

The

CURRENT

Green River Community College Vol. 33 Issue 7 January 2, 1997



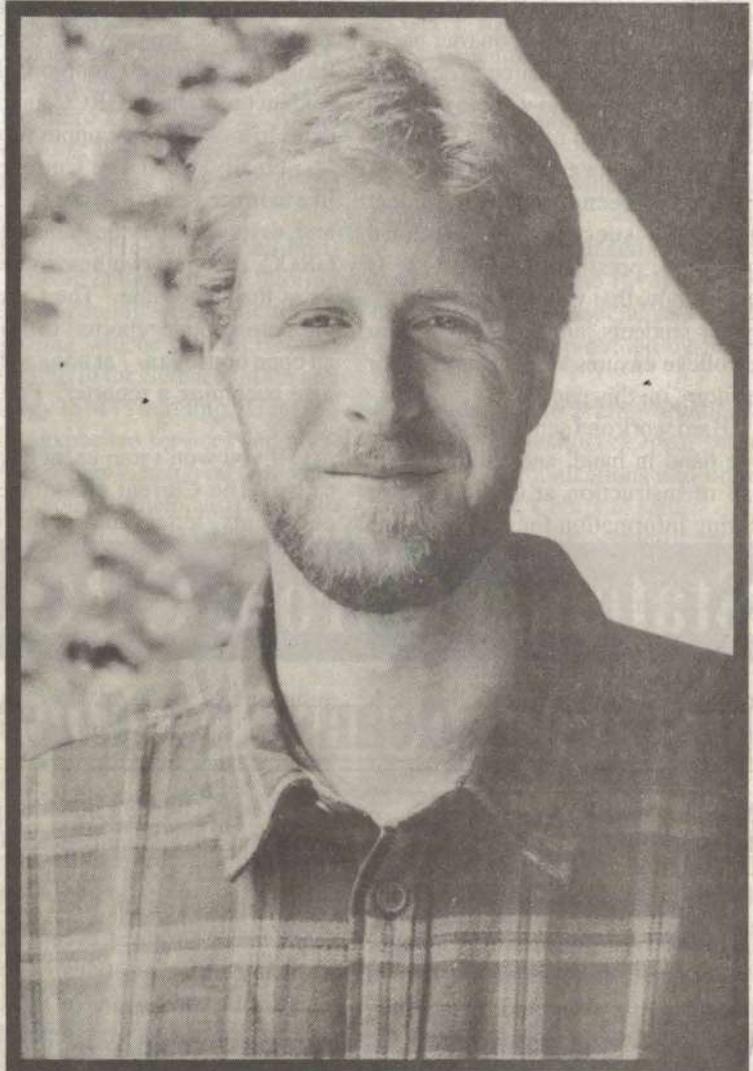
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Photo by Fred Dimaano

Welcome to GRCC new and returning students

By Terry Clapp
Editor in Chief

Welcome to Green River Community College! This winter quarter back-to-school issue is dedicated to new and returning students who want to succeed in their educational careers at GRCC.

The vision statement for GRCC for 32 years has been that "every student discovers success." Richard Rutkowski, president of GRCC tells students how that vision is working today for students, and how changes at the college ensures student success for the future on this page.

Hard work and school have always gone hand in hand, and Edith Capen, dean of instruction at GRCC, shares tutoring information for math, reading

and writing when the going gets tough.

What better way to balanced hard work than to make life-long friends through recreational, social and athletic activities that are provided by Student Programs? Bruce Compton, dean of student programs at GRCC, invites students to look into on-campus programs.

Finally, we at The Current would like to invite you to join our staff. Learn and write about issues and events at GRCC, and earn two humanities credits at the same time. The Current invites prospective reporters to drop in for an open house Jan. 7 at noon to investigate becoming a reporter. Free cookies!

If you won't join us, at least write to us. The Current encourages your comments, letters and opinions, not

only about parking or books, but also about anything relevant to life as a student, teacher or employee of GRCC, or simply as a member of the community.

Write to The Current, mail stop SP, or stop in at our office on the second floor of the Lindbloom Center. Hope to see you there at noon, Jan. 7 . . . and welcome to Green River Community College!

Statements from GRCC president, deans and others

By Terry Clapp
Editor in chief

How can students be successful at Green River Community College?

Set goals, enjoy an atmosphere of learning that is promoted by carefully chosen faculty, "discover success" and take advantage of our new library, said Richard Rutkowski, president of GRCC, who welcomes new and returning students.

"Set goals and then work at achieving those goals," said Rutkowski.

"Make sure they challenge you, new avenues of success will open for you. Students should ask themselves why they are here. If the answer is that they are not sure, then their goal should be to identify what that goal should be."

It is the college's intention to have small classes, a friendly place and faculty who care about students' success. The emphasis is on what it takes to learn, not just lectures, because there are so many different styles of learning. Our faculty are aware of these ideas, said Rutkowski. "We hire faculty who are student-success oriented," said Rutkowski.

"GRCC has had a vision statement for 32 years. The vision statement is that 'every student discovers success' This is our primary, principle goal."

Growth at GRCC can be seen with the opening of the Holman Library on Jan. 2, said Rutkowski.

"Information retrieval and technology has changed. How we access in-

The Green River

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The staff of the Current would like to thank all individuals who made it possible to accomplish this seventh edition of the '96-'97 school year.

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President, deans and others *Continued from page 2*

formation, and particularly the impact of technology on learning and our lives, has changed and has become more pervasive and will continue to do so," said Rutkowski.

How can students be successful at Green River Community College?

Bring your ambition, analytical skills and common sense to the Education and Training Center (ETC), said Janet Brown, executive director of the GRCC Education and Training Center.

The ETC, located in Kent, hires instructors and consultants to train clients for hundreds of organizations, including The Boeing Co., the city of Kent, the city of Seattle, Weyerhaeuser Corp. and the AT&T Alliance, said Brown.

ETC offers Fiber Optic Training (FOT) in the Work Force Training (WFT) program to GRCC students three times a year. The next session goes from Jan. 21 to Feb. 25. The program requires 20 credits and costs \$700, said Brown.

"Students entering the WFT FOT program should be prepared for an intensive program that can be the learning experience of a lifetime if they are ambitious, goal-oriented and ready to apply their analytical skills and common sense to an energizing technical field," said Brown.

How can students be successful at Green River Community College?

Hard work, tutoring services and an adventure abroad, according to Edith Capen, dean of instruction for GRCC.

"I also want to welcome you back and wish you much success in your studies," Capen said.

"Looking back on my school days, I can tell you that the harder I had to work, the more I got out of it. At the time, you don't always appreciate tough classes, but there is a pay-off at the end!"

"If you are struggling, don't hesitate to take advantage of our tutoring services. Beginning winter quarter, all math tutoring will be offered through the Math Lab in the Science, Math and Technology (SMT) building. Our plan is to offer expanded services and a variety of resources to help you with your studies. If you need help, visit the Math Lab and talk to Joanne Martin."

Capen said the Reading and Writing Center and all other tutoring services have been moved to the new Holman Library Building.

If students are up for an adventure abroad, they may want to consider spending spring quarter in London. GRCC students can earn 15 credits while living and studying in London. The group will be made up of students from GRCC and other community colleges in the state, according to Capen.

"Those who have participated in the past say it is the experience of a life-

time," said Capen.

Visit Cindy Card in the Continuing Education (CE) office for more information.

How can students be successful at Green River Community College?

Challenge yourself, learn life skills and make life-long friends, according to Bruce Compton, dean of student programs at GRCC.

