

THE MAST

THE SOUND OF MUSIC
EVERYTHING FROM
OPERA TO OBOE
PAGES 8-9



FUMBLE
FOOTBALL FALLS TO LINFIELD
IN LANDSLIDE LOSS
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OCTOBER 27, 2006

PACIFIC LUTHERAN UNIVERSITY

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No losers lope the Loop



Students and faculty braved the cold in the annual LuteLoop run

AHMED BENKHALTI
Mast news reporter

PLU students braved the chilly morning air three weeks ago to participate in the LuteLoop, the annual 5-kilometer run on campus. The activity is an annual event organized by the Live It Committee, which also puts together the Wellness Challenge. The run began at 10 a.m. when students who had signed up prior gathered to run the scenic 3.1-mile course. Brad Moore, a faculty member of Live It, set up the course, the start and the finish line. Not only did students run, but so did professors and faculty members.

The coordinators were Penny Beckwith and Allison Stephens, both of whom work with Student Involvement and Leadership at PLU. Stephens, the assistant director of SIL, described the LuteLoop as "a chance for people to get outside and do something good for their health."

The fastest runner was John De Mars with a time of 20:15. However, the LuteLoop was not a race; it was a social event, not a competition, and participation—rather than athletic prowess—was emphasized.

One of the runners, junior Michelle de Beauchamp, thought LuteLoop was a blast. "It was a lot of fun," de Beauchamp said. "It was a great way to get together with people."

Prizes were not awarded to the winners. Instead, everyone who signed up and ran received a raffle ticket and raffle prizes were awarded later.

Prizes were also awarded to people who dressed up for the event. The winners dressed up as characters from the "Wizard of Oz," running the entire route dressed as the Cowardly Lion, the Scarecrow and the Tin Woodsman.

Live It, the on-campus health and wellness committee, meets every other week. "It's all about giving people the opportunity to do good things for their minds and bodies," said Stephens, explaining the goal of the Live It Committee.



(Above) Tina Reindl participates in the group warmup to help the runners prepare for the LuteLoop. (Right) John De Mars finishes the 3.1 mile race in first place. De Mars had the fastest time of the day with 20:15.

Crew travels to Boston, competes with best

BRYANNA PLOG
Mast Reporter

Ten members of the PLU women's crew team raced in Boston last weekend in a regatta that featured 8000 rowers from all around the world.

Head of the Charles Regatta is one of the largest rowing competitions in the United States. One hundred countries competed with groups ranging from high school and national teams to a competition for those 70 and older.

PLU's openweight four placed ninth out of 29 teams, rowing against schools such as Boston University and the University of Chicago.

The lightweight four, lightweight requiring a weight of less than 135 pounds, placed 13th out of a field of 26 competitors from schools such as the University of Victoria and Princeton.

Over 1000 boats were present at the competition, as well as over 250,000 spectators, a high num-

ber for a competition that only accepted half of the teams that applied to race.

"It's one of the most prestigious regattas in the world," said Stephanie Farrow, a sophomore who raced in the openweight four. "It's the most fun I've ever had at an athletic event."

The race took the rowers through much of the city of Boston, as they rowed past Boston College, MIT and Harvard. They followed the Charles River upstream for three miles, passing under seven bridges, all the while surrounded by the autumnal New England landscape.

At Head of the Charles, the crew teams not only competed but were able to see some of the best teams in the world.

"The elite crews—you learn so much from watching," Farrow said.

Please see Crew
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The PLU women's crew team competes in the Head of the Charles Regatta in Boston against top-ranked teams like MIT and Harvard. The Lutes finished ninth out of 29 teams in the openweight four competition.

Photo courtesy of Bryanna Plog

STATE, NATION, WORLD BRIEFINGS

Local to Global news



AP Photo: Kuni Takahashi

Firefighters battle an extra-alarm fire in a vacant six-story building, designated a city landmark, Tuesday, Oct. 24, 2006, in the South Loop of Chicago. The blaze left at least two people injured and disrupted train service for commuters during the afternoon rush hour.

U.S. says more GIs may be needed in Iraq

Two weeks before U.S. midterm elections, American officials unveiled a timeline Tuesday for Iraq's Shiite-led government to take specific steps to calm the world's most dangerous capital and said more U.S. troops might be needed to quell the bloodshed. U.S. officials previously said they were satisfied with troop levels and had expected to make significant reductions by year's end. But a surge in sectarian killings, which welled up this past summer, forced them to reconsider.

Drug raid yields Los Alamos documents

A drug raid on a Los Alamos scientist's home in New Mexico turned up what appeared to be classified documents taken from the nuclear weapons lab, the FBI said Tuesday. Police discovered the documents at the scientist's home while making an arrest in a methamphetamine investigation, according to an FBI official in Washington who spoke on condition of anonymity because of the sensitive nature of the case.

Hastert urges quick action on Foley

House Speaker Dennis Hastert urged ethics investigators to work quickly to unravel the congressional pages scandal Tuesday, testifying before them just after a GOP lawmaker whose recollections differ from his. The investigation is focusing on which House leaders were told about inappropriate e-mails sent by Rep. Mark Foley to former pages, when leaders were told and what was done in response. Hastert and some other Republicans have suggested revelations about the messages were timed to hurt the GOP in next month's elections.

Kidnapped AP photographer freed in Gaza

An Associated Press photographer was freed unharmed Tuesday after a harrowing day in the hands of Palestinians who abducted him at gunpoint and dressed him in women's clothes to spirit him from one secret location to another. Emilio Morenatti was brought before midnight to the office of Palestinian President Mahmoud Abbas by Fatah officials. It was not clear who kidnapped him, though officials said he was taken by criminals. The government and main Palestinian groups denounced the abduction.

Bush unsatisfied with Iraq War progress

Acknowledging painful losses in Iraq, President Bush said Wednesday he is not satisfied with the progress of the long and unpopular war, but he still insisted the United States was winning and should not think about withdrawing. Thirteen days before elections in which Republicans fear Iraq could cost them control of the House or Senate, Bush expressed unwavering confidence in Defense Secretary Donald Rumsfeld, the U.S. generals running the war and Iraq's prime minister, Nouri al-Maliki, despite new strains between Baghdad and Washington.

N.J. court opens door to gay marriage

New Jersey's highest court opened the door Wednesday to making the state the second in the nation to allow gay marriage, ruling that lawmakers must offer same-sex couples either marriage or something like it, such as civil unions. In a ruling that fell short of what either side wanted or most feared, the state Supreme Court declared 4-3 that gay couples are entitled to the same rights as heterosexual ones. The justices gave lawmakers 180 days to rewrite the laws.

2nd Fla. altar boy accuses Foley's priest

Another former altar boy says he was sexually abused in the 1970s by the same retired Catholic priest who acknowledged fondling former Rep. Mark Foley when Foley was a teenager, the man's attorney said Wednesday. The new allegations against the Rev. Anthony Mercieca were made by a man who lived in North Miami and was an altar boy at St. James Catholic Church, where Mercieca worked, attorney Jeffrey Herman said.

Former Iran leader wanted in Argentina

Argentine prosecutors asked a federal judge on Wednesday to order the arrest of former Iranian President Hashemi Rafsanjani and seven others for the 1994 bombing of a Jewish cultural center that killed scores of people. The decision to attack the center "was undertaken in 1993 by the highest authorities of the then-government of Iran," prosecutor Alberto Nisman said at a news conference.

Briefs gleaned from the Associated Press Wire Service.

SAFETY BEAT

CAMPUS SAFETY

October 12

CSIN was contacted for medical assistance for a student who had been struck by a vehicle while riding his bicycle off campus. CPFR was contacted and assessed the student. Transport was not required.

The automatic fire alarm was activated at a residence hall. CPFR was contacted and the cause was determined to have been due to burned food in one of the rooms.

CSIN was contacted for medical assistance for a student who had skinned her hand during volleyball. The hand was cleaned and bandaged and further medical assistance was not required.

During the course of routine patrol, CSIN discovered graffiti on the north side of Ingram.

October 16

CSIN was contacted for medical assistance for a student who was experiencing chest pains and shortness of breath. The student was escorted to the Health Center and no further medical assistance was needed.

An RA reported the theft of a residence hall cash box from its mailroom. PCSD was not contacted for a formal report.

A student reported the theft of his iPod from his room. PCSD was contacted for a formal report.

October 17

A student reported that her vehicle had been vandalized while parked across from the Tinglestad gated lot.

October 20

A staff member reported the theft of her wallet from her office. PCSD was contacted for a formal report.

CSIN assisted residential hall staff in attempting to contact several students in a room and in conducting a visual search of the room. Alcohol paraphernalia was found, and a report has been sent to Student Conduct.

October 21

CSIN was contacted for medical assistance for a student who had fainted in the UC. The student was assessed and further medical attention was not needed.

October 22

CSIN observed a recently RFC'd individual next to a residence hall. PCSD was contacted and it arrested the individual for criminal trespass and outstanding warrants.

CSIN was contacted for medical assistance for a student who had cut her finger on a razor in the shower. The cut was cleaned and bandaged, and further medical assistance was not needed.

PFLUEGER PFRIGHT NIGHT

WHEN: MONDAY NIGHT
9PM- MIDNIGHT

WHERE: PFLUEGER LOUNGE

WHAT: DANCE, GAMES AND PRIZES

PRIZES: FLAT SCREEN TV AND MUCH MORE

GAMES: CAKE WALK, COSTUME CONTEST, AND PUMPKIN BOWLING

Wild and precious life

Meant to Live refocuses students to the actual purpose of life rather than occupation

EMILY HOPPLER TREICHLER
Mast News Reporter

You can explore the possibilities of your future vocationally and otherwise with Pacific Lutheran University students, faculty and staff this weekend. Meant to Live, a three-day event coming up Oct. 27-29, is hosted by the Wild Hope Project. This group bases itself on the Mary Oliver quote, "What will you do with your one wild and precious life?"

The Wild Hope Project was born in 2003 from a \$2 million fund from Lilly Endowment, Inc. As the quote implies, the project aims to inspire PLU students to look at their educations and eventual careers with a discriminating eye and give them the determination to help others in whatever vocation they choose.

The Wild Hope Project first conceived Meant to Live as an attention-grabbing, student-led event to get students to think less about their future occupation and more about an actual life purpose.

After months of development, Wild Hope has decided to focus mostly on stories—how adults decided what to do with their lives beyond their jobs and why they chose that path. The speakers this weekend will discuss their stories and what inspired them to follow one idea over another.

Within these stories, the panels presented this weekend will focus on two general pieces of life exploration: vocations and what the project calls "Big Enough Questions." These questions include considering the roles religion, sexuality, education, creativity, romance and stereotypes play in your life and how they could affect the rest of the world.

"I'm really excited about going to Meant to Live," first-year Rebecca Kzmarzick said. "I'm not really sure what I want to do after college or how I want to approach life, so I'm looking forward to having some of those questions answered."

Meant to Live will kick off on Friday with a keynote presentation from Anne Lamott, a best-selling author of, "Bird by Bird," an exploration of the art of writing, and "Hard Laughter," a novel relating to her father's fight with brain cancer. She, along with the Extreme Kindness crew and Josh Ritter, both speaking on Saturday, will be speak-

ing about how they turned passions into profitable and meaningful careers that also benefit others.

In addition to individuals speaking about their careers, panels will discuss three subjects per session on Saturday. First-year Dena Harkovich is enthusiastic about the panel that will center on education, health care and the question "Does my lifestyle help or hurt the earth and those around me?" which will be hosted in the Scandinavian Cultural Center from 9:40 to 10:40 a.m.

"I like the idea of hearing people discuss what I'm most interested in—education and health—and how they turned their interests into actual careers that can benefit others," Harkovich said.

Harkovich, like Kzmarzick and so many other students at PLU, has a probable major or majors picked out, but doesn't know exactly what to do with the degree.

"I hope that attending Meant to Live can help me begin to answer my own questions about what I want to pursue in my future," Kzmarzick said. "I think that hearing from people who made their dreams a reality in a way that helps others will inspire me and improve the way I think about my life and how it relates to everyone else."

"I hope that attending Meant to Live can help me begin to answer my own questions."

Rebecca Kzmarzick,
first-year

Night of Music brings Broadway to PLU

'Anything Goes' when students showcase their musical talent

MIKE ENGH
Mast News Intern

The bright lights of Broadway may be on the other side of the country, but a new student production will be bringing the Great White Way here to campus.

