

CAMPUS*Voice*

P A C I F I C L U T H E R A N U N I V E R S I T Y

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Worth Noting

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A short break for the Voice

Merry Christmas! This is the last Campus Voice of 1996. Publication will resume with two issues during J-Term. The deadline for the Jan. 6 issue is 5 pm on Dec. 18, and the deadline for the Jan. 20 issue is 5 pm on Jan. 13. The regular weekly publication schedule will pick back up Feb. 3.

PLU-recorded album wins recognition

The Cascadia Brass album "Christmas: A Celebration in Brass," was named best local recording by Melinda Bargreen, Seattle Times music critic. The CD was recorded in part in Lagerquist Concert Hall and St. Joseph's Church in Seattle, and then mixed and mastered in the audio studios at PLU by Bob Holden (Audio Services). The album features the music of Cascadia Brass, a local ensemble of trumpet, flugelhorn, French horn, trombone and euphonium, whose members have performed with groups such as the Seattle Opera, Pacific Northwest Ballet and the Boston Symphony. The ensemble includes Doug Nierman of PLU's Lyric Brass. Bargreen calls the album "jolly and jazzy, with effective, catchy arrangements," and "fine, mellow playing." The album is on Phileo Records of Seattle.

Jackets stolen from library found

A stash of jackets stolen from the library has been found, and includes coats thought to be taken from over at least a year's time. If you've had a jacket taken while you were in the library, visit the Campus Safety office on the ground floor of Harstad to see if yours was found. Be sure to check, even if the coat was taken last semester, and even if you already have checked with Campus Safety.

Celebrate First Night

Join First Night revelers for musical comedy, jazz, alternative, classical and children's performances from 1 to 5 pm on Dec. 31 at PLU. Admission buttons are \$8 until New Year's Eve and \$10 the day of the festival (children under 12, \$2). Purchase your buttons at the UC Info Desk.

Campus

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Human Resources busy with processing

Remember, the Human Resources Office is closed from 8 am until 1:30 pm for the remainder of December to allow time to process enrollment forms and meet the

Gallery cooks up 'Chef's Choice'

After Jan. 14, stop by the University Gallery in Ingram to see "Chef's Choice," a surprise selection of new work from our region. The gallery is open 8:30 am-4:30

December payroll timeline. The office may be contacted with questions, which will be answered in the afternoon.

Christmas on the air

Tune into KPLU 88.5 FM for holiday music. "Jazz Piano Christmas" and "Jazz Guitar Christsmas" will play on Christmas Eve, beginning at 7 pm. Christmas Day will be merry with jazz from NPR from 9 am to 2 pm, and "Christmas Jazz Northwest" - jazz versions of holiday favorites recorded last year in MBR - at 2 pm. "New Year's Eve Coast to Coast" will finish off a week of celebration with Latin jazz, music from New Orleans, and a jazz orchestra from 7 pm to 1 am.

Discount tickets available for 'Messiah'

Reduced-price tickets for the PLU Choral Union and Northwest Sinfonietta performance of "Messiah" are still available at the Info Desk. The \$12 and \$9 tickets are an excellent way to hear this production of Handel's famous work, under the direction of Richard Nance and featuring soloists Janeanne Houston (Music), Heidi Vanderford, Robert McPherson and Clayton Brainerd. The performance begins at 8 pm on Dec. 20 and 21 in Lagerquist Concert Hall, MBR. Regular tickets are available for \$18 and \$15 when the reduced-price tickets have sold. For more information, call the Northwest Sinfonietta office, 383-5344.

Lutheran conversation continues

"Why Are Lutherans Involved in Higher Education?" will be the topic of a noon luncheon with PLU Regent James Unglaube for faculty and administrators on Jan. 24. Unglaube is also the ELCA director for colleges and universities. He will give the talk as part of a day spent with faculty and staff, participating in the "Lutheran conversation" on campus. RSVP for the free luncheon with Kathy Johnson, 7423, by Jan. 15.

pm on Mon.-Fri. Also be sure to stop by the Wekell Gallery, where January is Children's Month.

