The Mooring Mast

Pacific Lutheran University Vol. LVIII, Issue No. 6 October 10, 1980



Sewage plant to remain open until at least 1984

By Tom Koehler

Operating "way over its designated capability," the PLU Sewage Treatment Plant will continue to pump biological waste into open sewage lagoons until 1984, maybe longer, according to James B. Phillips, director of the Physical Plant.

The putrid odor permeating much of the northwest corner of the campus, especially Foss and Hinderlie Halls, will have to be lived with until then, when county sewer lines are expected to be built.

"The basic reason for the

designed for 1,500 people and we now have up to 4,000 people on campus, including 2,000 who are here 24 hours a day," Phillips

"Except in the summer months, there is never a day when the plant is anywhere near its designated capability, but constantly over it," he said.

Major improvements have not been made to the plant, located west of Olson Auditorium and adjacent to the Joggerunden, because the university has expected the county to build sewer lines in the area within a short time.



A coke can lies on the slime in one of the sewage lagoons.



A sign warns passersby at the PLU Sewage Treatment Plant. A sewage lagoon, maintenance buildings and Olson Auditorium are in the background.

investigated the possibility of there is little wind or breeze that building a new plant six years would dissipate the fumes," ago at a cost of one million Phillips said. dollars, but the county would not let the university operate this improved system once the sewer lines were installed. At that point noticeable. the university decided to wait, thinking the county line would be any chemicals to treat or mask installed in a few years.

have county lines and are in the same position," Phillips said. enters the lagoon."
"If we were to build a new plant In the twelve year at current cost of between three or four million dollars, it would have to be abandoned in 1984."

Phillips said that based on the history of trying to get sewers in were any complaints reported to this area, and the delays in the the previous plant director, he last three years, the 1984 date said. could be extended.

secondary treatment plant. but expect a reprieve with the Through biological action the advent of colder weather. waste is partially decomposed "It was a choice between my and sent to the sewage lagoons. friends here in Foss and the There, about 75 percent of the smell-I chose the social life,' sewage seeps into the ground, said Eric Monson. The smell is The rest is dissipated through really bad only in the fall and

The plant has been smelling way to control it anyway." worse than usual recently weather.

"Typically the plant smells anymore."

According to Phillips, PLU worse during warm days when

He said that the heat increases the decaying process of the waste and makes the smell more

"We are not allowed to use the odor other than chlorine," "As you can see we still don't Phillips said. "We use this in the final stage before the waste

In the twelve years that he has been at PLU, Phillips said that he has never heard of any serious allergic reactions resulting from the fumes. Also, there is nothing in the files to indicate that there

Students in Foss and Hinderlie The plant is what is known as a Halls find the smell annoying,

spring. But I wish they'd find a

"I thought it was my shoes at because of the warm, sunny first," said Foss freshman Mike Dumas. "I hardly notice it

Students beware. Campus safety has begun to ticket parked cars.

Linebacker-Kicher Scott McKay sparks Lutes to win number three.

Dorm doors express how Lutes feel about campus

PLU 'lucky' to host governor debate

By Tom Koehler

ASPLU "really lucked out" in getting gubanatorial candidates John Spellman and Jim McDermott to debate her onOct.15, according to ASPLU senator Brendan Mangan.

"Spellman and McDermott had over 200 requests for debate appearances in the state and they accepted only three of them," Mangan said.

"We kept calling the campaign managers and they finally accepted our invitation," Managan said. "I think the debate is a great way of generating student awareness on some of the issues involved i the governor race."

PLU will host the only

debate west of the Cascades. The first debate was Oct. 8 in Spokane; the last will be Oct.29--five days before the election--in the Tri-Cities

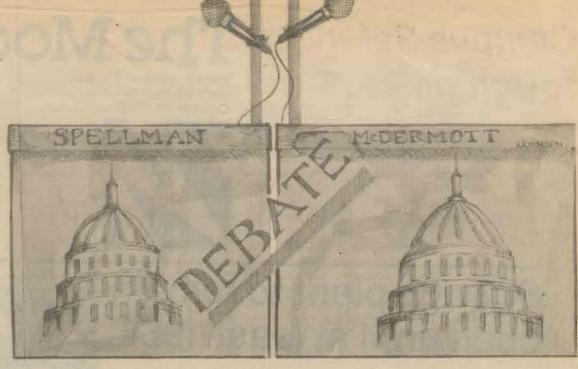
The PLU debate will be in Olson A

The PLU debate will be in Olson Auditorium, Doors open at 6:30 p.m. and close at 7:15. The debate, lasting exactly one hour, starts at 7:30.

John Komen, currently working for the Tacoma News Tribune and a former television anchorman in Seattle will be the moderator. There will be no questions asked; the candidates are to speak directly on the issues. PLU president William O.

Rieke is tenatively scheduled to give an introduction.

Other ASPLU sponsored events: Monday represen-



tatives from the three Room of the University Cenpresidential capaigns--Carter, Reagan and Anderson--will present their views at 7:30 office of attorney general, In-

The three candidates for the p.m. in the North Dining dependant John Miller, Democrat John Rosellini and Republican Kenneth Eikenberry will match wits in a debate Oct. 28 at 7:30 p.m. in the UC North Dining Room.

ASPLU appoints new committee members

By Paul Mentor

The appointment of new members to ASPLU committees was the most talked about piece of business at the weekly senate meeting Oct. 2.

New committee members include: Entertainment Committee: David Boring, Steve Jackson, Any and Umenato; Publicity Board: Debbie Jacobson; Intramurals Board: Eric Frokjer; University Center Board : Judy Eastman; Cave Board:Paul Jackson.

The three new senators, Freshman John Kist, and atlarge representatives Paul Jackson and Marla Marvin were introducted.

Senator Mark Dunmire announced that student registration for the November presidential election was very successful. The registration deadline was Oct. 3 but amny students had picked up absentee ballot request forms before

Paul Jackson reported that the ASPLU energy committee is aiding "Bread for the World" in their energy conservation efforts. "Bread for the World" is the association responsible for all the recycling efforts around cam-

"We decided to help them out, because they are in need of some help with publicity," said Jackson.

Another issue at the meeting was the PI Kappa Delta \$1,900 appropriation request.

Pi Kappa Deita had requested this amount to have anough funds to send PLU students to national debate competitions this year.

Although the group is usually self-sufficient, they were unable to host a large enough fund-raising debate last year to meet their financial needs. Many schools did not show up because of a snow

The approriations committee had only offered the fraternity \$300 at the last meeting and the issue was up for rediscussion.

No decision was made and the discussion will continue at

PLU Symphony Orchestra plans to perform off campus

By Kelly Allen

In an effort to increase their audience, PLU's Symphony Orchestra will take their talents off campus to perform where symphony orchestras don't usually perform, according to Jerry Kracht, conduc-

"(The concerts) will expand the community we play to and they will be beneficial in a public relations aspect," he said.

Following each of the four regularly scheduled concerts this year, they symphony will appear at an outside location. Among those locations are Stadium High Schook in Tacoma, downtown Snohomish and the Shorecrest area, north of Seattle.

"These places don't often get a symphony performance, but they are rich in interest,' said Kracht.

"We also get the benefit of

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a second performance," said Kracht. He said taking a full symphony orchestra on an extensive tour is incredibly expensive and though it is primarily a student orchestra, it does include members of the faculty and community who would not be able to take part in such a tour.

Kracht said because of students' busy schedules, the performances are limited to places that would allow them to return the same day.

The additional performances are not meant to "show off the wares" of the symphony, Kracht said.

Kracht said PLU's symphony has a regular audience of people who attend their concerts. The outside performances give the

"The music we play has become more difficult conceptually and technically and we tackle more difficult music each year," said Kracht. "Music is the only single reason we all have in common. reason we all have in com-

Bids recieved to remodel UC's Chris Knutson Hall

By Dave Arbaugh

Bids have been received for a remodeling project under consideration for Chris Knutson Hall in the University Cen-

Richard Moe, dean of the school of the arts, said the revisions would be made only to the west end of CK. He said that possibilities were being explored in how to make the room "more functional and more pleasing aesthetically" and not restrictive to music acoustically.

Moe is concerned that any project undertaken will not conflict with Student Congregation, which meets every Sunday in the CK.

Funding will be primarily gifts to PLU from supporters who would like to see the CK utlized in a better manner. Moe see minimal difficulty in financing a project cosint between \$10,000 and \$12,000 but he said that he felt somewhat disheartened by the high cost of the project, still in its exploratory stage.

According to Moe, there are three major considerations being examined. The first is to improve the appearance of the west wall which "says

A graphics class taught by Ernest Schwidder will be considering different ideas for that wall.

The second consideration is the possibility of purchasing a light bar. Hopes of this were somewhat dampened said Moe, when the price was discovered to be \$6,000. There would be an additional \$2,000 charge if a rheostat light system were also installed.

Some kind of portable, elevated seating is also being considered. These would be used for performances such as student recitals or faculty chamber music.

According to Moe, possibilities are that the arts committee will accept a plan of proceeding in incremental stages, holding off completely or going on with a full commitment to the project.

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Campus Safety gets tough on parking

By Dan Voelpel

Get-tough parking policies by Campus Safety and Information and the State Patrol will highlight a week of seminars on rape prevention, vandalism, and PLU-UPS relations for the Campus Safety and Information

In order to curb the growing problem of students and staff parking their cars in illegal or reserved spaces, Campus Safety has been issuing \$1 to \$5 tickets, said Kip Fillmore, director.

"Now that all the signs are up and the parking directory is out, enforcement is the only step left," Fillmore said. "Enforcement will be strong," he added.

A State Patrol office source blasted PLU car owners with a similar get-tough stand. "If it's illegally parked, we're gonna tow 'em," a trooper said. "It's as simple as that."

The State Patrol has had about 30 cars towed away since school began, including nine in one day, said Fillmore.

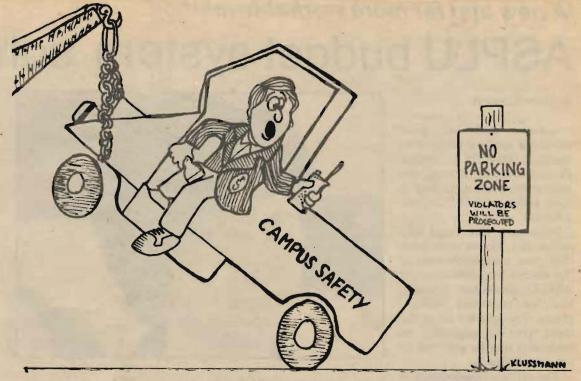
"We don't sit down there all day," claimed one State Patrol officer, "but we cruise through there, and if we see a car illegally parked or get a complaint from security, we'll tow it. And it costs bucks to get it back."

The "bucks" add up to \$42 to extricate a car that has been towed.

"I'd rather we not write any tickets," said Fillmore. 'We're not out to make money. We just have to see an improvement."

Another move to relieve parking pressure is to initiate a van shuttle from lower to upper campus. The van would run a 15-minute loop around campus. However, this move is still in the "planning stages," Fillmore said.

• Campus Safety has been involved in the planning of a



series of rape prevention seminars. The seminars are designed to inform the public about rape prevention, support groups, medical steps, and police investigation. According to Fillmore, the seminars have been wellreceived so far.

Two students involved in drinking and destroying a

"No Parking" sign near the swimming pool at 4 a.m. Saturday were identified by a Campus Safety officer. A report has been sent to the Residential Life Office, where, if action is taken, the first step in punishment would be the peer review board.

"To get better relations with UPS," PLU rented a van to UPS students. The UPSers, who were planning a trip to Mt. Rainier, discovered their van had been stolen and called PLU's Campus Safety.

"We had three not being used that day," said Fillmore, "so we lent them one. We are rival schools, but that doesn't mean we can't help each other

RHC funding policy: not quite as it seems

By Linda Grippin

"We better get our bid in now so we will get our share of the money" may be something your dorm council representatives are saying in response to the new RHC policy that dorms will be given funds for dorm improvements on a firstcome-first-serve basis.

This new policy does not function as sounds, however. If a dorm chooses to apply for funds for dorm improvements before another dorm that doesn't automatically mean that the first dorm will be awarded the money and the second won't. What is meant by this policy is that since there is a limited amount available, \$1750.00 per semester, the dorms who apply first and are granted funds will get them over some dorm who applies later when the amount left is lower.

The old policy read that each dorm was granted a specific amount per student for dorm improvements. This meant that a dorm like Ordal could receive more funds for improvements than could Delta because Delta has fewer students.

The new system requires that the dorm treasurers get together and analyze whether the expenditure being applied for is really needed. If they feel it is needed it will be granted, provided RHC still has the funds left that semester to award such money. Another stipulation on the money the dorms can apply for is that not dorm can apply for more than \$400.00 per semester.

There is some truth to the belief that RHC allots its money on a first-come basis

but it should also be remembered that all applications for funds will need to be of specific need or the chances of being awarded the money will be drastically lower.

An example of an ap-

plication tht may not receive funds would be a dorm like Harstad applying microwave ovens on each floor. First there would be no need for five microwave ovens in one dorm and second, they

couldn't be awarded more than \$400.00. One way such an improvement may be possible would be for them to apply for the \$400.00 for dorm improvements and then take a loan for the rest of the money.

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Dads honored with brunch, game, show

By Linda Grippin

Brunch and a football game will kick off PLU's annua! Dad's Day tomorrow. After the football game dads will be treated to a variety show sponsored by the theatre fraternity APO in co-operation with ASPLU.

Registration and packetpick-up will begin at 9 a.m. and go until 1:30 p.m. This will be done in the University Center. The brunch will begin at 9:30 a.m.

