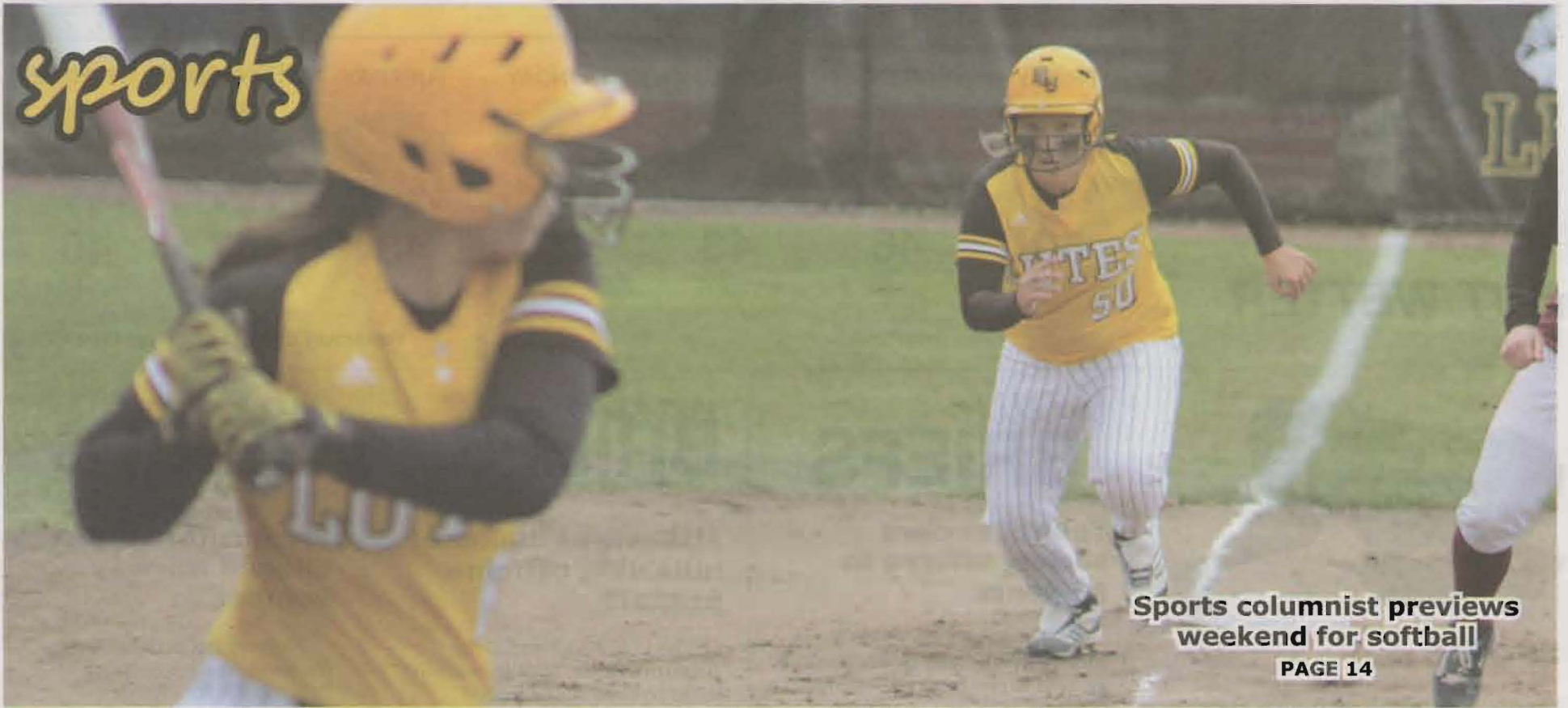


sports



Sports columnist previews weekend for softball

PAGE 14

v. 88. n. 14

THE MOORING MAST

PACIFIC LUTHERAN UNIVERSITY

Seattle soul fans flock to Eastvold

Seattle-based soul singer Allen Stone performed for an audience of nearly 400 Wednesday. The swarms of Stone's Seattle fans led to the concert switching venues from the Cave to Eastvold Auditorium, where Lutes comprised less than half of the entire audience.

MORE ON STONE'S CONCERT >>> PAGE 5



Upcoming play depicts grief, joy

Rabbit Hole won't take you to Wonderland, but it will take you on a journey of lightheartedness, grief and compassion.

The show will be presented by the Theatre Department as the second of three faculty-produced shows this year.

Director and Professor of Theatre Brian Desmond selected Rabbit Hole for his last show at PLU. The show tells the story of a husband and wife struggling to deal with grief after their young son dies in an accident.

First-year Emily Biggs, right, plays Izzy in the faculty-directed production, which runs March 8, 9, 10, 16, 17 at 7:30 p.m. and March 18 at 2 p.m. in Eastvold Studio Theater.

MORE ON RABBIT HOLE >>> PAGE 6



Campus Voices Against Violence analyze prevalence of stalking

Amanda Brasgalla
GUEST WRITER
brasgaal@plu.edu

Pacific Lutheran students learned the source of stalking's prevalence at the Stop Stalking Workshop Feb. 29.

About 20 students attended the workshop as part of PLU's Voices Against Violence program. The event featured speaker Michelle Garcia of the National Stalking Resource Center in Washington, D.C.,

"I didn't realize how understated stalking is ... I feel prepared to educate my peers on the issue."

Hannah Anderson
first-year

who talked about the seriousness and social normalization of stalking.

"Stalking's a much greater problem than people realize," Garcia said. "We want to show people how to recognize and respond to stalking."








As director Garcia said she seeks to increase public awareness of stalking. Garcia travels across the country to educate victim service providers, law enforcement, emergency responders, campus professionals and technology services about ways to identify and combat stalking.

SEE STALKING PAGE 3



Hungry for more of The Mooring Mast? Use your smart phone to scan the QR code on the left to visit The Mast online, anytime and anywhere!

**UPCOMING
WEEK WARMER
BUT WETTER**

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
						
50 36	46 38	43 32	41 35	43 39	47 34	46 33

FORECAST COURTESY OF WEATHER.COM



SPORTS

Men's Lacrosse is using this year as a building year after five seniors graduate and four first-years come in.

NEWS

Former Secret Service agent calls himself 'best logistical agent' ever during visit to campus.

A&E

Faculty-directed play *Rabbit Hole* takes audience on journey of compassion and grief.

FOCUS

Three-time Nobel Peace Prize nominee returns to Pacific Lutheran to teach conflict resolution.

OPINION

Columnist addresses own assumptions in previous column, encourages others to double check their own.

lutelife
BRIEFS

Tour of ancient society offered to students

Professional tour guide Sarah Murdoch will lead Lutes through ancient Rome from the comfort of Garfield Book Company Wednesday from 10:30 a.m. to 12:30 p.m.

Murdoch will juxtapose ancient Roman architecture with modern American architecture during her lecture, which is sponsored by Learning Is ForEver.

Annual Benson lecture approaches

Presidential Chair and Associate Dean for Global Education at the University of Oregon Zong Yhao will speak at the Annual Benson Education Lecture Thursday in the Scandinavian Cultural Center from 7 - 9:30 p.m.

national
BRIEFS

FDA warns maker of inhalable caffeine product

The U.S. Food and Drug Administration sent to warning letter to Breathable Foods regarding Aeroshot, an inhalable caffeine product.

The FDA said it's "concerned about misleading claims about the product and its safety," according to The Salt, National Public radio's food blog.

Breathable Foods, created by a Harvard student and a Harvard professor, said on its website Aeroshot can be swallowed and inhaled, sparking the FDA's concern.

"A product cannot be intended for both inhalation and ingestion because the functioning of the epiglottis in the throat keeps the processes of inhaling and swallowing separate," the FDA said in a public statement.

international
BRIEFS

Prosecutors indict alleged Norway bomber

Norwegian prosecutors indicted Anders Behring Breivik, 33, for charges of terrorism and murder Wednesday.

Prosecutors said they assume Anders, who confessed to the July 22, 2011 crimes, is legally insane and will be deemed unfit for prison, according to a report by the Associated Press. The maximum sentence for the terror charge is 21 years.

Prosecutors seek to have Breivik involuntarily committed to a mental health facility.

Nearly 80 people were killed after the bombing and shooting in Norway last summer. Anders called the victims of the rampage traitors for embracing immigration laws in Norway, according to the report.

Lutelife, National and International briefs compiled by News Editor Courtney Donlin.

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STALKING CONTINUED FROM PAGE 1

Stalking is defined as a pattern of behavior directed at a specific person that might cause the individual fear. Examples of this include constant calling or texting, waiting outside or inside a building for the person or watching an individual from afar.

Garcia said 6.6 million people in the U.S. are stalked annually. Of that 6.6 million, adults 18-24 years old have the highest rates of victimization. Therefore college campuses have a higher stalking rate than the general population.

“A lot of pop culture images and messages show that stalking isn’t a big deal ... social normalization is the biggest challenge.”

Michelle Garcia
Director of the National Stalking Resource Center

Voices Against Violence program coordinator Jennifer Warwick organized the workshop. Warwick also serves as PLU’s victim advocate.

“We want students to realize what stalking

looks like and how they can protect themselves,” Warwick said. “It does happen and there’s help.”

Yet the greatest problem of stalking lies in society’s normalization of it.

“A lot of pop culture images and messages show that stalking isn’t a big deal, but I think social normalization is the biggest challenge we have in controlling it,” Garcia said.

“I didn’t realize how understated stalking is,” First-year Hannah Anderson said after the workshop. “I definitely gained an awareness of how prevalent stalking is and now I feel prepared to educate my peers on the issue.”

According to Garcia, being able to identify stalking is the first step toward combating the social normalization of it.

Pacific Lutheran University has several resources to help students recognize and respond to stalking, including the GreenDot and Voices Against Violence programs.

GreenDot is a campaign designed to eliminate violence on campus. Voices Against Violence provides advocate services to victims of violence and stalking. For more information and statistics, go to the Stalking Resource Center’s website at www.ncvc.org or visit the Women’s Center. Interested students can also contact Victim Advocate Jennifer Warwick.

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 by advertising in The Mooring Mast

Contact Alexis Briggs
mastads@plu.edu

Bike-a-Thon gets grand



PHOTO BY BEN QUINN

TOP: Sophomore Eric Olson celebrates the attention he is getting at the Bike-A-Thon. **BOTTOM:** Sophomore Adam Johnson and team captain senior Brandon DeJong record their total riding hours during the 18-hour Bike-A-Thon. The Bike-A-Thon netted more than \$1,000 for the Bike Club.

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THE ARTIST (PG-13)
As a silent movie star wonders if the arrival of talking pictures will cause him to fade into oblivion, he sparks with a young dancer set for a big break.
 Fri 1:35, 3:55, 6:15, 8:35 Sat-Sun: 11:20am, 1:35, 3:55, 6:15, 8:35
 Mon-Thurs: 1:35, 3:55, 6:15, 8:35

A SEPARATION (PG-13)
A married couple are faced with a difficult decision - to improve the life of their child by moving to another country or to stay in Iran and look after a deteriorating parent who has Alzheimers.
 Fri : 2:45, 5:25, 8:05 Sat-Sun: 12:05, 2:45, 5:25, 8:05
 Mon-Thurs: 2:45, 5:25, 8:05

THE DESCENDANTS (R)
A land baron (George Clooney) tries to re-connect with his two daughters after his wife suffers a boating accident.
 Fri: 4:10, 9:00 Sat-Sun: 11:20am, 4:10, 9:00
 Mon-Thurs: 4:10, 9:00

THE IRON LADY (PG-13)
A look at the life of Margaret Thatcher (Meryl Streep), the former Prime Minister of the United Kingdom, with a focus on the price she paid for power.
 Fri-Thurs: 1:50, 6:40

PINA (R)
A tribute film to choreographer Pina Bausch.
 Fri: 2:05, 4:25, 6:50, 9:10
 Sat-Sun: 11:35am, 2:05, 4:25, 6:50, 9:10
 Mon: 2:05, 4:25, 9:10 Tues: 4:25, 9:10
 Wed-Thurs: 2:05, 4:25, 6:50, 9:10

For showtimes, trailers, synopses and all things Grand...