"Welcome to winter quarter," said Compton.

"You are encouraged to challenge yourself and become involved in the many recreational, social and athletic activities that are provided by Student Programs."

Students can learn valuable life skills such as teamwork, goal setting, effective communications and organizational skills, Compton said.

"Much more importantly, you will meet new people and have the opportunity to make life-long friendships," said Compton.

"Statistics have proven that students who take an active role in extracurricular activities on campus do better in their academic endeavors and later in their careers."

"I encourage you to stop by Student Programs on the second floor of the Lindbloom Student Center and learn all about the opportunities," said Compton.

Letter Policy

The Current accepts articles and opinions up to 350 words on any topic. We reserve the right to edit articles and letters to the editor for style, grammar, punctuation, spelling, length and libel.

Letters must be typed and signed with a phone number for verification purposes.

Please send all materials to: The Current, mail stop SP, or stop in at our office in the Lindbloom Student Center.

KGRG nominated for an award

By Fred Dimaano
Photo and graphics editor

Green River Community College's radio station KGRG has been nominated for College Radio Station of the Year by GAVIN, a national trade magazine of the radio and record industry.

GRCC, a two-year community college, will compete against large universities such as the University of Califor-

nia and the University of Tennessee.

"We were very gratified to have the station and the program recognized," said Tom Krause, KGRG general manager.

"Its a very exclusive magazine," said Krause. GAVIN has very stringent criteria to be accepted into the publication. KGRG was accepted a year ago into the college radio section.

The nomination votes came from subscribers to GAVIN, industry professionals and schools. The final vote will be taken in mid-February and the award will be presented in New Orleans.

At least four GRCC students are

planning to attend the award ceremony. Other students linked to the radio program would like to go and are in the process of planning for the trip.

"Certainly it would be nice to have a good representation whether we win or lose in that award category," said Krause. "More than that, it's really a strong educational conference."

Students should attend these conferences, Krause said. He has been to many of these radio conferences, and says he always learns something new. It's also good for the students to meet other people and start networking in the radio field.

Security Blotter

By Tim Medan
Staff Reporter

The security office has a new Director of Security, Fred Creek.

According to Creek, who began work Dec. 1, students should call Security when they need help, see a crime being committed or have an emergency situation.

Security may not respond to students, calls right away because of more important situations occurring on campus such as a major vehicular accident.

It is not necessary to call King County Police when Security has already been notified unless Security needs assistance, Creek said.

If students have received a parking or speeding ticket, they should first come to the Security office for a payment statement. From there, students should take the statement to the cashier and pay for the ticket there.

The Security office is open 24 hours a day, seven days a week and 365 days a year. Security can be reached at ext. 3350 for non-emergencies, or for emergencies call ext. 2250.

The times they're are a changin'

By John Carlile
Reporter

No not the *times*, but the Valley Daily News and the Journal American have changed. The Valley Daily News is now the South County Journal, and the Journal American is the Eastside Journal.

Besides the name changes, Peter Horvitz, owner and publisher has also changed the format.

"We realize that some people are not going to like the changes. ... But we're not afraid to do things differently," said Horvitz, in a recent interview with the Puget Sound Business Journal.

Horvitz will spend almost \$10 mil-

lion for the changes, which include updating equipment, a new computer system and hiring more reporters.

The Sunday paper, called the Sunday Journal, will now be a special color section and the sports section will be in tabloid format.

These changes are to help raise the circulation of the two papers. Horvitz said he aims to increase the circulation by at least 10 percent over five years.

Advertising revenues have been softer due to declining readership, according to the Business Journal. Horvitz said increasing market share is necessary to support ad sales.

Something else that will be new is the Saturday edition of the South County Journal, which will be a first since the paper started.

Planning on Transferring?

-Get some spirit!!

RAH!

RAH!

**By Stephanie Jacobson
Reporter**

The major difference between a university and a community college is not that one is four years and one is two years, or that one has a football team and one does not, but that one is overwhelmed with school pride and one is overwhelmed with school because they have so many other things in their life to cope with.

John Linder, student body president at the University of Washington, says every UW student owns at least one article of UW clothing with UW logo on it.

"It is not unusual to see students with a sweatshirt or a hat or something," said Linder.

At a community college such as Green River Community College, seeing a student wearing a school sweatshirt or hat is almost unheard of.

"I wore a Green River shirt to school once and I got dissed over and over," said Denny Johnson, freshman from Auburn. "I really like the shirt, so now I just wear it at home."

According to statistics provided by the UW media relations office, approximately 1 percent of the GRCC student body shows up for women's soccer games. The UW on the other hand, has about 6 percent. While both seem relatively low, the difference is about 180 people.

At a recent basketball game, the UW had approximately 13 percent of the student body present and supporting. At GRCC approximately 2.5 percent turned out.

"Attendance is usually pretty active when it comes to sports," said Erin

O'Connell, a representative from the media relations office at UW.

The problem does not lie just in the field of sports. At a university there are a lot more opportunities for involvement. The school sponsors such events as Greek Week, dances, lectures, speeches, concerts, movie nights and many more.

"There is usually something for everyone," said Linder. "No matter what the interest or what social clique you might come from and represent, there is usually something happening on campus for everyone."

At GRCC, there are lectures, speeches, movie nights, concerts and a dance, but attendance is lower than at a university.

"Being a student who has gone to both a community college and a university, I would say a lot of school spirit, or on the other hand lack of school spirit, depends on how school leaders target their peers and get them motivated to explore things other than just their academic studies," said Kim Marshel, news editor at the University of Laverne in Laverne, Calif.

Many students who choose a community college do so because they are older students going back to school, or they are students unable to finance the cost of a university. This means that most of the GRCC student body works while going to school.

"Because work is a priority, I am not able to attend some of the things I might like to that Green River offers," said sophomore Angie Hopkins.

Linder and Marshel agreed that the average student (and average is stressed) has about 10 hours of free time a week. After taking a small poll of

about 20 students at GRCC, the average true free time, meaning no work, school or studying is about 3-5 hours a week, when the week is a little slow.

When asked if tradition was a part of school spirit, sophomore Jenny Lally responded with, "Does Green River have any tradition?"

The University of Laverne, in Southern California, has an enrollment of about 2,500 students. They manage to get their events filled with student attendance.

"The secret is to have something for everyone and support other people's somethings so they will support yours," said Marshel.

The Homecoming Dance at the UW is the most popular dance of the year.

"It is the event to attend," said Linder.

Nearly 38 percent of the student body attended the UW Homecoming Dance. This year, 7 percent of the student body attended the GRCC Halloween Ball.

Another aspect of unity, school pride and spirit starts in the dorms.

"When you have to live with someone or next to someone you can't help but become social with them," said Linder.

Spirit and support starts in the dorms.

"This is the place where you become comfortable with your peers and you start to express yourself," said Marshel.

Most students live at home while attending community college. Consequently, unable to live with other students and have the chance to create the bond necessary for unity which in turn produces support, pride and spirit.

GRCC bookstore gears up

By Erica Torheim
Reporter

During the first week of winter quarter, The Paper Tree, Green River Community College's campus bookstore, will be ready for the crowd of students.

In order to accommodate the large number of students that buy books during the first week, The Paper Tree will have more personnel and extended hours.

Compared to this time last year, enrollment has increased by about 8 percent. The rise in the number of students attending GRCC means more congestion as students buy books for classes.

For GRCC, with an enrollment of about 8,000 students, that means about 640 more students between you and that last book on the shelf.

