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The Mooring Mast

February 23, 1990

Pacific Lutheran University

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Chinese activist to tell of turmoil



Courtesy of Robert Walker Enterprises

Chinese student activist Pei Min Xin, who will speak at PLU Monday, fears returning to China.

by Heidi Berger
staff reporter

Never before seen slides of last summer's Chinese student revolt that were smuggled to the United States for foreign journalists will highlight student activist Pei Min Xin's lecture titled "Student Power: The Struggle for Democracy."

The lecture will be held at 7:30 Monday in Chris Knutzen Hall and is part of the ASPLU Lecture Series.

Min Xin, who is the leading U.S. spokesman for the Chinese student movement and co-founder of the May Fourth Foundation, has appeared on "Nightline," "The McNeil Lehrer Report" and "The Today Show."

If Min Xin had not left China before the revolution, he says he might not be alive today.

"Less than five activists escaped alive," he said. "I'm very high on their black list over there."

"The main reason I haven't returned (to China) is because of my concern for my wife and one-year-old son's safety," he said. The Min Xin family lives near Harvard University, where he is a doctoral candidate.

Min Xin's parents and siblings remain in China. Min Xin's father wrote him that the government is putting pressure on him to get his

son to return to China.

"In China, you are brought up to be very loyal to your father," he said. "They (the government) are trying to make me feel guilty."

Min Xin's lecture will include the topics "Censorship and

"Tell the world what has happened in China. Tell them that the Chinese government is killing the Chinese people."

A Chinese Worker
to Pei Min Xin

Secrecy—The Complete Disregard of Human Rights," "The Growing Discontent and Inevitable Eruption in China" and "The Rise of a New China—Dream or Reality."

Min Xin has testified three times in the past year before the U.S. Congress, looking out for Chinese students studying in the United States.

Communication Arts professor Gary Wilson was teaching at Zhongshan University in Guanzhai

(Canton) on a year-long sabbatical during the revolt.

Wilson said he was well-informed on the Chinese student activities because one of the student leaders was in his class.

"We were asked to leave on June 9 because of the remote chance of being hurt by the random bullets flying around," he said.

Junior Cheryl Quade was part of the Pacific Lutheran University study abroad group at Chengdu University last spring that had their stay cut short when the revolution broke out.

Although Chengdu University is 1,400 miles from Tiananmen Square, there were similar massive demonstrations at the school, she said.

"I just didn't want to leave," Quade said. "The air was so wired—there was so much tension—but I didn't feel any danger."

The PLU lecture will mark Min Xin's first visit to Washington and will be his 30th campus visit in the past six months.

"I hope students will feel a kind of empathy for our students struggling for democracy," Min Xin said. "Students in the United States are so fortunate to have democracy."

Min Xin's lecture is free to all students, staff and faculty, and \$2.50 for the public.

Beyond the CK... Centennial donations may create Lute church

by Erika Hermanson
intern reporter

Some churches have a narthex, a steeple and Sunday school classrooms. Other churches may have long, oak pews, ornate stained glass windows and a rich-sounding pipe organ.

But Pacific Lutheran University's University Congregation, the only congregation without a permanent worship facility in Region 1 of the Evangelical Lutheran Church of America (ELCA), doesn't have any of these luxuries; at least not yet.

Currently a \$2 million fund drive for a new PLU worship facility is in the works. The campaign, which is centered around the university's centennial year, is aimed toward the 630 churches and individuals in Region 1 of the ELCA (Alaska, Idaho, Montana, Oregon and Washington).

"It (the donation) would still be the gift of the church for the centennial, even though it will come a year late," said President William O. Rieke.

The funds for the chapel are being actively pursued by fund raisers who are going into churches and to individuals asking for the money for the building, Rieke said.

According to the Rev. Dr. Steven Morrison, assistant to Bishop David Wold of the ELCA Southwest Synod, the money will come from 2,000 people pledging \$1,000 each. So far \$10,000 have

been donated.

"The church is excited about both PLU's excellence in education and the students and their spiritual journey," said Morrison. "We want to affirm that in any way we can."

Rev. David Steen, a regent from Olympia, and Morrison, who is also an alumni, a husband and a parent of PLU students, are the ones who have spearheaded the centennial campaign.

Four of the six synods in Washington, Oregon, Idaho, Montana, Wyoming and Alaska have approved a centennial donation, Rieke said.

In late May, a steering committee for the fund drive will be set up. Morrison wants the campaign to be open "to all who have a vision in participating in the life of PLU."

The proposed 300- to 500-seat worship facility, dubbed "A Space for Grace" by Campus Ministry, would be a space set aside for the worship of Jesus Christ, and all organized religious groups would be welcome to use it, said University Pastor Martin Wells.

Interest in a PLU worship facility began 8 to 10 years ago, and then re-emerged in early 1984, said Rieke. Ernst Schwidder, art professor, was commissioned by Rieke to design and prepare blueprints of a proposed chapel. The building was of a Scandinavian stavkirke design.

Although the design brought

about a great deal of interest, the new music building was a higher priority, Rieke said.

Currently, University Congregation's three worship services are on Sundays in the Regency Room at 9 a.m., Chris Knutzen Hall at 11 a.m. and Tower Chapel at 9 p.m. According to Wells, up until 17 to 18 years ago mandatory chapel services were held in Eastvold Chapel, built in 1952.

Once the demands of the music, drama and communications departments became too great on Eastvold, however, the chapel moved to the big nave in Trinity Lutheran Church, said Rieke. Later it moved again to Trinity Chapel.

Some universities which already have their own worship facilities are: California Lutheran University, Thousand Oaks, Calif.; Augsburg College, Minneapolis, Minn.; St. Olaf College, Northfield, Minn.; and Valparaiso University, Valparaiso, Ind., said Wells.

Wells believes that many schools move away from their religious roots, a factor that he is afraid could be a threat to PLU. He used the University of Puget Sound moving from its Methodist background to a more secular institution as an example.

"We want PLU to work towards being Notre Dame, not UPS," said Wells.

(See related editorial, page 6)

Forum hits ethics of whistle-blowing issue

by Susan Halvor
staff reporter

A strong conviction of right and wrong. Integrity. Responsibility to the public. Leadership. Perseverance. A willingness to take action against corruption and wrongdoing. These are qualities most people would like to possess. These qualities are characteristic of whistle-blowers.

Classes were cancelled between 1 and 4 p.m. yesterday for the Pacific Lutheran University Presidential Forum "Ethics and Professional Life: Whistle-Blowing on the Job." The forum took place in Chris Knutzen Hall, with sessions lasting from 1 to 4:30 p.m. and 7 to 9 p.m.

"Somebody has to stand up and tell everybody what's right. Somewhere along the line it has to be us or you," said Jim Pomeranke. Pomeranke and his wife, Rikki, who last year blew the whistle on the trucking industry, were among the 400 students, faculty and community members attending the forum.

The first session, led by communication arts students and professors Sheila Nolan, Cliff Rowe and Christopher Spicer, introduced the topic, defining a whistle-blower as "someone who risks something of themselves to make public a wrongdoing."

Whistle-blowers are responding to a perceived violation of professional ethics. Their concern for the well-being of the community and sense of individual responsibility has earned them the name of "ethical resisters."

Four communication students offered profiles and statistics about various cases of whistle-blowing, such as the Pomeranke situation. Video aids were also used throughout the first session, including clips starring two PLU theater majors and portions of the film "Silkwood."

"Silkwood" tells the story of Karen Silkwood, a factory worker who discovered that employees were being exposed to dangerous levels of radiation without their knowledge. She revealed this information and was harassed, eventually dying in a car accident of questionable circumstance.

Virtually all cases of whistle-blowing involve some sort of violence,

See FORUM, page 3

News bits

Colleges want the 'U'

Efforts to change the names of three different colleges have become political footballs in Utah and Colorado.

In Utah, legislators Feb. 9 passed the second reading of a bill to rename Weber State College and Southern Utah State College as universities, provoking fears of "confusion" and even money losses at the University of Utah and Utah State University.

In Colorado, Metropolitan State College (MSC) is seeking to add "of Denver" to the end of its name.

Proponents of the name changes say they will enhance the status of students' degrees, which will in turn help graduates get better jobs.

"Colleges' formally are 'universities' when they have graduate programs, research facilities and when they operate more than one college (or collection of related departments).

"A university degree opens more doors than a college degree," said Rep. Martin Stephenson, who sponsored the Utah bill.

"Most students (at the universities) are against this," said Jay Helton of the University of Utah student government. "It degrades the name of universities, and absolutely puts us in competition for funding."

Helton added that while the Utah State Student Association voted to support the name change, it was not unanimous and there were two abstentions from the vote.

The Colorado debate is less volatile, but it still draws the ire of some students. MSC student Gerri Madrid told a Colorado House committee that adding "of Denver" doesn't add a credibility to the school, and that many students are upset that so much time was spent on the issue when students face a possible 12 percent tuition hike.

"There probably are some (alums) who are unhappy with the change, but I haven't heard from them," said Donna Woodard, MSC's director of alumni relations.

"It has nothing to do with trying to change the quality here. We're very proud of the quality of our school," Woodard said.

Books traded for new car

Fairfield, Connecticut...A funny thing happened to freshman Tamara Joynes on the way to her last final exam.

Like many students, she stopped by her campus bookstore at Sacred Heart University in Fairfield, Connecticut to sell her books back and get some quick cash for an after-finals celebration.

But in addition to the cash, Joynes walked away the winner of "The Ultimate Roadtrip" - the grand prize in a sweepstakes sponsored by the Follett College Book Company.

As the grand prize winner, Joynes won a 1990 Ford Mustang Convertible, 7 nights in a Marriott hotel and \$200 in cash.

However, it wasn't until a few weeks after she mailed in her rub and win stub that Joynes found out what she had won. "I was in a hurry to get to my final on time and didn't pay much attention to the stub," said Joynes. "I knew I won something but assumed it was a small prize."

Sacred Heart University bookstore manager, Joe Couto knew immediately that Joynes was a grand prize winner. In a frantic attempt to find her, he conducted a campuswide search, posting signs urging the girl with the winning stub to come forward.

Within hours, everyone on campus knew of Joynes' good fortune and crowded the bookstore, selling their texts and hoping to become a big winner too.

With each textbook students sell back, they receive a rub and win gamepiece. The piece tells them immediately if they have won a prize.

In addition to "The Ultimate Roadtrip", secondary prizes include personal computers, vacation cruises, 10-speed bicycles, 35mm cameras and am/fm personal stereos.

Joynes did step forward and mail in her game piece. She collected her Mustang and other prizes on January 25, 1990 at a special '60's style celebration at the Miller Ford showroom in Fairfield. The president of Sacred Heart University and representatives from Ford and Follett were on hand to congratulate Joynes.

"Rarely is the key to higher education also the key to a brand new Mustang Convertible," said Dick Traut, president of the Follett College Book Company. "We are thrilled to hand them over to a young freshman starting out and so dedicated to her college career."

The Follett College Book Company will repeat "Roadtrip USA" sweepstakes nationally in Spring.

Follett College Book Company, a division of the Follett Corporation, is the nation's oldest and largest supplier of new and used textbooks.

Campus KKK denounced

About 300 students at Bradley University in Peoria, Ill., demonstrated Feb. 8 to call for the punishment of a student who distributed fliers advocating the formation of a white supremacist group on campus.

Freshman Matt Hale, who says that equality is "disadvantageous to white people," distributed the fliers for a group called the KKKOC, or Ku Klux Klan on Campus, on the private campus of 5,000 students.

The crowd carried a banner reading "We Want Action Now," while speakers urged administrators to speed their investigation of Hale, who could not be reached for comment.

A student formed a similar White Student Union at Temple University in Philadelphia in December, 1988, and is still a registered group today.

More recently, a White Student Union was formed at the University of Florida at Gainesville in early January.

(Stories provided by College Press Service)

Catholic university removes First Amendment restrictions

(College Press Service)—As other Catholic colleges continued to limit what their students can see or read on campus, students at the University of San Francisco won an endorsement of their right to talk freely while at school.

"We are reaffirming the right of every member of the university community to free expression, free association and free exercise of religion," USF President John Lo Schiavo said Feb. 6 in announcing a new policy to allow free discussion even of topics proscribed by the Roman Catholic Church, which runs USF.

Lo Schiavo, most observers agreed, was trying to avoid a lawsuit threatened when USF refused to let students distribute pro-choice literature on campus last spring.

"We are very happy," said a spokesperson for the American Civil Liberties Union, which had threatened to sue USF on behalf of the censored students.

USF and Lo Schiavo introduced the new policy as a way to let students speak freely without compromising Catholic Church doctrine, which in the USF case opposes abortion.

Under the new plan, students can distribute materials as long as they carry a disclaimer that USF doesn't endorse the "views herein," and that advises readers to contact certain administrators or the Campus Ministry to get a "Catholic perspective" on the issue.

Letting students at the nation's 200 Catholic campuses deal with issues and solutions that contradict church doctrine has provoked a series of confrontations in recent years, especially over abortion, alcohol, premarital sex and condoms.

Catholic University of America, for example, fired a tenured professor whose classroom teachings about birth control differed from the official church position.

At Alvernia College, a small Catholic college in Reading, Penn.,

administrators edited the student handbook over the summer to delete passages ensuring collegians "the right to freedom of expression without prejudice" and to add a passage making the Alvernian, the student paper, the "official campus newspaper."

The designation clarified that Alvernia itself published the paper, and consequently had the right to determine what it does and does not publish.

On some campuses, officials have used their publisher status to try to keep their students from reading ads for condoms.

In Milwaukee, for example, Marquette University forbade distributing copies of CV Magazine inside issues of the Marquette Tribune, noting that someone had already distributed copies at off-campus sites and that the magazine included "a full-page ad promoting the sale of condoms."

The Vatican, of course, has long opposed the use of contraceptives like condoms. These days condoms, however, are frequently promoted as important devices in slowing the deadly spread of Acquired Immune Deficiency Syndrome.

Similarly, the bookstore at Loyola University in New Orleans halted distribution of an issue of Campus Connections, a free insert in the student paper, last fall because each copy contained a condom.

Loyola has since forbidden The Maroon, its student paper, to run ads that promote illegal and irresponsible drinking.

In November, Marquette suspended Tribune editor Greg Meyers and ad manager Brian Kristofek from their jobs at the paper for allowing an ad promoting a pro-choice rally sponsored by the National Organization for Women. The students were later reinstated, but a non-student business manager who checks the ads was fired.

"There is no question that they have the right to censor," Meyers said. "Ideally, though, students

should get to make the decision. That's the most educational way."

Many Catholic campus officials maintain they not only are well within their rights in censoring the papers, but are boldly protecting their religion.

"It's just common sense," said Sister Alice Gallin of the Association of Catholic Colleges and Universities. "You don't take ads for things you don't believe in. I doubt that pro-choice groups would take an ad from a pro-life group."

Loyola's Knipping agreed. "Catholic universities have the prerogative to monitor publications which may promote values contradictory to Catholic values. We don't have to advertise or promote" such values.

Even student press advocates agree that the administrators have the right to censor the papers.

"These administrators couldn't legally get away with this if they were at a public university," noted Mark Goodman of the Student Press Law Center in Washington, D.C. "Since they are at a private university, they have more leeway. But that doesn't mean they are morally correct."

"The church has a responsibility to its own rules," conceded Erin Stephens, adviser to The Maroon, "but a school has a responsibility to its students. Censoring (ads) is a violation of their freedom."

Goodman called the practice "a blatant form of censorship."

He cited Georgetown University as "a good example of a campus that realized it made a mistake and then corrected it."

The Hoya, the student paper at Catholic-run Georgetown in Washington, D.C., opted not to publish its Nov. 10 paper when the administration censored a pro-choice rally ad.

The administration threatened to remove editor Timothy Flen and suspend the paper. Four days later the school backed down, stating that "political expression, even in the form of advertising, is protected in our student newspapers."

State legislators seek restructuring of public college governing boards

(College Press Service)—As the dust from the opening of state legislatures around the country begins to lift, an unusual number of states find themselves weighing measures to merge and even purge the regents and trustees who run their public colleges.

If the separate measures pass, Nebraska, Arizona, Illinois, West Virginia and Iowa will switch around their campus governing boards.

"There's a fairly high degree of dissatisfaction in the way institutions are governed," observed Barbara Taylor of the Association of Governing Boards in Washington, D.C.

No one is quite sure what effect such changes would have on students, or even if the changes are a good idea.

"Making structural changes is often the wrong course to take," said Taylor, "but it's fairly natural."

Taylor and others worry the bills are the product of legislators' need to come up with a quick fix, a way to show their constituents that the "quality of education" is improving, and a way to try to keep the costs of running state colleges low enough to avoid raising taxes. Meanwhile, Arizona legislators,

In Illinois, the desire to reform campus governance came from a "general feeling that somehow higher education was not being as effective as it could be," explained J. Carroll Moody, chairman of the Faculty Assembly at Northern Illinois University in De Kalb.

Moody is on a special panel appointed by the state legislature to figure out what to do. Its findings are expected at the end of February.

To Taylor, most of the proposals amount to little more than "armchair wisdom."

"You could make a case for all kinds of effects (on students), but I don't know if anyone's ever demonstrated any," Taylor admitted.

"However well a university is doing its job affects students," Moody maintained, "and the governing structure can have a tremendous bearing on how well a university does its job."

Perhaps more immediately, "If you have a system where a staff is reporting to a staff... It certainly has to play a role in increased tuitions," he added.

Tuition hikes, set by each campus' governing board, are what familiarizes most students with

their overseers. In New Jersey, for example, Rutgers University students confronted regents Feb. 9 to complain about a prospective 12 percent tuition hike next year.

