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# The Current



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## Humphrey has self guided fitness approach

by Denise Ko

The average woman in the United States is made up of 30 percent fat, according to Ruth Humphrey, exercise physiologist.

Humphrey spoke on Fitness for Women in the second of a three part lecture series sponsored by the Green River Women's Center, Wednesday night.

She explained the results of a recent study revealing that 24 percent of all U.S. women are obese, meaning they are over the 23 percent level of body fat which is considered the maximum limit for a healthy body.

**"You need to get beyond the razzle dazzle that you've heard about fitness."**

Humphrey is an exercise physiologist from Group Health hospital, and has worked for fifteen years helping people become fit.

About her profession, Humphrey said "An exercise physiologist is someone who pokes and prods bodies. We spend a lifetime studying the human body at work and rest, determining what happens to it when a person experiences physical or mental stress."

Humphrey wanted to give the audience basic tips and information that they could "take home" and use.

"I want to give you the facts to help you get on a self guided tour of fitness for the rest of your life," she said to the near packed audience of women.

"You need to get beyond the razzle dazzle that you've heard about fitness. If it sounds too good to be true, it is," she stressed.

Humphrey went on to say that it is important for women to become fit in order to help decrease the chances of disease and joint injury.

She said that breast cancer and other cancers have been linked to a high storage and intake level of fat.

"We are also right up there with men now, in respect to cardiovascular disease," she said.

Exercise, according to Humphrey,



WAYNE CLIFFORD/THE CURRENT

Ruth Humphrey, exercise physiologist humorously discusses the importance of being a fit woman.

builds up a daily storage of energy which helps the body deal with stress, and lessens the chances of a heart attack.

Getting motivated is one of the problems people experience in trying to start a fitness program, Humphrey explained.

"I can probably motivate a few of you tonight, but most of you need to motivate yourself. We all learn when we're ready to learn," she said.

Humphrey said that people have to reach a point when they say "I count, and I believe I count, and am important enough to take time for myself to get fit."

She said that too many people want a "quick fix," but that there are no miracles in becoming fit.

"People are bombarded and exploited by the media, who is only trying to sell

their products by what they perceive as fitness," she said.

Women compare themselves to the "Vogue model and Mary Decker image of fitness," Humphrey said, and many give up on fitness after getting depressed with their results.

She explained that it is not necessary to do 2,000 leg lifts, run a marathon, or become a triathlon athlete in order to be fit.

Humphrey then discussed the 'Five Components of Fitness,' which are: muscular strength, muscular endurance, flexibility, body composition, and cardiovascular capacity; aerobic and anaerobic.

The most important of these, she said, is cardiovascular capacity, flexibility, and muscular endurance.

Cardiovascular capacity can be built up through aerobic exercising, creating a stronger heart.

"The word aerobic is the biggest and most highly exploited term today. It's a big money maker," she said.

She explained that activities like walking, swimming, biking, cross country skiing, skating, and dancing are all aerobic, meaning exercise with air.

Aerobic exercise strengthens the cardiovascular system by giving the heart a work out. But, she warned, aerobic exercise must be monitored and done properly.

The heart is a muscle that responds to proper training, and if not exercised it becomes weak and subject to disease, said Humphrey, but if exercised properly it will become strong and efficient.

She gave the audience an Aerobic Fitness Chart which explained the proper training heart rate for each person according to their age and present fitness level.

Some anaerobic exercises include bowling, tennis, racketball, and football. Even though these exercises are vigorous they are not considered aerobic because the body tenses up and the heart does not get the proper amount of blood and oxygen pumping through it.

**"It takes one month for every year you've been sedentary to get into shape."**

Humphrey warned that people must be careful when doing aerobics. "If you exercise too hard, your heart doesn't have time to take in enough blood and oxygen, which could cause a cardiovascular disaster," she said.

She explained that a good work out should start with a 5 to 10 minute warm up, progress to a 20 to 30 minute aerobic work out, increasing as your goals change, and ending with a 5 to 10 minute cool down.

Humphrey stressed that results do not happen overnight. "It takes one month for every year you've been sedentary to get into

See FITNESS page 5

## Sandinistas, 'are definitely in power,' says Blake

by John Polsak

Nicaraguan Catholics are being encouraged to break faith, so to speak, by their own priests. Or so said Bob Blake during a presentation on the Sandinista accomplishments since 1979.

Blake discussed, in a non-biased manner, the pros and cons of what has happened to Nicaragua since the Sandinistas have taken power.

"First of all I believe the Sandinistas get an A plus for attaining political power," said Blake. "They are definitely in power and running things. They also get an A for military power."

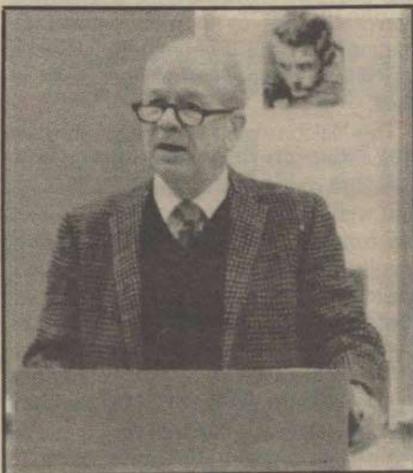
Since the Sandinistas have taken rule in Nicaragua they have accumulated the largest army found in Central America. They went from 10,000 troops to 60,000 by using the draft, and are backed by modern weapons from Soviet bloc sources. Compared to their southern neighbor, Costa Rica who has no army what-so-ever, this is quite an arsenal.

Blake went on to grade the Nicaraguan government on health and education. "They would get an A for health. They have received many awards for their health care including recognition from President Reagan," he said.

"Some questions have risen about their actual conditions however. The amount of doctors in Nicaragua has dropped from 1,000 to only 500 since 1979. Only 500 doctors in a country of roughly three million people," Blake added.

He also said that malaria is a disease that has spread uncontrollably in the country. Blake said the reason was because they stopped spraying pesticides to prevent adverse effects it had on birds in the area. He said they have been able to knock out the threat of polio though. Blake felt their main health problem was lack of money to fund hospitals and medical help.

"They just spend too much money on the military and education. There's nothing left to grow crops for their exporting needs or



DAVID BAUS/THE CURRENT

Bob Blake

even for their own people," he said. According to Blake Nicaragua's crops have declined by 30 percent since 1979.

He said, "They have done a marvelous job in educating the country though. They

claim they have 100 percent literacy, but I doubt they have educated the older people in the villages to a reading level yet. They've done a real good job with the young kids though."

The Sandinistas don't get such high marks in the human rights department, however. Blake claims the Nicaraguan people's rights have been severely abused.

"Twenty-five percent of the priests in Nicaragua belong to the Sandinista movement and are Marxists first and Christians second," said Blake.

"The press must go through the government before anything is released. Often times a large portion of a story will be gone from an article because the government didn't want it published," he added.

Blake said that the prisons have been improved, and through the Sandinistas are infringing on human rights the Contras are reported to be doing just as much infringing. He said that neither of the two opposing sides have clean hand.

# OPINION

# Election scandal illuminated

Last month, I was given an assignment to find out the truth behind the rumors of the election results being nullified, and why they were nullified. Digging out the answers proved a small challenge.

What was more interesting was getting to know the people involved and separating the rumors, some of which are absolutely ridiculous, from the facts.

One of the people I've gotten to know and really feel for is Bruce Jenson. I have by no means made up my mind yet about whether Bruce is guilty or not, but I have found out some startling things that I would like to make known.

First off, I would like to clear Jeff Jagosh's name. He was Jenson's running mate but he has not been charged with anything, a fact that has been distorted as it spread from mouth to mouth to mouth.