Night of Musical Theatre will perform its annual revue of Broadway hits Nov. 9, 10 and 11 at 8 p.m. in Eastvold Auditorium. The show is free to the public and donations will be accepted at the door.

"We have so many different musical styles and eras on display in our production," director and senior theater major Kristin Burch said. "We are performing a

lot of classic songs that people will know, as well as some brand-new material that has opened on Broadway in the last few years."

Featuring a cast of 22 students, the production will include some intimate solo and ensemble pieces to showcase individual performers, as well as several numbers from shows, such as "West Side Story," "The Lion King," "Anything Goes" and "Chicago."

"Commitment is highly required of the cast," Burch said.

The cast has been rehearsing from 9:30 to 11:30 p.m. every night in order to avoid conflicts with the cast's schedules.

"I have been so pleased with everyone's willingness to step up to this challenge and really take charge of their roles," Burch said.

Differing from previous years, this year's production will feature more dance and movement on stage. In ad-

dition to directing, Burch also choreographed the show, incorporating movements from tap, jazz and ballet.

Being in charge of all aspects of the show has turned into weeks of preparation, rehearsal and planning for Burch, who is directing the production for her senior capstone. However, she keeps the work in perspective.

"I've always loved musical theater, and so have all the other cast members," she said. "I really think that our passion for performing will translate with the audience."

Night of Musical Theatre is a student-run performance group at PLU that produces musical revues on campus. The group was organized 13 years ago to provide students with an outlet to enjoy and perform musical theater. The yearly performance is directed by a PLU student, generally a theater major, and admission is always free.



Dance the day away - Heidi Zylstra



Makin' the Magic! - Emily Anagnost



A Whole New World - Emily Anagnost

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AUDITION

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Velocity Dance Center

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12:00 pm

Please arrive 30-60 minutes before the audition time to register

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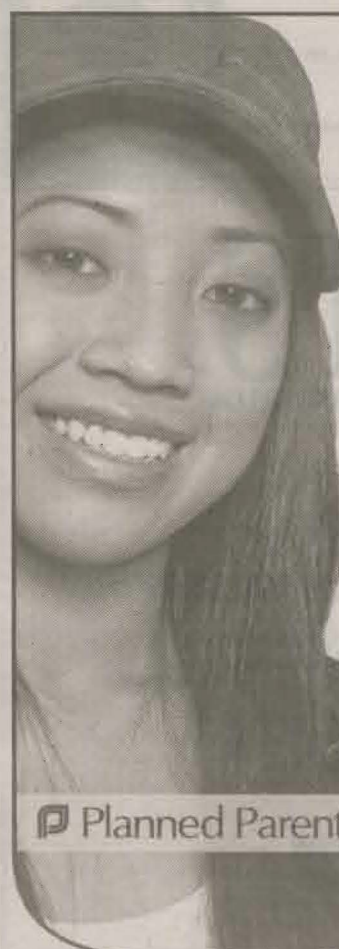
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A convenient speech by Gore

Al Gore pleases his audience at a speech in the Tacoma Dome

BOBBY PIMENTEL
Mast news reporter

At the invitation of the News Tribune, 11 students, one staff member and a faculty member from PLU attended former Vice President and former presidential candidate Al Gore's seminar at the Key Arena in Seattle last Monday.

Gore, vice president during former President Bill Clinton's eight-year tenure in office, lost the 2000 presidential election to President George W. Bush. Since the election, he remained out of the public eye for some time before coming out with his controversial documentary, "An Inconvenient Truth." He is currently speaking at venues across America to raise awareness for this "moral issue," as he describes it.

"An Inconvenient Truth" takes up the issues surrounding global warming and its effects on the world today. It also describes Gore's lifelong commitment to preventing and reversing adverse climate change.

Gore acknowledged it was one of the biggest crowds he had spoken in front of when dealing with the issue of global warming, and he made his best effort to try to win over the audience.

PLU students who attended the event were positively surprised.

"I discovered [that] Al Gore had a sense of humor and it wasn't courtesy laugh humor," junior RJ Myers said of Gore, who has often been labeled as boring.

Myers and the other PLU students, staff and faculty got to enjoy the seminar from the News Tribune box in Key Arena. The News Tribune also provided the tickets.

The content of the seminar and Gore's advocacy for the prevention of global warming was quite predictable, according to Myers.

"It was pretty much what I expected," he said.

At the end of the seminar there was a question and answer session that allowed people to ask Gore about issues of global warming and ideas on solving the problem.

Global Warming has gained more recognition in the past 20 years. It refers to the increasing average temperature around the globe due to both human-induced and natural causes, such as greenhouse gases and solar activity.

"I discovered [that] Al Gore had a sense of humor and it wasn't courtesy laugh humor."
RJ Meyers, junior



Photo courtesy of Joanne M. Lisosky

PLU students and audience members, including The News Tribune publisher and president Cheryl Dell, applaud Al Gore at his speech given at the Tacoma Dome Monday. Gore is currently speaking at venues across America to raise awareness about global warming.

VISION opens eyes on genocide

Club hopes to raise awareness with panel

BRYANNA PLOG
Mast news reporter

In order to raise awareness about the genocide happening in Sudan, PLU Sudan VISION will host a panel discussion Nov. 9 at 8 p.m. in the Scandinavian Cultural Center. The event will be the kickoff to a series of events aimed toward informing the PLU community about the African nation.

The club's main goal is to inform the PLU community about the tragedies happening in Sudan, especially in the Darfur region. Besides the panel discussion, the club has organized a Sudan Awareness Day and plans to take part in Eyes on Africa, a week-long event hosted by Global Awareness.

"We have been amazed at the lack of knowledge many people have about this problem," said Micah Pearson, junior and vice president of the club. "[We] want to take an active role in reaching out to our residents, the PLU community and the local community."

According to the British Broadcasting Corp., the number of deaths in the Darfur region is "no fewer than 200,000." The BBC also states that more than 2 million people have been displaced and are living in refugee camps in the Sudan and Chad because of the conflict between the mostly black population and the government, backed by Arab militias.

To help raise awareness about the issues in Sudan and Darfur, VISION, or Voices in Sudan Involving Ourselves Now, will host the panel discussion. It is free and open to the public.

"VISION feels this panel will create a space to allow people to become aware about the genocide in Sudan," Pearson said. "Involvement begins with awareness."

The panel will be moderated by communication professor Art Land and will consist of a military perspective from Capt. Raed Gyekis, a religious perspective from professor Paul Ingram and a political-science perspective from professor Ann Kelleher. PLU sophomore David Akuien will also be on the panel. He is a survivor of the Sudan civil war and is one of the "lost boys" of Sudan who had to flee his country in the 1980s. VISION hopes these different views will help audience members better understand the conflict in the Darfur region.

Junior Karen McMahon, president of the PLU club and a global awareness chair said the panel will be "focused on Sudan as whole, including the civil war and its lasting effects, and also the genocide, because that's a current issue."

The day after the panel, Nov. 10, will be Sudan Awareness Day which will focus on promoting the need for U.N. peacekeepers in the region. VISION will be selling shirts reading "Stop the Genocide in

Sudan" during these events and the weeks leading up to these events. The shirts are \$10 and the money earned will go directly to Sudan.

"We will be sending [the] funds either for supplies or to help a kid go to school in Sudan," McMahon said.

VISION also plans to take part in Eyes on Africa, a weeklong event starting Nov. 13 where different clubs on campus will focus on Africa. Even dining services plans to get involved, serving a different African dish each night. The week will work

to inform students about African culture, history and current news and is put on by Global Awareness.

The club's effect can be as far-reaching as its members want it to be.

"Our goal is to eventually sponsor or create an educational opportunity in Sudan for civil war refugees," Pearson said.

Any member of the PLU community interested in learning about Sudan should attend VISION meetings every Monday at 8 p.m. in the Lute Lounge. For more background on the crisis, the group recommends visiting www.saveDarfur.org to learn more about the tragedies in the Sudan that are happening every day and what PLU students can do to help.

"We have been amazed at the lack of knowledge many people have about this problem."
Micah Pearson, junior and vice president of VISION

VISION was started in April 2006 and was able to meet with U.N. Special Peacekeeping Ambassador to Sudan Tom Vraalsen at the Lempkin Genocide Banquet last year. The club was started in part because of PLU's connection to Sudan as three PLU students are "lost boys and girls" from Sudan, including Dut Jok, who is in Sudan for fall semester. The purpose of the PLU Sudan VISION organization "is to educate students at PLU about the recent civil war in Sudan that has killed and displaced millions, as well as the ongoing genocide in the Darfur region of Sudan." VISION holds weekly meetings to inform members on current events in Sudan as well as to organize events at PLU.



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No, use your soup spoon

Approximately 90 students learn the dos and don'ts of proper etiquette from experts

ANTHONY CLARK
CAITILIN STOSKOPF
Mast news interns

The next time you go on a job interview or out to dinner with prospective clients, remember this: first impressions are lasting ones. This means everything from how you shake someone's hand to the style of jacket you wear is going to be evaluated.

PLU hosted an event regarding proper etiquette—the first of its kind in five years—on Oct. 12. The event offered tips on good etiquette and proper wardrobe in the professional world to approximately 90 eager-to-learn guests clad in their finest business attire.

The guests, made up primarily of students and some business representatives, attended the event in the Scandinavian Cultural Center.

"I've seen some scientists that could use this class!" said Stephanie Horton, certified international etiquette consultant, when she lectured on good etiquette to the group.

Horton lectured on proper table manners and the consequences in a job interview when they are taken lightly. Following that, Jill Jackson and Cheryl Hoskins, two personal shoppers from Nordstrom, gave a presentation on professional wardrobe and the importance of image.

Guests were instructed on such concepts as handshakes, seating oneself, introductions, hosting, utensil use, napkin placement, styles of eating, conversation and how to properly excuse oneself from the table. If you think that sounds simple, you are among the minority, according to Horton.

"Etiquette is all about making people feel comfortable, not uncomfortable," Horton said. "It's not about the food: It's about the interaction you're having with other people."

During the first portion of the lecture, guests were treated to a five-course meal. The meal included yellow tomato fennel soup, iceberg wedge salad with bleu cheese dressing, a sorbet palate cleanser, chicken with mango salsa with herbed jasmine rice and asparagus, and chocolate decadence with raspberry for dessert.

Between their courses, students were encouraged to strike up conversations among themselves and were prompted to ask questions of Horton.

Junior Kathryn Druback benefited from the

lecture.

"I thought it was very informative and helpful in approaching the real world," Druback said. "I thought she (Horton) was funny and her movements were very accentuated."

After students finished their chocolaty dessert and a brief intermission, the women of Nordstrom took center stage.

Jackson and Hoskins summed up their reason for being there rather bluntly when Jackson said, "If you haven't heard someone say, 'Wow, I love your haircut' or hair color, it's probably time to get a new style."

The duo broke down the dos and don'ts of building a professional wardrobe while pulling good examples off a rack. They covered the great foundation pieces, or the "building blocks" of a good wardrobe, and why layering clothes is a must. Men in the audience were told to always have one great suit and the women were instructed to always have a great white blouse.

Junior Kyle Nowadnick came to the event ready to learn.

"I need to get foundation pieces in my wardrobe," he said. "And there is a proper way to eat soup."

