

Student Ken O'Brien gives tutoring help to Jenne Guajardo and Shelly Moody.

DAVID BAUS/THE CURRENT

Students find assistance at the Help Center

by Karla Reece

The Help Center is a place on campus where students can go for tutoring help. Student tutors help with math, science, writing, physics, foreign languages, accounting, chemistry, and study skills.

The center, organized by Frank Cox, Sarah Newmark, and Ron Swift, was developed in the winter of 1984 when a group of faculty discovered there was a need for some sort of tutoring service here

at GRCC. The center grew from being just a few students being tutored to what it is today, 65-85 students each week receiving tutoring.

The tutors are students here at GRCC who have excelled in the area in which they tutor. Currently 10 paid student tutors are on duty from 9 a.m. to 2 p.m. Monday through Thursday, and 9 a.m. to 1 p.m. Fridays.

According to Newmark, "The center is a place to come for help. We try to help the student find what the problem is, most problems have to do with study skills. We try to help the students by organizing study groups and finding tutors in the right areas."

"If a student comes in with a problem in an area that there is no tutor in, we find a

tutor or refer them to a place where they can get help."

"We will help anybody that comes in, says Cox, in any area of study."

The Help Center is located in the rear of Holman Library (HL-33). Anyone interested in being a tutor or getting help can either drop by the center or call ext. 346 and leave a message.

Tuesday Forum discussed the danger of cults

by Kathy Hansen

GRCC's Tuesday Forum Program presented counselor Don VanDerbeken who spoke on The Cult Phenomenon Oct. 29 on campus. The lecture focused on the dangers of cult involvement and characteristics of cult organizations.

"There are over 5000 documented cults in the U.S. alone right now," Van Derbeken remarked, who has been involved with both the legal and illegal aspects of the anti-cult movement for the past 14 years. He has acted as a counselor, a deprogrammer, a private investigator, has kidnapped cult members out of cults, and speaks out on cults and their activities in lectures like Tuesday's noon talk.

Van Derbeken also confided that Scientology, a cult, has a contract out on me."

He said he and an associate were travel-

ing down the freeway after he had been speaking in a lecture at the King County Library when they were accosted by a man with a gun who pulled up next to them and allegedly told Van Derbeken, if he continued to speak out on the cult he was, "A dead man."

"Human life, to many of these groups, means nothing," he explained.

Outside intervention on a cult members behalf without their consent like Van Derbeken has been involved in can present some cloudy legal situations.

"If a person has gone in on his own free will, . . . It's considered illegal"(to remove them without consent), he commented.

Van Derbeken went on to say that if it can be proven a person was coerced or manipulated to join the cult, it is legal to intervene

without their prior consent. The problem lies in that it is not usually known whether a person chose, or was chosen to become a cult member.

Van Derbeken, who used to free young Moonie recruits under the cover of darkness, warned against such behavior, saying it was very dangerous.

If a person comes out of a cult on their own, or are removed by outside parties, that individual must be rehabilitated into society, according to an informational booklet by a Seattle area couple who lost their son to a local cult. The pamphlets were distributed at the forum.

"The fastest way to accomplish this is by deprogramming by a competent individual and proper followup counseling," it states.

"Deprogramming is the most mind-

bending thing I have ever seen," Van Derbeken said, "It's really hard to get them to snap back into reality."

Cult members are forced to give up families, friends, all former values and anything to do with the outside world, including their free will to think.

"It's brainwashing. When they (a cult) control everything about you, including your mind," Van Derbeken asserted, "You don't want to say 'No,' and they won't let you say 'No.' The cult wants you to have completely controlled thought patterns. They tell you what to think and what to believe."

He said that anyone can be vulnerable to a group at sometime and that it can happen

Continued on Page 3

OPINION

Voting is citizens' right and duty

Editorial

Nov. 5 is an important day in our lives, it's voting day. For every citizen 18 years and older we have the guaranteed right to express ourselves at the polls. Voting allows all of us to decide, by majority count, how we are taxed, if we are taxed, and how the money is spent.

This right, which is guaranteed to us by the Constitution of the United States, determines the quality of life in our society. When we vote pro or con on initiative and referendum ballots, or public works projects, we decide some issues that are important to us personally. For example, our majority will can clean up the environment, support our schools, build roads and bridges, regulate industrial waste, hire police for greater protection, build and maintain public parks, and provide health care. On the other hand, if we feel that we can't spare the money, or that the proposals do not make sense we can say no to some or all of them.

It should also be mentioned that since this a democratic republic, we have elected officials who are supposed to represent our will. There are people running for office, and the voting public will decide who it is that stays in office or gets removed from it.

It shouldn't be necessary to draw comparisons between our system and oppressive governments like the Soviet Union. Russia's system is performed through the barrel of a gun, while in ours, it is the informed voter who has the ultimate authority.

Remember that if Nov. 5 has a low voter turn-out, it will only be a small portion of the people who decide the quality of our lives. So get out there and make your opinion count in the decision making process, . . . vote!

—by Bill Jernberg



Hallstone blasts *The Current*

Letters

Dear Current,

Your picture on the front page of your Oct. 18 issue was a clear example of the pot calling the kettle black. In light of all the misspellings and grammatical errors I have seen in *The Current*, I feel that your 9 x 5 portrayal of a spelling mistake was out of line. I found it ironic also because right next

to the picture was an article by the editor of *The Current* with the title "Parent's Day . . ." which should have been "Parents' Day . . ." (following English guidelines) or "Parents Day . . ." (following their own publicity for the event). Elsewhere in the same article was a reference to the "girl's basketball coach." To be grammatically correct it should have been "girls'." However, there isn't even a girls' team at GRCC; there is a women's team! Finally, when the word second is to be hyphenated, the hyphen should be after the letter c.

I didn't read the rest of the paper very carefully, so who knows what I've missed. But my point is simply that one ought to think twice before ridiculing someone's mistake (For what it's worth, I don't even know the person who made the mistake.)