The best time to buy your books for winter quarter classes is before the quarter starts. The earlier you get to the bookstore, the better chance you have of avoiding long lines. Purchasing books early, there is a better chance of finding used books in good condition.

Used books are cheaper than the new edition and tend to be snatched up quickly.

The worst time to buy books is during the first week of the quarter. During fall quarter there about 2,500 paying customers on the first day of school.

If you do buy your books during the first week, there are a few tips to keep in mind. Try to buy your books early or late in the day. Noon is the worst time to buy books, this is when the lines are the longest, the wait could take up to 30 minutes.

Another way to avoid frustration is to go directly to one of the two tables set up for financial aid. Financial aid students who do not go directly to the financial aid tables will wind up waiting in line twice.

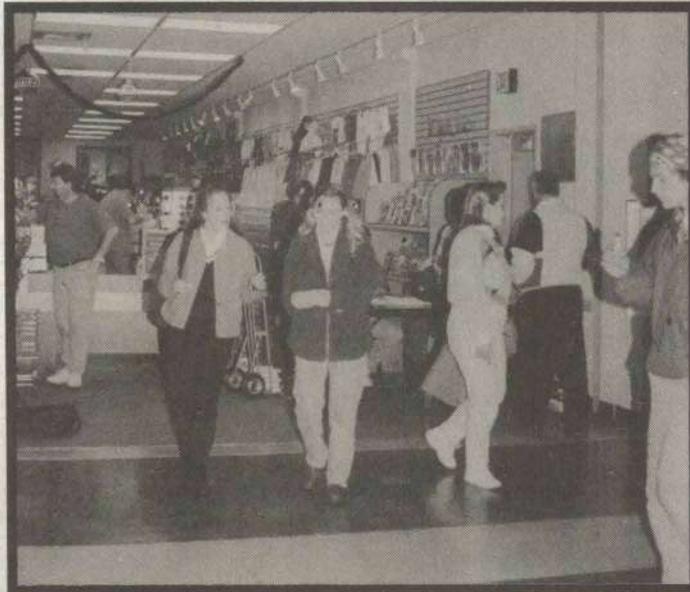


Photo by Fred Dimaano

This is also the first year that The Paper Tree has opened a satellite store. The new GRCC extension, the Enumclaw Center, will have a temporary bookstore set up. The bookstore will be set up at the Enumclaw Center for one week starting Dec. 31 from 12 noon to 3 p.m.

If, for whatever reason you decide you don't need a certain book, you do have the option of returning it.

The Paper Tree will give refunds within the first 10 days of the quarter. In order to receive a refund, you must have your receipt.

If you are hoping to sell back your new textbook to the bookstore at the end of the quarter, you should be aware of a few things. The bookstore will buy only books that are in demand. Of the almost 700 titles on the shelves this

year, there were only 147 titles the bookstore was able to buy back.

The reason for this is a new edition of the book may be in the works. Certain books can't be bought back: workbooks, study guides, spiral bounds and lab manuals.

If the bookstore is not able to buy back your book, there are other options for selling it. You could sell your old book to another student. There are also used-book wholesalers who will buy your book, although it may be at only a fraction of the original cost.

The Paper Tree's sales rose substantially last year. Sales were up from \$2.2 million the previous year to \$2.5 million last year, a \$300,000 increase. The bookstore's business

boom was credited to computer sales, higher enrollment and higher costs of books.

Books are, of course, the big money-maker for the bookstore. Prices range anywhere from \$2 to \$90. Most courses here at GRCC require at least two books. Some special classes require a larger number of books, such as nursing, which requires 15.

The other major money-maker for the bookstore is computers. Last year The Paper Tree expanded a program sponsored by Apple Computer Inc. to sell computers to students, staff and faculty at six other colleges. Hardware sales brought in \$500,000 and software sales brought in \$80,000.

Fitness/Wellness seminar at GRCC

**By John Carlile
Special to The Current**

College life is no sweat at Green River Community College, unless people get involved in the Fitness / Wellness program, which will be introduced during the Fitness / Wellness seminar Jan. 7, 8 and 9. The time will be noon to 1 p.m. all three days.

The place to meet on Tuesday and Thursday will be in the Baker Room on the first floor of the Lindbloom Student Center.

On Wednesday, the meeting place will be in the fitness center next to the gymnasium.

The seminar will be presented by GRCC physical education teacher Anita Behrbaum.

"Students, faculty and staff are all welcome to attend," said Julie French from Health Services. "You should dress comfortably for all sessions, but on Wednesday you should be dressed to move."

The first day of the seminar will focus on students' fitness levels and what it will take to get into shape. A fitness test and a body fat test will be offered.

A training packet will be given out to help participants develop individual training work-out schedules.

On Wednesday, Behrbaum will demonstrate walking techniques. Interested students can join her to walk the trails on campus. (Meet at the fitness center.)

Thursday, the F I T T principle will be explained to students.

F I T T stands for:

F Frequency three-to-five times per week doing aerobics.

Burn 2000 calories per week in activity.

I Intensity 60 - 80 percent of maximum heart rate. 60 - 80 percent of perceived exertion respiration (conversational pace)

T Time 20 - 60 minutes depending upon intensity 20 minutes high intensity, 60 minutes low intensity, walking would be considered low intensity

T Type of activity, aerobic, rhythmic, continuous, using the large muscle groups (hams, quads, gluteal).

Behrbaum will also answer any fitness questions that you might have on the information in the training packet. This time will also be for students to put together a customized personal training program.

Students need to develop a plan for themselves, choose realistic goals and learn tips on how to stick with their plan. "You need to choose an activity or exercise that you like and enjoy doing or you will not do it," said Behrbaum.

"I would encourage anyone on campus to try to incorporate an exercise plan into their schedule as a priority, in order to get through college life of tests and any other kinds of pressure they may encounter while going to school," said French.

The main reason for the seminar is to show people the benefits of regular exercise. Make yourself exercise for three to four weeks. Then the benefits of exercise will make you continue, said Lynette K. Lawrance, Ph.D. Taken from the pamphlet "Getting What You Want From Exercise."

Some of the benefits that participants will realize, besides weight reduction, are cardiovascular strengthening. Exercise increases the body's ability to supply more oxygen throughout the body.

This is a list of benefits published on the Internet by Fit4Life Fitness Inc:

1. Control of body fat. (Aerobic exercise in conjunction with strength training and proper diet will reduce body fat.)
2. Increased resistance to fatigue and extra energy.
3. Toned muscles and increased lean body mass.
4. Decreased tension and aid in sleeping.
5. Increased general stamina.
6. Psychological benefits - exercise improves mood, and reduces depression and anxiety.

"Exercise puts me in a better mood, makes me happier, feel better and have a more productive day," said French.

Behrbaum said the best exercise for somebody to start with is walking. "Walking is the most convenient, most natural, no special equipment is needed and you can do it anywhere. For anyone that cannot walk, (because of knee or hip problems) swimming would be great."

A person starts to lose conditioning within two weeks after he or she stops exercising. The longer you are sedentary, the less fit you become.

"But it is never too late to start back up again," said Behrbaum. "Start out slowly and build into it."

Those who are over 40 and have been sedentary should see a physician

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KGRG continues to expand Another station, curriculum in the works

By Fred Dimaano
Photo and graphics editor

The Green River Community College radio station, KGRG, originally started as a classic rock station and made the switch to alternative music before it became popular. The station continues to change and grow, and its success is largely due to its students, according to Tom Krause, KGRG general manager.

They come in and do far and away much more work than two or three credits," said Krause. "They believe in what they're doing and have a great time doing it."

