

## Heading for the mountains

Page 5



## Intramural stats

Page 8



The  
Green  
River

# CURRENT

Green River Community College

Volume 20, No. 19

April 26, 1985

## Green River honors 4.0 students

by Lisa Baer

GRCC President, Richard Rutkowski, honored over 250 outstanding Green River students at a President's reception on Wednesday afternoon in the Glacier Room of the Lindbloom Student Center.

The students who each received a Certificate of Achievement, all had attained a 4.0 grade-point average while carrying at least twelve credits during Winter Quarter 1985.

Seven years have passed since the last reception of this kind. Faculty and administration members are intent upon continuing them. They are, Rutkowski says, "Green River's way of recognizing excellence."

Rutkowski spoke to the students and faculty present, urging continued achievement. He suggested that the students, "Choose a goal, a lofty goal," and to expect themselves to achieve that goal. Rutkowski encouraged them to access the faculty as a valuable resource and a means of helping to achieve their goals.

Feeling pleased at her success, one student commented, "It feels good. I studied and studied."

Other honorees noted, "It's exciting to be invited to a reception with the President." And, "It's exciting to be part of an elite group."

Four of the honor students felt that some of the recognition should go to the campus Women's Center. Maid Adams, Director of the Center, stated that, "The Women's Center helped them get started in school. They are examples of how well women returning to school can do."

After the formalities had been dispensed with, students and faculty sipped punch, munched cookies and mingled.



SCOTT CARPENTER/THE CURRENT

Returning students honored at the presidents reception. (left to right) Judy Bradshaw, Maid Adams, Womens Center Director, Linda Wiley, Melanie McGinnis and Debbie Novak.

## Student elections postponed

by Steve Smith

In a surprise move, the Green River student judicial board temporarily postponed the student government elections for the 1985-86 year until May 28-29.

The announcement of the move was made by ASGRCC Chief Justice Ray Carter to the *Current* on Wednesday morning. According to Carter, a complaint was filed by ASGRCC President Matt Flannery against candidates Mickie Pinches and Amy Hansen, running mates for the posts of student body president and vice president, respectively.

In his complaint, Flannery alleges that Pinches and Hansen violated campaign rules as specified in the ASGRCC constitution by campaigning during a dance before the date of April 16, the official date in which campaigning is allowed to begin.

According to reports, Pinches allegedly went on to the stage during the dance and announced her candidacy and suggested campaign slogans.

When the case came before the judicial board on Tuesday, Flannery agreed to plea bargain for Pinches and Hansen, who pleaded guilty to the charges in an attempt to have any sentence reduced to a \$5 fine from each of the candidates campaign funds.

The judicial board didn't see it the same way.

"Basically, the judicial board rejected the proposed sentence," stated Carter. "We felt something else was more appropriate."

The "something more appropriate" was a \$20 fine for both candidates, probation from further incidents which would cause immediate disqualification, the removal of all campaign posters from the Lindbloom Student Center and the removal of ten percent of the votes the candidates would receive during the election.

Immediately, an appeal by Pinches and Hansen was filed, raising the question as to when the sentence should begin. Deputy Attorney General Jeff Woods was contacted, and upon his advise, the judicial board

chose to begin the sentence immediately, but postpone the general election until after a decision has been made on the appeal.

Pinches has stepped forth to inform this reporter that her appeal is based on a clause in the United States Constitution which restricts cruel and unusual punishment. She has also stated that the decision by the board violates the ASGRCC By-laws, which state that elections will take place within four weeks of the beginning of the spring quarter.

According to Carter, the clause in the By-laws does exist, but does have exemptions that are based on advise of a higher authority, such as the dean of students or the states Attorney General.

In an unrelated move, a campaign poster created by Scott Nelson for the campaign of Nelson and Deane Healey for their campaign was ruled to be libelous to all the other candidates, who's names were used in a derogatory manner.

The sentence passed against the candidates in this case was to restrict the use of campaign posters in the student center, probation to prevent the possibility of the same occurring and the issuance of a formal, public apology to all of the other candidates in the presidents and vice-presidents race. Healey, who is a candidate for the presidency, requested a formal hearing following the meeting.

## Settlement hoped for

By Ruby Stewart

Student worker rights are now at the point of mediation in the American Worker and Social History Class. The Associated Students of Society (A.S.S.) Local Chapter 485 have formed a collective bargaining unit, to deal with differences between management, represented by Dr. Nigel Adams and labor, represented by the student workers.

Class members stated, "It's obvious we're a long ways apart on coming to an agreement. There are a number of labor laws being broken and constitutional laws being violated."