Don Hallstone

Dear Mr. Hallstone,

The pot is as black as the kettle. Both invite notice for being black in such a public way.

I do not think that such notice of those who have freely chosen to enter the public spotlight is "out of line."

We are learning and I welcome your scrutiny. It will not hurt us, and it may help us be more vigilant against our errors.

Thank you for writing.

Editor, *The Current*

Support groups help

Call me GRACC; rhymes with Tracy GRACC stands for Green Rivers Adjunct Advisory to the Campus Community. The purpose of the column is to provide information to people who don't know where else to go.

Dear GRACC,

A family member just found out she had terminal cancer not too long ago. I'm so upset I can't even go see her and then I feel guilty. But, I'm afraid I'll just cry and make things worse. Please help.

Emotional Wreck

Dear E.W.:

What you're experiencing is a very common reaction. Believe me, I understand how you are feeling, but there is something you can do. Call the American Cancer Society and ask about the group that helps cancer patients and their families to understand and learn how to cope with the illness. The A.C.S. can put you in contact with the group nearest you. In fact, even over the phone, they are really good about giving very helpful information. There is no cost or obligation involved and they are very compassionate because they are so very aware of all the problems related to cancer. I know, because I had a very similar reason to call them myself about a year ago. It was the best phone call I ever made.

Dear GRACC,

Somebody told me that there's a new kind of AIDS that only infects heterosexuals. Is this true? How do you get it?

J.C.



GATOR-AID

Dear J.C.

There is a new strain of AIDS. I don't know much more about it than that it is most prevalent among promiscuous heterosexuals. Also, as far as I know, it has not yet made an appearance in the U.S.

Confidential to "Thin to Win":

If your letter was supposed to be a joke, it was in extremely poor taste. On the off chance that you were serious, what I'd suggest is that you see a counselor as soon as possible. Such an overreaction to a situation is indicative of deep-rooted emotional problems.

Letters can be dropped in the green box that is located in the lobby of the Holman Library. They can also be left at the communications building located behind the Lindbloom Student Center. All letters are held strictly confidential.

Commentary

by Elwood Stravinski

Just recently I've taken to reading labels and actually asking that all-encompassing question: "What are these chemical ingredients I pour into my body?"

No, I'm not a health freak but, Geeze, what is Retsyn? mean I eat a pack and a half of breath fresheners a day because it has "a glistening drop of freshness."

From the commercials I'd say they found a way to capture a little bit of springtime and put it in candy. But my chemistry professor says it could be anything from talcum powder to a radioactive isotope. Obviously it must be a real aphrodisiac—KISS ME BABY!!

There are, of course, other yummy chemicals like nitrates and nitrites, brother and sister, which make the overall shelf life of a hot dog approximately 30 years.

...Didn't they use nitrates on mummies? Of course, they don't list ingredients on fruits and vegetables. I think they're scared to.

Oh well, I'm getting a little hungry. "One carcinogen special please, hold the mustard." At least I know what's going into my body.

CURRENT

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The Current welcomes all letters concerning subjects of general interest. Contact Current office for editorial policy.

GR nature trail

Numbered posts guide way to campus foliage

by Denise Ko

A variety of plants and trees surround the campus at GRCC, which is said to be the most beautiful campus in Washington state. To help students, faculty, or any plant loving individuals identify and enjoy these different forms of life on campus, a nature trail was created.

Among the many plants and trees that surround the campus, 50 are marked by numbers and posts, and identified in a brochure, available in the administration building. The brochure details the foliage by both common and botanical names, native regions, characteristics and height.

According to Tom Trindl, GRCC's head gardener, the idea of a nature trail was conceived when people kept asking questions about the different varieties of plants on campus.

So with the endorsement of faculty staff members—Rawhide Papritz, geography; Dennis White, biology; Pat Cummins, forestry technology; Walt Scobie, forestry technology; and Chris Miller, recreation coordinator—Trindl submitted a letter to the GR Foundation asking for funds to supply the materials needed as well as their approval for a nature trail.

After receiving the approval and funds, the project began in the summer of 1981. Trindl decided on a selection of 50 species, and began the research to identify them. "The forestry and biology departments aided in identifying some of the species, the rest I just researched." The selected foliage was then marked with numbered posts.

Don Wakefield and Vince DiBattista volunteered their carpentry skills to make

the posts and route them on the trail. The installation, staining and painting were done voluntarily by Trindl and his wife Lynne. Trindl also wrote the brochure, after researching and studying the different species. The project was completed in February, 1982.

Some of the plants and trees found on the nature trail include a horsechestnut tree, with fan-like leaves; a quaking aspen, with leaves that quiver; a holly bush, with red berries, popular during the Christmas season; and a coast redwood, a tree that can grow to 350 feet. There is even an apple tree that Trindl said "rooted and grew voluntarily from someone's discarded apple core."

The trail has been used for biology, geography and forestry students, and enjoyed by many groups and individuals. Groups ranging from Girl Scouts to church organizations have walked its path.

Trindl's hope is that the public would become more aware of the trail and that community interest would further develop. "The trail really shows a mixture of native and rare plants growing on our campus, some with unusual and interesting characteristics" Trindl remarked.

Trindl said an individual can walk through the trail in about 30 minutes. The walk can be started on any point and still be completed in sequence. Brochures and maps are provided by the GR Foundation and are available at no charge in the administration building.

Any individual or group wanting more information, or a tour of the nature trail can contact Tom Trindl at 833-9111, ext. 297.



Tom Trindl, lead gardener identifies tree.

DAVID BAUS/THE CURRENT

Ideal weight explained

Health in the 80's



Judy Names, R.N.

Green River Health Coordinator

Five hundred students participated in a body image study at the University of Pennsylvania. The conclusion stated that women perceived themselves as heavier than they actually were and the men saw themselves as "just right" or slimmer. One reason given for this altered self-perception was that women are more often judged on physical attractiveness and men are judged on their income potential. Unfortunately, the media supplies us with pictures of how we should look and that is—thin. It's time to stop looking at our bodies through the media's standards and feeling negative about our self-image.

