall, is vital to ending overseas labor abuse.

One way to stay aware is through the Internet; the website Corporate Watch (<http://www.corpwatch.org/>) is a good place to start.

The nearest chapter of Amnesty International is at UPS (756-3664).

Sarah Beck is a senior English and French major.

Allowing 'indulgences' gives sinners a chance

Indulgences are now being resurrected by the Vatican. Can you believe it? 477 years after Martin Luther revolted against the Catholic Church, the practice has been started up again (ironically, just as the ELCA Lutherans and Catholics have signed a resolution treaty.

Ha! Now, for those of you who're all bunched up over the removal of "Quality Education in a Christian Context" from PLU's letterhead, here's something to really get worked up about!

These indulgences aren't like the ones we read about in Grier's History of Western Thought. No, these won't go toward today's modern version of the cathedral—the local sports arena or stadium.

That's not good enough to clear your soul out of purgatory. You have to do better than do-



The Gospel According to Paula Faas

nate your money to the local ruling political and religious authority—like the Christian Coalition.

You actually have to help somebody to actually get noticed by GOD, at least that's what the Vatican says.

According to the New York Times (11/26/98), "indulgences are an ancient form of church-granted amnesty that releases penitents from certain forms of punishment in this life or the next."

Now you can actually help

yourself—by not smoking, drinking or eating for a whole day.

So, out of favor to the Pope, I thought up some advertising techniques for him to ensure popularity of these indulgences:

ABSOLVE YOUR LIFE OF SIN—TODAY, for only \$14.99, by sponsoring a third world refugee child!

GOOD FOR THIS WEEK ONLY—give up your crack, heroin, and sex addictions and absolve your entire lineage from

purgatory!

BUY ONE, GET ONE FREE! Two for one deal on Indulgences today only, if you come down to your local homeless shelter and donate food. As a result both you and your spouse will have a minimal layover in purgatory.

Of course, the sinister market ideologue in me says that the Catholics are on target—people will only be nice to their bodies and neighbors if they have an incentive.

Here's a more critical point about indulgences. The last time they were popular, people believed Earth to be the center of the Universe, that Hell was located inside its core, and that heaven was among the stars.

Now we know molten lava is at the core, that Earth isn't even the measly center of our solar system, and the ethereal vault is

full of objects (moons and planets) that NASA equipment can travel to.

So now that Heaven and Hell are undefined locations in our Universe, why create another unknown for people to geographically worry about?

Purgatory is undefined, and by definition, is a place created by people who want us humans to feel guilty.

And we already have enough to worry about and feel guilty about.

Do those humanitarian and good deeds because you want to improve this current life and world—not to buy your way out of the theological equivalent of the DMV.

Paula Faas is a junior, double-major in economics and women's studies.

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Letters to the editor are welcome.

Christians are persecuted daily

The Thanksgiving break is always a great time to get away from school and relax for a few days, while hopefully eating a lot of great food in the process.

More importantly, however, it is a time when we should reflect and give thanks for all of the wonderful blessings in our lives.

And even though I was very lazy over the holiday weekend, I did take some much needed time to give thanks for all of the things I have been given in my life.

It wasn't until I got back here, to school, that I realized I needed to thank God for something else, as well. Here in the U.S., we have the freedom to praise God publicly for this sacrifice that He made. And we need to continually thank Him for that.

I was reminded of this glorious blessing as I flipped through the latest issue of a magazine I receive called World.

In it there was an article about the thousands of Christians around the world who are being severely persecuted for their



Burden of Truth David Urban

faith on a daily basis.

Upon reading the article, I had to immediately stop what I was doing and thank God for the freedom He gives us in this nation. I often think I have things hard here when I get made fun of and laughed at for proclaiming Jesus Christ and God's Word.

But in many places on this earth I would be imprisoned, or maybe even killed, for speaking out in defense of the Gospel.

Thinking about this brought me back to earth and made me realize that I know nothing of what it means to be persecuted for His name's sake.

The statistics found in this ar-

ticle regarding the persecuted Church are staggering. In Sudan, more Christians have been murdered than all of the victims of Bosnia, Kosovo, and Rwanda combined.

In China, 140 members of underground Protestant churches in the Henan Province were arrested in the last month alone.

The governments of Laos and Vietnam are now implementing programs where Christian families are given the choice of either renouncing their faith or being evicted from their homeland.

They put their lives in this kind of danger because they have been touched by the love and the

power of Jesus Christ.

I think this situation involving the persecuted Church presents two challenges to us here in the U.S. First, for those of us who do believe in Jesus, are willing to lay down our lives for the God who laid down His?

I have to sadly confess that I have come nowhere near giving up my life for Jesus the way Christians in places like China and Vietnam have.

For those of us who aren't sure what to think about God, isn't it worth the time to look into a relationship with Jesus Christ that others in this world are literally giving up their lives for?

Please, pray for those of us around the world who are being persecuted for our faith.

Jesus suffered the ultimate persecution so that we may know him and live forever with Him in heaven.

David Urban is a junior, political science and business major.

Hilltop improvement plan a possibility for Parkland

BY JAMIE SWIFT
Mast editor-in-chief

Not long ago the Hilltop in Tacoma was notorious for its drugs, violence, and poverty. Now the Hilltop is in a period of revitalization. Officials say one of the reasons for this socio-economic recovery is fewer criminals are allowed to live in the Hilltop.

Meanwhile, residential crime in Parkland is climbing and more criminals are calling Parkland and adjacent neighborhoods in unincorporated Pierce County home, according to the Pierce County Sheriff's Department.

Ed Troyer, spokesman for the Sheriff's Department, said Parkland property managers, if conscientious, will take some of the steps Hilltop property managers took, to prevent Parkland from plummeting in the manner the Hilltop did in the 1980s.

Troyer said the resurgence of the Hilltop is due in large part to a crime-fighting partnership between police and property managers.

The partnership is a program called Crime Free Multi-Housing. The purpose of CFMH is to improve screening of potential tenants; to expedite the eviction process of tenants causing trouble; and to make complexes less vulnerable to crime (better lighting in parking lots, stronger locks, and neighborhood-watch programs).

Recently released crime statistics portray Parkland as a community with a high volume of residential crime. Troyer said this program can help to alleviate some of the residential crime by reducing the number of criminals in the area.

"We want the criminals to leave and go to a town that doesn't have Crime Free Multi-Housing," Troyer said. "It worked in the Hilltop."

"We need to get landlords to take our two-day classes," Troyer said.

"Where they'll get the tools and information to get rid of people who are committing crimes and are disruptive to residential living."

"We'll help the landlords," Troyer said. "We put up the signs, and enforce the rules, so it's there if anyone wants to do it."

"We need landlords to better-screen potential tenants before they move in," Troyer said. "It really works. There are some people using the program." According to Troyer, though, too few Parkland property managers are using CFMH.

One Parkland apartment manager, though, is using it with some success. Tom White said, "Two years ago this was a horrible place," referring to the complex he manages. He said he has seen "a sharp reduction" in the incidents of crime since employing the CFMH program.

White said, "Because of the program we are no longer importing criminals."

White said he attended a two-day training

session where he was certified to use CFMH. He said the Sheriff's Department training program educated him on how to get his tenants more active in protecting, and taking pride in their building. He said he also was told to cut tree limbs, trim bushes, and provide better lighting to make residents less vulnerable to attackers.

White's Parkland complex is safer now, due to reinforced 3-inch strike plates and dead bolts to prevent "door moldings from being easily kicked out."

Although White has seen CFMH make a positive impact, the bulk of Parkland landlords are not taking advantage of CFMH. Reasons why the program is being used sparingly in Parkland include landlords being unaware of the program; landlords deciding it isn't necessary; and cost.

Scott Rohlfs, city manager of Lakewood, said his city uses CFMH and it is having moderate success. He said, "There are some initial downfalls financially for apartment managers and owners, but they need to have more than a short-term attitude."

He said the program "will have an impact and in the long-run you'll be way ahead."

Rohlfs also said, "Many landlords don't turn to the program until it's an act of desperation."

Troyer said, "The last thing I want to hear is a landlord crybaby whining and saying 'why don't you guys come out and do something when they won't even show up or help us when we have the program, right here, to help themselves.'"

Chris Dobler, owner of Dobler Property Management — which owns three apartment buildings in Parkland — said, "We are big-time supporters of that program. We have found it to be really helpful and the police department has done a lot to create a real good partnership with apartment managers."

Barbara Erickson, health education coordinator at PLU, said she is trying to create a relationship between PLU and area landlords in a similar manner to the CFMH program.

She said a PLU steering committee, working on a Healthy Lifestyle Initiative, is attempting to get landlords to attach a Safe Streets addendum to leases, "which would prohibit gang activity and drugs." She said very little has been accomplished at this point.

The intention of CFMH is to push criminals out of a particular community, and, incidentally, into another community. When Troyer was asked if police care where the criminals go, Troyer said, "If they all go out and live in a shack in the mountains, that's fine — more power to them."

"We believe everyone has a right to a place to live — even if you are a convicted criminal or a sex offender," Troyer said. "But if you don't meet the guidelines of the community and you're a problem — you need to go."

CRIME

continued from page 1

gested steering clear of both of these places, "especially after dark."

Troyer said, "In the past year the police have been to the Crystal Palace 55 times."

Incidents there have included stabbings, shootings, and assaults. Troyer said the Crystal Palace had more contacts with police than the entire town of Fircrest had in the last three years.

Although Pierce County is relatively short-staffed, Troyer said "we're going to assign deputies just to cover that place, and we're going to start hammering people."

"And if they don't want to work with us then we'll work against them and shut them down."

Crystal Palace manager Jimmy Chan said the owners are doing what they can to deal with the rash of problems, such as adding security guards and attempting to change clientele through advertising.

"There is no particular four- or five-block neighborhood that you should walk around or avoid," Troyer said. "I would just suggest staying away from Pacific Avenue after dark."

"If a place looks bad," Troyer said, "it probably is."

One former Parkland resident, Cliff Owens, coordinator for the Parkland Youth Organization, said he moved out of his home in

Parkland "due to the number of stolen cars and car break-ins" in his neighborhood near 112th Street and Pacific Avenue.

According to the Sheriff's Department about 15 percent of area street crimes are committed on Pacific Avenue.