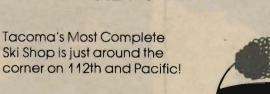
brunch. During the President Rieke will speak, as well as Don Poier, an ex-PLU football captain. Poier, a 1974 graduate, was a defensive end and earned three letters during his college career. Now he is the sports director for KING-TV in Seattle and has been influential in getting the Lutes mentioned on radio and



television.

After the brunch the Lutes will take on Southern Oregon State College. The game will be held at Franklin Pierce Stadium at 1:30 p.m.

Melissa Majar, chairperson of the Dad's Day committee said that the committee had almost met the quota for maximum possible attendance of the functions.



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ASPLU budget system solving old problems

By Dave Arbaugh

A new and far more workable method of keeping the \$125,000 ASPLU budget flowing smoothly is being employed this year, according to Alan Nakaura, ASPLU Comptroller.

Nakamura was voted into office last March and since then has completely revised the system for organizing the ASPLU committee budgets, and for providing ASPLU grants. Thought not all of the ideas were his originally, he maintains that he did "try to solve problems."

The office of comptroller is slightly different from teh other ASPLU office in that there is an overlap of about 3 months shared between the newly elected comptroller and the exiting comptroller. This overlap is provided, according to Nakamura, to enable the new comptroller to learn all the aspects of the complicated job.

The large part of this



overlap time in the spring is devoted to assembling the budget for the following year.

Nakamura has gone to a modified zero-based budget. According to Nakamura, this is essentially the same system that the PLU administration uses. By going to this budget system, the two systems could be standardized. This sim-

plifies any process whereby ASPLU budgets must be reviewed by members of the administration.

Nakamura got rid of all the old forms that had been used by previous comptrollers in the process of going to a different budget system. All the forms this year are different and standardized.

Nakamura feels that this will provide fairer and more equitable distribution of funds

The second major revision Nakamura completed last May

was to establish a criteria sheet for judging which groups should and which should not recieve ASPLU grant funds. According to Nakamura, previous to the time that he was elected there was no set criteria for such judgements. Each different group that applied for grant funds from ASPLU was dealt with differently in the past.

Nakamura claims that there were no established answers to questions such as where does ASPLU deny grant funds to a group or why should they turn down a fund request.

This year, Nakamura has also tried to make committee chairmen more responsible. He said that last year some committee chairmen did not even know their own budgets. This yar the chairmen are responsible for knowing their own budgets and are responsible for seeing that accurate records are kept concerning their committee expenditures.

Nakamura stressed that his work is not without its faults.

"We're going to make mistakes," he said, "but that is the only way to learn."

He said that it took a long time and a lot of energy to put together the revisions and that he feels that they are a marked improvement over the way the office procedures were dealt with in the past.

Nakamura added that he

was very careful about making his changes. He didn't want to "ramrod" anything through, he said.

Nakamura described his office as being one with a very low visibility to the student body. There is however, a high workload, but he is fairly accessable in the ASPLU offices, he said.

President Rieke visiting dorms

By Paul Menter

Foss Pond, Residential Life, the Q Club and tuition were the most popular topics that PLU President William Rieke discussed with residents of Hinderlie (Rainier) Hall last week.

President Rieke is making a point to visit every dorm on campus this semester in an effort to get student input on all aspects of campus life. He has already visited a few dorms and plans to visit the rest in the near future.

The first question asked of President Rieke on his recent visit concerned Foss Pond. The students complained about the smell and asked if a date had been set for termination of the facility.

President Rieke said that "unfortunately Foss Pond would probably be in used for four or five more years."

"We're using an old system built for 2000 people, and now close to 5,000 people are using it," he said.

Until the county builds a new sewage treatment plant, Foss will remain in use.

Rieke said however, that for this year, "the worst is over." With colder weather and more rain on the way, the pond stench will be kept in check.

The students also asked if tuition was expected to go up again next year.

"As a basic rule, you can assume the tuition will rise the same amount as the inflation rate. However, I think there will also be more financial aid available next year, too," Rieke said.

Rieke also said that students should be grateful to the Q Club, PLU's alumni club, whose members donate to the university on a monthly basis.

"on the average, Q Club donations held down tuition by \$500 per student this year," he said.

Rieke asked the students about campus life at PLU. The students said that, although PLU is a tremendous school academically, what makesthe school special is the residential life. No one voiced displeasure about life in a dorm or on campus. The students like the relaxed at-

mosphere on campus and the good ration of social activities to study time.

"The president's dorm visits are a very good idea," one student said. "They allow the students to volice thier opinions on campus issues as well as allowing President Rieke to obtain feedback and ideas from students."



TEXTING CHOICE



Breast cancer strikes one woman in thirteen

By Cindy Kloth

The U.S. Department of Health, Education and Welfare has published some startling statistics regarding breast cancer. Some 90,000 women a year are diagnosed to have breast cancer. In simple terms this means one of 13 women is destined to get breast cancer during her lifetime. Despite the fact that breast cancer kills 34,000 women annually, the survival rate is now at 80 percent due to recent medical advances.

Carol is 25, happily married, and finishing up her graduate degree in education. She found out a month ago that she was two months pregnant. The good news was shattered by the discovery of a lump in her breast. The doctor believes the cancer was pregnancy-related, saying that breast cancer has been linked to the hormonal changes experienced during pregnancy or menopause. Carol had a of both breasts) but has refused chemotherapy. She has no intention of terminating her pregnancy; therefore, she does not want to risk harming the fetus with chemotherapy treatment.

To date, no new cancer has been found in Carol. It is early, but Carol said she is optimistic. "I go in each week for a checkup and just pray that the news will be good. All I can do is wait and see. Once the baby comes and I see it has ten fingers and toes, then I'll begin to feel relieved."

Carol went on to say, "I never worried about breast cancer. My monthly concerns were in paying bills and getting my homework done. Breast examinations were the last thing I worried about—if I remembered, great!"

Marlene is another breast cancer victim. Marlene, at 42,

is nearing menopause and has completed her family. Marlene discovered a painless lump in her breast and had it checked out by a doctor. The doctor told her the lump was nothing. Nine months later, the lump still existed, so she had it checked out again only to be told the lump was not cancerous (malignant) but "atypical." Marlene went into the hospital for a simple surgery to have the lump removed only to wake up in the recovery room to find a modified mastectomy had been performed. The tumor was malignant.

Marlene underwent six weeks of radiation and will complete one year's chemotherapy treatment in October. Hairloss from the chemotherapy has been minimal but she finds it makes her tired and nauseated.

breast cancer has been linked to the hormonal changes experienced during pregnancy or menopause. Carol had a radical mastectomy (removal will always be. I can deal with the present; it's the unknown future that is a struggle."

Breast cancer's major target is women over 35, but like Carol, statistics show it is striking women younger and younger.

For women under 35, the risk of breast cancer is minimal but risk increases with age. All women are at a higher risk if they have a personal history of breast cancer or a history of breast cancer in their immediate family. A clean family history, however, does not immunize any woman from breast cancer. Statistical studies also suggest the risk of developing breast cancer is lower still for women who have children before they are 25 years old.

The cause of breast cancer is unknown. It is a common misconception that an injury to the breast can cause breast

cancer, but the American Cancer Society says there is no evidence to support this claim.

About 95 percent of breast cancer cases are discovered through breast selfexamination. The signs of breast cancer are a lump, a thickening or dimpling of skin, pain or tenderness. All symptoms can be detected breast selfthrough examination. Not all tumors are cancerous, and about 80 percent of all tumors found in the breast are this kind. If a lump is discovered, a physician should be consulted.

Malignant tumors can and do endanger life. They push aside, invade, and destroy normal tissues. The American Cancer Society defines cancer as a "disease characterized by uncontrolled growth and

spread of abnormal cells."
They say that sometimes the growth takes place rapidly; sometimes it takes years.

Success in treating breast cancer depends on the stage at which it was first diagnosed, and its response to the various therapies.

Treatment of breast cancer may include surgery known as a mastectomy—removal of the breast, radiation treatment to control the growth of existing tumors and the development of new ones, and chemotherapy.

Chemotherapy may be used alone or in combination with surgery or radiation. Chemotherapy may keep the cancer under control for months or years. Some may not benefit at all from

chemotherapy. Every woman receiving chemotherapy for breast cancer reacts differently.

Unlike radiation treatment, which causes minimal damage to normal tissues, the American Cancer Society has published certain common side effects related to chemotherapy.

The major side effects are nausea, vomiting and hair loss. Most side effects disappear gradually after treatment is stopped.

The effect of chemotherapy treatment on women's reproductive systems—more importantly on the unborn child, as in Carol's case—has been under recent study. Doctors now advise their patients to use birth control throughout chemotherapy treatment even though conception is highly improbable during this time.

The National Institute of Health made this recommendation for women with cancer whose cancer has not spread. They believe that "these women of child-bearing age should be spared chemotherapy until it is determined who is at risk of relapse." Chemotherapy would "expose the majority to the risks of toxicity without possible benefit."

For college-age women the risk of breast cancer is increasing. It means breast self-examination is something to be taken seriously. The responsibility lies with the individual. Finally, it means that there are options to consider in choosing treatment that will affect not only the cancer but all aspects of women's lives.

For more information on breast cancer and breast self-examination, contact the Health Center at 383-7337, or Tacoma's office of the American Cancer Society at 383-1663.

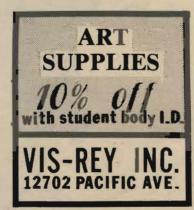


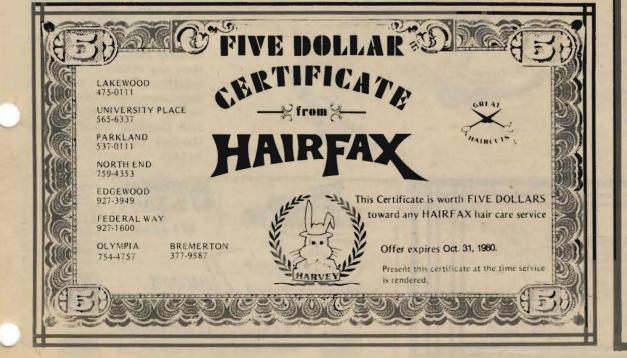


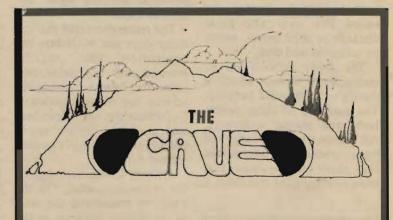


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NTHEARTS: 'Dark of the Moon'

By Maren J. Oppelt

The communication arts department's first dramatic offering this season isn't all drama. Bill Parker, director of "Dark of the Moon," explained that the show incorporates dance, music, comedy, and drama. While it incorporates all the elements of a musical, it isn't one. In a musical, the focal points are the music and the dancing within the musical numbers. However, in this show, the music will serve as more of a moodsetter and also as an integral part of the show in that the music is necessary for the continuance of the show. After all, most revival meetings do have a lot of singing in

The story behind "Dark of the Moon" is an old one. Based on the "Legend of Bar-

bara Allen" from Scotland, the story has undergone many transitions before finally being put into dramatic form in 1942. The play has run on Broadway and had two revivals there, but has rarely been performed in this area. This should make it a real treat for Tacoma audiences.

The basic plot of the show centers around the love of a young witch boy for the beautiful Barbara Allen. He desires to become human and to marry her, but his superiors (the Conjurors) add a condition to his request; before he can become human, Barbara Allen must be faithful to him for one full year. John (the witch boy) then comes as a stranger to the North Carolina community where Barbara Allen lives, and marries her. Everything goes along fine un-

til the townspeople discover

who and what John is and the condition that goes along with his desire to become human. In a tense, emotion-packed revival meeting, the townspeople decide on a solution to their "problem."

In the meantime, the witches, wh don't want this transition to take place either, are trying to find a way to seduce John into staying with them. It is in these sequences that the original music anc choreography by Dave Robbins of the music department and Maureen McGill of the physical education department will take place. I am anxiously waiting to see these scenes as Robbins and McGill are very accomplished in their respective fields. Their contributions to the play should enhance it greatly.

Parker explained that while all these wonderful things are

going on, we must still be aware of the theme. The maintheme of the play is the unwillingness of many people to accept anyone who is the slightest bit different in any way. It is not only the townspeople who are unwilling to accept John as one of them, but also the witches who don't want to accept Barbara. This is a theme which should hit everyone who attends the play. No one is exempt from these types of feelings, whether they be based on race, religious or political beliefs, education, or sex. The only way to overcome these feelings is be learning about others and finding similarities among us rather than differences.

A sub-theme of the play is the human tendency to excuse anything in the name of religion. Through the ages we can see countless incidents of this. The Roman persecution of Jews, the Crusades, the Spanish Inquisition, the Salem Witch Trials, and closer to our own time period, the Nazi persecution of Jews in World War II. These are inexcusable and we must all work to end this type of persecution. Perhaps this play will serve to open our eyes to that bit of persecutor that lies deep within all of us.

Maybe these are shocking subjects for many people, but perhaps it is what we need to get us out of our present state of complacency and apathy. The purpose of theatre is not just to entertain and delight, but also to teach and enlighten. "Dark of the Moon" should do all of these things. The show runs for the next two weekends in Eastvold Auditorium at 8 p.m. and students can attend free with PLU ID.

For some too much exercise is hazardous for health

By Karen M. Olson

Researchers at Stanford University are questioning just how good regular exercise is for the heart. According to their research, for some individuals, particularly those with heart disease, the increased workload which exercise puts on the heart can lead to serious problems, even death.

month. Only two of the people had exercised for less than a month.