There are several ways to determine your ideal weight. Standard height/weight charts are not the absolute way to determine your weight, but they can give you some general

guidelines. For women, multiply your height in inches by 3.5. Subtract 108 from the total. For men, multiply your height in inches by 3.5. Subtract 85 from the total. Add 10% for large bones; subtract 10% for small bones.

To determine if you are small or large boned, measure your height to the nearest quarter inch and add this to your shoulder girth. To measure shoulder girth, place the tape at the midpoint of the deltoids. After adding the shoulder girth to the height inches, look up the frame size below—

small frame	less than 99
medium frame	99.1 to 106
large frame	106 and above

If you are overfat, the deltoid measurement will be inaccurate. This formula was composed by the Metropolitan Life Insurance Company.

WELLNESS TIP

You can be thin and have a high cholesterol level; you cannot burn off cholesterol by exercise. Some high cholesterol foods are: beef, bacon, gravies, whole milk, cold cuts, eggs, cheese sauce, butter, and hamburger.

Forum continued from Page 1

to anyone, regardless of how that person may think of cults, because they might not recognize it for that when they join it.

"Anyone can become a cult leader," he commented, "It's scary what control someone can exercise over other peoples' lives."

A cult is usually CHARACTERIZED BY some of the following:

- A leader who claims divinity or a special relationship with God.
- a leader who is the sole judge of a member's actions or faith
- totalitarian governance
- totalistic control over members' daily lives
- exclusivity and isolation
- development of deep emotional dependence
- prohibition of critical analysis and independent thinking
- utilization of methods of ego destruction and mind control

- exploitation of a member's finances
- underemployment and exploitative working conditions

People who GET INVOLVED are usually:

- they are lonely and need friends
- they don't know how to say "No"
- they have been deceived and systematically entrapped
- they don't know what the group is
- they don't know what the group believes in
- they don't know why the group want them
- they don't know what the group wants from them
- they don't know what the group will demand from them

Reprinted from *Understanding Cult. Involvement.*

Thief takes tote bag from LSC on Tuesday

by Myrtle Rogneby

While confused friends watched, a student's tote bag was stolen about 10 a.m. Tuesday from an upstairs table in Lindbloom Student Center.

Jill Waltman, an air traffic control student at Green River, left her bag leaning against a chair at a balcony table. She went to talk with friends near the pool table.

Tim Shook, a student who car pools with Waltman, went in the LSC just before ten, saw Waltman and recognized her bag, and sat down at the table.

Shook said, "The guy sitting at the next

table asked me if I was going to be around. I said 'yes,' and he left."

About that time other friends arrived and joined Shook at the table.

The man returned and sat down again at the table where he had been. After about five or ten minutes, the man got up, took a few steps, returned and picked up Waltman's bag and said, "thanks."

Shook said the man then went to another table across the room and sat down for about 15 seconds. He then left through the exit next to the Minorities Office.

At first they thought the man must be a friend of Waltman's, Shook explained. When he left the building they became suspicious and followed him.

They could not find the man or the bag. Shook and Rob Madsen, another student, searched the parking lot and garbage cans but found nothing of the bag.

Paul Gardner, another student who witnessed the incident, said, "We thought it was so ridiculous; he just walked off with it."

Waltman said she lost her wallet with about \$9.50, three books, her driver's license, pictures and personal items. She

said the bag was a see-through type and maybe the thief was able to see her wallet.

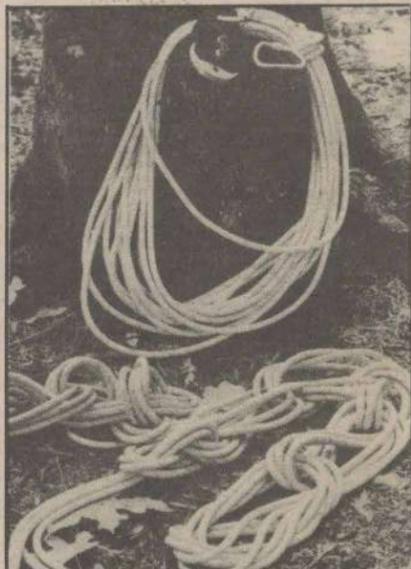
After reporting the incident to campus security, Waltman said, "They didn't think there was anything they could do. I want my stuff back."

As of Wednesday evening, David Smith of security said that no part of the bag or its contents has been turned in. He said that evidence found is usually brought in by maintenance. The bag is frequently disposed of on campus.

Smith said no other incidents like this have been reported this year.

CAMPUS CLOSE-UP

Students gain insights through adventure



by Myrtle Rogneby

"This is not a commando course. There is nothing similar in intention to what you might get at boot camp," explained Chris Miller, co-instructor with Larry Turnbull for Green River's challenge course offering.

The challenge-ropes course, brand new and one of very few in the state, was first used Spring Quarter. It was designed for use as a physical education activity class and to provide a learning and teaching environment for recreational leadership styles and techniques.

An obstacle course consisting of a series of ropes, logs and cables, it is constructed to create a learning atmosphere for fostering personal growth through challenge and adventure.

Two major groups of obstacles are used in the course. In the "low elements," such as the trust/fall or tension traverse, on or close to the ground, the student is helped and protected from falls by other members of the class. Height is an important factor in the "high elements" and the student must be on a safety belay, a system of rope and harness to prevent falling. Helmets are another part of the safety gear.

The course presents several kinds of challenges to the students. In some of the problems they face, like climbing a 15-foot wall or putting a tire over a pole, the group finds that a cooperative effort and good communication are most productive. According to Miller, this is a major focus of the course.

In the solo activities of the high elements, students are dealing with a "perceived risk," according to Miller. This perception naturally causes students to hesitate, which is healthy.