Former Secret Service agent goes from counterfeit currency to gourmet meals

Nick Neely
NEWS REPORTER
neelyna@plu.edu

"I am the best logistical officer the Secret Service has ever had," Former Secret Service agent Michael Endicott said to a crowd of 57 people Monday.

Learning is ForEver invited Endicott to discuss his experiences serving various political figures, including holding the post of personal guard to President Nixon.

Learning is ForEver is a non-profit organization that offers educational classes for adults.

"Officially it's age 50

and above, but invites anybody who is able and interested," Program Coordinator Laura Stewart said.

Endicott's lecture was divided into two hours. In the first hour, he discussed the formation of the Secret Service. The second hour was dedicated to Endicott's own involvement in the Secret Service.

Endicott said the Secret Service, being a subdivision of the U.S. Treasury, enforced legislation regarding the Treasury in the late 1800s, when the service was formed.

"Somewhere between 30 percent to 75 percent of currency in circulation

"Somewhere between 30 percent and 75 percent of currency was counterfeit."

Michael Endicott
Former Secret Service Agent

was counterfeit," Endicott said, "That's why we were created."

Endicott said the Secret Service did not assume responsibility for protecting the president until 1901, after President Garfield was assassinated. Today, the Secret Service functions as part of

Homeland Security and not only combats counterfeiting but also check frauds and bank robberies as well.

Endicott said the Secret Service's greatest show of force was its investigation of the Teapot Dome Scandal of 1922.

"Anything to do with currency is the Secret Service," Endicott said. "By 1973, they [the Secret Service] had gone from 300 people to 1,800."

Endicott said the Secret Service's budget then was \$22 million. Now, it is well over \$1 billion.

In the second portion of the lecture, Endicott discussed his time in the Secret Service as well as

when he retired in order to personally serve Nixon.

Endicott now prepares gourmet dinners under the title "Eat Like A President in Your Home" and has raised \$130,000 for schools, churches and community organizations according to the class program. He wrote a book about his experiences titled "Walking With Presidents: Stories From Insides The Perimeter."

To thank PLU, Learning is ForEver allows students, staff and faculty to attend classes for free and offers a scholarship to PLU students, Stewart said.

"We're grateful to have PLU allow us to use their facilities," Stewart said.

Tingelstad residents find good trash

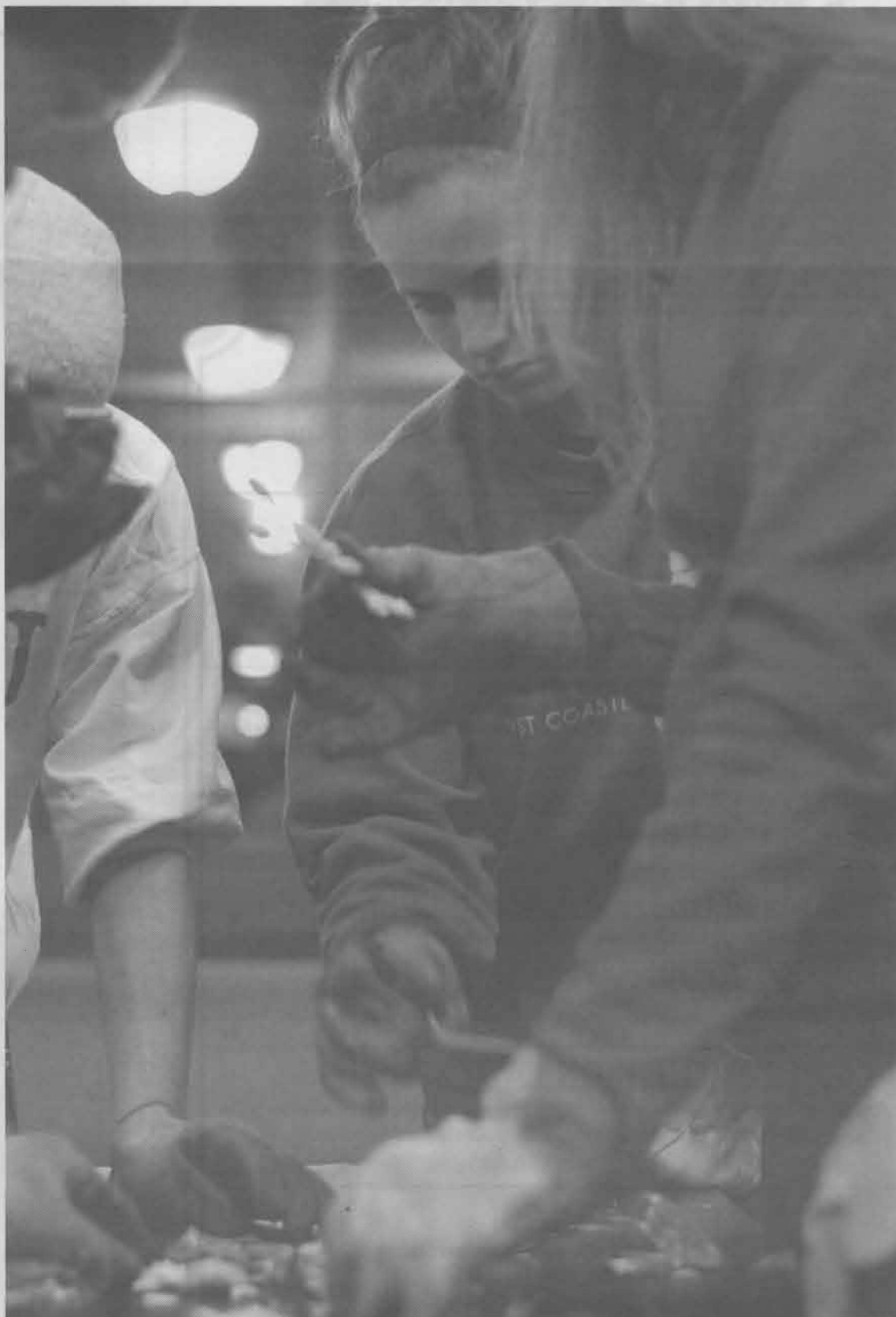


PHOTO BY BEN QUINN

TOP LEFT: Before Tingelstad's Garbology event formally begins Wednesday, first-year Tom Hale slips on gloves as he prepares to sort through the recyclables that accumulate throughout Tingelstad Hall. Hale's entire floor, fourth west, participated in the event, which was hosted by Pacific Lutheran University's Sustainability Department. **BOTTOM LEFT:** Senior Danielle Palmer, who works for the Sustainability Department, empties a bag of recyclables out on a poker table for the denizens of Tingelstad to sort through. The group that attended, mostly made up of the West wing of the fourth floor of Tingelstad, sorted a total of eight recycling bins. **RIGHT:** First-year Tim Livermore (far left), sophomore Kyle Monohan (left), senior Danielle Palmer (right) and senior Katy Guinn (far right) help sort out the last of the eight recycling bins. "I do recycle, and I try to sort everything beforehand, but I learned things at Garbology that I hadn't thought about before," Monohan said. "I didn't know that you could recycle coffee cups and lids."



Soul singer strikes a chord

Alison Haywood

A&E REPORTER
haywooj@plu.edu

It is rare for an ASPLU event to draw more community members than students, but that's what Allen Stone accomplished.

The Seattle-based soul musician drew a crowd of more than 400 people, less than half of whom were Pacific Lutheran students. Fans came from as far as Seattle to see Stone perform in Eastvold Auditorium March 1 at 8 p.m.

The idea for this concert came from sophomore Emily Bishop, entertainment chair of ASPLU.

"I'd heard of his [Stone's] music and I've been really wanting to bring an artist on campus that would be bigger," Bishop said, "and also one that doesn't fit into the indie-folk-rock music that we've generally been bringing."

ASPLU moved the concert from the CAVE to Eastvold Auditorium due to an anticipated high turnout.

"With all the community members coming, we didn't want to turn PLU students away, because this is a show for PLU students," Bishop said.

Bishop said she got in contact with Stone through Noah Gundersen, another local musician who has performed at PLU.

Gundersen and Stone had worked together previously and were going to perform together at the concert. Gundersen wound up touring with another artist instead, so Bishop arranged to have PLU '11 alum Jenny Snipstead open the show.

"It's great to see a PLU alum who's now a musician performing on stage," Bishop said. "We're excited that we get to support PLU alumni even after they graduate."

Snipstead's performance lasted just short of an hour.

Many community members had never heard of Snipstead before, allowing her to reach out to a different audience.

"I loved every minute of it [the concert], even the first half," Tacoma community member and Allen Stone fan Joshua Vazquez said. "It's good to know that there's still talent in the Northwest."

Seattle community member Phillip Hennings, who has been a Stone fan for two years, described Stone's performance as "phenomenal."

Hennings added that he liked the intimate setting the venue provided compared to larger venues he'd seen Stone perform in before.

Sophomore Caitee Borges said Stone sounded different live than on his albums, adding she liked the "passion" and "realness" in his performance.

Hailing from a small town north of Spokane, Allen Stone never had any formal musical training.

He said he picked up the guitar from his parents and learned to sing by imitating artists he liked such as Stevie Wonder, Marvin Gaye, Jamie Lidell and Nikka Costa.

"I just listened to their songs and tried to sing it myself, and sing every note," Stone said. "That was kind of my voice lessons."

Stone, the son of a minister, said religious music influenced him from an early age.

"The only part I liked about church was the singing part, and so I would just get lost in it ... sing as loud and as hard as possible," Stone said. "I think when I sing now, I can still get those feelings of safety, of warmth that I used to as a kid."

Stone is an independent artist and owns his own label. He said he mostly markets himself on social networking sites, though reviews in publications such as the Washington Post and the New York Times have helped get his name out as well.

"I love expressing myself and trying to top the last song I wrote."

Allen Stone
soul artist and musician

Stone said he is in the music industry because music is therapeutic for him.

"I love writing songs. I love expressing myself and trying to top the last song that I wrote," Stone said. "There's a lot of reasons [why I play music]. Being a sex symbol and getting famous is not one of them."

Bishop said her dream is to grow the entertainment program at PLU this year. Since the Allen Stone concert was planned, other artists have contacted Bishop asking to book shows at PLU.

"I think it's a marker of PLU becoming a name in the area as a place where people want to perform," Bishop said. "It's a huge opportunity for us to reach out to the community more, to make more of a presence in the community."



Check out Allen Stone's website at www.allenstone.com or use your smartphone to scan the barcode.



Electro-pop album starts strong, fades out

Editor says overuse of airy ambience makes band forgettable

Justin Buchanan

SPORTS EDITOR
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School of Seven Bells is back in session after losing founding member Claudia Deheza, leaving the song writing process of their new album "Ghostory" up to Alejandra Deheza and Benjamin Curtis.

"Ghostory" has its moments of being a great electro-pop album, but is bogged down by lengthy uninspiring songs.