The main controversy between labor and management as seen from the outside, appears to be the differences regarding the work load and working conditions.

Contract proposals were exchanged April 19. Dr. Adams represented the Adams Family, Inc., and presented their proposed contract to the students. After discussion, the student workers were in agreement that there were a number of labor laws being violated by the proposed contract.

The student union is divided into a bargaining committee, grievance committee, grading committee, and curriculum committee. Their purpose is to perform designated duties with fairness and lawfulness to insure better working conditions.

Green River Community College  
12401 SE 320th St.  
Auburn, Washington 98002

NON-PROFIT ORG  
U.S. POSTAGE  
PAID  
PERMIT NO. 184  
AUBURN, WA

# OPINION

## Bird defends principle of promotions and raises

Bright and early the other morning, I was working in the Current office, finishing one of the many important tasks that I perform in order to keep the paper running (sharpening pencils or making coffee, I can't remember which), when our fearless editor, Mike Lozensky, showed his smiling face just long enough to say, "Steve, from now on you're going to be our chief editorial writer." After making this almost god-like revelation he left me with wide eyes and my chin hanging somewhere around my knees.

Well, wasn't that something! I sat down right there in my pencil shavings (or was it coffee grounds?) and thought the matter out. Later Mike returned and said, "Sorry I rushed out like that, I had to go flunk an exam." "Did you succeed?" I asked. "Yes," he said, beaming, "I failed miserably!" I must say here that I've always admired Mike's outlook on life. You could tell him that the entire west coast was going to fall into the Pacific and he'd say, "Yeah, but look at the bright side." Most people are usually too stunned to ask him what bright side.

"Mike," I said, "I've been thinking about this new title you gave me and I was wondering if I get a raise in pay along with it?" He looked puzzled (a common enough expression on Mike) and said, "But you don't get paid anything." "I know that," I said, "but I still must insist on at least double what I'm not getting now." Mike's puzzled look gave way to a look of confusion. He said, "Why?" "Simple," I replied, "It's a matter of principle. Most promotions include raises. This lets other people know

### Editorial

that you're doing something constructive. So even though I don't really get paid, it's still no less important. After all, chief editorial writer is a very important job."

By this time Mike's look of confusion had dissolved into a void, blank stare.

"Why is this job so important that you need twice what you're not getting now, I mean, that is, well, what I think I mean is, uh, you see, uh . . . ." "Wait Mike, stop," I said, "please don't hurt yourself. I know what you're trying to say sort of. Let me see if I can explain this first of all. An editorial writer not only thinks of himself, he must think for a good many other people as well. It's not supposed to work that way, but quite often that is the case." I stopped here to check Mike's pulse and then continued. "Most people are more than willing to let others do their thinking for them. They will read something, or see it on television, or hear it on the radio and they buy the whole bill of goods as the truth, as gospel. Some people won't even think to question something, much less try to question it. They find it much easier to let someone else form an opinion for them, rather than make one of their own. If the number of these people keeps growing, and the number of the opinion makers keeps dwindling, the world could become an even more dangerous and frightening place. People have to be dragged out of their apathy and laziness once in a while, even if you have to shock them. Do you see what I mean?"

Mike looked at me a moment and then said, "Yeah, I guess so. Never really thought about it before. Sounds good to me I suppose." With that he turned and left the room.

—Steven Bird

## Dear GRACC premiers this week

### First "Gator Aid" this week

GRACC is pronounced Gracy. The letters stand for Green Rivers adjunct Advisor for the Campus Community. A few letters to "Dear GRACC" have trickled in and will be answered in this issue. Future letters will be answered, space available, on a weekly basis.

The intent of the GATOR AID column is to provide as many answers as possible to those people who don't know where to go otherwise. It is intended to address a variety of issues from major campus gripes to where to go to find out if one has acquired a communicable disease. Whatever the question every effort will be made to find an answer, or to help people to get headed in the right direction. All material will be held strictly confidential.

Locked, green boxes will be found at the Holman Library and the Student Center. Questions can simply be dropped in and they will be picked up weekly. Some editing may be necessary to conserve space, or to drop certain words which are not suitable for publication.

Dear GRACC:

Will the new requirements cause students to spend more time to complete their degree from Green River? Will students need to take more credit hours a quarter? Worried.

Dear Worried:

You aren't the only one confused about the new requirements. Rather than try to answer in this limited space, I'll tell you that this issue is going to be dealt with, more extensively, in the Current, within the next few weeks.

Confidential to Too Popped to Pop:

Dear T.P.:  
You have two BIG problems, my friend. Amphetamines are nothing to fool around with. You need help weaning off them. Please see Judy Names at the Student Health Center, second floor, Lindbloom. She'll put you in touch with someone who

can help. It's confidential and far safer than "cold turkey."