In the past, Pacific Avenue and Parkland were more dangerous because of gangs, Troyer said. "But gangs aren't as big a problem as they used to be."

"The kids have grown out of that stage," Troyer said. "Either they're dead because they were shot in gang activity or they are in prison."

Troyer said he has a photograph of a 13-member Parkland gang. "Only three of them are left in society," Troyer said.

Parkland residents won't see gangs congregating in any individual neighborhood because "once they start grouping up and we see it — we eliminate the problems," Troyer said.

Although there were more than 2,000 street crimes within a 1.5-mile radius of PLU in the last year, Troyer said the crime statistics would be even more discouraging without PLU.

"If PLU wasn't there it would be just another 16-block radius of problems," Troyer said.

"If PLU could quadruple its size and take over all that housing it would be great," Troyer said.



Photo by Nathan Lunstrum

The Crystal Palace, a Chinese restaurant located on Pacific Avenue at 122 Street South, has been the location of several altercations which have required police to come to the scene. Shootings at the restaurant that resulted in four injuries were reported in the Nov. 6 issue of the Mast.

Parkland considers incorporation, annexation options

BY ABBY WIGSTROM AND
BRAD BREVET
Special to the Mast

Imagine Parkland with lush green parks, sidewalks lining the streets, and a solid sense of community.

Imagine Parkland as a city.

Currently, Parkland is considered an unincorporated part of Pierce County. It is outside Tacoma city limits, but not within those of another city.

Rob Jenkins, associate planner for Pierce County Planning and Land Services, said that in an attempt to encourage a strong community identity and to restore the deteriorating neighborhoods, Parkland is looking at two new options for defining the Parkland area.

The first option is for Parkland, with Spanaway and Midland, to incorporate and become the city of Gateway. The second is for Tacoma to annex Parkland.

Community members have frowned upon annexation into the city of Tacoma, Jenkins said.

There is a fear that community taxes will go toward funding downtown Tacoma and would not be properly applied to the Parkland area. Community identity would then be lost, Jenkins said.

On becoming the city of Gateway, State Senator Rosa Franklin (D-Tacoma) said Parkland would gain the ability to govern itself and would be able to address its own needs.

This proposed city would encompass the Midland area stemming north of Highway 512, east of Pacific Avenue, the Parkland and Spanaway areas, south of 96th Street and west of 22nd Street.

Ned Batker, a member of the Parkland Community Association, said the community needs include issues such as the deterioration of the land, absentee landlords, poor planning and development along Pacific Avenue, traffic congestion and junk cars, yards and poor landscaping.

The proposed city of Gateway

and the annexation are not the only answers for resolving these issues. Parkland can remain unincorporated Pierce County and attempt to improve the aesthetics and safety of the neighborhoods, along with enhancing the existing housing developments, through Pierce County community planning, Jenkins said.

Currently, the department of planning and land services is working on a plan to renovate Garfield Street and revitalize the community. It is also looking to provide an accessible transit system for Parkland and creating bike lanes and sidewalks along Pacific Avenue, Jenkins said.

One problem with incorporating into Gateway, Jenkins said, is Gateway may have trouble supporting itself financially due to the low tax base in the area.

William Giddings, vice chair of the Parkland Area Advisory Committee, said he is reserving judgment on becoming a city due to results found by a feasibility study authorized by the city council. The study found that



Photo by Nathan Lunstrum

If Parkland were to become part of the incorporated city of Gateway, the familiar Pierce County Sheriff's cars seen around campus would likely be replaced with the vehicles of a Gateway Police Department.

Parkland does not have a high industrial and merchant tax base.

Giddings said he would like to see the unincorporated community continue to work with the Pierce County planning department to address its needs.

To become part of Tacoma,

the majority of property owners in the Parkland area have to agree to annex or a majority vote of residents must support the annexation.

The incorporation of Parkland and Spanaway into Gateway also needs a majority vote.

Resident transience poses a problem for Parkland

BY SARAH KORST
Special to the Mast

The majority of PLU students live off campus, outside of the "Lutedome" and immersed within the Parkland community. Students go about their business daily, going to classes, planning their futures.

Yet, very few of our plans include Parkland.

"Parkland is a neighborhood in transition," PLU Director for Public Service Oney Crandall said. "People leave to get jobs. The military base is close by. Renters are only temporary." And so are most students.

Claudia Finseth, a member of

the Parkland planning board, said this is one of Parkland's biggest problems.

"Parkland is a bedroom community," Finseth said. "People live here, but their efforts are focused elsewhere."

Historically, Parkland has always been a transient area, said Nancy Vignec, president of the Parkland Community Association.

"It's when we focus on this, that it weakens the community," Vignec said.

But Parkland is growing. Vignec said because more people are moving to Parkland, more apartment complexes are growing up.

"This will cause problems

down the road," Vignec said.

Not only do apartment complexes encourage more temporary residents, who have less of a stake in Parkland than homeowners and people who live and work in the same community, but Vignec said they cause other problems as well.

In most of these apartment complexes "there is no crime prevention through environmental design," Vignec said.

"People are all crammed together, especially in large complexes," Vignec said.

"People don't know their neighbors. They feel that they can't do anything to resolve community problems, so they don't get involved."

Vignec said this lack of community involvement could spark more crime in Parkland, which already has a high crime rate.

"If we are unable to incorporate good planning," Vignec said, "safety could become an issue."

The belief that people who

have less of a stake in Parkland are less likely to be good neighbors extends to students as well.

Roger and Karen Crewse own a rental house only two miles away from campus. "Still, we try to avoid renting to college students," Roger Crewse said.

"With students it's more likely there'll be parties and it's more likely to be a temporary situation, so what happens to the place will be at the bottom of their priority list," he said.

But Vignec said she thinks the image that students are bad neighbors is slowly changing.

"Within the past few years, PLU has made more of an effort to become part of the community," Vignec said. "PLU is becoming more of a partner and an ally in the community rather than a separate island."

Erv Severtson, vice president and dean of student life, said he agrees that the idea of a "Lutedome" that keeps students separated from the world out-

side PLU is a myth.

"It's hard to generalize," he said. "There are a critical mass of students who focus on the community, while there are others who just assume that it's there and has some services to offer them."

Students get involved in Parkland and the surrounding community in several ways, Severtson said. Internships and volunteer projects both bring students into the community.

While the transience in the community surely takes its toll on Parkland, Severtson said the organization of the community is the biggest issue Parkland faces.

"Right now, as part of unincorporated Pierce County, taxes don't flow back to the Parkland and Spanaway area," Vignec said.

"If Parkland is incorporated we would have more control over what happens to Parkland," she said.



Photo by Nathan Lundstrum

Northern Pacific Coffee Company is one of the many Garfield Street businesses that have attracted significant business from PLU students.

Garfield Street merchants organize to improve service, boost appeal

BY ADRIENNE WILSON
Special to the Mast

Over the last couple of years, you may have noticed some positive changes on Garfield Street. These changes are due in part to a group called the Garfield Street Merchant's Association.

The Garfield Street Merchant's Association, which is made up of about 90 percent of the Garfield Street business owners, has monthly meetings and discusses issues such as ways to improve business, seasonal-business hour changes, and advertising.

It has also brought in speakers from the Small Business Association to help Garfield Street business owners learn what money is available for improvements on their street.

Jeaneen Hamlett, Garfield Street Merchant's Association president and PLU Northwest manager, said the GSMA wants to make Garfield Street a welcoming place.

"Our goal is to be a safe, attractive place where students and

others can feel safe and at home," she said.

Hamlett said she is very optimistic for the GSMA. She said new Garfield Street businesses have definitely shown interest in the association.

One of these new businesses is Disc Connection. Owner Harry Blaisure said being a part of the Garfield Street Merchant's Association "can only be a plus" for business. Since opening Disc Connection in May, business has increased each month.

Blaisure credits some of the success of his business to GSMA advertising.

In addition to supporting and improving Garfield Street businesses, the GSMA has also been trying to create a good relationship with the public.

Hamlett said that as the GSMA becomes more established, it will be more active in the community.

The GSMA sponsored a fall festival and a trick-or-treat night during Halloween. Both of these events were open to people from the surrounding communities.

Next year, GSMA will sponsor more holiday events, including a live Nativity scene in conjunction with Trinity Lutheran Church and PLU's music and drama departments.

The GSMA is also interested in the changes that will be coming to Pacific Avenue in the next two years, Hamlett said. Hamlett said the association supports these changes and sees them as working in favor of Garfield Street.

While some areas of Parkland experience problems with crime, Hamlett said Garfield Street has had few problems.

She attributes this to the fact there are usually people in the area, with PLU just down the street and apartments above several of the shops.

When there have been problems, the businesses have worked together to solve them. Recently, there was a problem with loiterers and the owners of Garfield Street businesses were able to deal with them by alerting each other when they saw signs of trouble.

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A major loss in football yardage:

Sandler's latest is bad filmmaking at its best

BY DAVID HEGGE
Mast Reporter

Just when the hilarious romantic comedy "The Wedding Singer," may have convinced numerous Adam Sandler detractors that it was once again safe to venture back into theaters, the recent release of "The Waterboy" gets tackled on the 50-yard line as a predominately hideous exercise in comedic filmmaking.

While "Singer" may have finally produced the sense of critical respectability he had been searching for with frat house flicks like "Billy Madison" and "Happy Gilmore," Sandler's new tale about a boy, his mother, and a really, really bad football team places him back at square one with its deplorable writing and mostly uninspired acting.

The titular "Waterboy" refers to Bobby Boucher, Sandler's socially retarded Cajun nitwit, who acts as the official waterboy-and laughing stock-of the University of Louisiana football team. And while he may have been born on the bayou, he hasn't done much growing up since.

At 33, he's still living at home with his demented, over protective mother, played by Kathy Bates, and a housebroken pet mule (don't ask).

Bates's mother character loves her son, but, if she's not careful, her domineering parental techniques and bizarre cooking style (barbecued rattlesnake anyone?) may end up turning Bobby into another well-known creepy Bates character.

After getting fired from his illustrious waterboy position, he eventually finds unpaid work for a small time college, where his own football skills are discovered and brought to life whenever he envisions someone he hates.

It is here that audiences will experience the few humorous scenes-and basically the entire arsenal of the trailers-as Sandler and Co. play through comedic

Movie Review * (out of 4)
"The Waterboy"

variants of every cinematic cliché (triumphant underdog, lovable loser gets the girl, evil rival is vanquished, etc.) in the book.