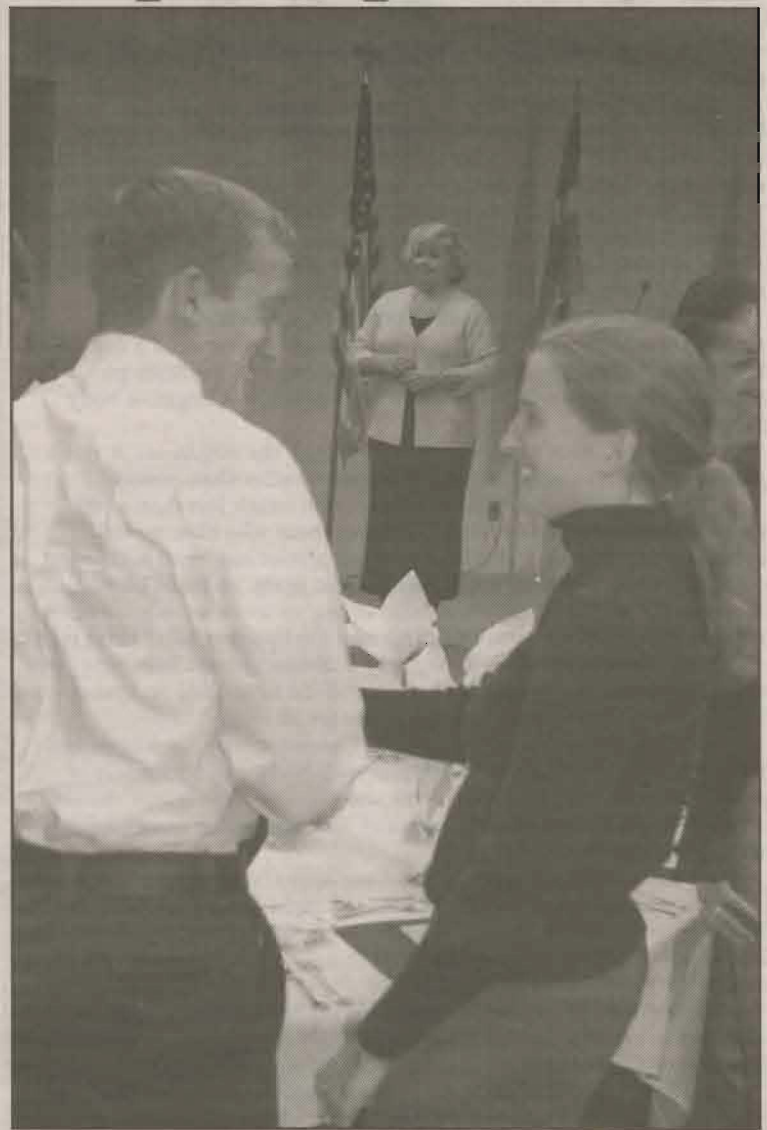
Maxine Herbert-Hill, director of the academic internship and cooperative education offices, coordinated the event primarily in response to concerns expressed by students about the transition into the business world.

According to Herbert-Hill, there were also concerns articulated by employers who often see entry level and prospective employees struggle with professionalism.

"Because of all of the employers at this event, it underscores the importance of it," Herbert-Hill said. "I kind of think we are going to have another one of these soon."

Tickets sold out on the signup deadline. A ticket to the event cost students \$15 and sponsoring companies were given free tickets. Some students who signed up didn't show and one table remained unseated.

Various corporate sponsors funded the event, totaling a sum of approximately \$2,500 in financial support for the \$3,500 event. The sponsors included Weyerhaeuser, Gordon Trucking Inc., Mellon, Russell, Multicare, World Trade Center Tacoma, Toray, State Farm Insurance and ASPLU.



Photos by Breanne Coats
Above: Kyle Nowadnick and Kim Betts practice their hand shaking skills while Stephanie Horton, certified international etiquette consultant, coaches them in the background.
Below: A personal shopper from Nordstrom holds up examples of appropriate business attire for the audience.
Left: Students learn the proper way to eat soup. Many attendees said they learned a lot of valuable information from the event.



How to act properly at your next business meal:

- Always turn your cell phone off ahead of time.
- Say please and thank you when necessary.
- When dealing with multiple pieces of cutlery, start from the outside and work your way in.
- Pass food dishes to the right.
- Place your napkin on your chair if you need to excuse yourself.
- Finish chewing before taking a sip of your beverage.

From the editor

Love Your Body Day breaks down stereotypes while promoting celebration of every body

Love your body. This might seem like an easy suggestion to fulfill, but in the reality of this culture it is a lot more difficult than one would think.

National Love Your Body Day was Wednesday, Oct. 18. The Women's Center held a few events throughout the week, including a panel of women from PLU who told stories to an audience of students about their experiences with loving their own bodies.

The best thing about Love Your Body Day is everyone can participate. This day does not single out people because of their political stance, religious beliefs or any other factor. The only thing a person has to have, or has to want to have, is love for his or her own body.

Another event the Women's Center held in celebration of this national holiday opened my eyes to the reason why we need a day for loving our bodies. The activity involved having PLU students pick what advertisements they felt promoted either a positive or negative body image.

Unfortunately, when I was sifting through the magazines, it was a lot easier to spot images I viewed as negative rather than positive.

I have nothing against those women who weigh less than a 100 pounds, those who have perfect breasts or those who have no facial blemishes whatsoever. I also have nothing against men who have no fat on their bodies, perfectly toned muscles and again, no facial blemishes. However, I find it a misrepresentation of our society that, when I open most magazines, the only women and men I see portray all of these traits.

If all that was left from our society a thousand years from now were these magazines, the people of that time would have quite an interesting—but completely false—view of what we all looked like.

While there are many things wrong with the way advertisers and the media often present the female and male body, we as members of society have to change how we think about beauty first. There should be no limit to what is considered beautiful, and that's what Love Your Body Day promotes.

I know we all have worries about our appearance and I understand these worries are not going to go away overnight. Love Your Body Day, however, made me really focus my energy on not putting myself down, but rather thanking my body for everything it allows me to do. We all need to be thankful for our bodies.

A good start to creating a change would be to write companies who use advertising that promotes a negative body image and tell them it's time they started showing some love to all of our body types.

But before you challenge the media's portrayal of the human body, you need to take the time to love your own body.

Editors give their personal relaxation techniques for getting over midterm stresses

We all face stressful situations, especially during midterms. A little stress can sometimes create a needed dose of adrenaline to help one get through the day's events, but too much stress can wreak havoc on a person's health.

I attended this week's ASPLU meeting and was inspired when ASP-PLU president Anne Spilman handed out a list of relaxation techniques to the senators and other members of our student government.

This list intrigued me, so I decided to ask my editors how they escape from their daily stresses. Listed below are their answers. I hope they motivate you to take a post-midterm relaxation break.

"When I'm stressed I make tea and watch Lifetime." —Tiffanie Clark

"I read trashy magazines and listen to music." —Kristi Bruner

"Put on sweats and pig out on stuff that will kill you in the long run." —Ashley Coats

"Watch movies and drink hot chocolate." —Ashlee Parnell

"Take 30 and play Legend of Zelda: A Link to the Past." —April Reiter

"Take a hot shower and listen to music while singing along." —Serena Giese

"Sleep." —Chris Hunt

"Plop down on your \$30 couch from Goodwill and play Xbox." —Nate Hulings

"Listen to music or take a nap." —Morgan Root



cartoon by Adam Spry

Parties crash political scene



DON'T WORRY, BABY

Our political system in the United States is flawed for its wholehearted embrace of political parties.

Parties like the Democratic and Republican Parties polarize debates, put our election system in a never-ending race for dollars and waste valuable time on needless issues.

There is no denying the differences between Democrats and Republicans. The problem we face is that there are differences between Democrats, Republicans and voters.

The American people, like the issues with which they grapple, are too complicated for only two sides. We need more options.

Democratic and Republican politicians wave the flag of bipartisanship, but they are unwilling to abandon their party connections. President Bush campaigned on the rhyme, "I'm a uniter, not a divider." If issues really are more important than partisan politics, why be partisan at all?

Parties in power set the legislative agenda. Minority party members, until it is their good fortune to hold the majority, must fight for what control they can gain. Senior members have more power than new members. All the while, your vote is only so powerful as your member of Congress. Thank the party system.

Can we conceive of politics as more than two parties battling?

News agencies, for the sake of drama and simplicity, portray politics like sporting events with hits

and misses for both sides. Political parties gain and keep power by playing the game in comparing themselves to their opponents.

The recent Mark Foley scandal highlights how the party system wastes our time.

Corruption of one party member leads to accusations of corruption of other party members who, in acts of self-preservation, must attack their opposing party. Democrats accuse Republicans of a Foley cover-up and mismanagement, while Republicans accuse Democrats of having a secret hand in breaking this scandal on the eve of an election.

The roles were perfectly reversed in 1998 with the outbreak of the Lewinsky scandal. With each ensuing scandal, parties rehash tired old roles and time is wasted.

So much of our complaint about politicians and their cause for corruption centers around money.

Just like our once-extravagant arms race with the Soviet Union for nuclear warheads, Democrats and Republicans are in a never-ending race for cash. So long as each party feels it will be overpowered unless it raises every single dollar possible, both will work ruthlessly to ensure every dollar is attained.

Parties select their candidates through primary elections, but these shouldn't be your only choices for office.

Candidates right for the party might not be right for you. It is no shame of the voters to be unable to find their own point of view coming out of a party candidate.

In our government, politicians are elected to represent us—not their parties.

This election, vote for whomever you will, but the day after the election, tell me the national discussion. Are we back to Congressional headcounts, tallying wins and losses for each side? Are issues forgotten in the murk of party drama?

Look for more on the upcoming elections in the next issue of *The Mast*.

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The Mast encourages letters to the editor. Letters must be submitted to *The Mast* by 5 p.m. the Wednesday of publication. Letters without a name, phone number, and identification for verification will be discarded. Letters should be no longer than 400 words in length, typed and double-spaced. *The Mast* reserves the right to refuse any letter. Letters may be edited for length, taste and errors. Letters are printed in the order they are received.

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

Sidewalk Talk:

What is your favorite type of music and why?



I hate rap, that's all really.

Brittani Robbins, senior



I like a fusion of punk and reggae because that's what I've been listening to since I was born.

Erica Tacras, first-year



I like all music except for country. I listen to music depending on what mood I'm in.

Brittany Ulrich, first-year



Reggae because it's chill.

Matt Forsyth, first-year



Oldies because I grew up with it. It's just a part of me I guess.

Sara Meyer, first-year



I'd probably say acoustic because it's relaxing.

Allie Low, first-year

To learn about the music on campus please turn to pages 8 and 9.

Technology's creating bad connections



NOT MUCH WITH THE DAMSELING

Technology is everywhere and can't be escaped: pay-at-the-pump gasoline, event invitations through MySpace, self-checkout lines at grocery stores, e-mail and text messages. These are among countless examples of technological advances that have allowed people to avoid human contact.

Toby Moore of London's "Financial Times" calls those in the 21st century "robo-communicators," but these technological advances that seem to make it easier to interact are promoting less human, more robotic communication. The quality of communication is weakening—and will continue to decline.

Technology gurus are predicting that within the next five to 10 years the popular Bluetooth wireless cell phone earpieces will be able to be implanted in people's heads, making it even more convenient to multi-task while talking on the cell. Some see this as

just another step toward creating distance between people.

"I'm interested in what this means for the future of humans," said Joel Garreau, cultural revolution correspondent for the Washington Post, in an "Orlando Sentinel" article. "It's not about the little piece of plastic. It's about the future of human connection."

At this rate the future of human connection is clear: There soon won't be any.

Sure, people will continue to communicate. That is, after all, the point of these technological conveniences. But the quality of interaction has deteriorated.

People used to write letters, people used to have heartfelt phone calls, people even used to meet face-to-face. Though these things aren't unheard of now, we're heading in the opposite direction, a direction leading us away from each other.

Interactions have gone from handwritten letters to posted comments on social networking Web sites, extensive telephone conversations to "how r u" text messages. It needs to stop.

Use technology for all it's worth. It is here to make our lives better and easier. But don't use these shortcuts to shortcut human interaction. Make an effort to meet for coffee. Have a telephone conversation just to catch up. Write a letter to a friend.

Technology is everywhere and shouldn't completely be escaped, but it is only as smart as those who use it.

Letters to the editor...

Library hours do not meet students' academic needs

In my three previous years of college, I have found sanctuary in the library from noisy dorm rooms and tempting distractions. The third floor, though the occasional cell phone rings, fosters focused studying much better than my own bedroom. That is why students go to the library—not for enjoyment, but because we are intent on getting something accomplished. It is often difficult to accomplish said task with such limited library hours.

As a senior, I have too often been frustrated by the inadequate time that I am offered in the library, especially during "breaks." While I appreciate the extra hour of free time I was afforded by the cancellation of my one Friday class this mid-semester "break," it doesn't seem like a sufficient event to merit closing two hours early on Sunday night. Closing virtually the entire weekend for President's Day last spring was insulting. Most of us celebrated this arbitrary holiday with a double load of homework.

Our rival is the University of Puget Sound, with which we are supposed to be competitive in both the rigor and quality of our academic program. I found on the UPS Web site that its library regularly closes at 2 a.m. Sunday-Thursday, 10 p.m. Friday and 9 p.m. Saturday. Compare this to our midnight closing time on Sunday-Thursday, and 6 p.m. closing time Friday and Saturday nights. This gives UPS students 11 more evening hours of a study-conducive environment.