KGRG is expanding its horizons and its airwaves. The campus radio station was granted a power increase last year, allowing the station to double its broadcasting range. One successful project was the purchase of KNU-AM radio station which is based in Enumclaw. A project in the works is to broadcast KGRG over the Internet.

Krause also said that he would like to expand the curriculum in response to students' requests for classes that covered newswriting, sports casting and talkshow formats.

GRCC finances only 25 percent of KGRG's operating costs. To raise the other 75 percent of operating costs KGRG applies for grants, and underwriting and uses the popular fund-raising concerts.

The concerts are held on the GRCC campus in the Lindbloom Student Center. KGRG puts on three to four concerts a year.

"The concerts are fun," said Krause, "because it gets us in touch with our audience."

The concerts give something back to the listeners, and they provide fun entertainment for all ages.

"Parents like the fact that the shows are at the school," said Krause. "That provides a good and safe healthy opportunity for kids to have a fun night out."

KGRG likes to reach its audi-

ence by going to high schools and providing music during lunches and talking at job fairs. They also have co-sponsored a stage at Bumbershoot for a couple of years. This year they're being asked to be the sole sponsor for a stage at the Bumbershoot festival.

"The level of support from the administration and across the board here for the radio station and the program is just tremendous from the president to the head of Green River Foundation," said Krause. "All the other VPs and instructional side too.

"It's been great support that they have been giving us. It makes my job a lot easier and the students appreciate it."

Krause is in charge of the radio station and teaches three radio broadcasting classes. For three years, Krause has been working at GRCC. Before he started working at GRCC, he was in commercial radio for 16 years.

Squirrels driving students nuts

By Leigh Sullivan
Reporter

"I was just standing there by the trash can — throwing something away — and this squirrel looked at me and crawled up my leg. They're crazy!" said Justin Mishkin, intimidated GRCC student who called for help as a miniature, nut-eating GRCC resident boldly used his leg for a climbing post.

Head groundskeeper Tom Trendle has noted an upswing in the squirrel population on campus. Over 10 years he has noted a cycle, but he has seen more this year than in the past.

No steps are taken at GRCC to control the squirrel population. Natural attrition has been the method relied upon to control

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Continue to page 9

Help centers at GRCC

By Leanna Defoe
Reporter

There are three very helpful places available to all students, here at Green River Community College.

One of these places is the Health Center. It is open Mon.-Fri. from 8:30 a.m.-3:30 p.m. It's located on the second floor of the Lindbloom Student Center. Julie French, Health Educator, is not a nurse, but can provide minor first aid. French can give you one-on-one referrals for what ever you need. Any doctors, health products, or services. She is continuing Health promotion on campus. Every month she promotes something different. During December she covered AIDS. This month she is focusing on fitness.

Other things she also covers are prevention of STDs and safe sex. In the past French has covered eating disorders, safety awareness, total wellness, nutrition and fitness. She also has quarterly blood drives. Everything offered at Health Services is free. French also puts on an Annual Health Fair, Wednesday, May 14. She needs as many people she can get to come and help out.

Squirrels

them, according to John Ramsey, director of the GRCC public information office.

"Feeding them is discouraged, especially by hand," said Ramsey. "It encourages them to pester people, and it encourages population growth."

If students feel they must feed the squirrels, Ramsey suggests they try hanging a corn cob from a tree in the woods, and not

So if you have any questions on health, French can help. For more information call ext. 2430.

The second facility is for all the women at GRCC. It's the Women's Center. It's open Mon.-Thurs., from 8:00 a.m.-5:00 p.m. It's also open on Fridays from those times, but it is not staffed. The Women's Center is located in the FAC House. The Center has many things to offer. They have a library with many books on women and gender issues. Mary Richardson, director, said, "The Women's Center is here to serve women and community members, and help them succeed in school. Richardson is there for one on one help. Everything is kept confidential. There are support groups offered, educational programs and social programs. There are brochures you can go pick up there too. Anything ranging from childcare to education. Things also offered are scholarship and parenting workshops.

The Center is offering many classes at GRCC for furthering your education. Some of the classes are: Women in Film, Women Writers' Group, The Perfect Mom and Other Myths, and quite a few more. Look

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scatter food on the sidewalk.

"My personal advice is to avoid them by not feeding them with your hands," said Julie French of health services.

"Squirrels are considered small rodents and are not considered a significant risk in getting rabies," said French.

However, infection can pose a problem if someone is scratched or bitten. They should

them up in the Winter Quarter Class Schedule book on page 55. Everything offered at the Women's Center is free except the classes above. So feel free to stop by with any questions you have or any help you need. For more information call ext. 2545.

Need any help figuring out what classes you need to take, or what college you want to go to? Then stop by and make an appointment. Academic counseling is located on the top floor of the LSC by the Enrollment Office. They are open 9 a.m.-7:00 p.m., Mon.-Thurs.

They do anything from advising what colleges to go to, what courses to take, and any other academic counseling or advice you need.

The name explains it all. There are more things offered than just one-on-one counseling. Everything offered is free. They offer support groups, such as AA, women's groups and sexual minority groups. The two people there to help you out are Marie Sundberg and Ted Broussard. So if you would like to check it out stop by LSC 231 or call ext.2460.

wash the area completely with soap and water and watch for infection. If they have redness, swelling or pus, they should go to a doctor and check with the Auburn Health Department, according to French.

"The gray squirrels are not native to the area, and the red ones are," said Ramsey. "The squirrels on campus are not the endangered variety."

Leslie Rule authors suspense

By John Carlile
Special to The Current

Growing up in a haunted house gave author Leslie Rule a foundation to become a suspense writer who uses others' paranormal experiences to make her stories as real as possible.

The two novels that she has published are "Whispers From the Grave" and "Kill Me Again."

"I also have many unpublished novels that are in drawers," said Rule. "I wrote my first one at 23, and am now 38. I waitressed all through my 20s while writing."

The first book that she wrote took her three years to complete, but it was never published. "Looking at it now I am glad that it wasn't," said Rule.

Rule said she wrote thousands and thousands of hours before publishing.

She has written over 50 articles in magazines and has done some newspaper articles as well. One magazine that she has written for is "True Confessions."

Young adults was the audience that she first targeted, however, her first book was re-printed for adults.

"I didn't intend for my books to cross-over, but now my readers range in age from 9 years old to 90," said Rule. "Both books are suspenseful and are fast easy reading."

The style that she writes is like Alfred Hitchcock, with lots of twists and turns. Also, the reader will not be able to figure out the ending.

The ideas for her books have been taken from the news. She writes about psycho-kinetic things like haunted houses, reincarnation, spontaneous regression and paranormal experiences that people have had and are documented. "I do in-depth research on the topics and using documented cases

keeps it accurate as possible," she said.

I d e a s come to her in dreams, in the bathtub, at anytime," said Rule. "I am always writing."

She tries to write so the reader becomes involved. "I want to create characters that are real," said Rule. "I try to make the reader keep reading, not wanting to put the book down, but to keep turning pages."

If you are writing for young adults, you try to keep a story under 300 pages. Since she has readers in all age brackets she will expand her next book to nearly 500 pages.

This next book is in outline form now but will not be done for another year.

"The next book deals with something we all do everyday, but some of us do it wrong with sometimes fatal repercussions," said Rule.

"Whispers from the Grave," "is something that is happening in the news right now, and possible repercussions if we were living in a science fiction world," said Rule.

Having grown up in a family of writers, she wanted to write since she was 7-years-old, she said, "it is in my genes."

Her mother is Ann Rule, a well known local true crime writer who met



Photo by Kevin Wagner

her father in a creative writing class at the University of Washington.