"Ghostory" sounds like a cliché electro-pop album

heard in a high-end fashion store where chrome and cream are the primary colors.

"The Night" kicks off the album and is the stand out track. The song begins with a simple four-note pattern that bounces from speaker to speaker. The bass soon comes alive with a pulsing beat, moving the song to fast-paced drum pattern.

Alejandra Deheza begins to sing soon afterwards. Alejandra's voice fits the upbeat, but dark lyrics. Deheza notes hauntingly flow over the track as she describes an unfortunate relationship

that consumes her.

Deheza sings in "The Night," "You have my arms, you have my legs. We are one contented skin. We are in continued pain."

In the third track "Lafaye" Deheza sings, "You broke into the fabric house of stranger Lafaye, and there your heart was taken from you."

Underneath Deheza, Curtis creates another ambient track utilizing a constant kick of a bass drum and 32nd note tapping of a closed hi-hat.

This song writing method becomes monotonous.

Deheza never shows off

any serious vocal ability by belting out lyrics or changing up the delivery of her songs.

Likewise, Curtis' mixing and programming becomes predictable.

Track five, "Reappear" feels like Deheza and Curtis ran out of song ideas.

"Reappear" is four minutes and ten seconds of slow a droning airy ambience.

Thankfully, "White Wind" revives "Ghostory."

Curtis kicks off the high energy with a constantly changing synth pattern. The synths soon fall out and the drums sing out, only slightly

covered by Deheza's voice.

The album ends with an eight-and-a-half minute long track called "When You Sing," a recap of what you heard before, but this time with clearly heard distorted guitar.

The guitar is nice and much needed instrument. But the track over stays its welcome at eight plus minutes.

"Ghostory" is worth a listen.

"Ghostory" features a few tracks such as "The Night" and "Love Times" that would be good on a party playlist.

By summertime, expect *Ghostory* to collect more dust than play counts.

1) The Night	★★★★★
2) Love Play	★★★☆☆
3) Lafaye	★★★★☆
4) Low Times	★★★★☆
5) Reappear	★★☆☆☆
6) Show Me Love	★★★☆☆
7) Scavenger	★★★★☆
8) White Wind	★★★★☆
9) When You Sing	★★★☆☆

Ghostory was released Feb. 28 and costs 9.99 on Amazon



Play puts audience on a 'rollercoaster of emotions'

Theatre department contributes to SOAC focus compassion series

Kelsey Hilmes

GUEST WRITER
hilmeskl@plu.edu

Rabbit Hole won't take you to Wonderland, but it will take you on a journey of lightheartedness, grief and compassion.

The show will be presented by the Theatre Department as the second of three faculty-produced shows this year.

Director and Professor of Theatre Brian Desmond selected *Rabbit Hole* for his last show at PLU. The show tells the story of a husband and wife struggling to deal with grief after their young son dies in an accident.

"I chose this play because it's a contemporary American drama," Desmond said. "It presents different kinds of challenges for the actors."

Rabbit Hole by David Lindsay-Abaire won the Pulitzer Prize for drama in 2007 and was released as a movie in 2010, according to the School of Arts and Communication brochure.

The cast of *Rabbit Hole* is small, featuring only five roles.

First-year Mitchell Helton said faculty-produced shows are usually more inclusive, but an exception was made for *Rabbit Hole*.

It is not often PLU produces

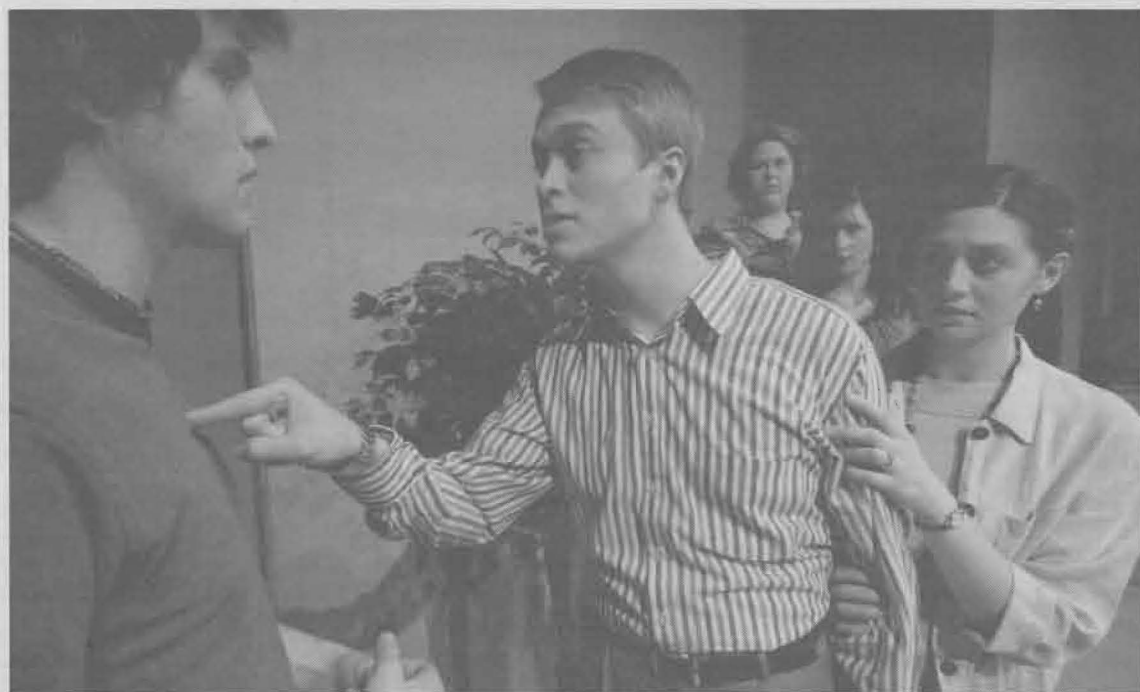


PHOTO COURTESY OF TED CHARLES

First-year Mitchell Helton is confronted by senior Jordan Beck alongside senior Kate Howland, first-year Emily Clare Biggs and senior Abigail Pishaw in PLU's current production of *Rabbit Hole*, which runs March 8, 9, 10, 16, 17 at 7:30 p.m. and March 18 at 2 p.m. in Eastvold Studio Theater.

contemporary dramas. Desmond said the cast, crew and design team meet regularly for table talks to discuss the show, an unusual practice for PLU theater.

"Preparation for this show takes more than what the typical light comedy would," Desmond said.

Rabbit Hole is the Theatre Department's contribution

to the SOAC Focus Series on compassion, which began this year as a project to bring together the Theatre Department, Music Department, Communication Department and Art & Design Department around the series' theme.

"Ultimately, as *Rabbit Hole* so beautifully demonstrates, compassion for ourselves

and for each other makes us stronger," Desmond said.

Assistant Director and Stage Manager senior Mark Rud called the show an "emotional powerhouse. It is by far the most realistic show I've done."

Helton said the audience will relate to the characters.

"I think if the audience is willing to go to those places with us and lose themselves in

the show they're going to be able to find a moment where they relate," Helton said. "You can find so much of yourself in these characters."

The characters aren't the only relatable part of the show.

Senior Abigail Pishaw, who plays Nat, said the set of *Rabbit Hole* helps audiences connect to the show in a special way.

The set features a living room, a kitchen and a complete staircase leading to a second floor.

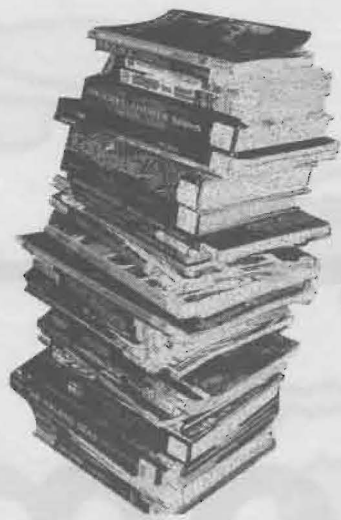
"We built such a big set mainly because the script calls for it," Rud said. "The show is grounded in realism and we want the audience to be sitting in the house with this family as they deal with their grief."

Despite the theme of compassion, there is a lighter side to the production.

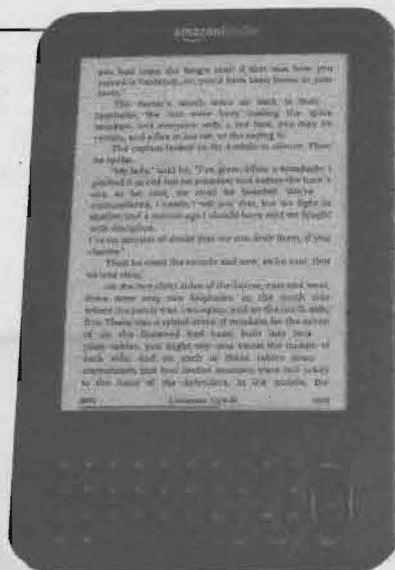
"It's a heavy show, but it's laced with lightheartedness," Helton said. "It's like a rollercoaster of emotions, the lows are low but the highs are very high. I want them [the audience] to find the humor and the sadness."

Rabbit Hole opened Thursday and runs March 9-10 and March 16-17 at 7:30 p.m. in Eastvold's Studio Theater.

There will also be a matinee March 18 at 2 p.m. Tickets cost \$5 with a PLU ID and \$8 for general admission.



Columnist discusses benefits of digital books



a&e BRIEFS

Mel Natwick
A&E EDITOR
natwickm@plu.edu

Film 'Miss Representation' screens in Ingram

A screening and discussion of *Miss Representation* is scheduled Monday 7 p.m. in Ingram 100.

Miss Representation is a 90-minute film that exposes how media contributes to under-representation of women.

For more information about *Miss Representation* visit, missrepresentation.org.

Core Ensemble comes to PLU

Pacific Lutheran's Women's Center presents *Ain't I a Woman!* to celebrate Women's History Month. The event will take place Wednesday at 7 p.m. in the Chris Knutzen Hall.

Ain't I a Woman! is a chamber theatre music celebrating the lives of four historical African American women, Zora Neale Hurston, Sojourner Truth, Clementine Hunter and Fannie Hamer.

It is performed by the Core Ensemble featuring actress Shinnerrie Jackson.



Alex Domine
A&E COLUMNIST
domineac@plu.edu

The American Association of Publishers released a sales statistic stating that ebook sales jumped 116 percent from 2010 to 2011.

A statement released by Amazon stated that ebook sales went up by 175 percent between black Friday and Christmas 2011.

According to MSN, digital readers such as the Amazon Kindle and the Barnes & Noble Nook are doubling every year. At this rate, the argument that not everyone has an eReader will be exterminated faster than a caffeinated cheetah.

Digital books are also cheaper. The Hunger Games Boxed Set in hardback costs \$31.57 on Amazon. The Kindle version costs \$19.99, including auto wireless deliveries.

That cuts back the cost of the book and eliminates shipping and handling altogether.

I would give up traditionalists' affinity for the sensation of holding a 300-page novel for my affinity for

a full wallet. I expect many low-income college students would agree with me.

If sales figures and bank statements aren't enough to make you give up your paperback, look at it environmentally. Printed and bound books aren't sustainable.

Trees are a precious resource and if we have the opportunity to save them by shifting to an alternative method of reading, we have a responsibility to take that opportunity.

A report by the Cleantech Group stated that as long as an e-reader owner downloads more than 22

books a year, it will offset the e-reader's carbon emission within the first year.

I used to be devoted to the experience of holding a novel, the smell of the book, the roughness of pages, the ink.