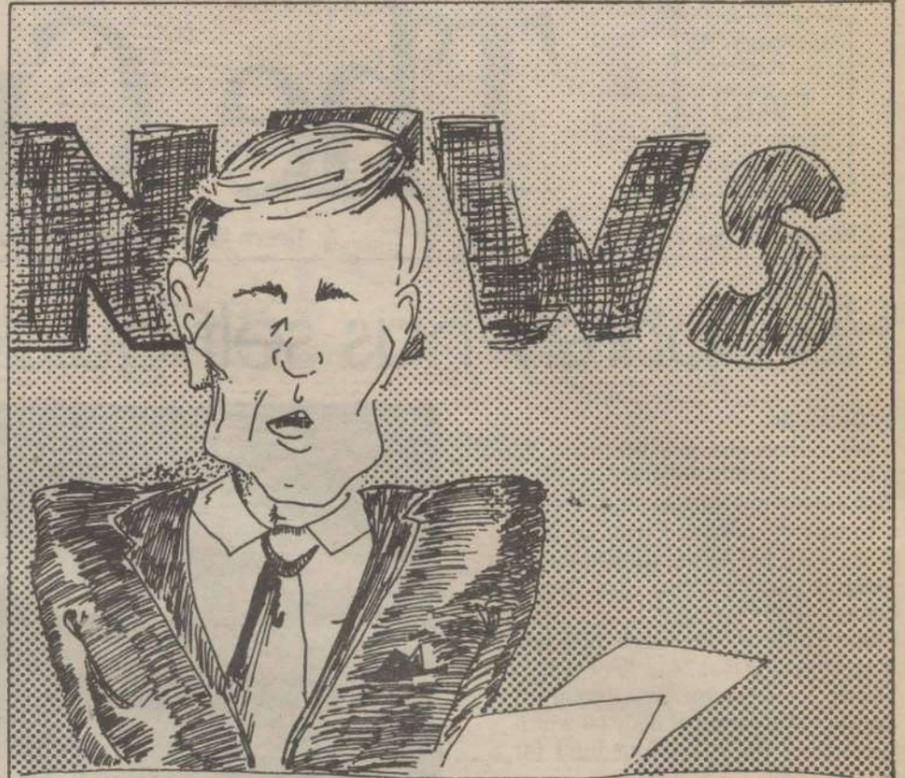
Next, I would like to clear up some other rumors that have put a ridiculous element in a serious issue. I know that Bruce Jenson has not taken anybody out to dinner, lunch, breakfast, or even a little snack in exchange for their vote. He also has not promised anyone that he will do their math homework.

Finally, and this part is really sick, Bruce's car has been vandalized... twice. The first time someone pulled the trim off of the side of his car and the second time some "adjusted" the engine timing. I don't know whether this is related to the election scandal or not, but it does seem highly likely, and that my friends is very sad indeed.

I can't speak for Bruce but if it were me I would wonder if it is even worth the trouble.

Oh well, I hope that I have shed a little more light on the whole issue of the election. I guess all we can do is wait for the Board of Appeals' decision.

## Editorial



... AND IT HAS BECOME APPARENT THAT STUDENT ELECTIONS, AND RESULTING COMPLAINTS, AT GRCC, WILL HAVE NO EFFECT ON THE OVERALL WELL BEING OF MANKIND. I'M TOM BROKAW... GOODNIGHT.

Frosty

## How not to be a doormat

Relationships are important, yet many of us allow our partners or family members to manipulate us. We doubt our personal worth and consequently submit to the will of others. Ask yourself these following questions:

- In a difficult situation, would you rather be accommodating than risk a scene?
- Are you your own worse critic?
- Do you hang on to a destructive relationship despite your misgivings?
- Are you afraid to stand up to your friends, family members or partner?
- Do you give the attitudes and preferences of others more credence than your own?

Your partner should be supportive of your needs and not exploit your self-

## Health in the 80's



Judy Names, R.N.

Green River Health Coordinator

esteem. Don't let fear of disapproval and abandonment dictate your actions. Putting up with mistreatment makes you a doormat.

There are several strategies that can help prevent you from tearing down your self-esteem and forming destructive relationships. Here are some general rules to follow when entering into a relationship:

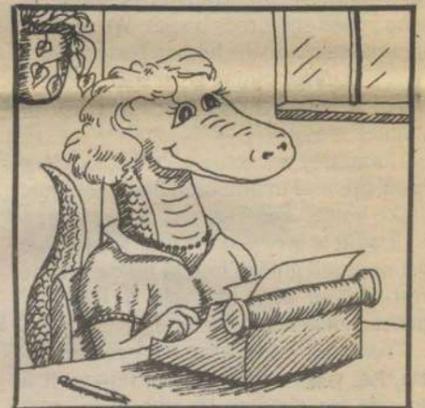
If you answered yes to more than one of these questions, it may mean you are sabotaging your own interests and needs.

1. Give yourself the basic right to say how you want to be treated and do not tolerate abuse. Be direct and firm in your communication.
2. Enter into a relationship slowly. Strong physical attraction is not enough to make a decision about a long term commitment.
3. Discuss your relationship regularly with your partner. Clear communication cuts down on abuse.
4. Know when it is time to get out of a relationship. Your physical and emotional wellbeing is more important than a destructive partner.

## Wellness Tip

Battering, breading, or deep-frying chicken and fish cancels out their low fat quality. Also, it is better to skip the tartar sauce and use lemon juice. "Jumbo," "giant," and "deluxe" should signal warning bells. Larger servings of fast food means more fat, cholesterol and sodium.

## Walk fast



## GATOR AID

Dear GRACC,

How about telling the lead butts to shake a leg when they're on their way to the parking lot? Don't they know people are waiting for their spots?

I'm sick of being late to class just because these people are inconsiderately piddling along like they had nothing better to do.

P.O'd

Dear P.O.,

You told them just fine. I'll just add: "Piddlers" please pay attention.

Dear GRACC,

There's a guy who calls me all the time. I like him for a friend, and I know he's lonely, but after awhile I get tired of talking. I don't want to hurt his feelings, or be rude and hang up. How do I end the conversation when he just keep talking.

Sore ears

Dear Sore,

First figure out how much time you have to talk, like (eg.) 10 or 15 minutes. Toward the end of that time, start winding down the conversation. Perhaps by telling him things you need to be doing. When the time is up, just tell him "I have to get going... talk to you tomorrow... Bye," and do it. Hang up.

It's nice that you understand his loneliness and that you talk to him. Just make sure you haven't become a crutch. If he isn't able to talk to you all the time he might have to take a positive step toward other people, and possibly a more meaningful relationship. You may be making it too easy for him to remain inside his introverted shell. If that is the case, you aren't doing either one of you any favors. Let that thought give you the courage to terminate the conversation after a reasonable amount of time.

## Casanova supporters plan nationwide convoy for Vietnam POW's

Mike and June Maloon, a couple who fasted for a number of days with Gino Casanova in a hut by Highway 167 in Kent, are currently organizing a Vietnam POW/MIA convoy to Washington D.C. starting their Saturday from the intersection of Railroad Avenue and Meeker Street in Kent.

The Maloons want to continue to draw national attention to the MIA/POW issue by forming a convoy across the nation that will end with a rally in Washington D.C. They are concerned that other issues currently dominating the news, such as the nuclear meltdown in Chernobyl, Russia and the recent US confrontation with Libya, will draw public attention away from the MIA issue.

The Maloons have been participating in a candlelight vigil every Sunday at the Burlington Green Park in Kent.

The Maloons have been back to Washington D.C. once before in support of the issue. "We made waves back in Washington," Mike said, "It's going to be big this time, you'll be reading about us."

Richard Keeton, who is handling the public relations for the convoy, has had some correspondence with Senator Daniel J. Evans on the issue of MIA's.



Mike and June Maloon.

In a letter dated March 18, Evans says, "Recently there have been some positive signs. The Vietnamese Government has begun to cooperate, albeit in a very limited way, in the search for more information about our missing service personnel. While the steps we have taken so far have been helpful, we need to move more quickly."

The Maloons are urging supporters to join them in the convoy for as long as they can, "The edge of the city, the edge of the county, the edge of the state," said June, "It doesn't matter, just show your support."

## The Current

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## NEWS AND FEATURES

## Stay tuned... film at 11 o'clock

Have you ever watched the news? Maybe it's me but professional newscasters come off as... well, a little weird. Not only are they weird, but they are all the same. They're easily separated into sub-groups. Let's delve into the miraculous microcosm of the professional news media.

To be an anchorman you need to possess a deep voice, a slowed down sense of humor, and a knack for really dreadful puns. These are used for moving smoothly from one subject to the next.