This film may not have been so bad had it not been for Sandler's recent leap to semi-respectability that he made with "The Wedding Singer." Oh well, the quality of this film seems to be inconsequential to audiences, seeing how it's Sandler's highest-grossing film to date (\$39 million its 1st week).

For any of you who couldn't stand Sandler's juvenile theatrics in such films as "Billy Madison," or "Happy Gilmore," you will find that those performances were remarkably restrained in comparison to his role in the film.

Although I am a fan of his previous work, and frequently find his films entertaining (in that stupid sort of way), Sandler's "Waterboy" performance seemed horribly misconceived and uninspired.

Through the combination of some of his "Saturday Night Live" characters, he attempts to draw sympathy (and low brow humor) through the merciless ridicule of an immature retarded boy-tasteful isn't it?

However, in order for his efforts to truly succeed, he, and "Wedding Singer" writing/directing cronies Tim Herhily and Frank Coracci, should have created a character that the audience might actually care about and not ridicule like the rest of the cast.

Basically, if you've seen the previews, then you've seen it all. Because when the action leaves the turf of the football field (as well as its amusing drunk cheerleaders) the film falls on its face.

Entertaining tidbits like a group of drunken cheerleaders, and an interesting cameo performance by Rob Schinder withstanding, this film is a waste of your time.



Photo by Jon Farmer (Courtesy of Touchstone Pictures)

Kathy Bates needs to fire her agent for getting her involved in this insipid role. Her considerable acting talents are wasted as she makes an obvious struggle to give meaning to a horribly written character. Unfortunately, her valiant efforts are unsuccessful, as her performance just adds to this film's list of cinematic monstrosities.

However, one person did manage to survive this film intact. As Boucher's eccentric football coach, Henry "The Fonz" Winkler gives an entertaining performance, that will keep you amused. While he may no longer be the Fonz, Winkler builds on his recent humorous cameo roles in such films as "Scream," with a character that is every bit as funny as Fonzy was cool.

If you're in the mood for the Adam Sandler experience, go rent "Billy Madison," "Happy Gilmore" or "The Wedding Singer"-or borrow them since your precious laundry money and skip this disappointing cinematic experience.

Adam Sandler as Bobby Boucher in "The Waterboy"

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Music

PLU's Christmas Festival Celebration, Dec. 5, 6, 11 and 13. Dec. 5-11 performances are in the Eastvold Auditorium and the Dec. 13 performance is at the First Presbyterian Church in Seattle. PLU's tradition of the Christmas Festival Celebration continues with the Choir of the West and University Chorale performing. The musical groups are joined by brass, organ, and percussion for this annual concert. Familiar carols, new carols, choir professionals, and Christmas readings all combine with this year's major work, John Rutter's *Gloria*.

PLU presents the University Symphony Orchestra's Masterpiece Series Program II, Dec. 8 at 8 p.m. An all-Orchestra program of music with mystical dimensions. Wagner *Parsifal: Prelude to Act I*, Sibelius: *Symphony No. 7*, Rautavaara: *Angel of Light*. Jerry Kracht, conductor.

PLU music composition students present a concert of their original compositions for chamber ensembles in a Composer's Forum, Dec. 9 at 8 p.m. Gregory Youtz directing.

The PLU music department presents "The Sounds of Christmas" Dec. 10 at 8 p.m. The University Singers, under the direction of Richard Nance, and the University Men's Chorus, under the direction of Richard Sparks, present a program of music for the holiday season. Included will be readings by campus Pastor Dennis Sepper, and a chance to sing along on familiar Christmas carols accompanied by the new Gottfried and Mary Fuchs organ.

Ticket prices for music events at PLU are \$8 general admission, \$5 for students and senior citizens (65+), \$3 for PLU alumni. Free

for ages 18 and under and the PLU community. Tickets are available on a first-come, first-served basis. Tickets can be 1) pre-ordered through the music office and 2) purchased at the lobby desk 45 minutes prior to the concert. Call the 24-hour concert information line at 535-7621 or the PLU music office at 535-7602.

The Broadway Center for the Performing Arts & The Northwest Sinfonietta present Handel's *Messiah*, Dec. 12 at 8 p.m. and Dec. 13 at 3 p.m. at the Rialto Theater. Tickets are \$18-\$22. The most widely performed oratorio of all choral repertoire, Handel's *Messiah* is a work that audiences and musicians alike want to experience again and again. The Broadway Center for the Performing Arts, the Northwest Sinfonietta and PLU's Choral Union join forces in presenting this enduring musical landmark. This performance features regional soloists, PLU's Choral Union and the Northwest Sinfonietta strings, trumpets, oboes, timpani and continuo. Celebrate the season with this beloved holiday treasure.

Theater

The Tacoma Little Theater presents *The Sound of Music*, by Rogers and Hammerstein. Dec. 4, 5, 10, 11, and 12 at 8 p.m., and Dec. 6 at 2 p.m. Join the TLT during the holidays for one of the most beloved musicals of all time.

The Tacoma Actors Guild presents *A Tuna Christmas* through Dec. 20. Tickets are \$22.50 during the weekdays, and \$25 for weekend performances. Student rates are available. Call (253) 272-2145 for ticket information. Set in the fictional town of Tuna, Texas-A Tuna Christmas chronicles Christmas eve happenings in the title's tumbleweed town. Disc jockeys Thurston

Wheeler and Artis Struvie report from radio station OKKK, keeping citizens posted on the outcome of the Christmas Yard Display Contest.

The Village Theatre in Issaquah presents *My Fair Lady*. This holiday season, witness the enchanting transformation of Eliza Doolittle. As Henry Higgins takes on the challenge of turning the uneducated flower seller into a proper lady, he finds Eliza to be more of a challenge than he-and his heart are ready for. Village Theatre's production is directed and choreographed by Stephen Terrell with music direction by Bruce Monroe.

Exhibitions

Senior Art majors present the Bachelor of Arts exhibition kicking off Dec. 8, running through Dec. 16. The exhibition will feature drawings, paintings, graphic design exhibits and sculptures in this senior project. Among the seniors being featured are Jennifer Woods, Paul Alexander, Bryan Schaeffer, Daniel Choe, and Karen Leikem. The exhibition opens with a reception Tuesday at 8 p.m. in the University Gallery, Ingram Hall, where the students' works will be exhibited.

Happy Holidays!

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Tacoma, my Tacoma

A scenic drive along Ruston Way

BY MATT VANCIL
Mast Reporter

Now that the Thanksgiving break has passed, it's pretty much a dead sprint from now until the end of the semester.

There's no time to breathe from now until the end of that final final. You can forget about free time and recreation; whatever time you have outside of classes and studies will be dedicated to food, sleep, or personal hygiene.

I get wound as tightly as anyone during these last few weeks, but I've never taken a trip to Burn-out City. As I see it, the trick is to blow off steam without blowing up and killing everyone within a three yard radius.

I've found an easy way to relieve academic stress is to go for a drive. I don't mean an insanely dangerous drive where pedestrians become targets and you drive on the sidewalk at supersonic speeds (though that is another very effective way of releasing stress).

I mean a relaxed, pleasant drive with some scenic scenery.

You don't have to drive hours into the country and miles away

from civilization to find a quaint place to drive. Well, you could, but where would you stop to buy ice cream? If you want a nice drive that's only a short distance, check out Ruston Way.

Take 1-5 north and then take the H705 City Center exit. Then turn off on the Schuster Parkway exit and follow it to Ruston Way. The road parallels Commencement Bay for a couple of miles of beautiful shoreline before it forks (the road, not the shoreline). Take The Ruston Way branch, and your seaside excursion will continue.

During the summer, the sidewalk between the road and the water is clogged with joggers, cyclists, roller bladers, dog walkers, cat walkers, and all other sorts of foot traffic.

The road passes by a few long, thin parks and docks before passing an area where the posts of ruined docks are visible. Later on, some of Tacoma's finest and most interesting restaurants appear.

There is a stretch of a mile and a half or so of various restaurants serving various foods and vari-

ous atmospheres. There's the Lobster Shop and Harbor Lights, both excellent seafood spots, and the Ram Sports Bar and Grill. Katie Downs and G.I.

Shenanigan's are also staked out on the waterfront. At nights and on weekends, these spots are alive with light and business. In any of them, seats are available over or next to the water, with Vashon Island and its neighbors in plain sight.

Eventually, not long after the restaurants, Ruston Way peters out and eventually turns back inward to north Tacoma. If you just drive it, you'll be through in five minutes. You can turn around if you like, but the city of Ruston has anti-cruising laws, so don't be too obvious.

However, if you managed to get to the end of the way without stopping to eat, and still feel stressed, I would suggest you to back to the beginning and get out of your car.

Right before the train tracks, there is a parking lot across the road from the water. Leave your car there and approach the little

hill with the giant navigational aide.

As you pass the picnic tables and the large sculpture itself, you'll notice the sounds of the city diminish as you near the water.

The path ends in a rock wall dropping into the water. A few skeletal dock supports poke up from the waves. It's a wonderful place to sit and think, and if you time your arrival just right, you can catch the sunset into the ocean.

Beyond the little park is a narrow ribbon of sand that leads to the Old Town Dock. The rock wall swerves inland and borders the sidewalk, so you actually have to climb up the wall to get back to street level.

The beach is neither long nor wide, but it has its own serenity and charm. You can skip rocks across the water or even wade in; the sand is soft and the rocks are small and round.

Sometimes, interesting things have washed up on that little beach. I remember once in sixth grade some friends and I found an entire door and its frame in

the surf.

We propped it up where the sand met the water and opened it. It was pretty existential, a door leading into the water. But I was twelve, and the moment was lost on me.

The Old Town Dock is open all hours, and at night, when the little park, beach, and dock are the most charming, there are no boats moored there.

The main dock goes out several dozen yards over the water, where a small steel ramp leads down to a mooring dock that rises and falls with the tide. Walk onto that dock, and you're surrounded by water on a small wooded peninsula.

Stand there a few minutes or a few hours. I'm sure that after a while, any tension will drain out of you. Or at least you'll get so cold that you don't notice it.

I encourage you to drive or walk along Ruston Way. It's been a haven for me since my childhood. In fact, if you travel to Ruston Way, you may see me. If you do, come over and say hello. Or better yet, don't.