For your other problem, if your grades are slipping and your job is suffering, you need to establish a workable set of priorities and limit the ladies to a more reasonable number. You also need to consider a bit of "quality control." It wouldn't hurt to get some counseling for both the amphetamine use and also to find out why you're pursuing the Rabbit Route when you're really not happy about it.

Dear GRACC:

I have a problem that is simple, yet complex. I feel a strong need for female companionship, but I have recently been hurt in a very heavy relationship.

My friends tell me I care too much, too fast and too hard. This, for the most part, is true. On the other hand, I'm sick of being "just friends."

MMM

Dear MMM:

Something tells me that you didn't finish your question. Could the rest be "what's wrong with me?" Also, I wonder if, when someone tells you they like you for a friend, deep down you simply won't believe it. Both possibilities suggest some inner feelings of insecurity. This is not unusual after being hurt, but it can get to be a rut. I would strongly urge you to look into one of the Self Esteem classes at GRCC. If time doesn't permit right now, at least read the book, *Celebrate Yourself*. Learn to like you and feel good about you so you can project the kind of positive image that attracts the opposite sex toward more meaningful relationships. One other thing. When you let yourself care too fast, too much and too hard, you may also be coming on too strong, too soon. Back off. Meaningful relationships can't be forced. They have to be allowed to develop naturally over time if there's any thing there to develop.

## CURRENT

<b>Editor</b> Michael Lozensky	<b>Associate Editor</b> Wendy Weick
<b>Photo Editor</b> Scott Carpenter	<b>Sports Editor</b> Mark Noesen
<b>Cartoonist</b> Mike Fomey	<b>Page Editors</b> Kim Haaland Pam Gordon
<b>Arts/Entertainment</b> Angel Akita	<b>Photographer</b>
<b>Advertising Manager</b> Dennis McMurtrie	