But boards also have the final say in other areas of academic life, including everything from course requirements to control of student fees.

In any case, many of the legislative complaints about how campuses are governed are in fact complaints about how campuses are funded.

In the Illinois hearings, Moody related, "A great deal of what we heard was not concerns about governance but a lack of adequate funding."

State funding of colleges became crucially important during the Reagan years, when federal money for campus libraries, dorms, construction, many kinds of research and some kinds of student aid fell off dramatically.

At the same time, higher education faces increasingly stiff competition for state dollars from areas such as primary and secondary schools, health care, highway departments, environmental causes and prison systems.

CAMPUS

Latvian students at PLU for semester

by Jenny Moss
staff reporter

Igo Cals, 24, sits with fellow Latvian students Indulis Abelis, 23, and Einars Buks, 25, huddled around a small round table in the University Center, talking quietly. They speak in slow, careful English, occasionally peppered with rapid-fire Latvian when there is an English vocabulary question.

They have all been trained in translating upper-division texts in their majors into English, explains Cals. "But it is the English communication that is difficult," he said.

Cals, Abelis and Buks are three of the 11 Baltic students participating in a one-semester educational exchange program between Pacific Lutheran University and schools in the Baltic states.

PLU has sent 15 students — four to Estonia, five to Lithuania, and six to Latvia. In return, at PLU there are presently six Latvians and five Lithuanians. Four Estonians will be coming this summer.

The 11 Baltic students, all living on campus, have been here for three weeks. For all of them, it has been their first visit to America, even their first visit to a Western country.

The Baltic states of the Soviet Union — Estonia, Latvia and Lithuania — lie on the East coast of the Baltic sea.

These states, each culturally

distinct with its own language, have recently been a hotbed for talks on independence. Lithuania recently expressed this in its declaration of independence from the Central Committee of the Communist Party of the Soviet Union.

The program was initiated by Gundar King, dean of the School of Business, who was born in Latvia. Under the Samantha Smith Memorial Fund, he proposed and received a grant to fund international travel for Baltic students.

PLU worked with three contact schools in the Baltic area to provide the Baltic students for this one to one exchange: Riga Polytechnical Institute in Latvia; Countess Polytechnical Institute in Lithuania; and the Estonian Business School in Estonia.

The selection of students was left up to the home institutes, according to Jan Moore of PLU's Study Abroad office. Abelis said that in his case, he talked in English with the assistant director at Riga Polytechnical Institute, and that the final decision was probably based on who was the most proficient in English.

Eight of the students are business majors and three are computer science majors, according to David Gerry, of Minority, International, Commuter and Adult Services (MICA). They are all enrolled in regular classes at PLU; two third- and fourth-year classes in their



Unal Sofuoglu / The Mooring Mast

Mast reporter Jenny Moss discusses cultural differences with Einars Buks, Igo Cals and Indulis Abelis, three of six Latvian students at PLU this semester.

respective majors, plus an elective.

Abelis explained that the hardest part of their adjustment to PLU has been the language barrier. They were taught the British strain of English in their Baltic schools, and are having to adjust to "Americanisms." And the method of teaching in the Baltic states emphasizes reading and translating as opposed to listening and speaking, so conversation is difficult.

An area of surprise has been the

availability of consumer products in America. The students went on a field trip to the Tacoma Mall soon after they arrived, and they discovered that the American notions of "shops" means something very different here.

"In Latvia, the shops are empty. We have a lot of money, but there's nothing to buy," Cals explained. "In the United States, you might not have a lot of money, but the shops

are full."

The Baltic students were also impressed by the food on campus, although they said it did not compare to food in Baltic homes, which is similar but contains more fat. Choices for food are greater here, they said, and they especially appreciate fresh fruits and vegetables. Rarely are tropical fruits imported.

"I have not eaten bananas in ten years," lamented Abelis.

KKK a no-show at dance

by Jenny Moss
staff reporter

Despite last weeks' Ku Klux Klan hotline message attacking Pacific Lutheran University's Racial Awareness Week and encouraging KKK supporters to attend the week's events, no racially prompted conflicts occurred.

The message, dated Feb. 12, highlighted the free dance in the Cave last Friday, and encouraged "all our local friends and supporters to attend these events...so that they can see first hand the ignorant scum who infest out schools."

According to Walt Huston, assistant director of Campus Safety and Information, there were no incidents at the dance. He does not believe the KKK made an appearance.

The turnout at the dance was "fantastic," according to its organizer, Ed Grogan, president of Concerned Active United Students

for Equality. He estimated the attendance at about 130.

"Even though I think some people came just to see the KKK, at least they were there and were dancing," he commented.

CSIN had received word from the Pierce County Sheriff's Department of Intelligence Unit that a large minority harassment group was planning to come to the dance.

CSIN boosted security at the last minute from two off-duty sheriff's deputies to three, and from one full-time campus safety officer to three.

Huston said that no racially-prompted conflicts occurred. He believed the group might have been intimidated by the three sheriff's vehicles parked outside.

There were no blatantly harassing phone calls to CSIN in response to the hotline, Huston said. Seven calls inquired about the Racial Awareness Week and over 100 sought to inform CSIN of PLU's mention on the KKK hotline.

FORUM, from page 1

either psychological, emotional or physical, according to Spicer.

The first response of a whistleblower is to alert the company of the problem. When the company refuses to take action, the whistleblower is forced to turn to outside sources.

One of the possibilities faced is that neither the government nor media will respond to the problem.

Discussion the rest of the afternoon focused on the Hanford weapons case as presented by a panel made up of Karen Wheelless, Department of Energy, Hanford; Eric Nalder, The Seattle Times; and Joseph Upton, PLU engineering department.

The Hanford situation involved Casey Ruud, a man who was laid off from his government job at Westinghouse-House Co., in February, 1988, after writing reports critical of operations at Hanford Nuclear Reservation. He claimed certain buildings, such as

the plutonium finishing plant, were unsafe and not meeting current standards.

Nalder played a large part in publicizing the situation at Hanford, including Ruud's findings.

During the evening session, Kristin Shrader-Frechette of University of South Florida spoke on "Whistle-Blowing: Ethical Imperatives for Situations of Uncertainty." She encouraged people to think about whether or not they are obligated to be whistle-blowers.

"These situations occur all the time in people's lives. It's just that most people avoid that fact," she said. "Only by being a hero do you avoid great evils."

Janet Rasmussen, chair of the Presidential Forum Committee, said this year's forum was more elaborate because of a grant from the GTE Lectureship Program, enabling PLU to bring in outside speakers.

SAFETY PULSE

Tuesday, Feb. 13

■ No incidents reported.

Wednesday, Feb. 14

■ A student in Stuen hung his running tights up to dry in the men's room. When he returned the tights were gone.

Thursday, Feb. 15

■ No incidents were reported.

Friday, Feb. 16

■ A woman not affiliated with PLU reported \$20 in cash had been taken from her wallet while she was on the third floor of the library.

Saturday, Feb. 17

■ No incidents reported.

Sunday, Feb. 18

■ No incidents reported.

Monday, Feb. 19

■ No incidents reported.

Fire Alarms

■ Residence Halls
System Malfunction - 2

PLU CALENDAR

Today

Music Rehearsal Regency Rm., 9 a.m.
Japanese Students UC 210, 5 p.m.
Black History Month Banquet CK, 7 p.m.

Saturday

College Bowl UC 206, 214, 11 a.m.—5 p.m.

Sunday

Univ. Congregation CK, 9 a.m.
Univ. Congregation CK, 11:00 a.m.
Univ. Congregation Council UC 210, 12:15 p.m.
Circle K UC 206, 5 p.m.
SPJ Meeting Regency Rm., 6:30 p.m.
Catholic Mass Tower Chapel, 7 p.m.
Univ. Congregation Tower Chapel, 9 p.m.

Monday

Resume Workshop UC 214, 10 a.m.
Music Enrichment Program Olson, 10 a.m.
Reception for Baltic Students SCC, 11 a.m.
SBA Centennial UC 210, 4 p.m.
Intercultural Fair UC, 4 p.m.
Lecture Dinner UC 206, 6 p.m.
Foreign Language Week

ASPLU Senate Regency Rm., 7 p.m.
UC 210, 9:30 p.m.

Tuesday

Boeing Orientation Regency Rm., 10 a.m.—2 p.m.
Spanish Conversation Regency Rm., 9 a.m.
Study Abroad Interest Meeting UC 214, 9 a.m.

Lutheran Brotherhood UC 214, Noon
Sex Days Committee UC 214, Noon
Japanese Students Regency Rm., 4 p.m.
Intercultural Fair UC 214, 4 p.m.
Centennial Committee UC 210, 7 p.m.
Foreign Language Movie Ad 101, 7 p.m.
Intervarsity UC 206, 8:30 p.m.
Bible Study Tower Chapel, 9 p.m.

Wednesday

Chapel Trinity, 10 a.m.
Study Abroad Interest Meeting UC 206, 2 p.m.
Parking Committee UC 208, 2 p.m.
Philippine Consulate Regency Rm., 5 p.m.
Dr. J. Bautista Lecture SCC, 6 p.m.
Foreign Language Movie Ad 101, 7 p.m.
Balkan Music UC 206, 7:30 p.m.
RHC Concert Olson, 8 p.m.
Rejoice Xavier 201, 9:30-11 p.m.

Thursday

Wintering in Iceland Lecture SCC, Noon
Career Fair CK, 1 p.m.
Change Facing China Meeting UC 206, 3 p.m.
Psyc. Study Meeting UC 214, 5:30 p.m.
Relationship Workshop UC 206, 7 p.m.
Nordic Folkdancing East Campus, 7 p.m.
Foreign Language Movie Ad 101, 7 p.m.
Australian Art Exhibit UC 210, 7:30 p.m.
Class Reps Meeting UC 214, 7:30 p.m.
Schnackenberg Lecture SCC, 8 p.m.

100 years of PLU in Parkland

Landlady offers brownies, comforts of home for PLU students

by Lisa Backlund
intern reporter

When the opportunity arises for students to move off campus, many students jump at the chance for freedom and privacy.

Several factors affect their search for the perfect pad. These factors include affordability, proximity to campus, privacy, safety, and laundry facilities.

Probably none of the students expect homemade brownies and cookies or even encouraging words from their landlords. In the same sense, many landlords are not able to find time for such trivialities. This does not hold true for Arlene Lumsden.

Since 1982, Lumsden has rented her two bedroom, basement apartment to Pacific Lutheran University students. In past years, only women have occupied the apartment, but this year she houses two men, seniors Tom Harto and Cliff Rogge.

It was her youngest son, a builder, who convinced her to renovate the basement of her house into living quarters. He helped her to convert the former garage and storage space into more convenient storage, two large bedrooms, a bathroom, kitchen and common lounge with a fireplace.

Lumsden and her husband Tom bought property at 404 115th St. in 1946. Their cozy brick home was completed in 1952 after years of gradual and continuous work. The home stands in tribute to her longevity in the Parkland area.

Lumsden graduated from Lincoln High School in 1939 where she was a cheerleader, or a "yell queen," as she called it. She now serves on the alumni board and stays in close touch with several friends from her graduating class. The Lincoln High School class of 1959 recently celebrated their 50th year reunion.

Her husband, Tom Lumsden, went to PLU on a football scholarship. He was a punter for the Lutes from 1939 to 1942. As part of his scholarship, he was required to do maintenance work in Memorial Gym and was a grounds keeper on the golf course. His passion for golf was fueled as he planted trees and cleaned the grounds. He would

eventually teach his whole family, including his wife, how to golf.

In 1942, just before he was sent off to fight in the war, Tom married his high school sweetheart, Arlene.

"When we heard there was a war, everyone got all excited, he was afraid I wouldn't wait for him, so we got married," said Lumsden.

After his return from the war in 1945 and a two-year stay in the Madigan Army Hospital, the Lumsdens opened a doughnut shop on 38th St. and Yakima. In 1950 they opened the Doughnut Bar on Garfield St. near PLU and catered mostly to hungry Lutes. The Garfield shop was closed in 1958 due to growth and competition in the area.

The Lumsdens raised four sons in their home. Mrs. Lumsden recalls the days when half of the neighborhood boys would camp out in her basement recreation room, affectionately known as the "Parkland Hilton," or play basketball on the court outside her kitchen window.

Three of her boys graduated from college, one from PLU, one from the University of Washington and one from the University of Puget Sound. All of her sons played football, which contributed to her passion for the sport. She has season tickets for the Husky games and always enjoys watching the Lutes in action.

The pictures that fill Lumsden's home and the Valentines cards and flowers that cover her dining room table are evidence of a large family and lots of friends.

Her four sons are now grown and have productive jobs and families of their own. Lumsden has 11 grandchildren and is anticipating her 12th in May.

The Lumsdens were instrumental in starting up the Lincoln area Lions Club.

"I haven't missed a meeting in 40 years," bragged Lumsden.

Lumsden's commitment to PLU and Parkland is evident in many ways. She plays golf at the PLU course and attends many events on the PLU campus. She is a Swede and appreciates the role of the Scandinavian Cultural Center in Parkland. She also spends a good deal of time volunteering at Trini-



Lisa Backlund / The Mooring Mast

Landlord Arlene Lumsden is also an avid Lute supporter and active Parkland resident.

ty Lutheran church.

Lumsden also occupies her time by keeping in shape. She attends aerobics on PLU's East Campus three times a week without fail. She also finds time to Jazzercise a couple times a week at Sprinker Recreational Center in Spanaway.

Lumsden likes to travel and has developed a passion for photography.

"I like to take pictures and I have the albums to prove it," she stated.

Among the students of PLU, she is best known for her concern and motherly attitude toward her tenants. The alumni that have lived in her home call her "mom" and her current tenants enjoy the attention they receive.

"They find out that they grow up a little bit when they have to do their own clothes and they have their own schedule and nobody is telling them it's time to get up," said Lumsden. "If they're going to school and doing things, I think it's important to help them out."

Lute Archives



Photos courtesy of PLU Archives

Spare time during Interim sparked this 1951 beard-growing contest.

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Tuition issue keeps on kicking

by Jennie Acker
news editor

Student concern about next year's proposed \$1,300 tuition increase arose again Tuesday night in an open forum allowing students to voice their questions.

A six-member panel fielded questions and concerns of the nearly 70 students attending. The forum, which lasted nearly two hours, began at 7:30 p.m. in the Scandinavian Cultural Center at Pacific Lutheran University.

The panel included William Rieke, president; Gary Severson, a regent from Seattle and chair of the Board of Regent's finance committee; Erv Severson, vice president for student life; Brian Slater, ASPLU president; Don Sturgill, vice president for finance and operations; and Bishop David Wold, chair of the Board of Regents.

The forum was moderated by Marylou Jones, a junior who began protesting the increase immediately following its announcement last month.

Also present to answer questions were board members Dr. Robert Wills, provost, and Rev. Harry Neufeld, vice president for church relations.

On Jan. 29, the Board of Regents voted to increase standard room, board and full-time tuition for the 1990-91 academic year \$1,269.

According to administrators, the 11.6 percent tuition increase is necessary to bring faculty salaries up to a more acceptable level and to meet rising health insurance costs.

Immediately following the decision, marking the third consecutive increase in three years, students gathered 1,100 signatures in campus petitions protesting that they weren't notified ahead of time about the increase or involved in the decisions.

Tuesday night's meeting served as a follow-up of the protest, allowing students to speak directly to

those representing the decision makers.

A lack of communication was the greatest concern voiced by both students and members of the panel, first introduced by Jones in her introductory statement.

"Our main goal is to make students more aware and to allow students to have input," she said.

Although the student body is directly represented at the meeting of the Board of Regents by three representatives, students at the forum voiced dissatisfaction with this process.

"There is not a real active role for student government in the budget process," said Slater. Slater was joined by ASPLU Vice President Marya Gingrey and RHC Chair Becky Breese to represent the students at the Board of Regents meeting four weeks ago.

Rieke fielded the complaint, however, by stating that the current process is working. If students want more input, he said, they need only to organize and take an action prior to the date the vote is held.

"History says the established channels are there for communication," he said. "They are there through ASPLU and RHC...The door is open for any kind of cooperative action."

Rieke also referred to an ASPLU committee that was active in 1982 in reviewing financial proposals before they were sent to the Board of Regents.

He suggested that a similar student committee be re-instated. Jones said that she, too, would like to see it implemented and is working on it for the coming academic year.

As a result of a communication problem, students at the forum cited a number of actions about which they did not feel properly informed, including the new TV screens around campus and the fiber optics telephone system proposed for next fall.

Faculty salaries, the driving force behind the tuition hike, was

another subject students felt unclear about.

Severson defined the tuition increase as two-sided, with an expense side and an income side that together must balance. Faculty salaries, he said, have a 60 to 65 percent expense base and are the one big item on the expense side.

"Our main goal is to insure that we maintain and develop a quality faculty here," Severson said.

Financial aid was another student concern in relation to the tuition increase and how students will be able to afford the approaching year.

Although nothing will be decided until the April meeting of the Board of Regents at which the budget will be voted on for the 1990-91 academic year, Sturgill assured students that a comparable increase in financial aid is planned.

The administration will propose to the board a 9.8 percent comprehensive increase of financial aid, he said, "but that's just what the administration is taking to the board. Don't bank on it until the board votes."

Last year over 16 percent of tuition was given back to students in the form of financial aid, he said.

As far as tuition increasing again in future years, the panel members emphasized that students need to assume there will consistently be an increase of some kind in keeping up with inflationary costs.