Miller said, "Somehow they sort of reach down deep inside of them and find that excellence that allows them to push through that fear and to recognize what their own resources are."

At Monday's last meeting of Fall Quarter's class, one student told the group of this moment: "I watched her as she cried all the way up and all the way down and continued anyway."

"I thought, 'If she can do it, scared as she is, I can do it.' I was determined. I wasn't going to be afraid to say 'help.' I went all the way to the end of my limitations and I felt good after it."

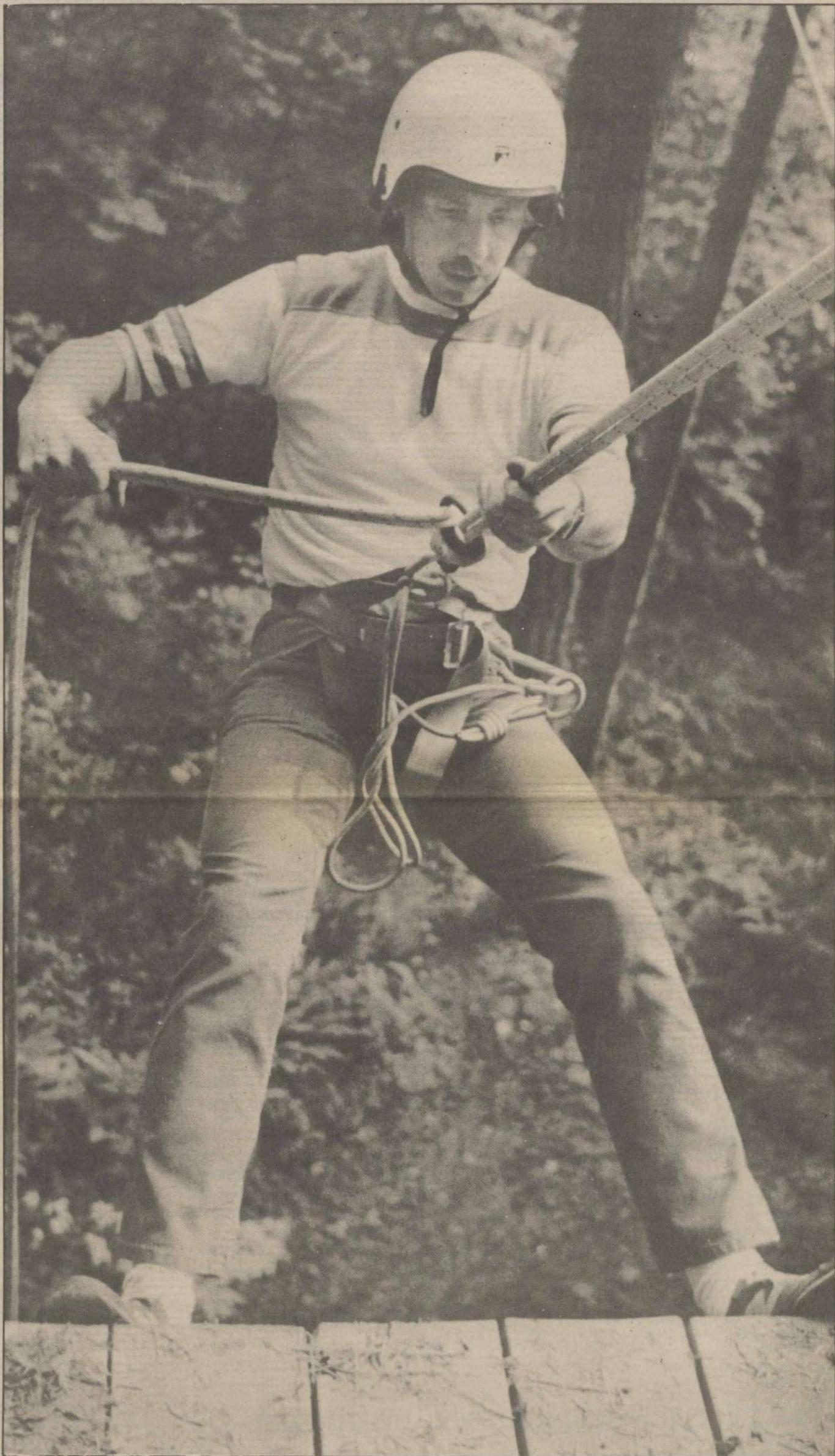
The students talked of other feelings that grew during the class. One man said, "I learned to trust people. I'm the kind of person who trusts nobody. I want to do things my self, my way."

A student added that holding each other's lives in their hands brought them closer together.

Another said that she would remember her friends on the course longer than any she had ever made. She said she felt closer to them and found herself on the high perch "telling them things I'd never tell even best friends before. I was able to express my feelings."

Miller explained that these self-discoveries are transferrable to other life situations. "The course is a great equalizer," she said.

The physical challenges are there, but the course is designed so that regardless of physical strength, success can occur. Miller



Larry Turnbull, one of the challenge course instructors demonstrates the technique of rappelling.

explained that a small, slight woman might discover that she has assets and strengths a tall, muscular man might be lacking.

Miller said, "I personally think it goes far beyond many of the usual kinds of physical education activity. It really does embody cooperation, support and personal challenge."

Aside from physical education activity and recreational leadership courses, Miller discussed other projected uses of the facility. The course could be used by off-campus groups as a staff training tool for leadership

and communications.

Miller added that hopefully a mechanism will be developed which will allow high school and youth service groups to come onto the campus making the course a community service project as well as a campus learning tool.

At a cost of \$3,500 to 4,000, the course was built near the SMT building. A consultant was hired out of Portland for design and also construction of the more technical aspects of the course. Recreational leadership and forestry students also worked on

the course.

As a safety measure the low elements are disconnected when the course is not being supervised. The rest was designed to be inaccessible.

The course will not be offered Winter Quarter but will be open again in the spring. For more information contact Larry Turnbull or Cris Miller in the SMT building.