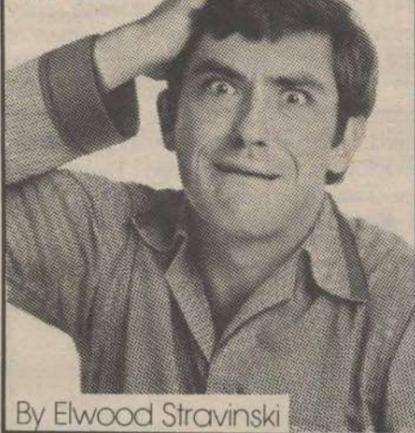
"Well Jan, while we're on the subject of the thousands of people who mutilate themselves every year with Quisnarts, let's talk about the new mincemeat pie recipe that New York is raving about."

Or, after discussing the Bopahl incident, "...and speaking of chemical releases, let's see that new perfume decanter Salvadore Dali just designed."

To be a female newscaster you need a deeper voice, and you have to be cute. "Cute" entails wearing trendy clothes, and having a short haircut. Female newscasters are always dead serious. Even when they smile they have that look about them like

## Elwood's Column

We're Making News...



By Elwood Stravinski

someone has laced their girdle too tight.

Then there's the sportscaster. The impetuous fool who feels it is his divine duty to be funny. Too bad he isn't. He talks so fast you can only pick out slang names of obscure teams and numbers.

"... and the Sixer's and the Mets CLOBBERED Sonics and scoring 7-5 in the NFL

only to be SMASHED in the/NBA-NHL-QFC, KFC, PDQ."

Sportscasters are the creative guys of the bunch, they get to use words like creamed, wasted, zipped, and slaughtered. Anything works as long as it means won or lost. Real tough.

Weathermen have it the worst. Notice the nervous laughter, the sweaty palms, the droplets of perspiration on their noses. They know that one mistake could mean a car bomb from an angry viewer who wore a sundress instead of a raincoat.

Weathermen depend on evasive maneuvers to survive. Steve Poole often is seen entering and leaving the studio as different people (thanks to the KOMO wardrobe and makeup department.)

Here we have assembled a family of people so plastic you'll wonder if you're not at a tupperware party. These are folks who tell you, rather casually, about the most horrible things that happened in the world today. I think I'll stick to the newspaper. At least I can decide on what I'll read (usually comics and humor columns).

But maybe I'm a little biased.

## Forums cancelled for Latin America speaker series

by Marsha Heaton

Because of Dr. Nigel Adams' "Year of Latin America" program, some of the regularly scheduled Tuesday Forums have been canceled.

Since early last month Adams has hosted guest speakers each Tuesday and Thursday in SS-8, where the forums usually meet every other Tuesday.

Sharon Vail, coordinator of Tuesday Forum, said, "Education comes before Student Programs. Nigel has had some really good speakers with big names. It's hard to compete with our smaller budget."

Student Programs will try to bring in one or two "big name speakers" in June, according to Vail. "Maybe someone like Ross Schaefer."

Adams' noon forums are open to anyone on campus.



DAVID BAUS/THE CURRENT

President Rich Rutkowski addressed the honors reception.

## Honor students praised

by Eric Ode

In recognition of the Green River students who achieved a 4.0 grade point average during Fall and/or Winter quarter, a special honor reception was given on Tuesday.

Less than two percent, some 83 students from Green River's approximate 6,000 enrolled, fulfilled the necessary requirements for the honor roll.

Along with the reception, certificates of achievement were awarded to those students who had received 12 or more credits of "A." Pass/fail classes were not included in that total.

After the honor students waded through brownies, cookies, and vegetable trays set

out for them in the Glacier Room of the Lindbloom Student Center, Richard Rutkowski, president of Green River, greeted them.

In a brief speech, Rutkowski congratulated the students, referring to them as an outstanding unique group who serve as role models to their fellow students. He said that they were students of hard work, determination, and perseverance; showing interaction and participation on campus.

Rutkowski then gave examples of some Green River graduates who have strived for excellence and achieved it. In ending, Rutkowski stressed, "Set goals — high goals — and you will be successful."

## Help Center aids struggling students

by Kris Hollyman

The GRCC Help Center can benefit those students who may need or want special attention with their studies.

Whether that special attention involves only a question, a course strategy, or a full-scale tutoring session, the Help Center is available for a variety of needs.

"I go there whenever I need help," says Dave Monk, Green River student. "The Help Center really went to bat for me. My GPA went from near failing to 3.4," he added.

"It's too bad that some students feel they're not worthy of help or their pride gets in the way and they feel getting help degrades the achievement," Monk said.

Barbara Brimer, another Green River student who uses the Help Center, feels the same way.

"Green River really needs something like this for those of us that weren't born with a lot of natural ability for certain required subjects," she said.

"Anyone struggling with a class can be helped even if it is just some strategy on conquering a course," Brimer added.

The Help Center is in the northwest corner of the Holman Library and is open from 9 a.m. to 1 p.m., Monday through Friday. There is no charge for any of the services provided in the Help Center.

Spring Quarter Help Center Hours:

9 a.m. - 1 p.m. Monday - Friday

Free Tutoring available in Math, English, Science, Foreign Language, Social Science, Computer Science.



## Comparable worth raises GR salaries

Contribution by J.L. Fitzgerald

One hundred twenty Green River employees received a bigger paycheck on April 25. Thanks to the Washington State Legislature and the 9th Circuit Federal District Court, the comparable worth issue is being realized by the individual worker.

Comparable worth has been called the "key economic issue for women in the 80's." The Washington State Legislature has defined comparable worth as "the provisions of similar salaries for positions that require or impose similar responsibilities, judgments, knowledge, skills and working conditions." The term comparable worth refers to the concept of comparable pay for jobs of comparable value, and is generally used to describe the movement to end pay inequity between men and women; certain technical methods of comparing men's jobs and women's jobs; and/or corrective action needed to eliminate discrimination based on sex.

However the term is defined, what it means to 89 percent of Green River Community College's classified employees is a pay raise. Out of 136 employees, 120 received at least a 2.5 percent increase in their salary effective April 1. The increase on April 1, however, was not unexpected. The issue of comparable worth in the state of Washington dates back more than 15 years.

In 1971, the State Department of Personnel published a "Report on the Status of Women in State Service" and recommended that "those who set salaries consider the requirements of the job rather than purely competitive factors."

In 1972, the League of Women voters raised the issue of society at large practicing

sex discrimination by "saving money" on those jobs traditionally held by women.

In 1973, the issue of marketplace discrimination in setting state salaries was again raised by the Washington State Women's Council, the Washington State Affirmative Action Officers Association, the King County Chapter of the National Organization for Women, and groups at the University of Washington. Representatives from these organizations met with the Federation of State Employees to discuss their concern for pay equity. The federation then sent a letter to Gov. Dan Evans requesting a thorough study.

Gov. Evans requested the first state comparable worth study in 1974. The intent of the study was to identify salary differences in job classes predominantly filled by men and those predominantly filled by women. A point evaluation method was used to identify jobs of comparable worth. The study found that women's salaries were approximately 20 percent lower than men's salaries in positions of comparable worth.

In 1976, Evans requested yet another study. The purpose was to review and update the 1974 evaluations, as well as to evaluate additional job classifications for comparable worth. Eighty-five new job classifications were evaluated in 1976 and were primarily salary survey benchmark classes.

In his proposed budget for the 1977-79 biennium, Evans requested \$7 million to begin implementing comparable worth in the State of Washington. This was not, however, included in the governor-elect's

See STATE page 4

## Friends don't let friends drive drunk.



## have your friend sleep over

## NEWS

## State employees gain comparable worth

STATE from page 3

final budget.

In 1977, the legislature directed the Washington State Department of Personnel and the Higher Education Personnel Board to conduct a biennial comparable worth study in conjunction with the biennial salary survey: "A supplemental salary survey which indicates those cases where... prevailing rates do not provide similar salaries for positions that require or impose similar responsibilities, judgment, knowledge, skills, and working conditions. This supplementary salary schedule shall contain proposed salary adjustments necessary to eliminate any such dissimilarities in compensation."

The study was to "be maintained as a separate salary schedule for purposes of full disclosure and visibility." Every two years the State Department of Personnel and the Higher Education Personnel Board were to evaluate additional state positions to compute new comparable worth salary ranges.

In 1981, the American Federation of State, County and Municipal Employees (AFSCME) filed a complaint with the Equal Employment Opportunity Commission (EEOC) alleging discriminatory treatment by the state against female employees.