The main cause of death was heart failure. Thirteen of the people died of documentd coronary artery disease, three died of other heart-related dysfunctions, one died of heat stroke and one died of unknown causes.

The majority of the people in the study did have

Gary Chase, an associate professor of physical education at PLU, emphasized some of the points made by the researchers. "There is a

segment of the population

who should never exercise," he said. "Only a physician can

determine this for sure. Fortunately, it is a very small percentage of

population."

Exercise does improve the efficiency of the heart by increasing stroke volume and decreasing the resting rate, Chase said. "Many studies have shown that physical activity can reduce the number of heart attacks in a population," he said.

The heart is negatively affected when you push yourself too far, Chase said. "Improperly prescribed and regulated exercise is a bad People tend to thing.' overdo, he said. They need to define the limits of their exercise.

"Most people who have trouble running should be walking," Chase said.
"Anyone who has been physically inactive all their tives, including college students, should begin an exercise program walking." with

Chase said that people can sensibly limit the amount of exercise that they get. First of all, exercise should never hurt, he said. The myth that exercise has to hurt to do you any good is taught by coaches, not physical educators, according to Chase.

Secondly, you should be able to talk freely while you are exercising, Chase said. If you aren't able to talk comfortably, then you are pushing yourself too hard.

Finally, Chase said, if you develop pains in your joints, then you should change your activity. Your body is signaling you that something is wrong. "Proper prescription and diagnosis could prevent the bulk of most problems," he said.

"Most people who have trouble running should be walking."

In one of the cases studied, a man had difficulty breathing when he was out running with his wife, but he didn't let that hold him back. Instead, he raced her over the final distance to their home, where he collapsed and died.

The study focused on 17 men and one woman who died during or soon after running. The majority of these people had been regular exercisers. All but four of the people had been exercising for over a year and three of the men had been running over 100 miles a

preexisting, severe coronary artery disease and were over 40 Six of them experienced

potential warning signs, but ignored them.

The researchers said that the study does not invalidate the contention that regular exercise, such as jogging, is a valuable health-promoting activity for most Americans. Unfortunately, the researchers said, there is no specific way to identify those risks of exerciserelated deaths.

William L. Haskell, one of the researchers, said, "In the past, we considered the start of an exercise program as the high risk period for cardiovascular as well as orthopedic complications, and advised middle-aged men to start exercise programs gradually. However, this study indicates that even long-time exercisers are not totally immune sudden to cardiovascular complications."



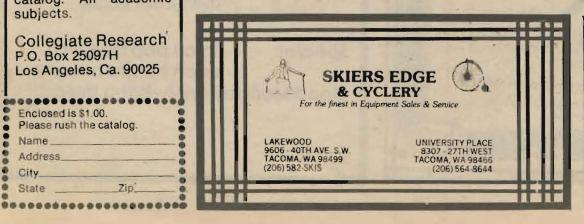
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Toxic shock syndrome

Is Rely "reliable?"

By Gale Holmlund and Karen Fastes

Tampon disease—scientifically known as toxic shock syndrome—has shaken many young women. Indeed, most girls on campus were sent scurrying to their "Good Stuff" boxes to throw away the Rely brand tampons given to them by PLU.

Toxic shock syndrome (TSS) is a disease that has killed in 28 out of 300 cases. Beginning symptoms include a high fever, vomiting and diarrhea. These are often mistaken as flu symptoms. Within the next two to three days, the woman's fingers and toes turn blue, and a rash, which is similar to a sunburn, covers the body. The woman is likely to be very weak and to have a dangerously low blood pressure.

TSS occurs in menstruating women from 15 to 50 years old, though it is predominant in those under 30. According to Sue Hutchcroft of the Federal Drug Administration (FDA) in Seattle, if the woman has had TSS before, she is 30 percent more likely to catch it again.

The disease is not caused by the tampon, but by a bacteria, Staphylococcus Aurea, which gets trapped by the tampon in the vagina and enters the bloodstream during the menstrual period.

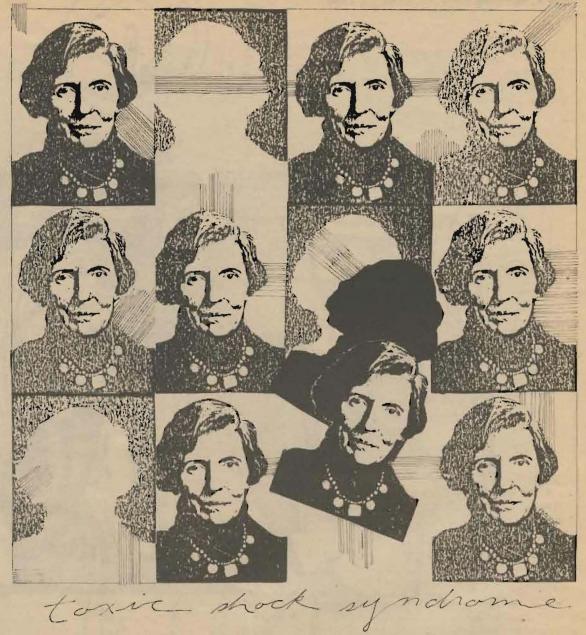
Rely is not the only brand that has been involved with the disease. Hutchcroft said that of four studies, two show no relation to Rely tampons, while two studies show that Rely is more responsible for the disease. The Center for Disease Control reported that 71 percent of the women studied, who had TSS, used Rely tampons. They also said that women who use Rely are more likely to contract TSS.

Don Tassone of Proctor and Gamble, the manufacturers of Rely, said that "Rely was introduced to the market in 1974 in limited areas. National expansion was completed in 1980." On Sept. 22, Rely was voluntarily withdrawn from the market. Tassone mentioned that consumers can get a refund by sending the unused product back, with the price, to P.O. Box 8448, Clinton, Iowa, 52736. He declined to comment on the pending lawsuits.

One case is a \$15 million suit filed by Richard Glandon against International Playtex Corp. (manufacturer of Playtex tampons), Proctor and Gamble, and against the following retail stores: Fred Meyer Inc., Safeway, Payless, and Thriftway. Glandon's daughter would be a high school junior today, but is now forced to attend special education classes because of permanent damage to her brain, central nervous system, and cardiovascular system. This damage was caused by

On behalf of all women who have used Rely tampons, a class action suit has been filed in San Francisco.

The FDA has suggested



strongly to five major tampon manufacturers that they print the following warning on their packages.

"Toxic shock syndrome (TSS) is a rare but serious disease that can occur in menstruating women. TSS can cause death. The disease has been associated with the use of tampons. You may therefore

want to consider not using tampons or alternating tampons with napkins. If you develop high fever and vomiting or diarrhea during your menstrual period, you should remove your tampon immediately and talk to a physician."

This suggested warning went in the form of a telegram

to the makers of Playtex, Tampax, Kotex, O.B., and Pursettes. The Canadian Center for Disease Control is also examining Playtex, Tampax and Carefree tampons.

PLU's Health Center has had no problem with TSS. The disease is very rare—only three out of 100,000 women contract it.

Tampons "tossed"

College Park, MD (CPS)About a dozen female students at the University of Maryland were so disturbed about reports that Rely tampons may cause a fatal illness called toxic shock syndrome that they threw the tampons out of the sixth floor window of thier dorm.

They had gotten the tampons for free in an orientation packet proided by the 13-30 Corp. of Knoxville, TN.

Sophomore Mary Brown explained the protest was agoinst the university, which should have warned women of the potential harm. Richard Stimpson, director of resident life at the campus, countered, "I don't know that the university would necessarily see that as its responsibility. It ws a free distribution. No one was make to take them."

Bob Hanggi, a spokesman for the 13-30 Corp, noted that "we've asked universities to take the tampons out of the (orientation) kit wherever and whenever possible."

Nevertheless, it wah not a serious problem, he added, if only a dozen of the 4,000 new women students at Maryland threw the tampons away.

Nixon serenades students

By Barb PicKell

"The Great Songs—Popular and Unpopular" was the title of the program presented by Marni Nixon last Friday night to a not-quite-full house in Eastvold Auditorium.

"I like to sing songs that are nice and that reflect the joys and sorrows of our lives," she told her audience. Her program, representing a spectrum of musical styles and eras, reflected life's joys and sorrows. The audience burst in to enthusiastic applause at the opening notes of the theme song from The Sound of Music. It fell into a pin-drop silence as Nixon sang the story of a young maid who dreams of a bloody revenge on her haughty employers in "Pirate the evening was a medley from West Side Story, one of several films in which Nixon ghost-sang leading roles.

"I was very shy when I was young," said Nixon, "so I let them make me into a ghost." Called "the ghostest with the mostest" by Time magazine, she sang unseen roles in The King and I and My Fair Lady, as well as West Side Story. Nixon has also performed in musical comedy, opera, television, recording, symphonies, and, as in last Friday's program, as a recital artist.

The host of the popular children's program, "Boomerang," Nixon maintained that she has a special love for the young. "Children have such imagination," she explained. "Children like to discover things." Her program

included several songs for the young and young-at-heart. She sang "The Rainbow Connection" from The Muppet Movie, "Sing a Rainbow," and "Jenny Rebecca," about a baby girl and what the world holds for her.

Nixon seemed to have little regard for the rarely-crossed line between classical and popular music. She sang Puccini's "Un Bel Di," Dvorak's "Songs My Mother Taught Me," and Sondheim's "Send in the Clowns" with equal conviction. "People from the classical music world ask me what I'm doing singing popular music, and people from the world of popular music wonder why I sing songs from operas," she lamented. "I like to sing both. I think music is one of the ways we have of ennobling our lives."

The uncontested favorite of

DORMSDREARY











Rape, the act, the victim

By Barb PicKell

"The biggest shock was people's reactions," said a PLU freshman I'll call Jean. "The kids at school gave me the worst remarks you can imagine. And their parents would call my parents up and say they thought it was awful and disgusting and ask what I did to bring it on. I ended up having to go away to live with some relatives for awhile."

Like one in three American women, Jean was a victim of a sexual assault, in this see a rape. The term "sexual assault" also refers to attempted rape, incest, child molestation, statutory rape and what police call "indecent liberties," which included various other forms of sexual contact with a non-consenting adult. Unlike most of these victims, she chose to report the incident. Four years later one of her two attackers was arrested and convicted. Word of her rape got into the community when police arrested a suspect who turned out to be the brother of a friend.

Lauri Engleking, a PLU student who works as a rape victim's advocate at Pierce County Rape Relief, and who has, herself, been the victim of a rape attempt, believes that guilt is one of the biggest problems a victim of an assault must cope with. "Our society has taught women to accept anything a man does to them. A woman will get raped and then take the blame for letting it happen. Hitchhikers are good examples of this. When a girl is raped while hitchhiking, everyone-herself, her family and friends, the police, and even her attacker-thinks it's her fault. The rapist rationalizes that if she's dumb enough to hitchhike, she deserves to be raped. That's not true. A woman may be putting herself in a very vulnerable position when she hitchhikes, but she should be able to do that without being attacked."

Jean said her decision to report her rape to the police was largely due to her own anger at her attacker and to her parents' prodding. "My mother made me write down a real good description of the ' she explained. She said she was less than thrilled with the level of understanding displayed by the police officers handling her case. "The officer who was sent out to question me seemed really nervous talking to a rape victim," she observed. "He kept saying he'd get a policewoman so I could talk to her. I didn't mind telling him what happened, but he was so uncomfortable that he made me uncomfortable."

She felt the officers did do a thorough job of investigating her case, however. "There was a policewoman who was following me, and I had a phone number to call in case I saw them again." Jean did see her attackers again. "I saw their car driving around, but I never could get to a phone or to my policewoman fast enough. One night I got a rock thrown through my window. It had a note on it that said to keep my mouth shut or else. They also broke into our house, and took some stuff from our liquor cabinet."

What a rape victim who reports her assault can expect from police varies, of course, from situation to situation. "The first thing we do is to take basic information on you and on the incident," states Detective John Clark of the Sex Crimes Division of the

Pierce County Sheriff's Office. "We need to have you tell your story very explicitly. Sometimes girls will say, 'he did it to me,' and we have to ask exactly what it was that he did. A defense attorney can tear up a case based on a statement that just says, 'he did it.'"

According to Clark, the victim is then asked to describe her attacker's appearance. An effort is made to put together a composite drawing of the suspect. This is done with a series of transparencies laid atop one another. The victim chooses hair, chin, nose, eyes, and other features which resemble those of the attacker. The victim may also be asked to examine photographs and police line-ups, which the attacker may or may not be part of.

Hospital staffs must ask the victim's permission to do any tests, collect evidence or involve the police. Tests may include a blood test for syphilis or alcohol content, a pelvic examination, pregnancy tests, gonorrhea tests, and evidence-gathering. Physical injuries, such as bruises, are documented. In Jean's case, her bruised body and broken ribs served as evidence of her attack.

attack.

Venereal disease and pregnancy tests performed immediately do not tell whether the victim is pregnant or has V.D. as a result of the rape. Follow-up checks are necessary for this. The tests performed immediately only determine whether or not the victim was pregnant or had V.D. prior to the rape.

Many rape victims choose not to report the crime. An alternative here is to seek help from Rape Relief or a similar organization. Lorraine London, community liaison for Pierce County Rape Relief, stresses the confidentiality of the hotline. "We don't even keep names on file here; we only keep numbers." Rape Relief offers a variety of services, ranging from short-term counseling of anonymous callers on their 24-hour line to group discussions, to the benefit of an advocate throughout the hospital and police system.

Rape Relief receives more reported incidents than does the police department. Last year the Pierce County Sheriff's office handled 106 rapes, nine statutory rapes, and 63 attempted rape cases. Pierce County Rape Relief aided a total of 276 victims. There is some overlap between the two agencies, as some victims report their assaults to both the police and Rape Relief.