If PLU respects the academic efforts of students and intends to be competitive with comparable institutions, I suggest they reconsider the library

hours. When my progress on a critical assignment is interrupted at 10 p.m. Sunday night, I don't feel like a supported college student: I feel like a kid with a coloring book and an early bedtime.

Amber Morley senior

Dance theme contradicts administration's new policy

RE: Studio 54 Homecoming Theme

Let me get this straight. "The powers that be" at PLU won't allow The Mast to run a perfectly legal advertisement for The Haven because alcohol is served there, but it's perfectly all right for ASPLU to christen this year's Homecoming Dance as "Studio 54?" I'm too young, as are most PLU students, to have actually been aware of Studio 54 while it was a phenomenon, but I am well aware as to what Studio 54 was infamous for, and it wasn't disco. Unsafe sex with multiple partners, cocaine abuse and needle sharing were all commonplace at Studio 54.

The hypocrisy of PLU's administration was already apparent in the fact that PLU serves alcohol at homecoming. (Because selling alcohol brings in the dollars, right?) This time, their hypocritical actions just make them look stupid and out of touch with students. If they are going to insist upon forcing their outdated morals on us, couldn't they at least do so with some consistency?

Dan Nutt senior

Retreat embraces students of color

JILLIAN RUSSELL
guest editorial columnist

It is said that human beings have innate out-group biases. As a result, we unconsciously clan together with people that look, act and think like us and we reject the people that don't. No one is immune; it is deeply imbedded in all people, across gender, cultural, socio-economic and racial lines.

Being a product of a white mother and a black father, my life is frequently riddled with examples of this happening. The PLU campus is no exception.

The first-year college anxieties for every student, regardless of race, are mutual. But our peers within the minority population have uniquely different factors affecting their experience.

When you are categorized as a minority student, life on the predominantly white campus of PLU can be extremely intimidating, frustrating and lonely.

The lack of visible racial diversity can come as a shock to some students, especially if they are coming from prior diverse academic institutions.

What some students fail to

realize is that the stories and experiences of their minority counterparts at PLU are frighteningly similar.

During my two years as a PLU student, I have heard numerous horror stories from students expressing their embarrassment, frustration, anger and loneliness in classrooms and in residence halls.

Last year, while I was working as a diversity advocate in the Diversity Center, listening to these types of stories was one of the biggest aspects of the job. It saddens me that PLU's minority students have been feeling this way for so long and nothing has been done about it.

Two years ago in an effort to do something about it, the Diversity Center hosted the first Student of Color Retreat. The third-annual Students of Color Retreat will take place Oct. 13. The students who attended were given the unique opportunity to become the majority for one weekend.

The focus of the retreat was for students to connect with each other by sharing their frustrations, fears, goals and hopes for their experiences at PLU.

Speaking as a student, who has attended this event, it is always a very empowering and positive experience. The staff and faculty that have annually attended offer support and encouragement through mini-workshops they conduct.

Just like the name says, this retreat has remained exclusively for students of color only. Is it bad that students of color get to have their own separate and exclusive retreat? Or should all interested students, regardless of race, be allowed to attend?

There are white students who want to gain a better understanding of the minority student experience at PLU. But if the retreat becomes an open retreat, will the students feel less inclined to share their stories?

I challenge you to ask yourself these questions and try to understand the perspective from both sides.

Some students last year expressed their frustrations about being denied attendance. But as one minority student last year stated, "Everyday at PLU is white day. Finally, something celebrating us and our experience."



With over 390 students in ensembles and private music lessons, and a scheduled 140 concerts on campus this year, music is everywhere. This week Lutelife takes a look at the sweet sounds PLU students are making.



Photo by Brett A. Patterson

Juniors Stephen Fairweather (left) and Sean McQueen (right) are just two of the many students who are part of the ever-growing PLU music program. They spend their Wednesday afternoon practicing piano.

It's not over till the fat lady sings

ANDREW LUCHESSI

Mast Reporter

The mere mention of the word "opera" evokes images of Bugs Bunny clad in a metal girdle and horned helmet, wailing unintelligibly. And the first question that springs to the mind of a student is probably, "What does opera have to do with me?" Surely this is an art form that is firmly in the realm of the old and the stuffy and has nothing relevant to do with college students.

One need only look around, however, to see among the ranks of PLU students a growing minority beneath the surface. There are, dare I say, young people in to opera. One of these students is Derek Tilton, a sophomore music major who is also president of the newly formed Opera Club. Boasting a member list over 100 names long, Opera Club works hard to make this old art available to young people today, both in the aesthetic and monetary senses.

Opera Club joins together with both the Tacoma Opera Company and the Seattle Opera Company to offer tickets to many of the best productions in the area at a reasonable price. In addition, Seattle Opera offers student rush tickets, which allow students arriving two hours prior to the curtain to purchase the best tickets available for \$20 dollars each.

"I've brought a lot of people to their first operas," Tilton said. "I love the chance to share something I really enjoy with other people for the first time." Tilton has seen dozens of operas in his lifetime, and he is always constantly adding to that list.

The appeal of opera today is the same it has always been. The stories being told are as universal as they are timeless: betrayal, comedy, love, obsession, farce, loss, sex, murder, satire; all are mainstays of drama.

"It deals with life in larger-than-life ways," Tilton said. "I love how big and unreal something so simple can be."

Music faculty chair Dr. James Brown also understands how gripping the experience of opera can be.

"The first opera I ever saw live was 'The Flying Dutchman' by Wagner," Brown said. "The production had this huge ship that 'sailed' onto the stage. The whole audience gasped, and I thought, there is something really powerful about this."

One of the biggest critiques of opera is this unreality: People don't go around singing all of their conversations in day-to-day life. Getting past this barrier is a challenge for some listeners.

And language often makes things even more difficult.

"The language barrier is definitely a problem," Tilton said. He continued that because many operas were written in languages most young people don't understand, young audiences feel they are inaccessible. Even though it is now common practice to include supertitles (a running translation over the stage), these are not sufficient for all viewers to understand the performance, and can be very distracting to one who has never encountered them.

"If there were more things done in English, it might connect better," Tilton said.

But despite all the odds stacked against opera, it continues to flourish. New opera companies are popping up all over the United States with hundreds of productions every year. PLU has been putting on operas for years with its "Opera Workshop" class.

"I have seen more and more young people attending opera today," Brown said. "Opera companies are working hard to make opera a viable dramatic entertainment. For example, the new head of the Metropolitan Opera in New York is hiring acclaimed directors from theater and film to breathe new life into these familiar pieces."

If you have never tried an opera, finding a place to start may seem daunting; you certainly don't want to pick a four-

Upcoming concerts:

Tuesday, Oct. 31
University of Montana Orchestra
in MBR, free

Wednesday, Nov. 1, 9 p.m.
Hump in the Cave, "Manchester"

Sunday, Nov. 5, 3 p.m.
MBR Scholars Recital, free

Friday, Nov. 10
Solvvinden Flute Ensemble

For more information about campus concerts, contact the Music Department at x7787.

hour German political war intrigue for your opera-watching debut. Here are some suggestions from people who have been there.

Both Tilton and junior Leann Conley, a vocal performance major, suggest "Carmen" by Bizet. It has many melodies well known in popular culture today, and its story is both dramatic and believable. John Carlson, also a junior vocal performance major, suggests "Tosca," one of Puccini's most dark and tragic operas.

Dr. Brown took a different and more timely approach with his suggestion.

"I would suggest that people see 'L'Italiana in Algieri' ('The Italian Girl in Algiers') by Rossini at Seattle Opera—it is a fabulous production and very funny," he said.

If you can't make it to Seattle this weekend, he said, Seattle Opera is putting on a production of "La Bohem."

"Everyone loves Bohem," Brown said.

While it is too late to see "L'Italiana" with Opera Club, the Rossini opera is not to be missed; this is an excellent opportunity to use that student rush privilege.

"L'Italiana in Algieri" is in its final weekend of performances at Seattle Opera, but the rest of the season will bring other outstanding works to the stage. You can find out more at www.seattleopera.com.

This J-term, PLU's Opera Workshop is putting on a production of Kurt Weill's "Street Scene," an American opera in English. This is another great opportunity for the average student to get to know opera in a new light.

"From the visual to the musical to the dramatic, there is something for everyone to like about opera," Tilton said.

To find out more about opera at PLU or to receive information concerning upcoming opera productions in the area, send an e-mail to opera@plu.edu.



“Nick and Jeff” — from Starbucks to a CD, they’re making a name in music

BREANNE COMPTON AND KRISTEN HOLLAND
Mast Interns

Above: Nick Sandy shows off his skills on the hand drum. On Oct. 14 Nick and Jeff played at the Starbucks on Pacific Avenue near campus to an audience of about 25.

Right: Junior, Jeff Martin is a multitasking musician. He not only sings, but also plays the guitar and the harmonica.

Photos by Chris Hunt

Two of our very own fellow Lutes, Nick Sandy and Jeff Martin, are starting to make names for themselves on campus and in the local area. The two sing, write and play in duet, sharing their talent with the campus community as well as the surrounding neighborhood. Sandy and Martin met their first year here at PLU, but did not instantly discover the creative and harmonic bond that they now share.

Sandy credits Martin with being his inspiration because of the friendly competition and creative insight he provides. They mentioned how they are always trying to out-write one another with new songs and are able to find lyrics to songs through each other.

Although music is something that both Sandy and Martin enjoy, they do not wish to change by pushing their musical careers too hard. They enjoy playing in the moment, sharing their music with their fans and expressing their own creativity through music.

Their music is not only a personal joy but is rapidly gaining popularity. Sandy and Martin often play at the local coffee hangout and in Red Square, providing entertainment for both Lutes and the surrounding community. Other venues to watch for appearances include NPCC, South Hall and Starbucks.

Sandy and Martin are also currently working on a new CD that will be available Dec. 1. This CD will include 14-16 new original songs inspired by Edwin McCain and Jason Mraz, among others. The two also plan to hold a show for the PLU community in the Cave on the date of their CD release. The show will include a full band and other Lute musicians.

Sandy and Martin are excited about their new music and the support they’ve received from the local community. Both want to credit and thank Travis Pagel for all his help in publishing their music and Rachael Abby for her support.

Not only can their voices awe and entertain audiences for hours, but these men are quite the jokesters on stage and put on a great show. If you haven’t heard them sing, you’re missing out. Come down to the Cave on Dec. 1 and show your support. It will be a great night full of fun, laughs and brilliant music.

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My favorite films of all time

You didn't ask, but here they are



I'm not a gambling man, but I'll bet you \$50 that I was the only student on campus who spent the mid-semester break updating a list of my top 10 movies (you can pay me later). My top 10, first established in early 2003, has gone through numerous changes over the years, but my particular taste remains firmly entrenched. A few films have survived (namely the top three), but I find that the more movies I see—for every "Chinatown" or "2001: A Space Odyssey" I find—the harder it is to narrow my favorites down to 10.

Please bear in mind that my list is completely subjective and is not a compilation of what I necessarily believe to be the greatest or most well-made films of all time. These are simply my favorite movies. I will list five now, and five next week. My list has never been publicly addressed—until now.

10) "Aliens" (James Cameron, 1986): Ridley Scott's "Alien" was a masterpiece in genre-bending filmmaking, a milestone in both horror and science-fiction cinema. With "Aliens," James Cameron manages the impossible: He creates an action-oriented sequel that is equal in quality—nay, nearly superior—to Scott's original groundbreaking film. "Aliens" echoes the numbing terror of its predecessor while intensifying the experience with a delicious dash of crazy action. It's one of the most purely enjoyable films out there. Just steer clear of the sequels and please, for the love of God, don't punish yourself with the atrocity that is "Alien vs. Predator."

9) "The Good, the Bad and the Ugly" (Sergio Leone, 1966): Followed closely by Leone's "Once Upon a Time in the West," "The Good, the Bad and the Ugly" is the absolute pinnacle of spaghetti Westerns. It's a beautifully shot, atmospheric Western, the hands-down greatest cowboy flick of all time. Clint Eastwood is at his best as the nameless drifter (the good) who clashes with a bounty hunter (the bad) and a thug (the ugly) in order to attain a fabled treasure, all leading up to one of the most climatic gunfights in the history of cinema.