In 1982, Senate Bill 4769 directed that annual adjustments in employee salaries be initiated during the 1983-85 biennium and that full comparable worth for state employees be achieved no later than June 1993. This legislation passed the Senate, as well as the House Ways & Means Committee. SB 4769 was then returned to House Rules where action was postponed indefinitely.

The 1983-85 biennial budget, adopted by the legislature, directed the two personnel departments to provide a salary increase of \$100 a year for all employees whose salaries were currently 20 percent or more below

the comparable worth salary practice line. Substitute Senate Bill 3248 was adopted requiring that (1) salary adjustments to reflect implementation of comparable worth be included in the basic salary survey of the Department of Personnel (DOP) and the Higher Education Personnel Board (HEPB); (2) adjustments in salaries and compensation to achieve comparable worth be made at least annually; and (3) comparable worth for all state employees be achieved no later than June 1993.

Also in 1983, the 9th Circuit Federal District Court heard arguments in *AFSCME v. Washington*. Judge Jack Tanner ruled in favor of AFSCME, finding the state guilty of discrimination against female employees by failing to implement its own salary setting policy based on its own job evaluations studies.

The Joint Select Committee on Comparable Worth Implementation was formed to review and formulate ways to implement comparable worth in state employment.

In 1984, the 9th Circuit Court of Appeals agreed to hear the appeal of *AFSCME v. Washington*. The Joint Select Committee on Comparable Worth Implementation included its set of recommendations to the Legislature that comparable worth for state classified employees be fully funded no later than 1991 and that 50 percent of full

funding be appropriated in the 1985-87 biennium.

In 1985, the legislature appropriated \$41.4 million for comparable worth salary increases contingent upon the settlement of the pending lawsuit appeal. In order to settle the lawsuit, a negotiating team with representatives from both Gov. Booth Gardner's office and the Federation of State Employees was appointed. Their settlement was to be reached by January 1, 1986.

Also in 1985, the 9th Circuit Court of Ap-

raises went to those employees whose jobs are the most underpaid according to their comparable worth point evaluation. All employees eligible for comparable worth increases received at least a 2.5 percent increase.

How can dissimilar jobs be compared? How are state jobs evaluated under the comparable worth system? Every job contains certain elements that can be defined, evaluated, and then compared for purposes of establishing salaries. For more than 45 years, both the private and public sectors have used point factor job evaluation systems to set management salaries.

The Weyerhaeuser Company, Blue Cross of Washington and Alaska, Simpson Timber and other industries in Washington presently use such a job evaluation system. Currently, the State of Washington is using the point factor evaluation system developed by the Seattle consulting firm, Willis & Associates. Willis identified the four primary factors to use when evaluating the worth of a particular: knowledge and skills, mental demands, accountability, and working conditions.

A good example might be the comparison of a Transportation Engineer and a Registered Nurse II, both state job classifications. The following chart compares the two by "Willis" points.

On the Green River campus, clerical workers are those most affected by the comparable worth decision. Their salary increases range from 2.5 to 15 percent, depending on the evaluation points determined for each job classification.

Though the comparable worth settlement was directly related to jobs primarily occupied by women, the adjustment implemented by the State of Washington and the Higher Education Personnel Board is sex-neutral, based entirely upon job content.

Primary Factor	Transportation Engineer	Registered Nurse II
Knowledge and skills	184 points	184 points
Mental demands	70 points	61 points
Accountability	80 points	80 points
Working conditions	11 points	20 points
<b>Total comparable worth points</b>	<b>345</b>	<b>345</b>
<b>Current monthly salary</b>	<b>\$2,337</b>	<b>\$1,789</b>

peals reversed the Federal District Courts' ruling that found the state of Washington guilty of discrimination against female employees. AFSCME and the Washington Federation of State Employees had the right to appeal.

The settlement reached by the negotiators on January 1, 1986, was adopted by the legislature during the 1986 session. If it had not been adopted, the \$41.4 million would have reverted to the general fund.

On April 11, 1986, the 9th Circuit Court of Appeals again reversed its decision and found the state of Washington guilty of discrimination against female employees and ordered that the comparable worth salary adjustment be implemented effective April 1, 1986. Retroactive salary adjustments will not be made. The largest



ROLAND PROCHASKA/THE CURRENT

Some examples of the paintings and ceramics at the faculty art show.

## Faculty art on exhibit

by Valeria Grey

Some striking examples of faculty art talents are on exhibit in the Holman Library.

The exhibitors include Bernie Bleha, oil pastels; Ed Brannon, ceramics; Sandy Carson, ceramics; Elayne Levensky, paper; Robert Short, oil painting; and Margaret von Wrangel, ceramics.

Among the ceramic offerings are a black formal Japanese tea set; a porcelain bowl, with blue metallic color that gives it the appearance of being very fragile; and many other ceramic pieces that are worth close inspection.

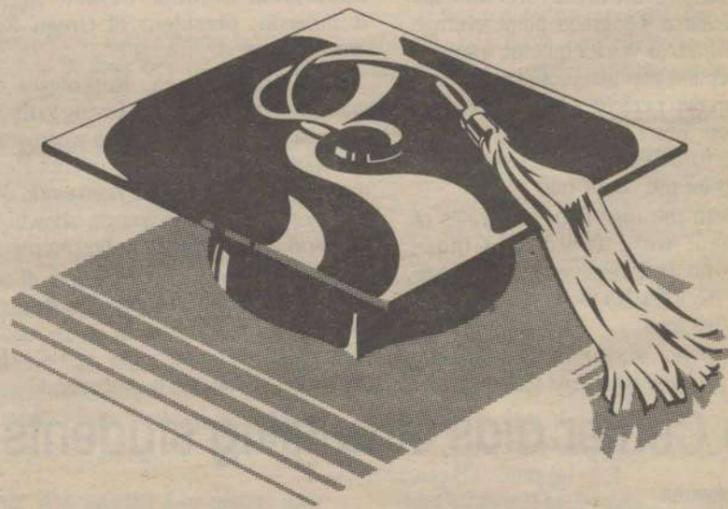
A variety of paintings cover several styles. The pastels contain some interesting color combinations.

The three dimension paper exhibit skillfully blends colors together.

This is Green River's fifth faculty art exhibit. Next year's exhibit is expected to be an extra special event, according to Bleha, who would not reveal the details.

The Holman Library hours are from 8 a.m. to 9 p.m. Monday thru Thursday. On Friday the library is open from 8 a.m. to 5 p.m. The various works can be viewed from now until June 6.

Sponsors are the Division of Creative Arts and the Interurban Center for the Arts.

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# Latino high school students honored

by Valeria Grey

Latino students from 12 area high schools were honored at a banquet in the Lindbloom Student Center, last Thursday night.

Students were singled out for their scholastic achievements.

The banquet was accompanied by traditional foods, a strolling guitar player, and traditional dances.

Girtha Reed, from Minority Affairs, introduced college president Richard Rutkowski, who praised the Latino Club for their growth in the last year.

Rita Limas, club president, stated that the goals of the club were furthering higher education and continuing help for the victims of the Mexico City earthquake.