The reactions of the victim's family and friends to the assault can greatly help or hinder her handling of the incident. Pierce County Rape Relief offers these suggestions: First, believe the victim's story. Nothing is worse for a rape victim than to tell her parents, husband, or friends what happened, only to have then insist she must be lying. Second, let the victim know you think she is not to blame for the incident. Third, rape victims need extra love and support. Fourth, if you have been sexually involved with the woman, try to pick an appropriate time to discuss her feeling about the attack, about you, and about sex, in that order. Fifth, in cases of virgin rape, female support is important. Mothers, sisters or close friends may be able to help. Sixth, allow the woman to talk about what happened, but do not push her with specific questions. Seventh, if

she does choose to press charges, try to become aware of the legal processes and problems involved.

Just how frequent are sexual assaults at PLU? Because most incidents are never reported to police, health authorities, or organizations, it is impossible to tell. Kip Fillmore, head of Campus Safety Information, states that there were no rapes reported to his office last year, "I do know for a fact that there were a number of unreported incidents on campus last year," he added. Ann Miller of the Health Center reports that she works with one or two rape victims per year, usually in the capacity of follow-up to the work of Rape Relief.

In the Parkland area, there have been 23 rapes reported to police so far in 1980. This can be compared with 46 reports in Lakewood.

Ron Rauch, Crime Prevention Officer for the Pierce County Sheriff's Office, states that an average of one in 10 rapes are reported to police.

Americans, particularly women, are beginning to understand the issues involved in sexual assault. What is known about it is, however, only a small part of a large problem. The vast majority of rapes are still not reported to either health authorities or law enforcement officials.

According to London, following programs of education and rape awareness for both girls and boys in public schools, an increasing number of junior and senior high school students are reporting incidents of sexual assault. Some women are now seeking help in coping with incidents which took place 10 to 20 years ago.



Doors show personalities

By Gail Greenwood

"Eat a live toad the first thing each morning. And that will be the worst thing you'll have to face all day."

"Life is like a beaver colony....Just one dam thing after another."

These morsels of wisdom come from PLU students, or rather from their doors. If first impressions count, so does what one sees first in your dorm room-your door. With this rule in mind, oncampus students displaying their personalities blatantly.

A check around campus led to endorsement of political candidates and much, much

"Take the clouds with the sun and your days will be fun."

"Jesus loves me."

"My life is going by too fast. My only hope is that we go into overtime."

A student, presumably from Montana, had-"Entering Big

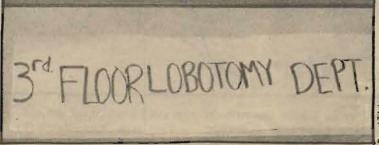
Sky Country-Beware of Bigfoot."

Stickers were the predominant political expression. However, a couple of Reagan and Bush stickers and one "Don't blame me I voted for Ford" sticker can

If indeed their doors have anything to do with their personalities, it would seem that college students crave power and authority.

"Visitors Please Park Outside."

"Private Residence."



be found on campus. A couple of Hong girls stated their political beliefs on their door thusly: "The occupants of this room wish to announce their whole-hearted support for Newton B. Snookers, otherwise known as the Tooth Fairy, for the office of President of the United States. paid political announcement.*

SMOKING ON "NO THESE PREMISES BY OF PIERCE ORDER COUNTY FIRE MARSHALL."

"Visitors Must Report to Office."

"Third Floor Lobotomy

"Men's Restroom."

"No Soliciting."

"DANGER

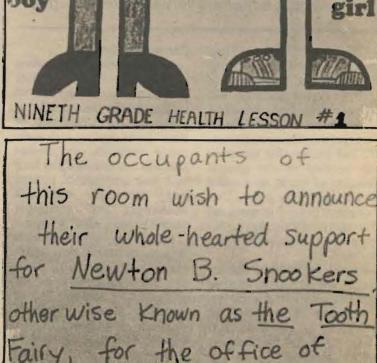


TRESPASSING ON THESE PREMISES BY ORDER OF PIERCE COUNTY FIRE MARSHALL."

Quotations from Tennyson, Robert Louis Stevenson, and the Bible filled the list. But on one door in Cascade Miss Piggy explains, "Just because I'm beautiful doesn't mean I'm not talented!" Another profound tidbit Cascade-"Every day of school is a day closer to vacation!"

"REALITY is for people who can't handle DRUGS," a sign in Rainier claims.

"Rainier's got the flavor when you've got a thirst for life," boasts another. A third



admitted, "Sorry, We're

One door is a yield sign with "Caution Norwegian Crossing." Another door assured visiting women that "Unescorted Ladies Welcome."

Stuen seemed to house a lot of PLU football fans; it had most "PLU FOOTBALL-GO LUTES"

Hong has the most creative GRADE "NINETH wonders

several doors on campus "Messy admonish Room-enter at your own

Then there are the notes. The best was simply: "Out to lunch Sue." But "Dana I want bubblegum" and "Lori—are studying? neither!-Shelley" were close competitors. One door in Kreidler had "O.K. Alright Let's fight!" scribbled on a note pad with smeared blue

If you are looking for a little amusement you needn't go farther down the hall!-

"ONE WAY to pass is to be a genius. (The other is to

"Quiet-Playboy at work." "Life's a celebration (And you don't need an invitation)"

"My tastes are simple. I like the best."

"BOOZE is the only answer."

know DIFFICULT but try to show a little CLASS."

"Never be ashamed of what you are. (By the way, what are



doors. On one is a crayoned felt pen. picture of a boy and a girl with BOY and GIRL printed next to the pictures. The caption-HEALTH LESSON NO. 1.' occupant passed ninth grade spelling.) Other gems in Hong include license plates from Minnesota and Illinois, a motion sickness bag, a garbage chute with sign that says "UC Food Preparation," and a wooden "We "Mental Ward" sign.



London to Lagos ... Know why you are going

By Scott Cummins and Kathleen M. Hosfeld

"The crashing shudder of the train coming to a halt roused me from a fitfull sleep. My bed consisted of a padded lounge chair in a train compartment which smelled of thousands of stale European cigarettes. I was too tired to sleep, so I opened one eye and glanced at my watch. It was 4:37 a.m." England - "home" because he had been living and going to school theresince September.

According to Cummins the trip was typical of those taken by American college students on a "junior-year-abroad" program.

"The nice part of my Higher Education in Europe program was that it allowed a whole month for travel in the spring. There was also a month-long holiday period at

"No one gets anywhere very soon in Portugal."

"My brother, Tim and I had been on this train since 12:30 a.m. We had boarded it in Lisbon earlier that day. WE had travelled from Lagos, a village at the southern tip of Portugal the afternoon before. We had known that this train was heading in the general direction of Paris; we needed to be there very soon. One thought appeared in my head that morning last April. No one gets anywhere very soon in Portugal."

As senior political science major Scott Cummins talked to the Mast this week about his experiences on a "JUNIOR YEAR", ABROAD PROGRAM" in Europe, one point became clear -- "foreign travel isn't all its cracked up to be."

At the moment Cummins and his brother found themselves on the Portugese train, they were nearly two and one half weeks into a month-long trip through England, France, Italy, Spain, Portugal and Ireland. Then home to

Christmas," he said.

"The question of travelling in Europe confronted me just over a year ago, when I arrived in Britain for ten months of study at the University of Bath. I was dealing with anew living situation, an income that was not stretching as long as I had anticipated, strange and different academic challenges and intangible desires to 'do it all'," he said.

Within days of his arrival in Britain, one thing became apparent to him, he said, "I was not prepared to take on the challenges of anything but an American lifestyle. I had read over a few guidebooks, acquainted myself with maps, memorized the travel connections and bought travellers "cheques" (remember I was in Britain). I- even had a few relatives to look up. I was excited for weeks before I was to leave but I was still un-

"In retrospect, the reason why I was uunprepared was I was unrealistic about my

prepared."

Dubline a Bath London oris Paris Par

ability to handle the cultural change. I had been to Europe twice before and din't feel that going to Britain would be much different than going back east. I had to admit I was wrong after arriaving in Bath which is a small city, one hundred miles west of London. At that point I profound desire to

get away from PLU," he said.

This was complicated by Cummins' almost immediate dislike of the "preppy" east coast students who made up the majority of the American students at the University of Bath.

"I wondered if I would have been happier taking a year at the University of Washington," he said.

One of the major factors contributing to Cummins' cultrue chosk was that he hadn't thought about why he was going to Europe.

"I had not come to Eurpoe with any goals or with any sense of purpose," he said.

Cummins felt that although this had psychological drawbacks "it was good that I didn't plan out my travelling on a rigid itinerary. The magic of travel in Europe is letting it happen. I never would have planned a trip through Portugal which means I never would have experienced seeing the beartiful coast of golden rock cliffs and smooth sand," he said.

"Or I would never have been shocked, revulsed and enlightened by seeing the same coastline smeared with that winter season's oil tanker spills. Thought like that linger the way the tar clings to my walking shoes," he said.

"The culture shock and loneliness was eased by the travelling," said Cummins.

"When you are travelling ou are both dependant and independant. You are dependant on innumerable fantastic people, printed schedules, guide books and maps, travel dictionaries, people who speak English, food and ample funds. At the same time you are accountable to no one but yourself. You are dependant only on your own resourcefulness and the grace of God."

What are the rewards of European travel when you transport on grimy trains all night or have to sleep in strange places all the from train stations to hostels?

"For me, beyond the beautiful buildings or varied cultures, the answer is in the people that you meet."

Take the "B" roads not "a" roads

By Sandy Williams

Swaying from the motorways and main "A" roads and taking off through the English countryside along "B" roads is the best way to locate inns and pubs that offer low-cost meal and overnight accommodations.

England has approximately 50,000 inns from medieval to modern which are usually social centers where villagers gather for conversation and a 'pint of bitter' at a polished-copper-and-brass pub.

Some inns are Tudor with oak-beamed ceilings, others are old coaching inns with cobbled courtyards, thatched roofs, or stones from Hadrian's Wall, a Roman-built wall in Northern England. Many boast ties to such historic figures as Oliver Cromwell or Sir Francis Drake while others are associated with wellknown literary names like Charles Dickens and John Keats. Many were once hideouts for smugglers, highwaymen, or clergy.

In most cases cost of room includes an English breakfast. Most inns also offer lunch and dinner. with an additional charge. On Sundays, some may offer the traditional "high tea."

Nearly every city and large town in Europe has at least one open air market, the origin of which goes back centuries to when farmers brought surplus vegetables and fruits to the city to sell. These colorful, fragrant, and often noisy markets usually operate once or twice a week or, in some places, everyday and are treated as "local fairs" by the townspeople.

In product markets merchants set up displays on portable tables or spread boxes and baskets beneath striped or brightly colored awnings and umbrellas.

Vegetables and flowers are common in Switzerland, crab and squid in Venice, and round, golden cheeses in Holland. Fish and shellfish are traditionally sold at London's Billingsgate, meet at Smithfield, and sausages in Germany. Other markets popular to tourists include Palermo's Vucceria, the elegant Boqueria market of Barcelona, Munich's

Viktualienmarkt, and the crowded Rue Mouffetard of Paris.

Interspersed throughout Europe are also bird and animal markets and flea markets. Hobby markets display craft bazaars and art shows. Paris, for example, specializes in stamps in one market and sewing fabrics and notions in another. Brussels is known for its weekend antiques and book market.

A country's hand-made products reflect a facet of the people and their way of life. Traditional crafts for various regions include copper cookware from Normandy, hand-carved violins from the Bavarian Alps, pottery from the villages of Portugal, and glassware from Sweden. Tourists frequently have the privilege of watching craftsmen at work.

More than 100,000 miles of railroad track stretch across Europe. Europeans depend on their trains for regular transport. Rail stations are located near the center of nearly every city.

A traveler can choose between first or second class train accommodations and smoking or non-smoking cars. Meal service may be anything from an elegant dining to lap-style picnics.

Eurailpasses cover limited first class travel in thirteen countries for periods between three weeks and three months. A similar Britrail Pass is available for travel in England, Scotland, and Wales. More information is available from travel agents.

To obtain passports to travel abroad an individual is required to prove citizenship (usually with a birth certificate) show an identification card (such as drivers' license or credit card), and provide two identical, signed photographs taken within six months of the date of application. Photos must be between two and one-half and three inches square and must be taken in street attire, without a hat and without dark glasses unless worn for medical reasons. The photos may be in color or black and

An execution fee of \$3 is paid to the person executing the application. In addition, a \$10 passport fee is charged.

"National borderlines and international geo-politice seem artificial and transitory when you become involved in communicationg with those people, even when you don't share a common language,"

"I don't mean to say that a Eurail pass is a month-long Aquarian ride of blissful visions of 'how thing should be.' Contrary to that, increased awareness of the world and its problems hits you like divine enlightenment. The oilslicked Portugese beaches are an example of that," Cummins said.

"No," he continued, "reality pervades. But travel is still fun, enjoyable and easy."

The Savvy of European travel is as involved as negotiating New York subways according to Cummins.

"Portugal is by far the worst train system in Europe but it still gets you where you have to go. France, Germany, Switzerland and England offer night speed train service that is smooth, efficient and fast."

Travel agents can book arrangements for train travel in Europe in a wide variety of modes -- Eurail, Interail, Eurail Youth Pass and Britrail. All have advantages and drawbacks according to Cummins.

"Make sertain your travel arrangements suit what you want to accomplish and that you don't limit your accomplishments to what the travel arrangments can offer," he advises.

"Be flexible. Don't give yourself a schedule that attempts to duplicate Kissinger's shuttle diplomacy. Take into consideration taht you might pull into some little village and have a "year of the cat" for a week or two or more. . .," he said.

viable alternative to the expense of the train travel as long as one of your party is male, said Cummins.