PNB opens 15th season of magical *Nutcracker*

BY LINA KORSMO
Special to the Mast

The magic and excitement of the holiday season comes alive with Pacific Northwest Ballet's (PNB) 15th anniversary of *Nutcracker*, which runs Dec. 3 through 28 at the Seattle Center Opera House in Seattle.

Over 100,000 people from the Pacific Northwest are drawn to this production each year, featuring the captivating choreography by PNB Artistic Director Kent Stowell and magical sets and costumes by the renowned children's author Maurice Sendak.

Stowell and Sendak first col-

laborated in 1983 to design the classic ballet, inspired by the original 1816 E.T.A. Hoffmann story, *The Nutcracker and the Mouse King*, as well as Marius Petipa's original staging of the ballet in 1882.

"*Nutcracker* has something to offer people of all ages," said PNB Soloist Seth Belliston. "Children delight in the thrill of the fight and party scenes, and adults can enjoy the relationships created onstage and the true artistry behind the dancing."

Belliston, who joined PNB in 1994, is from Littleton, Colo., and will perform a leading role as the

Nutcracker Prince. Not only does Belliston command the stage with his performance quality, but the athleticism in his jumps dazzles the audience.

The entire company of professional dancers, (professional division students from across the country, as well as over 170 Pacific Northwest Ballet School students) perform in *Nutcracker*.

The younger students are cast in the coveted roles of young Clara, Fritz, mice, toy soldiers and dolls. The more experienced dancers demonstrate excellent technique and lightning-quick steps, infamous to PNB, as well

as true expression through movement.

Chrissa Yee, 12, is young Clara in the production and values her role in the *Nutcracker*. "I get to experience performing with wonderful dancers in the company and I feel especially fortunate to get the opportunity to act with the character Herr Drosselmeier." Yee is a 7th grader at Northwood Junior High in Kent.

The Boeing Company sponsors PNB's *Nutcracker*. The majestic Christmas tree used onstage was constructed by Boeing engineers in a Boeing flight hangar and is made of materials used in

airplane construction. The tree weighs 950 pounds, and grows from 14 to 28 feet in height during the fight scene.

PNB's *Nutcracker* is acclaimed as one of the greatest holiday events in the United States and there will be 40 performances this season.

Tickets range in price from \$14 to \$70 and may be purchased at the PNB Box Office at 301 Mercer Street, any Ticketmaster outlet or by calling (206) 292-ARTS. Children 12 and under and groups of 20 or more receive a 25 percent discount on tickets.



Seth Belliston in the Pacific Northwest Ballet's *Nutcracker*

Photo by Rick Dean

"The Silent Movie"

*** 1/2 (out of four)

BY DAVID HEGGE
Mast Reporter

Video Pick of the week

The silent movie may be dead, but that's okay, because you can rent "The Silent Movie" on video.

And while it may have gotten predominantly unfavorable reviews upon its initial release, this now-classic film will put you in stitches without saying a word (well, one word maybe).

Directed by comedic legend Mel Brooks, this film stars, well, Mel Brooks as Mel Funn, a once-powerful Hollywood director whose brilliant career was destroyed by an overzealous drinking habit. When he comes up with a terrific idea for a new film, he attempts to break back into the industry that once scorned him.

Luckily, he finds an offer from a dying studio that needs a hit to reprise its state of glory. After making promises of grandeur, and how he will fill his film with the biggest stars, he must now make good on his word by getting stars like Burt Reynolds, Paul Newman, and Anne Bancroft to

sign on the dotted line—through whatever means necessary.

With only one word spoken (the French word "non") throughout the entire film, The Silent Movie conveys more humor with subtitles and gestures, than many comedies are able to do with full sound and dialogue.

With a hilarious supporting performance by Dom DeLuise to fill out Brooks's comedic trio, this film acts as an intriguing updated variant of the classic silent film format.

Although it's a little bizarre watching a silent film in color, Brooks's direction combines with his stars' wordless charisma to create a truly memorable cinematic experience.

So go to your video store and pick up a copy of this comedic classic. But don't forget to pay close attention, because if you don't, you just might miss out on the silent goodness of this "Silent Movie."

Tacoma waterfront provides serenity

BY AMY RANDALL
Mast Reporter

A distant roar, a passing rumble, the tired, determined plodding of jogging feet. Bits of conversation, laughter and quiet contemplation. The tiny tinkling of fairy bells from a dog's identification tags has he happily trots at his master's side.

The sounds are part of the collage painted against the backdrop of the never wavering lapping of Commencement Bay against the shore of the Ruston Way waterfront.

It is a typical Sunday afternoon at the park and people break from their weekly routines to take a walk, ride a bike or lure a fish.

Intrusive sounds of planes, cars, ships and trains are forgotten as people wind through the park. Trees shocked with the reds and yellows of autumn line the ribbon of path that some follow through the soft, manicured grass.

Others relax on benches and

gaze out at the white-tipped, sapphire waves on the bay.

Nervous leaves shake as a breeze blows, dressing the skin in goose-bumps and numbing the face. The scents of seaweed and warm, bread-battered fish float in the air, drawing people to the dock and the snack shop.

The uneven planks of the dock lead to a small, quiet group of people bundled in flannel and rain gear, silently anticipating a catch of fish or crab. As they reel in and out their catches, sea gulls and pigeons loiter and beg.

As the autumn day closes, a train rolls along nearby tracks. A tremor tickles the feet as the freight cars pass in a dizzying blur.

The rain disappears, leaving behind echoes of its rhythmic clacking. The sun, like Spanish gold, illuminates the waves that continue to brush the edges of the shore along after the night settles and other sounds cease.

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Evergreen Geoducks defeat Lutes second year in a row

BY CRAIG COOVERT
Mast reporter

The PLU men's basketball played three games, coming away with one win and two losses.

Nov. 24 PLU played host to The Evergreen State College Geoducks, in which PLU lost 78-69.

The Geoducks, whose basketball team is just in its second season, beat the Lutes for the second year in a row.

According to Lute senior post Brad McKnight there just seems to be "something about the Geoducks."

"The Geoducks seem to take a lot of pride in beating us," McKnight said. "We don't seem to take enough pride in beating them though."

But the Lutes did not roll over for the Geoducks. In the game, PLU held 5 leads, the largest being six. In the end, the Geoducks proved to strong, going on a 27-13 run over the last 12 minutes of the game.

At one point during that run, the Geoducks went on a 15-2 run which gave them a 66-59 lead. PLU made one final run of 6-0, which cut the deficit to one, but that would be the closest PLU would be for the rest of the game.

"They played their game plan well," McKnight said. "They are a good young team."

The game plan McKnight was referring to was the Geoducks' use of their quickness and size.

The guards of the Geoducks combined for 41 points, many which came from the three point range. The leading scorer of the game was junior forward Wayne Carlisle, who had 26 points.

"We weren't expecting 22 (Carlisle) to have such a good game," McKnight said.

Carlisle was 10-20 from the field shooting, and 6-9 from the free throw line. He also pulled down six rebounds and had three blocked shots.

A bright spot in the game for the Lutes was junior wing Chris Preuit. Preuit started in place of injured co-captain and wing se-

nior Brad Brevet. Brevet injured his ankle in a tournament in Phoenix, Ariz. the weekend before.

In the game, Preuit was the leading scorer for the Lutes with 23 points.

"I got a lot of confidence in Arizona," Preuit said. "Coach (Bruce Haroldson) and Brad (Brevet) gave me a lot of confidence."

"Preuit played real well in both games," Lute coach Bruce Haroldson said in reference to the Geoduck game as well as the second game in Phoenix. "He has really risen to the occasion."

While Preuit had a good game, the loss of Brevet was evident.

"Brevet brings a presence inside," McKnight said. "Without him we lose that other big body down low."

Free throws were also a factor in the Lutes' loss. The Lutes made it to the line only nine times and making only two. The Geoducks on the other hand went to the line 23 times and made 20.

"Free throws were terrible," Preuit said, "That is something we need to work on."

Lutes split in Phoenix

The PLU men's basketball team took third place out of four teams at a tournament in Phoenix, Ariz. on Nov. 21-22.

In the first game the Lutes lost to Regis University of Denver,



Junior wing Jason Preuit goes up for a layin against the Geoducks, who won 78-69. Photo by Josh Miller

Col. 77-60. The Lutes were never able to gain control of the game; they trailed by 11 at half-time and then by 17 by the end of the game.

The Lutes did play better in the second half, only getting out scored by 6. While the Lutes shot a solid 50 percent from the floor, but lost the rebound battle and turned the ball over 23 times.

In this game, Lutes senior wing Brad Brevet led PLU with 19 points.

In the second game, the Lutes were able to bounce back from their loss to Regis to beat Christian Heritage overtime 88-84.

PLU rallied from a five point half-time deficit to tie the game in regulation, then went on to outscore Christian Heritage by

four.

Senior post Brad McKnight led all scorers with 24 points, and was also named to the all-tournament team. Senior wing Torey Swanson added 15 points.

Brevet was having another solid game according to Haroldson before he went down with an ankle injury.

"Brad was having a real strong tournament before he got hurt," Haroldson said. "He had a good shot at making the all-tournament."

Preuit filled in for Brevet by responding with 18 points and seven rebounds in 32 minutes.

"You win some you lose some," Haroldson said. "By losing Brevet we saw that Preuit was ready to play."

Junior wing Chris Hunter had a total of 25 points for the tournament and junior guard Tim Kelly had 19 assists for the two games.

January key for PLU

The month of January will be a crucial month for the Lutes men's basketball.

PLU has nine games during the month, eight of which are league games. To top that off, all but two of the games are on the road.

All of the road games seem to be of little concern to coach Haroldson. He said that everyone has to go through that kind of scheduling.

In fact, he almost welcomes playing on the road.

"Over the past few years we have tended to be a better team on the road than at home," Haroldson said.

In contrast to that, the Lutes have seven league games during February, five of which are at home. Meaning they will end the season with home court advantage.

"The key will be concentrating on being the best team we can, regardless of where it is played," Haroldson said.

There is enough PLU team spirit for everyone

There is one thing that I like about sports, besides the fact it gives me an outlet for my need to be an obnoxious sports fan, and that I can devote weeks on the couch watching World Cup soccer matches on TV, team spirit.