Gospel jamboree

Be ready to clap your hands to the music of the sixth annual Martin Luther King, Jr. Gospel Jamboree at 7 pm on Jan. 16 as it shakes the walls of Eastvold Auditorium. Tickets are \$3 for students and \$5 for adults. Call 7195 for more information.

A support team for non-traditional students

Did you know that 25 percent of PLU's student body is 25 years old or older? If you're one of those students, consider joining a group formed to support your needs and interests. PLU's Non-traditional Student Association is being formed in conjunction with the newly-formed National NTSA, with headquarters at Portland State University. Interest meetings will be held at 10 am on Jan. 28, at 3 pm on Jan. 29, at 5:30 pm on Feb. 10, at 12:30 pm on Feb. 11, at 8 am on Feb. 12 and at 3:30 pm on Feb. 13 in the UC. If you have questions, contact Marty Mogk, ASPLU non-traditional student senator, at 863-5392 or e-mail to biophiliac@aol.com.

**Faculty
& Staff**

Teresa McDowell and Cheryl Storm (both Marriage & Family Therapy) presented a workshop on training supervisors at the

**Administrative Staff Council
Thank You**

annual conference of the American Association for Marriage and Family Therapy in Toronto, Canada, in October. McDowell also presented a PLU grant at the conference. The presentation included a discussion of marriage and family therapists working as systems consultants, the systemic classroom observation tool which was developed during last year's grant, and an overview of M&FT student Betsy Sullivan's research findings.

Health Watch: What you choose to eat can largely affect your health. Consider the following facts:

- Too much fat and cholesterol in your diet may increase your risk of heart disease, stroke and certain types of cancer, and may contribute to obesity, which on its own poses serious health risk.
- Obesity is a national epidemic: more than 11 million American adults are 20 percent or more above their ideal weight. Much of the United States weight problem is linked to overindulgence in fatty junk foods and lack of exercise.
- Scientists now estimate that 40 percent of all cancer incidence in men and nearly 60 percent in women are related to diet.
- Obesity-related conditions are the second leading cause of death in this country, resulting in about 300,000 lives lost each year.
- Healthy eating is a habit everyone should adopt. People who eat healthfully may experience increased energy levels and higher productivity.

For free information on healthy eating, call Franciscan Health System, 1-888-TakeCare, for the brochure "How to Have Your Cake and Eat It, Too." Start the new year on a healthy note!

This month the Administrative Staff Council would like to honor the night custodial crew. Please join us in applauding their continuous hard work.

Committee Renamed

The Space Committee has been reorganized and renamed the Capital Improvements Committee. The new committee will focus on improvement projects and planning.

Budget Report

Dean Johnson, ASC representative to the Budget Committee, reported that the timelines for contract salary letters was set for early April.

Dining Services Changes

Several constituents commented on the changes at the UC Coffee Shop, such as new hours, a cut back of grill selections and pricing changes. ASC brought the concerns to Dining Services administrators. Their response said the changes were made for administrative reasons and were the result of research and financial considerations.

Employee Suggestions

Other employment issues recently submitted by constituents included: computer and Internet training, merit pay, wage equity, fitness program, parking, and payment of sick leave at retirement. One employee asked for suggestions or transition assistance for those PLU students who become PLU employees after graduation. The ASC is looking into these concerns, as well as others. If you have a specific concern, feel free to contact the ASC or your ASC representative.

Christmas Luncheon

Don't forget the Christmas Luncheon on Dec. 19 in Olson Auditorium. The reception starts at 11:30 am and lunch begins at noon.

Chapel Schedule

Chapel has finished for this year, but will start again in J-Term at 5 pm on Wednesdays at Trinity Lutheran Church, and will use the Holden Vespers service by Marty Haugen.

Sunday worship will also begin again in January. A traditional Lutheran service will be held at 10 am on Sundays and a contemporary service will be held at 9 pm on Sundays,

both in Tower Chapel until February. The first service is 9 pm on Jan. 5.

Calendar

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Dec. 20 & 21

Handel's 'Messiah'

Choral Union & Northwest Sinfonietta perform, 8 pm, MBR. Regular tickets, \$18 & \$15. Reduced tickets, \$12 & \$9. Call 383-5344.