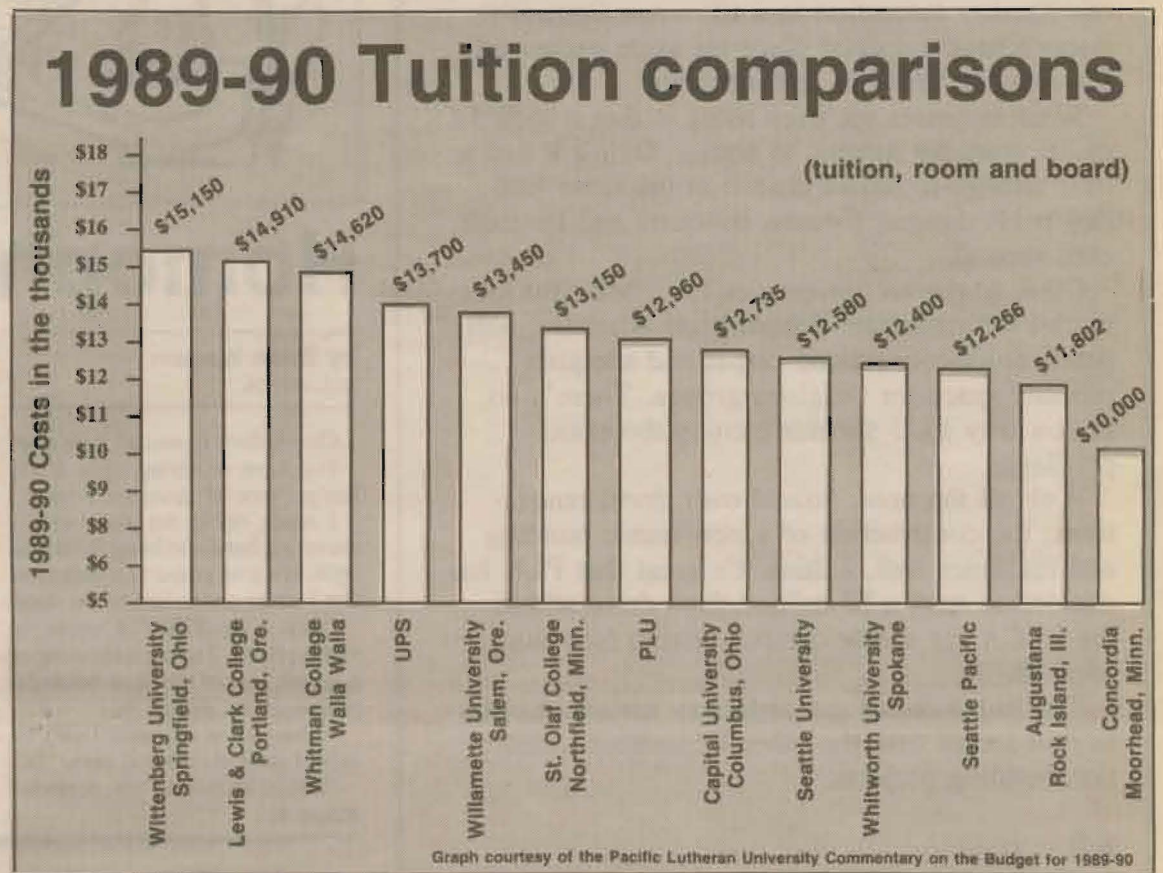
"You want to know if we're going to raise tuition again," said Wold. "Will the sun come up? That's just one of the realities we deal with."

Jones voiced her disappointment in the generalities and unclear

nature of the memo Rieke sent out to students and parents the day after the Board of Regents meeting. She said she plans to produce a second memo summarizing information gathered at the forum and distribute it to students and parents within the next two weeks.

Junior Karen Brandt expressed her frustration at the meeting with students who complain about a lack of information yet do little to gather it for themselves. To a round of applause from the audience, she emphasized that students need to make an effort to approach administrators when the issue first arises if they want something done.

"If it's that big of a deal, which I think \$1,300 is," she said, "then do something about it."



Tuition still in middle of pack

by Melissa O'Neil
staff reporter

In the midst of the controversy over Pacific Lutheran University's tuition increase for the 1990-91 academic year, administrators expect other institutions' costs to increase comparably.

PLU's "Commentary on the Budget for 1989-90" contains a list of 14 colleges and universities, which are ranked by cost (tuition, room and board).

"In the last 10 years, compared to the schools on the list, we have consistently come in sixth or seventh on the list," said Don Sturgill, vice president of finance and operations. "I'm willing to wager that we'll end up sixth or seventh on the list again."

PLU ranked seventh in the 1989-90 comparisons.

PLU administrators no longer discuss approximate tuition increases with these schools, largely due to the Justice Department's lawsuit against price-fixing among schools on the east coast.

In the past PLU has called other universities and asked for their approximate tuition increases, said President William Rieke. They did not, however, do that this year, he said.

The only schools that have published their tuition increases so far this year are the University of Puget Sound, St. Olaf College (Northfield, Minn.) and Seattle Pacific, said Sturgill.

UPS's cost is always almost \$1,000 more than PLU's, he said, and next year it will be \$15,220. Sturgill said St. Olaf cost \$98 more than PLU did last year, and will be

\$78 more than PLU this year. Seattle Pacific's costs increased exactly the same percentage as PLU's, he said.

The 13 schools PLU compares itself to fall into two categories: Lutheran institutions and PLU's geographic region, said Sturgill.

"They are the same types of schools that we are," he said.

PLU's "type" of school is one that offers both professional schools and a basic core of liberal arts. They are also all in comparable markets and have similar costs of living to PLU, he said.

The institutions PLU compares itself to are not only increasing costs at the same rate as PLU, Sturgill said, but they are also facing the exact same set of problems.

He said the problems are "keeping up with faculty salaries, deteriorating campuses and the ability to meet equipment and other challenges for the future. Sturgill added that "equipment" is the academic equipment needed to provide hands-on experience to students.

"Everyone says the same thing," said Rieke. "We're losing out salary-wise to the competition. If everyone is saying it, who's the competition?"

According to Sturgill, PLU is not as high on the price list as many think. "Compared to other private schools," Sturgill said, "we're actually on the low end (of costs)."

Smaller schools don't try to do as much as PLU does, Sturgill said. They have higher student-teacher ratios (PLU's is 14:1) and specialize in fewer disciplines, he added.

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OPINION

Wait, somebody forgot the church

Have you ever taken a minute to look around campus and wonder why Pacific Lutheran University doesn't have a church for its weekly worship services? To be quite honest, until this week I never have. I just took it for granted that there must be some good reason to explain why we set up a few hundred folding chairs before Sunday services can get under way.

Well, there isn't.

It seems rather strange that a Christian university with a strong Lutheran affiliation and a motto of "Quality Education in a Christian Context" doesn't have a special place set aside exclusively for religious services and meetings.

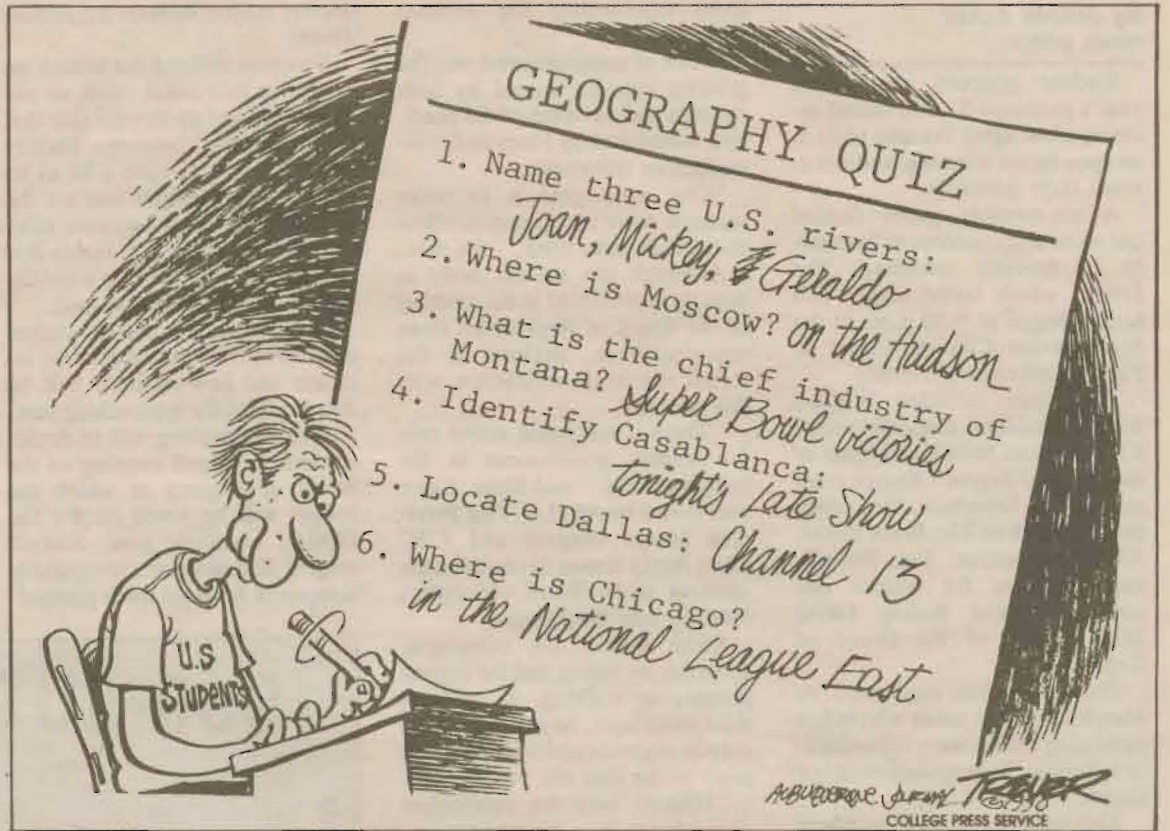
What surprises me even more is that it took 17 or 18 years for anyone to notice. Didn't it feel a little strange to attend church in the same hall that holds dances, forums, banquets and baseball card shows?

Other Lutheran universities have beautiful sanctuaries with intricate stained glass windows, soft pews, color-coordinated carpet and adequate meeting space for religious groups. There's no reason why PLU shouldn't enjoy the same privileges.

With all the noise voiced over dorm renovations, the construction of a new music building and residence hall, I think it's great that PLU has decided to start a \$2 million fund drive within the ELCA for a new campus church (see story page 1).

Too bad it didn't get underway earlier in order to join forces with the other Centennial Celebration building projects.

S.B.



Homophobia is not a joke

by Brian Watson
columnist

On my door is another hate note. I've been receiving quite a few lately. None of them are signed.

I reach up to the note with a quivering hand and bring it into the light. It's a response to a statement that I wrote and tacked on my door.

"Gay is beautiful," I wrote, in violet crayon. I wrote it thinking of a friend, one of the most beautiful people in the world.

The note is in full view. I see, but cannot believe, what it says.

"KILL HOMOS," is scrawled across it.

meone says.

"Right on, man. No doubt," replies another.

And a different joke slips off the trembling lips of another terrified man, my mouth opens up and laughter spills out of my throat. A cold drip of sweat makes its way down the inside of my arm and I hope nobody notices the goose bumps on the back of my neck.

I know that I've just lost myself and betrayed my friend. I feel nauseous. What have I done? I ask myself. My god, what have I done?

The image of my friend lying in a casket flashes again before my eyes.

At the support group meeting I

Silence on the line. Tears from my eyes.

"What do you mean, Dad?"

"I mean that I would just have a problem with that."

More silence. So this is what being gay is like, I say to myself. I never thought that my own parents, my father, would reject me like this. Simply the thought of their son being gay (I didn't say that I was, after all) horrifies them enough to renounce me.

I sniff back my tears. "But why?" Pause. "Because it's just not right, because...it's, wrong."

"But why?"

"I said why already. It's just wrong. That's all."

By the Seat of My Dance

Into my veins shoots 20,000 volts. In my head all I can see is the image of my friend lying in a casket.

And I wonder what kind of person could ever say such a thing.

"I think homosexuality is wrong. It's just sick, y'know. The thought of another man humping on me makes me want to throw up."

Laughter. The men look around each other to see who's laughing and who's not.

"Yeah, and when I was in San Francisco all these guys kept looking at my ass and one guy tried to pick up on me. It was really gross."

More laughter. The word faggot skips into the conversation.

Maybe they now know what it's like to be a woman, I say silently, to feel hungry eyes on your body, to feel threatened.

Another gay joke and another. Uproarious laughter.

Was one of these people the one who wrote the note? I ask myself. Would one of these students, enrolled at a "Christian context" school actually murder a human being?

The laughter continues. They all look around at each other with nervous eyes. "I'm not gay," is what they're all trying to say to each other.

Laughing in conformity, I say to myself. Rigid conformity. Blind conformity. Conformity to the fear that is inside us all. The fear that our homophobic culture has told us to subscribe to. The fear that our bluff might be called, that our laughter may not be hearty enough, that we might be accused, singled out, and persecuted for being gay.

After all, I think, what would be their defense? "No I'm not?" Anyone can be called gay for any reason.

"Faggots deserve AIDS," so-

learn a new word.

Homophobia. The irrational fear and hatred of homosexuals and homosexuality. A cultural construct used to persecute those who are not heterosexual. The social mechanism by which people are forced into heterosexuality.

There are parents of gay and lesbian children, a gay man, a lesbian couple, myself, and the support group leader. We're in the midst of discovery.

I learn that our culture is saturated with homophobia. That it is a strong form of oppression that torments millions of people. That it is yet another way of limiting our freedom, and of dictating who we must eventually make relationships with. That it is a critical part of the subordination of women. That it is institutionalized as law into our society. And that it is harbored within almost everybody in this society, even homosexuals themselves.

As we talk and share our experiences, I find that my terror dissolves. I get to know these people. I open up to them and admit my fears. They listen. They ask questions. We try to understand and breach the walls between us.

No sweat drips down my arm. No goose bumps on my neck. No inner torment. I'm smiling. And happy. And free.

For one moment I know what it's like to transcend homophobia.

I see the image of my friend and I holding hands, walking together, in freedom, without the risk of persecution.

And I know what I must do. "Dad, what if I told you I was gay?"

"Well, I would have a problem with that."

I remembered the support group meeting and the note on my door. I picture myself lying in a casket.

"But why is it wrong?"

"It just is."

Big silence. Static across 1500 miles. More tears.

I was always this way. I ask why. They say "Because." They never had to justify their answers. They were my parents. It was just that way.

Not their fault, though, I say silently. They're just victims of a fearful and hateful culture. They don't know any better. Now is the time to open their eyes, I say to myself.

"I think you have a serious problem, Dad. I think you are irrationally afraid of something which you know very little about. Gay and lesbian people are everywhere. You work with them. You go to church with them. And you'd be surprised to know just who they are. They are your friends. They're in your family. And you can't think they're all wrong. The problem is with you, not them."

Silence. I've done what I had to do. I see my friend and I again. We're embracing in love. Without fear or hate.

My dad hangs up. But I know he is facing his fear now.

And my friend and I go walking together.

For more information on support group meetings call:
— Hillside Community Church 475-2388. Ask about P-FLAG (Parents and Friends of Lesbians and Gays) meetings.
— Imprints Bookstore 383-6322.

Imagine our surprise

Accuracy is important to us at The Mooring Mast. Unfortunately, from time to time errors do occur. In last week's issue:

- Mike Reed was incorrectly referred to as Steve Reed in the Racial Awareness Week story on page 1.
- the title of Paul Rothi in the Fiber Optics Phones system story on page 6 was incorrectly written as director of the Computer Center. Rothi is director of Computer Operations.
- the Interim Intermural results incorrectly reported the winner of the 3-on-3 men's basketball open league to be "The Edge." The winner was "Three Men and a Baby", consisting of Dave Hillman, Guy Kovacs, Mike Welk and Shawn Langston.

The Mooring Mast

The Mooring Mast is published every Friday during fall and spring semesters, excluding vacations and exam periods, by the students of Pacific Lutheran University.

Policies:

Editorials and opinions expressed herein are those of the writer and do not necessarily represent those of the Board of Regents, the administration, faculty, students or newspaper staff.

Letters to the editor must be signed and submitted to The Mooring Mast office by Tuesday noon. They should include the name, phone number and address of the writer for verification. For multiple authored letters, the preceding information will be required for each writer. Names of writers will not be withheld.

Letters must be limited to 300 words in length, typed and double-spaced. For exposition exceeding this length arrangements may be made with the editor.