8) "Vertigo" (Alfred Hitchcock, 1958): Though "Psycho," "North by Northwest," "Rear Window" and "Rope" are all indisputable masterpieces, Hitchcock's greatest achievement is 1958's "Vertigo." It's a mind-bending thriller, its plot

warped with twists, turns and all manner of mysteries and reveals. Hitchcock-regular James Stewart is fantastic as Scottie, a retired police detective with a paralyzing fear of heights, and Kim Novak gives a strong performance as his troubled love interest. Hitchcock's innovative camera techniques amp up the tension tenfold, and the result is "Vertigo," possibly the greatest thriller of all time.

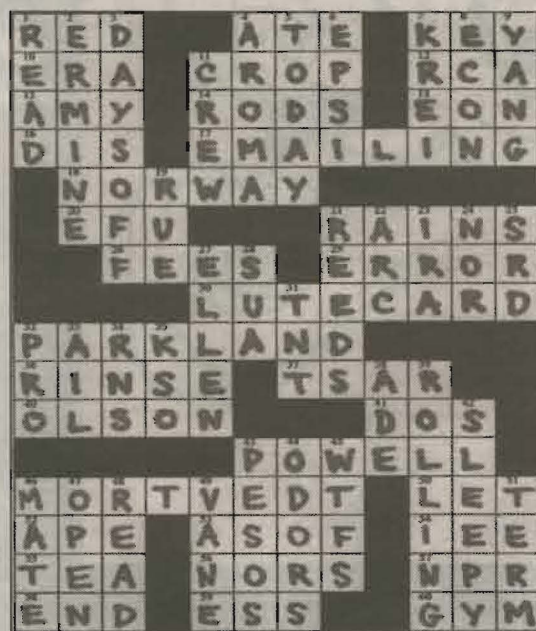
7) "Apocalypse Now" (Francis Ford Coppola, 1979): The troubled production of Francis Ford Coppola's "Apocalypse Now" is legendary among film fans. Drunken actors, typhoons, suicides, drug use and an immensely overweight Marlon Brando all lent to a hellish 16-month shoot. But the resulting film presents no signs of its distressed creation, or if it does, it only succeeds in creating a deeper, darker, more involving cinematic experience. Set in Cambodia during the Vietnam War and based on Joseph Conrad's "Heart of Darkness," "Apocalypse Now" tells the story of a soldier's (Martin Sheen) mission to kill the renegade Colonel Kurtz (portrayed wonderfully by Marlon Brando). The film is Coppola at his very best, and his use of shadow in the final act is superbly surreal. It's truly a classic film.

6) "Dark City" (Alex Proyas, 1998): "Dark City" is one of those underrated gems that will someday be rediscovered and recognized for what it is: a masterpiece in modern filmmaking. It's a criminally underappreciated science-fiction mystery flick with film-noir undertones, a fantastically innovative take on the gumshoe detective story. The story is that of a man who has lost his memory in a city where the sun never rises. The script is solid, the cinematography is remarkable and the performances from the likes of Rufus Sewell, William Hurt, Kiefer Sutherland and Jennifer Connelly are just superb. "Dark City" is a significant film for me because it was the first movie that made me look at cinema as more than simple entertainment, but rather as a valid art form.

You've been allowed a glimpse into my favorite films, but you'll have to wait a week for the top five. So, stay tuned. And, before I close this column, I'd like to shamelessly plug my blog, if that's all right with you (matinee.blogspot.com).

October 13 crossword answers

BY: KARLY SIROKY



Laughter on the 23rd Floor

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Regular Showtimes

Friday Oct. 27 @ 8 p.m.

Saturday Oct. 28 @ 8 p.m.

Thursday Nov. 2 @ 8 p.m.

Friday Nov. 3 @ 8 p.m.

Saturday Nov. 4 @ 8 p.m.

Sunday Nov. 5 @ 2 p.m.

Tickets available at Campus Concierge

Something amazing has happened to Tacoma: We now have a Carl's Jr



Katy NELSON-PENLAND

I figured that it was my job to keep the public up-to-date with what is going on in our area when it comes to food, so I decided to review the new Carl's Jr.

Accompanying me was a friend from the Midwest, so he wasn't as excited about this addition to the Tacoma fast-food scene. In fact, he said that Hardee's (the Carl's Jr. branches in the Midwest) always gave him a creepy vibe since most of the employees were from his high school. Rest assured, he did not go to high school with any of the amazingly efficient and friendly employees of this new Carl's Jr.

I had heard that it would be quite a wait and that finding a table might be difficult due to the excitement of a new way to clog our arteries. However, the line for people waiting to pick up their to-go orders exceeded the number of people who wanted to sit.

After ordering, which we were able to do almost immediately, we quickly found a table with a good view of the place so that we could continue to people-watch while dining. At Carl's Jr., they

give you a number to put on your table and then bring out the order, so we enjoyed some lovely Coke products and observed others while the caffeine went to our brains.

My friend had ordered the Western Bacon Cheeseburger Combo, which comes with fries and a soda. The burger itself comes with cheese, bacon, barbeque sauce and onion rings. He was impressed that they offered Strawberry Fanta and enjoyed the burger, but said it wasn't anything special.

Because of a lack of vegetarian options, I gave in and decided my usually protein-deficient life needed a boost and ordered the Santa Fe Chicken Sandwich Combo with fried zucchini. The sandwich came with cheese, lettuce, spicy Santa Fe sauce and green chile on it. The sandwich was tasty, but the best part was the fried zucchini. Sure it was greasy and unhealthy—but it was still a vegetable!

This prompted an argument over fast-food fries. The Carl's Jr. fries are quite good, but my friend held strong that McDonald's holds the award for most addictive fries.

Soon the lady dining alone at the table next to us decided to join in our conversation and tell us about her Carl's Jr. experiences. She had ordered the six-dollar guacamole burger, and used words

such as "juicy, thick and filling," which justified the price for her. Carl's Jr. is a bit pricier than other fast-food places, but was worth the adventure alone.

Carl's Jr. deserves a three out of five for food, but a five out of five for service. It wasn't going to be anything spectacular, but I was very impressed by the ability of the staff to move orders through so quickly while keeping customers happy.

Although the drive-thru was about 10 cars long at all times, and the restaurant was always packed, the staff was continually kind and up-to-pace with the high fast-food demands. Let's hope that this kind of service is mirrored by the other operations opening soon, like the Del Taco coming to Federal Way.

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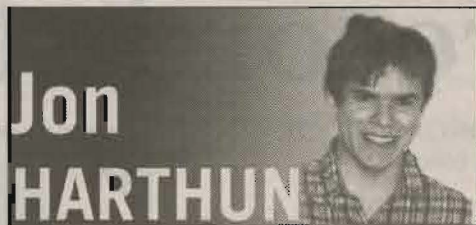
THE LAST KING OF SCOTLAND (R)
 Fri: 4:00, 6:40, 9:00
 Sat/Sun: 12:15, 4:00, 6:40, 9:00
 Mon-Thurs: 4:00, 6:40, 9:00

THE U.S. vs. JOHN LENNON (PG-13)
 Fri: 2:10, 4:15, 7:00, 9:10
 Sat/Sun: 12:00, 2:10, 4:15, 7:00, 9:10
 Mon-Wed: 4:15, 7:00, 9:10
 Thurs: 2:10, 4:15, 7:00, 9:10
 A discussion will follow Saturday's 4:15 show

KEEPING MUM (R)
 Fri: 2:35, 4:45, 7:10, 9:20
 Sat/Sun: 12:30, 2:35, 4:45, 7:10, 9:20
 Mon-Wed: 4:45, 7:10, 9:20
 Thurs: 2:35, 4:45, 7:10, 9:20

From "Chicago" to Portland

Sufjan Stevens stuns the Crystal Ballroom



Jon HARTHUN

Last year singer/songwriter Sufjan Stevens released "Come On Feel the Illinois," better known as "Illinois." It quickly caught fire, receiving rave reviews and guaranteed spots on year-end top 10 lists. Stevens possesses undeniable talent that critics and music listeners alike can no longer ignore.

"Illinois" is Steven's second state-themed album, following his 2003 release, "Greetings from Michigan." This album's content, like its predecessor, focuses on the state's history, folklore, notable figures and traditions. Songs recall UFO sightings, the World's Fair, the mass appeal of Superman and the "love life" of a certain serial killer.

This year, selections from "Illinois" were featured in the sleeper hit of the summer, "Little Miss Sunshine" and left the general public wanting more. In acquisition, Stevens released a second Illinois-themed album containing a compilation of songs that didn't make the original cut.

On Friday, Oct. 13, Michigan native Sufjan Stevens stunned the audience with a stellar performance in Portland's own Crystal Ballroom. I, of course, was there to take in every moment of it, but it was no easy task to get there.

Being the college student that I am, with a "steady" income from KCCR and The Mast, I was reluctant to snag a ticket for Stevens' upcoming concert in Seattle. The show, along with most of the tour, quickly sold out. I was out of luck.

About a week later, a friend informed me he had found two tickets online for the concert in Portland, costing \$100 total. Before I could inform him of my financial instability, he told me, "It's a birthday gift." I wasn't in a position to contest.

After surviving the tail end of rush hour, a bathroom break in only-God-knows-where and an hour wait outside in the brisk autumn air, we made our way inside the antiqued hallways of the classic Portland venue. The crowd was something I had not expected: a combination of young teens and those in their mid-to-upper 20s with a few thirty- and fortysomethings peppered about. I felt a little out of place crowding the stage in a sea of adolescents while others 10 years my senior socialized in the bar behind me.

Being the concert-going veteran that I am, I've grown to despise waiting through opening acts, regardless of talent. Arriving "early," also known as on time, I had the "privilege" of catching My Brightest Diamond, a female-fronted, orchestra-backed act employed under Steven's own label, Asthmatic Kitty. My Brightest Diamond sounded like Fiona Apple if she channeled all her angst and anger into her music instead of her well-crafted lyrics.

One song's content focused on butterflies caught in spider webs, something straight out of a high school creative writing class.

Musically, the band picked up and caught my drifting attention, and almost-keyword: almost-paved the way for Stevens' highly anticipated set.

As the lights dimmed, a stream of musicians clut-

tered the stage clad in bird masks and wings crafted from kites. The musicians included Stevens, trumpeters, violinists, a drummer, a guitar player or two and, to my surprise, all the members of My Brightest Diamond. They opened with an overwhelmingly beautiful rendition of "Sister," a song off Steven's 2003 thoroughly religious album, "Seven Swans." During this long-winded but well enjoyed start, I noticed a projection of homemade Super-8 films on a screen behind the band, only adding to the mystery and uniqueness of the music.

Following "Sister" came the banjo-led song, "The Transfiguration." From there the band moved into a horn-based number called "The Tallest Man, The Broadest Shoulders," which began to give you an idea of how many people and instruments were on the stage.

Next up was the heartbreaking "Casimir Pulaski Day," which intones the tragedy of a dying love interest. In it, Sufjan sings about his fleeting faith: "Tuesday night at the Bible study/We lift our hands and pray over your body/But nothing ever happens." The song also recalls personal romance: "I remember at Michael's house/In the living room when you kissed my neck/And I almost touched your blouse." Seeing the song live was nothing short of a tearjerker.

The band continued on a lighter note with the peppy song, "Dear Mr. Supercomputer," and Sufjan charmed the audience with his version of a "scary story," which set up his next song, "The Predatory Wasp of the Palisades Is Out To Get Us!"

"John Wayne Gacy, Jr." came next with falsettos that sent shivers down my spine, then a piece inspired by, and titled after, Flannery O' Connor's short story, "A Good Man is Hard to Find."

Thus far, the show had been outstanding, but the newly written "Majesty Snowbird" without a doubt stole the show. The song, spanning nearly 10 minutes in length, showcased a level of musical craftsmanship that topped anything Stevens has done to date. The breathtaking number utilized every instrument, challenged vocal ranges and created a masterpiece out of interweaving strings, horns, cymbal crashes and piano. "Majesty Snowbird" set new standards for the likes of Stevens, but unfortunately left the crowd with readjusted expectations as well.

Although the rest of his set was not as over-the-top, Sufjan, along with the rest of the band, amazingly executed songs like "Jacksonville," "Detroit, Lift Up Your Weary Head" and the Superman-inspired "The Man of Metropolis Steals Our Hearts."

Stevens finished his set with "Chicago," an obvious crowd favorite. As fans sang along and the band wrapped up, it was clear that everyone wanted more. As an encore, Sufjan and the rest came back to play the lengthy "They Are Night Zombies!! They Are Neighbors!! They Have Come Back From The Dead."