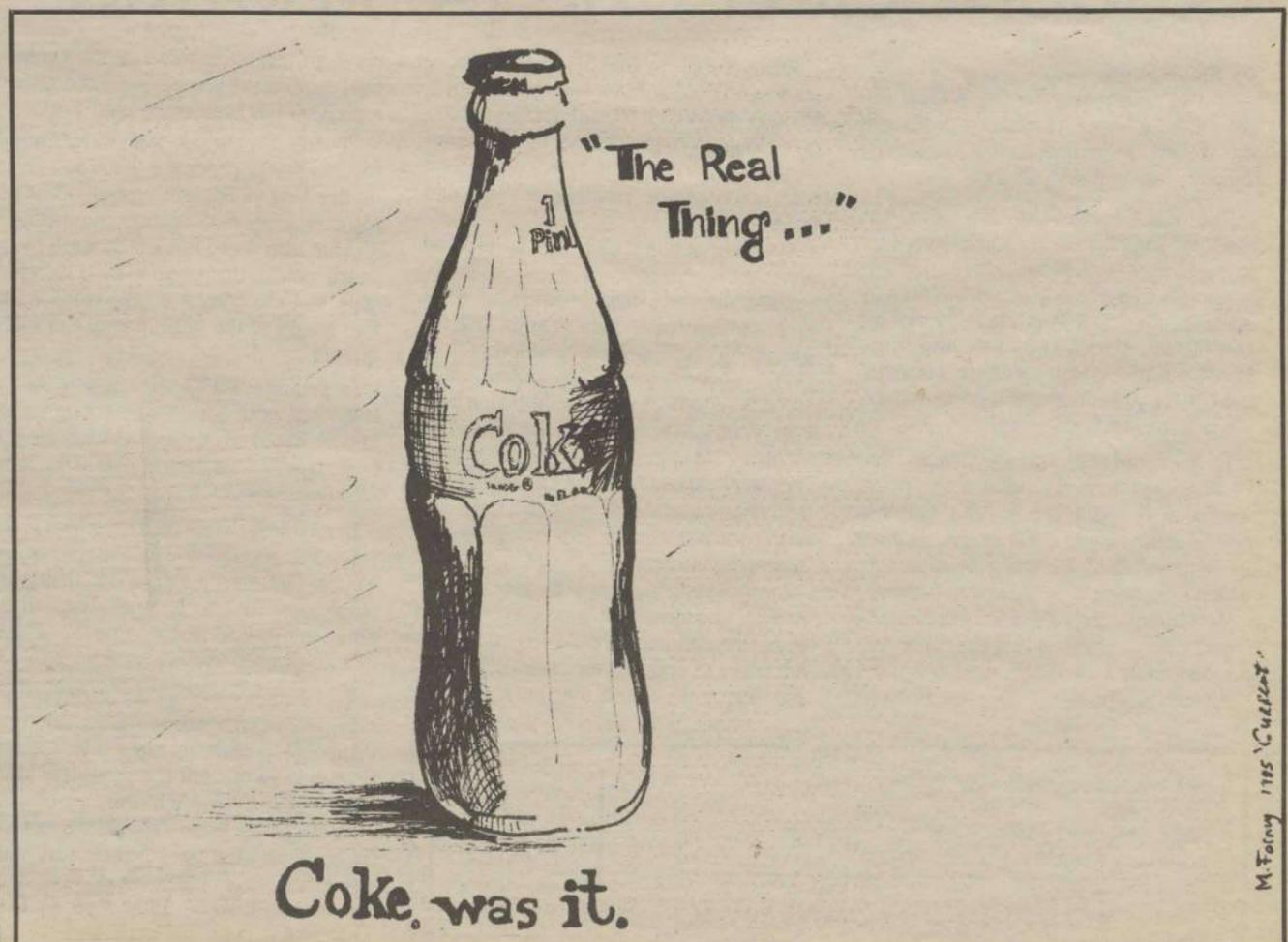
### Reporters

Kelly Anderson	Judith Meeks
Lisa Baer	Richard Robinson
Steven Bird	Ruby Stewart
Victoria Cheney	Kelly Warner
Jerry Dean	Joni Williams
Merrick Hinds	

<b>Typesetting</b> Debra Warren	<b>Advisor</b> Ed Eaton
------------------------------------	----------------------------

The Current is published as an educational experience by the students of the journalism program of Green River Community College, 12401 SE 320th St., Auburn, WA 98002, each Friday throughout the school year except during scheduled vacations and examination weeks. The Current office (833-9111, ext. 267) is located in the Student Communications Annex.

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



# NEWS AND FEATURES

## Multiple personalities linked to child abuse

by Ruby Stewart

Multiple Personalities Disorder was linked to child abuse by Dr. Robert Olsen before a full house Tuesday, at the GRCC Forum. Dr. Olsen stated that ninety-one percent of the patients he treats who suffer from MPD have experienced overt abuse as children.

The malady of MPD dates back to antiquity and is accompanied by various symptoms such as amnesiac experiences, black-outs, 'crazy' experiences, states of dazed confusion and others.

Dr. Olsen's concept of the people who suffer with MPD is, "These folks have all the parts there, but they are separated, unraveled." Dr. Olsen is a practicing psychiatrist in Seattle, and has had good success treating patients with this disorder. Dr. Olsen said, "This therapy is intense. I myself can do no more than two hours a day, it is draining."

Dr. Olsen indicated that there is an increase in the disorder, even in epidemic proportion.

Treatment for the patient with MPD can include a careful diagnosis, education and reassurance of the patient, indicated psychotherapy, self-help programs such as

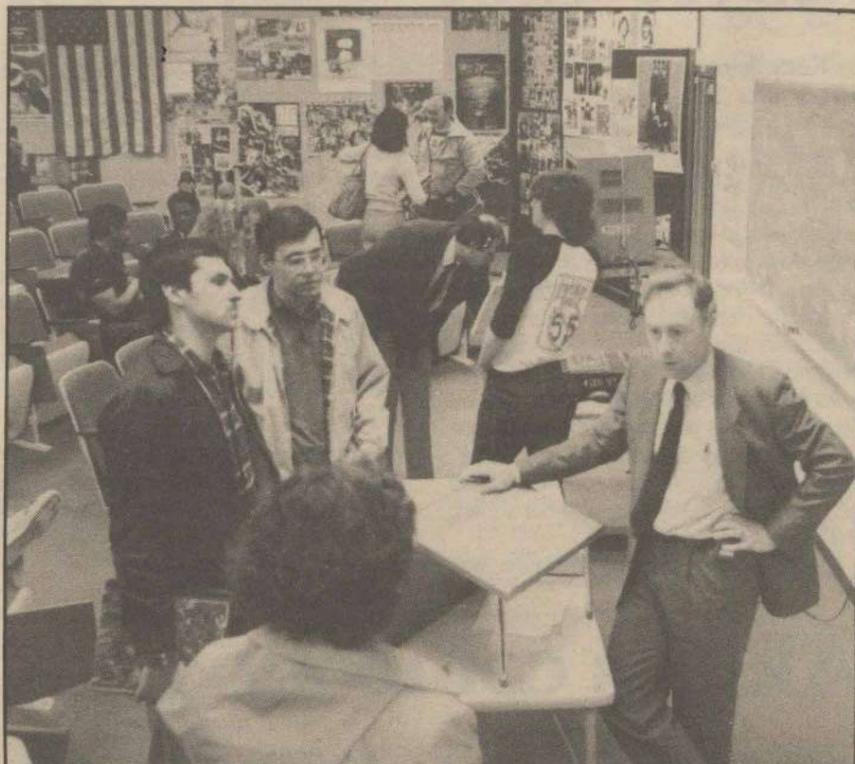
keeping a journal. The doctor helps break down the barriers and deals with one personality at a time, blending it into another until integration has occurred and the patient can then function as a single person in society.