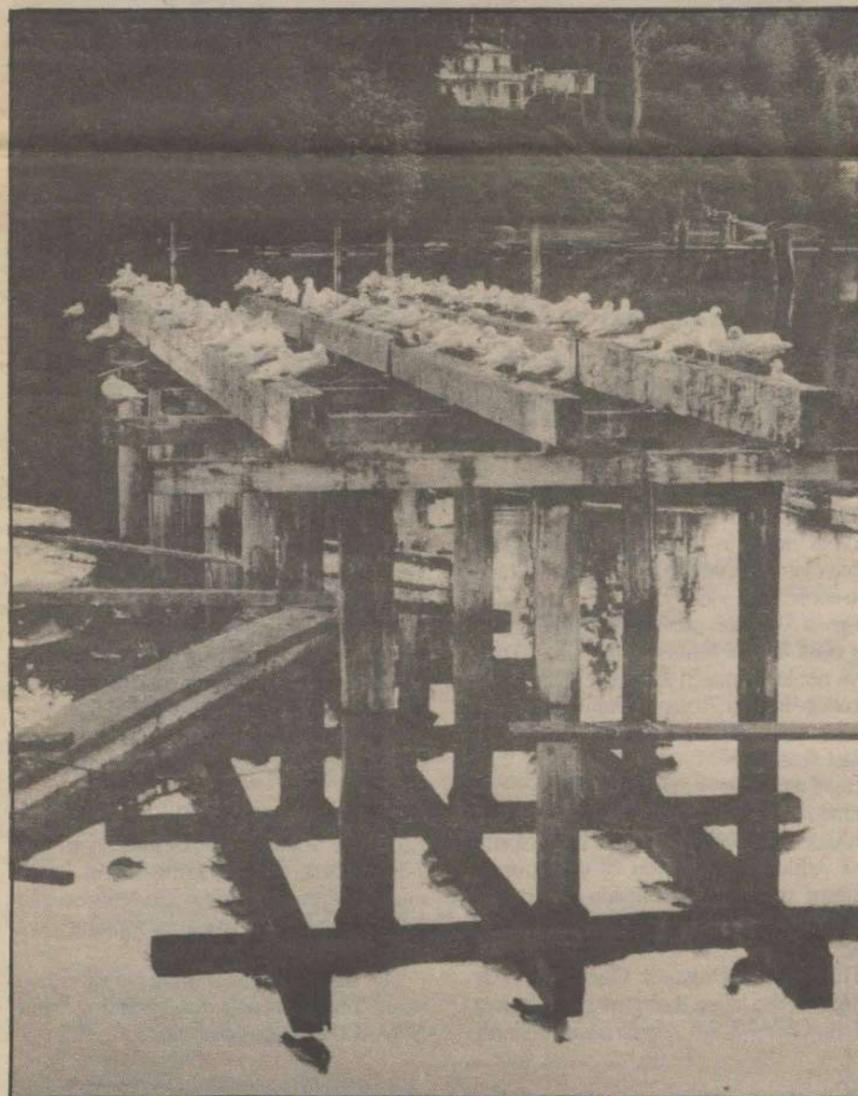
Reverend Jerry Bingham spoke of the current conditions in Mexico City. Bingham and his wife have been to Mexico City with clothing, medical supplies, and spiritual help for the quake victims. They are planning to return in June.

The keynote speaker was Ricardo Sanchez from the Concillio for the Spanish Speaking.



WAYNE R. CLIFFORD/THE CURRENT

Dancers demonstrated traditional dances at the Latino Banquet.



WAYNE R. CLIFFORD/THE CURRENT

## Birds on a Perch

Seagulls using an old pier for a resting place. Taken near Purdy, Wash.

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235-9660



WAYNE R. CLIFFORD/THE CURRENT

Ricardo Sanchez explained the difference between education and being schooled.

Sanchez emphasized the need for better representation in government and the media by Latinos.

"It's next to impossible to have an effect in these areas unless you are educated on some complex issues," said Sanchez referring to the need for higher education among Latinos.

About forty percent of Latino students drop out of school before graduation. One in 78 teachers are Latino. Sanchez stressed the need for doing better.

Sanchez said most US history books do not mention that the framers of the Constitution got many of their ideas from some

of the Indian tribes of the East Coast. Latinos and Indian students need to know these facts, said Sanchez.

According to Sanchez, in ending his speech, Reagan's policies in Central and South America are detrimental to the population.

Rodrigo Barron, principal of Roxhill Elementary, presented the achievement awards to 22 students. Barron is the only Latino principal in the Seattle school district.

Also among the crowd was Pedro Cavazos, publisher of a small newspaper for the Latinos in the greater Seattle area.

## Mogavi abstains from trial

by Denise Ko

What was supposed to have been a trial hearing to decide whether or not the student body election results were valid, turned out to be a thorn in the flesh for Bruce Jensen, presidential victor.

Jensen who is charged with actively campaigning in front of the polls on election day, a violation of the campaign rules, is now left still wondering whether or not he has won the election.

The Judicial Board met briefly on Monday to officially rest the decision on the hands of the Board of Appeals members because of conflict of interest, according to Doug Bender, chief justice.

Mike Dunkle, freshman senator, who filed the complaint against Jensen, felt that his friendship with Keith Mogavi, a judicial board member, would bias the trial and requested that the Board of Appeals handle it.

Mogavi, when asked by Bender at the meeting, agreed that it would be unfair for him to vote on the issue.

He said, "I know that I can put my personal feelings aside and not be biased, but

it's not just up to me. It is important that we do everything according to the constitution and follow the bylaws in order for the vote to be valid."

When confronted about the length of time involved in resolving the complaint against Jensen, Bender remarked, "We are doing the best we can. The Board of Appeals will schedule a meeting as soon as possible."

There are four faculty members and four students who serve on the Board of Appeals. The faculty members are Dennis Blansett, Doug Carr, Bert Bickel, and Al Croppi.

The students who will serve on the board have yet to be appointed.

According to Joan Mason, secretary to Earl Norman, dean for students, the board meeting will occur next week after the members correlate their schedules.

When asked if the meeting will be open to all students interested in this issue she said it will be closed in accordance with the bylaws.

## Self forgiveness secret to weight loss

FITNESS from page 1

shape. Measurable results can be seen though in six weeks," she said.

She told people to work out longer not harder, and not to have too high of an expectation. "Walk before you run," she said.

When concluding she humorously spoke of fat. "Fat is something you cannot melt, massage, steam, or rub off your body. You have to gradually burn it off," she said.

She encouraged the audience to have a sense of humor when starting a fitness program.

"Don't be hard on yourself just because you ate one cookie, it doesn't mean you've totaled out your whole day. Forgive yourself and continue on your self guided tour of

fitness."

Humphrey then advised the women to find an exercise that they enjoy, and then get started.

Wednesday evening from 7 to 9 p.m. the Women's Center will conclude their three part lecture series with a presentation by Dr. Estelle Yamaki.

Yamaki, who is from the Mason Clinic in Federal Way, will be speaking on Osteoporosis. She will discuss the prevention and treatment as well as recognizing the symptoms, and determining calcium needs.

The free lecture will be at the Women's Center on campus, in the Occupation Education building, Room 22.

Those wanting more information may contact the Women's Center at ext. 402.

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## SPORTS

# Gator golfers movin' onward

by Duane Lee

What turned out to be one of the more solid performances of the season for the Gators golf team on May 6 against Tacoma, was almost eclipsed 48 hours later by that same Tacoma team, if it hadn't been for a great shot by freshman Bob Pasquale.

The first meeting between the two at Meridian Valley was not much of a contest as the Gators defeated the Titans, 309 to 331. In that battle, Jody Sanders led the Gators, shooting a 73.

"That was possibly his (Sanders') best round of the year. The team is continuing the show definite improvement," said Coach Mike Peluso.

Greg Ott shot a 76, while Benjie Thim shot a 79 to pace the Gators. All the Titans really needed was their home course at Oakbrook to give Green River their closest match of the season. The stakes were high in this match, with the winner getting an automatic berth to the conference tourney. Although Tacoma came close to pulling off the upset, it was not meant to be as Pas-

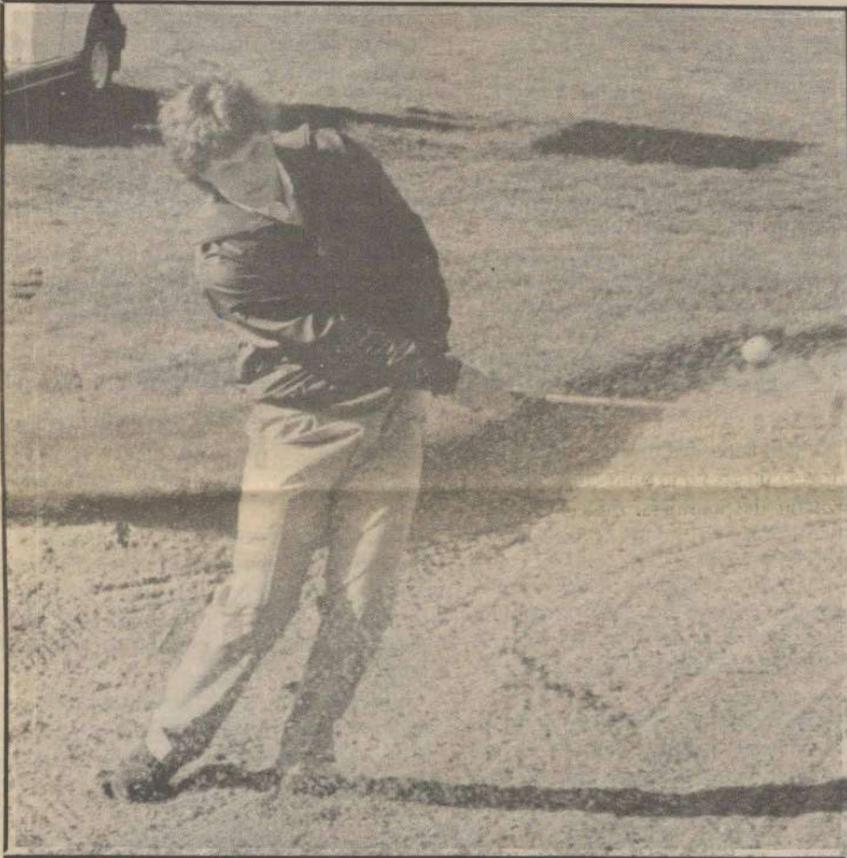
quale sank a 20-foot putt on the 18th hole to win the tight match for the Gators, 315-316.