I subscribed to the idea that reading a book was more about content and that the sensation of holding a good novel was half the experience.

Reading a story on paper and reading a story on a screen are two extremely different creatures.

I've changed my stance on the issue. Digital books are in and they're here to stay.

You can solve a math problem with an abacus but it doesn't mean the solution is any different than the one you get from a calculator.

I've revolutionized my idea of what it means to enjoy a book.

I doubt that pages are going to be outdated anytime soon, but it will definitely happen.

Reading a book is about content, not the medium by which the content is reached.

It wasn't too long ago that we bought paper before pixels. Digital books are defeating paper books with righteous fury. And it is about time.

The disparity between reading on paper and reading on a screen doesn't defeat the purpose of a book. Reading a book is about content, not the medium by which the content is reached.



VISITING WRITER SERIES ERIC GOODMAN

WHO: Author of five novels, including *In Days of Awe* and *Child of My Right Hand*. His work appears in *GQ*, *Los Angeles Times Sunday Magazine*, *Travel & Leisure*, *Saveur* and several anthologies.

WHAT/WHEN/WHERE: Two free events open to the public Wednesday, March 14.

1 The Writer's Story: 3:30 p.m. at the Garfield Book Company

2 Reading of *Twelfth and Race*: 7 p.m. in the Regency Room



For more information, please contact the English Department at (253)535-7321 or visit www.plu.edu/~english/vws.

ASPLU EXECUTIVE ELECTIONS DEBATE

Tuesday, March 13 at 5 p.m. in UC 133

Candidates who will be running for the 2012-2013 ASPLU President and Vice President positions will be debating important issues for the future of PLU. Come listen to the debate to learn about what goals and aspirations these candidates have for next year! The audience will have an opportunity to ask questions to the candidates.

Someone you know is taking charge of her birth control!

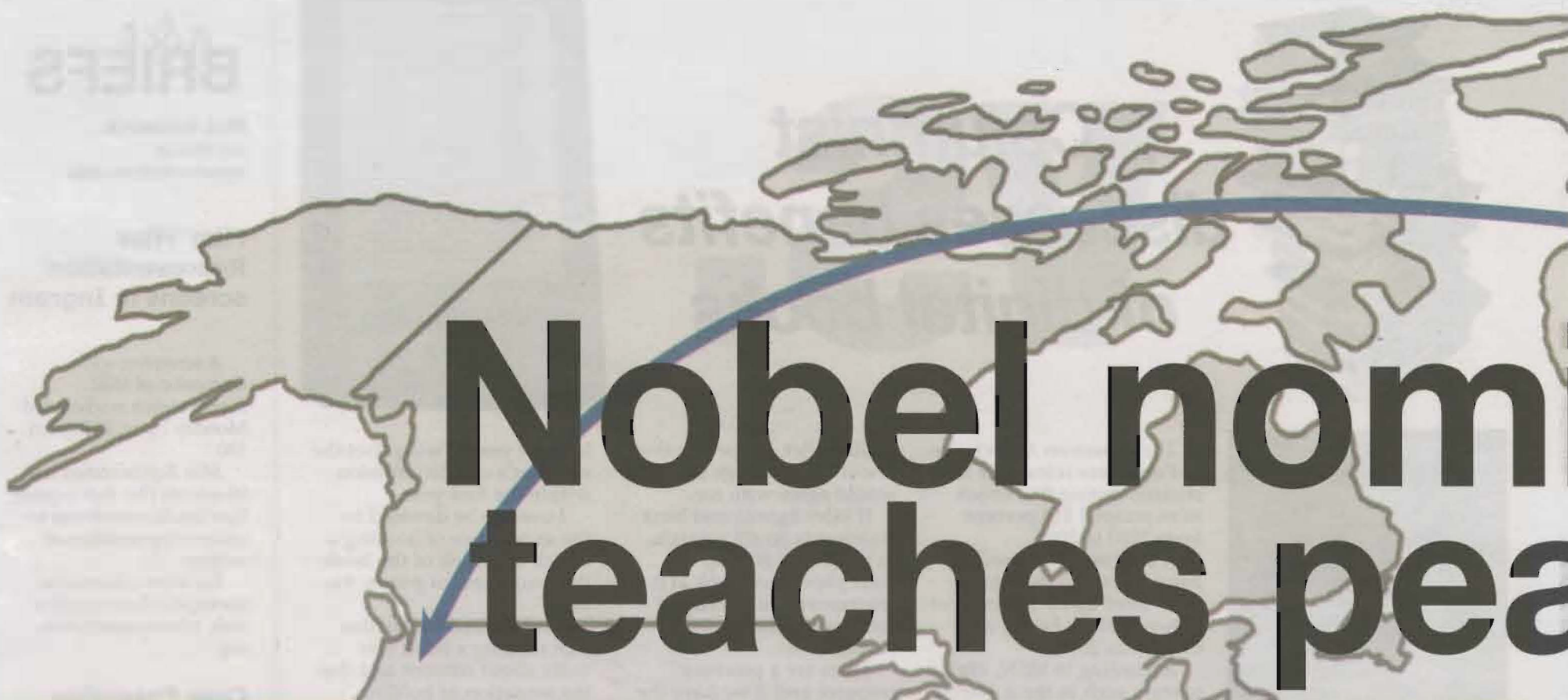
Ask if you qualify for free family planning services through Washington's Take Charge Program.

Periodic Well Woman Exam
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Ask if you qualify for reduced fee services. Monthly budgeted payment plans available.

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Nobel nom teaches pea



PHOTO BY JACK SORENSEN

ABOVE: Dr. Steinar Bryn first visited Pacific Lutheran University in 1991, invited by longtime Professor of Norwegian Audun Toven. He returned in 2004, partnering with Assistant Professor of Communication Amanda Feller to develop dialogue-based curriculae for the peacebuilding major in the Department of Communication. Bryn's international work with the Nansen Dialogue Network, based in Lillehammer, Norway, has earned him a Nobel Peace Prize nomination, as well as two previous nominations in 2009 and 2011.



Dr. Steinar Bryn premiered the Nansen Dialogue Network's latest documentary, *Reunion: Ten years After the War in Ingram* Thursday night. The film documents the dialogues of a group of Serbian and Albanian survivors of the 1999 war in Kosovo.

From the producer: "When their country was on the brink of war, a group of students decided to meet their opponents for the first time. Two weeks after the meeting NATO bombed and they all lost track of each other."

Keeping the peace in American politics?

During his most recent visit to Pacific Lutheran University, Steinar Bryn spoke about last July's massacre in Norway, in which a political extremist gunned down youth at a political camp. Warning of political extremism in first-world countries, Bryn said he thought United States politicians could use training in dialogue that promotes cultural understanding.

Assistant Professor of Communication Amanda Feller agreed with Bryn, calling for a greater value on dialogue in U.S. politics.

American politicians do not interact "in a direct, deliberate way to understand each other," Feller said. "Dialogue is there to foster understanding, and then something else happens."

Three Peacekeeping at PLU

ck Sorensen
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The international spotlight focused on Pacific
heran University this week as a three-time
wegian Nobel Peace Prize nominee returned to
pus.

Dr. Steinar Bryn's campus visit Wednesday and
ursday was the latest segment of a decade-long
relationship between PLU and the Nansen Dialogue
work (NDN) based in Lillehammer, Norway,
n's international peacebuilding organization.
The Nansen Centre for Peace and Dialogue,
N's headquarters in Lillehammer where
n serves as senior adviser, is an international
anization fostering dialogue and peacebuilding
s. The organization aims "to empower people
o live in conflict situations to contribute to
ceful conflict transformation on the basis of
nocracy and human rights," according to the
N website.

The network, with 10 Nansen Dialogue Centers
ed across the Western Balkans, has worked
almost two decades promoting peace and
rcultural communication in war-torn countries,
n said.

Bryn continued the longstanding tradition
ween PLU and Lillehammer, the location of one
ne Wang Center's "gateway" programs, at the
ght of international media attention circulating
nd Bryn and the center's 2012 Nobel Peace Prize
nination and an upcoming documentary premier.
But Bryn's primary contact at the university is Dr.
anda Feller, assistant professor of communication
o spearheaded the School of Art and
nunication's conflict & global peacebuilding
major.

"You have a strong Communication
Department and PLU has something to
contribute," Bryn said. "PLU can show that
a stronger focus on the communication part in a
flict can help ease and improve the possibility of
cebuilding."

Bryn, who has been previously nominated for
el Peace Prizes in 2009 and 2011, delivers guest
ures to Feller's communication courses and
anced Norwegian language classes during his
rs at PLU. This week's visit culminated with a
wing of NDN's award-winning documentary,
united: Ten Years After the War" in Ingram
ursday.

Bryn's wisdom may fall short, however, outside
ne communication community, where notions
peacebuilding dialogue are less applicable for the
eral student.

But the NDN's work speaks for itself, and Bryn's
ruction at PLU harkens to the university's
ch-publicized focus on global education and
elopment.

bitration and accolades

The NDN began in 1994 when Lillehammer
sted the 2004 Winter Olympics.

1994 was a big year: the U.S. and Russia agreed to
end their nuclear missile duel, genocide tore Rwanda
in two and Bosnia and Herzegovina was embroiled in
an ongoing war, with Sarajevo seeing the most violent
saga of the war in February, 1994.

In what seemed fate to peace leaders in
Lillehammer, Sarajevo, now a center of conflict,
hosted the 1984 Winter Olympics a decade prior. A
relationship seemed imminent, so the fledgling NDN
invited individuals from Bosnia and Herzegovina to
Lillehammer to engage in peace talks.

"Serendipitous," Bryn called it. "We can invite
people to come sit and talk about what happened and
why it became so brutal."

Since 1994, more than 2,500 people from former
Yugoslavia have visited Lillehammer and met in the
Nansen Dialogue Room, Bryn said.

Though the NDN has opened dialogue centers
across the world, including in Bethlehem and
Jerusalem, the majority of NDN's work has focused
in the Balkans and former Yugoslavia: Bosnia and
Herzegovina, Serbia, Croatia, Kosovo, Macedonia
and Montenegro. The NDN has 10 dialogue centers
between these nations.

Bryn's work focuses on cultural integration on
three levels: dialogue in schools, dialogue at home
and dialogue in the media and politics.

"When you have a segregated school system,
which we have in these [Balkan] areas—like the
Deep South in the 1950s—when you have segregated
school systems the enemy image is so brutal," Bryn
said. To demonstrate in his courses, Bryn draws
a whiteboard image of two faces: a normal face
representing "us" and a one-eyed face representing
"them."

"Here on our side we are normal, but on the other
side people only have one eye," Bryn said. "That's an
old Norwegian myth."

Nobel nods

NDN's school-integration program has been tried,
tested and validated by successful results across the
Balkans, but the network's education reforms in
Macedonia have earned Bryn his most recent Nobel
nomination.

Bryn and his colleagues worked on a small scale to
bring integrated education to a school in Macedonia,
bringing together formerly segregated Macedonians,
Albanians and Turks. What began as a small-scale
Nansen project soon became a national model, with
the education minister of Macedonia proclaiming
NDN's school the model for all future education in
Macedonia.

"We have accomplished to bring the integrated
educational system up on the national level where
it has been accepted by the parliament," Bryn said
about NDN's work in Macedonia.

Bryn said the Nobel nomination rides on the
backs of recommendation letters from Macedonia,
Lillehammer and even parliamentary leaders of
other Balkan nations where the NDN has previously
worked.