Halloween Night

BY KARLY SIROKY

1	2	3	4	5	6	7	8	9	
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ACROSS

- Trick-or-treater welcomer
- Joking ability
- Night patroller
- # of Halloweens
- One in March
- Plural "is"
- Costume choice
- Golfer must-have
- Skeleton part
- "Got milk?" Halloween style?
- Everett High School
- Noose material
- Ms. Jones
- Night patrollers
- Dry
- Gramps' car
- Dominant or recessive
- Costume choice?
- Ghost hangout
- Hans' SAT
- Prefix's prefix
- Horoscope sign
- Dad's trick-or-treater
- Crush's hwy.
- More for Pedro
- Witch's alias
- Hair tint
- Costume choice

DOWN

- Ghostly groan
- Holocaust legend Frank
- Pierre's noggin
- Hag's alias
- Costume candidates?
- Trick-or-treater cut-off
- Night sound
- Gold for Pedro
- Fear reaction?
- More ghostly
- Lifeless
- Liberal Democratic Party
- Snaky letter
- Bother
- Mine product
- Doorbell sound
- Light type
- Plural mice?
- 46-acrossed
- Hispanic girl's name
- Grim's chore
- Poison serving
- Fire product
- Costume component

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Top Ten: Etiquette

Ways to improve your manners



After a brief hiatus to pursue academic endeavors (code for us forgetting to write the column for a month), we return to the Top 10 rejuvenated, inspired and punctual. It also helped that we only needed to check our mail (for the first time this year) to find a topic. We were terribly offended when we received invitations to an etiquette symposium, which we took as an insinuation that our social skills are somewhat lacking. We would later find out that this was directed at everyone, but this did not ebb our angst. Feeling the need to prove our respectability, as well as impress Jessica Alba and Kristin from "Laguna Beach" (yes, we send them every column, and yes, we're sure that they read them), here are our top 10 tips to improve your social standing and manners. Stay classy, PLU.

1.) **Frequent high-class eating establishments:** The first mistake most college students make is frequenting "lesser" eateries, such as Taco Bell or McDonald's. We've found that visiting more esteemed restaurants is often the first step toward high society. Our suggestions: The Wagon Wheel, The Haven and Denny's. Formal dress is required.

7.) **Mustaches:** Everyone knows that a beard says bum, but a well-groomed mustache says monopoly man. Just ask Adam Morrison, Hulk Hogan or Burt Reynolds. You think they'd be where they are without impressive, awe-inspiring upper lip hair? Little disclaimer: This does not work the same way for girls.

3.) **Vocabulary:** One cannot hope to be held in reverence without an impressive arsenal of witticisms. Thusly, one must strive to attain grammatical excellence. One can reach said success by thorough examination of classical writings or dictionaries. In our house, we use "word of the day" toilet paper. Us speak very pretty now.

9.) **Revamp wardrobe:** T-shirts and sweatshirts are simply unacceptable when going for that vogue look. Suits and formal attire are a must, but these can often be a little overpriced. We suggest a trip to Value Village, where the outfit selection is exemplary. Go in looking like cousin Will, come out looking like Carlton.

4.) **Keep immaculate company:** You can't look good if your friends don't, so dump those slobbs you normally hang out with and start running with a more sophisticated crowd. We suggest the Future Venture Capitalists of America. Those kids know how to throw a party. We should note that we're the only members.

6.) **Update tomes:** First, that's a fancy word for books. It was on the toilet paper a couple of weeks ago. Put those trashy magazines and romance novels down. If you want respectability, you're going to have to pick up "The Taming of the Shrew" and "Romeo and Juliet," which we both absolutely loved. Granted, we're basing our opinions on the movies, but we think that they stayed true to the story. We had no idea that Shakespeare would base one of his plays in Stadium High School or that Romeo packed heat.

8.) **New outlets of entertainment:** When rubbing elbows with Parkland's elite, you're going to need something chic to talk about. Tacoma has great art and glass museums. There are also some great community theaters in the area. If those ticket prices are a little high, there's always "Masterpiece Theater." That, or "Flavor of Love."

10.) **Transportation:** Do you think that the Donald Trumps and Paris Hiltons of the world roll around in beater cars—or even walk, for that matter? You might not have the money for a fancy new Cadillac, so we have a better alternative: Make your roommate be your chauffeur. It's the perfect way to put that messy, lock-you-out-of-your-room, steal-your-food kid to work. Buy a little driver hat to give him or her credibility.

2.) **Invest in real estate:** Any good mogul knows that the key to a fortune is diversifying your portfolio. Since we don't know what that means, we say buy real estate. All you have to do is click on one of those pop-up ads for time-shares, and you're set. We currently own property in the Yukon and on the Nevada coastline. Who needs investment brokers anyway?

5.) **New hobbies:** Sometimes in order to fit in with fellow socialites you'll need to compete on their level. We started with some golf lessons (at Parkland Putters) and were all set for polo. Turns out there's more to it than looking good in an alligator shirt.

Where did all the record stores go?

MORGAN ROOT
A&E Editor

As of this week, one of the best record stores in western Washington is having its going out of business sale. I'm sure some people will disagree, but Tower Records was a piece of pop culture to everyone who loved music. It had everything from import singles and magazines to in-store performances on album release days.

Tower Records was a place for people who enjoyed music and enjoyed shopping for music: You could spend hours browsing the racks of CDs, DVDs and magazines free from the judgmental eye of the employees. I've been to other music stores where, when you bring your purchases up the counter, you get the look that says, "You listen to that?" At Tower it didn't matter if I went up with a Josh Groban CD or an Anti-Flag CD or both.

Where else can you find the more obscure albums that the big stores like Sam Goody, Best Buy and FYE don't sell? Sure, Best Buy has some good deals (I went and picked up the new Killer's album at Best Buy for \$9.99 plus bonus tracks), but there is just something about walking into a store that is wall-to-wall music and spending hours going through the racks. To me it's more of a mission to get in and out as fast as I can when I walk into Best Buy with their 50-inch plasma screen TVs and blaring stereo systems. But when I went to Tower I knew I would spend at least half an hour going through the racks of CDs. Granted, some of the older CDs were a bit expensive, but I could always count on sales and racks of used CDs.

The closure of Tower is due to more than stores like Best Buy: people who download music contributed to its demise, but foremost the store had internal problems of its own. The company had to file for Chapter 11 a few years ago, and this year distributors stopped shipments of new CDs to Tower because it was failing to make payments. It's upsetting that the sale of music has become so unstable that they couldn't bounce back.

Record stores are slowly giving way to the larger stores that can sell music for less because they have other revenue makers, like TVs and computers. There is nothing wrong with buying music there, but before you do, think about this: When was the last time you walked into a store like Best Buy or Sam Goody and spent more than 15 minutes looking at the CDs? When was the last time you had a conversation with one of the employees about music?

These big box stores like Best Buy lack atmosphere. Real record stores are a part of our culture that should be cherished, but in the digital age of iTunes and the ability to buy music from online stores like Amazon, record stores are often kicked to the curb. So, next time you go to buy an album on iTunes, think about what you are missing: Not only the seemingly archaic experience of holding the album in your hands, but the experience of walking into a record store and spending hours browsing or talking to the employees.



Photo by Morgan Root
Tower Records in Seattle is having its going out of business sale. Tower Records was recently bought out and the company who took over made the decision to liquidate all the stores.

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Sit and lose...eligibility



**Tim
KELLY**

Loss of redshirt hurts more than helps

The color red can mean passion or shame. More often than not people think of it as a sign of caution or signal to stop. In the sports arena, the color red can mean the most significant penalty in the game of soccer or it can mean "charge" to the bull in the bullfighting ring.

For college athletics it is the term given to an athlete who is not participating in the competitions during the season but can practice. All levels of NCAA athletics followed the redshirt rule until fall of 2004 when Division III revoked its policy to redshirt athletes.

The redshirt rule stipulates that athletes are only eligible to participate in events for four years, but if they do not

take the field or court during one of those years, they are granted an additional year of athletic eligibility.

If an athlete doesn't participate for two years, they don't get two years extra eligibility unless, of course, there is a horrible injury and they can't play. But even this has to be approved by the NCAA.

Players are sometimes redshirted because of an injury, but more often than not they are redshirted during their first year so they can acclimate to the operations of the team. The rule thus allows the player to improve his or her skills and add depth to the team in later years.

Redshirting has the most impact on the football field. In most college gridiron programs, first-years are very lucky to even see the playing field. At PLU, the first-years are called "bombers" and are all automatically redshirted, but if a first year is good enough, he will get on the playing field.

"It's hurt our program because PLU football, for the most part, was based on the redshirt rule," junior football player Sean Mcclraith said. "We have a freshman class, but we like to call it bombers. We have bombers who wouldn't play at all. They would serve as scout team players. Since we got rid of the rule, the guys coming in

right away are using their eligibility. Some of those freshmen have had chances to play and have key roles, but there are some that still serve as so-called bombers but their eligibility year is being used up right away."

Football isn't the only sport to benefit from the redshirt. Sports such as basketball and volleyball, where there are only a few people on the court at a certain time, have used this to their advantage. An article in the June 23, 2003 issue of The Johns Hopkins Gazette talks about the hope that all Division III schools will follow their lead with more athletic restrictions. Among the things cut were redshirting, limits on regular games, exhibition games and practices.

The Centennial Conference, of which Johns Hopkins is a part, approved these measures because they felt that students were becoming athletes rather than being student-athletes.

Many feel that allowing players to redshirt does not follow the Division III process of getting students through school in four years and thus may cause financial hardship. Others who have gone through the process feel that it has not hindered them and they would gladly do it again.

According to Johns Hopkins director of athletics, Tom Calder, in The Johns

Hopkins Gazette, "If we have redshirted an athlete in the past, it was solely the decision of the student-athlete, not the institution. Most kids can't afford to come back for a fifth year, so there has always been a built-in discouragement from losing a year of eligibility."

Financial concerns are an issue for almost every student, but ultimately it should come down to the student's decision if he or she wants to stay at school for another semester or year to finish eligibility.

This issue seems to deal more with the schools wanting to be in control than anything else. It also can't hurt to have students stick around another semester: Students can space out their classes a little more and the school gets a little extra money.

To me it seems this new redshirt rule doesn't hurt anyone except the people who truly love to play. It is a handicap for athletes to be forced to use up eligibility when they are making huge adjustments in their lives from living at home to living in dorms, from being the big shot at a school to becoming a team player. Sadly, the powers-that-be in Division III athletics do not see it that way.

Crew

Continued from Page 1

Crew is a taxing sport that requires a lot of dedication from its rowers. The PLU team practices six times a week at 5 a.m., when conditions on American Lake are best. Practice usually ends 7 a.m., which is well before most other students wake up.

"You have to work together or else the boat won't go," sophomore Kat Jenkins said. "You can't have a star."

While the two women's teams were in Boston, the other members of the PLU crew team were also competing. Three novice boats and both a men's and women's varsity boat raced at the Charlie Brown Regatta in Portland over the weekend. Both the novice women and men fours won first in their races, rowing against division rivals Lewis & Clark, Willamette and UPS. The other boats also performed well, setting the stage for a strong spring season.

"You work really hard in practice," Jenkins said. "But you know there has to be something special about it to make someone get up at 4 in the morning."

Its season over, the PLU women's crew team will condition for three months before spring crew starts with even more intense competition. And after the strong showings in Boston and Portland, the Lutes look forward to the season with anticipation.

Lutes knock Boxers to ground in OT

JON WEDELL
Mast sports reporter

The Pacific Lutheran men's soccer team stormed back in a must-win conference match on the road against the Pacific Boxers on Oct. 15. Pacific had just recently beaten Whitworth College and the Loggers of UPS, the top two teams in the Northwest Conference. Coming off a big win over the Linfield Wildcats, the Boxers came in with a lot of confidence, which was sparked even more with a quick goal within 20 minutes of the opening kickoff.

The Boxers threw the first punch with a goal in the 19th minute off a free kick by Danny Williams, which was co-assisted by Jared Komo and Kevin Pujimoto. However, the Lutes didn't mess around as Erik Gracey, a junior from Maple Valley, Wash., served the ball on the right sideline to junior Mike Ferguson of Sumner, to even the score in the 38th minute.

The shots taken in the first half weren't reflected on the scoreboard as the Lutes outshot the Boxers 11-2. PLU continued to play tough and drew two yellow cards to Pacific's one.