Peluso said of the match, "It was by far our gutsiest performance of the year. Tacoma was really up for us today and they played very well."

On Monday the Gators won the Lower Columbia Invitational at Longview. The Gators successfully defended the championship they won in 1985. The Gators posted a 298 which was their best score of the year. It was an outstanding performance in which four of the five players finished in the top five individually. Individual scores of the day for Green River were Jody Sanders, 74, Greg Ott, 74, Bobby Pasquale, 75, Dan Watson, 75, and Ed Money, 80.

The Gators have a crucial region showdown today against Bellevue at Meridian Valley.

A victory against Bellevue would give the Gators a share of the Region I championship. Then it's off to Yakima on Monday for the Northwest Athletic Association of Community College championships.



Bob Blake uses his wedge to get a hold of that one.

## Gators split with Tacoma

by Mike Heather

The Green River women's softball team traveled to Tacoma last Thursday to play a crucial doubleheader against league rival, Tacoma Community College.

Coming in to the game, Green River was solidly entrenched in first place of the Western Region, with Tacoma a distant second.

Green River opened the scoring in the first inning with two runs. The Titans came back with two of their own to tie the game in the bottom of the second.

The game remained tied at 2-2 going into the eighth when both teams scored two more times to make it 4-4 heading into the fatal ninth inning.

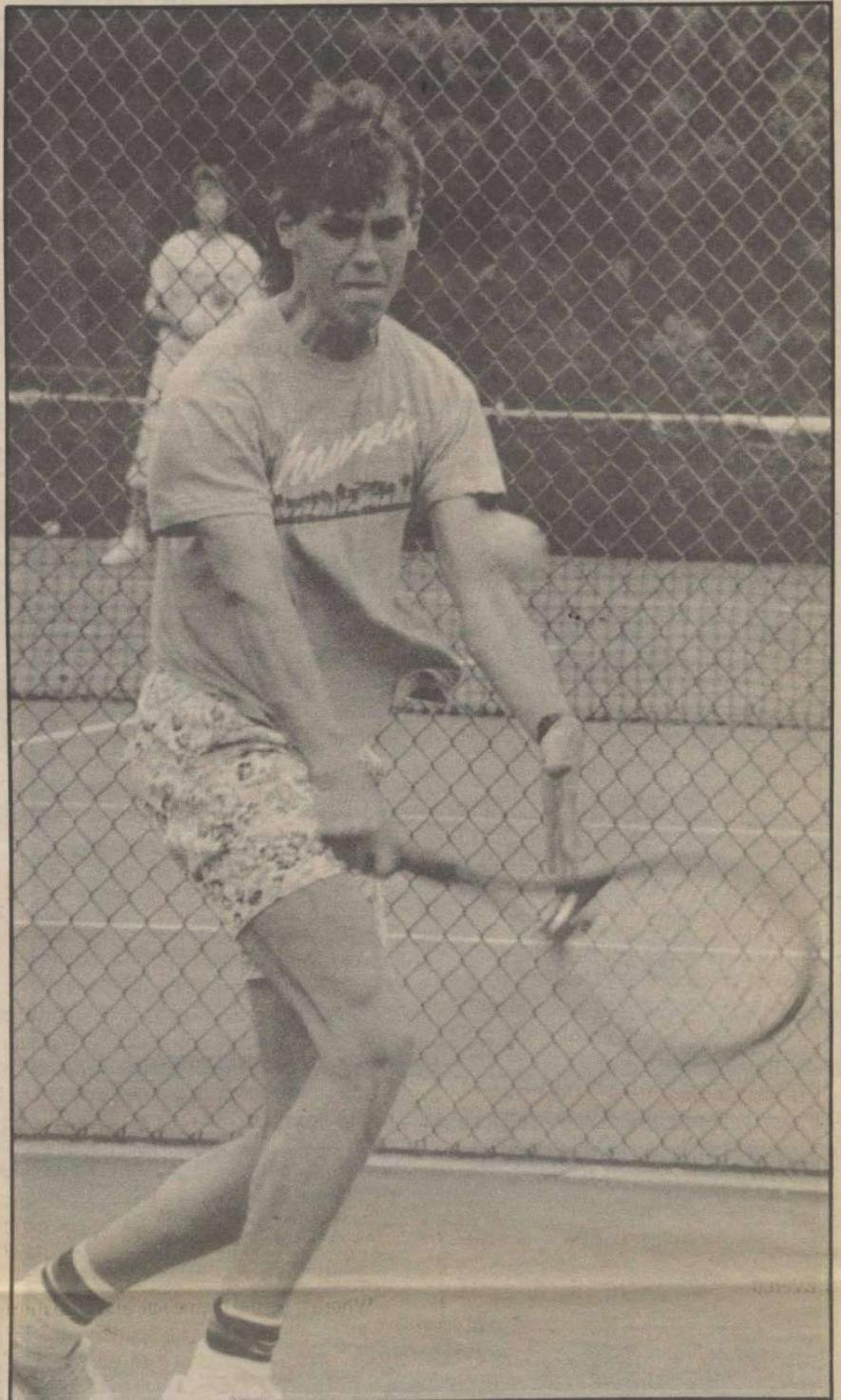
In the ninth inning opener both teams played like champions. In the end, the hit-

ting of Titan Cathy Picinich carried the Titans to a very close 5-4 victory over the visiting Gators. Gator pitcher Linda Lewallan was victimized for the loss.

In the nightcap, revenge was definitely the word of the moment. The Gators tore into Titan pitcher Linda Scholl for seven first-inning runs, and the Gators went on to win 16-2. The game was stopped after five innings because of the 10-run rule.

The big star of the nightcap for Green River was pitcher Carolyn Piksa who picked up the victory while helping herself at the plate with four RBI's. Third baseman Jill Mattsen also contributed four RBI's to the big victory and centerfielder Lynette Keehnel hit a sparkling 4-for-4 at the plate.

As the Gators headed home from Tacoma they had a split to keep their first place standing well intact.



With a look of determination and a good strong backhand, Doug Wisness returns a mean serve.

## Gator netters roll on

by Ben Kelth

The Green River men's tennis team put another notch in their belt as they easily rolled over the Clackamas Cougars 8-1, in a non-conference victory.

Green River has proved itself to be one of the class acts of tennis in the state. They have not lost a match to another community college in over 70 games, while their total win streak is up over 30 games dating back to last season.

Head coach Steve Sauers, whom recently attained his 300th victory as a coach at GRCC, has brought back his 1985 Northwest Athletic Association of Community Colleges men's championship team, and shaped them once again into the team to beat.

The only loss against Clackamas was Doug Wisness in No. 4 singles where he lost to John Cava 7-5, 7-6. After a back and forth

first set Wisness took a quick 5-1 lead in the second, but Cava fought back to give Wisness his first community college loss this year.

Winners for the Gators were; Phil Wildberger, who defeated Rod Camper 6-1, 6-2; Kurt Leonhard beat Mike Booth 6-3, 6-2; Clayton Munson stopped Byron Loosli 6-4, 6-2; Mike Thueringer defeated Sean McCarthy 6-1, 6-3; and Brian Boe finished it off for the Gators by hammering Tim Marshall 6-0, 6-2.

In doubles action Wildberger and Leonhard stopped Camper and Booth 6-2, 7-5; Wisness and Thueringer beat Loosli and McCarthy 6-3, 6-2; while Munson and Boe completed the sweep by topping Cava and Jim Hamilton 6-1, 6-2.