But the Nelson dialogue model is not without
criticism. Bryn said critics of NDN have questioned

Stolac, Bosnia and Herzegovina

In a country still traumatized by civil
war, Stolac High School in Bosnia and
Herzegovina had a segregated school
system—Croats attended in the morning
and Bosnians attended in the evening. There
were two separate staffs, based on ethnicity.

Steinar Bryn and the Nansen Dialogue
Network integrated the school, first
bringing teachers together to engage in
dialogue and cultural education. The Croat
and Bosnian teachers had never even met
before, Bryn said.

NDN will be returning to Stolac to check
in on the groundbreaking integration system
piloted there—a room in the basement
where intercultural students can meet and
converse during the break between morning
and afternoon schools.

"We consider that a dramatic step
forward," Bryn said.

the viability and fruitfulness of the simplistic dialogue
model.

"One diplomat said, 'it's too womanish, it's
something women do,'" Bryn said. "Some say
everybody will dialogue as long as Norway pays for
the coffee."

Bryn said his experience was the opposite,
however, and the most difficult aspect of his
work is getting countries to even agree to talks in
Lillehammer.

"The most different part of my work is recruiting,"
Bryn said. Countries do not request NDN mediation.
The NDN approaches nations requesting their
cooperation.

Bryn said nations frequently ask, "Why should I
spend two hours with my enemy?"

Peacekeeping at PLU

Bryn and Feller's collaboration began with
Bryn's 2004 PLU visit, when he worked with the
Communication Department to develop curriculae
for the new peacebuilding major. The two re-
engineered the program to focus on the method of
dialogue on a global scale, Feller said.

Since then, the NDN has hosted PLU students in
Lillehammer for short seminars during Wang Center
Gateway Programs.

But both Bryn and Feller agree the methods of
dialogue should be applied locally. Between frequent
seminars in international settings, Bryn said he has
worked extensively in local Norwegian municipalities
and schools, fostering dialogue between Norwegians
and indigenous populations, such as the Sami.

"We're trying to get them to think about how they
could do that here in Tacoma or in their hometowns,"
Feller said. She said there have been communication
students who have attempted to redefine the Nansen
model to help foster local dialogue in the Parkland
community.

Feller said she hopes to see future projects focusing
on PLU's community in the next few years of
curriculum development.

"I hope to stimulate the ongoing conversation at
PLU about the relationship between communication
and conflict," Bryn added.

from the EDITOR

Relaxation, relief, writing

Amelia Heath
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Two weeks ago, one of my fellow Mast editors issued a challenge to start reading more for leisure.

This week, I would like to turn that challenge on its head: I want you to start writing more for leisure.

Now, I know you have a busy schedule. We all do.

But I really encourage you to start writing on a regular basis, be it once a day, once a week, once a month or anywhere in between.

Write about whatever you want.

It can be fact or fiction or a combination of the two.

It can be about something that happened to you or someone you know. It can be about something that didn't happen.

It can be a simple narrative. It can be a list. It can be a poem or a song.

It can be a letter to a friend or even to yourself.

Write however you want. Write by hand in a journal. Type it up on your computer.

If you don't mind the impermanence or the likelihood that other people will see it, grab a handful of Expo markers and write it on the windows and mirrors in your dorm room.

If you decide to write in a journal or on your computer, don't be afraid to take it with you when you go out.

Go ahead and be that mockable hipster who spends Thursday evening in the back corner of NPCC writing and knocking back cup after cup of coffee; you might even find me at the next table.

Write as much as you want. Whether it's just a few lines or a hundred pages, I guarantee it is worth whatever space it takes.

Don't feel like you have to polish your writing; for that matter, don't feel like you have to finish each entry.

If you want to, that's great, but remember: This is something you are writing for yourself.

It doesn't have to be perfect.

Your professors aren't going to storm into your room with what I call the Red Pen

of Doom and rip your writing to shreds.

Those obnoxious people who correct their friends' spelling and grammar in their Facebook comments (RE: people like me) are not going to "correct" your work.

It's your writing. As long as you don't have a problem with your writing, it is correct.

For some of you, the thought of having one more thing to do after a long day of classes, homework and spending time with friends and family just doesn't sound that appealing.

Try not to think of writing for leisure as just another chore; instead, think of it as an outlet, a release for the stress that gets pent up with all your other chores.

It isn't often that you'll receive a creative writing assignment for your biology class.

When you're writing for yourself, though, you have free reign over your creation.

I get a headache just thinking about writing an essay for class, but at the end of the day I get a huge sense of relief just by sitting down with my notebook and pen.

I know you have a busy schedule.

We all do.

But I really encourage you to start writing on a regular basis.

from THE MOORING MAST staff



PHOTO BY EMILY BIGGS

The Mooring Mast online team of Christopher Grouse (left), Daniel Drake (center) and Alison Haywood (right) pose Dec. 2011. Grouse passed away Feb. 28.

Saying goodbye

Editor-in-Chief Heather Perry sent out an email notifying her staff of an emergency meeting at 5:42 p.m. Feb. 28 — everyone was required to attend. Given the paper's recent mishap, every member of the editorial board was eager to learn what had we done. Who had we bothered? Did we misreport something? What line did we cross?

We didn't cross a line. There was no one to blame and, most importantly, no one could take this story back.

We had lost one of our own. Overnight, we were one staff member short.

The experience was harrowing. Suddenly, all of our petty notions of what fleeting, juvenile conflicts we could have caused seemed so hopelessly insignificant.

Christopher Grouse's death caused many of us to reflect on how important it is to value people.

Although he volunteered his time to work on our website and rarely crossed paths with most of the staff, all of us remember how friendly and intelligent he was, and above all, his great sense of humor. For those of us who did not get a chance to know him better, it is our loss. It's hard to believe we'll never see his contented smile during staff meetings again.

This past week, the mood in the newsroom has not been the same. Gone was the usual friendly banter and joke-cracking, replaced by a subdued silence punctuated only by the occasional solemn comment. Production night Feb. 29 was particularly difficult, and so we chose to print only 12 pages instead of our regular 16 to put less stress on the editors.

The grief affected us all in different ways. For some, going back on to campus after hearing the news was the most difficult. It was difficult to see students laughing, shouting and going about their lives after ours had been so drastically changed. For others, hearing indirectly from his family how much the Mast meant to Chris hit the hardest. Above all, the overall silence in the office was overwhelming.

Christopher is best remembered here at the Mast for his first column of a budding new series called "Tech Talk." He had expressed interest in trying out "the whole writing thing" and soon after produced a great, unique article on the three "must-have devices" of 2012. On Feb. 27, he was in the Mast office reviewing his next column on a topic he was passionate about: Macs versus PCs. That was the last time his jokes rang throughout our office.

We remember sharing in his joy at publishing his first column, each of us remembering our own pride at our first articles. His article was praised for the voice and personality he conveyed, and we as a staff regret we never got the chance to tell him how much we liked it.

Although it has been tough to process, we as a staff are slowly getting back on our feet. We remember Christopher for his life, not his death.

A celebration of Christopher's life will be held Monday March 12 at 10:30am in Lagerquist Hall in place of chapel.

The Mooring Mast

The Mooring Mast adheres to the Society of Professional Journalists' code of ethics, which includes the guidelines to "seek truth and report it," "minimize harm," "act independently" and "be accountable." The Mooring Mast also has taken the TAO of Journalism pledge, which promises our readers we will be transparent about who we are, accountable for our mistakes and open to other points of view.

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

Mission statement:

The Mooring Mast serves as an opportunity for discussion among students, faculty and community members. It encourages growth by acting as a learning lab for students who operate the publication, an educational venture and a service to the community. Our primary goal is to give readers the facts they need to form their own opinions.

Advertising & Subscriptions:

Please contact the Business and Ads Manager at mastads@plu.edu or visit www.plu.edu/mast for our advertising rates and contract.

Subscriptions cost \$25 per semester or \$40 per academic year. Please mail a check addressed to The Mooring Mast at Pacific Lutheran University, Tacoma, WA 98447 if you'd like to subscribe.

Letters to the editor:

The Mooring Mast encourages letters to the editor. Letters must be submitted to mast@plu.edu by 5 p.m. the Tuesday before publication.

Letters without a name, phone number and class standing or title for verification will be discarded. Letters should be no longer than 500 words in length and typed.

The Mooring Mast reserves the right to refuse any letter. Letters may be edited for length, taste and errors.

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Wandering sole: *big world, small budget*

Individualize travel photos to highlight experiences, not monuments

Jen Jepsen
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Whether a blessing or a curse, photography has become an integral part of travel.

With the dropping prices of DSLR cameras even Nikons and Cannons are affordable

to the masses, making them more prominent in tourist hotspots across the globe.

With so many passing through the same locations, creating unique photographs comes with its own set of challenges.

Anyone can take pictures of monuments and distinctive places, and thousands do daily—just check Google images.

To make your photographs stand out, think outside the box and find new ways of looking at old monuments.

Try taking a picture from the ground, at different times of day, in relation to other objects or at different focal lengths.

Everyone's seen a picture of the Eiffel tower.

But have they seen it lit up during the nightly show, reflected in the side mirror of a taxi cab or zoomed in to just a detail of the metal work?

Distinctive photos can also come from unique experiences.

Photographing less well-known places in a city generates much more interest than the obvious landmarks.

Let your photographs tell a story—the story of the city or of your trip.

People and animals add instant interest to a picture, especially if it is candid or the subject is in its natural environment.

Challenge yourself to find stories worth telling by meeting locals or having your own adventures.

Having a small travel buddy is another means of creating unique travel photos.

Mine, a small misshapen rabbit called Bunny, has traveled to twelve countries, three continents, and six states with me, posing for famous places and memories along the way. I found him hiding in my closet, a lost remnant of childhood, and he's been a constant companion in my travels ever since.

Using him as my subject matter adds an element of surprise to more standard pictures of monuments while offering a truly unique theme in photographs that trace the places I've been.

Travel buddies should be small and sturdy enough to fit easily in a backpack. Try finding something that's meaningful to you, funky or an inside joke—the more unusual, the more your photos will stand out.

Experiment with different angles, zoom lengths and subject matter to make your photos stand out.

With a bit of practice and patience, interesting travel photography worth

sharing can become second nature, leaving you more time to experience a new place rather than looking at it through a view finder.

Jen Jepsen is a senior English major at Pacific Lutheran University officially diagnosed with a bad case of wanderlust. Aside from travel and photography, her pastimes include dancing, hiking, Bananagrams and being vegetarian.