Photos by Ralph Radford

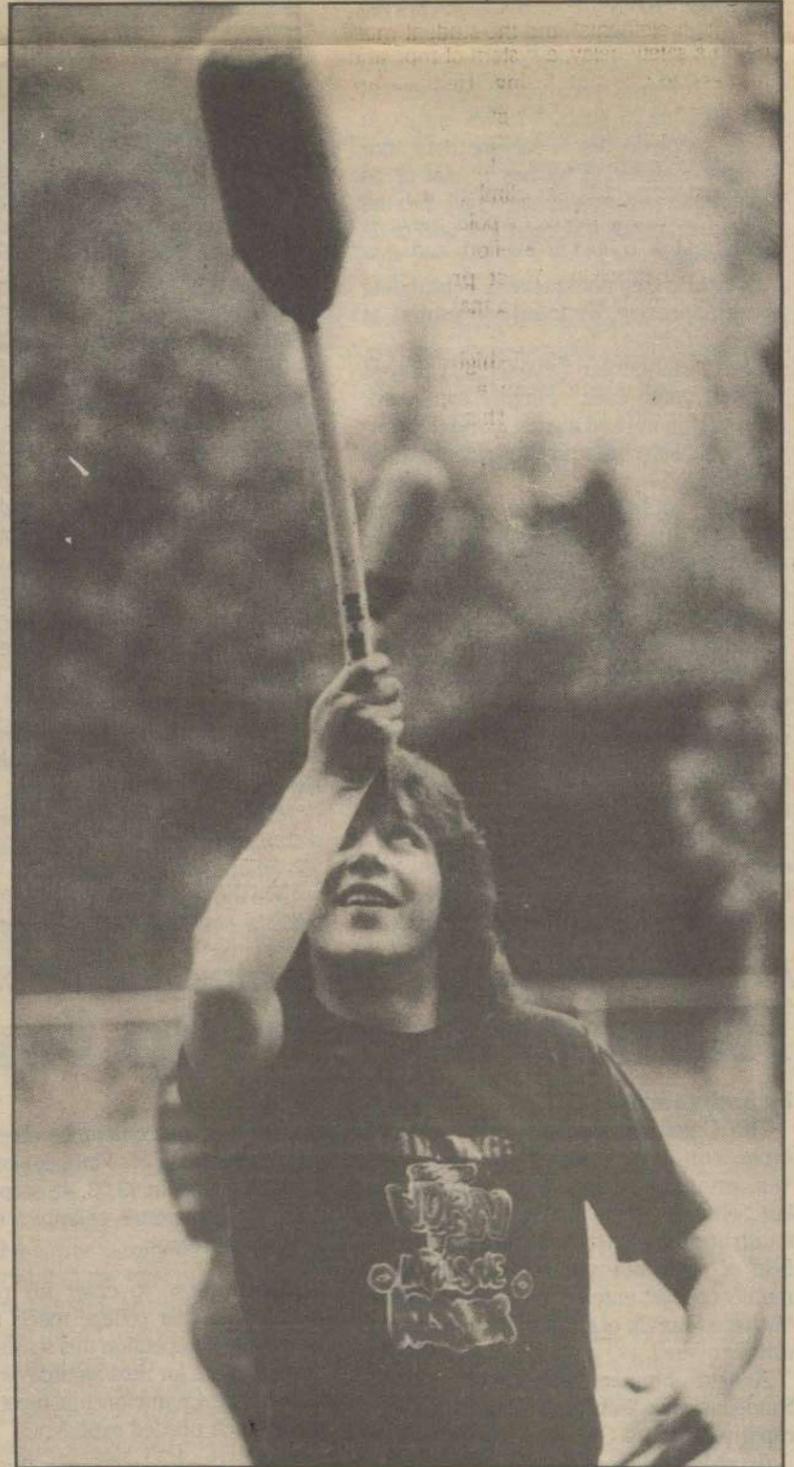
CAMPUS CLOSE-UP



Julie Parr tries to maintain her balance while crossing a lower element.



Carey Haggerton climbs up to the "high perch."



Mike Wilkinson participates in a balancing game.

GR shares NWAACC lead, Guise and Vilhelmsen go for scoring records

Booters bounce back to beat Everett, tie TCC

by Kathy Hansen

Green River CC's soccer team rolled over Everett 4-1 Wednesday and tied Tacoma CC 3-3 last Saturday to compile a 8-1-1 league record and retain a share of the NWAACC lead with Shoreline CC, which has an identical record.

After the Gators' recent loss to Shoreline and struggle for a tie with Tacoma, the team went to work to regain their previous winning ways against ECC, with an exceptionally strong second half showing.

Gator Head Coach Dan Pingrey, last season's Coach of the Year, commented "I'm happy with the victory. We did some good stuff. I think we started off the slowest we ever have all season." Everett managed to get on the scoreboard early after only 2:06 had elapsed, and remained on top until GR's Keith Vilhelmsen scored on a strong scoring assist by Steve Mulvey at 27:01, and then again just minutes later at 30:16. Vilhelmsen then knocked in his third and final goal of the game six minutes later on a penalty kick.

Green River's only goal in the second half of play was scored by Simon Perkins with 72:07 on the clock.

As a freshman, forward Vilhelmsen leads the league and the state in scoring with a total of 12 goals this season. Three of his GR teammates also join Vilhelmsen in the top ten scorers in the NWAACC.

Forwards Eric Guise and Perkins, and midfielder Steve Mulvey have tallied seven, six, and four goals, respectively, so far this season. As a freshman, Guise finished last season with 17 goals, just two shy of the league record and last year's leading scorer.

"I've worked really hard to get the lead, and now I'm going to work really hard to keep it," Vilhelmsen commented.

With five league matches remaining, the Gator forward could capture the NWAACC record for most goals scored in one season, which is currently 19, set last year. Looking toward the future, Vilhelmsen could also break the most goals scored in two seasons set by Green River's Russ Peterson in 1979-80 with 25 goals. It looks as though Guise will be the first to capture that honor though, considering he has a total of 24 career goals in a season and a half with the Gators, and needs just one more goal to tie the record.