Team spirit is the best part of sports. The idea of a group doing something together, working hard for that one goal and living through the successes and failures, are all great things.

The strong bond created in practice lasts. Teammates are always teammates. In the work-out room, out side of practice, forever...

As the spectator at numerous sport events at PLU, I developed the wish to be part of that team spirit.

I want to be there, on the field with the team, be part of and contribute to the victory, take part in the failure, and create the memories that



Lena Tibbelin
IN THE STANDS

last forever.

What is so great about PLU athletics is that it doesn't really matter if you are on the team roster or not. PLU teams embrace spectators and make them part of the team, as the PLU team spirit goes beyond the court and the field.

Example, PLU football. It is so much more than just football. It's about sharing the secret of the team, such as the towel play that Frosty shares with the student body before the homecoming game.

Then there's the Big 5, two touchdowns in five minutes, the cheers... "Attaway," and EMAL-

Every Man A Lute - including the ones in the stands.

Another PLU team spirit example, men's soccer. Last year I got the opportunity to ride with the team to Seattle for the Conference play-offs. Riding with the team in the van, listening into the discussions, and sharing the jokes, made me feel like I was a part of the team. A great feeling.

But my favorite example of PLU athletic teams being open to the fans and including them in the team spirit, is PLU wrestling.

I have stopped by numerous times at practice, behind the balcony in Olson, to observe practice, talk to wrestlers and

coaches...I have watched Alumni meets where everyone from the toddler crawling on the floor, to the parents in the stands, were equally important to the wrestling team.

I like the team, I even changed a class assignment where I was supposed to write about a professor but wrote about the coaches instead. But I never expected to become one.

A few weeks ago I needed information about the wrestling team so I stopped by practice. The wrestlers were changing drills, about to start the wrestling matches and there was no one to be the time keeper.

As I was standing there I heard "Lena can do it." I was handed a watch and asked if I was staying for a while. Sure.

Three, two and two minutes? I asked confirming match times. Then I started my part of the wrestling practice. "Top man ready! Go!"

After intensely staring at the

minutes add up on the watch I yelled "time" and everybody stopped wrestling. Then we started all over again.

This is why PLU team spirit is so special, everyone is included, and sometimes the fan becomes the coach for a brief moment.

PLU team spirit is for everyone. That is what I like about it.

Lena Tibbelin, a senior communication major, became a wrestling fan two years ago. She admits that her first trip to Mortvedt Library had no academic reason what -so- ever. Tibbelin needed to go there to research wrestling so that she could ask intelligent questions when interviewing the coaches.

A thousand questions and two years later, she has coached the team; does this means that she passed Wrestling 101?

Women basketball opens conference play tonight

BY ANDREW BENTZ
Mast senior reporter

Opening its conference season this weekend, the Pacific Lutheran women's basketball team is currently 2-2 after four non-conference games and one exhibition game.

The Lutes fourth game of the season was against Northwest Nazarene College on Nov. 28. This was the second match up between the Lutes and Northwest Nazarene this season, the first game on Nov. 21 where PLU lost 59-55. The teams were tied at 27 at the half with the Lutes shooting the ball better than Northwest Nazarene, 10-26 (.385) to 9-28 (.321) respectively.

Northwest Nazarene and PLU battled it out in the second half forcing the game to a tie at 54 by the end of regulation. In the overtime period the Lute offense was shut down by the Northwest Nazarene defense. PLU only scored two points in the overtime period to the Northwest Nazarenes 14. The Lutes were defeated 68 to 56.

"Gil [Rigell] has been talking to us about playing a full 40 minutes," sophomore guard Betsy Ruud said. "We played the full 40 minutes but when it came down to overtime we didn't have that extra five minutes."

Freshman forward Jessica Iserman came off the bench and scored a game high 14 points for the Lutes, while teammate junior forward Tara Millet scored 13 and

pulled down seven rebounds.

PLU faced Point Loma on Nov. 27 in the first game of the Thanksgiving weekend. PLU took a commanding lead at the end of the first half, leading 39-19. The Lutes made 52 percent of their shots (15-29) in the first half to the 33 percent by Point Loma (8-24).

"It was a good game. We were ahead by 20 in the first half and we let them come back in the second half," Millet said. "When they got within eight points we knew what we had to do and we took care of business."

Point Loma made a run at the Lutes in the second half outscoring the Lutes by nine points but it was too little too late. PLU finished off Point Loma 67-56. Millet was the high scorer for the Lutes with 17 points and nine rebounds. Teammates Ruud and Iserman came off the bench and added to the Lutes offense. Ruud had 11 points and five boards and Iserman had a double-double with 10 points and 10 rebounds.

"It was a good game for me," Iserman said. "I was starting to hit some of my shots and I was getting some rebounds."

The home opener for the Lutes was on Nov. 24 against the Simon Fraser Clan. This game was an exhibition game for the Lutes and will not count on their record or their statistics.

Both teams came out strong and shot well in the first half. The Lutes shot 10-21 (.476), while

the Clan shot 12-29 (.414). The score was tied going into the second half at 29.

But turnovers were the downfall of the Lutes in the second half. Bad passes and steals by Simon Fraser created a point gap that the Lutes couldn't overcome. Near the end of the game the Lutes started hurling three-point shots that didn't fall. The Clan defeated the Lutes 55-47.

Assistant coach Jeff Dabbs said, "That was our best game so far. We were satisfied with some of the things that we did offensively."

Junior transfer student Holly Morgenthaler was the high scorer for the Lutes with 11 points. Nine of Morgenthaler's points came off of three-point shots, which she shot 60 percent (3-5). Sophomore guard Lucy Barker added 10 points for the Lutes and Junior center Amber Hahn grabbed 11 rebounds.

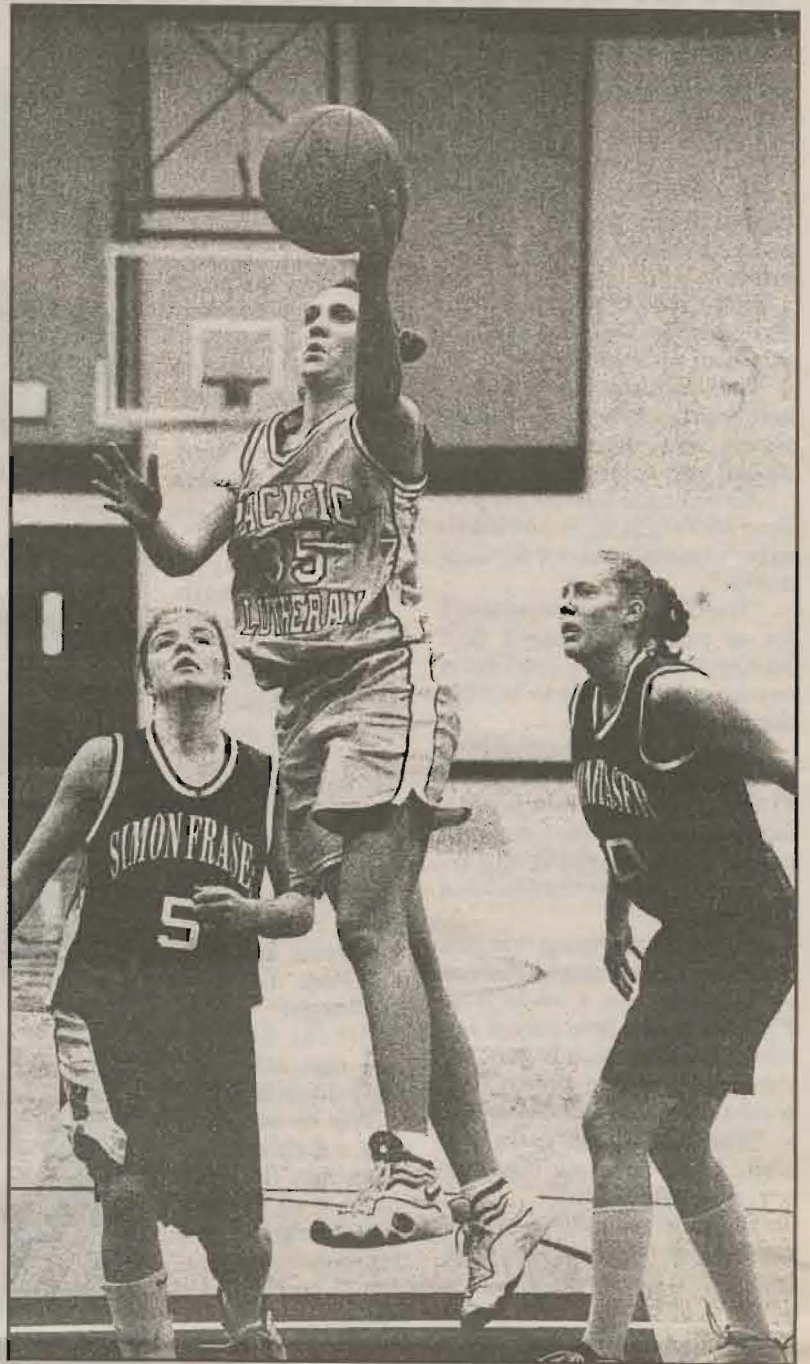
PLU's second game of their first road trip was against Northwest Nazarene. This game can be summed up in one word, fouls. There were 48 personal fouls 27 of which were PLU's. In the first half alone Northwest Nazarene had 20 shots at the free throw line while the Lutes had 14. At the end of the first half PLU was down by eight, 33-25.

"The fouls are what have taken us out of the games," Millet said.

The second half was no different from the first in the foul department. Northwest Nazarene went to the free throw line for another 20 shots to the Lutes' eight. Only Morgenthaler out of the 10 PLU players in the game did not commit a personal foul and four players had four personal fouls or more. Even though the Lutes outscored Northwest Nazarene 30-26 in the second half it was to no avail. The Lutes were defeated 59-55.

"We are a small team. We are an aggressive team. We play aggressive defense," head coach Gil Rigell said. "We did get caught up in some foul trouble but that has tapered down quite a bit."

Iserman was the high scorer with 14 points and seven rebounds. Teammate Millet notched her second double-double of the season with 12 points and 11 rebounds. Morgenthaler also added nine points for the Lutes.