PHOTO BY JEN JEPSEN

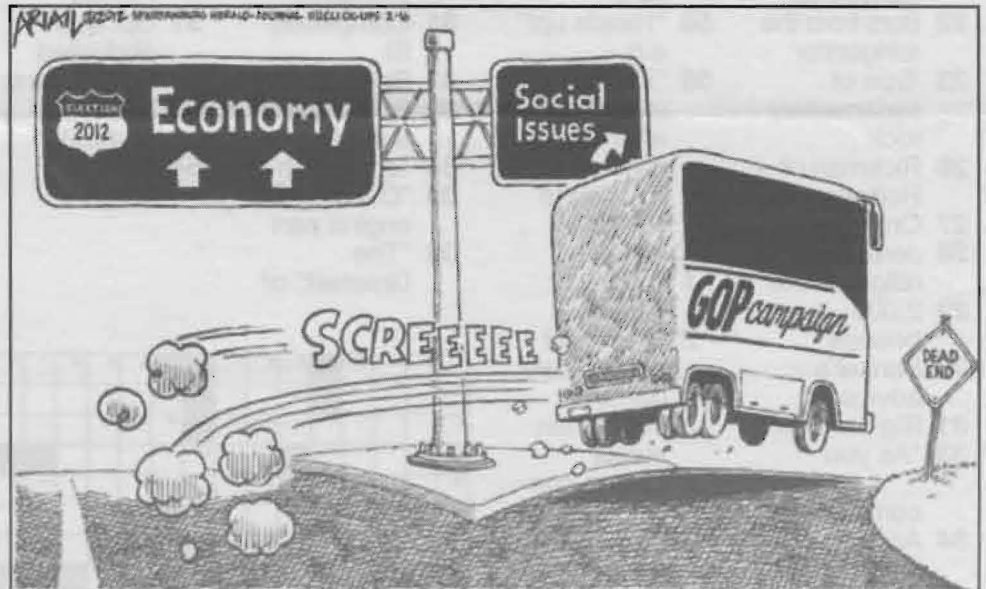
A picture of Lake Geneva, Switzerland in June 2010 is personalized with the addition of a travel buddy, a stuffed animal named Bunny. Travel buddies add a surprising, unique focus to photos that differentiate the photos from typical tourism photography.

Let's talk about **SEX** maybe

submit your relationship or sex questions to mast@plu.edu to be answered in a new column

Submit photos to biggsec@plu.edu for the opportunity to be featured in an upcoming Caption Contest.

Photos will be judged for creativity and humor and must be tasteful. Please include your full name and class standing.



CLASSIFIEDS:

Your classified ad could appear here in the March 16 issue of The Mooring Mast. Contact mast@plu.edu for more information.

HOUSING

- 2 Rental homes close to campus—Price \$1600-2100 (depends on number of house & no. of roommates)
- 1. 1106 So. Wheeler St. (6 bedroom) Tacoma New Carpets, 6 large bedrooms, 2 bathrooms quiet neighborhood with nice deck and private yard
- 2. 824 S. 133rd Street Tacoma (7 bedroom)—

Large. Call/text 425-221-0462; or email randall7202@comcast.net

Housing available on Wheeler Street next year!

1516 Wheeler Street South: 4 Bedrooms, 1 Bath, New gas furnace, vinyl windows, washer, dryer, dishwasher, microwave, self-cleaning oven, covered patio, fenced back yard, hardwood floors computer network, and lots of off-street parking. \$1500 per month. Rent includes: Garbage, Recycling, and yard care.

Contact Dave Carlson carlsode@plu.edu or 253-531-5966.

1116 Wheeler Street Daylight Basement - 2 Bedrooms, 1 Bath, Built in 2005! Includes Washer, Dryer, private setting and close to campus. Walk to class! \$790 per month. Rent includes: Garbage, Recycling, and yard care. Contact Dave Carlson 253-531-5966 or carlsode@plu.edu

1116 Wheeler Street Studio Apartment. Almost new! Full size washer, dryer, dishwasher, microwave and self-cleaning oven. Walk-in closet, cathedral ceiling and skylights too! \$670 per month.

Rent includes: Garbage, Recycling and Yard-Care. Contact Dave Carlson 253-531-5966 or carlsode@plu.edu.

Perfect student rental just 2 blocks from the Admin Bldg! 5 bdrm, 2 bath home with washer & dryer has fenced bk yd & lots of parking. Available June 1st. -- \$1500 / month + utilities. Call Dave Peterson at 253-222-8480 or email davepeterson@betterproperties.com.

JOBS
The Mooring Mast is looking for cartoonists, photographers, and reporters for News and Focus. Applications are available online at PLU's student employment website.

THE MOORING MAST NOW OFFERS CLASSIFIED ADS FOR \$6 PER 50 WORDS.

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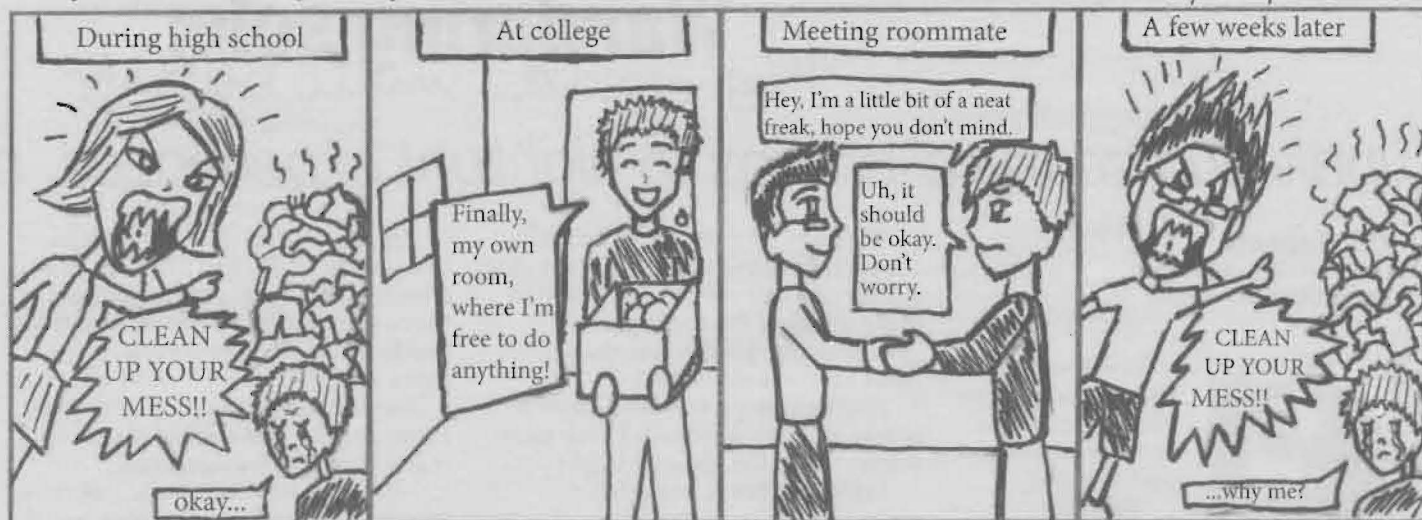
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First-Year Problems

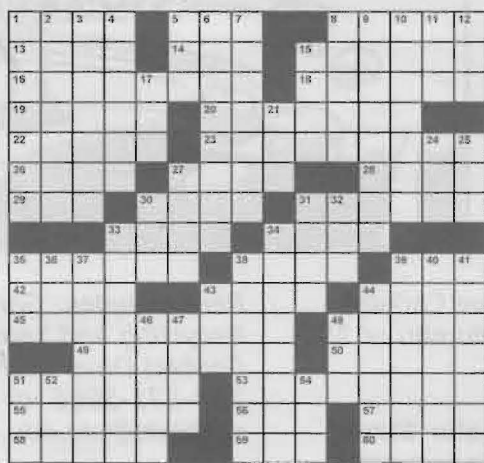
by: Ralph Mallare



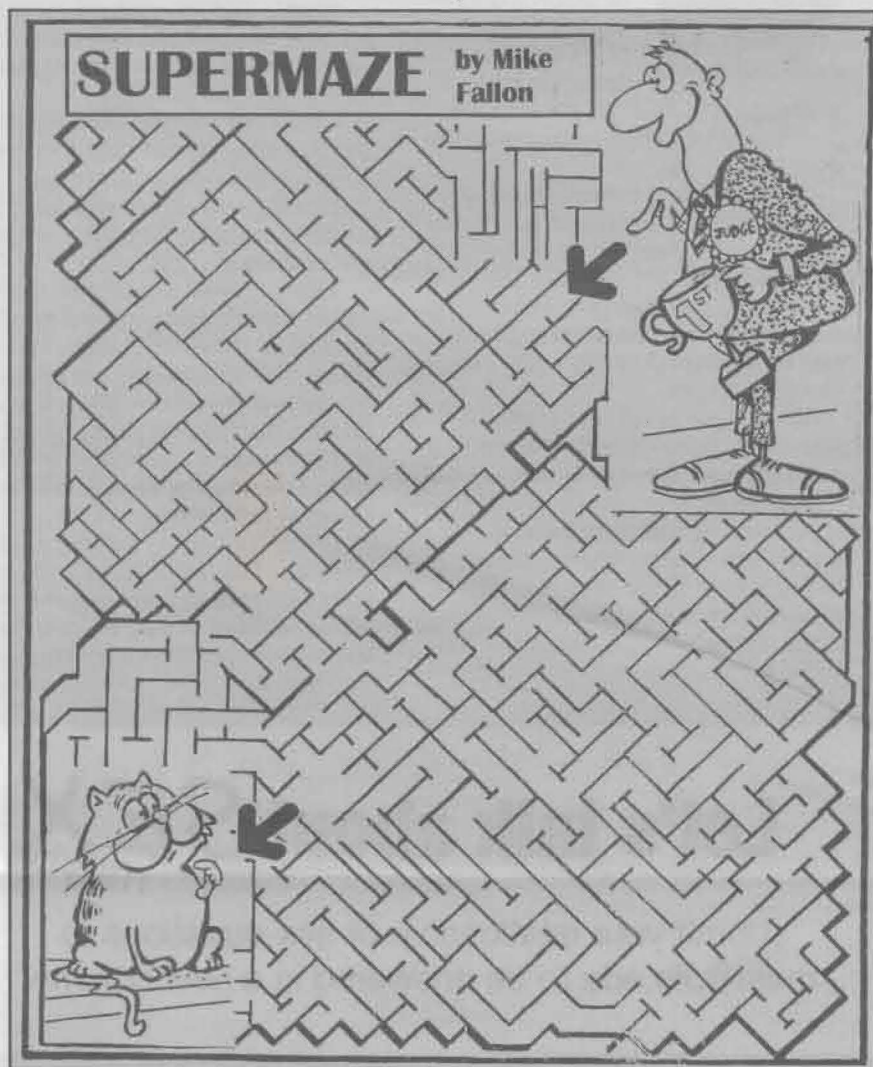
Universal Crossword

Edited by Timothy E. Parker March 11, 2012

- ACROSS**
- 1 Santa ____, Calif.
 - 5 Chew the fat
 - 8 Accra is its capital
 - 13 Former Platte River inhabitants
 - 14 Org. for attorneys
 - 15 Uncomfortably stiff
 - 16 "Don't fret!" as a question
 - 18 Ties a second knot
 - 19 1940s jazz style
 - 20 Daily pill for the heart-conscious
 - 22 Bars from the refrigerator
 - 23 Type of sedimentary rock
 - 26 Rickman of Hollywood
 - 27 Orderly
 - 28 Jerusalem religious site
 - 29 2,000 pounds
 - 30 Banker's advice
 - 31 Big hammer
 - 33 "As you ____" (military command)
 - 34 Ark-boarding unit
 - 35 Official seal on a document
 - 38 Commend, as for bravery
 - 39 Away from to?
 - 42 Additive in skin lotions
 - 43 "I couldn't ____ less!"
 - 44 Instituted litigation
 - 45 "A Prairie Home Companion" state
 - 48 Song of mourning
 - 49 Reno native
 - 50 "____ Marner"
 - 51 Post-snow-fall tool
 - 53 Bric-a-brac holders
 - 55 Like some fingerprints
 - 56 "A guy walks into a ____..."
 - 57 You don't need a license to fly it
 - 58 "Heads up!" e.g.
 - 59 "Don't ____" (comment after a bad day)
 - 60 Kill, as the Minotaur
- DOWN**
- 1 Dinghy or wherry
 - 2 Black and white board game
 - 3 Vegetarian staple
 - 4 Losing consciousness
 - 5 "... hand in the cookie ____"
 - 6 Like sandpaper
 - 7 Place to fall by
 - 8 Suffix with "concert" or "party"
 - 9 Big gun
 - 10 Tonsil's neighbor
 - 11 The Simpsons' neighbor Flanders
 - 12 "Jeopardy!" ques., really
 - 15 Court command
 - 17 Co-____ (some apartments, for short)
 - 21 Work at, as a trade
 - 24 Christmas drink
 - 25 Atlanta-to-Richmond dir.
 - 27 Acerb
 - 30 "Com-____prende?"
 - 31 Completely fill
 - 32 Be untruthful
 - 33 Sometime or another
 - 34 Toothy fish
 - 35 "Overhead" engine part
 - 36 "The Greatest" of the ring
 - 37 Suggest, as a meaning
 - 38 American Indian or wine
 - 39 Furnace filler
 - 40 Boat race
 - 41 Long series of wanderings
 - 43 Cape ____, Mass.
 - 44 Moves stealthily
 - 46 Major happening
 - 47 Dietary no-no, for some
 - 48 Winter hrs. in Florida
 - 51 Gp. that abducted Patty Hearst
 - 52 "2001" computer
 - 54 Noah's vessel

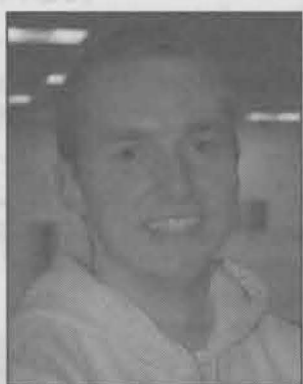


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sidewalk

Do you use ebooks? Why or why not?