She has an older sister and two younger brothers. All have the ability to write but none of them have published anything.

To have a book published, "initially you have to be good and your name does't mean a lot," said Rule. "You also need to network."

It is a great feeling when the book is done, said Rule. "It is hard to step back and be objective. Put it away for two weeks and then look at it with honest viewpoints."

Mary Alice Kier is the agent that Rule employs. Kier contacted Anna Cottle of Cine-Lite Representation, who sold

Continue to page 15. . .

Enumclaw Center offers a variety of classes

By Erica Torheim
Reporter

A few facts about the Center in Enumclaw, Green River Community College's extension of the main campus in Auburn. The center is located on Griffin Avenue, off Main Street in downtown Enumclaw. The two story building is about fifteen miles from the main campus.

The Center in Enumclaw is smaller than the main campus. It consists of only one building and has sixteen classrooms. Even though the center is smaller than the main campus, it is not lacking in equipment. Each classroom is equipped with state of the art computer systems.

One of the main perks of the center is the location. Being located in Enumclaw makes it a closer location for many students. For students in the surrounding communities such as Buckley,

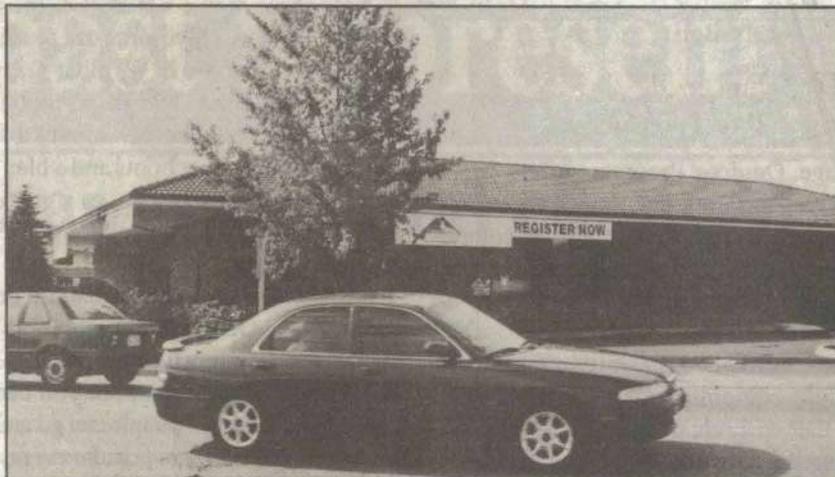


Photo by Fred Dimaano

Enumclaw, and Bonny Lake, the location of the center means an easier commute.

The center offers a wide range of introductory level classes such as English 100 and 110, Math 97, and Psychology 100 are offered at the center.

Computer classes and non-credit classes like Photography, Creative Writ-

ing, Landscaping and Sign Language are also offered. The center also has several lectures throughout the quarter with a variety of topics.

For more information on lectures, registration or general information you can call 288-3400 during their operating hours Monday thru Thursday 1p.m. to 8p.m.

Students awarded at sports banquet

By Karly Bell
Reporter

On Tuesday, Dec. 3, the Fall Sports Awards Banquet was held to honor the fine athletes that make up the fall sport season. Lasagna, garlic bread and salad was served at this semi-formal event. Many parents attended the awards banquet to show their children support.

First to be honored was the Men's Soccer Team. Coach Dan Keene first acknowledged each member of the team and then moved on to the special awards. Denny Coomer received the "most inspirational" award. Keene said about Coomer, "He added a toughness to the team -- one of those 'rah-rah' guys." Keene also said that once Coomer joined the team (late in the season) they did not lose one game. Sean Schran received the most improved award. Lacki

Troukis was selected Most Valuable Player. Keene said of Troukis, "He helped our team be the best we could be." Receiving the Champion Award is a great honor, you have to be more than a good soccer player, you have to be a team inspiration. This award went to Jeff Marinachi. Another great honor to any soccer player is being accepted on the NWACC All-Star team. Four of our own Gators were accepted as team members. They are: Azmat Ali, Tony Williams, Jeff Marinachi and Lacki Troukis.

Women's Soccer was next, Kaitia Parkes, coach, had the whole team stand up for recognition. She recalled the tough times the team had this year -- such as taking a total of five trips to the emergency room. Dixie Gallegis received the Most Improved Award. The MVP award was a tie between Gina Heidal and Jen Lally. As for the most inspirational award, the whole team was

voted most inspirational. The women practiced hard together and became good friends. This was evident because everyone was getting hugs.

Coach Ann honored her Volleyball Team in a creative matter. She wrote a poem and worked each girls' name and personality into it. Christine Arend received the Coaches Award. Terry was named MVP. Most inspirational went to Jenny. And Andrea is considered most improved.

Finally, the Hall of Fame Award, presented by athletic director Mike McGraw. The award goes to "persons who have more than athletic skill..." Jen Lally of Women's Soccer and Tony Williams of Men's Soccer will soon have their pictures on the Hall of Fame wall in the Physical Education Building. Good job guys!

ODP has the outdoor equipment you need

By Karly Bell
Reporter

Unlike any other community college, Outdoor Programs offers Green River students the chance to experience the great outdoors with competent leaders and instructors. They organize trips and invite everybody to join them.

But, what if you don't have the right equipment to participate? The ODP will rent everything from sleeping bags to lanterns. They do have a relatively small fee for the rental, and some items require a damage deposit.

Some events won't require any special gear.

ODP is offering six trips for winter quarter, all following the winter theme:

Skagit River Eagle Float on Sat. Jan. 11. This trip is sure to be fun filled. It's about a four-hour float down the Skagit River in class one water. Every year Bald Eagles migrate here to

feed on salmon, so you're sure to see quite a few. Pacific N.W. Float Trips will provide guides and transportation. Please bring: sack lunch, warm clothing, rain gear, rubber boots and a blanket. Thirty people can go, so sign up soon. Cost: \$20 for students and \$25 for non-students

Snow Shoeing at Snoqualmie on Sat. Jan. 25. ODP will provide snowshoes and transportation. Ryan of ODP says, "if you can walk you can snowshoe." Only 15 people can go and it is one of ODP's more popular events. Please bring: day pack, lunch and water. Cost: \$5 for students and \$7 for non-students.

Downhill Skiing at Crystal on Sat. Feb. 1. ODP will provide transportation and lift tickets. If you don't have skis you'll need to rent them at the lodge. Only 30 people can attend. Cost: \$23 for students and \$28 for non-students.

Snow Caving at Paradise on Saturday, Feb. 15-16. Stay the night in a

snow cave that you will help build at the highest point you can drive to on Mt. Rainer. Ahh, Paradise. Ryan of ODP said, "It's a lot of fun...good experience to try something wild and crazy." ODP will provide cooking gear along with breakfast and dinner. Please bring: sleeping bag and pad, warm clothing and a sack lunch. There will be a pre-trip meeting before you head out. Cost: Unaware at this time call ODP two weeks in advance.

Cross Country Skiing on Saturday, March 1. ODP will provide cross country skis. Please bring: day pack and warm clothing. Cost: Unaware at this time, call ODP two weeks in advance.

Ice Skating on Saturday, March 15. ODP will provide transportation and admissions (skates included).

Be sure to register two to three weeks prior to the event.

For more information about these trips call Jeff or Ryan at 833-9111 ext. 2423 or 2400.