Coach Pingrey noted several outstanding performances in Wednesday's contest at Brannan field.

"Jerry Rehberger (goalkeeper) played his best game ever," Pingrey continued, "Steve (Mulvey) had a great game. The forwards played well, and the midfield did a great job."

"We've got to learn to get mentally and physically prepared for each game a day ahead and then go out and get the job done," he concluded, "We need to expect more out of each other."

In the GRCC-TCC match-up, Perkins racked up all three goals for the Gators on a muddy, miserably wet home field.

Again, the team started off slow, and was never quite able to overcome it, although they fought back from a 1-3 halftime deficit for the eventual tie.

"The second half, we played aggressive, down-and-dirty soccer. We played casual in the first half," Coach Pingrey explained, "In the first half, we played like we thought we



GR's Simon Perkins shows off strategy that netted him all three goals for the Gators last week against Tacoma Community College.

DAVID BAUS/THE CURRENT

were the best and we killed ourselves with mental errors."

According to Pingrey, defenders Shawn Berglund and Shawn Stoner, and Mulvey all played exceptionally well, as did defender Kenny McMullen.

"Kenny (McMullen) came in the second half and totally changed the pace of the game," Coach Pingrey said, "Simon (Perkins) also had a couple of great goals."

Veteran defender Stoner commented, "We try to score, and we score early. That's what happened in the (TCC) game. It takes the pressure off somewhat so we play more lax and let up, and play more casual. We need to stay more intense."

"It's hard to play in two inches of mud and muck. It's not a comfortable playing situation," Stoner said.

McGinnis and Jones, GR midfielders volunteered comment on the condition of Brannan Field and the Everett contest.

"We thought it was a great game. We got off to a slow start," they asserted, "It's too

bad college level players have to play on the same field that eight-and-under players play on."

Two Gator midfielders, Mulvey and Joe Ness also gave some insights into the team's recent showings.

"We're taking it one game at a time now," Mulvey said.

"We forgot we were the underdogs and instead, we thought we had become 'King of The Hill.' We learned our lesson the hard way," Ness confided.

In addition to Mulvey and Ness, Brett McGinnis, Billy Guion and Jones make up the teams' midfield group.

Mulvey, McGinnis and Guion make up the group's starting nucleus, while Ness and Jones add needed depth.

Mulvey explained his role as a midfielder, "We support the forwards. We also convert the ball from defense to offense."

The center-mid position Mulvey now occupies opened up when another player was injured earlier this year, and Mulvey re-

quested the transfer from his previous position as a forward.

"It's easier to play in the midfield," Mulvey remarked.

"We (the midfielders) try to set up the attack for the forwards and set a good pace for the team," McGinnis commented, "It's important that we control the game."

According to Guion and McGinnis, "Mulvey is more the hustle. We're the playmakers. He's sort of the field general out there."

"We (midfielders) start our team's attack and stop the opponents," Guion added.

With 33 Goals For and 11 Goals Against record, it would seem that the Gator midfield is doing just that.

Green River takes on Fort Steilacoom in an evening game tomorrow at Steilacoom High School at 7:30 p.m. Next Wednesday, the team will go up against Bellevue in a 3 p.m. home game. The Gators slipped by BCC 3-2 when they met earlier this season.

Finnvik outpaces womens' competition in Spokane

Runners gear up for conference meet

by Kathy Hansen

The Green River mens' and womens' cross country teams traveled to the Wandermere Invitational at Spokane CC last Saturday where the women captured fourth and the men took fifth overall out of a field of eight four-year schools and community colleges entered in the competition. Michelle Finnvik of GR was the top female runner overall.

Annette Sommars finished 11th, Rhonda Sandelius was 26th, and Sharon Gerrish captured 28th for GR.

According to cross country coach, Jerry Russell, the teams recently competed on the same course at McIver Park in Clackamas,

Oregon that the conference meet was run on last year and GR's Finnvik won the over 3.1 mile course in 19:02, 48 seconds faster than the conference champion's winning time of last season.

Russell chose to enter his runners in mainly four-year college meets and those with stiffer competition this season to better prepare them for next Saturday's NWAACC Conference Championship meet and give them much needed experience.

At the Conference meet, there will be about 15 community colleges represented, and Russell predicts his teams will finish

somewhere in the top three in both divisions.

"The girls look strong. They'll finish anywhere between first and fourth. If they run well, they will take first, but they will run no lower than fourth," Russel continued, "The guys will have to run a strong race to finish in the top three."

With only two men runners not in their first year of eligibility, Russell has young and somewhat inexperienced mens' squad. "We've lacked some maturity this season, but they are getting better, Russell noted, "They will grow and by next year, we will

have a good mix of sophomores and freshmen."

The teams will not compete in any outside meets this weekend, and have chosen instead to have inter-squad practices and will then take next week off in order to rest for next Saturday's conference race.

"Our goal is to go down there and come back with a trophy or two," Coach Russell concluded.

George Frenier finished 18th for the Gator mens' team, and Dan Salazar came in 24th at Spokane.