The Gators will be starting playoff action soon, on their way to defending their NWAACC championship title.

## Gator men come back to earth in road split

by Mike Heather

Last Thursday the high-flying Green River men's baseball team was brought back to earth by last place Pierce College in a make-up doubleheader in Tacoma.

In the opener, the Gators got a well pitched game out of Jim Fullerton, who was victimized by lack of Gator hitting. He absorbed a tough 3-2 defeat on Pierce's eighth inning home run by Mike Batt.

Batt was the hitting star in the opener, hitting at 3-for-4 to lead the Raiders to victory.

In the nightcap, Green River performed the late inning heroics. Once again the

Gators received excellent pitching from Steve Goucher and Lonnie Rousey.

The Gators scored first in the bottom of the fourth, only to be tied in the top of the fifth with a Pierce home run. The game was still tied at 1-1 heading into the bottom of the eighth. The Gators pulled off the victory with an RBI by Andy Kimple.

The doubleheader split left the Gators at 14-4 in region play, heading into a crucial weekend of action.

One thing is sure — the Gators are back to earth. Now they'll look to fly onward into the playoffs.



**"Knowledge is of two kinds.  
We know a subject  
ourselves, or we know  
where we can find  
information upon it."**

Boswell, *Life of Johnson* (1775)

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# SPORTS

## Mariners have fooled us again

### BASEBALL STANDINGS THROUGH MAY 12, 1986

Western	L	S
Green River	13-5	18-11
Centralia	11-5	17-9
Lower Columbia	13-9	15-19
Tacoma	11-9	17-15
Pierce (FSCC)	4-16	8-22-1

### SOFTBALL STANDINGS THROUGH MAY 12, 1986

South	L	S
Green River	19-2	26-4
Tacoma	10-9	14-11
Grays Harbor*	5-14	6-18
Pierce (FSCC)*	4-14	8-16
Clackamas	2-15	3-15

\*Includes two forfeitures by Pierce to GHC

### GOLF STANDINGS THROUGH MAY 12, 1986

Northern	
Bellevue	6-0
Green River	6-1
Tacoma	2-4
Everett	2-5
Shoreline	0-6

### WOMEN'S TENNIS STANDINGS THROUGH MAY 12, 1986

Western Region	
Green River	7-0
Clark	6-2
Clackamas	3-4
Lower Columbia	2-5
Tacoma	0-7

### MEN'S TENNIS STANDINGS THROUGH MAY 12, 1986

Western	
Green River	6-0
Bellevue	4-2
Skagit Valley	2-4
Everett	0-6

We've all heard the news. This is the year the Mariners finally break out of their doldrums and bring a pennant race to the starving Seattle baseball fans.

This was the 10th anniversary season, and things were going to be different. We heard idle promises all the way from owner George Argyros down to utility infielder Domingo Ramos. They all promised us the



### The Inside Look by Mike Heather

same thing for the 1986 major league baseball season; victories and success.

Well, if you've been following the plight of our Mariners so far this season, you can definitely tell that we are light years away from being a pennant contender.

Now don't get me wrong, this is a team loaded with good, young talent that eventually must break through and do some big things. But please, we've been waiting *ten* years for that talent to develop so we could enjoy a summer of "good, winning baseball."

Where does the blame fall, and who must shoulder the majority of the criticism? If I

started listing names, I'd be writing all day, so let's just say that the entire organization has much room for improvement.

As dark as the Mariner fortunes have turned recently, it was only a little over a month ago that Jim Presley started the Mariners season with a boom. It was opening night against league rival California, and the Mariner bats were in full throttle, pounding the Angels 8-4 on two Presley home runs.

To see the Mariners' downward slide, you only have to look at Presley's numbers which have been less than spectacular since opening night. His current average is a whopping .190 which is only about 20 points below the anemic Mariner team batting average.

Remember the big offensive pitch that the Mariners were making prior to the season? I sure remember it, and I was foolish enough to believe that this club had potentially one of the top hitting clubs in the big leagues.

On the other hand, I felt the Mariners would eventually fall victim to their lack of quality pitching. They still may down the road, but so far it's been the pitching staff which has shined, and the batters which have found themselves a collective hole to climb into.

The Mariners promised us a lot of runs and excitement this season, instead the Kingdome has seemed like a cemetery, with only the cool air of Mariner batter's whiffing at a record pace.

I mean come on, the Mariners are making mediocre pitchers look like Koufax's and Gibson's. The Mariners have already broken two major league strikeout records this year, and both came against guys named Jose Rijo and Roger Clemens. Who?

Now I don't want to sound like I'm totally down on the Mariners, basically I'm just very frustrated by the poor play so far this

campaign. Maybe the whiffing M's can turn it around, and come back to hit 200 home runs to win the American League West, but don't count on such big happenings.

In reality it looks like another long summer of baseball for Mariner fans, and another summer of empty seats in the Kingdome.

The way the Mariners are playing right now, there is no way they will bring 1.4 million fans into the Dome this year. Which could set the stage for the Mariners to leave town in two years. It could realistically happen, but I hope it doesn't because believe it or not, this team does have a bright future ahead of it. Whether in Seattle or somewhere else.

Despite what appears to be a bright future, the bitter reality is the present state of things. I guess the old cliché that "history repeats itself" is true, we only have to look at an example from World War II. Hitler promised the world that he would take no more land after invading the Sudatenland in Czechoslovakia, and we know the rest of that story. The Mariners promised us lots of runs and fun, and we seem to be finding out the rest of that story too... for better or for worse.

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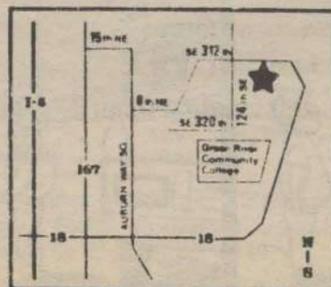
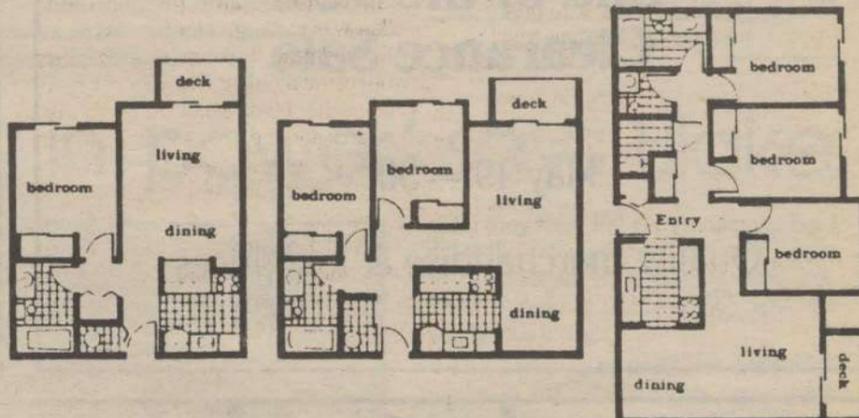
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# GENERAL NEWS

## On Campus

The last in a series dealing with women's health will be May 21. The topic will Osteoporosis; recognizing the symptoms and treatments. The lecture is from 7 to 9 p.m. in the Occupations Building, room 22. Everyone is welcome. No registration is required. For more information, contact the Women's Center 833-9111 ext. 402.

## Community Happenings

### Spokane String Quartet comes to Kentwood

The Spokane String Quartet, quartet-in-residence at Eastern Washington University, will perform at the Kentwood Performing Arts Center on Tuesday, May 20 at 8 p.m. Guest artist, Roma Vayspapir, former principle bassist with the Leningrad Symphony Orchestra, will perform Bottesini's Bass Concerto No. 2 in B Minor.

### Photography workshop at Olympic Festival '86

The First Annual Sports Photography Workshop will be this summer, July 24 to August 5, in Houston, Texas, coinciding with The U.S. Olympic Festival '86. Forty working sports photographers will be accepted and granted full press credentials for the duration of the Games. Admission requires a portfolio review. More information is available on the workshop at (207) 236-8581.

### Kaleidoscope performs fifth annual concert

Kaleidoscope, a modern dance company of people in the Seattle area ages 7-15, will perform its fifth annual spring concert at the Broadway Performance Hall Saturday, May 17 at 7:30 p.m. and Sunday, May 18 at 3:30 p.m. Tickets are \$6 for adults and \$4 for children and seniors. More information is available at 363-7281.