"I tried my grandma's ereader, and I prefer textbooks."

Jake Dacus, first-year



"I like them because highlighting is easier and cheaper, but it's kind of annoying not to have a real book."

Joey Zingarelli, first-year



"I don't use ebooks because I like having a physical book to highlight."

Andrew Larsen, first-year



"I don't absorb information from screens as well as a physical book in hand."

Doug Smith, first-year



PHOTO BY BEN QUINN

Sempai Bobby Rasmussen (left) duals Kendo Club Vice President junior Sean Themar (right) during a club meeting Feb. 22. "I enjoy it," Rasmussen said. "I love teaching it. I love doing it. I love practicing it. I plan on doing it the rest of my life, if I can."

Kendo Club makes the cut

Members learn quickly with high energy and positive spirit. They look to compete next semester against other Kendo clubs.

Alison Haywood
A&E REPORTER
haywooj@plu.edu

Pacific Lutheran Kendo Club President sophomore Julian Banbury asks all members of the club one question: "Who doesn't want to be a samurai?"

Banbury restarted the Kendo Club in October after membership declined to just two students the previous year.

Kendo, meaning "way of the sword," is a Japanese martial art that began to develop around the 18th century and has been rising in recreational popularity since World War II, according to kendo-usa.org.

The bamboo swords, called shinai, distinguish Kendo from other martial arts. Banbury described Kendo as "the Japanese equivalent of fencing."

After gathering student interest at the beginning of the school year, Banbury contacted the Tacoma Kendo and Iaido Club last fall and expressed his interest in reviving the Kendo Club at PLU.

Sempai -or teacher- Bobby Rasmussen agreed to take the students on.

"I really enjoy the students at PLU," Rasmussen said. "They ask a lot of good questions, they're fun, they're energetic. They have high spirit, and they're very quick learners, too."

Rasmussen has been doing Kendo since he was six years old and said he plans on doing it the rest of his life.

"It's a good way to just like, release yourself," Rasmussen said. "And it's a lot of fun. Every day I'm always learning something new."



PHOTO BY BEN QUINN

Kendo Club vice president junior Sean Themar slashes his shinai during a club meeting Feb. 22.

Kendo Club currently consists of six members who practice under Rasmussen's guidance Wednesday evenings at 7 p.m. in the Chris Knutzen hall. Although they have different reasons for joining, they all share a dedication to the sport and a willingness to work hard.

First-year Kelsey Johnson said she joined Kendo Club in order to get more involved at PLU.

"It's a great way to get involved for me, but it's also a new kind of discipline that I've never had before," Johnson said. "It seems easy but it's also really hard trying to control the body."

Vice president junior Sean Themar said he was always interested in martial arts, but never has the opportunity to explore them until a friend suggested Kendo Club.

"I like the discipline, and the hard work that you have to put in for it and all that," Themar said.

Themar said a goal of the club is to obtain Kendo armor, or "bogu," by May. Once they have the armor, which can cost between \$500 and \$2000, Banbury said they can begin sparring one-on-one.

"Rather than striking each

"Who doesn't want to be a samurai?"

Julian Banbury sophomore, Kendo Club president

other to practice our strikes, we hold up our shinai and then strike the shinai rather than strike the actual person," Themar said. "And that works just fine until we're ready to get our armor."

Banbury said he also hopes to form an official PLU Kendo team next year so the club can participate in competitions, including the nation-wide Harvard Invitational.

"We would just like to be able to have a team so we can say yes, this is us, we're part of PLU, not just part of the Tacoma Kendo Club," Banbury said.

Banbury said his biggest goal is to keep Kendo Club going even after he graduates.

Kendo Club will be taking new members next fall. For more information, contact Julian Banbury at banburjm@plu.edu To find out more about the Tacoma Kendo and Iaido Club, visit www.tacomakendo.com.

SPORTS *Talk*

Did you ever sword fight with sticks as a child?



"Wooden sticks as swords? Absolutely. Whiffleball bats as lightsabers? Heck yeah."

Karsten Olson, first-year



"Yes, I did play with sticks as swords. I pretended they were lightsabers. I was a Jedi."

Luke Olson, first-year



"I played with sticks for days. Only they weren't swords, they were lightsabers."

Olivia McLaughlin, sophomore



"I played with sticks as swords as a little kid. They were the staple of our recess in elementary school."

Hannah Anderson, first-year

SPORTS SCHEDULE

Baseball

Upcoming Games
Mar. 10 vs. Whitman, 11 a.m.
Mar. 10 vs. Whitman, 2 p.m.

Previous Games
Win (11-4): Mar. 4 at Willamette
Win (9-6): Mar. 4 at Willamette

Softball

Upcoming Games
Mar. 10 vs. Willamette, noon
Mar. 10 vs. Willamette, 2 p.m.

Previous Games
Loss (5-6): Mar. 4 vs. Whitworth
Win (5-1): Mar. 4 vs. Whitworth

Men's Lacrosse

Upcoming Games
Mar. 4 vs. S. Oregon, TBD
Mar. 10 at W. Washington, 7 p.m.

Previous Games
Loss (19-4): Mar. 3 at Gonzaga
Loss (21-4): Feb. 25 at WSU

Men's Tennis

Upcoming matches
Mar. 10 at Willamette, 2 p.m.
Mar. 11 at Pacific, 10 a.m.

Previous Matches
Loss (7-2): Mar. 3 vs. George Fox
Win (8-1) Mar. 2 vs. Linfield

Women's Tennis

Upcoming matches
Mar. 9 at Pacific, 3:30 p.m.
Mar. 10 at Willamette, 12:30 p.m.

Previous Matches
Loss (3-6): Mar. 3 at George Fox
Loss (1-8) Mar. 2 at Linfield

LUTES LOOK TO PUT THE CATS IN THE BAG

Columnist breaks down softball's big weekend

by Nathan Shoup

Game predictions

Willamette: Saturday's softball doubleheader features a Willamette team 3-3 at home and a PLU team 2-4 on the road. All four of those losses came in early February in Hawaii.

Last Sunday, the Lutes scored fewer than nine runs for the first time since Feb. 6. Look for the Lutes to have a big offensive day against the Willamette pitching staff with a

5.81 ERA, which is sixth-worst in the NWC. The Lutes' 2.08 team ERA is second best in the conference.

MY PREDICTION: PLU beats Willamette game one in a nail biter 4-2 and breaks the second game wide open winning 10-1.

Linfield: The Lutes struggled recently against the Wildcats, but were able to hand Linfield one of

their three losses last season.

As the defending national champions, Linfield has shown no signs of giving up its title starting the season 10-0 and maintaining a staff ERA of 1.50.

MY PREDICTION: PLU falls in two close games 7-5 in game one and 8-4 in game two.

Scouting report: Willamette Bearcats

The Bearcats enter the weekend with a 7-6 overall mark and a 6-2 record in the NWC, one game behind the Lutes for second place.

As a team, the Bearcats are hitting .332 and are led by outfielder Jessica Barry who has compiled a .406 batting average in 13 games, which is 10th best in the NWC.

Barry's eight stolen bases this season are tied for third best in the conference.

Alex Watilo leads the Bearcats in

the circle with a 2.86 ERA. Her five victories, four complete games and 28.2 innings pitched are all tops in the NWC.

The Lutes and Bearcats share the common opponents of Pacific and Lewis and Clark this season.

Saturday, the Bearcats split a doubleheader with Pacific, winning the first game 12-7 and losing the nightcap 12-4. The Lutes manhandled the Boxers in a doubleheader Feb. 26, outscoring

Pacific 19-6 in the sweep.

Sunday, the Bearcats swept Lewis Clark by 3-1 and 11-0. The Lutes made quick work defeating the Pioneers 10-0 and 11-3 both in five innings Feb. 25.

Dating back to 1981, the Lutes have dominated the overall series with the Bearcats holding a 75-22 advantage.

The Lutes face doubleheader games against Willamette Saturday at noon and 2 p.m.

Scouting report: Linfield Wildcats

The Wildcats will come into the weekend with a 10-0 overall record and 8-0 in the NWC.

Cruising through the first quarter of the season, Linfield has hardly broken a sweat, outscoring opponents 100-12. All eight of Linfield's conference games have ended with the mercy rule.

The Wildcats are hitting a daunting collective .398. Outfielder senior Jaydee Baxter leads the

NWC with a .519 batting average. Infielder sophomore Ashley Garcia and infielder junior Karleigh Prestianni are each hitting .500, good for a second-place tie in the NWC.

As dominant as Linfield has been offensively, the pitching staff has been equally impressive. Linfield has a team ERA of 1.50 while holding opponents to a .170

batting average.

PLU currently holds the overall series advantage against Linfield with a 66-41 record against the Wildcats. However, the Lutes have been on the losing end of 21 of the last 23 matchups dating back to 2006.

PLU will play two against Linfield Sunday at noon and 2 p.m.