Jan. 14-Feb. 6

University Gallery

New work from our region Gallery is open 8:30 am-4:30 pm, Mon.-Fri.

Jan. 16

Gospel Jamboree

The 6th annual Martin Luther King, Jr. Gospel Jamboree, 7 pm, Eastvold. \$5 adults, \$3 students.

Jan. 28

Non-traditional Students

NTSA meeting, 10 am, UC

Jan. 29

Non-traditional Students

NTSA meeting, 3 pm, UC

Classifieds

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Unless your item sells and you tell us, classifieds will run in four consecutive issues then be deleted. Please update your ads as soon as possible, 7262.

For Sale: Mahogany table and buffet w/10 chairs (roll). Early 1900s. Table extends to 10.5' w/leaves. Buffet is Duncan-Hines. Make offer. Call Kay, 847-2971 or 7133.

Free: Large and small Lutheran Brotherhood 1997 calendars. Call Campus Ministry, 7464.

For Hire: Karaoke booking. Will do parties, holidays, etc. Great fun! Reasonable price. Call Mary Wilson, 847-6670.

For Sale: King-size bed frame and brass headboard. \$100. Call Larry, 8789, or eves., 770-0716.

Wanted: Church musician needed. Foothills United Methodist Church in Bonney Lake seeks pianist for immed. employment. Pay commensurate w/experience and ability. Work 1 wknight and Sun. morns. Call Pastor Alta Smith, 862-4410.

For Sale: Exercise equipment. Like-new Tunturi exercise bike w/ergometer. New, \$350, sell for \$100. Little-used Voit Deluxe x-country ski exerciser. New, \$150, sell for \$50. Both manuals are in my office if you want to see what they look like. (I can also bring them to school for you to try.) Call Heike Phelps, 7324.

For Sale: 2 artificial Christmas trees. 5' tree, \$5. Full & nice 6' tree, \$15. Call Jean, 7464 or 531-6701.

For Rent: (Jan. 5-May 18) Charming 2 bdrm cottage-style home on one of N. Tacoma's green gulches at end of cul-de-sac. Very private. Low rent for responsible person/couple willing to care for cherished cat. Call Barbara, 761-0964.

For Sale: Brand new skis, still in pkg. K2 skis, 195 cm. USA composite, side cut 8.3, \$200 obo. Call Phuong Thai, 8193.

For Sale: '93 Jeep Wrangler. Teal, w/hard top & soft top. Chrome wheels, grill & bumper. 4.0 L. Alpine stereo. New tabs. \$13,500. Call Laurie, 7325.

Wanted: Need airline ticket to visit my cousin who attends PLU. I haven't seen her for a long time & would love to spend quality time w/her over the holidays. Help! If you can help in any way, please let me know! Thanks. Call Katie, 970-351-3322.

Wanted: Administrative asst. pt position open w/non-profit org. in Lakewood. 2 days/wk (6 hrs/wk) starting Jan. w/sched. tba. Computer & organizational skills req. Send resume, inc. refs. and contact phone #, to: Tahoma Land Conservancy, 1120 Gravelly Lake Dr. SW, Suite 6, Tacoma, WA 98499-1348.

For Sale: Almond-color electric dryer, \$60 obo. Works great (we converted to a gas dryer). Call eves., 475-1537.

For Sale: '86 Ford Ranger 4x4, V-6. Long bed, new paint. Runs great. \$5,200. Call Chris, 7517.

For Sale: Wooden Yamaha clarinet. in mint cond. Used only 4 months. Call Ali, 8172.

For Sale: Power Walker w/video \$50 (Bruce Jennings advertises, \$299 on TV). Call Karen, 7400, or eves. At 847-7209.

Wanted: 1994 Lladro Christmas bell. Call Kathleen, 7348.

For Sale: 2 men's sports jackets, 38R, 1 beige & 1 gray-striped, \$5 each. And 3' x 6' wooden desk w/desk chair (tan), free. Call Marjo, 7174.

Campus Voice is published once a week during the school year as a service of the PLU Office of Public Information. It is published twice a month during J-Term and once a month during the summer. Submit items to Katie Monsen by Mon. 5 p.m. to: Admn. 207, or call x7262 or email campusvoice@plu.edu.

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