SPORTS

NWAACC Sportsline Statistics

All standings are through 10/26/85

SOCCER

NORTH	W	L	T	P	G	F	G	A	S	O	South	W	L	T	P	G	F	G	A	S	O
Green River	7	1	1	15	30	10	4				Tacoma	5	2	2	12	20	9	4			
Shoreline	7	1	1	15	21	8	3				Fort										
Skagit Valley	7	3	0	14	22	8	5				Steilacoom	3	4	3	9	19	21	0			
Bellevue	4	4	1	9	11	9	4				Spokane	2	5	2	6	12	20	1			
Edmonds	3	5	1	7	13	22	0				Lower										
Everett	2	7	1	5	12	21	0				Columbia	1	4	3	5	8	19	0			
											Clackamas	1	6	1	3	7	27	0			

VOLLEYBALL

NORTH	W	L	WESTERN	W	L	EASTERN	W	L	SOUTHERN	W	L
Highline	7	0	Green River	6	0	Spokane	5	0	Mt. Hood	7	0
Edmonds	5	1	Ft. Steilacoom	5	1	Walla Walla	4	1	SW Oregon	6	1
Shoreline	4	2	Clark	3	2	Blue Mt.	3	2	Chemketa	3	3
Bellevue	4	3	Centralia	3	3	Columbia			Umpqua	2	4
Skagit	2	4	Grays Harbor	1	4	Basin	1	4	Linn Benton	2	5
Olympic	1	6	Lower			Yakima			Clackamas	2	5
			Columbia	1	4	Valley	1	4	Lane	1	5
Everett	0	7	Tacoma	0	5	Big Bend	1	4			

GRCC Intramural Statistics

All standings are through 10/30/85

Flag Football

League A

Team	W	L
Mutants	4	0
GR Killers	2	1
Goonie-Goo-Goo's	2	1
Monsters of Midway	1	2
KGRG Commando's	1	3
Farrots	0	2

3-on-3 Basketball

Team	W	L
Slowbreak	4	2
Rock But No Roll	2	4
I Don't Know	3	2
Gators	2	4
One Step Behind	2	4
Waffle Town Saps	3	2
Chemistry	0	6
GR Killers	2	4
1 Seed	6	0
Chemical Mutants	5	1

League B

Team	W	L
Cherry Pickers	3	0
Raiders	2	1
Beaver Pelts	2	1
Leftovers	1	2
Samaries	0	4

Volleyball

Team	W	L
Waiters	6	2
Oldies But Goodies	4	4
Gator City Slammers	5	3
Spectators	4	4
Pet Shoppe Bosy	8	0
No Name	2	5
Blackstew	1	7
The Unknown	2	6

CROSS COUNTRY

Wandermere Invitational
Spokane Community College
Saturday, October 26, 1985

Women

1. Gonzaga	56
2. Washington State	57
3. Eastern Washington	59
4. Green River	78
5. Yakima Valley	92

Men

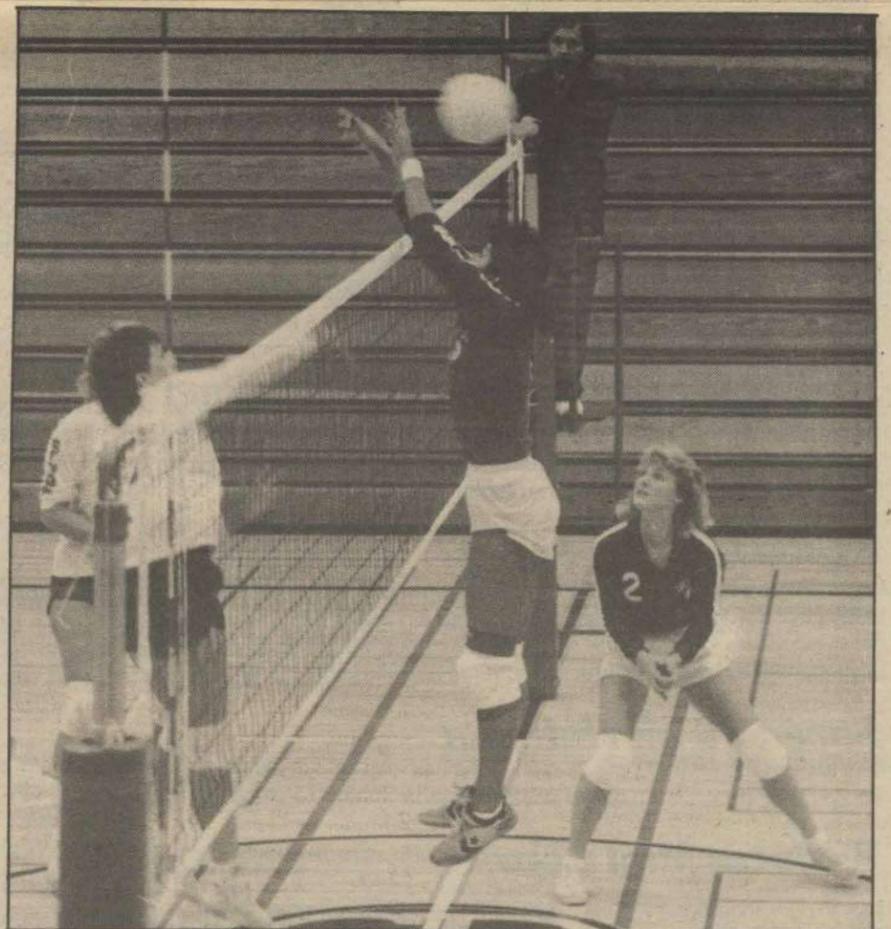
1. Eastern WA Univ.	23
2. Univ. of Idaho	54
3. Spokane	86
4. Gonzaga	115
5. Green River	119
6. Whitworth	143
7. North Idaho	150

Volleyball team 8-0, crushes Grays Harbor



GR's Jodi Kasowski goes airborne for the score.

ROLAND PROCHASKA/THE CURRENT



Yvette Henry goes up for another Gator block.

ROLAND PROCHASKA/THE CURRENT

The Green River womens volleyball team strangled the Chokers of Grays Harbor Wednesday night in the straight sets 16-4, 15-2, 15-8.

"We were hitting on all eight cylinders," stated coach Becky Stanczyk after the game. "The points were scored pretty evenly. Everybody played a good game."

Middle hitter Marla Cremeen commented, "We didn't have much trouble." The Gators have now won eight in a row in Northwest Athletic Association of Community Colleges Region II play, with a 8-0 record.

In action last weekend the lady Gators lost another battle with cross-Valley rival

Highline at the Mt. Hood Invitational in Gresham Oregon. Highline beat the Gators 16-14 and 16-7 to win the championship.