Freshman guard Jamie Keatts goes up for a layup against Simon Fraser's Teresa Kleindienst (5) and Carla Evans (20). The Lutes lost 55-47 to the Canadians.
Photo by Nathan Lunstrum

PLU's first game of the season was on Nov. 20 against Western Baptist. Even though the Lutes had a better shooting percentage than Western Baptist, 11-25 (.440) and 6-27 (.222) respectively, fouls once again killed the Lutes. Western Baptist went to the foul line and made 14 out their 18 shot attempts, putting them up at the end of the half, 27-25.

"We put them on the line a lot," Ruud said. "It didn't have to be a close game but it was."

The Lutes fought back shooting an impressive 12-26 (.462) from the field. Even though PLU sent Western Baptist to the foul line for 17 more attempts, 12 of which they made. The Lutes outscored them 31-28 in the sec-

ond half, squeaking by with a one point victory, 56-55.

"We came out to win. That is how we wanted to start off our season and we did," Iserman said.

Millet was the high scorer with a double-double of 21 points and 12 rebounds. Teammate Ruud came off the bench and hit 3-5 from beyond the arc and added 11 points for the Lutes.

The Lutes open their conference season today at George Fox at 6 p.m. Then on Saturday they play Pacific at 6 p.m.

"I think that we have prepared really well for George Fox," Millet said. "We have a lot of newcomers that can step up and play some ball, so we're ready for the season."

"I had a lot of questions"



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Cross country's George, Pauling are All-Americans

BY BRENDA SMITH
Mast reporter

Both junior Maree George and senior Ryan Pauling are All-America runners after the National Cross Country Championships.

George and Pauling qualified at regionals to run at the 1998 NCAA Division III National Championship Meet on Saturday, November 21, in Carlisle, Penn. The meet was hosted by Dickinson College with athletes from all over the country.

The men's race began at 11 am and the women's race at noon. Despite the 46 degree weather, the Lutes had an excellent representation by George and Pauling.

George had a 5th place finish, out of 183

runners, with a time of 18:15.22 in the 5000 meter race. George said, "I felt really good about the race, it was solid for me, though not the best strategically."

She explained that "it [the meet] was a lot smaller than I expected, but the competition was really good." Last year there were 400 runners and this year there were only 200.

With 181 men, senior Ryan Pauling finished in 14th place with a time of 25:26.48 in the 8000 meter race.

Pauling said, "It was a fun and positive experience and I made a few friends."

He also described his race as solid. "The race was okay and I was happy to get All-American for the first time," Pauling explained.

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Wrestlers ready for dual meet action after two tournaments

BY LENA TIBBELIN
Mast sports editor

After two tournaments, the PLU wrestling team is ready for dual meets. The season starts with two of them at once, Highline and Clackamas Community Colleges both come to PLU tonight to square off on the mats.

Head coach John Aiken said the team is ready for a tough challenge, and knows that for junior "It's a big deal to beat us [PLU]."

The Lutes "a team committed to not wait for anything," Aiken said. It's the Lutes who will go after an opponent both offensively and defensively in a match, and therefore "make them beat us, to win a match," Aiken said.

After weeks of practice and the Alumni meet on Oct. 30, PLU tested their mat moves while participating at wrestling tournaments.

The season's opening tournament was the Southern Oregon Open on Nov. 21. PLU sent 12 wrestlers, eight of them freshmen, Marcel Classen (125), John Henry (141), Mike Baylous (157), Josh Speer (157), Nick Bliss (165), Mike Manuel (165), Ryan Hendricks (174), and Greg Nelson (184).

The other Lutes were sophomores Tom Brown (157), Abe Porter (174), Eli Porter (165), and junior Matt Nelson (197).

Among the schools participating, Oregon, Oregon State, San Francisco State, UC Davis and the host school, the Lutes meet tough competition.

"Southern Oregon is a tough

tournament," Aiken said. It is an introduction to college wrestling for the freshman comparably to "jumping into a frying pan."

But they saw good wrestling and could put faces on the competition, Aiken said about the freshmen's experience at Southern Oregon.

Though seven of the Lutes lost both their matches, and four of them finished with one win and two losses, Matt Nelson was the

five weeks and is currently working on coming back without risking more injuries, he said.

Aiken said that at the Pacific Open the wrestlers were more confident and wrestled more intensely.

"It was like they were there for a reason," Aiken said about the team. The results confirmed this, eight Lutes were among the top six finishers in their respective weight classes.

Two second place finishes came from Werner and Eli Porter.

They were followed by third place finishers Cypher and Hanson.

Do, Abe Porter, and Bliss finished fifth and Speer took 6th.

"It was a good team effort," Werner said.

The other Lutes didn't place in the top six, but the results don't tell the whole story, Aiken said, the ones who don't place still learn from the experi-

"We all come together, we all go down to the mat and cheer. It's not only them [the freshmen], it's the whole team."

- Matt Werner

one leading the Lutes by going 2-2 for the day.

Some of the more experienced Lutes who stayed home from the Southern Oregon Open due to various reasons, including injury, made up the core group that went to Pacific Open on Nov. 28.

Seniors Hoc Do (133), Matt Werner (157) and J.J. Hanson (197), juniors Mark Cypher (184) and David Sutherland (184) led the Lutes along with Abe and Eli Porter, Speer, Bliss, Manuel, Hendricks, Greg Nelson, Henry and freshman Eric Graden (149).

Werner returned to action only a week and a half before the tournament because he broke the last bone on the middle finger of his left hand in the beginning of season.

He was out from practice for

ence.

The team also shares the experience of going on roadtrips and having fun.

"The team spirit is really high," Aiken said. "They are encouraging each other."

Werner said that the upperclassmen help the freshmen adjusting to college wrestling by encouraging them and to focus on the things done right in matches.

"We all come together, [we all] go down to the mat and cheer. It's not only them [the freshmen], it's the whole team," Werner said.

The wrestling team will take on visiting Clackamas and Highline tonight in a three-way dual meet starting at 7 p.m. in Olson Auditorium.

Sports on Tap

Weeks of Dec. 4- Dec. 31

Men's Basketball

Dec. 4 — George Fox	8 p.m.
Dec. 5 — Pacific	8 p.m.
Dec. 11 — WHITMAN	8 p.m.
Dec. 12 — WHITWORTH	8 p.m.
Dec. 19 — Alaska-Anchorage	7 p.m.
Dec. 21 — Alaska-Anchorage	7 p.m.

Anchorage, Alaska

Women's Basketball

Dec. 4 — George Fox	6 p.m.
Dec. 5 — Pacific	6 p.m.
Dec. 11 — WHITMAN	6 p.m.
Dec. 12 — WHITWORTH	6 p.m.
Dec. 18-19 — Meconi's Classic	
Dec. 18 — Western Washington	5 p.m.
Dec. 19 — St. Martin's	7 p.m.

Lacey, Wash.

Swimming

Dec. 4-5 — Northwest Invitational	
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McMinnville, Ore.

Wrestling

Dec. 4 — HIGHLINE CC, CLACKAMAS CC	7 p.m.
Dec. 29-30 — Sunshine Open	All Day

Ft. Lauderdale, Fla.

HOME GAMES IN BOLD CAPS

Lute Scoreboard

Weeks of Nov. 20- Dec. 3

Men's Basketball

11/20 Regis, Colo.	77-60, loss
11/21 Christian Heritage	88-84, win OT
11/24 THE EVERGREEN STATE	76-69, loss

Season record: 1-2 NWC record: 0-0

Women's Basketball

11/20 Western Baptist	56-55, win
11/21 Northwest Nazarene	59-56, loss
11/24 SIMON FRASER (EX)	76-64, loss
11/27 Point Loma Nazarene	67-56, win
11/28 Northwest Nazarene	68-56, loss OT

Season record: 2-2 NWC record: 0-0

Football

11/21 St. John's	33-20, loss
------------------	-------------

Season record: 8-2 NWC record: 5-0

Swimming

11/20 Evergreen State	postponed
11/21 LEWIS & CLARK	postponed

HOME GAMES IN BOLD CAPS

Cancelled meets help swim team focus on invitational

BY KATHRYN WOOD
Mast reporter

The cancellation of the meet against Evergreen State College on Nov. 20 gave the Lutes a day off from their usual training schedule.

As a matter of fact, the swim team didn't swim on Nov. 21 either, due to another cancelled meet, this time against Lewis & Clark. The meets will probably be made up in January or February. For now, the team is looking toward the meet this weekend.

"The whole time we've been focusing on the North-

west Invitational meet," said mens captain Scott Isenhath.

The team swims at McMinnville, Ore. today and tomorrow in the Northwest Invitational.

The Northwest Invitational is the biggest meet in the first half of the season and includes most of the teams from the NW conference.

"We'll be able to see how our team stacks up to the other teams and how we stack up in individual events," said Isenhath.

The swim team will be starting the second half of their season upon returning from Christmas break.

THE MAST SPORTS TEAM SALUTES



Photo by Josh Miller

THE FANS OF PLU BASKETBALL

PLU football in the NCAA Division III playoffs:

Johnnies stop Lutes in playoffs

Fans follow PLU to Minnesota

BY AMY PARDINI
Mast columnist

BY KATHRYN WOOD
Mast reporter

The winning season that made PLU the Northwest Conference Champion also extended the season when they played in the NCAA Division III playoffs.

The Lutes ended their playoff experience after a first round defeat to the Johnnies of Saint John's, 33-20 on Nov. 21 in Colledgeville, Minn.

The loss moved the undefeated Johnnies into the quarterfinals, while putting an end to PLU's season.

"We were very happy with how the season went," said senior co-captain Brandon Woods. "We had more fun this season than we've had in years."

Saint John's took a seven point lead over the Lutes, but PLU would soon even the score.

A 65-yard throw from sophomore quarterback Chad Johnson to freshman wide receiver Kevin Giboney tied the score at seven.

The Johnnies came back with another long drive that was answered by PLU. A long drive over 13 plays combined with a 5-yard throw from Johnson to junior running back Kevin Lint resulted in a touchdown.

The Lutes trailed behind the Johnnies 20-21 at half time but two very long drives put Saint John's ahead in the third quarter.

Taking two touchdowns, one at 65 yards in 11 plays and the other for 79 yards over 17 plays, the Johnnies took a substantial lead over the Lutes 33-20. The Lutes were only allowed 3:22

minutes of offensive time in the third quarter and that would put the pressure on PLU to score in the fourth quarter.