Outdoor Programs Winter Quarter

Have a great time with ODP this winter

Skagit River Eagle Float

Sat. Jan. 11th

Downhill Skiing at Crystal

Sat. Feb. 1st

Cross Country Skiing

Sat. March 1st

Snow Shoeing at Snoqualmie

Sat. Jan. 25th

Snow Caving at Paradise

Sat. Feb. 15-16th

Ice Skating

Sat. March 15th

For more information regarding these trips please call either Jeff or Ryan at 833-9111 ext. 2423 or 2400. Trip registrations generally begin 2-3 weeks prior to the schedule.

GRCC past to present

How GRCC has grown and changed

By Stephanie Jacobson
Staff reporter

In 1964, male students at Green River Community College were afraid of being drafted into the Army. The only way a male student could avoid the draft was to take at least 14 credits.

GRCC has changed in many ways over the years since then.

When GRCC first opened up its doors in 1964 there were over 800 students waiting to register. All classrooms and faculty offices were in what is now the Holman Library. That was the only building on campus.

After that the Lindbloom Center was built and became the student lounge where students were allowed to smoke. The rest of the buildings were built gradually over the years and contributed to produce the GRCC we have today.

In the beginning, faculty referred to GRCC as a "resort for learning." Now it is referred to as "quality education for a lifetime."

The school had only three areas in which you could have earned a degree: the academic transfer program, the technical program and an adult education program, which is no longer available.

Now, programs are broader and have specific requirements. You can get an associates degree: associates in applied arts (AAA), associates in applied science (AAS), associates in

arts (AA), associates in pre-professional (A-Pre-P).

If a student does not enroll in one of these programs, they fall into the undecided category. This is not a degree but the start of an exploration to find the correct path for you.

GRCC has experienced change in other areas, too. The very first two issues of the school newspaper were called *The Gator Tale*. Then on Friday, Oct. 22, 1965, with the third issue ever, the news staff changed the name of the student-run publication to *The Current*. This was back in the days when the publication actually received letters to the editor.

Two years ago, the paper and the campus radio station KGRG were moved from a little building outside the gym to the Lindbloom Student Center.

Another indication that GRCC has changed over the years is seen with the sports program. There used to be not only a basketball team but also a track team and a wrestling team. According to back issues of *The Current*, they were pretty good. Also, 1966, the college had bowling teams. There was a team for men and a team for women. A faculty volleyball team played at the Auburn Recreation Center against a students' team.

Even fund-raisers have changed. In the 60s, students held car washes and shoe shines. They had slave auctions too, where students were auctioned off as slaves

for a day. The bidding started at \$.50. The student body provided dances like tolos and a Christmas dance, which were well received.

The enrollment at GRCC has increased dramatically over the years. With a first-year enrollment of 800 students, Melvin Lindbloom, former president of GRCC, was quoted in the Jan. 21, 1966 issue of *The Current* saying that he hoped to have up to 2,500 students in the next couple of years.

Now, GRCC has nearly 8,000 students.

All of the faculty members have changed except one. One instructor has been here since the very beginning and that is Edgar Eaton. Eaton teaches mass communication and is the head of the journalism department.

He also coordinates a winterim, which is a week-long class held during the break before the winter quarter. The winterim consists of journalism speakers. Eaton will be retiring at the end of this academic year.

One thing that hasn't changed throughout the years is the parking problem. The first parking lot was big enough to accommodate 300 cars. The parking lot has grown as well, but there are still parking problems. Almost every year that *The Current* was published there were articles stating the problems with parking. There are never enough spaces for the number of students currently enrolled at one time.

Teacher profile: Gary Oliveira

By Fred Dimaano
Photo and graphics editor

One hand holds the camera as the other hand focuses the lens sharply on the subject. The forefinger slowly presses down on the shutter release and in 1/125 of a second the image is frozen on film.

This photographic event is performed many times by Gary Oliveira, a photography instructor at Green River Community College.

"I knew in high school that I want to be in photography," said Oliveira. "(Photography) is this event that you capture from the real world, and then there is the craft part of it."

Since 1992, Oliveira has been a photography instructor at GRCC. Oliveira teaches Photography 101 through 103.

Patrick Navin, a photography instructor who has been teaching at GRCC since 1988, characterizes Oliveira as an excellent teacher.

"The important quality you have to have is to know your subject matter," said Navin. "He knows his subject matter well and he's able to teach that."

"He has a great deal of patience — he's easy going — He's got a great sense of humor."

Judy Arms, a darkroom assistant and a photography student, is planning to take

Oliveira's 103 class in spring quarter of 1997. Arms hopes that by taking Oliveira's class, she will get a different perspective and opinions on improving herself as a photographer.

He's real helpful," said Arms. "He pointed out exactly what I did wrong or right."

When he's lecturing, Oliveira can take the technical information of photography and make it understandable for his students. The assignments that he has his students complete are challenging but are not so overwhelming that students would put it off. Navin points out.

"I like teaching here a lot," said Oliveira. "I like the variety of students."

Photographing for 12 years, Oliveira is always trying to look at the world differently. He doesn't want to photograph a subject in its obvious form. He wants to look at things in a new way or just in Oliveira's words, "capture the moment."

"He's getting a lot of recognition from outside sources for the past year," said Navin. "Articles published — gallery exhibits — other people think he's a great photographer too."

"His craftsmanship is excellent. He's a great photographer."

Navin describes Oliveira's pictures as having a documentary look to them. The composition and craftsmanship are his strong points, Navin added.

"When you look at his photographs you feel as though you're in the photograph," said Navin, "rather than looking at a photograph."

The photographs that Oliveira creates

gives you this sense that an event is just about to begin. You're left standing and waiting for the event to unfold, but nothing happens.

In other photographs, there's this feeling that life is just about to end. Oliveira successfully captures that life just before the end. The pictures convey a haunting yet peaceful image.

Oliveira simply describes his work as being dark, eccentric and exotic.

For a photograph to become part of his portfolio, Oliveira has a simple technique of judging his work. He takes the pictures he just shot and puts them up on a bulletin board. Over time Oliveira decides whether he likes or dislikes the picture.

"I live with it (picture) for a while," said Oliveira. "I think time is the best decider to what's good or what's bad."

One of the most exciting things that Oliveira has done as a photographer was a trip to Mexico by himself. At first, the trip felt nerve racking, because he was alone in a foreign place and he couldn't speak the language. After he spent the time photographing people he came over his fears.

Since last summer, Oliveira's photographs have started to show up in art galleries in the Puget Sound. Oliveira has had a half dozen art showings. The two big art showings for Oliveira were in the Bellevue Art Museum and the Whatcom Art Museum.

In the future, Oliveira hopes that he's still taking pictures and having them displayed in bigger and better galleries. His long time dream in life is that he just create photos and travel all day long.

When Oliveira isn't a teacher or a photographer, he enjoys spending time with his wife, Leslie, involved in outdoor activities such as fishing and camping.

Oliveira received a bachelor of fine arts degree from the University of Dayton and a master's from Massachusetts College Of Art.

Oliveira will be displaying his photographs along with other GRCC faculty artwork in the art gallery inside the new Holman Library.

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Author Leslie Rule *Continued from page 10*

"Whispers From The Grave" to Berkley Putnam in New York in three weeks.

Kier is also trying to sell "Kill Me Again" to the movie industry, for now they are waiting for a call with a reply.

Photography is also of interest to Rule. Her mother would have her go to trials with her to take pictures. The pictures were of the court rooms, all details involved in the trials including pictures of murderers.

She took 16 pictures of one killer while he was being walked down the hallway away from the court room.

The telephoto lens was on the camera and it really made it look like he was very close. Rule said that he seemed so close that she moved back and blurred the last picture.