Some of the disposing factors of this disorder are a high I.Q., child abuse, such as sexual, physical and/or psychological, experiencing an emotional trauma, or parental psychopathology. These are all shaping influences, and appear to have happened before the age of seven in the patients Dr. Olsen has treated.

The need for acceptance and affirmation of individuals in our culture today is indicated by these facts.

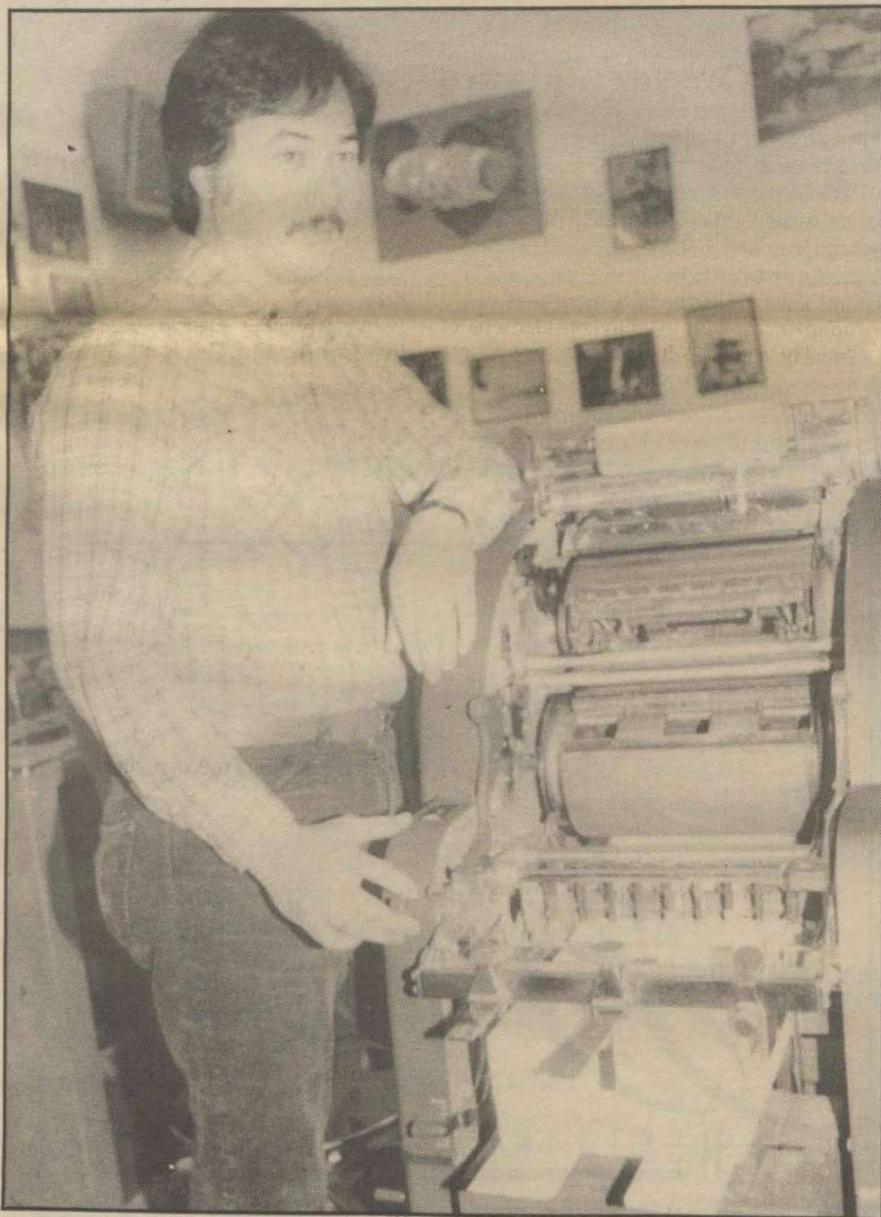
Dr. Olsen is a graduate of the University of Washington Medical school. He specialized in Psychiatry, Neurology and Internal Medicine. He has done graduate work at the University of Southern California. He received the Sandoz Award and the Folk Fellowship.