"Realistically, in order to get a lift, two is the maximum amount for a travel party. Hitchhiking is safer in Europe than in America although it still requires a certain amount of common sense."

Tehre are necessities for travel that will help travellers avoid being hassled by police, finding good places to stay and eat et cetera according to Cummins.

"More than any other book, an American young person must carry let's go: Europe. Leave Eugene Fodor's and the Sunset travel guides to those with money. Let's Go gives you innumerable ideas, with particualrs, and tells you how to do it for the least possible cost. Although at times the guide tends to advise behavior that encourages the 'ugly American' image, it is still the best book," said Cummins.

On the "ugly American" syndrome Cummins commented that "Americans aren't hated over ther. It's just that people who come in on their TWA get-away vacations are pretty ugly. They aren't flexible. Things have to conform to them."

Another survival tool Cummins recommends if your travel is centered around a rail pass is a copy of Thomas

Timetable.

'The 'Cooke Booke' is one of the world's most amazing publications because it offers an updated version every month of efery train and steam ship service scheduled in the entrie world. It tells what time to catch the Amtrak in Tacoma and its arrival time in Salim as easily as the connection between London and Istanbul," he said.
The 'Cooke Booke' is

available at the Thomas Cooke Travel Center in the Rainier Tower in Seattle, along with a host of other travel information.

"The only other 'must have' items would be maps and a 'ibrary full of European literature and periodicals. The former is to know where you'll be. the latter is for knowing why you are there," said Cummins.

Food and shelter are the next bridge a traveller crosses, after mode of transportation has been extablished.

"My pet peeves are Youth Hostels," said Cummins.

"Though they are a darned good deal for a place to sleep, in Britain they are, for the most

Cooke's International part, dank, drafty and musty," he said.

"On the continent their management is characterized

immature authoritarianism. ONE CAN BE TREATED IN A MAN-NER HALF-WAY BET-WEEN THE YMCA and a Hitler youth camp. Many of us refer to them as youth hostiles," he said.

In Britain and Europe there s something better than youth lostels for a place to stay according to Cummins. Although they are unheard of in North America, Bed and Breakfast Houses, B & B's, are found as part of someone's home.

Cummins said that for \$12-15 per night, one has not only a room but also a very cozy, homey atmosphere and breakfast in the morning.

"Besides the British pub, B & B's are the best way to sample British character and lifestyle," he said.

"The continent offers a variation on this called Pensiones," said Cummins.

Pensiones are often a spare room in someone's yome, and though meals are not provided in the cost they are often available. They are most prevalent in areas around the Mediterranean.

Cummins feels he has learded to appreciate the atmosphere

pejorative aspects. Special thing happen; people go out of their way for you and it reminds me of things that happened while travelling," he

travelling but but "it's a feeling like' yes, I want to go back to Europe, but I'd like to ge camping at Mt. Rainier this Weekend tool It's a matter of

go back to Europe soom, although not within the next

doing once every two or three summers for the rest of my



Startling court ruling shakes college sports

(CPS) -- A federal court has not only re-inserted quarterback Dave Wilson into the University of Illinois' starting football line-up, it has set a precedent that could shake apart NCAA and regional conference rules that have governed intercollegiate sports for decades.

"If that ruling stands," Indiana University basketball Coach Bobby Knight said before the federal court's final ruling last week, "we might as well not have a Big Ten, or any other body trying to enforce standards of education."

At issue was Wilson's eligibility to play for Illinois after transferring there from Fullerton Junior College in California this year. Big Ten rules dictated that he was ineligible. Wilson and his attorney successfully argued that the rules governing junior college transfers were stricter than those governing transfers from other schools, and therefore were discriminatory.

While the court said the conference rules on eligibility should not be enforced in Wilson's case, it did not deal with the larger issue of the conference's right to make such rules in the first place.

Robert Auler, Wilson's lawyer, says his legal action does attack the Big Ten's and the NCAA's right to impose eligibility rules. But he doesn't expect the legal arguments in the case to start until early next year.

Auler clearly thinks the court's recent decision bodes well for his challenge to the legal structure of college sports.

The story started when Wilson broke his arm the first game of his career at Fullerton Junior College in 1977. He was advised that he could save a year of eligibility for himself if he dropped out of school that same first semester, and take only eight credits in his second semester.

Thus when Wilson transferred to Illinois earlier this year, he expected to be classified as a third-year student, eligible to play both the 1980 and 1981 seasons.

The university's own eligibility committee agreed. But the Big Ten's faculty representatives decided that Wilson's eligibility was effectively used up.

The faculty representatives said Wilson needed 78 credit hours to get a special "waiver" to play as a third-year student, overruling the university's decision that Wilson needed only 51 hours. Wilson has earned 57 hours toward his degree.

Moreover, NCAA and Big Ten rules require that most junior college transfers must lose a year of eligibility. If the Big Ten representatives had their way, the transfer rule would have forced Wilson to sit out this, his last year of eligibility because he had played--albeit just one game--for Fullerton in 1977.

Wilson, of couse, took issue. After a month-long legal battle, last week the 4th District Appellate Court reinstated a temporary injunction against the Big Ten's efforts to keep Wilson off the field this season.

Auler contends that Wilson "had a bona fide injury, and should be given two more years of eligibility."

The NCAA, he adds, has violated the 14th Amendment, which guarantees equal protection, by implementing its rule that athletes transferring from junior colleges lose a year of eligibility, while athletes who transfer from four-year NCAA schools only lose the right to participate in post-season games if they played in more than 30 percent of a prior season.

"The NCAA has set up a double standard of justice here," Auler says. "Kids from junior colleges don't get the same kind of treatment that kids from big schools get."

While the guidelines technically allow the Big Ten to rule Wilson or any other athlete eligible for two more years, the NCAA frowns on the practice. The conferences, Auler says, "follow the NCAA in these cases all the time."

He wonders, "Why would (the Big Ten) give him two more years, when he could only play in bowl games during this (year)?"

And, as the NCAA's own Steve Morgan jokingly puts it, "when was the last time Illinois played in a bowl game?"

Morgan, who is the executive assistant in the NCAA's enforcement division, defends the rule as the best way to insure "the accuracy of the transcripts and other information that these smaller schools send to us."

Over the last year, of course, intercollegiate sports have been rocked by allegations that more then a dozen NCAA Division I schools have helped doctor the transcripts of junior college players who otherwise would have been academically ineligible to play.

Still, Morgan says the eligibility rule Wilson is challenging can be changed by a vote of the NCAA membership. "If the University of Illinois wishes to change that rule, they can bring it up at next year's meeting."

Division I schools, he recalls, approved the rule now under fire at their January, 1980 meeting.

Have had little trouble returning this fall

Efforts fail to squeeze Iranians out of schools

(CPS) -- Despite the vigorous efforts of legislators in four states to either ban the enrollment of Iranian students or make tuition so expensive that they would have to study elsewhere, foreign student advisors report the Iranians have had no trouble since returning to school this fall.

Though efforts to squeeze Iranians out of state schools in Lousisiana, Mississippi, New Mexico and Arizona faltered or were overturned by the courts, violent confrontations among Iranian students in Washington, D.C. over the summer -- and memories of violent campus confrontations over the last two academic year -- raised fears that Iranians would get overtly hostile receptions when they returned to classes this fall.

But so far, there have been no reports of personal harrassment or even public indignation at schools in the states that tried to ban the Iranians.

"I don't know of any students who have suffered personal problems, or who have been mistreated since they came back to school," said Erin Schmidt, the director of the Office of Foreign Student Affairs at Louisiana State University at Baton Rouge. "They seem to be by and large content with their situation here."

For a while this summer, it appeared that they would be far from content. The governing board at LSU voted in May to prohibit Iranians from enrolling there, beginning with the summer sessions. In effect, the resolution said students from countries that have held American hostages for more than three months or with whom diplomatic relations have been severed would not be allowed to enroll there.

The Louisiana state House of Representatives then urged all state-funded colleges and universities to refuse to admit Iranian students. The vote was 82-12 on the resolution sponsored by legislator James Cain.

"Our real goal is to stop them from going to school," Cain explained.



"50, IS IT A DEAL, SENATOR?... SPEAK DIRECTLY INTO YOUR CHICKEN."

"If we stop them from going to school they'll start contacting their home folks and say, 'Hey, y'all, you're hurting us now, let those people (the hostages) go."

"I don't want to sound harsh, but they don't have any consitutional rights," Cain added.

Eventually, though, a court in Louisiana ruled the ban unconstitutional, a clear violation of the 14th Amendment.

The threat of judicial rejection didn't deter the Mississippi legislature from attempting a different tactic to push Iranians out of its higher education system. Governor William Winter signed a bill setting a \$4,000 tuition fee per student "who is a nonimmigrant alien from a nation not

having diplomatic relations with the United States and against whom the United States has economic sanctions in effect at the time of registration."

A court eventually agreed with the American Civil Liberties Union argument that the special tuition hikes violated the 14th Amendment's equal protection clause and the 1964 Civil Rights Act's ban against ethnic bias.

Yet tensions at schools in Mississippi also appear to be low this fall.

"I've seen no signs of any overt hatred of Iranians or even subtle graffiti against them. Without knowing better, it would be impossible to guess what was tried against these students this summer," said John Windhauser, a journalism professor at the University of Mississippi at Oxford.

At New Mexico State University at Las Cruces, a spokesman for the International Student Services office said he has received no complaints or witnessed any signs of mistreatment of Iranians. A resolution similar to the one in Louisiana had been passed by the school's governing board.

Yet Iranian students themselves generally refuse to reveal how they feel about the attempted discrimination.

In many cases, university foreign student advisors aggressively shield the Iranians from the press. Even when Iranians studying at the schools in question could be contacted directly, all declined comment to College Press

Deportation

U.S. starting proceedings against 12,000 Iranians

Washington, D.C. (CPS)-Nearly a year after it began its efforts to identify and deport Iranian students who are here illegally, the U.S. Immigration & Naturalization Service (INS) announced last week it was prepared to start deportation proceedings against nearly 12,000 Iranians.

So far, only 432 Iranians have been escorted out of the country. INS spokesman Vern Jervis says it is uncertain when proceedings against the bulk of the allegedly "out-of-status" Iranians will begin.

Jervis noted that 20 temporary immigration judges are being deputized, but that their priority will be participating in expulsion hearings against some 1700 Cubans.

The round-up of Iranian students was begun by President Carter shortly after the November seizure of the American embassy in Teheran.

Since then, around 59,000 Iranians have voluntarily reported to immigration officials. INS agents flushed out 2443 more students, and now estimate that 8,000-10,000 others remain unregistered.

Of that "out-of-status" pool, the INS has charged that 2195 had violated various civil and immigration laws, and ordered them deported.

The most common infraction, Jervis says, is overstaying the term dictated in the visas. Others have been charged with attending school part-time, despite visa regulations that they be full-time students, and with failing to get the required special work permits.

But nearly half as many (2386) have applied for political asylum. None of the applications have been approved so far. The State Department, which holds the applications, refuses all comment about the requests for asylum.



Is the law necessary?

Few take advantage of 'truth-in-testing' law

(CPS) -- Surprisingly few students have bothered to take advantage of New York's new "truth-in-testing" law by asking to see the answers on the Scholastic Aptitude Tests (SATs), according to figures released at a College Entrance Examination Board meeting here last week.

The College Board, which has opposed both the New York law passed in 1979 and the truth-in-testing bill now before Congress, further said that the students who have asked to see the answers tend to be from wealthier families, more involved in extracurricular activities, and have higher

grade point averages than the students who didn't ask to see the answers.

Those trends contradict claims that the law would help disadvantaged students do better on the standardized tests, board President George Hanford told the meeting.

The record, he says, does not "support the assertions that a law was necessary" to make sure students get needed information.

The law, which became effective in January, compels testing companies to allow students to see their own answer sheets, and to find out what the correct

The College Board, Hanford said, expected about ten percent of the text takers would take advantage of the law. Fewer than five percent had asked to see the answers through Sept. 15.

The testing companies themselves have argued the legislation, now pending in twelve states as well as in Congress, would make the tests themselves so expensive to administr that they couldn't be given as frequently.

Before the New York law took effect, the board had seven "special test dates" each year to accomodate students who could not take the exams on normal dates for, say, religious

Last December, in anticipation of the New York law's effect, the board eliminated all special test dates, and scuttled entirely plans to offer the Medicat College Admission Test (MCAT).

Recently, however, the board has liberalized its policies. In July the board announced it would re-institute four of the special test dates. A month later it announced it would administer the MCAT this fall after all.

St. John's University's class scheduling intriguing

When I attended PLC as too many consecutive-day a student, there was a real stimulating course content and the concerned and dedicated teachers. Learning was its own reward as new "worlds" of thought appeared. The parade of new ideas and new points of view, made college one of my greatest adventures. Our classes usually met on alternate days (M-W-F, or T-R). Classes rarely occurred on a daily basis.

Today, the pressure that students feel is often keen. Some pressure stems from the very high standards that must be met to enter professional careers. But many students seem to be reeling with the frustrating need to catch on and catch up in their classes. The fault is not uniquely that of ability or of course difficulty. Some of the pressure may stem from

class meetings. Indeed, excitement for me in most about one-third of my classes, because of current 180 students have few or no classes on Friday. Some student stress is selfmade when studies are "hit and miss," and the night-before cram sessions are looked at as adequate to "get by." However, there are genuine situations which are beyond student control. If it is true that pressure depletes student ranks, that "burn-outs" and "drop-outs" are victims of tempo here and elsewhere, then perhaps we should look at our use

> I was invited to evaluate the Biology Department of University, John's Collegeville, Minnesota, which is shared by nearby College of St. Benedict. Father Linus lured students to a three-hour meeting using pop, beer, chips and dips for bait. At this

meeting and elsewhere, I was impressed by the seemingly easy tempo of student work and study.