The second half of action continued to go in the Lutes favor as sophomore Andrew Croft of Kenmore, Wash., kept the Boxers scoreless. Pacific was only able to get off two shots to PLU's 14. The final knockout blow from the Lutes was a goal by Derek MacLean.

"It's always nice to get the win," sophomore Andrew Croft said. "The game was good for drama aspect, but we wished this didn't happen because our defense did give up the lead."

The Lutes then played the Loggers of UPS for the second time. The Loggers showed who the better team was that night as they defeated PLU 2-0 at Mount Tahoma High School. The Loggers set the tone early with a goal in the 15th minute by Byron Conforti. The Lutes couldn't gather themselves as UPS iced the game with a late goal in the 81st minute by Greg Swanson.

The Lutes bounced back to defeat the George Fox Bruins 3-2. The Lutes had a nice setup to open the game as Henrik Oiseth started the ball and dished it to Gracey, who ran the right flank where Ferguson half-volleyed it into the back of the net.

The second goal went to Oiseth: After Gracey flicked the throw-in from Derek Karamatic, Oiseth got a strong strike for his first goal of the season. The Bruins didn't give up, striking back with two goals to tie the game.

With a draw, the Lutes and Bruins went into overtime. But Ferguson worked his magic, earning his second goal of the game, ending the "golden goal" and securing the win for the Lutes.

With the win the Lutes improved to 6-3-1 and sit alone in third place. The Lutes host a pair of games this weekend when they host Whitman on Saturday and then host the conference-leading Whitworth Pirates on Sunday. Both games start at 1:30 p.m. at PLU.

The Lutes have an opportunity to split the series with Whitworth and sweep the Missionaries. "We play better at home, and since this is a must-win series and we have to win out to have a slim chance at nationals, the sense of urgency will be there," Croft said.



Photo courtesy of Bryanna Plog

The crew team placed ninth against international competition at a regatta in Boston, Mass.

Question of the week:
Who did the Sonics pick 5th overall in the 1987 draft?
(Answer on page 16)

Wildcats pounce on Lutes

Football's fourth-quarter TDs can't save Lutes from 44-21 loss to Linfield

MARY JOHNSON
Mast sports reporter

The Lute football team lost to Linfield 44-21 Saturday. PLU forced five Linfield turnovers, but the Lutes had seven of their own, squandering multiple chances to keep the game close.

It was a field goal from Linfield's kicker, Scott Birkhofer, that gave the Wildcats their 3-0 lead, but defensive end Andrew Eisentrout made a spectacular diving interception, giving PLU the ball on the Linfield 42-yard line.

After breaking a tackle and changing directions, Chase Reed was able to zoom right into the end zone to put the Lutes up 7-3. Unfortunately, this was the last time that the Lutes would lead the game.

Linfield scored 41 unanswered points, 20 of which directly resulted from three PLU fumbles and an interception.

"For most of the game we did a pretty

good job stopping them from gaining big chunks of yardage, but we had a few lapses and gave up some big plays," junior defensive lineman Andrew Eisentrout said.

After trailing 44-7, the Lutes came up with a couple of big plays—both coming in the form of fourth-quarter touchdowns.

The first came from a 75-yard pass-and-run from Chris Maine to Craig Chiado.

The other touchdown was on a 38-yard interception return by defensive end Robert Thomsen.

For the Lutes, Maine came off the bench to complete 6-13 passes for 147 yards. Maine finished with one touchdown and two interceptions.

Reed had 47 rushing yards and 34 receiving yards on three catches, while Chiado had five catches for 130 yards.

Defensively, linebacker Jon Hergert finished with 13 tackles.

The Lutes will try and get back on the winning side of the football next Saturday down in Oregon against conference cellar dweller Lewis & Clark.

"As far as goals for the rest of the season, they don't really change much week to week," Eisentrout said. "Every week is a chance for us to get better and play to the best of our ability."



Photo by Chris Hunt
Above: PLU defensive back Andy Hamilton attempts to evade the tackle by Linfield during the Lutes' 44-21 loss Oct. 21.



Photo by Chris Hunt

Left: Receiver Chase Reed can't find a hole in the Linfield defense. The Lutes' offense struggled until they completed two fourth-quarter touchdowns.

Quote of the week:

"If my mother put on a helmet and shoulder pads and a uniform that wasn't the same as the one I was wearing, I'd run over her if she was in my way. And I love my mother."
Bo Jackson, former professional football player

QUOTE PROVIDED BY SIMRAN KHURANA, ASK.COM

Loggers stump, Bruins ruin Lutes

Women's soccer hopes to bounce back from tough games against division rivals

TYLER SCOTT
Mast sports reporter

The Lute women's soccer team finishes off its home schedule this weekend with two key matchups against tough division rivals, Whitman on Saturday and Whitworth on Sunday.

The team looks to finish strong after last week's setback loss against Puget Sound at Mt. Tahoma High School and last Sunday's scoreless tie against George Fox at PLU.

"The girls played well the first half (of the UPS game), but they really didn't come ready to play a game of that magnitude," coach Jerrod Fleury said about the 2-0 loss.

Both Logger goals came late in the second half of that game.

"We simply let up in the second half," forward Jackie

Oehmcke said. "It was pretty disappointing."

Even winning games like the recent matchups against Lewis & Clark and Pacific were a little too close for comfort.

"As you get into the late middle part of the season, you can lose focus and the level of play drops for a few games. The UPS game finished off a three-game stretch where we really didn't play as well as we could have," Fleury said.

Following up the midweek matchup, the Lutes returned to their home field to compete against the George Fox Bruins in a game that remained scoreless after two 10-minute overtime sessions.

"This team has the potential to do things this program hasn't done in a long time."

Jerrod Fleury
coach

"The quality of effort in the George Fox game was much better than against UPS," Fleury said. "They played well enough to win, but just like the story all season, they couldn't score goals."

A couple great saves by the George Fox goalkeeper in the second overtime blocked shots by first-year forward Jenny McKinsey and sophomore forward Christina McDuffie.

This weekend's upcoming games feature the Whitman team that tied the Lutes 1-1 in their matchup in Walla Walla earlier this season, and the Whitworth team that is tied for

second place in the Northwest Conference.

Fleury described the games as "big for us, a real gut-check and pride-check."

"This team has the potential to do things this program hasn't done in a long time," he added.

With four games left to play, the Lutes are currently in fourth place in the Northwest Conference, but two of their remaining games are against the two teams tied for second: Whitworth and Willamette.

"We can finish anywhere between third and fifth in the division, so we just need to have strong energy and effort and come out ready to play," Fleury said.

Oehmcke, a senior from Gig Harbor, Wash., looks forward to her last home games as a Lute.

"We'll have a lot of support, both family and friends," Oehmcke said. "Our goal is to never lose at home, so we want to continue that and finish strong. And it's always good to win the Senior Game," she said, referencing Sunday's game against the Pirates.



Photo courtesy of Breann Vander Bos
Defender Breann Vander Bos passes the ball in the Lutes' 2-0 win vs. Pacific on Oct. 15.

THIS WEEK IN SPORTS	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	•The Lute volleyball team travels to Whitman. The match starts @ 7 p.m.	•Cross-country NWC Championship @ 11 a.m. at the PLU golf course.	•Women's soccer vs. Linfield @ 11 a.m.	•Monday Night Football: The Minnesota Vikings play host to the New England Patriots @ 5:30 p.m. on ESPN.	•Halloween Hoops: The Chicago Bulls take on the NBA Champion Miami Heat @ 5:00 p.m. Check local listings.	•NHL Action: Toronto Maple Leafs vs. Tampa Bay Lightning. Catch the action on TSN @ 4:30.	•(4) West Virginia takes on (6) Louisville in a battle of unbeaten Big East foes. The game can be seen on ESPN @ 4:30.
		•Women's soccer vs. Whitman @ 11 a.m.	•Men's soccer vs. Linfield @ 1:30.				

Down for the count?



Hasselbeck's injury couldn't have come at a better time

When the news broke Monday afternoon that Matt Hasselbeck had sprained a ligament in his knee, one could almost hear the entire Seattle area collectively scream any and every four-letter word imaginable.

I can imagine the scene across the Northwest when Seahawk fans saw their commander in chief twist his knee, quickly fall to the ground and pound his fists against the artificial field turf in agony.

Overweight men with their faces painted blue and green looked at their eight-dollar beers and wondered if they were really worth that much. One can imagine little children pulling at their parents' shirts asking, "He's going to be OK, right?"

Before the horror of seeing Viking linebacker E.J. Henderson's 250 pound body roll over Hasselbeck's leg, fans had every reason

to be optimistic that their team could win without Shaun Alexander. Now fans will not only wonder when the Seahawks will be back at full strength, but also when the Seahawks will win again. In actuality, the loss of Hasselbeck for a month couldn't have come at a better time.

No one likes to see the star quarterback go down and be replaced by an inexperienced back up who has been compared to a wannabe Michael Vick, but the Seahawks' schedule presents an optimistic outlook for fans everywhere.

Of the next three to four games that Hasselbeck is scheduled to miss, three are against teams with losing records. The other match-up is against St. Louis Rams, but that game is at home, providing a huge advantage.

The team's toughest game may be next week in Kansas City: Arrowhead Stadium is one of the toughest stadiums for opposing teams to enter and come out victorious. Being a visitor, along with the adjustments the team will have to make without Hasselbeck or Alexander in the lineup, may prove to be too much for the Hawks.

Even the biggest Seahawk fan looks at these odds and doesn't expect an easy game, let alone a win.

However, after a game in the Midwest, things begin to look up.

Alexander has been itching to get back on the field since he

cracked a bone in his foot, and I believe the Monday night game against Oakland in two weeks will be the premiere of the healthy Alexander the Great.

Alexander has historically torn it up in primetime games, so if his foot is anywhere near ready, the Hawks won't hesitate to use him against the pathetic 1-5 (as of this week) Oakland Raiders.

With or without Alexander, the Hawks should easily beat Oakland, helping them keep pace in the division standings.

The next week will be the team's biggest test of their readiness and ability to beat a good Ram's team without a leader on the field. Currently Hasselbeck is scheduled to miss two to four weeks because of his injury, and if Alexander's foot has not healed, the Seahawks will get their tails bared to them. After all, we barely beat the Rams with Hasselbeck at the helm.

But fear not, Seahawk fans: The game is at home and if one of our two superstars is on the field along with the presence of the 12th man, the game is easily within our reach.

The final doomsday scenario game is week 11 against the 49ers in San Francisco. No worries. I mean it. If the Seahawks lose this game even with Hasselbeck and Alexander, I will retake my column picture, donning a 49er hat, and also dedicate the column to how good the 49ers are and have

been in the past. I know a few people who will hold me to this and I hope they do. But we don't live in fantasyland, so the Seahawks will not lose to the 49ers.

Let's look at the bare-bone facts of this situation: In the worst-case scenario we go 1-3, putting us at 5-5. Winning five of the first 10 games is mediocre at best in this league and would put us out of the running for the best record in the conference, but the NFC West is not as strong as other divisions and nine or ten wins may be enough to win the division and clinch a playoff birth.

The best-case scenario (and also the most probable) is that this team will prove why it went to the Super Bowl last season and win at least three of its next four games.

Alexander could be back as early as next week, giving the Hawks the running game they have lacked the entire season, and Hasselbeck could be back in three weeks, giving the team only one tough game in Kansas City.

Backup quarterback Seneca Wallace proved in the second half of last week's game that he can run the offense and drive the ball down the field. So when I spoke of the worst-case scenario earlier, I literally meant the worst case.

In no way do I see this team losing three of four games over the next month, even without its two offensive Pro Bowl superstars.

With playmakers like Darrell Jackson and Deion Branch on of-

fense, the Hawks will keep putting up points.

On defense, the Hawks have proved that they can get to the quarterback and cause turnovers. And the precedent is there. The Bears won a game a few weeks ago against the Cardinals without scoring a touchdown on offense, proving that it doesn't matter how you score, but how often.

So before you jump off of the Space Needle or cuss your boss out and lose your job because he is a Ram's fan, remember what team you're stressing about: the reigning NFC Champions.

The Hawks are coached by one of the best strategists in the history of football and have an aggressive defense that is stone-cold against the run. They have playmaking wide receivers who know how to get open, regardless of who is throwing to them.

But most importantly, I have my dignity riding on it and have no intention of wearing a hat of any other team than my Seahawks.

Did you know?
The Seahawks are 4-2, matching its record from last season at this point.