Dr. Olsen at this time is on the staff of Providence Hospital, where he is chairman of the Psychiatric department, and serves on the planning and steering committee.



Dr. Jerry Olsen talks with students after his Tuesday Forum presentation "Multiple Personalities."

## Warren wins Fine Printing Award



Green River Community College's award winning printer Jerry Warren.

by Steven Zobrist

Jerry Warren, manager of the GRCC print shop, has been honored by the printing establishment with a national award. Warren received the Fine Printing Award after entering a contest sponsored by the In-Plant Management Association (IPMA). The IPMA is an organization of printers who have their business as part of another business. The IPMA has 3,300 members in the United States and Canada.

Warren's won first place in the 11 x 17 single color press category. His entry was a

black print hand-out entitled "A Guide to GRCC's Holman Library." Warren received an engraved plaque, and gave his staff, shop and GRCC national exposure.

The IMPA contest is annual (this Warren's first year entering) and consists of 23 categories. The three judges for this year's contest were picked from the Pittsburgh area and each is a respected leader in the printing field. All entries in the contest were judged on basis of printing quality, design, layout, fidelity and overall craftsmanship.

## Classifieds

STEREO, AM-FM receiver, 8-track tape deck, nice cassette deck, old tube-type amplifier. Also have stereo in walnut cabinet with record changer. Call Kerri in Student Programs, ext. 337.

ROOM AND BOARD for governess type. Widower needs help with two sons, 8 and 13. Some cooking and housework. Must drive and be non-smoking female. 271-9223.

FOR SALE: 1962 VW Baja Bug. New heads, generator and starter. 854-5851 or 644-7454.

SECOND FAMILY STEREO... HARDLY EVER USED... Magnavox stereo system... AM-FM-FM STEREO, Cassette and Turntable all built into the equipment... comes with 2-10 watt mini speakers GREAT SOUNDING... \$200 or best offer. Call Steve at ext. 268 or 735-3387.

FOR SALE: Hewlett-Packard Calculator HP-11c, programmable, science and engineering functions, trigonometric functions and more. Best offer over \$60.00. 952-2329, ask for Paul.

It's been sleeping peacefully on a moon of Saturn for 2000 centuries...until now!

**CREATURE**

CARDINAL ENTERTAINMENT CORPORATION and TRANS WORLD ENTERTAINMENT, INC. Present a WILLIAM MALONE Film "CREATURE"

Starring STAN IVAR • WENDY SCHAAL • MARIE LAURIN • LYMAN WARD ROBERT JAFFE • ANNETTE McCARTHY • DIANE SALINGER and KLAUS KINSKI

Director of Photography HARRY MATHIAS • Screenplay by WILLIAM MALONE and ALAN REED Special Visual Effects L.A. EFFECTS GROUP Music composed and conducted by THOMAS CHASE and STEVE RUCKER Executive Producers MOSHE DIAMANT and RONNIE HADAR Produced by WILLIAM DUNN and WILLIAM MALONE • Directed by WILLIAM MALONE Associate Producer DON STERN Executives in charge of production SUNIL SHAH and MOSHE BARKAT

R RESTRICTED UNDER 17 REQUIRES ACCOMPANYING PARENT OR ADULT GUARDIAN DC DOLBY STEREO IN SELECTED THEATRES FILMED IN PANAVISION® Copyright Tifin Productions 1985 • A CFR Corporation Release

Opens Today

No one faces cancer alone.

AMERICAN CANCER SOCIETY

## ARTS/ENTERTAINMENT

## Movie not only for Madonna wanna-be's

by Kelly Anderson

The name "Ms. Ciccone" doesn't catch peoples attention very quickly. But utter, even whisper this lady's first name, and recognition shows on the faces of young people.

Madonna is a very popular young lady these days. She has become a permanent fixture on Music Television (better known as MTV). Her wild looks, ever-present female sexuality and style of dress have become a fad among the young.

As for music, her first album, entitled "Madonna" was popular among the dance crowd. Her second album, "Like A Virgin" has sparked her first-ever tour which started here in Seattle with three sold-out shows. But can she act??

When I first heard that Madonna was

starring in her own movie, I just chuckled to myself. I thought for sure that it would be rated "X," or at least "R." Although her last album "Like A Virgin" sounds innocent, anyone who has seen her move, sing or perform in one of her video's would know that this claim is far from the truth.

I went to the movie with two of my male friends, thinking that they would enjoy this much more than I. The Madonna-Wanna-Be's (young girls who dress up like Madonna) were everywhere. At 21 years of age, I felt old.