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

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LETTERS

To the Editor:

I was prompted to write this letter because of The Mast's Dec. 8 article on alternative housing at PLU. It's time for the whole story. I'm part of that lucky group of six senior girls who won the privilege of living in Pacific Lutheran University's Dunmire House. In fact, we're the first group of girls to live here since PLU acquired it four years ago — and RLO will never forget us. It's obvious we respect this house more than previous residents. It's also obvious PLU did not anticipate this, for they did very little to prepare it for us last fall. Glenn Phillips, of the Physical Plant, claims, "we never have a chance to really get it ready for students." True, Dunmire has summer residents, but there were weeks at the beginning and end of last summer — between their occupancy and ours — when several tasks could have been taken care of, tasks we were forced to tackle. "It's a headache to take care of them," said RLO's Ellertson, referring to the houses. Just who has that headache? Had RLO conducted a simple walk-through of the house before we came, perhaps they would have noticed the bed in the kitchen or the unusable couch burned up by the summer residents and "tucked

away" in a bedroom...along with all the other living room furniture, instead of leaving all the problems for us. Speaking of all the problems, shall I list them? Well, suffice it to say we have a four-page computer print-out (which we sent, along with letters of complaint, to Reike). But I must mention some of our favorites: we had to paint five rooms, including a bathroom to cover the mold on the walls, the washing machine was slowly sinking through the rotted floor; left-over food, clothes, etc. were scattered in rooms which were never cleaned until we complained loudly enough; two bedrooms had 8-inch holes in the walls (whatever happened to fining residents for damages and repairing them?); we couldn't count on either toilet flushing every time; it took three hours to clean just the oven. Ellertson wasn't joking when he said, "The houses are not better than the residence halls." No kidding. We pay the same amount now as when we were in dorms, but we were never expected to deal with problems like these before. Don't get me wrong; there are some good things about alternative housing, like no RAs. But don't worry about PLU severing all ties with us—just like dorm residents, we have a coin-operated washer and dryer (cheap, huh?) and are re-

quired to have meal plans. As for privacy, well, RLO claims we are notified 24 hours in advance whenever maintenance comes. That's not always the case. In fact, not only do they fail to give us notice, they seldom bother to knock. Then there's the Chinese family living in PLU's "Dunmire Cottage," the shack in the backyard we thought was for our storage. Somebody at RLO gave them our house key and said they were free to use our washer and dryer—we told RLO something different. We managed to get out of that one, but there is a steady stream of Chinese visitors what have found the wrong house. They don't knock either, they just walk right in. Maybe maintenance told them that's the thing to do. If you're considering alternative housing and want to check out Dunmire House, feel free to stop by. But don't bother ringing the doorbell. The only way it worked (and it doesn't even do this anymore) was if you touched together the two wires dangling from the kitchen's broken intercom (no questions, please). Then there were the two wires over a door in the living room which, when connected, made the kitchen phone ring...

**Kelli Whittig
Dunmire House**

Rott finds hidden secrets: reason to live on-campus

by Patrick Rott
columnist

I'm feeling really old. During my freshman year, I lived in Hinderlie Hall — back when it deserved to be called Rainier. While Rainier is largely a freshman dorm, occasionally some men stay on for their full college career. One in particular was a senior who most of us looked upon as the wise old sage of Rainier. He knew all the lowdowns and going-ons that we as freshmen hadn't quite picked up yet. And yes, we also respected his

need for the "extra freedom"; there is a certain price to be paid when moving away from — I hate this term, but no other word fits — the Lute Bubble. Some people experience a certain distance from the PLU community when they move off-campus. It's as though they are taken away from the day-to-day activities, and hell, let's admit it, the neat gossip you get from first-hand experience. Some friends of mine encountered that last year and decided to move back on-campus this academic year. I always expected that something like that would happen if I moved off-campus. As a columnist (or

Rott 'n' to the Core

mature age and the abilities which came with that (i.e. the guy was 21, you figure out the rest). But one question that prevailed when we considered this man of age and knowledge was: "Why the heck is he still living on campus?" I'm sure he'd been asked that question a half-billion times, but I never knew his answer. The best I can recall was a simple shrug and a sly half-smile, like he knew some particular secret which we, as freshmen, might not understand. That was four years ago. He's long gone by now; selling car insurance, I believe. Now I'm a senior and I live on-campus. I think I'm finally beginning to understand what that wise old sage was not telling us. Relax, grasshopper, I will share with you my wisdom. Or lack thereof. I can provide some genuine reasons as to why I'm still hanging around campus. One is that most of my friends, amazingly enough, have chosen to do so. Good enough reason I'm sure, but that still doesn't answer it. I've had plenty of other friends decide to live off-campus with a mixture of results. Those individuals, I've noticed, who've done the off-campus thang did so for many reasons, two of which are prevalent. One, it's somewhat cheaper than staying within the dormitory and two, they no longer have to contend with those lovable residential policies. While I fully understand the economic reasoning, as well as the

whatever you would like to call me), I've always felt I needed to stay on-campus in order to keep up-to-date with the happenings and non-happenings (i.e. ASPLU) that occur. In a way, I'm doing this for you, the reader. So the way I see it, you people owe me for my extra money spent. You can just give me a dollar each and I'll call it even. As for policies, while I understand the need for some, and question the need of others, I've never had an overt problem with them. And if you look at my record, you'll discover how I tend to treat them. Whether that's good or bad, I leave up to you. I wouldn't want to make this too simple, you know. But to be honest, I think it really boils down to the availability of toilet paper. No, honest. Now I tend to be a tad lazy at times, just ask my editor. And I figure that if I were to have lived off-campus I would naturally fall behind in making sure I have a steady supply of necessary items such as food, heat, and the aforementioned toilet paper. Food and heat, I've been able to make due without before. But I tell you, the thought of being caught with my pants down (quite literally) without any toilet paper sends a shiver up and down my spine. So if you really want to know why it is that I still live on-campus after all these years, I'll respond with a shrug and a sly half-grin. And you can be rest assured I'm thinking of a two-ply wonder. Not to mention being able to discuss it in a public forum.

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SPORTS

Five qualify for Nationals

by Jim Meyerhoff
intern reporter

Five of the 10 matmen who competed in last weekend's district tournament earned the right to travel to the National Tournament next weekend.

A strong team performance by PLU earned them a fifth-place finish behind four of the nation's top-ranked teams. Individually, the Lute grapplers performed well, coming away with one champion, two runners-up, and one fourth-place finish.

Junior Stark Porter (27-13-0) won by fall in the finals. Porter's pin of David Boor from Western Oregon in less than two minutes was the only pin of the championship finals. Earlier, Porter defeated Simon Fraser's Leon Poirier by injury default and pinned Alaska Pacific's Dale Molle. Porter will advance to nationals because he finished in the top three in the district.

Senior John Godinho (38-11-1) earned a second-place finish after losing to Frank Johnson of Pacific in overtime in the championship round. Godinho had defeated T.J. Pilchard of Western Oregon and Kevin Campbell of Southern Oregon before meeting Johnson.

In the finals, Godinho took an early lead, but Johnson came back to tie the match and send it into overtime, where he won with a reversal. Godinho had already qualified for nationals by placing second at a tournament earlier this year, but solidified his hopes for a high seed at the National Tournament with his performance Saturday.

Also placing second for the Lutes was junior Paul Curtis (26-10-0), who defeated two wrestlers who had troubled him all season. Cur-

tis defeated Kevin Knight of Alaska Pacific 5-4 and dominated Western Oregon's Cody Allen, defeating him 4-0.

In the finals, Curtis faced Jeff Marshall of Southern Oregon, who has been ranked number one in the NAAI all year. Curtis kept the match close, but Marshall won, 5-0.

Taking fourth place for PLU was Tod Johnson (19-16-0), who lost to Central Washington's Mike Graham in the consolation finals. Johnson was 2-2 on the day, losing to Graham twice but defeating Dan Ward of Western Oregon and winning in overtime against Pacific's D.J. DeAustria.

Two other wrestlers who did not place in the tournament will join Porter, Godinho and Curtis in Hays, Kansas for the National Tournament. Steve Mead (33-19-1) will make his third appearance in three years and Kyle Patterson (17-14-2) will make his second trip.

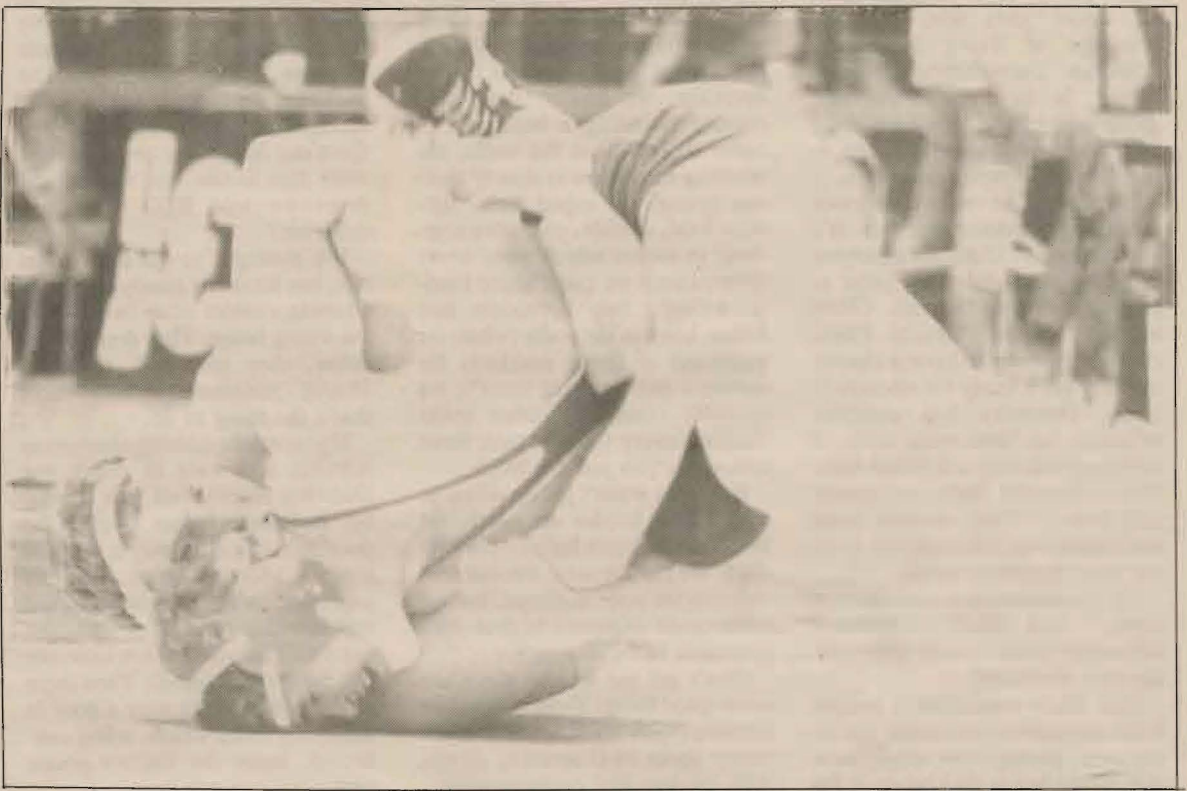
Coach Chris Wolfe, who was recently named District 1 Coach of the Year, felt good about his team's performance. He said the Lutes will spend most of this week practicing technique and drilling live situations, then they will have easier workouts beginning on Saturday.

"Not much matters now except your mental attitude," said Wolfe. "It comes down to the wrestler who thinks he can and wants it the most. He will come out the winner."

The team's goal is to finish in the top 20 in the nation, which could be done if the five Lutes wrestle well at nationals.

Wolfe expects even more from his five tournament-bound grapplers, however.

"If the guys can wrestle to their potential, we could come back with some All-Americans," he said.



Felicia Ennis / The Mooring Mast

Who's in control here? It didn't matter anyway. Stark Porter won three matches to claim the district championship.

Lutes close gate on the Saints

by Mike McFarland
staff reporter

The St. Martin's Saints came marching in to Olson Auditorium Tuesday night and the Lutes did a number on them, trumpeting them with a 86-75 defeat. It was the Pacific Lutheran Runnin' Lutes' final home game of the year.

On the night, the Lutes only trailed the Saints once at 16-17 before

building up a 40-36 halftime lead.

The Saints did rebound the Lutes 38-22, but the Lutes proved too much for St. Martin's both offensively and defensively.

"In the second half, we were finding the people to block out and we played better," said junior Don Brown. Brown led the Lutes with 24 points.

Senior Scott Crimin's slam dunk with "authority" at 11:40 in the second half opened up a two-point

ball game. The slam made the score 60-56 and the Lutes never looked back.

PLU's biggest lead in the game came with less than three minutes to play, when junior center Greg Schellenberg's lay-in gave the team an 84-67 edge. The Saints added nine more points on desperate three-point shots to make the final margin of victory 86-75.

Another highlight of the evening was the announcement that senior guard Burke Mullins had surpassed former Lute player and coach Gene Lundgaard for sixth place on the all-time scoring list in the PLU record book. Mullins scored 16 points to raise his total to 1,465.

With the win, PLU improved their record to 16-9 overall. With wins over Whitworth and Whitman this weekend, the Lutes could extend their season into the playoffs. If they make the playoffs, their opponent would be the third team in the district, a spot currently held by the University of Puget Sound.

"Now we will concentrate on Whitworth as our main focus," said coach Bruce Haroldson after the game. His team lost to Whitworth 82-78 at home on Feb. 10. Whitworth is playing the best in the district right now, said Haroldson.

Last weekend, the roundballers split the weekend series with Oregon foes, Pacific and Lewis & Clark.

The Pacific Boxers avenged an earlier 68-59 loss to the Lutes in Olson Auditorium by shooting 52 percent from the field and sinking a sizzling 87 percent from the line en route to a 72-65 win.

Crimin led the Lutes with 19 points and six rebounds.

The Runnin' Lutes fared better the next night as Brown came to life and scored a career high 36 points to help his team defeat Lewis & Clark 80-74.

Mullins cashed in four three-pointers and added 13 points to help seal the victory.

Next action for the hoopsters takes place tonight at Whitworth for a key district game. The Lutes will finish out the regular season tomorrow down in Walla Walla against Whitman.

Lady Lutes victorious at home



Jeff Young / The Mooring Mast

Cheryl Kragness fires off a three-pointer from her point guard position.

by Scott Gelbel
staff reporter

The Pacific Lutheran University women's basketball team split a two-game homestand last weekend, winning against Lewis & Clark on Friday and then losing big to Pacific on Saturday.

The Lady Lutes started off strong against Lewis & Clark on their way to a 70-63 victory. PLU led 11-2 after the first five minutes of play, and never allowed the Pioneers to catch them.

The Pioneers came close, though, as they trailed at halftime by only four points, 33-29. Lewis and Clark trailed closely for the remainder of the game, but the Lady Lutes stayed a few points ahead to claim the win.

Gail Ingram scored a season-high 26 points to lead PLU, supported by fellow starters Amy Yonker and Shawn Simpson with 10 points each. Yonker was a perfect 4 of 4 from field goal range, while connecting for 2 of 2 at the free-throw line.

The strong performance virtually disappeared the next day however, as the Lady Lutes suffered a difficult loss to Pacific, 83-44.

"Pacific has a very good defense, and when you are up by that many points, you can afford to take chances," said coach Mary Ann Kluge. "It was very frustrating for us."

Pacific jumped to a 13-4 lead in the first five minutes, and led by as many as 16 points before the Lady Lutes closed the score to

40-29 in the first half.

Angie Pflugrath put in nine points, while Ingram was limited to only five in the first half.

"They effectively shut down Gail in the middle, triple-teaming her most of the time," said Kluge.

For the second half, however, the Lady Lutes completely fell apart, scoring only 15 points in the whole period.

PLU could not score for much of the period. At 13:10 remaining to play, Pacific led 55-40, and much later with 2:38 on the clock, Pacific was wiping the Lady Lutes out 79-40. PLU scored no points during 10 minutes of play, before Ingram finally broke the ice with two free-throws.

"Our intensity was questionable tonight," said Kluge. "Certainly not as good as against Lewis & Clark."

Pacific capitalized on several rebounds, fouls, and steals to finish the Lady Lutes, who are near the end of their season.

Due to weather restrictions, the February 15 game against Central Washington was postponed and will not be rescheduled.

On Tuesday night, the team dropped a 63-53 decision to St. Martin's to drop their district record to 2-14 and their overall mark to 7-17.

Pflugrath led the team with 10 points, but the Lady Lutes were outrebounded 47-34 and couldn't climb back from a 32-24 halftime deficit.

The Lady Lutes were scheduled to wrap up their season last night against Seattle Pacific.

Official business: three PLU students enjoy life as referees

by Scott Gelbel
staff reporter

At a recent Pacific Lutheran University junior varsity basketball game against a team from McChord Air Force base, Brett Hartvigson is driving for a layin when he is suddenly interrupted by the referee's whistle.

"What? How the heck was that a travel?" says a fan in disbelief. "I don't know how he could call that!" The referee seems not to hear him.

Heard of unheard, it doesn't matter. Jim Hill is used to the verbal abuse that comes with being a basketball official, even if he and the upset fan are students at the same school.

"This is fun. Much better than high school ball," says Hill, who has volunteered to officiate the JV game on short notice.

Hill usually does not referee many college games, as he is one of a handful of PLU students who work part-time as basketball referees for local junior high, high-school and recreation leagues.

Seniors Hill, Matt Haner and junior Jim Morrell are members of the Western Washington Basketball Officials Association (WWBOA), an organization of about 160 basketball officials. About 20 are varsity referees, 40-60 are supplemental varsity, and the rest are registered officials.

Hill, Haner and Morrell are registered officials, and during the season they officiate several games ranging from local recreation leagues to AA high school junior varsity.

While it is strange that the officiate high school games only a few years after their own graduation, they also have to deal with players twice their age in the recreation leagues.

"There are several older people in those games," said Hill. "Many of them come drunk and make all sorts of trouble."



Unal Sotuglu / The Mooring Mast

Without swallowing his whistle, Jim Hill keeps a watchful eye on the action.

Despite and rough times at these games, Hill goes on, hoping to someday officiate bigger and better games. He became a referee only a few years ago before he transferred to PLU from Washington State in 1988.

How do you become a ref? You learn the rules, take a test, and start with some practice games. It may

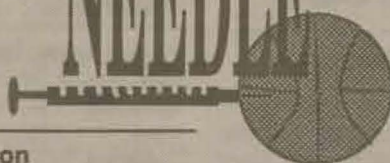
not be as easy as it sounds, but Hill, Haner and Morrell have found that it pays its rewards.

"The money is good," said Morrell. "It's the ideal job for a college student."

Morrell, who started by officiating YMCA games in high

See REFS, page 11.