During these trials she would also help her mother by taking notes. Her mother writes books about true crime, while Leslie writes fiction.

As far as having a life outside of writing, Rule said. "I do, because I write fiction. I need to get out of the house and be stimulated. I might meet somebody to inspire a new character in a book." She added, "If I stay home I wouldn't meet that person."

When it comes to autographing books, she says that is the "funnest part; as writing can be grueling." Rule said she really enjoys meeting people.

The house where she grew up was in Des Moines, Wash. It was on a cliff looking down on the beach just north of where the marina is today. The house was located on an Indian burial ground. The place where the house was is now Overlook Park.

When she was 10-years-old, she remembers playing on the beach well

before the marina was put in.

The house is also where her father was raised. He bought the place from his parents in 1963.

There were a few things about the house that she said was haunted. There was a sobbing ghost in the field behind the house, which was heard several times. There was also the sounds of bottles rolling across the floor and sounds of bones crushing. The neighbor and her mother went into the cellar to see where the noise was

coming from but the cellar was totally bare. When they had opened the cellar door the dog refused to go in, just stood there with his hackles up.

The mysterious ringing telephone was something that was never solved. "You could hear a telephone ring but there was not a telephone in the house," said Rule.

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Fitness/Wellness *Continued from page 7*

before starting an exercise program. If you have an illness such as diabetes, asthma or high blood pressure, you should also consult your physician.

"You should start out exercising two days a week, then you can increase to three to five days per week, but never more than five," Behrbaum said.

"If you strain a muscle, you should put ice on it for the first three days to get the inflammation down. You need to change to an activity that does not aggravate your injury. If the pain or injury dictates, then go see a physician," said Behrbaum.

A simple word that helps you remember what to do for a sprain is RICE.

Rest, Ice, Compression and Elevation, said Behrbaum.

Tips for students on staying with a training program are, "do something you like, do something you enjoy, but be consistent," said Behrbaum.

It usually works out better if students work together in a group or with a partner. This helps in a couple of ways. One, students can support each other and give encouragement when needed, also it will help you socially as you interact with each other.

Fitness falls more under the title of wellness, because you are working on three important issues. "Physical, mental and social well being," said Behrbaum. "Campuses are focusing more on wellness in their employees and students."

The reason that there are physi-

cal education requirements for certificates or degrees is because students need to be well to learn and retain what they learn. To be well, "proper functioning of your body is imperative," said Behrbaum.

Before starting an aerobic exercise, you need to warm up. This will allow your muscles to receive more blood and oxygen before doing more vigorous activities. Warm muscles are more flexible and the range of motion is easier to increase without tearing or pulling a muscle.

"Warm-up is not stretching, it is a light aerobic activity. You stretch after aerobic activity or cool down," said Behrbaum.

Aerobic means air or oxygen. If you cannot carry on a conversation during the exercise, you are working too hard. If you get too tired to keep up with the class, DO NOT STOP completely, march in place or decrease intensity until you can continue with the class. Not doing this can result in muscle cramps and possibly dizziness, according to Fit4Life.

Cool down is very important, this is doing light aerobic activities like you did in the warm up. It takes three minutes for your body to realize that extra blood and oxygen is not needed to be pumped into your muscles.

The cool-down time should last at least four to five minutes. During this time, the blood is pumped back to your heart, giving the muscles a chance to unload lactic acid. This process helps reduce the "worn out" feeling after the workout is completed.

The cool down should be followed by a complete stretch of all the large muscle groups that have been exercised. Stretching will increase the flexibility of your muscles and tendons.

Behrbaum received an undergraduate degree at Seattle Pacific University. She attended Pacific Lutheran University where she received a master's degree in physical education.

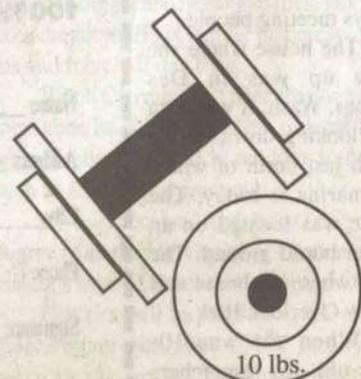
Since 1989, she has been a physical education teacher here at GRCC. Currently she teaches aerobic classes, weight training, skill activities classes and first aid and wellness.

The ratio of males and females is usually 50/50 in all of her classes, except the aerobics. There are usually four or five men and the rest are women, said Behrbaum.

The Fitness & Wellness center is available for exercises at no cost to the participant, (FREE) and is open to all of the campus community.

The hours are noon to 1 p.m. and 4 p.m. to 6 p.m. daily during winter quarter.

If you have any questions on fitness you can contact Behrbaum at ext. 4577, or French at ext. 2430.



Ho, Ho, Horoscopes

By Leigh Sullivan
Staff reporter

Warning: These horoscopes were not written by professional. My cause drowsiness!!!

Aries (March 21-April 19) Rx yourself with the hair of the dog and slam that last bit of eggnog with rum from the back of the fridge before stepping out. This may be a hard month, my friend. But worry not, you are in for a visit from Leo and the two of you can roar till the wee hours of the night.

Taurus (April 20-May 20) Eat too many candy canes, did ya'? Pick up some PE credits and lose that spare tire at the same time. Your New Year's resolution will come to pass once you make it a public announcement. Take out a classified ad in the next issue of The Current to make it so. Scorpio will light up your life this month.

Gemini (May 21-June 20) Christmas is over! Stop wearing those Christmas stockings for socks and that cute red-haired person who sits next to you in your human sexuality class might actually go out with you. If not, try losing the Santa hat.

Cancer (June 21-July 22) You know how your roommate has been bugging you since you got back from Christmas break? As soon as he becomes engrossed in his

calculus homework, sling-shot him with the fruit cake you got from Aunt Martha. He'll never see it coming.

Leo (July 23-Aug. 22) Be daring this month and spice up your love life by showing up at an Aries' front door wearing nothing but recycled ribbons and bows. If it works, he might let you lick his candy cane.

Virgo (Aug. 23-Sept. 22) Now that the holidays are over, it's time to re-unite with that special Pisces, you dog. You may have gotten out of buying a Hanukkah gift, but you will make up for it on Valentine's Day, I promise.

Libra (Sept., 23-Oct. 22) The ghost of Christmas past will be visiting you in the form of your Master Card bill. Don't buy anything that will clutter your limited space. And no, Kmart won't let you return those wanna-be Nike shoes without a receipt. Recycle the gift next year.

Scorpio (Oct. 23-Nov. 21) Be very, very careful removing those Christmas lights, or you may become more enlightened than you had planned. Taurus will want to hold the ladder for you, but think twice before accepting this offer. She'll leave you hangin'.

Sagittarius (Nov. 22-Dec. 21) Now that the Christmas break is over, you will have a hard time getting out of bed for

your 8:00 a.m. class. Asking your roommate to wake you won't work again this quarter — you must rely on yourself. Stay up all night every night for at least the first week to spin up. A charming Virgo will be more than willing to help.

Capricorn (Dec. 22-Jan.19) Doesn't having your birthday so close to the gift-giving holidays just rip your shorts? Announce to the world that from now on you will celebrate your 1/2 birthday in June. If the queen of England can do it, so can you. Look out for an Aquarius who is after you for that lousy gift you gave.

Aquarius (Jan. 20-Feb. 18) You will be receiving an apology from the Capricorn in your life. She is really sorry about the hair-club-for-men gift certificate. It seemed like a good idea at the time. A visit with Libra will yield an unexpected surprise — he has a pair of those wanna-be Nike shoes you've been looking for, and they are just your size. Negotiate.