The one and a half hours following my ticket and popcorn purchases went much to quickly. Madonna did an exemplary job portraying "Susan," a free-spirited, thrill-seeking drifter in love with life. Susan lives

for the moment with no schedule or authority. She comes and goes out of people's lives like a hurricane, disrupting everything in her path.

The other major character in this movie is played by Rosanna Arquette. Her name in the movie just doesn't come to mind right off hand because it's rather unimportant, just as her present lifestyle. She lives with her boyfriend in a nice suburban house. The boyfriend is really into himself. He thinks she has everything a girl could possibly want. But she's actually suffering from an overall lack of meaning and excitement in her life.

By accident, the "girl" gets a chance to experience the other side of life. Her path gets crossed with Susan's and the case of mis-

taken identity shows her a lot of things she's never seen before. Watching the two girls separately attempting to resolve the conflict is good entertainment. For added suspense, there is a bad guy in pursuit of one of the girls.

This movie is a brilliantly written, hilarious situation comedy that delivers laughs, excitement and a fun time for all. On a scale from one to four (four being the best), I'd give this delightful movie a three and a half. If your in the mood for comedy and romance, it's a sure thing. If you really like Madonna, it's a must. Or if your not sure you like her singing, here's a good opportunity to see her, and a few others, give excellent acting performances. In my opinion, Madonna does both singing and acting very well.

## Akita's combating steps for emotional letdown

## Speaking in tongues



Angel Akita

Arts &amp; Entertainment Editor

There are many various and sundry ways of dealing with that creeping, awful malignant gloom known as depression. I would know, having been in the grip of a most ferocious case of the droops all through this previous weekend.

A little background is quite possibly necessary here. Last week, I lost my girlfriend, temper, sanity, and self-respect, in that order, through no fault of my own, or so I am given to understand. Gaining back the last three of those was hard, and the first, impossible.

The first step in combatting depression is knowing exactly what particular type of twitching awfuls ails you. That's right, there are several kinds of depression, and each of them is nasty in its own insidious way.

The first and most common type of depression is the God Hates Me Depression, or GHMD. The GHMD has one outstanding symptom, and that is a growing certainty that everything in God's universe is out to get you, and those few things that aren't are content to sit on the sidelines of your predicament and snicker like grannies at a Pro Wrestling match. Rocks will go out of their way to crawl out of the driveway, amble casually across the lawn, and leap maniacally into the blades of your lawn mower, knowing full well that they will then be ejected at high speed from the grass-catcher, impacting either a) your windshield or b) or forehead at about Mach 2. Your little sister will have used your biology project for a coloring book. Your video tape player will eat the only copy of *Pink Flamingos* within a fifty mile radius, and a rented copy at that. Everyone at school wants to fight you, janitorial staff and faculty included. Trees have the malign urge to thrust their branches right in your face as you're running. You know what I mean.

Another type of depression is The Creeping Paranoiac's Depression or CPD. The CPD is reasonably to spot in that it consists of being caught out in an open area, such as Sea-Tac Mall, and suddenly being possessed by a gnawing fear that your fly is open. Your fear of being seen with your fly open is surpassed only by your fear of being seen stopping to fiddle around with the front of your pants in a suspicious and possible illegal manner. This growing uneasiness will in a matter of moments transform itself into total

hysteria, which in turn increases by a factor of three parabolically in proportion to the amount of time you spend out in the open. You will race to the nearest local restroom.

There you will discover much to your chagrin that your fly was never open in the first place. Comfort yourself with the thought that maybe all those people who saw you spring hell-bent-for-leather to the restroom were under the impression that you were on your way to relieve yourself of the gastrointestinal burden of a mall hot dog. Compose yourself. Brush your hair. Exit the restroom.

When you are at the exact geometric center of the mall, you will come to believe that a rather large piece of toilet paper is hanging out of the back of your pants. Don't look.

Also popular is the Dammit Everyone Stay The Hell Out Of My Way Depression. This one is fairly self-explanatory, as well as unabbreviatable. It is identified primarily by the subject's seeming need to kick every inorganic (and most times organic, especially if its a little brother) piece of furnishing his abode has to offer. This one is also characterized by the wild-eyed, unshaven, trip-wire-vet look of the subject. **STAY CLEAR AT ALL COSTS. DO NOT ATTEMPT TO OFFER HELPFUL ADVICE.**

Finally, there is the Desperation Depression. This is a sub-species of depression, and, actually, it is not a depression so much as it is the aftermath of what the esteemed outdoorsman and author Patrick F. McManus calls a Full Bore Linear Panic. After engaging with all one's might and gusto in a FBLP, one may sit (or collapse, if you have performed the panic correctly) and enjoy the lingering helplessness that comes with knowing that not only is there nothing to do about one's current situation, but that one couldn't work up the energy to do anything if there was a course of action to take that could deliver one from one's mess. Indeed, if the panic has been performed correctly, one would be unconscious and unable to contemplate such things at all.