THE NEEDLE



by Greg Felton
sports editor

In the few years I have spent in Luteville, the best hangout I have found is the Fitness Center. Judging by the size of the crowds and the number of broken and wornout bicycles in the place, a lot of other students have noticed this, too.

The place is crowded and stuffy, and the music is loud. If there was a keg set up by the squat rack and a guy marking my hand at the door, I'd think I was at an off-campus party.

Sorting through the book of sign-in sheets at the desk, I see that on average, 10 people come in every 15 minutes. Either people don't bother to put down the correct time, or there are some flagrant fire code occupancy restrictions being violated here.

But why should anyone take that little sign-in sheet seriously? I usually use a strange alias like "Fred Flintstone" or "Herman Munster," but no one seems to notice. But now that I have found the real reason for the sign-in sheet, I will only use my real name.

At the end of next year, as part of the PLU Centennial Celebration, the Fitness Center will award a plaque to the most dedicated weightlifter or exerciser.

Sifting through the oceans of paper is a huge task, however, student workers don't have much to do there anyway, and it would be nice to reward a student who blows off studying for 45 minutes of socializing each day. Okay, I made that up. I don't know why I must sign my name upon entering the place, but I figure it could help me if I'm ever charged with a serious crime or anything.

"At exactly 3:45 p.m. on the day in question, your Honor, I was in the weight room, pretending to get buffed, and I have the sign-in sheet to prove it," I will say, as I present evidence of my airtight alibi.

Then I can bring in 50 or so witnesses who saw me there. Like I said, it gets crowded in there. Inside the Fitness Center, the ear-shattering roar of stationary bicycles competes with the clomping of people circling the upstairs track. Add to that the high-volume dose of Top 40 trash from the radio, and it's tough to have a decent conversation in the place.

But that doesn't stop most of the people from chatting away.

Big guys in tank tops kibitz with girls in lycra tights between trips to the drinking fountain and glances in the mirror.

Ah, the miracle of spandex. And thank goodness for mirrors. Otherwise, the place might not get as many patrons. Let's be honest; there are a few people there who are all show and no go.

But I'm not upset about that. The fitness center is a place to hang out and meet people. It's all right to go in and socialize, I guess. But there are a few things that get on my nerves when I am actually trying to get something done in there.

First of all, I don't like guys who put on the big show, cinching up the belt, chalking up, grunting and groaning and then clanging the weights around. It's a small complaint, and I guess if I was strong enough to hoist around the weight these guys do, I would do the same. Some of these guys are really serious lifters, and others I think are just actors.

Secondly, I don't like weight room vultures who jump in and use my equipment without asking while I rest between sets. Is there such a thing as Fitness Center Etiquette? I'll let someone work in with me, but it sure ticks me off when a person hops in and takes weight off the bar and starts working out. Or if they add weight and start grunting and groaning, which annoys me even more. Especially if they aren't working out while they grunt and groan near me. Sickos.

Last of all, I don't like how the bikes will be tied up by gangs of girls who pedal at a snail's pace while reading a book. An efficient use of time, they will say, but I call it a waste of time. If you can read while you ride, then you sure aren't riding hard enough. I don't think I saw Greg LeMond reading a Psychology book during the Tour de France this year.

And ladies, we do have a library. It's on upper campus, and they don't mind if you wear sweats there, either. My advice is to do one thing and do it well.

Actually, this brings up a great idea: why not put bikes on the third floor of the library? These folks will have a place to go, and the bikes with the fan wheels would certainly help the air circulation up there.

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Blockheads cheer loud for Lutes

by Mike McFarland
staff reporter

The thunderous clap of two wooden blocks striking each other can create an irritation to some and others it can be an instrument of excitement.

This music has been echoing and ringing throughout Olson Auditorium since the PLU's mens' basketball team took the court against the Linfield Wildcats on Feb. 2.

The musicians of this new instrument is a group of black and gold clad masked warriors, crazy clowns, ROTC wannabees, and mild-mannered white collar fans, or better known as the PLU baseball team.

Every PLU home game since Jan. 19, the baseball team has come out to yell and cheer the basketball team on to victory.

The clapping of the blocks and craziness associated with such antics is something new to fan support given to mens' basketball. The idea of supporting the basketball team was a team decision suggested by Greg Hall.

The players wanted to do something for one another and at the same time generate enthusiasm for the PLU basketball team.

The inspiration behind the clapping of wooden blocks came from Northwest College. Sophomore B.J. Riseland of the basketball team, told Hall about the blocks used by the Northwest fans at their home games. Riseland then took it upon himself to saw the pieces of wood, thus the birth of the new PLU instrument.

Larry Marshall, coach of the Lute baseball team, is pleased with his players and the support they are giving. "It's a different approach. The guys see that they need to share things together," said Marshall. The sharing that Marshall spoke of is the excitement of being a part of PLU.

"What we're trying to do is create excitement in PLU basketball and athletics. That is the point we're trying to generate," said Marshall.

Attendance by the student body is the best in four years, said Marshall. This is exactly what the team was after.

Sophomore catcher Daren Kawakami admits that being wild and crazy is sometimes hard to do. "At first I was a little reserved, but by the third game it just became expected," said Kawakami. "I'm proud to be part of the baseball team because of it."

The actions of the baseball players are appreciated by the basketball players and their coach Bruce Haroldson. "It is very gratifying to see them (the baseball team) come out and give of themselves in such a meaningful way," said Haroldson.

"It's fun having everybody and the baseball team taking such an interest in us," said Riseland.

At times the loudness of the baseball team got out of hand. In the Whitworth game, February 10, the referees had to stop the basketball action temporarily to get the baseball players to either stop banging the "artificial noise makers" or use them for both teams.

When PLU went to the foul line to shoot free throws, a slight clickity-clack could be heard as the team lightly tapped the blocks together. When Whitworth went to the line, the clickity-clack turned into booming bangs and cracks as the team banged the blocks against the bleachers.

So as long as the league doesn't make a rule condemning artificial noisemakers, the thunderous clapping of the wooden blocks will continue to generate excitement and enthusiasm at PLU basketball games.

Baseball: new players, coaches

by Pete Gradwohl
staff reporter

Once again, baseball season is right around the corner. And once again, Larry Marshall has a young team.

Almost half of the Lute players are new to the team this year. Nine freshmen and three community college transfers join head coach Marshall and Co. this season.

Two new coaches join Marshall and assistant coach Mike Larson this season. Greg Nixon, a University of Maine graduate, was here two seasons ago and returns this season to help with the pitchers.

David Shoup, a recent graduate of the University of Washington, will help with the outfielders and the hitting.

"The guys are great," said Shoup. "They are all real aggressive self-starters and easy to work with."

When asked if last season's 9-19 record was disappointing, Marshall

said, "In terms of wins and losses, we did not experience what we wanted. Our expectations were so high last year, because we had so much talent. But we did not have the leadership and intensity on the field that we needed."

It seems to be the consensus of the coaches and many of the players that the difference between last year's team and this year's team is the cohesiveness between the players.

"There is a sense of team in the truest sense of the word," explained Larson.

Jason Mangold, a sophomore catcher from Issaquah, echoed Larson.

"Camaraderie is a good word to describe it," said Mangold. "We're tired of being in the fieldhouse," he added. "We just want to get outside."

One of the two seniors on the pitching staff this season, Greg Hall, said a young pitcher is going to have

to step into a starting role this season.

"Bringing coach Nixon in was a great move," added Hall. "Coach Marshall doesn't have to do everything."

The 6-foot-5, 225-pound pitcher is also excited to get out of the fieldhouse. "We are ready to get outside and get after it," he said.

Marshall doesn't know what to expect when his squad opens at home against Warner Pacific on Feb. 24, but he does know that preseason has gone exceptionally well.

"I feel we have the strongest coaching staff I've ever coached with," said Marshall, who has been at the helm for four years.

Marshall said he expects to see a more aggressive team this year. He also said this year's team has more speed than teams in the past, and he intends to use this speed in more hit-and-run plays.

The theme or catch-phrase for the Lutes this season is "All Together Better." Marshall's squad lost nine games by one run last year, and this is something he would definitely like to change for the better this year.

Athlete of the Week



Jeremy Stark / The Mooring Mast

Stark Porter

This week's athlete of the week is wrestler Stark Porter.

Porter, a sophomore from Federal Way, pinned two opponents in the district championships and won one match when his opponent defaulted with an injury.

Porter will travel to the NAIA National Tournament next weekend to compete in the heavyweight division.

No PLU approval for first lacrosse season

by Jeff Taylor
staff reporter

Lack of medical insurance and the inability to find an adequate playing field has postponed the first season of lacrosse for an indefinite period of time.

According to Student Activities Coordinator Sharon Paterson, the Student Activities and Welfare Committee can't officially approve lacrosse as a club until they meet the guidelines set down by the athletic department.

Lacrosse has met all of the guidelines but two.

Assistant Athletic Director Larry Marshall, who is in charge of approving club sports couldn't be reached for comment, but Athletic

Director Dr. David Olson said, "the two things holding them up are insurance and field space."

Paterson also said the team has not met the field space and medical insurance guidelines.

Lacrosse team captain Jeff Miller said, "Insurance is going to cost the club \$833." He said he has no idea what field the team will play on. Foss field appears to be out, according to Olson. Still, Miller remains optimistic.

"We've come this far, so far, we're not giving up," he said. Paterson felt similarly.

"They were very persistent and very organized," she said. "I'd love to see them approved."

For now, lacrosse will have to wait before they are able to officially begin their first season.

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Tennis teams look to repeat success with talent and experience

by Karie Trumbo
staff reporter

Four top-six Pacific Lutheran University men's tennis veterans, a former number two player back after a year off, four other returnees and a pair of quality newcomers should mean another successful season, said men's tennis coach Mike Benson.

Benson, who has coached the men's tennis team for 21 years, and his team seek to retain both the conference and district gold medals during the 1990 season.

Team captains, seniors Gary Gillis and Jonathan Schultz and Junior David Thompson provide strong leadership, said Benson.

Instead of scheduling matches with only league teams, Benson and the team members choose to play a more challenging schedule including teams from the University of Washington, University of Portland and Washington State University.

"Playing these teams helps them (team members) learn more and

raises the level of play," said Benson. "We wouldn't be nearly as good."

The team has competed at Nationals in Kansas City for the past 14 years in a row.

1990 season play has started with two losses against the University of the Pacific (5-4), University of Portland (5-2) and a win over Seattle Pacific (9-0).

Even though most students were huddling over the heater, the women's tennis team began their regular season practice Feb. 7.

The women's tennis team is powered by junior DeeAnn Eldred, 1989 NAIA district singles champion. This is Eldred's third year as the number one player on the team.

Other top players include senior Becky Bryden, sophomores Melinda Wilson, and Bridget Rundle, senior Kathy Graves and freshman Joni Roback.

The top six players are spending their spring breaks playing a series of tennis matches in Hawaii.

The team will host Linfield today for their first home match.

REFS, from page 11.

before he joined the WWBOA his senior year, had refereed about 50 games in January. That adds up when it pays \$15-20 each game plus mileage up to the high school JV level.

Besides money and exercise, Haner had other sources of inspiration. He wanted to stay involved with basketball after playing in high school, and besides, officiating runs in the family.

"My dad was an official for 24 years," said Haner. "He helped get me started."

The crowds for their games are not huge, as is expected for games below the high school varsity level. As any sports fan knows, however, many fans are not afraid to insult the referee under any circumstances.

"Sometimes it's hard when there are only 50-60 people in the gym," said Hill. "You can hear everything they are saying to you."

While they are well aware of the insults and the obscenities, though, the young referees have learned to cope.

"The more experience you get, the more you learn to deal with it," said Morrell. "This year it doesn't bother me as much as it used to."

"You can ignore the fans and players and get away with it, but I usually pay attention to the coaches because it's important that they know what is happening," said Morrell.

In a game where some fans think they know more about basketball than the officials do, the referees try to keep it all in perspective.

"I usually ignore it and laugh," said Haner. "They pretty much know nothing about what is happening, anyway."

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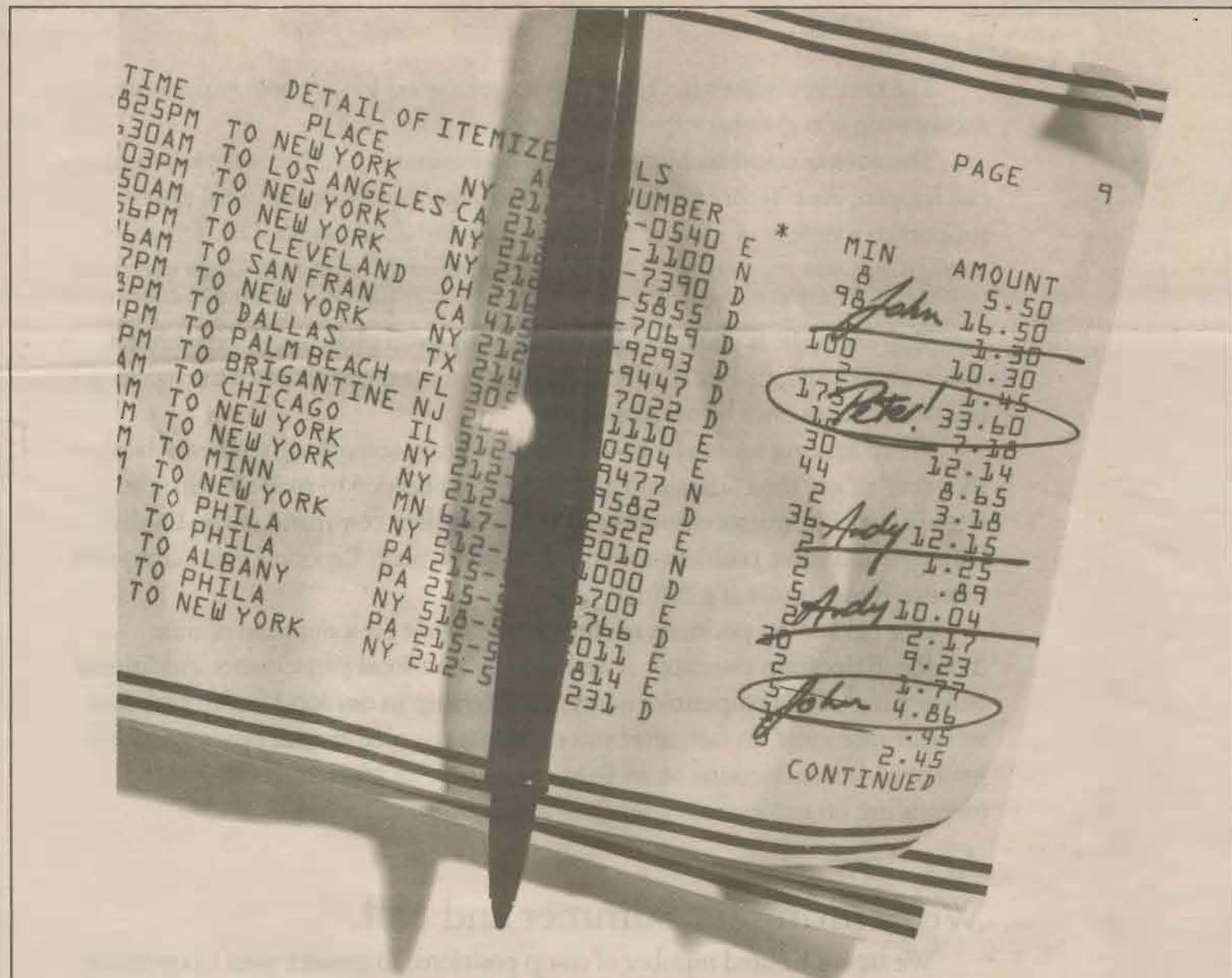
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Let's assume for a moment that before "Working Out With Bunny Biceps" on home video, there were thighs worth revealing. Maybe such things are an American tradition.

Fitness is as American as, you guessed it, baseball and apple pie. The American public has had a love affair with its body since the early 1800s.

In the beginning, fitness was mainly for appearance's sake. Women worried about their figures. The wasp waist was a must but whalebone corsets did more than cinch the fancy of a passing gentleman.

These restrictive garments caused serious medical complications and were soon tossed in the trash. Women then felt free, in more ways than one.

For men the main concern was sex. They wanted to be manly men with strong, manly bodies. Indian clubs were a popular form of exercise in athletic clubs of the early 19th century.

Men would swing these heavy clubs to develop their upper body strength, thus enabling them to sweep their lovers off their feet.

Later, people began to realize that fitness was not merely based on appearance. They began to stay away from liquor, bathe frequently in clean water, and eat the right foods.

In those days folks didn't need liposuction or ankle weights to stay in shape. Staying alive in an age of measles, cholera, and influenza epidemics was considered staying in shape.

That example is similar to today because staying fit means living longer, better lives. Health and fitness is more than jiggle machines and anticellulite creams.

This section is devoted to providing information that may help some live healthier, happier lives. One can never start too early.

Individuals have to know what health risks face them. Some may need to change their lifestyles and others may just need to know what they can do now to ensure good health later.

Exercise, as always, is an integral part of fitness, but it has changed. You don't have to run five miles a day or do 14 hours of aerobics a week. No pain doesn't necessarily mean no gain.

Nutrition has also become a vital aspect of healthy living. Many ignore the need for regular meals. You say there's no time to eat? Make time.