While I found many departmental features well worth our consideration, it was the university's daily and weekly scheduling of time that intrigued me most. St. John's uses the 4-1-4, as we do. Classes are held five days a week. The total semester in-class time for comparable classes were very close to ours. Yet class preparation seemed more relaxed. The library was always full of students-yet silent. Students were serious, yet obviously had their good times. So what was different?

There are two unique things worth noting in St. John's schedule of classes: The first is that class periods are 70 minutes long with 30-minute breaks between classes. The other is the use

of two class cycles (one and two) that meet on alternate days. For example, it classes start on Monday, at the beginning of the semester, all cycle one classes would meet Monday, Wednesday, and Friday in the first week, while cycle two classes would meet Tuesday, Thursday, and the following Monday. These cycles begin over again on alternating days. A class meets three times a week, and only twice the next week. There are no back-to-back classes. But there is one free day (or weekend) between every meeting of a given course.

The advantages are simple. Time is available to read, re-work notes, and memorize between class meetings. This makes for less pressure, for a better overall understanding of class material, and allows students to ask better

questions at the next lecture. Clearly this format produces less stress, just as our Monday-Wednesday. Friday classes now do. The longer class period provides adequate time to cover lecture material, with fewer classes per

I can find minor pitfalls in some aspects of St. John's procedures that I would like to study more. But the point is not what St. John's does as such, the point is that they seem to have enough time for students to be students without the memorizing stress that many at PLU must cope with. If we can make studies more exciting and learning the adventure it should be, then time spent studying scheduling would be well repaid. What are your views?

> Jens W. Knudsen Department of Biology



Have you thought your fanaticism through?

To the Editor:

Are you a starry-eyed? Do you believe that everything in the Bible can be taken literally? Have you even thought about it? Are your specific religious beliefs really what you

believe or are they just what your parents raised you to believe? Do you cite Bible passages when arguing, or worse yet, the Apostles' Creed? Are you enjoying fellowship and pouring your heart out to those who you've known but a few hours? Are you loving everyone for love's sake and yet haven't established any sincere relationships? Are you always starting sentences with "I just really want to say..." or "I just really feel that..."? Are you so immersed in PMA that you're beginning believe you can do anything? Do you know why you go to church? Do you really understand why you recite what you do when you go? Have you become lost in the ceremonies practiced? Is the real reason that it's church on Sundays because you want to listen to people say words you want to hear? Are you starry-eyed?

Starry-eyeds, I invite you to think. Where did your religious beliefs originate? If you've never really considered this question, then the answer is most likely from other people, whose own beliefs stemmed from still others. Your whole life you have been bombarded with opinions, statements, and propositions of wellintentioned givers, all of which tends to discourage thought by making it easy to just pick out parts of others' theories to form what seems to be a personal strong belief but what is nothing more than an assembled puzzle of currently-accepted statements. Thinking, even though it's harder to do than it sounds, can be practiced. Why don't you try to develop your own set of beliefs instead of carrying around a bag of the most popular ones? The results could be fascinating.

Starry-eyeds, have you ever stopped to consider the possibility that what you hold to be true may not be and that the way in which you believe and want the "Divine" to be is almost for sure different from actuality? For the

number of people agreeing that the nature of "Divine" indeterminable, there sure are a lot who claim that their thoughts on the matter are the only pertinent ones with everyone's being different from everyone else's. With all these different opinions circulating around, who decides which one is most relevant except the individual? Starry-eyeds,

how can one view be more accurate than another? Have you ever thought that everyone's claim to their views are unjustified on the basis that no one can be right because no one view is superior relative to others because all arguments are based upon the irrational assumption that "Divine" does exist. Faith requires such an assumption and since nobody truly knows any more about their faith than their need of hope to be fulfilled, it is possible that, as unfavorable as it may seem, that the only thing awaiting one who dies is nothing. Starry-eyeds, have you ever thought of your cherished beliefs as cherished hopes? Perhaps it is time to think instead of simply memorizing scripture.

Do you believe that pastors and priests are holier than thou merely because they attended seminary or the like? Do you truly believe that those in charge of the church actually have the power to forgive your sins? Do you feel that the big wheels of the church have more insight than you? Are you praying for countries at war and for the starving poor and believing that because you did, things will be better? Do you feel

it is necessary to deliver a percentage of your income to the church? Do you give money because when you do, you feel that your social obligation to others has been fulfilled? Do you congregate in a group because you're afraid to face religious questions alone? How much of the Old Testament is accurate? Do you ever think of such matters? Think? Or has everything you need to know in order to be happy already been thought out? Is it easier to let others decide what you should believe? Are you a starry-eyed?

Gary J. Nelson

Student suggests baking soda for Pond

To the Editor:

It is now three o'clock in the morning (I feel a song coming on...), but before ending this long day I felt obliged to sit me down and voice a problem I am sure you will understand.

Saturday night attended the movie Wuthering Heights. Glorious! The entire experience was—well, an experience. As many of us know, Ingram 100 was designed for housing coldblooded life forms who must maintain a body temperature of at least 105°F in order to survive. As

a result, we human life forms tend to, as they say in the vernacular, sweat like horses. One remedy would be to keep the doors standing open, but that exposes the occupants to a very grave danger...the very same one we—those who attended the movieexperienced.

It happened near the end of the film...Kathy and Heathcliffe were becoming quite intense-my heart was pounding-my eyes began to water-I could scarcely breatnel My knuckles paled as I gripped my chair seat-no, alas, it was not because of the drama unfolding before my eyes-it was Foss Pond wafting through the open door...And there we were, trapped—caught between a rock and a hard place, unable to breathe and unwilling to close off our only supply of cool air...alackl

An isolated case? No. dear Editor, Hundreds of people-residents of Foss and Pflueger-are subjected to this torment every day. So, also, are all of us who wish to improve our general health and well-being by utilizing the Joggerunden. As a matter

of fact, I once calculated (while jogging past said pond, breathing into several used Kleenex to keep from gagging in public) that PLU would need to spend nearly a quarter of a million dollars on Arm and Hammer Baking Soda to neutralize that smell.

Perhaps that money would be better spent on a new sewage-treatment plant...or at least gas masks for those of us who find Foss Pond an unhappy experience at the most inconvenient times. .

Ruth Jordan, Victim

The Innocent Bystander By Arthur Hoppe

By Arthur Hoppe

A major government commission predicted a surplus of 70,000 doctors by 1990 and warned this could mean detrimental changes to the present methods of practicing medicine-news

"Good afternoon. May I help you?"

"Yes, I'm Dr. Herbert Vamplew and I'm here to see a patient, Fred Frisbee, for his annual checkup."

"Oh, yes, I'm Mrs. Frisbee. Do you have an appointment, Doctor?"

"Yes, for one o'clock. I'm a few minutes early, I'm afraid."

"That's quite all right. Please have a seat in the living room and patient will be with you as soon as possible."

gentlemen in there?"

"Oh, that's Dr. Katz, Dr. Trevis and Dr. Clagenson. Patient feels you can't be too careful and he wants a second, third and fourth opinion. While you're waiting, will you please fill out this medical history form?"

"My medical history?"

"Yes, it asks where you attended medical school, what courses you took, honors, if any, and your financial assets in case of a malpractice suit. Then you might wish to browse through this copy of Liberty magazine. There's an interesting article predicting victory for Alf Landon."

"Mrs. Frisbee? Remember me, Mrs.

"Thank you. Excuse me, Frisbee? I'm Dr. Vamplew who are those other and I've now been waiting an hour and a half to see the patient."

"Oh, haven't we forgotten you, Doctor. Patient is running a little late today. He got stuck in a sand trap on the 17th."

"Look here! I'm a very busy man and..."

"Of course, you are. But patient is with a doctor right now."

"How many doctors are ahead of me?"

"I do think maybe you're next. Why don't you follow me out here to this powder room? After I close the door, please remove your coat and put on this white medical jacket with the opening on the front and have a seat. Here's a copy of War and Peace to keep you occupied. I'm sure patient will be with you at any minute."

"Mrs. Frisbee, I've been in that powder room two hours and I'm not waiting another minute!"

"Oh, there you are, Dr. Vamplew. I was wondering where I put you. I'm so sorry, but patient was called away on an emergency. They needed a fourth for dominoes. But let's make another appointment, shall we? Let's see, patient can see you at 2 p.m. seven weeks from next Tuesday. How does that sound, Doctor? Doctor! Darn, now we'll need another new front door., These doctors just don't seem to understand how valuable a patient's time is these days.'

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The Mooring Mast is published weekly by the students of Pacific Lutheran University under the auspices of the Board Regents. Opinions expressed in the Mast are not intended to represent those of regents, the ministration, the faculty, the student body or the Mast staff Letters to the editor should be submitted by 5 p.m. of the same week of publication.

Be careful and concerned about rape

No rapes were reported on campus last year according to Kip Fillmore, head of Campus Safety and Information; but he is quoted this week as saying that he knows for a fact that a number of unreported incidents happend on campus last year. One journalism student reported that unidentified number of sexual assaults last spring as high as 27, although the Mast did not confirm that report.

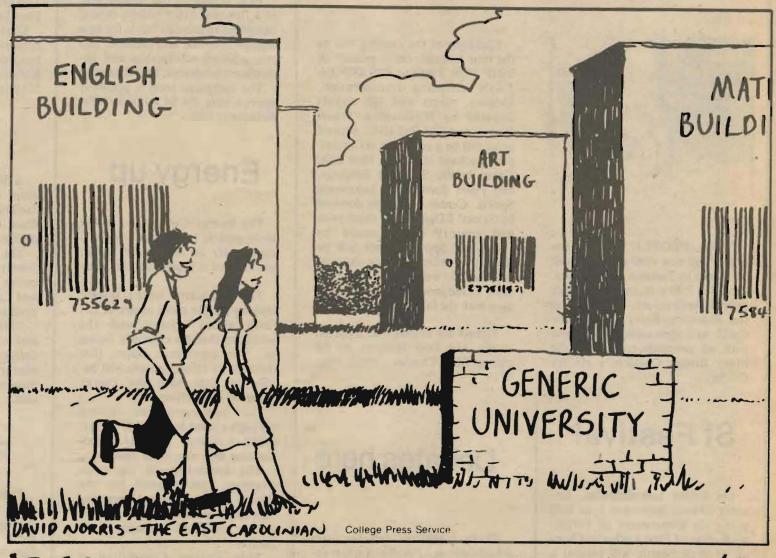
The Parkland area alone was the scene of 23 reported sexual assaults last year and only one out of every ten such assaults are reported, according to local authorities.

The point is that the perimieters of this campus are not magical walls which shield students from danger. Women do not live under a protective bubble when they arrive on campus and the one night they decide to take a chance by jogging alone may just be the night a rapist decides to take a chance too.

Student Lori Engleking and the Campus Safety and Information office are to be commended for their rape prevention programinitiated this year. The program is not designed to strike underserved fear into the hearts of campus women, but to instill a common-sense caution.

The Campus Safety and Information patrollers are limited in their ability to prevent asaults during their regular rounds, but the office stresses use of their escort service.

The service is available



THE CAMPUS IS KINDA BLAND, BUT THE TUITION'S CHEAP!"

24 hours a day and students do not need appointments for escorts. Any student can call the office and their request for an escort will be answered within ten minues.

Although the service tries to confine its escorts to within a mile radius of campus, it is available beyond that point in

special cases.

A sexual assault **can** happen to you. Use the escort service. Be careful. Be concerned.

Kathleen M. Hosfeld

In a recent **Mast** article the Remann Juvenile Center was reported to be located in Bremerton. This is not true. The center is located in downtown Tacoma. The article about the center also implied that it houses abused or neglected children which is also not true.

The **Mast** apologizes for this error and for any complications that may have been caused by false reporting.

The Mast sends out weekly feedback forms asking specific sources to write back about the accuracy and completeness of our reporting. The Mast wishes to encourage those who recieve theses forms to return them to us, and also to encourage all readers to write in their comments.



Safety and Information—the words and title imply and/or direct a responsibility—a responsibility much broader than most look upon it as. Aspects of this responsibility include confidentiality in a consistent manner, honest, informed personnel and practical safety

procedures. Each of these necessary qualities are required for responsible action; they are not easily attained, but correcting undermining factors early in development will allow for growth without repercussion later.

Education to prevent these downfalls must come from an objective, informed authority within the system of Safety and Information. It is the responsibility of the community to assure that this authority is informed and objective. Providing that the authority and the community do their jobs effectively and efficiently those people working within the system should be in

a position to best do their jobs effectively and efficiently. However, when communication fails to take precedence, power, real or fabricated does. The "power syndrome" that Gary Nelson's RAs supposedly have are mere inklings of some of the security personnel's ideas and actions. It is this undermining that forgets or ignores the necessary qualities of responsibility. This is the undermining that speeds in the new high-power carts loud enough to wake a student at 2 a.m. and fast and dangerous enough to knock one down any time

of the day. This is the officer that tells me about the "possible abduction" who doesn't even know me and this is the officer who lets his friend have a

faculty parking sticker.

Kip ifillmore has some good ideas and goals and some good people to carry out these plans, but the importance and the effectiveness of Safety and Information lies not in its objectives but in its ability to grow within its responsibilities. If it does not accept this responsibility it will be the same old scandal in a faster cart.