A desperate attempt by PLU to change the score of the game came in the fourth quarter when senior tight end Wai Tim Peterson took the ball to the two-yard line, giving the Lutes a first-and-goal. But Saint John's made three big plays, preventing PLU from making another touchdown.

After junior runningback Anthony Hicks moved the ball one yard, Saint John's made three big plays, preventing the Lute offense from scoring.

On a second down Johnson was tackled for a loss of nine yards on a bootleg play, followed by a quarterback sack for seven yards. Another quarterback take down for a loss of 19 yards turned over the ball to the Saint John's defense on the 36-yard line. The game would end as such with a score of 33-20.

The Lutes, although losing the game, had great individual accomplishments.

Johnson had the best game of the season completing 26-of-37 passes.

Hicks carried 13 times for a total of 46 yards. He also had nine receptions for 68 yards.

Peterson, in his final showing for PLU, had five receptions for 56 yards. Woods thought that although the team lost, that they did play pretty well.

"The game didn't turn out as good as we'd hoped," said Woods. "The defense could have done better, but the offense did very well."

I watched the St. John's University fans trickle into the stands in St. Cloud, Minn. on Nov. 21. Most of them were wearing the red and white colors of their team, carrying seat cushions and noise-makers.

I remember thinking to myself that these people looked almost as serious about football as Lute fans are.

But you can't beat those Lutes for loyalty, that's for sure. There were a lot of us there who had made the long trip across the western United States to attend the first round of playoff games in the NCAA division III.

A few drove, most flew. There were about twenty of us on flight 44 leaving Seattle the day before the game.

We all sat in the same general area on the airplane, thanks to Parkland travel booking twenty seats in advance. It was strange to see everyone in the same place, but in a different place than we normally see each other.

This wasn't an afterglow, or the stands of a football stadium. This was an airplane; on its way to Minnesota of all places!

But after the initial shock, it was a good bonding time. Since we were all Lute fans, there was great camaraderie.

At the end of our flight we gave a rousing "Attaway" before deplaning, and ignored the stares of people who had no idea who the Lutes were or why a bunch of people were



Photo courtesy of Amy Pardini

From left to right: Devin Pierce, Benjamin Sonnichson, Amy Pardini, Kari Weedon, and Shannon Herlocker are on their way to Minnesota.

yelling in the plane. We were just excited to be in Minnesota and to see the Lutes continue their season for at least one more week.

The fans on our side of the field definitely made a racket, even without cheerleaders there to help us out.

Granted, there were slightly more fans on the St. John side, and with their male cheerleaders taking laps around the field, they were a tough cheering section to beat.

But Sue Westering, with her cowbell in hand, made sure everyone was on their feet at the appropriate times, and all of us kept up our morale right to the very end.

Some of those who attended the game were alumni who lived in Minnesota or Kansas and had driven up to St. Cloud for the game. President Anderson was also there to cheer on the team.

Alumni and Parent Relations staff also came, not only to watch the game but to host a breakfast the morning of the game for parents, alumni and staff who flew out to cheer on the Lutes.

It was a delicious breakfast, and St. John's was a beautiful Catholic school with many richly historic buildings. When the bells tolled in the bell tower before the game I could feel goose bumps crawling up my spine that had nothing to do with the temperature.

And just to see our players out on the field, putting out all their effort, gave me goose bumps too.

I knew that they were just happy to be playing another week, and I was one proud fan in the cold metal stands.

The thing that impresses me most about Lute football is that the guys sincerely love the game.

It's not all about winning or numbers, it's about playing the right way, with the right attitude and giving every game their best effort.

Even though we didn't win this one, I'm glad I could go. The game was completely exciting and gave me an aerobic workout because I kept jumping around and screaming.

There were also other bonuses to the trip.

The Mall of America was an amazingly big place with an unbelievable number of stores.

I had another aerobic workout just walking around inside it. (In other words, Minnesota kept me in great shape!)

I felt really blessed to be able to go to Minnesota to watch the game.

It was my fiancee Aaron's last season as a Lute football player, and since Minnesota was his last game, I got to see the end of an era in his life.

That in itself is priceless but definitely bitter-sweet.

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6. FOR more information, visit our WebSite at <http://www.campusmci.com>.

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UPDATE ON FOOTBALL NCAA DIVISION III PLAYOFFS

After the win against the Lutes The Johnnies of Saint John's University fell to University of Wisconsin - Eau Claire 7-10 in quarterfinal action on Nov. 28.

TOMORROW THE SEMI-FINAL GAMES:

Mt. Union (OH) [12-0] hosts Trinity (TX) [12-0]
Rowan (NJ) [9-2] hosts Wisconsin-Eau Claire [10-2]

THE AMOS ALONZO STAGG BOWL IS PLAYED ON DEC. 12 BETWEEN THE SEMI-FINAL WINNERS IN SALEM, VA.

Happy Holidays!

The Mast sports team

Animal Half-Hour: a stress release and a lot of fun

BY ELIZABETH KINNEY
Mast reporter

When is it that students lose control and streak across campus, have water fights, attend dances, play games, and blare music? During Animal Half-Hour, when students release their dead week tensions after 23 1/2 hours of silent study each day.

"The goal of Animal Half-Hour is to give students a chance to be active and blow off a little steam," explained Tom Huelsbeck, associate director of residential life.

After studying in silence when quiet hours begin Wednesday evening of dead week, students celebrate from 9:30 p.m. to 10 p.m. Hopefully, said Huelsbeck, they return to their studies or go to sleep a bit more renewed.

Walt Huston, director of campus safety, explained that there is no real trend when it comes to Animal Half-Hour.

The tradition is nothing new to PLU. Huelsbeck said Animal Half-Hour has been part of PLU since before his arrival in 1990.

What do seem to be consistent throughout the years are the outrageous stories.

"My first year in Tinglestad, as a freshman, we rode the elevator with a couch in it playing our boom box, said Jake Fournier, a resident assistant in Tinglestad's Cascade Hall.

He explained that the purpose of Animal Half-Hour is to "try to be as wild as crazy as possible. It's a really good opportunity to release stress."

Other fond memories Fournier recalled were students bowling in the halls and dropping things off roofs.

One year, he said, his dorm used the animal of Animal Half-Hour as a theme. Animal crackers were served as students watched a "National Geographic" film on how animals attack.

Brian Vertrees, the senior resident assistant in Tinglestad's Ivy Hall, described his freshman Animal Half-Hour as a shaking event, literally. A subwoofer was placed in a closet of Ivy and shook the whole floor, he explained.

Other Animal Half-Hours Vertrees remembered included many water fights with supersoakers.

PLU Alumna Sharon Louie, who graduated in 1995, remembered that during Animal Half-Hour some students ran through the library with pantyhose over their heads and wearing backpacks, with only boxers on.

Randomness seems to be the only theme of Animal Half-Hour, said Jeff Bosley, the senior resident assistant in Pflueger Hall. He recalled people running, doing cartwheels, and it being extremely loud during half-hours

in the past.

"There was a lot of yelling for no reason," said Nate Carpenter, a senior who remembered the food fights, the dancing, and the stereos.

Some halls have made plans in order to celebrate the half-hour this year.

Rachel Radek, the senior resident assistant in Hong Hall, said that her hall is considering serving mocktails and listening to music in the lobby, similar to what Ordal Hall has done in the past. Last year, Hong had sporadic dances throughout the hall.

In the past, live bands have played in the halls. While a resident assistant in Pflueger in 1995 and 1996, Kevin Mackey and his band Who's Your Daddy would play, said Amy Crabtree, the senior resident assistant in Harstad Hall.

A constant theme throughout all years seems to be the blaring stereos.

Bosley described his experience with stereos and Animal Half-Hour.

His roommate had a large amp, like those at concerts, and played loud music. Soon his roommate "blew one out and set fire to the speaker," said Bosley.

Though Mark Cypher, a resident assistant in Tinglestad's Evergreen Hall, said he does not know of any traditional happenings during Animal Half-Hour,



Photo by Josh Miller

Ordal Hall residents Mark Griffith, Ethan Hulme, Jon Sanford, Brendan Griffin, Brad Morrison and Nick Gorne practice their Animal Half-Hour antics in anticipation of next week.

but he does remember the "blaring of the stereos."

This year the use of stereos has evolved into a new level due to the technology on campus. Fournier said that his hall is considering using amp sync and mp3

files to play the same song room to room.

So as students study diligently during this year's dead week, there is sure to be much anticipation for excitement during Animal Half-Hour.

RHA updating constitution

BY LAURA RITCHIE
Mast assistant news editor

The Residence Hall Association is changing its constitution to better represent on-campus students.

RHA, which serves as an umbrella organization over the 12 residence hall councils on campus, is seeking to make "greater strides forward," said RHA Executive Campus-Wide Programmer Brook Buchanan.

"We're trying to make the organization more inclusive," he said.

"It was just not active," said

Buchanan. Buchanan and RHA Executive Secretary/Treasurer Pat Cannon have taken the lead in revising the constitution to better reflect the needs of today's students.

The position of executive secretary/treasurer will change to executive communication and finance director, said Buchanan.

In addition to duties such as publishing a newsletter, this position will include establishing contact with other universities' residence hall associations and sharing ideas.

The position of executive campus-wide programmer will

change to executive hall programs director. This has been the official title of the position in the past, said Buchanan, and gives it greater definition.

The new constitution aims to make RHA leaders more responsible and dedicated, said Buchanan. Attendance policies and recall procedures for executives are updated in the new document.

RHA also plans to revive committees which have fallen by the wayside in recent years.

Basically, said Buchanan, the constitutional changes have been made so RHA will "stand as a really viable counterpart to ASPLU."

The new constitution is under review by the RHA President's Council, which is composed of the 12 hall council presidents and six RHA executives. A two-thirds majority is required for passage.

Buchanan estimated a February approval date for the changes. The constitution will fully take effect next fall.

Juniors stay on campus despite policy change

BY KATE ANACKER
Special to the Mast

Not as many juniors have taken advantage of PLU's new off-campus policy as administrators had expected, said Tom Huelsbeck, associate director of the Residential Life Office.

The policy change was in "recognition that we have different students than we did 10-15 years ago, and our students have different lives than students 10-15 years ago," he said. Prior to the change, PLU students were required to have senior status or be 21 years old to move off campus. This year the policy allowed students who are 20 or have junior status to move.