HEALTH



Prevention key for health

by Jody Miller
special projects editor

"An ounce of prevention is worth a pound of cure." Prevention has to be the key to good health and the time to start is now, said Ann Miller, director of health services and nurse practitioner at Pacific Lutheran University. She stressed that it is never too early to begin leading a healthier, more cautious lifestyle. People in their early 20s, Miller says, must begin now to ensure good health in their 40s and 50s. "People in their early twenties don't have many life threatening illnesses to worry about. However, they must monitor their lifestyles so they don't have to worry later," she explained.

To lead a healthier life, Miller suggested that individuals must pay attention to their bodies and treat them accordingly. Each person's body has its own alert signals.

She said that some people get headaches, some get stomach aches, and others' skin breaks out. Also, one must be aware of exercise injuries no matter how slight they may seem, she added. Each signal, Miller said, is giving a message that something isn't quite right. When this happens, the person should attend to the body.

One very important sign is weight gain. Miller commented that keeping one's weight down is vital to good health because it is related to other problems, such as high blood pressure. She said, "Losing ten pounds

now is better than losing 50 or 70 later." Preventative measures keep one from waking up one day and realizing that drastic changes must be made.

Stress reduction is another important aspect of prevention. Miller said, "People need to make time to relax. It doesn't have to be much."

Miller sees many illnesses that are directly related to stress. Cold and flu sufferers are in abundance. "Students get behind in their classes and try to function on two or three hours of sleep," she explains.

The body gets run down, she said, and becomes more susceptible to the common cold or the flu. If not properly attended to, cold symptoms could continue for weeks.

Aside from prevention, Miller noted that there are certain health risks of which college age individuals must be aware.

AIDS and sexually transmitted diseases are two major health issues facing our society. It is something that reminds people that their actions have long term effects. Miller said that people in their early adulthood develop AIDS symptoms because they were exposed as teenagers.

Miller commented that drugs, alcohol, and smoking are the makings of an unhealthy life. Many accidents, whether fatal or minor, are attributed to some form of substance abuse. Smoking is the cause of fatal illnesses, such as lung cancer and respiratory difficulties.

Miller claimed that diet is one

of the easiest things to alter for better living. Cutting down on fat and cholesterol can significantly reduce the chance of artery blockage and heart problems.

There are more specific things of which young men and women should be aware. "For men, ages 15 through 34, there is a high risk of testicle cancer and for women a risk of breast cancer," she said.

Miller explained that the Health Center is providing much needed information about self examinations for men and women to deal with the risks of certain types of cancer. Other health information can also be obtained at the Health Center.

Prevention and information, she said, are the keys to happier, healthier living.

If you play now, you may pay later

by Jody Miller
special projects editor

Lifestyles are responsible for the leading causes of death in the United States, according to a health pamphlet from the Hope Heart Institute in Seattle.

What you do right now may determine whether you live 10, 30 or 70 more years.

A report from the legislature and the governor's office says that alcohol and drug dependency can start at a very tender age and have fatal consequences.

It has been estimated that 51 thousand Washington State students in grades K through 12 are heavy drinkers and 21 thousand are heavy drug users, according to this government report.

It continued that in 1988, 48

percent of the people killed on this state's highways were involved in accidents with drunk drivers. Additionally, this report noted that 22 percent of people who received a disabling injury were involved in accidents with people under the influence.

Besides drinking, cocaine and other drug use is quite popular and quite harmful. Information from a Partnership for a Drug Free America says that cocaine will hit the heart before even getting to the head. It makes a user's pulse race and blood pressure soar.

Even at the age of 15, this literature stated that cocaine users are prime candidates for heart attacks, strokes, and epileptic seizures.

It continued by explaining the process that takes place in the body, "In the brain the cocaine

affects the part that controls emotion. Unfortunately it also controls the heart and lungs."

One big hit or cumulative overdose can alter the signals between the brain and the heart, causing all to just stop, the report said. That is how basketball player Len Bias died.

According to this information a first time user may not be able to break down the chemicals in cocaine. People can overdose on the first use. Two lines can kill.

The opinionaire issued by the government said that accidents, whether alcohol related or not, are the leading cause of death for ages one through 34.

A recent study of accidental deaths resolved that 23 percent of were attributed to excessive time between injury and

hospitalization. People just did not get to the doctor in time.

The report included information on HIV/AIDS and sexually transmitted diseases. An estimated 14 thousand people are infected with HIV in Washington State. Without the development of effective treatment, it noted that these individuals could develop other life threatening AIDS-related conditions.

According to the opinionaire, approximately 22 thousand cases of sexually transmitted disease were reported in 1989. Reports of one disease in particular, syphilis, have increased 74 percent.

Tobacco use causes one out of every six deaths in this state, according to the government information. It continued that smoking is responsible for more

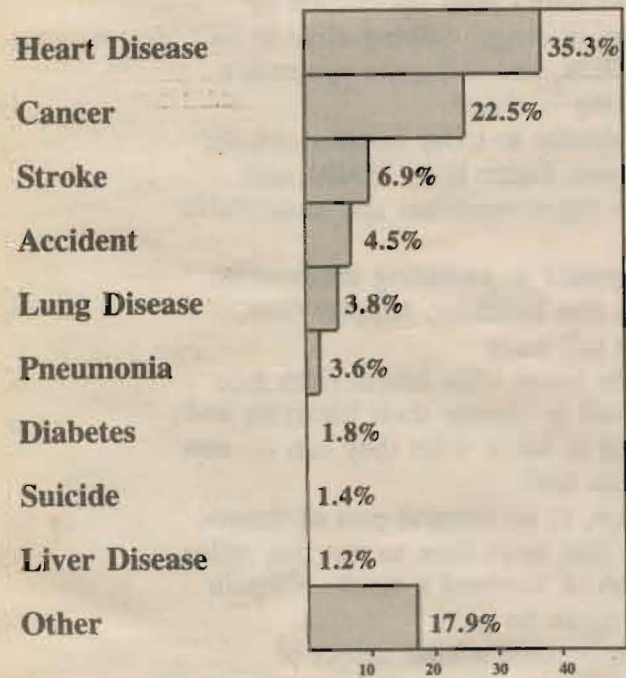
deaths each year than the total caused by cocaine, alcohol, suicide, fires, traffic accidents, and AIDS combined.

Everyday nearly three thousand people in Washington are confined to bed due to smoking related illness, said this report. The Heart Institute pamphlet said that dogs even have a 30 percent higher chance of getting lung cancer if its owner smokes.

The material also provided another startling fact. In 1988, 37 percent of pregnant teenagers smoked throughout their entire pregnancy. It said that smoking during pregnancy is very risky for the baby's health.

The health pamphlet said that lifestyle practices and habits contribute to many fatal diseases, but it is the easiest things to change. Kicking the habit could kick one's chances of serious illness or death.

Leading causes of death in the United States



Lifestyle is the leading cause of death for these diseases, with the exception of pneumonia and other.

Source: American Journal of Health Promotion

Health Fair coming soon

by Beth Holverstott
staff reporter

The cold and flu season has descended upon us as it does each year at this time. So the timing couldn't be better to attend the annual Health Fair sponsored by Pacific Lutheran University.

It will be held in the University Center on Wednesday, February 28, 10 a.m. until 2 p.m.

Health Fair '90 will offer important information for students, staff and faculty. This will include various health issues, such as AIDS, birth control, breast exams, cancer, exercise, eye care, nutrition, dental care, stress, weight control, and many more.

Also plan to attend "Fit-stop," the area coordinated by the PLU School of Nursing, to obtain free testing for diabetes, blood pressure, fitness, vision, and anemia.

Other testing will be offered by Good Samaritan Hospital, including body fat testing in the UC for a fee of \$3 and cholesterol testing for a \$5 fee.

The cholesterol testing will take place in the new mobile unit which will be stationed outside of the UC, next to the main entrance.

Valerie Carr-Coffey, administrative assistant of Student Health Services, says those staffing the different areas will be in a position to refer people to the correct agencies when further testing or information is warranted. This provides a good opportunity for students, especially those who may have questions and health concerns.

Another event that day will be the Pierce County Blood Bank's annual blood drive, which Carr-Coffey says tends to do very well. PLU draws a high percentage of student and campus personnel involvement.

"They really look forward to coming here because they receive a lot of donations," she explains.

The drive will be stationed in Chris Knutsen Hall. Scheduling a time to donate can be done during lunch and dinner hours on February 23 and 26 in the UC or the Columbia Center or by calling 535-8448.

Support and information

groups representing Alcoholics Anonymous and Adult Children of Alcoholics will also be available the day of the fair.

Carr-Coffey says the fair is popular with the agencies that attend and it has continued to grow over the past years. The agencies enjoy the university setting and interaction with students and, she notes, it serves as a good means of exposure for them as well.

The Student Health Services staff, which is coordinating the event, will be present to answer questions or refer people to the appropriate area. Although the health center will have only half of the usual staff and fewer appointments available, the Health Center will remain open that day.

Health Fair '90 will offer a myriad of health and wellness information for students, staff, and faculty, says Carr-Coffey, and she encourages everyone to stop in and make use of the resources that will be available.

"Getting education and awareness out there is the bottom line," says Carr-Coffey. "That's what it is all about."



EXERCISE



Exercise: No pain does not have to mean no gain

by Beth Holverstott
staff reporter

The exercise craze of the 80s has been pervasive, all encompassing and, at times, overwhelming to American society during the past decade. The coming decade appears to hold in store much of the same, an addiction to muscles, sleek lines, neon spandex and expensive shoes. But what about fitness?

There's a perception among Americans, as well as Pacific Lutheran University students, that they get enough exercise, according to a campus survey done by Gary Chase, assistant professor of physical education and exercise science.

According to a study done by the Office of Disease Prevention and Health Promotion, 60 percent of the United States' population does not exercise regularly. It also estimated that only seven to eight percent of adults participate three or more times per week for 20 minutes or more per session, in an activity that achieves the desired cardiovascular effect, called a target-rate.

Achieving this heart rate threshold and staying within the recommended parameter for age and other health factors is important, according to several studies.

They show that aerobic activity, within the set limits, can positively effect such health concerns as cardiovascular disease, hypertension, osteoporosis, diabetes, depression, anxiety, mental retardation, alcoholism,



Jeremy Robb / Mooring Mast

"A lot of equipment is being sold, but a lot is not being used."

-Tony Evans

and weight control.

According to Ann Miller, director of health services and nurse practitioner at PLU, it's been proven that exercise can actually lower cholesterol levels. Statistics clearly indicate, however, the lack of dedication to exercise plans among Americans.

Tony Evans, associate professor of physical education and exercise science agrees. "A lot of people are interested in physical fitness, more than are doing anything about it," said Evans. "It is a fitness boom that is going on. A lot of equipment is being sold, but a lot is not being used."

According to Chase, the extrinsic motivations that occur outside of the person, such as rewards, trophies, prizes, recognition, and being part of a group are not enough to keep a person devoted to a consistent exercise program.

For instance, studies show that even athletes that participate in high school or college programs are likely to drop-out once they leave the boundaries of the team and coaching staff.

Chase said that being involved in sports now is no guarantee that physical activity will continue later in life.

What is needed, he said, is the development of intrinsic motivation, or motivation that comes from within. This includes the desire to "achieve better health, functioning at a higher level, or just looking and feeling better."

This type of self motivation, Chase said, "can spill over and be helpful in other areas of life as well."

That sounds terrific, but between classes, homework, the job, social activities, friends,



Courtesy of Photo Services

"(Self motivation) can spill over into other areas of life..."

-Gary Chase

and family, who has the time to stick to a dedicated exercise program?

The lack of time is a major contributor to the reason people don't get enough exercise. Other excuses may include not knowing which type of activity to choose, not knowing how to get started, being overweight, being shy, or having incorrect perception about what physical fitness is.

Colleen Hacker, associate professor of physical education, said these reasons are just "camouflage."

"Being busy is not a good reason," she said. "Who isn't busy? Time isn't important. If you have something you enjoy, you'll find the time."

Once an enjoyable activity is found, the time can become very special whether spent alone or with a buddy, Hacker noted. Getting started can be the hardest part. Where should someone begin?

Evans said, "The first thing people need to do is just to become more physically active. The most important thing is that

it's enjoyable."

For example, he suggested walking up flights of stairs rather than automatically taking the elevator. He also mentioned not stressing out about how close to a building the car is parked and enjoy the walk.

He says that people should walk briskly or ride a bike to the store instead of driving.

All of these things will increase, even if only slightly, each day's level of physical activity. He commented with each day of increase, the next step will become easier.

Changing ideas about what leisure time is and how to spend it can also be helpful. Hacker said to turn off the television and go for a walk with a friend. Becoming active in life rather than passive can be a key change in physical as well and mental capabilities for the future.

Hacker said, "It doesn't have to hurt to work. Don't try to do what the professionals do. Just be active, healthy, and vibrant."

In fact, Hacker says that exercise shouldn't hurt. Of course choosing to exercise to the point of sore muscles is certainly an option for anyone who chooses it, but for those who avoid the "no pain, no gain" mentality, discomfort should never outweigh enjoyment.

Finding an enjoyable and satisfying activity and incorporating it into a weekly routine can lead to bigger and better activities. Because inactive people are expending only a portion of their physical and vascular



Jeremy Robb / Mooring Mast

"Being busy is not a good reason (for not exercising). If you have something you enjoy, you'll find the time."

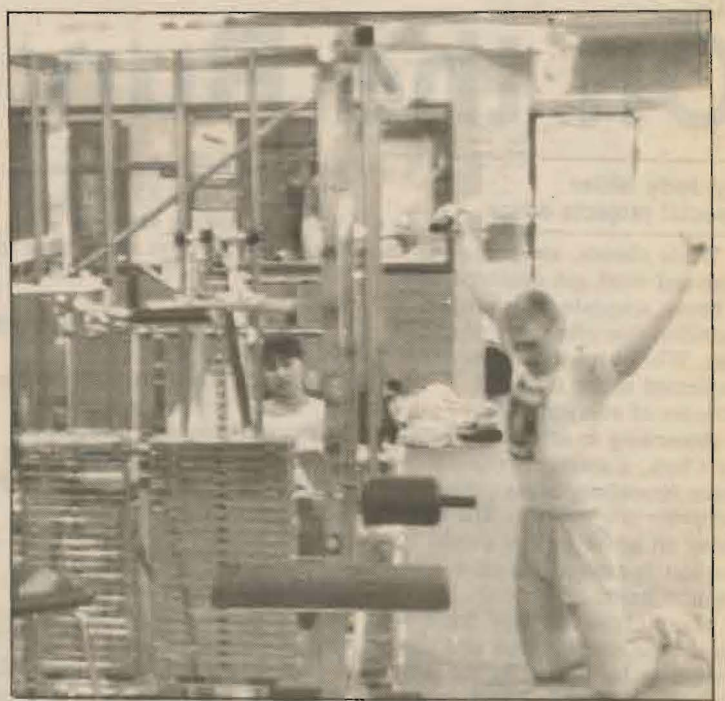
-Colleen Hacker

potential, the capacity to increase is great.

In fact, beginners often see more drastic improvement that do athletes that already enjoy a certain amount of fitness, according to a 1988 study. The potential for quick reward is great and can be very motivating.

"That's the joy of this," said Hacker. "Anything helps."

Hacker described it as finding your personal natural rhythms. She explains that listening to the messages sent by the body after increased activity can guide the would-be active person in the appropriate direction, thus creating an individualized



Jeff Young / Mooring Mast

Students get properly pumped up using Fitness Center's gift

Fitness buffs pumped about new equipment

by Kirsten Lindaas
staff reporter

The Names Fitness Center recently received a late Christmas present, new exercise equipment. Dean of Physical Education David Olson explained, "They were gifts from Scott Names, the individual who founded the building, generously given to update the facilities."

Scott Westering, the exercise consultant for the Fitness Center, said the new equipment arrived around the second week into Interim.

The new items include a Universal Centurion 15 Station Gym, a Total Hip Machine, and a DVR Seated Chest Press. The price for the new equipment, including installation and set-up, came to a total of approximately \$22.6 thousand.

Westering said, "All of the new items are incredibly popular, and well-needed."

One of the fitness center's supervisors, Stephanie Grauerholz said, "People use them a lot. They always use the hip machine and nobody uses the old universal gym."

Westering added, "The old unit, which is 15-years-old, compared to the new unit is like comparing a Volkswagen to a Cadillac."

He also said the remaining money from Scott Names' gift is already appropriated for more free weight items, such as bars and bench set-ups. Westering said, "We

would like to develop a new area for Olympic style lifts."

Westering stated that ASPLU has become involved with the fitness center equipment purchases. He added that they will approach ASPLU with a proposition to purchase "stairmaster", a new fad in exercise gyms, or more stationary bikes.

The Names Fitness Center is open to all PLU students, faculty, and staff. The Fitness Center is open Monday through Friday, 6:30 a.m. to 10 p.m., Saturday 10 a.m. to 4 p.m., and Sunday 1 p.m. to 5 p.m.

Westering said that approximately 350 to 400 people use the fitness center daily. The Fitness Center offers a variety of equipment, including stationary bikes, free weights, the universal gym, and an indoor track.

Westering is the exercise consultant for the fitness center and works there Monday through Thursday from noon until 2 p.m. He said that he helps people with the equipment, setting up programs, or answering questions.

He said, "There is the possibility of a program to get physical education major to act as exercise consultants during different times of the day in the fitness center."

He added that access to these people could help people take advantage of the fitness services available at PLU.

program.

She says finding that pattern is often enjoyable and exciting enough to precipitate sustained future activity.

"I don't think anything takes the place of personalized attention," Hacker said.

Such personalized attention may not only help an individual become more physically fit. It may also increase one's self esteem. Hacker said the relationship between exercise and self esteem is very high.

More day-to-day energy, mental alertness and a feeling of confidence and motivation often accompany a change in lifestyle.