FILM:

"Alas poor Yorick" thou is to be and free. Hamlet in Olivers film version of shakespearian classic will be held Monday at 7:30 p.m. Ingram 100. Courtesy of the Intergrated Studies Program

ALC-ERA:

"Vote your consciences" was the favored alternative when the delgates to the American Lutheran Church convention rejected support of the Equal Rights Amendment.

PARIS:

Persecution contiunes as more than 100,00 people rallyed the streets of Paris in what has been called the "unmatched demonstration of anti-Semitis since World War two."

DEBATE:

A gubernatorial debate for Spellman vs McDermott will take place at PLU Wed. Oct. 15 in Olson Auditorium. Be there early, doors will open at 6:30 p.m. but will be closed at 7:15 p.m.

CAMPUS SHORTS

Ski movie



"SKI PEOPLE" Warren Miller's all new 1980 ski movie will be shown in Tacoma on Saturday, Nov. 8 at 7:30 p.m. in Wilson High School Auditorium. KTAC and the Florence Berry Orthopedic Guild are sponsoring the Show with all proceeds to go the the Mary Bridge Children's Health Center.

St Festival

On Friday and Saturday, October 31 and November 1, at 8:00 p.m., the Department of Performing Arts of First Lutheran Church of West Seattle will present a program of music and drama as part of its annual celebration of the Festival of all Saints.

The first half of the program will feature a concert of vocal music by the St. Masrk's Cathedral Compline Choir conducted by Peter Hallock.

The second half of the program will be a production of the medieval morality play, Everyman, directed by Dean Walter Hard.

Admission is \$3 for adults and \$2 for students and senior citizens.

Speech club

Pi Kappa Delta, the national speech debate honorary, has established a distinguished 40 year history at PLU, according to Public Relations Director Mark Dunmire. Boasting an impressive alumni roll, including President William O. Rieke, the PLU chapter has won numerous national chamionships, the latest in 1976.

Currently, the PLU Pi Kappa Delta chapter is a recognized leader in the national organization, according to the National Secretary-Treasurer, Theodore O.H. Karl. The chapter holds both first and second placings in regional debate competion, and the current PLU forensics director, Michael Bartaner, is the Northwest governor.

This year, the PLU chapter hopes to send representatives to national competition. "There's no doubt about it, we will do well. We're going for the hardware," said Dunmire. The organization will hold an interest meeting Thursday at 7:30 p.m. Watch the campus bulletin for details.

Highlight of the evening will be the four fantastic raffle prizes/ A TRIP FOR TWO to BIG MOUN-TAIN including transortation, lodging, meals and lift tickets donated by Washington Travel Bureau and SKI-Pak INC. Second prize will be a complete ski equimpent package including Elon skis, Caber boots, Soloman Bindings, and Poles donated by Lakewood Sports Center. K-2 skis donated by Skiers' EDge will be third prize and century skis donated by Lakewood Sports Center will be the fourth prize. A style show of the latest ski wear will be presented prior to the movie plus door prizes alon with the fabulous raffle.

Tickets are available at most ski shops, the Bon Marche, or by calling Mrs. Charles Gould, 582-6719

Debates here

Three political debates are scheduled at Pacific Lutheran University in October.

Area representatives for the three presidential candidates will speak Monday at 7;30 p.m. in the University Center.

Gubernatorial candidates John Spellamn and James McDermott have scheduled a debate in Olson Auditorium, Wednesday at 7;30 p.m.

The three candidates for Washington state attorney general will debate Oct. 28 at 7:30 p.m. in the University Center.

Loan fund

A memorial loan fund in honor of Nancy Crane of Carmichael, Ca., has been created at Pacific Lutheran University.

Miss Crane was beginning her senior year as a nursing student at PLU when she was killed in an auto accident Sept. 6.

The daughter of Mrs. Sylvia Crane of Carmichael had also been working this past summer as a student nurse at Tacoma General Hospital.

The loan fund is intended to provide emergency short term funds to PLU student.

Contributions may be addressed to the development gift records office at PLU. O A 25,000 gift toward construction of new campus science facilities has been received by PLU from the Ben B. Cheney Foundation of Tacoma.

The announcement was made jointly by Elgin Olrogg, executive director of the foundation, and Luther Bekemeier, PLU vice-president for development.

"We appreciate the leadership

and support of the Cheney Fjoundation on behalf of private higher education and the PLU science program in particular," Bekemeier said.

PLU is now in the second year of a five-year \$16.5 million capital campaign to provide funds for new science and fine arts facilities and strengthened scholarship and endowment programs, he indicated.

The campaign total is presently approaching the \$4 million mark, Bekemeier said.

Energy up

The Energy Committee, whose basic goal is to educate the PLU community on the energy crisis, was formed in September this year.

The committee works toward making people more aware of the facts about energy and the problems that are currently facing us. The committee hopes that through its efforts people will be able to deal with the energy situation more effectively.

The committee iks funded through a grant by the U.S. Department of Energy. It works in conjunction with nine other colleges.

The committee is currently working with "bread for the World" in a paper recycling project. It is looking into building a solar greenhous sometime in the future.

Thje Energy Committee is greatly interested in recruiting new members. It strongly encourages anyone who has ideas or people who are concerned about the energy problem to become involved. For more information contact the ASPLU office.

Fall play

Five performances of "Dark of the Moon," a former musical hit on both Broadway and London stages, will be presented at Pacific Lutheran University beginning Thursday, Oct. 16.

The theatre production is also scheduled Oct. 17, 18, 24, and 25 in Eastwold Auditorium at 8 p.m.

Reserved seating or Univerfsity Theatre season tickets are available by calling 383-7768 between 8 p.m. and 5 p.m. Tickets are also available at the door.

Faculty show

Abroad range of musical sounds will be featured during a program presented by the Pacific Lutheran University Faculty Chamber Series Thursday. Oct. 16.

The free program will be held in the University Center at 8 p.m.

Hornist Kathleen Vaught Farner presents a sonata by Bernhard Heiden and also performs with pLU's Northwest Wind Quintet. the quintet also includes flutist Doris Ziegenfelder, oboist Bernard Shapiro, clarinetist Jerry Kracht, and Bruce Grainger on bassoon. The group will perform a work by Paul Taffanel.

Classical guitarist Andrew Schulman will perform two works by Fernando Sor, and pianist Richard Farner presents Chopin's Scherzo No 1 in B Minor.

Gift

A \$25,000 gift toward construction of new campus science facilities has been received by PLU from the Ben B. Cheney Foundation of Tacoma.

The announcement was made jointly by Elgrin Olrogg, exercutive director of the foundation, and Luther Bekemeier, PLU vice-president for development.

"We appreciate the leadership and support of the Cheney Foundation on behalf of private higher education and the PLU science program in particular," Bekemeir said.

Free film

Free wildlife film: Okefenokee: Land of Trembling Earth will be presented in person by Dennis Holt, the cinematographer. The film will be shown Oct.13 in the CK at 7:30 p.m. PLU students with ID will be admitted free.

Christian context will be held this Sunday at 11:30 a.m. in UC 210-212 with Dr. Richard Jungkuntz as our speaker. Dr. Jungkuntz will talk on "The Lutheran Synods--What Are They, How Do TheyStand?"

Open house

Open house and dance!! Come visit the men of Rainier this Saturday night from 9-10 p.m. Then stick around and dance your troubles away from 10 p.m. to 2 a.m.

Focus in

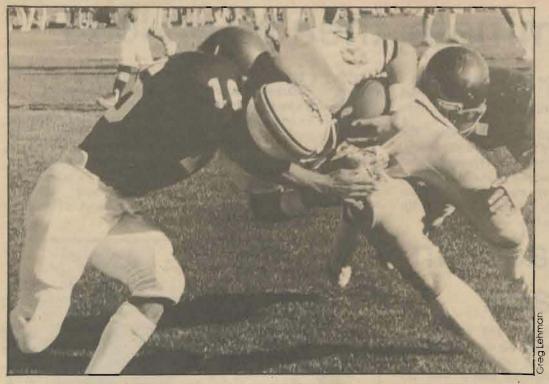
Watch "Focus", the campus televison magazine, this Thursday at 6 p.m. on Channel 2. The show will feature campus news, sports and entertainment.

Frosty talks

Every Tuesday night coach Frosty Westering explains all about the game of football. Actual game films will be shown. Everyone is invited to attend the get together at 7 p.m. in the University Center commons.

Ski interest

SKI TEAM interest meeting Wed. Oct. 15 5:00 p.m. Olson 102, Any questions call Greg X8080 or Dana X8113.



End Dan Harkins struggles for extra yardage in the Lutes' 24-3 win over Central Washington.



Center Scott Davis rips through a banner.

Win number three

McKay scores ten first quarter points to spark Lutes

By Eric Thomas

One way to prepare for a game with the number-oneranked PLU football team is to find someone with inside information on the program.

Central tried that route last week, as they utilized the knowledge of former Lute coach Mike Dunbar to find a way to stop the explosive PLU offense.

Unfortunately for the Wildcats, the Lutes have other ways of scoring than from the offensive set and one of them starts at linebacker. Junior Scott McKay, who has added place-kicking chores to his All-Conference defensive skills, scored ten first-quarter points to spark PLU to a 24-3 road victory with Central.

McKay's first tally was a 35yard field goal on the Lutes' first possession, followed eight minutes later by a 52yard interception return for a touchdown, onto which he tacked the extra point.

"That was the best Central defensive team we've played since I've been here," said head PLU football coach Frosty Westering. "Our slow start offensively wasn't because we didn't play well, it was that they played exceptionally on defense. Our defense played a great game and of course Scott (McKay) made the big play to get us going."

The PLU defense shut down the Wildcat attack all afternoon, holding them to 182 total yards and just three third down conversions, while picking off four passes. In addition to McKay's steal, defensive back Dennis McDonough had two and safety Mark Lester, filling in for an injured Scott Kessler, pilfered one

"The secondary as a whole played very well," said

Westering. "Mark Lester did a great job."

The PLU offense finally got on the board late in the second quarter on a 6-yard TD pass from Eric Carlson (15 of 25 for 125 yards) to senior tight end Scott Westering, ending a 62-yard march.

"Central's stunting and moving around on defensive helped the guys on the offensive line to really be challenged," said Westering. "We took advantage of their moving around on the big plays, the reverse, the counters and pass plays."

Running backs Guy Ellison, Mike Westmiller and Chris Utt tallied 77, 58, and 55 yards respectfully, while reserves Joel Johnson (18 yards), and Jeff Rohr (23 yards) also saw action.

The Lutes' last score was a 13-play, 77-yard fourth quarter drive capped by a 23-yard reverse to paydirt by Ellison.

Westering praised the efforts of the defensive coaching staff led by Paul Hoseth noting, "they did an outstanding job preparing for the game." Other performances lauded by Westering included the defensive line play of Greg Rohr inside and the kicking of freshman Jeff Rohr, who reached the end zone four times on kickoffs.

PLU suffered several injuries in the game, as Greg Rohr pulled a back muscle, Scott Westering injured his hand, Dave Reep twisted an ankle and backup quarterback Kevin Skogen received a concussion. However, all except Skogen should be ready for the Lutes' next game.

PLU will be at home for the next three weeks, hosting Southern Oregon next for parents' weekend, followed by Whitworth during homecoming.

Southern Oregon has a new coach this year in Chuck Mills, a veteran of successful seasons first with Vanderbilt and Utah State then, in more recent years, with the Kansas City Chiefs. "They're turning to a pro-type passing attack," said Westering. "They're an aggressive, hard-hitting team, capable of putting together a real good game, so we'll be prepared."



Chris Utt rambles for a few of his 55 total yards on the afternoon.



Field hockeyers dominate, then sit on lead

By Mike Larson

The PLU field hockey team upped their record to 4-1 with two wins last weekend against Western Washington University and Central Washington University.

Sophomore Kim Krumm scored the only goal in the game against Western on a penalty stroke in the first half.

"We always dominate play in the beginning and usually score the first goal, but then we sit on our lead. We have to improve on keeping the pressure on," said coach Colleen Hacker.

Against a much-improved Central squad, the Lady Lutes

tallied first on Julie Haugen's goal off an assist from Krumm. The Wildcats then

scored to tie the game. The Lutes responded immediately, however, as Haugen scored her second goal of the contest off an assist from freshman Holly Adams to go ahead for good 2-1.

"I felt a big plus against Central," remarked Hacker. "We showed a lot of poise and confidence to come back and win."

Hacker's main concern on the practice field this past week has been "to get the team to work as a unit and to improve our transition from offense to defense as well as from defense to offense."

The Lady Lutes travel to Monmouth, Or today to face Southern Oregon State College in a 4:30 game, and play Oregon College of Education and Central Washington University tomorrow.

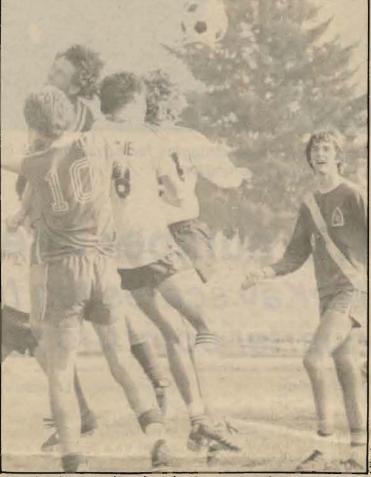
Intramural football season in full swing with 36 squads

By Dennis Robertson

PLU has 36 intramural football temas this year. There are 13 teams for women; 6 are in the American League and 7 in the national league. The men's league has 23 teams, divided into two divisions. One division is the recreation league with 16 teams; 8 American league and 8 National League. The other division is the competitive league with 7 teams. this

league is composed of men who are very competitive, and want amore physical contest. They are useally students who have played in competitive sports porgrams while in high school.