Scorecard

Men's Soccer

Team	NWC	%	All	%
Whitworth	8-1-2	.818	9-3-3	.700
UPS	7-1-2	.800	10-1-2	.846
PLU	6-3-1	.650	9-5-1	.633
Pacific	5-5-1	.500	8-5-1	.607
Linfield	4-5-2	.455	7-6-2	.533
Whitman	4-5-2	.455	7-5-2	.500
George Fox	2-7-1	.250	6-7-2	.467
Willamette	0-9-1	.050	1-13-1	.100

(All stats as of 10/22)

Goals by Period	1	2	OT1	OT2	Total
Pacific Lutheran	18	12	1	0	31
Opponents	7	10	0	0	17

Shots by Period	1	2	OT1	OT2	Total
Pacific Lutheran	105	111	4	3	223
Opponents	77	90	1	1	169

- Last Three Games**
- 10/15 at Pacific - Won 2-1
 - 10/18 vs UPS - Lost 2-0
 - 10/21 vs George Fox - Won 3-2 (1OT)

- Team Leaders - Goals**
- 1. Mike Ferguson - 11
 - 2. Baard Asker - 8
 - 3. Derek MacLean - 3

- Upcoming Games:**
- 10/28 vs Whitman - 1:30 p.m.
 - 10/29 vs Whitworth - 1:30 p.m.
 - 11/3 at Willamette - 1:30 p.m.
 - 11/4 at Linfield - 1:30 p.m.

Football

Team	NWC	%	All	%
Whitworth	3-0	1.000	7-0	1.000
Linfield	3-0	1.000	4-2	.667
UPS	2-2	.500	5-2	.714
PLU	2-2	.500	2-5	.286
Willamette	1-2	.333	1-5	.167
Menlo	1-3	.250	3-4	.429
L&C	0-3	.000	0-6	.000

- Rushing Leaders:**
- 1. Chase Reed - 246 yards
 - 2. Craig Stahl - 151 yards
 - 3. Anthony Canger - 62 yards
 - 4. Sean Banks-Bell - 22 yards

- Receiving Leaders: (Yards)**
- 1. Craig Chiado - 807 yards
 - 2. Chase Reed - 410 yards
 - 3. Jacob Washburn - 201 yards
 - 4. Brian Stevens - 187 yards

- Team Leaders: Tackles (Total)**
- 1. Chad Blau - 56
 - 2. Jon Hergert - 55
 - 3. Andrew Eisentrout - 53

- Last Three Games**
- 10/7 vs Whitworth - Lost 19-7
 - 10/14 at Menlo - Won 34-10
 - 10/21 vs Linfield - Lost 44-21

- Upcoming Games:**
- 10/28 at L&C - 1 p.m.
 - 11/4 bye
 - 11/11 vs Willamette - 1:30 p.m.

Volleyball

Team	NWC	%	All	%
PLU	12-0	1.000	18-4	.818
Linfield	10-2	.833	17-2	.895
UPS	8-4	.667	13-6	.684
Whitman	6-6	.500	10-10	.500
Whitworth	6-6	.500	7-16	.304
George Fox	4-8	.333	8-15	.348
Pacific	4-8	.333	7-15	.318
L&C	4-8	.333	6-16	.273
Willamette	0-12	.000	4-18	.182

- Last Four Games**
- 10/13 vs Pacific - Won 3-0
 - 10/14 vs L&C - Won 3-0
 - 10/18 vs UPS - Won 3-0
 - 10/21 at Willamette - Won 3-2

- (All stats as of 10/22)
- Blocking:**
- 1. Kati McGinn - 74
 - 2. Kelcy Joynt - 63
 - 3. Kyla Wytko - 60
 - 4. Gina Di Maggio - 44

- Team Leaders - Kills**
- 1. Stacie Matz - 309
 - 2. Kati McGinn - 325
 - 3. Kelcy Joynt - 191
 - 4. Kyla Wytko - 106

- Team Leaders - Digs**
- 1. Megan Kosel - 448
 - 2. Stacie Matz - 303
 - 3. Kati McGinn - 281
 - 4. Lauren Poole - 174

- Upcoming Games:**
- 10/27 at Whitman - 7 p.m.
 - 10/14 at Linfield - 5 p.m.
 - 11/3 vs Linfield - 7 p.m.
 - 11/4 vs George Fox - 7 p.m.

- Women's Soccer**
- | Team | NWC | % | All | % |
|------------|--------|------|--------|------|
| UPS | 9-1-2 | .833 | 11-1-3 | .833 |
| Willamette | 9-2-1 | .792 | 12-2-2 | .813 |
| Whitworth | 9-2-1 | .792 | 11-2-2 | .800 |
| PLU | 7-3-2 | .667 | 10-4-2 | .688 |
| Whitman | 5-3-4 | .583 | 5-4-4 | .538 |
| George Fox | 3-7-2 | .333 | 5-9-2 | .375 |
| Linfield | 3-7-2 | .333 | 5-9-2 | .375 |
| L&C | 1-10-1 | .125 | 3-12-1 | .219 |
| Pacific | 0-11-1 | .042 | 2-11-2 | .200 |

(All stats as of 10/22)

Goals by Period	1	2	OT1	OT2	Total
Pacific Lutheran	6	15	0	1	22
Opponents	2	7	0	0	9

Shots by Period	1	2	OT1	OT2	Total
Pacific Lutheran	94	108	6	8	216
Opponents	76	78	2	2	158

- Last Four Games**
- 10/14 at L&C - Won 1-0 (2OT)
 - 10/15 at Pacific - Won 2-0
 - 10/18 vs UPS - Lost 2-0
 - 10/22 vs George Fox - Tied 0-0 (2OT)

- Team Leaders - Goals**
- 1. Jenny McKinsey - 9
 - 2. Jackie Oehmcke - 4
 - 3. Brittany Beitel - 2

- Upcoming Games:**
- 10/28 vs Whitman - 11 a.m.
 - 10/29 vs Whitworth - 11 a.m.
 - 11/3 at Willamette - 11 a.m.
 - 11/4 at Linfield - 11 a.m.

- Cross-country**
- Last Three Meets**
- 9/30 Willamette Invitational in Salem, Ore. at 10:30 a.m.
- Women - Finished 22nd**
- Men - Finished 30th**
- 10/7 PLU Invitational on the PLU Campus Golf Course at 10 a.m.
- Women - Finished 6th**
- Men - Finished 8th**
- 10/14 Clackamas Invitational in Oregon City, Ore. at 11 a.m.
- Women - Finished 5th**
- Men - Finished 9th**

- Upcoming Meets**
- 10/28 NWC Championships on the PLU Campus Golf Course at 11 a.m.
 - 11/11 NCAA DIII West Regionals in Chino, Calif. at 9 a.m.
 - 11/18 NCAA DIII Nationals in Wilmington, Ohio at 11 a.m. (ET)

Can't touch this

Volleyball rallies in Salem, improves conference record 12-0

CALE ZIMMERMAN
Mast sports reporter

The PLU women's volleyball team won its match this weekend at Willamette University.

After sweeping the Bearcats in their first meeting, it took the Lutes all five games to prevail in Salem this time around. The win improves the Lutes conference record to a perfect 12-0.

The first game went to Willamette, while PLU matched them in the second. The Bearcats then jumped ahead to a 2-1 lead with a victory in the third game.

The Lutes rallied and won the final two games, giving them the match.

Senior Katie McGinn led the scoring for the offense with 20 kills, junior Megan Kosel held down the defense with 26 digs and junior Gina Di Maggio, a setter, had 54 assists.

PLU travels to Eastern Washington this weekend to take on Whitman and Whitworth. The Lutes will be in Walla Walla visiting Whitman today.

Saturday the team travels to Spokane as Whitworth hosts the Northwest Conference-leading Lutes. Whitman is currently third in the conference after a big win over second-place Linfield.

"This is going to be a tough road trip no matter how you look at it, with the traveling and two consecutive games Friday and Saturday night," Kelcy Joynt said.

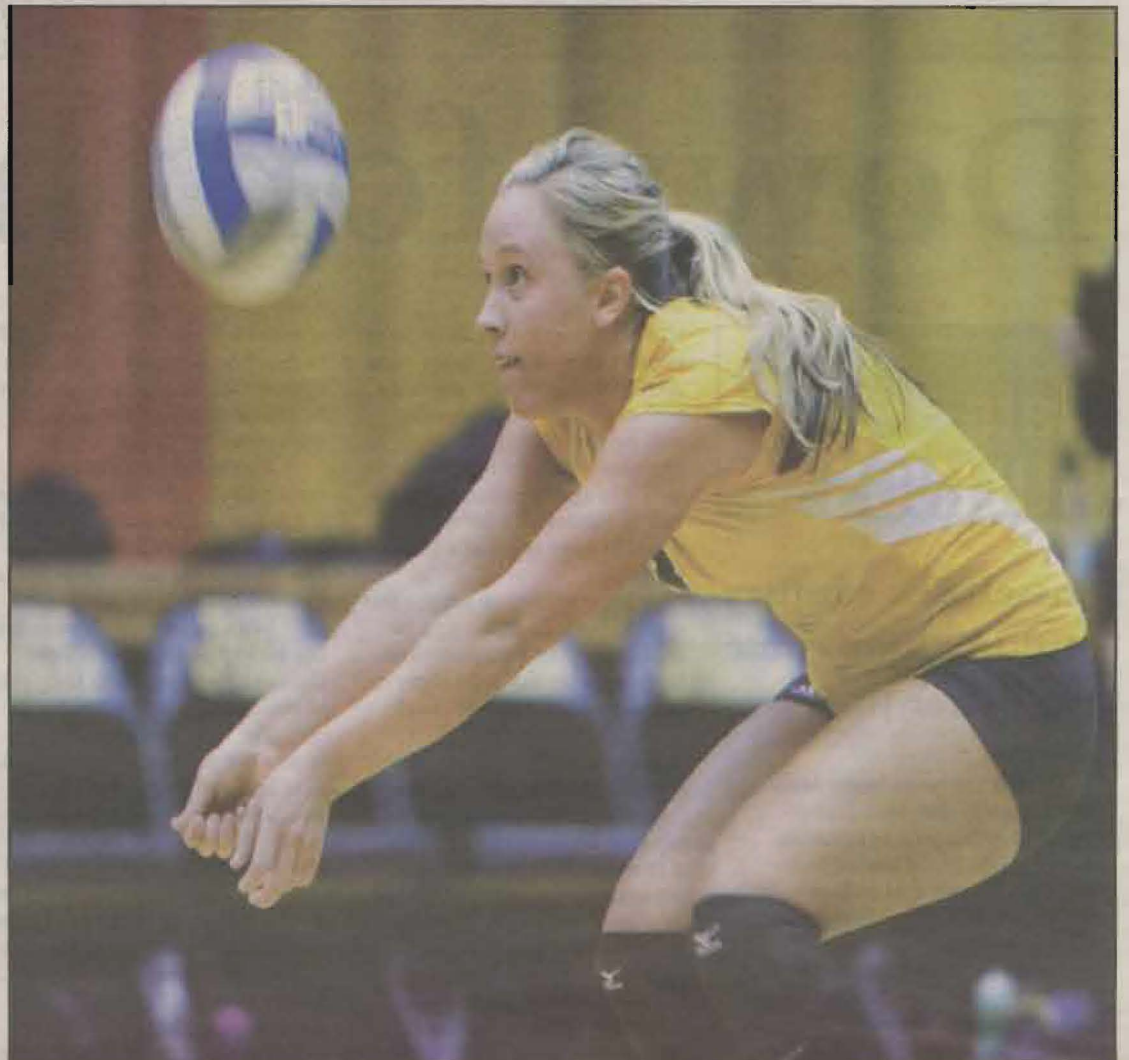


Photo by Chris Hunt
Libero Megan Kosel passes the ball during the Lutes' 3-0 win against UPS Oct. 18. Kosel leads the team in digs with 448. The Lutes lead the Northwest Conference with a 12-0 record and look to extend their streak tonight at Whitman and tomorrow at Whitworth.



Photo courtesy of Zenon Olbertz
Outside hitter Stacie Matz spikes the ball in the Lutes' 3-0 win vs. Lewis & Clark Oct. 14.

Answer: Scottie Pippen. He was traded the same day to the Chicago Bulls, where he had a Hall-of-Fame career and was Michael Jordan's sidekick. The man the Sonics got in return was Olden Polynice whose only claim to fame was getting arrested for impersonating a police officer in 2001. Great trade, Seattle!

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