The more a person successful-

ly increases physical activity, the more likely that person is to continue in the search for more challenge and variety. On the PLU campus alone, there are great opportunities to expand one's activity repertoire.

Besides the organized sports available at PLU, the fitness center offers an indoor track, free weights, and nautilus equipment. The swimming pool offers open-recreation swim times to students.

Also available are the tennis courts and outdoor track, as well as the "Joggerunden," the running trail surrounding the PLU campus.

see EXERCISE, p. 4



NUTRITION



On the Run:

Squeezing out meals does not square with healthy nutritional practices

by Jody Miller
special projects editor

While classes, studying, exercise and work get squeezed into a hectic schedule, it is proper nutrition that often gets squeezed out. Wholesome meals are often neglected in the rush and stresses of everyday life.

According to articles by Nancy Clark, a sports nutritionist from Brookline, Mass., this behavior is a mistake. The last thing an active person should neglect is eating food on a regular basis.

Many claim that they don't have time for breakfast and can't find time for lunch. By the time the day is through, Clark says, people end up with such ravenous appetites that they will eat anything and everything.

Ann Miller, director of health services for the Health Center says when someone is too hungry, he doesn't care about choices. The hunger is overwhelming, she says, and people start looking for something quick and easy. Clark notes that this could end up being a bag of chips or a pint of ice cream. Eating breakfast and lunch could solve this problem.

Miller explains that many college students skip breakfast. Some have come to the Health Center because they have passed out, due to the lack of food. Skipping meals and then eating one big meal is a shock to the digestive system, she says.

Students don't drink enough

liquids either, Miller comments. "Some go 12 or 15 hours without drinking any type of fluid. Dehydration is common to those who skip meals," she adds.

Clark says breakfast and lunch provide the body with the calories it needs for daily activity. If you deprive yourself, she adds, you may end up standing in front of the refrigerator and stuffing food in your mouth and then you will regret it.

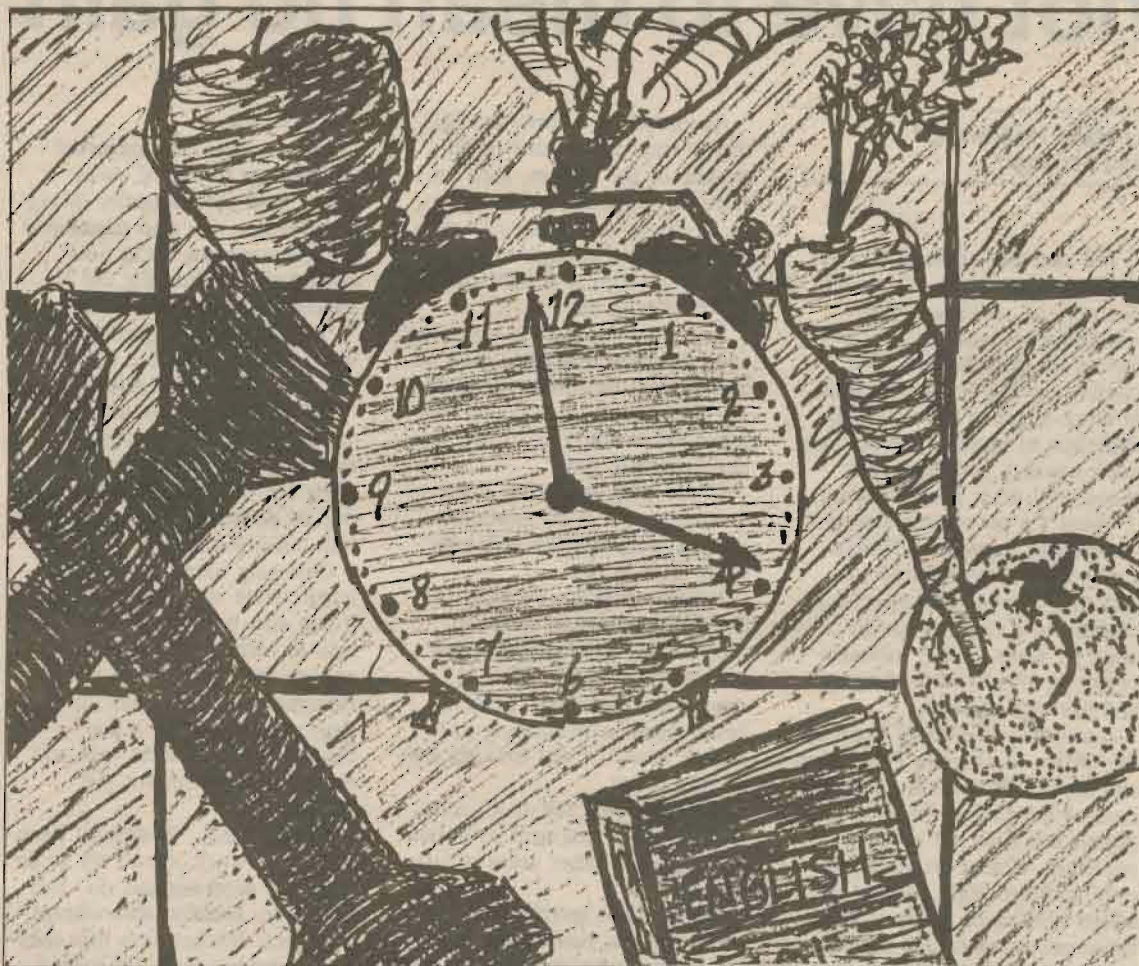
Many who are pressed for time think that it is difficult to eat breakfast, but nutritionists say it's not if planned.

According to Clark's material, breakfast does not have to be an elaborate, sit-down event. She says, "If you get out of bed at the last minute, plan on eating on the run to your class or work. It can be as simple as a bran muffin, yogurt, and a banana. The point is to eat something."

Lunch for the harried student or worker can also be quick and easy. Again, it doesn't have to be an elaborate affair.

Miller feels that students can make good nutritional choices in the cafeteria. She says, "It is difficult for Food Service to prepare low fat meals in such large quantities. They can't broil chicken for everyone. However, they are making positive strides by serving turkey, fruit and having a salad bar available."

For those who live off campus, set aside a couple of hours



Jody Miller / Mooring Mast

on the weekend for snack or meal preparation, says Clark. She says there are many items that can be readily available without the fat and calories of most snacks.

Of course there are the typical carrots, celery, and fruit items

that can be prepared ahead of time. Clark notes some alternatives may be pizzas made on english muffins or wheat crackers and peanut butter.

For the times when a substantial meal is appropriate, Miller suggests broiling meats and

preparing food in large portions to heat up throughout the week.

Broiling meat, paying attention to how many eggs you eat per week, and lowering the amount of fat in your diet will also assist in maintaining a nutritious diet, Miller says.

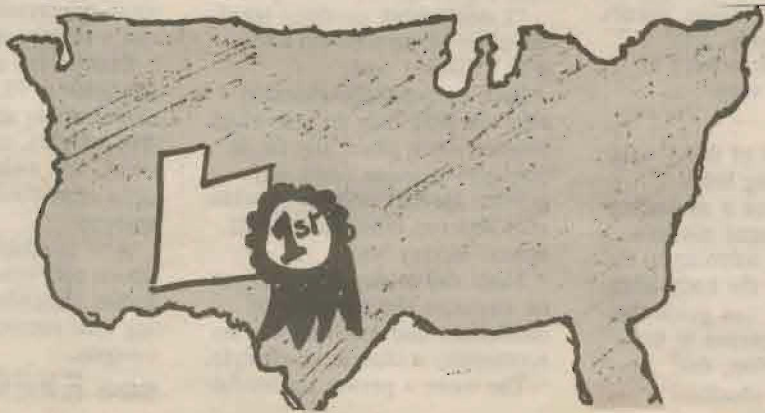
How does your state rate?

A recently released study ranks the 50 states in terms of how healthy their residents are.

Data was compiled from the latest National Health Survey, information from the American Heart Association, the American Cancer Society, the National Health Center for Health Statistics, and the American Medical Association.

The states were compared in terms of life expectancy, death rates, lifestyle habits (smoking, drinking, etc.), access to medical care, and absence from work because of illness.

- | | |
|-------------------|--------------------|
| 1. Utah | 26. Texas |
| 2. North Dakota | 27. Pennsylvania |
| 3. Idaho | 28. Connecticut |
| 4. Minnesota | 29. Kentucky |
| 5. Hawaii | 30. New Jersey |
| 6. Vermont | 31. Missouri |
| 7. Nebraska | 32. Ohio |
| 8. Colorado | 33. Virginia |
| 9. Wyoming | 34. Arkansas |
| 10. Montana | 35. West Virginia |
| 11. Washington | 36. Illinois |
| 12. Oregon | 37. New York |
| 13. New Mexico | 38. Tennessee |
| 14. Wisconsin | 39. Louisiana |
| 15. South Dakota | 40. Rhode Island |
| 16. Iowa | 41. North Carolina |
| 17. Maine | 42. Alabama |
| 18. California | 43. Maryland |
| 19. Massachusetts | 44. Florida |
| 20. Alaska | 45. Georgia |
| 21. Indiana | 46. South Carolina |
| 22. Arizona | 47. Nevada |
| 23. Oklahoma | 48. Michigan |
| 24. New Hampshire | 49. Mississippi |
| 25. Kansas | 50. Delaware |



Jody Miller / Mooring Mast

EXERCISE, from p. 3

Activities such as these work the large muscle groups and are very beneficial from a fitness standpoint. Evans suggested using available resources to create a potpourri of activities which will facilitate increased enjoyment and alleviate the humdrum routines of exercise.

Evans admitted the target area heart rate achieved by aerobic exercise for maximum cardiovascular effect is often "over-done." Once an individual has begun to increase daily activity, he said, it is wise to be aware of the fact that most experts feel that reaching the recommended heart rate is vital to achieving long-term physical fitness.

This should not be the first goal, Evans said. He added that only after a comfortable and enjoyable routine has been established should individuals push themselves.

The aerobic heart rate can be calculated by using a specific formula, said Ron Timlick, service manager and trainer for Sports Plus in Kent. He explained that one must start with the number 220 and subtract his or her age.

For the maximum rate, multiply that total by 80 percent. For the minimum rate, multiply the total by 65 percent.

Timlick says that experts recommend that the maximum should be reached at least three times per week and maintained for 20 minutes or more per session.

For more intense training, this should be coupled with free weights and nautilus equipment. Timlick stressed that cooling down with some type of aerobic exercise after lifting weights is important. Aerobic exercise, he said, increases the blood flow and dissipates the build-up of lactic acid.

Whatever type of exercise or increased activity is chosen, health and physical education experts agree that changing how we perceive exercise, leisure time and ourselves can contribute to a fuller, healthier life.

Hacker commented that it's not just a matter of making a life-long commitment to exercise, but making a life-long commitment to life. "It's not so much the length of life, but the quality of life," said Hacker.

Evans recommended exploring the possibilities of increased activity on and off campus and increased enjoyment in your lives. He said that now is the best time to get involved.

Hacker concluded, "You're never too old and it's never too late. Just do it!"

Thank You

The Focus staff would like to specifically thank Gary Chase, Tony Evans, Colleen Hacker, Scott Westering, David Olson, Ann Miller, and Valerie Carr-Coffey for contributing to this health and fitness project.

EZ AXS

**With a new look and a new name The Mast's arts and entertainment section is designed to serve as a weekly reminder of happenings on and off campus. EZ AXS (Easy Access) features a variety of out-of-class options from movies and television, to art and music, to books and theater.*

To Local Arts & Entertainment

PLU'S HOT TICKET

Russ Taff



by Stephanie Baartz
editor

Innovative. Joyous. Uncompromising. Honest. The words characterize how Russ Taff views himself and the music he performs.

As the son of a Pentecostal preacher, Taff began singing at three. He went from family bands to local bands and was lead vocalist for the Imperials from 1977 to 1981.

Taff's solo career began in 1983 and established him as one of contemporary Christian music's hottest male artists.

Taff's music has a touch of country flavor mixed in with a sense of timeless gospel rock. The combination has created musical appeal to a mainstream audience.

His 1989 release, "The Way Home," is a mixture of fun songs, not as intense as previous recordings.

With the album Taff kicked

off his 1990 North American tour two weeks ago in Nashville, Tenn.

One of his 50 stops will be at Pacific Lutheran University on Wednesday at 8 p.m.

The show will be a mixture of songs from his new album, the 1989 release "The Way Home" and may even reach back to former albums, "Medals" and "Walls of Glass."

The concert is sponsored by Residential Hall Council (RHC). Festival seating in Olson Auditorium is expected to accommodate 3,100 people.

"Taff is so upbeat that people will have a good time even if they don't know the music," said Karen Atkin, PLU Christian Activities chair. "The show is something people will walk away really excited about."

Opening for Taff is The Choir. (see related story)

Tickets are on sale at the UC Information Desk at a reduced student rate of \$6.

the choir

by Stephanie Baartz
editor

Los Angeles based band, The Choir, will open for Russ Taff at his Pacific Lutheran University concert.

Started by Steve Hindalong (drums, vocals) and Derri Daugherty (vocals, guitar), the group's music has grown more independent in the last few years.

Hindalong said that in the early days the Police and U2 influenced their music. Now, they have stumbled into their own sound.

Hindalong describes the contemporary sound with a chuckle. "It's moody, guitar-oriented, pop, folk, rock."

The Choir has tried to set themselves apart from other bands not only in sound, but in a sense of important subject matter.

"We approach things from a spiritual base," said Hindalong. "We think life is important."

Hindalong cannot remember a time when he wasn't playing in a band — he started on the drums at nine. Daugherty's father was a pastor, so opportunities to perform at church functions overflowed.

The boys' love of folk music while growing up has evolved into a combination of tender enduring vocals with sentimental lyrics in their music.

In 1986 the band changed its name from The Youth Choir to The Choir and added a few new members.

Dan Michaels (saxophone, lyricist) joined forces with the group in 1985 and Robin Spurs (bass, vocals) collaborated with them a few years later.

Since its beginning, the band has independently produced five records. Their latest, "Wide-

Eyed Wonder" was released last spring.

"Wide-Eyed Wonder" was inspired by Hindalong's personal experience during the birth of his daughter, Emily.

"A lot of the songs are a dichotomy between hope and vulnerability," he explained. "When you have a little child the world can become more wonderful than it was before. I was experiencing the world again, in her eyes."

Hindalong said that the song "Someone to Hold on To" is about mortal weakness and vulnerability causing dependence on God.

A counterpart to that song is "Car Etc." "The musical setting is very tense, dark, and the music is the environment. The lyric is the idea. The tension is what we're trying to accomplish," said Hindalong.

The Choir, failing to fulfill the expectation of a Christian band, has been more accurately dubbed with creating alternative music.

"Our objective is to show who we are and how we feel..." says Hindalong. "If people are inspired or enjoy it, that's good."

Since last fall the band has been attracting national support on college radio. Hindalong sees the movement as a step, a broadening of horizons.

Looking into the future, The Choir plans to start recording a new album in May. Hindalong describes the tracks as being more intense and sentimental than before, reaching a broader range of emotions.

"The more personal something is," he said, "the more universal it is. If you dig deep within yourself, you touch a lot of people."

KCCR will preview The Choir, on "The Final Hours," Sunday at 9 p.m.

Concert Information

Who: Russ Taff and opening band The Choir.

When: Wednesday 8 p.m.

Where: Olson Auditorium.

Tickets: Student tickets are still available at the UC Information Desk for a reduced rate of \$6.

Seating: General Admission.



Cartoons better choice than the 'Fist' on NCTV



by Patrick Rott
columnist

While flipping through the channels or the onslaught of on-campus advertising, you may have noticed NCTV programming which airs on our campus television station KCNS from 9 a.m. to 3 p.m. and 7 p.m. to 1 a.m., Monday through Friday.

I'll admit to open curiosity, having watched a majority of the programs, but it hasn't been easy. Well, this time around I picked a couple of shows from the NCTV lineup so that you may be warned from or goaded into watching.

JACK FIST (10:30 a.m. and 8:30 p.m.)

If you're a large fan of Mickey Spillane-type detective stories, I doubt you'll care for this program.

Produced by students at Columbia University, the show centers around the actions of one Jack Fist, private detective and professional whiner.

While it initially appears as a straight homage to the tough-talking, cliché-bound detective, the script continually reminds the audience that we shouldn't take the show too seriously.

Most of the show is written through the narration of detective Jack Fist, as though we were hearing him think, but that's not necessarily a compliment. For example, after lamenting over his stack of unpaid bills and the neglected salary of his secretary

Sally Kirkland (Morgan Dickson), Fist comments "My luck was bound to change because in a couple of years the sun's gonna explode in a super-nova. But I'm not holding my breath."

The star of the program, hence the obvious title, is none other than Jack Fistfarb (shortened to Fist so that the name plate would fit on the door). Fist is played by John Limpert.

It would appear that Limpert was picked for his looks and his voice, the latter being noticeable for its whining capability. Most of his acting involves sitting at his desk and looking depressed.

I do that every day.
Why not nominate me for an Emmy?

One positive point — the show is filmed in black and white. But that's as far as positive comments go. The lighting is horrific, and at times the picture is dark and undistinguishable.

The sound is also pathetic; you have to turn the volume of your television to 200 decibels before you can hear it.

Bad acting, bad scripting, bad production. For students, by students? Oh please.

ADULT CARTOONS (2:30 p.m. and 12:30 a.m.)

I saved this jewel for last because I thought I'd end on a positive note for once.

The program says its from the National Museum of Cartoon Art and its host is Chuck Green. But that's it. Green could very well be the janitor, for what the credits allow.