The football season started September 22nd and ends in late october. The playoffs will be played the first week of November. Gene Lundgaard, Director of intramural sports, says that the goal of his program is to have fun, competition, and cooperation while playing competitive sports. He states, "I am reasonabley happy with the cooperation that the students are giving from the standpoint of learning to play within the rules." The Program has set up strict rules to cut down on unnecessary roughness in the games and the officiating is strict. This keeps the ijury list low. so far, there have been only two injuries, the most serious being a broken nose.

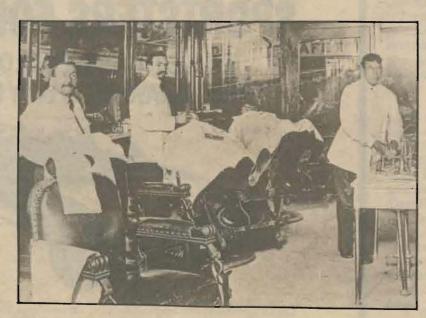


No they're not dancing, just some action during last weeks' first PLU-UPS soccer match.



Majed Shakour battles for a loose ball in the Lutes' first loss of the season.





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Purdy and Prewitt pace Lute runners

By Barb PicKell

PLU cross-country coach Brad Moore said he was "very surprised" at the performance of his harriers at the Fort Casey Invitational, hosted last Saturday by Seattle Pacific University on Whidbey Island. "After an extremely hard workout week, I thought we would be very flat and tired Saturday, but our team splits still show improvement."

With over 200 runners and 25 teams entered in both the men's and women's races, the Fort Casey meet provided the Lutes with their toughest competition this season. The women's run boasted such contenders as Division I regional champion Robin Baker and U.S. Olympic team member Leann Warren, both from the University of Oregon, and Seattle Pacific's freshman sensation, Larie

Shansky, who defeated all of the Oregon women to take first place in the contest. The men faced runners from the Club Northwest, Bellevue Community College and the University of Washington.

The women placed twelfth overall, ahead of any other Division III squad. The men took the 14th spot, fourth for Division II competitors.

On the individual level, Debbie Tri and Bill Whitson took the honors for improvement. Two weeks ago, at the Simon Fraser Invitational, Whitson broke into the top five PLU men for the first time. At that meet he finished 2:50 after top man Zane Prewitt. At Fort Casey, Whitson cut that time lapse in half, running 1:25 behind Prewitt. Tri moved 17 seconds closer to front-runner Kristy Purdy, passing Dianne Johnson to finish second for the Lutes. Having started the season nearly a minute and a half behind Purdy, Tri crossed the finish line at Fort Casey only 22 seconds behind her.

Moore stressed that as the PLU harriers strive to close the gap between first and fifth runners, those athletes in the top spots are also improving. Of Purdy, who finished 31st overall at Fort Casey, Moore said, "She puts a lot of effort into her running and it pays off for her. She's also a smart runner. She knows her limitations." Former Curtis High School standout, Zane Prewitt is, according to Moore, "an exceptionally hard worker. I thought he would be pretty flat Saturday after last week, but he ran well." Prewitt finished 59th in the men's race at Fort Casey.

Number two man Randy Yoakum has been on Prewitt's heels all season. Unofficial times show him finishing nine seconds behind the Lutes' top runner in every race this season. His official time at Fort Casey was just four seconds slower than Prewitt's. "I think our top three men (Prewitt, Yoakum and Mike Carson) have improved at the same rate all season," commented Moore. "Zane has taken the lead so far, but any of the three could come out ahead at the conference

meet "

The male PLU harriers have only one more regular season race. The women have two. Tomorrow both teams will travel to Bellingham for the Western Washington Invitational. "We'll be tapering down our workouts now and sharpening up for the conference meet," Moore stated.

Trivia of the week

By John Wallace

QUESTION 1: When "The Babe" George Hermann Ruth was moved to the outfield, who was the current Yankee pinstriper playing that position?

QUESTION 2: Who was the last National League baseball player to win the "triple crown" (highest batting average, most home runs and most runs batted in) and in what year was it?

ANSWER 1 When Babe Ruth was moved to right field by the Yankees he replaced George Halas. Halas is better known as long time owner and coach of the Chicago Bears professional football team. ANSWER 2: The last National Leaguer to win the triple crown was Joe "Ducky" Medwick of the St. Louis Cardinals in 1937. He led the league with 154 RBI's, tied MelOtt with 31 home runs and had a .347 batting average.

Volleyballers need wins to stay in title competion

By Bill Truit

After losing three league games last week, the women's volleyball team desperately needs victories today and Saturday or they may be out of the running for the conference title quite early.

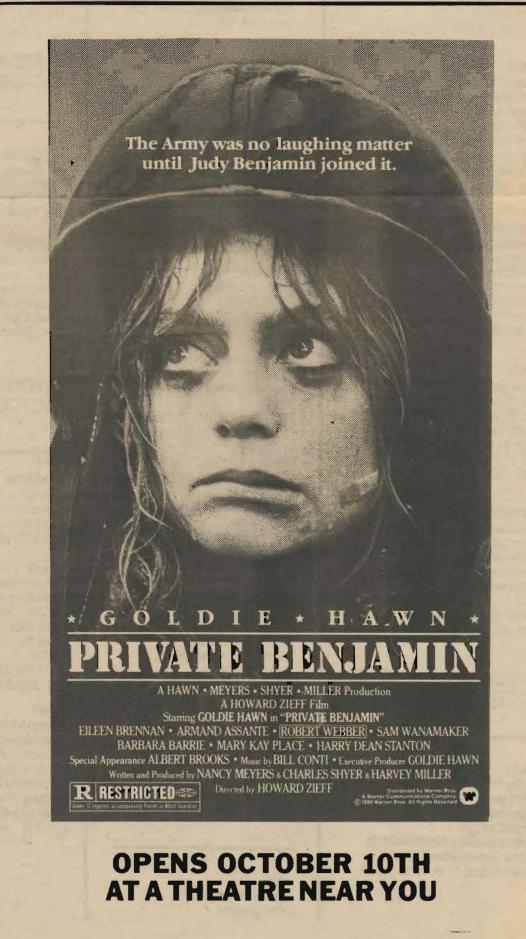
This evening at 7, the spikers host Linfield in Memorial Gym, a team that defeated the Lutes in straight sets 2-15, 6-15, and 12-15 Oct.

Tomorrow the team plays the role of host again at Memorial at 11 a.m. against Lewis & Clark. It was last Saturday that PLU lost to Lewis & Clark but Lute coach, Kathy Hemion, admitted, "We played well defensively and offensively and very

definitely should have won but we didn't take the advantage of the opportunities." The end result was a 7-15, 15-6, 8-15, 15-9, 11-15 tally giving Lewis & Clark the win after the tiebreaker. The team also suffered a defeat to Willamette Oct. 2 by scores of 15-11, 5-15, 3-15, and 3-15.

Hemion stated that the defense is very good but noted, "we're having a harder time on offense, especially on being agressive on hitting."

Though the Lute mentor said everybody played well last Saturday, she cited Luann Macan as being "amazing" on passes in all three of last week's games. Hemion also alluded to Cindy Betts' offensive performance on Saturday as being commendable.



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TIME OUT

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FRIDAY OCTOBER

10

•MUSIC
Tacoma Symphony
Edward Seferian, violin soloist
8 p.m.
Life Center Sanctuary (T)
Free admission
S 18th and Union

•THEATRE
"Born Yesterday"
by Garson Kanin
The Driffwood Players Theatre
Until Oct. 11
1407 B St., Hoquiem
Tel. 533-2659

•THEATRE
"Mary, Mary"
by Jean Kerr
Brass Ring Theatre (S)
Until Oct. 12
115 Bell St.
Tel. 682-8470

•ART
Carl Christopherson
Marine paintings
Olde Main Gallery
Until Oct. 24
Tue thru Sat: 11 a.m. to
5 p.m.; Sun 12 to 4 p.m.
10025 Main St., Bellevue
Tel. 454-1818

•EXHIBITION
Deceptive drawings and hidden images
Michael Scuyt
Pacific Science Center (S)
Until Nov. 2
Mon thru Fri: 10 a.m. to 7 p.m.
Tel. 625-9333

•ART
Playground for Innocence
by Diane Katsiaficas
Erica Williams Gallery (S)
Until Oct. 25
Tue thru Sat: 11 a.m. to 5 p.m.
317 E Pine
Tel. 623-7078

•PHOTOGRAPHY
Works by several local artists
and photographers
Frame It On Broadway (T)
Until Oct. 11
Tue thru Sat: 10 a.m. to
5 p.m.
1822 Broadway Ave.
Tel. 452-7706

SATURDAY OCTOBER

•ART
Betty Philips, paintings
with Helen Waggoner,
stained glass sculpture
Until Oct. 29
Artists Gallery Northwest (S)
7814 Greenwood Ave N
Tue hru Sat:11 a.m. to 5 p.m.

•THEATRE
"The Cherry Orchard"
by Anton Chekhov
Intiman Theatre (S)
Until Oct. 25
Tel. 624-2992

•PHOTOGRAPHY
Pauli Dennis Gallery
150 years of photography
works of Adams, Weston,
Cunningham and Curtis
Until Oct. 12
Bainbridge Island

•MUSIC
Ida Kavafian, guest soloist
Musica Chamber Players
Seattle Concert Theatre
Until Oct. 12
8 p.m.
Tel. 624-2186

•EXHIBITION
Jules Verne Festival
Films, models and photos
from Verne museum (France)
Pacific Science Center (S)
Until Oct. 43

SUNDAY OCTOBER

12

•MUSIC
1st annual Northwest
Chamber Music Festival
Concert debut
Pacific String Quartet
Cornish Institute
Poncho Theatre
7 p.m.
50th and Fremont entrance to
the Seattle Zoo
Tel 625-4017
Free to public

•MUSIC Seattle Symphony Sunday Concert Seattle Center opera House 3 p.m. Tel 447-4736

•THEATRE
"Ah Wilderness"
Eugene O'Neil's nostalgic
comedy
The Lakewood Player's
Playhouse (T)
Every Fri and Sat until Oct. 25
Tel. 588-0042

•MUSIC
Seattle Art Museum Fall
Chamber Music Series
Bruce Bailey Quartet
Music of Brahms
Seattle Art Museum at
Volunteer Park
Auditorium
1.15 p.m.
Museum admission lifted
from noon to 1.30
Tel. 447-4710

MONDAY OCTOBER 13

•ART
Fred Machenatz
Lithographs

Frye Art Museum (S) Until Nov. 2 Artist present on opening day Mon thru Fri: 10 a.m. to 5 p.m. Sun & holidays: noon-6 p.m. Tel. 622-9250 Admission Free

•MUSIC
Seattle Symphony Orchestra
Rainer Miedel, conductor
Roberta Knie, soprano
All Wagner program
Until Oct. 14
Seattle Center Opera House
8 p.m.
Tickets \$6 to \$16, student rush
tickets \$3.50 beginning at
7:45 p.m.
Tel. 447-4736

•THEATRE
"Carousel"
A Rodgers and Hammerstein
Musical
Falstaff Dinner Theatre (T)
Until Nov. 8
Tel. 383-1149

TUESDAY

14

•LECTURE
Bill Cosby
Green River Community
College speakers series
Tel. 924-0180 ext. 337

"Anything Goes"
The Carco Theatre (S)
The Valley Community
Players of Kent
Until Oct. 25
Tel. 226-5190

WEDNESDAY OCTOBER

15

•THEATRE
"To Kill a Mockingbird"
Poncho Theatre (S)
Until Nov. 23
Tel. 633-4567

•FILM
"Snow Goose Associates"
A multi-media show
by Jim Schoppert
Until Oct. 18
Thur thru Sat: 11 a.m. to
5 p.m.
4220 NE 125th St. (S)
Tel. 362-3401

•ART
Philip McCracken
Retrospective exhibition
Tacoma Art Museum
Until Nov. 2
Mon thru Sat: 10 a.m. to
4 p.m.; Sun: noon to 5 p.m.
Tel. 272-4258

THURSDAY OCTOBER 16

•ART
Faedora Kosh
multi-media works
Until Oct. 31
Cornish Institute (S)
Mon thru Fri:10 a.m.-5 p.m.
Sat:noon-5 p.m.
710 E Roy St.

•THEATRE
"Domino Courts"
The Northwest Premiere of
William Hauptman's farce
about two former bank
robbers.
Pioneer Square Theatre (S)
Until Oct. 26
107 Occidental
Tel. 622-2016

FRIDAY OCTOBER 17

•MUSIC
Seattle Symphony Orchestra
Pops Concert
Seattle Center Opera House
Until Oct. 18
8 p.m.
Tel. 447-4736

•ART
William Cumming, paintings
Patti Warashina, sculpture
Foster White Gallery (S)
Until Oct. 20
Mon thru Sat: 10 a.m. to
5.30 p.m.
Sun:noon to 5 p.m.
311 ½, Occidental Ave. S

•MUSIC
University of Washington
Symphony Orchestra
Meany Hall, U of W (\$)
8 p.m.
Tel. 543-4880
Tickets \$4, \$2.50 students

•THEATRE
"Agnes of God"
West coast premiere
by Joseph Pielmeir
Empty Space Theatre (S)
Until Nov. 9
Tel. 325-4444

•THEATRE
"A'Man For All Seasons"
William Becvar, director
Tacoma Actors Guild
Until Nov. 2
first play of the season
1323 S. Yakima Ave.
Tel. 272-2145
Tickets:\$5 to \$9.50

•EXHIBITION
Deception Drawings and
Hidden Images
Michael Schuyt
Pacific Science Center (S)
Until Nov. 2
Mon thru Fri: 10 a.m. to 7 p.m.
Tel. 625-9333