Pisces (Feb. 19-March 20) Learn from your mistakes and don't try to butter up your English teacher this quarter with some left-over peanut brittle. Remember the broken crown incident last year? And when that special Virgo tries to get back together with you this month, take him up on it, but you make dinner reservations at the Four Seasons on Valentine's Day.

101 considerations when choosing a dog

By John Carlile
Staff reporter

With the recent release of the movie "101 Dalmations," many people are prompted to acquire a cute little spotted puppy, but they can end up with more dog than they bargained for.

Before shopping for a puppy, figure out exactly what you want in a dog, said Nancy Baer, author and dog trainer. This can depend on several things, such as whether there are small babies in the house. A compromise may have to be made to find a dog that is compatible with all family members.

"Be prepared to come home without a puppy, if one isn't there for you," said Baer. "Check out the parents as puppies do pick up traits and also genetic problems, which can be worked on but not completely cleared up."

One problem with Dalmations is that they need a lot of exercise. they can also be high-strung and not good with children.

Before you pick out a puppy, you should observe the litter.

"Watch them eat, play tug of war with a sock, play with them and walk away and see who follows you," said Baer.

The dominant one will eat first, the first one out of the box to follow you is also the dominant one. Another way to tell how dominant the puppy is to ask breeders, said Baer. Another thing to check is tolerance to handling. Make sure that you can handle his feet and ears without upsetting the puppy. This can be a major factor when it comes time for grooming.

Will the dog be an outside or inside dog? A short haired dog, no matter how big it is, will be an inside dog, because it doesn't have enough hair to keep warm.

Many people are wrong in thinking that a short-haired dog does not

shed, Baer said. All dogs will shed, the problem with the short hair is that it sticks into everything and is hard to vacuum out.

Another choice is whether to choose a puppy or an older dog. Taking an older dog does not necessarily mean taking on someone else's problem. Most older dogs have had training and won't require the amount of time to be housebroken and all else that goes with raising a puppy.

"It is hard to train a dog if you are not at home," Baer said.

Baer said the first book she wrote, "Choosing A Dog," has a lot of information on how to decide what type of dog would be compatible. It was written from the trainer's point of view. Baer is also author of another book about dogs, called, "Leader Of The Pack."

"Breeders love their breeds and are not always truthful," said Baer. "You should talk to more than one, preferably several.

"Breeders should be showing their dogs and have titles, awards and pedigrees available for you to look at," said Baer.

"Also you should find out if the dog was bred for work or show," Baer said. "This is another question to ask the breeder."

A breeder should be able to show you a pedigree on a pure-bred puppy. This will show the family history.

Besides showing if a champion bloodline is in the family, it will also tell you how trainable and how well the line is known for obedience. This information is included on the pedigree.

There is the possibility that you will find a mixed breed that will fit your criteria. You need to do a check on the breeds involved and a check on the parents, Baer said.

You need to watch for breeds that have problems with hip-dysplasia. This is normally a problem in larger dogs. It

is a defect in the hip and socket which is only detectable with an X-ray.

She also cautioned that there are breeders who do not know what they are doing. They have no background on the dogs they are breeding. They have no idea if there are negative traits or genetic problems being bred into the dogs.

"If you are not going to show your dog, then get them spayed or neutered," Baer recommended.

Baer's second book tells you how to let your dog know that you are the boss.

"If the dog thinks he is the leader of the pack (family) this creates a very dangerous situation," said Baer. "Family members are bitten more times than ever told. The dog is disciplining you."

There are several things you can do to show the dog that you are the boss.

"Where the dog sleeps is very important to the dog," said Baer. "You have to establish a pecking order with children. Do not fix the dog's food before you eat, as this sends the message to him that he is more important."

You can start training a dog at 7-to-8 weeks old, by the eighth to 11th week you can work on respect. Baer said, "Do not free-feed, as the dog will lose sight of who is providing his food."

"I get telephone calls, with people wanting a 'safe dog' and I explain that there is no such breed," said Baer. "There are good and bad dogs in all breeds."

The small percentage of "bad dogs" can harm the reputation of a breed, Baer said, also a dog can be mismatched with the owner. This can cause the dog to react in frustration, not knowing what is expected of him. Baer said many people are bitten by their own dogs.

Continue to page 19

Running Start students glimpse future

By Ben Burr
Special to The Current

Running Start is a program created by the state legislature to give juniors and seniors in high school a chance to earn college credits.

The program also gives high school students a chance to adapt to life on a college campus.

"You get to know what's ahead," says Danny Good, a 16-year-old program member and student at Green River Community College.

Good's goal at college is to get a head start on his business major.

Good does not regret coming to college, but is now carrying a heavier work load due to the more advanced level of study. But Good believes it's all worth it.

"I have more freedom," he says. According to Good, the instructors don't even take attendance. Although he has freedom, Good does not plan to skip any classes because he believes attendance is the key to success.

His only regret is that he missed out on most of his high school activities, but Good still plans to be enrolled in the program next year.

Good is not the only one who enjoys the Running Start Program.

"I like it," says Jamie Holt, a 17-year-old Running Start student attending Green River as well. "It gives the less fortunate kids a chance to go to

college."

Running Start provides students a chance to take college classes for free.

Holt's major is still undecided but she is just trying to get some free college while she can.

"Half of the students there are weird," says Holt, but as a whole she enjoys the school.

Her advice to a student contemplating Running Start is, "discipline yourself, the classes are a lot harder than I expected."

Holt's only problems are the difficulties of math and how she is starting to miss Kentridge High School.

She will be enrolling back into Kentridge at semester.

Not everyone is enjoying their college life.

"I would rather be at a different school," says Cecelia Melonson 17-year-old high school senior attending her third quarter at Renton Technical College.

Melonson agrees Running Start is a good program, but the independence of college is making her uncomfortable.

Despite the lack of attention she receives, Melonson admits she is learning more in college than she would be in high school.

"People come from different walks of life and it's hard to get along with them," says Melonson. She also said instructors work you too hard.

Melonson's goal at college is to get

her beauty school license and to learn more about ethnic hair.

There are 380 Running Start students enrolled at Green River Community College for fall quarter, and 42 of those students are from Kentridge High School.

Some advantages of Running Start are you can take courses not offered at your high school, you can get a taste of college life, and above all, it's free.

Students also say it's nice to receive high school and college credits at the same time.

With this program life may sound like fun and games, but Running Start students take on some extra responsibilities that you would not necessarily have to take on in high school. Students are responsible for transportation, parking fees, books and any other class fees.

Though Running Start is considered, by most students, to be a good program, students and parents should take some things into consideration before enrollment.

College level classes move faster than high school classes and students may find the speed of the classes overwhelming.

Also, high schools provides a unique social network and at college students will be associating with others from a variety of ages and backgrounds.

The best way to get into the Running Start program is to see your high school counselor.

Dog

Continued from page 18

people are bitten as a result of being mis-matched."

"Most people today want a dog that is safe yet intimidating," said Baer

The first dog that came into her thoughts was a Doberman. "I have trained many, many, Dobermans and only two have been aggressive," Baer said.

Baer is owner of "A Canine Experience," a school for professional dog trainers. She also offers private lessons and obedience classes for dogs.

The type of school that Baer offers provides a lot of different types of training, and various times and length of classes are available.

The Home Correspondence Course

that she will have available in January 1997; will use books, workbooks, audio cassettes, video cassettes and all equipment to train at home.

For information call Nancy Baer at "A Canine Experience," (360) 668-6091.

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