### Swimming volunteers needed

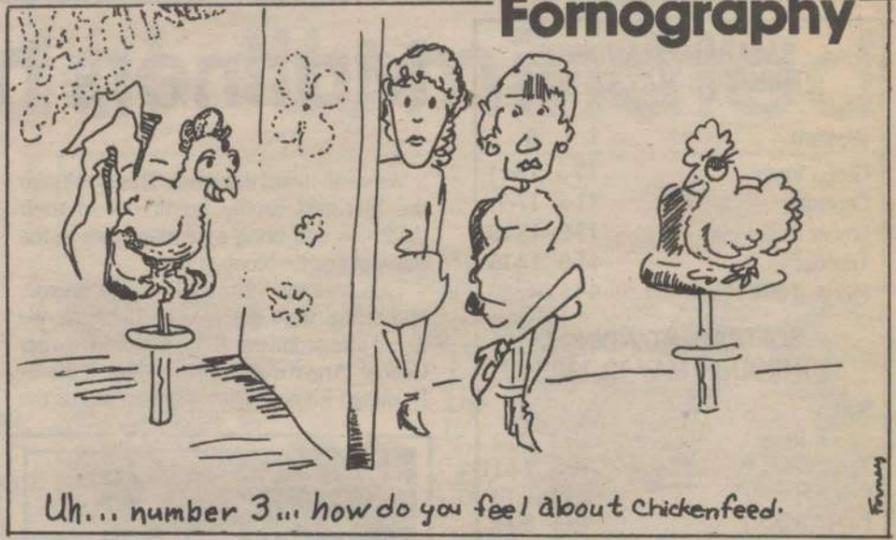
Kent Parks and Recreation Department needs volunteers to help teach swimming to handicapped and developmentally disabled kids. Classes taught by a certified instructor, meet on Tuesdays and Thursdays from 6:30 to 7:30 p.m. More information is available at 872-3350.

### Beginning quilting class being offered

Kent Parks and Recreation is offering an introductory class to quilting every Wednesday night through June 4. The class will teach pattern drafting, hand and machine piecing, hand applique and hand quilting. Classes will meet 6:45 to 9:45 p.m. at Kent Commons. Fee is \$33, \$24 for seniors. More information is available at 872-3350.

### First annual 'Poker Run' May 18

On Sunday, May 18, Corvette and Company will sponsor a 'Poker Run' automobile road race. All vehicles are welcome. The event lasts from 9 a.m. to noon. For more information, contact Black Diamond Auto Parts at 886-1133.



## Classifieds

Wanted: Fig tree cuttings. Call Dave Johnson at 631-9825. Leave name and number.

**Attention WSU students:** Non-smoking female roommate wanted to share a 2 bdrm apt during Fall '86 semester at WSU. This perfect apt is just 2 minutes from campus. The manager is very nice, there is plenty of parking, it's on the top floor, furnished, and is in a quiet area. Only \$160 month including some utilities. Call Sandy at 824-4865.

75 Hornet Wgn. 258, 6-cyl auto. New brakes. Good front end — recently repaired. New carb., dist., starter, motor, water pump. \$700. 631-9825

WANTED: One thoroughbred racing slug. Prime condition, able to pass drug test, extremely cheap. Call ext. 337 on campus. Ask for Kerri.

FOR SALE: '84 Honda Earo 80. \$700 or trade for PA. Call 862-0707, ask for Michael.

FOR SALE: '75 Scirocco. 38,000 miles on rebuild. Fantastic sound system. \$2,500. Please call 862-0707, ask for Michael.

You don't know what you're missing if you don't plant grapes! I've got some scarce, wonderful plants, both seedless and wine grapes. Including Purple Labrusea (Interlake seedless) Verdelet, and many other obscure hard to pronounce types of names. Still only \$2. Call 631-9825 and ask for David.

FOR SALE: Cougar II. 30-45 lb., 29" draw. New cables and cable guard. \$75.00 (New \$200). 833-8829.

For sale: Pioneer KE-6161 Cassette/tuner. Auto reverse, music search, Dolby NR, metal tape, Super Tuner III, 24 station presets, seek tuning, digital clock, RCA outputs, fader. Great deck - only 4 months old. \$215 or offer. Call Mike, 848-6391.

*Classified ads in the Current are offered as a service to student, faculty, and staff free. Copy must be in to the Current office by 3 p.m. Monday of the week the ad is to run.*

# The Paper Tree Bookstore



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it on your calendar



## The Annual End of the Year Clearance Sale

May 19 — 30

Quality merchandise at low prices



## Final Examination Schedule, Spring Quarter 1985-86

All classes will meet during the week of final examinations as scheduled below. Whether or not an instructor administers a final examination is decided by the instructor in accordance with division policy.

### Wednesday, June 11

8 a.m. to 10 a.m.	All 8 a.m. classes
11 a.m. to 1 p.m.	All 11 a.m. classes
2 p.m. to 4 p.m.	All 3 p.m. classes
4 p.m. to 6 p.m.	Available test time for classes with conflicts* and noon hour classes.

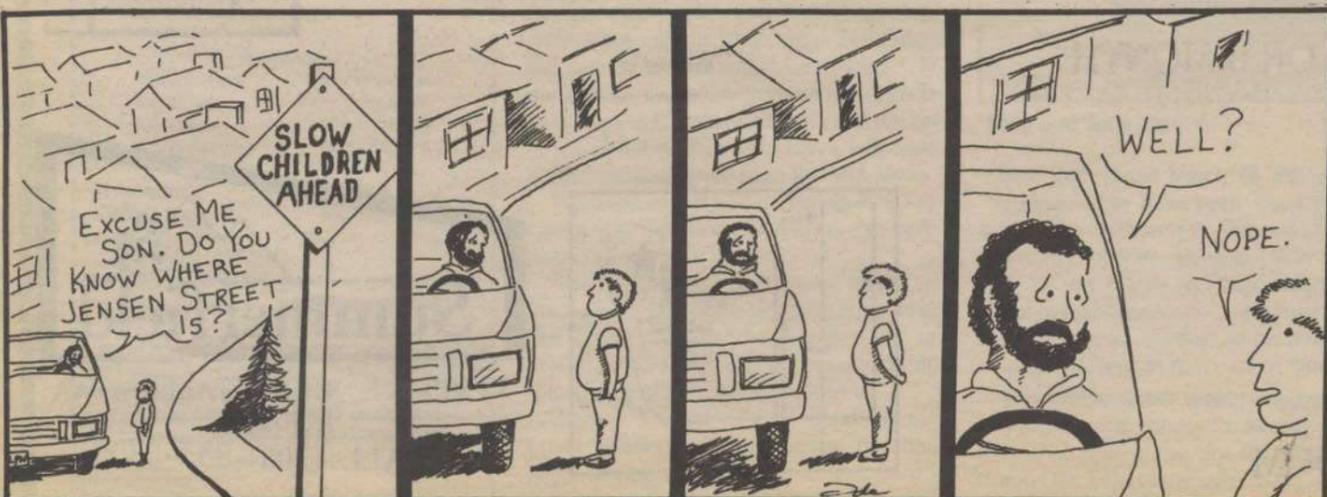
### Thursday, June 12

8 a.m. to 10 a.m.	All 9 a.m. classes
11 a.m. to 1 p.m.	All 1 p.m. classes
2 p.m. to 4 p.m.	All 4 p.m. classes
4 p.m. to 6 p.m.	Available test time for classes with conflicts.*

### Friday, June 13

8 a.m. to 10 a.m.	All 10 a.m. classes
11 a.m. to 1 p.m.	All 2 p.m. classes
2 p.m. to 4 p.m.	Tuesday-Thursday classes that do not fit regular schedule time. Available test time for classes with conflicts.*

\*Exceptions to this schedule require arrangements with the Associate Dean.



## Entertainment Calendar

May  
17 . . . . . Platinum Blonde (Paramount Theatre)\*  
18 . . . . . Judas Priest (Tacoma Dome)  
21 . . . . . Rush (Tacoma Dome)  
26 . . . . . Pat Travers (Parker's)  
28 . . . . . The Firm, with Virginia Wolfe (Seattle Coliseum)\*  
28 . . . . . Juice Newton (Parker's)  
31 . . . . . Tower of Power (Backstage)  
\*Sold out