PHOTO BY SHELBY DALY



SCORECARD

Baseball

as of 03/07/2012

NWC Standings:

Team	NWC	All
Linfield	4-2	7-3
PLU	2-1	7-5
George Fox	2-1	6-9
Pacific	2-1	6-9
Whitman	2-1	2-13
Puget Sound	1-2	3-10-1
Willamette	1-2	3-10
L&C	1-5	1-13
Whitworth	0-0	6-5-1

Batting Leaders:

Player	ABs	BA	OBS	SLG
B. Gates	56	.446	.475	.661
E. Ottemiller	25	.440	.516	.520
I. Jaron	28	.357	.438	.536
R. Frost	33	.333	.465	.364
B. Pearson	38	.316	.409	.395
C. Wildung	26	.308	.379	.500

Pitching Leaders

Player	IP	ERA	SO	BB
C. Nilson	3.1	0.00	2	3
R. Frost	5.1	1.69	4	0
C. Bishop	22.2	1.99	18	7
K. Godfrey	12.1	2.19	10	5

Softball

as of 03/07/2012

NWC Standings:

Team	NWC	All
Linfield	8-0	10-0
PLU	7-1	9-5
Willamette	6-2	7-6
George Fox	5-3	10-8
Pacific	3-5	5-11
Puget Sound	2-6	2-6
Whitworth	1-7	3-11
L&C	0-8	0-10

Batting Leaders:

Player	ABs	BA	OBS	SLG
A. Hall	16	.563	.731	.938
H. Harshaw	15	.533	.632	.800
M. Califano	19	.474	.524	.737
S. Hagensen	24	.417	.462	.583
K. Hatlen	22	.409	.536	.545
G. Nitta	20	.400	.500	.700

Pitching Leaders

Player	IP	ERA	SO	BB
S. Hagensen	25.2	0.82	27	3
L. Butters	8.0	1.75	8	1
K. Hatlen	13.1	3.68	12	2

Track and Field

as of 03/07/2012

NWC Standings:

Team	NWC	All
Whitworth	0-0	0-0
PLU	0-0	0-0
Puget Sound	0-0	0-0
L&C	0-0	0-0
Pacific	0-0	0-0
Linfield	0-0	0-0
Willamette	0-0	0-0
George Fox	0-0	0-0
Whitman	0-0	0-0

Men's Lacrosse

as of 03/07/2012

PNCLL Standings:

Team	NWC	All
Gonzaga	1-0	5-0
Whitman	1-0	2-1
W. Wash.	0-0	4-3
Puget Sound	0-0	1-4
C. Wash.	0-1	1-4
PLU	0-1	0-4

Men's Tennis

as of 03/07/2012

NWC Standings:

Team	NWC	All
Pacific	4-0	4-1
Whitman	3-0	7-3
George Fox	3-1	4-5
Willamette	2-1	2-1
Whitworth	2-1	3-3
PLU	1-3	2-3
L&C	1-3	1-3
Linfield	1-3	1-4
Puget Sound	0-5	0-6

Women's Tennis

as of 03/07/2012

NWC Standings:

Team	NWC	All
Linfield	6-0	6-0
Whitworth	3-0	4-1
Whitman	4-1	5-2
Pacific	3-3	4-3
Willamette	1-3	3-3
L&C	0-4	0-5
PLU	0-5	0-6

Throwers show lot of potential

Track and field team kicks off season, features new recruits

Brandon Adam
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Pacific Lutheran's 2012 track and field campaign looks promising. "We've got a lot of really good new recruits in," distance runner senior Sean Andrascik said.

Andrascik said he is hopeful that both the men's and women's track teams will perform well this year and make it to the NWC meet.

"We're aiming for that one-two spot at the conference this year," Andrascik said. "I think this is the year is definitely going to be a really good opportunity to do well."

This is Andrascik's last year at PLU and he said he intends to give it his all.

Andrascik said to keep a look out for juniors David Fisher in the hurdles and Alex Holden in sprints.

"Hopefully we'll do good, hopefully. This is a good conference so you never know," running coach Michael Waller said. "Our sprints are looking good, our relays are looking good."

Though the track and field players are young, throwing coach Dan Haakenson is confident in the throwers, especially junior Ryan Ransavage.

"We have a very strong throwing team," coach Haakenson said. "Ryan is very strong in the hammer."

As a former PLU student athlete, Haakenson won three conferences as a thrower in his four years on the track and field team.

Haakenson predicts Ransavage will throw the

"Hopefully we'll do good, hopefully. This is a good conference so you never know."

Michael Waller
running coach

hammer close to 60 meters. There are only four pole vaulters on the roster this season.

"We don't have a lot of pole-vaulters, but the ones that we have should do okay," pole vaulter sophomore Michelle Domini said.

According to pole vault coach Al Brockel, Domini and sophomore Angela Kern have the abilities to qualify for conference.

The standout among the vaulters is senior Chester Holt. Holt got second place in conference last season and won conference a year before that.

The pole vaulter roster is tentative at the moment. Many PLU athletes are determined to make the final cut, including javelin thrower and long jumper sophomore Stephen Hass.

"Each position has a different mark to reach," Hass said. "I've got to throw 52 meters today to qualify for javelin."

Once Hass joins the team, he believes that PLU's javelin team will do well in conference.

"I think our team is going to do very well," Hass said.

Hass was also the running back for PLU's football team.



PHOTO COURTESY OF MICHELLE DOMINI

Long jumper first-year Emanuell Sloan jumps in the triple jump at the track and field at Linfield. Sloan jumped with a final distance of 12.28 meters.

PLU track and field consists of throwing, distance running, sprinting, pole-vaulting, relay running, javelin and jumping events.

The team's next meet will be at the PLU Invitational 9 a.m. Saturday.

SPORTS BRIEFS

Justin Buchanan
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Track and field shows promise at Linfield

The Pacific Lutheran track and field team opened its season at Linfield Saturday with promising results.

The men throwers had a strong meet. Thrower senior Mike Vavricka was the Lutes' only first-place winner, taking the shot put with a 47-6.25-meter throw. Thrower junior Ryan Ransavage took third in the shot put with a throw of 46-0.5. Ransavage also placed second in the discus with a throw of 142-2 and second in the hammer with a throw of 168-3. Distance runner senior Sean Andrascik placed second in the 3000 meter steeplechase with a final time of 10:13.90.

The Lutes' next meet is the Pacific Preview at Pacific University March 16 and 17 starting at 10 a.m. and 9 a.m. respectively.

Baseball goes 2-1 over weekend

Pacific Lutheran baseball had a strong weekend winning two of three games against Willamette University.

The Lutes headed into the seventh inning of the first game with a six-run lead. PLU gave up three runs in the seventh and three in the ninth as Willamette snuck out a 9-8 victory. In the second game, Willamette earned three runs on four hits in the first inning. The Lutes took the lead in the sixth after outfielder sophomore Jacob Hoffman hit his second homerun of the season. The Lutes rolled on to win 9-6 against the Bearcats. In the third game, the Lutes took an 11-4 victory after jumping to an 8-0 lead.

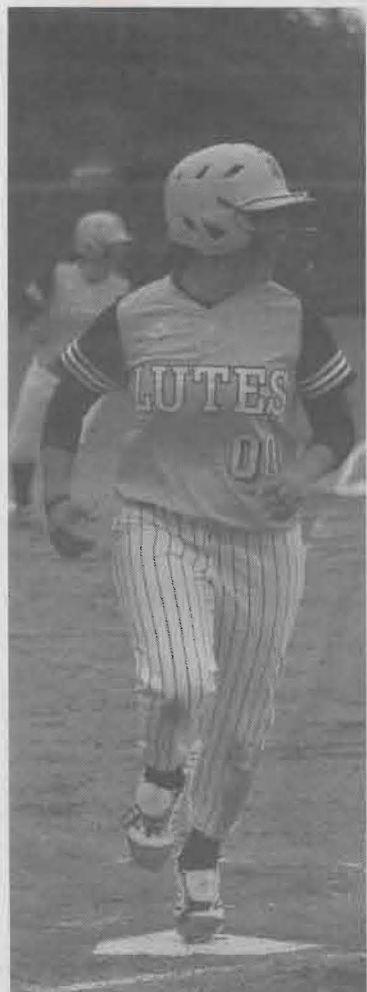
The Lutes are 7-5 overall on the season and 2-1 in the NWC. They will take on Whitman this weekend at home with doubleheader games Saturday starting at 11 a.m. and 2 p.m. and a Sunday game at noon.

Men's tennis wins one, loses another

Men's tennis got its second win of the season after winning eight of nine matches against Linfield Friday. Saturday, the Lutes dropped one of two final sets against George Fox, losing 5-4. Senior Zack AhYat won his match against George Fox's sophomore Preston Mann in two sets and winning 7-5 and 6-3 in the No. 1 singles match.

Men's tennis has an overall record of 2-3. The Lutes hit the road this weekend to take on Pacific Saturday at 10 a.m. and Willamette at 2 p.m.

Softball suffers first loss



PHOTOS BY SHELBY DALY

LEFT: Infielder junior Glenelle Nitta reaches home safely, earning a run for the Lutes. ABOVE: Third baseman junior Haley Harshaw prepares to field a ball against Whitworth Sunday.

Nathan Shoup
SPORTS REPORTER
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Last weekend, the Lutes dropped their lone conference contest in the final of a four-game set against Whitworth. Saturday, PLU made easy work of the Pirates winning 12-0 and 14-0, both in five innings.

Sunday, Whitworth ace Riley Fritz was able to cool off PLU's offense. In the first game, Fritz held the Lutes to five runs in six innings. PLU's five were the least scored since

losing 5-4 to BYU-Hawaii Feb. 6.

Fritz was stellar in the second game, allowing only three earned runs in seven innings en route to the victory.

The Lutes made a push to remain undefeated in the NWC, trailing 6-2 into the home half of the seventh inning.

With one out and the bases loaded, All-American pitcher senior Stacey Hagensen singled up the middle to plate infielder senior Ami Gran. Outfielder senior Amanda Goings attempted to score

from second on the play but was thrown out at the plate.

Down to the final out, infielder junior Kaaren Hatlen hit a two-out single that scored Hagensen and outfielder junior Montessa Califano.

Down one run, the Lutes' push for heroics ended when infielder junior Glenelle Nitta lined out to the right fielder to end the game.

The 6-5 defeat was the first NWC loss for the Lutes and the first NWC victory for Whitworth, now 1-7 in the NWC.

0-4 ■ Men's lacrosse team revamps itself after All-American goalie graduates, confronts early season struggles

Sam Horn
SPORTS REPORTER
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Pacific Lutheran men's lacrosse team are still looking for their first win.

Men's Lacrosse currently sits at 0-4.

After dropping their first game to the University of Portland 0-19, the Lutes have only scored 21 goals compared to their opponents' overall goal tally of 75.

The team is bringing in young talent with four first-years.

Led by captain senior Chad Peterson, a Pacific Northwest College Lacrosse League Honorable Mention and All-Conference Defensive player.

"This year will be a rebuilding year after losing five seniors last year to graduation," Peterson said.

Last year, the Lutes finished in third place out of five teams in their conference. Lacrosse, unlike other club sports at PLU, plays in a league shared with other Division II schools.

Whitman, PLU and the University of Puget Sound are the only teams from the Northwest Conference in this league, known as the Pacific Northwest Collegiate Lacrosse League. Gonzaga

University, Western Washington University and Central Washington University are other schools.

"I think we have the ability to obtain third place in our league once our season is over," head coach Gregory Gutherless said.

Lacrosse and ultimate Frisbee are two PLU sports that are more open to players who do not have previous experience.

With sports such as football and basketball, experience is

"This year will be a rebuilding year after losing five seniors last year to graduation."

Chad Peterson
senior, defender

important, but as a club sport, lacrosse functions differently.

Many players learn about and get interested in the sport from friends. It doesn't matter if they've never played on an organized team in their life - lacrosse is open to all types of players.

Junior Randal Johnson had never played lacrosse before coming to PLU and now plays goalie for the Lutes.

Johnson joined the team and picked up the position of goalie after talking about it with his friends.

"I think playing the position is a balance of craziness and stupidity," Johnson said.

Johnson, playing in his first year of lacrosse, has 60 saves after replacing All-American goalie Greg Fredlund.

The Lutes' final home game is against Western Washington University at Franklin Pierce High School at 7 p.m. Saturday.

After the game against Western Washington University, the Lutes hit the road for the final four games of the season.



PHOTO BY SHELBY DALY

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