Correct me if I'm wrong, but I

thought NCTV was for students, by students. If I had known that the National Museum of Cartoon Art was a school, I would have been there quicker than you can say "Good-bye Lute Butt."

However, that's about as meaningless as this show gets. While I bet some of you filthy-minded individuals were hoping that the program would contain 30 minutes of "Fritz the Cat," not to mention "Debbie Does Duckville," you are sadly mistaken. The program, with its access to over thousands of cartoons dating from well before World War II, highlights the oftentimes overlooked gems in the history of cartoons.

"Adult Cartoons" also showcases contemporary works, which presumably, but not necessarily only adults would enjoy.

I made fun of Green, but his presence is solid and appreciated.

The host provides small bits of knowledge which enhance the enjoyment of each cartoon, as well as historical information behind this rich aspect of American culture.

A great plus, while at the same time a haunting reminder, is being able to see cartoons made during the World War II and their interpretations of Hitler and Stalin as bumbling idiots.

While those cartoons are fun to watch, it's amazing to see how naive some of the country was of the actions taking place at that time.

The program showcases animation at its best. An art form which has been massacred by the current trend of commercialism and ineptness which prevails on current Saturday morning programming. Bugs Bunny not included.

AROUND CAMPUS

Kim Newall's one-woman art exhibition, "Incest and Metamorphosis" opened in the University Gallery on Feb. 7. Newall, a Seattle artist, exhibits drawings and sculpture. Today is the last day to view the exhibit. Gallery hours are 8:30 a.m. to 4:30 p.m. weekdays and 1 p.m. to 4 p.m. Sundays.

Five women writers will share stories and poetry focusing on memory, incest and transformation Sunday in PLU's University Gallery. The reading begins at 5 p.m. and is free to the public. (634-2836)

Raouf Mama, a citizen of Benin, West Africa will make a presentation Monday at 3 p.m. in HA-200. Mama is completing a Ph.D. in English at the University of Michigan. (535-7312)

Music for baroque flute will highlight the Tuesday recital in PLU's University Center. Flutist Jeanie Hill will be joined by Kathryn on harpsichord and David Dahl on the organ. The recital is free to the public. (535-7621)

Robert Nozick will present "Understanding Intellectual History" at 7:30 p.m. Thursday in PLU's Scandinavian Cultural Center. Nozick is professor of philosophy at Harvard University. The lecture is free to the public. (535-7637)

Traditional folk music of Scandinavia is being taught on Wednesdays at 7 p.m. The 12-week course is being held in the Scandinavian Cultural Center. Classes cost \$3 each or \$30 for the entire course. (535-7532)

Scandinavian folk dancing instructions are being offered Thursdays at 7 p.m. in the East Campus Gym. Classes are open to the public and offer a range of dances for beginners and intermediate level dancers. The cost is \$4 per class or \$40 for the entire 12-week course. (535-7532)

Today is the last day for making submissions to Saxifrage for the Spring 1990 publication. The PLU creative arts magazine is looking for prose, poetry, art photography, computer art and music. (537-7396)

The Alumni Student Relations Committee and Career Services

cordially invite you
to attend the

ALUMNI CAREER DAY

Thursday, March 1st
University Center
2-5pm

PLU Alumni from many professions will be available to speak informally with students about their career choices.

REFRESHMENTS PROVIDED

DISCIPLINES

- Economics
- Psychology
- Social Work
- Sociology
- Political Science
- Computer Science
- History
- Nursing
- Business
- Marketing, Accounting, MIS,
- Human Resource, Finance
- Education
- Physical Education
- Arts
- Natural Science

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- Counselor
- Director, Information Systems
- Education Coordinator
- Assistant Director of Banking
- Senior Systems Engineer
- V.P. Development
- Marketing Manager
- Information Systems, Manager
- Human Resource Specialist
- Lawyer
- Physician
- Educator

Grammy Glitter

Blues and Country singer Bonnie Raitt received top honors at the 32nd Annual Grammy Awards on Wednesday. Raitt grabbed four awards including album of the year and best female vocalist for both the pop and rock categories.

The awards ceremony was hosted by comedian Garry Shandling and included over a dozen guest performances.

Former Beatle Paul McCartney and jazz great Miles Davis were awarded with the Grammy Lifetime Achievement Award.

HIGHLIGHTS OF THE WINNERS LIST

- Recording of the year: "Wind Beneath my Wings," Bette Midler
- Album of the year: "Nick of Time," Bonnie Raitt
- New Artist: Milli Vanilli
- Pop vocal, female: Bonnie Raitt
- Pop vocal, male: Michael Bolton
- Pop vocal, duo or group: Linda Rondstadt and Aaron Neville
- Rock vocal, female: Bonnie Raitt
- Rock vocal, male: Don Henley
- Rock vocal, duo or group: Traveling Wilburys
- Hard rock vocal or instrumental: Living Colour
- Metal vocal or instrumental: Metallica
- Rap: "Bust a Move," Young MC
- Producer of the year: Peter Asher

TAG serves feast in 'The Dining Room'

by Cheryl DeLorme
staff reporter

One moment a little girl sits at the head of the dining room table screaming for ice cream. The next moment a maid polishes silver.

An elderly woman enters the room and soon after a teenage schoolgirl. Keeping these various characters and their corresponding character straight is a bit confusing. But such are the courses of "The Dining Room," now being served by the Tacoma Actors Guild (TAG).

It is not just any dining room. It is your grandmother's dining room. It is your best friend's dining room. It is your own dining room.

The comedy by A. R. Gurney centers around that room in the house where people traditionally gather at a specified time during the day to eat, to study or just talk. The play overlaps a series of scenes that take place in many dining rooms.

Each actor plays a variety of roles ranging from pesky children to forgetful or sentimental elderly people.

One scene is set during the depression years. A family sits down to breakfast in the dining room. Conversation centers around manners, school and business — a conversation almost everyone has taken part in at some point in time.

The maid cleans up the breakfast dishes. Enter a new character. But is it? Yes, it looks like the daughter from a previous scene, but now she is carrying a typewriter and the time is about 50 years into the future. So begins a new dining room scene.

What is the point? Why watch

people's private dining room conversations?

Memories, may be the answer.

The audience is quickly captured by the familiarity of each scene — something experienced before or at least imaginable in a family context.

'Well, you see, we're studying the eating habits of various vanishing cultures. For example, someone is talking about the Kikuyus of Northern Kenya. And my roommate is doing the Cree Indians of Saskatchewan. And my professor suggested I do a slide show on us...the Wasps of Northeastern United States.'

Tony in 'The Dining Room'
By A.R. Gurney

What the play lacks for in plot is made up in humor, sentiment and brilliant character portrayals by the actors.

Each of the six TAG actors plays no less than eight different characters. They fall into each distinct character with ease and conviction. Facial expressions are especially important when one moment an actor plays a child with questioning eyes and the next moment a grandparent with the all-knowing look of experience.

her stories as a testimony of the paradoxical nature of love. When her characters look like they have fallen into destruction, they finally begin to understand their feelings on the road to recovery.

One story, "The Only Thing Different," simply describes a woman, head over the sink of her bathroom, as she cuts large chunks of her hair.

Her husbands indifference and preoccupation makes for a humorous conversation when the reader watches the actions and hears the thoughts of the women. The simple portrayal of such a vulnerable topic makes the story haunting. "The Only Thing Different" is hard to forget, like most of the stories in "Bend This Heart."

Agee's masterful language is a strong point throughout the book. At times the sentences read like poetry.

Although "Bend This Heart" is full of interesting stories, at times they take such strange twists that is difficult to uncover Agee's intentions. I often wondered if she cut the stories too short, forgetting to finish the last paragraph.

Agee has authored and edited seven books of fiction and poetry in addition to "Bend This Heart." She currently teaches at the College of St. Catherine and at Macalester College, both in St. Paul, Minn.



Stephen J. Godwin (left) and Wesley Rice in TAG's 'The Dining Room'

Courtesy of Tami Stewart

The interaction of the actors is also strong. In one scene, two actors may be father and daughter, and in the next husband and wife or brother and sister.

As a contemporary playwright, Gurney holds up for examination the relationships, tradition and life styles of white upper-middle-class America. He makes the play accessible to the audience. It becomes easy to see oneself in the character's place — to laugh and sympathize with them.

"The Dining Room" is directed by Bruce Sevy. As a TAG regular, Sevy has also directed the recent production of "First Night."

Stephen J. Godwin, Kathryn Mesney, Larry Paulsen, Wesley Rice, Sally Smythe and Nina Wishengrad make up the cast of "The Dining Room." The actors are energetic; together they create a wonderful combination.

The set is designed by Shelley Schermer, a newcomer to TAG. The only eyesore is the oversized,

awkward nature backdrop behind the French doors of the dining room. Otherwise, the set suits its purpose of an upper-middle-class dining room applicable to many different families in many different decades.

"The Dining Room" runs through March 10 with performances Tuesdays through Saturdays at 8 p.m., Sundays at 7 p.m., with matinees on Wednesdays and some Saturdays and Sundays at 2 p.m.



by Lisa Shannon
arts & entertainment editor

Bend This Heart
by Jonis Agee
Coffee House Press, 130 pages \$12.95

Poetry, prose, songs and movies have capitalized on the image of a broken heart through history. The emotional wound has become common, and I dare say a bit over glorified.

Playing with the historical cliché, Jonis Agee's new book "Bend This Heart" festers initial intrigue by its fascinating title. Spiraling complications involving the love and violence, endurance and failures of human relationships follow in the collection of short stories.

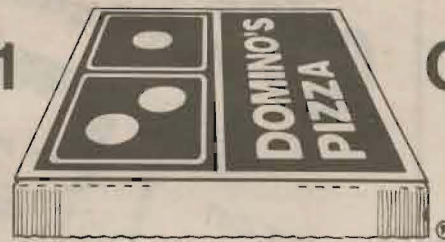
All of Agee's 23 stories (Yes, actual short stories. They make anything of this genre found in a literature book look like "Moby Dick.") involve love, no matter how bizarre the circumstances surrounding the emotions.

While love is shown to endure every assault on its integrity, it tends to shatter when least expected. The human heart, according to Agee must be broken, torn and patched in order to discover its own strength.

Agee also uses the violence in

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Food Service Menu

Saturday, Feb. 24

Breakfast: Asst. Muffins
Fresh Fruit
French Toast
Sausage Links
Lunch: Peas and Mushrooms
Macaroni and Cheese
Chips and Salsa
Dinner: Chicken Fried Steak
Knockwurst Hoagie
Corn

Sunday, Feb. 25

Breakfast: Cold Cereal
Fresh Fruit
Danishes
Lunch: Scrambled Eggs
Waffles
Canadian Bacon
Hashbrowns
Dinner: Turkey Divan
Sliced Ham
Carrots

Monday, Feb. 26

Breakfast: Cold Cereal
Fried Eggs
Pancakes
Lunch: Pizza Pockets
Ham & Cheese Cross.
Winter Blend
Dinner: Mexican Casserole
Turkey Enchiladas
Rice
Fiesta Blend

Tuesday, Feb. 27

Breakfast: Scrambled Eggs
Waffles
Hashbrowns
Bearclaws
Lunch: Fishwich
French Fries
Broccoli Cuts
Egg Salad
Dinner: Hamburger Bar
Swedish Meatballs
Garlic Bread
Fresh Fruit

Wednesday, Feb. 28

Breakfast: Hot/Cold Cereal
Poached Eggs
Sausage Patties
Hashbrowns
Lunch: Grilled Cheese
Hot Dogs
Baby Carrots
Potato Chips
Dinner: Sukiaki
Teriyaki Salmon
Sourdough Rolls
Fortune Cookies

Thursday, March 1

Breakfast: Pancakes w/
Blueberries
Sausage Patties
Hashbrowns
Lunch: BLT
Fried Rice
Mixed Vegetables
Corn Chips
Dinner: Hamburger Bar
Lasagna
Chicken Caccitor
Italian Bread
Cream Puffs

Friday, March 2

Breakfast: Hot/Cold Cereal
Cheese Omelettes
French Toast
Sausage Links
Lunch: Chicken Breast Sand.
Turkey Tetrazini
Scandanavian Blend
Potato Chips
Dinner: Cajan Catfish
Hushpuppies
Grits and Rice

Faulty humor cracks 'Madhouse'



by Tim Mitchell
staff reporter

Jealousy set in while waiting to buy tickets for "Madhouse."

Everyone else was buying tickets for "Glory" and "Driving Miss Daisy" and "Henry V." Still, I did not give up hope. Maybe, just maybe, "Madhouse" would provide an interesting, complex plot, characters that develop throughout the story and sophisticated, highbrow humor.

Wrong. "Madhouse," written and directed by motion picture first-timer (and hopefully last-timer) Tom Ropolowski is painful to watch.

Even the stars of the film, John Larroquette and Kirstie Alley, fail all attempts at saving the comedy. The only good thing about the what-some-"they"-in-Hollywood-call movie is that it's blissfully short, clocking out at 85 minutes.

Of course "Madhouse" seems like it goes on longer than "The Winds of War."

The worst thing about the movie is its complete lack originality. Material stolen from other films fill almost every scene.

The slim storyline concerns Mark and Jessie Bannister (Larroquette and Alley) and the new house they just bought in Los Angeles. (Funny how the movie was filmed in Tucson, Arizona.)

Mark is a financial planner and Jessie is a television newswoman. Their recent move has enabled them to look forward to spending some time together.

Unfortunately, Mark's childhood pal Fred, his pregnant wife Bernice and their cat Scruffy come to visit ("National Lampoon's Christmas Vacation," anyone?).

The jinks ensues on the trip from the airport when the cat, with an upset stomach, starts yacking cat food all over the interior of the car.

A few days after arriving at Mark and Jessie's house, they find the cat floating in the fish tank. And get this — what a laugh riot! They bury the cat in the backyard, and that night it comes in through the window, alive (Sounds nothing like "Pet Sematary," does it?).

After the Banisters recover from the shock of Mark's friend's arrival, Jessie's sister Claudia (Alison LaPlaca) comes to stay. She just left her Iranian husband and begins her stay by spewing racial slams like "towel head" and "desert rat" ("Do the Right Thing," only without the social meaning).

The rest of the movie is a parade of bad taste, predictable jokes — many of which relate to biological functions involving childbirth ("Look Who's Talking") — and offensive characters.

Truth to tell, I cannot recommend anything about this movie.

Larroquette, who has won Emmys for "Night Court," stumbles through the film.

Alley has so little character in the movie that she could be a prop. Her only job is listening to Larroquette's complaints and then follow his lead into action.

John Diehl as Fred deserves some positive attention. He is especially strong during a bar scene, where he and Larroquette do a choreographed dance number.

Dennis Miller, the smug and self-righteous "Weekend Update" anchor on "Saturday Night Live," plays a smug and self-righteous associate of Mark's.

Finally, for an Academy Award nomination in the "Best Sleazy John Travolta Impressions" category, we have Rob Camilletti (Remember him? Cher's younger man a few months back) as a porno shop owner who propositions Kirstie Alley.

Unless you are one of those people with a thing for Kirstie Alley, or you really hate cats, "Madhouse" is a complete waste of time.

Actually, I qualify for both of the above requirements, and still hate it.



Kirstie Alley and John Larroquette in 'Madhouse' Courtesy of Cliff Lipson

MOVIE TIMES

AMC Narrows Plaza 8

Born on the Fourth of July
1:00, 4:20, 7:40, 10:25
Always
11:50, 2:25, 5:10, 8:00, 10:30
Flashback
11:30, 2:05, 4:50, 7:45, 10:15
Stella
11:10, 1:35, 4:30, 7:10, 9:40 11:55
War of the Roses
11:00, 2:35, 5:20, 8:10, 10:35
Glory
11:00, 1:45, 4:35, 7:20, 9:55
Hard to Kill
11:20, 1:55, 4:45, 7:30, 10:00, 12:00
Nightbreed
11:40, 2:15, 5:00, 7:55, 10:10, 12:05

Lincoln Plaza

Born on the Fourth of July
2, 4:50, 7:55,
Stella
12:30, 2:50, 5, 7:10, 9:25
Stanley & Iris
12:45, 3:00, 5:15, 7:40, 9:30
Loose Cannons
1:00, 3:05, 5:05, 7:00, 9:10
Ski Patrol
1:45, 3:40, 5:45, 7:40, 9:45
Tango and Cash
1:10, 3:15, 5:20, 7:30, 9:50
Nightbreed
1:15, 3:25, 5:30, 7:50, 10:00
The Little Mermaid
12:15

Village Cinemas

The Wizard
1:10, 3:05, 5:00

Look Who's Talking
1:00, 4:30, 8:00
All Dogs go to Heaven
12:30, 2:15, 4:00
Christmas Vacation
2:45, 4:30, 6:15, 9:45
Blaze
5:40, 9:35
Back to the Future II
1:20, 3:20, 5:20, 7:30, 9:30
Steel Magnolias
7:05, 9:15
Heart Condition
7:45

Parkland Theatre

All Dogs go to Heaven
The Bear
Lethal Weapon II

Tacoma Mall

Revenge
2:15, 4:45, 7:15, 9:45
Enemies — A Love Story
2:00, 4:30, 7:00, 9:25

Tacoma South

Glory
2:00, 4:35, 7:10, 9:30
Henry V
1:45, 4:30, 7:00, 9:40
Driving Miss Daisy
2:20, 4:40, 7:15, 9:20
Hard To Kill
1:55, 3:45, 5:35, 7:25, 9:25
Madhouse
1:50, 3:40, 5:30, 7:20, 9:10

Listing only includes updated movies and times that were available before press time.

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