Green River can avenge its last four tournament losses to Highline by winning the GRCC tournament in the Green River gym today and tomorrow.

"We're looking forward to the tournament," said an optimistic Stanczyk, "I think we'll win."

Cremeen added, "We want to beat Highline."

The tournament begins at 4 p.m. today and runs through 10. Tomorrow the action starts at 9 a.m. with games being played until 4 p.m.

NEWS AND FEATURES

Aerobic classes offered

by Denise Ko

Aerobic classes are still open through the Continuing Education department, to individuals interested in becoming and staying fit. The cost is \$30, and the classes are available on Monday, Wednesday, and Friday 7-8 a.m. or Monday, Wednesday, and Thursday at 5-6 p.m.

"The aerobic classes focus on health, fitness, and weight, but also on having fun" said Doug Carr, GRCC's wellness coordinator and chairman for the Health, Physical Education, and Recreation Division.

Chris Cavins instructs the morning class and Debbie Langdon the evening class. Both are trained and qualified aerobic instructors.

The classes are available to and include beginners as well as those who are more advanced in aerobic exercise. The exercise is done to music and individuals follow the instructor's lead, slowing down as needed by monitoring their heart beat.

Beginners learn why they should monitor their heart beat and learn how to do it. The classes last approximately 45 to 50 minutes including a warm up and cool down.

Carr stressed "we are running into winter and people have a tendency to stop their exercising until spring. Now is a good opportunity to pick a time and continue their aerobic exercise throughout the year." He also said he is interested in helping people to get fit and stay that way, "preventative rather than reactive medicine."

A special class taught by Annie Casey, exercise physiologist, will be offered on Dec. 6 and 7, to train interested individuals in becoming aerobic instructors.

Those who are interested in the aerobic classes or the special class offered in December, and would like more information, may contact Doug Carr or Bob Aubert in the aerobics or exercise lab, or call Doug Carr at 833-9111, ext. 328.

Classifieds

TRAVEL CONSULTANT specializing in finding best-priced travel: Amtrak, airfare, hotels, tours. Buccaneer Travel, 627-8087 or 582-3880.

HELP WANTED: Must be 21. Apply in person between two and 5 p.m. at Kent Alf's, 17434 SE 272nd, Kent.

GRAPE PLANTS available for fall planting. Several varieties available. Table and wine grapes including: Gamay Beaujolais, Pearl De Csaba, Interlaken, Baco Noir, Gewurztraminer, etc. \$2.00 each. David R. Johnson, 26114 SE 195th Pl., Kent 98042.

Portraits black and white or color charcoal pastel. Offer price. Great Christmas gift. Call Debbie at 833-2651 evenings and 833-9111 ext. 250 days.

Downstream

Governor Gardner to appear at GRCC today

Governor Booth Gardner, King County Councilman Gary Grant and Auburn Mayor Bob Roegner will appear at a reception open to anyone 12 to 12:30 today in the St. Helens - Baker Room at the Lindbloom Student Center.

Parents Day '85

On Nov. 9 from 10 a.m. to 2 p.m., parents have been invited to GRCC for Parents Day '85. The day includes brunch and a chance to meet Green River faculty. There will also be a performance by the Green River Music Company. Cost is \$5.00 per person; and reservations can be made in Student Programs.

Veterans Awareness Week

The campus Veteran's Club is sponsoring Veterans Awareness Week Nov. 4 through Nov. 8. Donations are needed to fund a reception scheduled for Friday the 8th. If you want to help, contact Richard Garmong in the Veteran's Office.

Abba Eban

Artists & Speakers Series Headliner

Abba Eban, former Israeli ambassador to the United Nations and the United States, will speak at 7:30 p.m., Nov. 7 in the Lindbloom Student Center at Green River Community College. Tickets are available from the Student Programs Office.

KGRG Live

Green River Community College's student-run radio station KGRG 90 FM will be broadcasting live from Hunters & Collectors Records & Tapes, Friday, Nov. 1 from 2 p.m. to 6 p.m. Air personalities Greg Roberts and Steve Campbell will be on hand to collect food for the drive sponsored by KGRG throughout the month of October to benefit Northwest Harvest.

Save \$\$\$ on Haircuts

The Latino Club of GRCC will be sponsoring hair cuts for a donation of \$4, every Monday in Room SG-59 from 12-3 p.m. All proceeds will be given to Mexican Relief Fund.

Wellness Mini Course

Learn more about what you eat. Have your lunch analyzed. Sign up in the Cashier's Office for \$2 and join GRCC Student Programs on Nov. 5, 6, and 7 to review the basics of nutrition.

Vocational Scholarship

The Elks National Foundation is offering a \$2,000 scholarship to an outstanding vocational student. Applications are available in the Financial Aid Office. Deadline is Nov. 25, 1985.

Table Tennis Club begins activity

The GRCC Table Tennis Club conducted its first fall meeting Oct. 24. If you would like to be a member and/or participant in the fall tournament, please contact Don Hallstone, in SMT 320 (ext. 353) for more information.

Scholarship Available

GRCC is offering a \$1,000 scholarship for the 85/86 academic year to currently enrolled minority students. Deadline is Nov. 15. Applications are available in the Financial Aid Office and Minority Affairs Office.

Fornography



TOP-TEN ROCKDOWN

The ten most requested songs at 90 FM KGRG for the week ending Oct. 27, 1985 are:

1. Home Sweet Home - Motley Crue
2. We Built This City - Starship
3. Lay It Down - Ratt
4. The Big Money - Rush
5. Alive and Kicking - Simple Minds
6. Dangerous - Loverboy
7. Miami Vice Theme - Jan Hammer
8. Endlessly - Joe Lynn Turner
9. Talk Dirty - Az Iz
10. Say It Isn't So - Outfield

The KGRG Request Line number is 833-5004.

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*This rate does not necessarily apply to students with current loans.