Few students have taken advantage of this opportunity, Huelsbeck said. Residential Life expected and planned to free up housing space, but surprisingly they retained the same amount of students as before the change, he said.



Huelsbeck

Josh Kingery, a junior who lives on campus said, "I'm not a very social person, and if I moved off

campus I'd probably never see any of my friends."

On the other hand, junior Ryan Bulcy said he loves living off campus. Bulcy basically lives on extreme upper campus, so he still sees his friends but he doesn't have to deal with the dorm rules, he said.

"That fun my first two years, but was ready for a change," Bulcy said. "It's nice to be more independent."

Residential Life reports only a few juniors plan to move off-campus this spring. They hope housing space will free up next fall as more students take advantage of this new policy, Huelsbeck said.

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RAMSTAD 111 8:00-5:00 MONDAY-FRIDAY

Sleep deprivation: the ultimate collegiate problem

BY KELLY KEARSLEY
Mast reporter

Sleep deprivation and stress. In the upcoming week these two words will become synonymous with finals for most students at PLU. The last two weeks of the semester are far from relaxing, as students study themselves into oblivion often foregoing the most essential human needs — friends, fun and most importantly sleep.

Sophomore Sara Brady recalled with a tentative laugh the stressful dead week of last spring semester. With four exams in four days, sleep didn't seem to be an option. "I was really tired from studying for many, many hours so I decided to take some No-Doz. It was either two or five, I can't remember," Brady said.

Determined to ignore her drooping eyelids, Brady studied all night and fought her tiredness in the morning with a second dose of the pills. More of the same followed throughout the next two days as Brady studied non-stop, popping enough No-Doz to require a second trip to the store and drinking caffeine like a fiend.

"I don't know what happened," said Brady, "but I stayed awake three days; it was kind of a blur." As Brady moved into her 75th hour of her marathon study session, the frustration and stress mounted. "I ended up throwing the book I was reading at the library wall and proceeded to cry," said Brady.

Sleep deprivation like this is common among students;

stressed and worried about grades, they are willing to deny themselves rest in lieu of a better chance at their finals. However, new research has proven that lack of sleep does more than just make them tired, but can actually be harmful to their health.

A recent article from The (Tacoma) News Tribune discussed the adverse effects of sleep deprivation such as depleting the immune defense system, promoting the growth of fat instead of muscle and possibly harming brain cells.

Lack of sleep has even been proven in recent studies at the University of Chicago to raise levels of the stress hormone cortisol, causing stress-related memory impairment. This is probably not the best news for those who plan on pulling a couple all-nighters to prepare for tests.

These effects of sleep deprivation, combined with the expected irritability, fatigue and loss of concentration makes losing rest the week of finals not such a good idea.

Sue Mkrichian, a physician's assistant at PLU's health center, has noticed the lack of good sleep among college students. "Studies show that this age group 18-22 needs more than eight hours of sleep, and people here are unlikely to even get eight," said Mkrichian, "unless they make a

supreme effort." Mkrichian noted the addition of caffeine to the mixture of sleep deprivation and stress can be detrimental to the student. The effect of caffeine are mo-

(after finals) looking like death warmed over," Mkrichian said.

She suggested getting more sleep beforehand, in anticipation of dead and finals weeks as well as eating well and planning study breaks. Mkrichian also stressed the importance of keeping the mind, body and spirit healthy, especially during demanding times.

"Maintain a balance," said Mkrichian, "ask yourself what can you do to become spiritually centered. It's different for everyone."

For those who need more than just some rest to make them feel better, Academic Assistance comes to the rescue. Located on the first floor of Ramstad Hall, the center offers pamphlets and tutors for students in need.

Chris Benton, director of Academic Assistance, encourages people to come in early and stay prepared. "Our goal here is trying to make sure students don't get to that point (of no sleep)," Benton said.

However the center is now starting to see what Benton calls the "last ditch, help me" students straggle in looking for help. She recalled last year, when one despondent student stood outside the tutor schedule board on the last day of dead week.

After talking with a counselor in Academic Assistance, the student realized it was a little too

late to get the help he needed. "Our tutors were done, and studying themselves," Benton said.

The student, looking lost, said, "I guess I am going to have to make an appointment with Campus Ministry to sit down and pray."

Benton had some advice for students who may feel like all is lost. She said it is beneficial to come in and practice test-taking strategies and go to the very last of the review sessions. Benton also encourages students to get sleep and take care of themselves.

"If you get a good night's sleep, it becomes easier to pull out that information you need," Benton, "Students know more than they think they do, and tend to get overly anxious, especially with a lack of sleep."

She compared cramming to bingeing on food. "It's like trying to eat all the food you need for one day in one sitting — you can't digest that much food, just like you cannot digest that much information," she said.

And finally if a final really is bombed, Benton said to realize that almost always something has been learned. "Sometimes people learn even when they have struggled," she said, "something important like time management, or that maybe that subject was something they thought they would major in and realized it's not such a good idea."

"We need to look on the positive side," said Benton, "and chalk (a bad final) up as a lesson and move on — don't let it interfere with your future."



Courtesy Health Services

mentary, she commented, and people rapidly develop a tolerance.

Caffeine, in pill form like No-Doz or Vivarin or just in large amounts of coffee and soda, increases the pulse, blood pressure, and can cause headaches. "So now you are not only suffering from sleep deprivation," Mkrichian said, "but caffeine withdrawal as well."

The demand of such hard core studying wreaks havoc on the immune system, as many students spend the first part of their breaks sick. "I feel sorry for the parents who receive their kids

ALCOHOL

continued from page 1

committee recommends, I take it to the administration."

"They're not going to pat us on the head," he said, stating that the administration has pledged to listen to the subcommittee members.

The next subcommittee meeting, on Dec. 9 at 12:15 in Chris Knutzen Hall West, will continue the alcohol discussion. The committee will also begin a discussion of Campus Safety and related issues.

Winter commencement planned for Dec. 12

BY PHILIP PALERMO
Mast reporter

Thirty graduates and 214 undergraduates will receive degrees at the winter commencement ceremony Dec. 12 at 10:30 a.m. in Olson auditorium.

English Professor Dennis Martin will be the guest speaker, said Laura Majovski, assistant to the president.

"It's a time of celebration and recognition," she said.

Registrar Julia Pomerek said a faculty member will be

receiving the University Faculty Excellence Award from the Provost.

She also said that because so few people are graduating overcrowding will not be an issue, and anyone will be able to attend.

"For the Registrar's Office, it's a real fun event," she said.

"It's one of the three biggest events for the faculty, four events including Convocation. It's a big celebration for us."

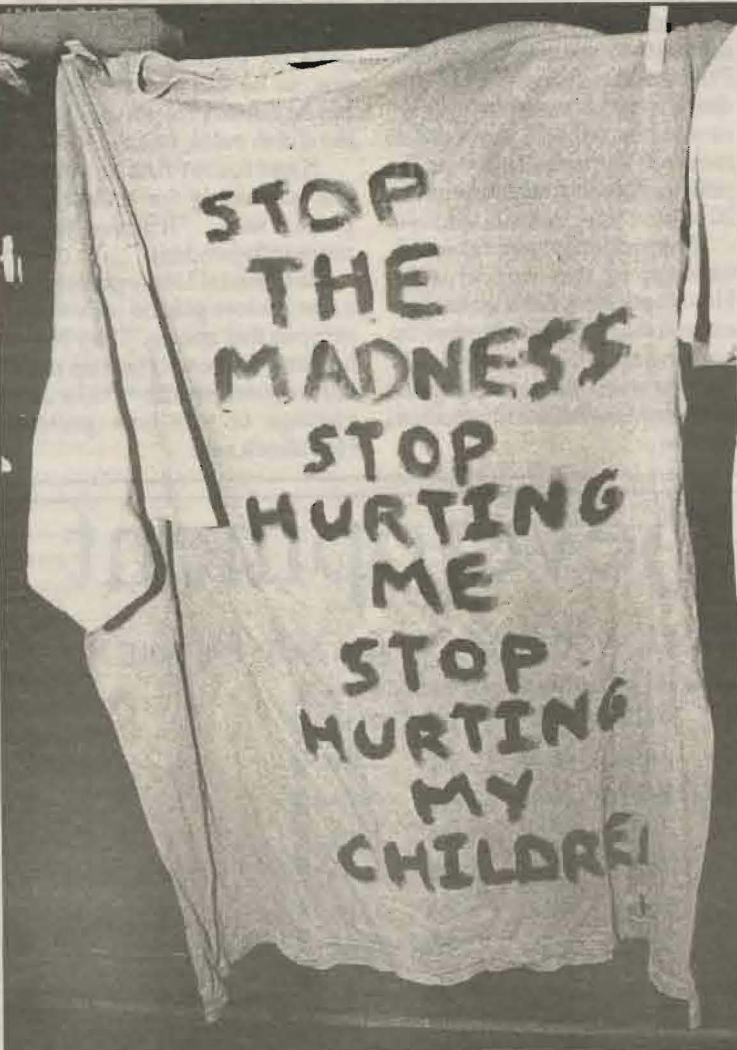


Photo by Eric Ruthford

The Clothesline Exhibit in the University Center Nov. 23 reflected the stories and experiences of many sexual assault and violence victims.

VIOLENCE

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disease in our society."

Guest feminist activist speakers, Judie Fortier and China Fortson, came from the Tacoma Office of Women's Rights to inform students about rape, harassment, sexual assault and domestic violence.

They brainstormed on how to minimize gender violence.

Fortier made a strong point that people throughout history have not upheld the human rights laws. "Women's rights are also human rights," she said.

She spoke of accounts of sex slavery in the Philippines. Sold into the sex trade, Filipino women work to pay off their country's debt, owed to the United States, she said.

Fortier reported about the economic system of the United States. "A percentage of that system is based on a sexual slavery of women."

As part of the day's events, a self defense demonstration was also held in Red Square, taught by Colleen Hacker, a PLU physical education professor.

She discussed how to avoid situations that would put an individual in danger.

As a grand finale, Pam Gruenstein, a local Tacoma artist, came to help PLU students design goddess tiles. The Lute artists searched for their own goddess symbol. "The image of the goddess is a very powerful," said Pregel.

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