Fortunately, even though there are many ways to be depressed, there is a simple procedure to follow for extricating oneself from any depression. The first thing you have to realize is that the Universe Does Not Care. Really and for true, people. The guy doing the Ten O'Clock News does not give a damn about your flat tire and your eight screaming kids and your boiling soup. That reminds me, better go check that.

Okay, it's fine. The second and probably most important part of fighting depression is to always stay near your closest friends. At least this is what all the self-help manuals say. I, frankly, do not have the faintest idea why. My friends do not offer in any way the merest form of moral support. They make jokes about suicide, make arrangements to divide up my worldly possessions (gosh,

Angel, can I have your tapes?), and generally refuse to allow me to selfishly indulge in self-pity by arrogantly proceeding to live their own lives without the slightest wailing or gnashing of teeth on their part. Bloody heartless fools.

The third point to curing a depression is to stay active. Get out and go somewhere you haven't been in a while. Work, for instance. I'm sure your manager will be more than overjoyed to inform you of your current job status.

There are certain things that you must not do while in the midst of an hellacious depression, however. Do not drag out pictures of former girlfriends with an eye to calling them and asking them out. Remember, there is a reason the two of you aren't going out any longer. Do not go someplace and consume mega-fifths of alcohol. Don't even think about driving if you do. Don't stay at home and watch Cheers while eating Doritos. The show's no good since Coach died. Don't hang out at funerals. Don't wear black. Don't forget to shave and bathe.

Don't go for long walks on the waterfront at night. Especially in your pajamas.

**UNDER NO CIRCUMSTANCES LISTEN TO COUNTRY MUSIC.** Country Music is responsible for more suicides each year than any other depressants combined. Don't sit in the lounge at Denny's and complain to your waitress. Don't come complaining to me.

Above all, Dammit, don't walk around feeling sorry for yourself and thinking that nobody cares, that nobody understands your predicament, that nobody's ever been there.

If you promise not to tell anybody, I'll tell you a secret.

I've been there.

I understand.

I care.

But, don't noise it around too much, okay? I've got a reputation as a pain-in-the-ass to keep.

Be cool.

**Bonnie's**  
RESTAURANT SERVICES

**LOOKING FOR A JOB IN THE RESTAURANT INDUSTRY?**

Learn and develop basic, practical restaurant skills, as well as develop superior customer relations in Bonnie's Restaurant Training Course. Twenty hours of intensive training featured, with practical application of skills.

All learning materials are furnished. Each student will receive a personal evaluation, assistance with job placement and a certificate of completion.

Course Fee is \$95.00. VISA or MasterCard welcome. Classes begin May 7th, 14th, 21st, and 28th, or June 4th, 11th, or 18th. Enroll now! Call 939-9866.

912 Harvey Road • Auburn, Washington 98002



SCOTT CARPENTER/THE CURRENT

Former Current Associate Editor Leif Lindbergh plans to scale Mt. McKinley in May. Please look for details in the next issue of the Current.

## Downstream Admissions representatives to visit GR

Avoid the transfer problems by talking with the Admissions Representative from the school of your choice on Wednesday, May 8, 1985 at GRCC. The Representatives will be in the main dining hall in the Lindbloom Student Center from 9:30 a.m. to 1:00 p.m. to discuss admissions procedures and course equivalency policies. The representatives would prefer that you have an up-to-date GRCC transcript available for the interview, so stop by the Admissions Window by Friday, May 3 to arrange for your transcript. The schools that will visit GRCC will be: Evergreen State, City University, Cornish Institute, Seattle University, USAF, Pacific Lutheran, St. Martin's Cogswell, University of Washington, Gonzaga, Central Washington University, Western, WSU, Seattle Pacific and University of Puget Sound.

## The Goodtime II offers evening of fun

Enjoy an evening of fun, dancing and food on Puget Sound aboard the Goodtime II. The ship leaves the dock on Friday, April 26 at 6:00 p.m. and returns at 9:00 p.m. The cost for couples is \$15 and for singles is \$7.50. You can get tickets at the Cashier's window on the second floor of the Lindbloom Student Center.

## Help Center offers aid to students

If you need help in any of your classes and are unable to make it to the Help Center between Monday and Thursday from 10-2 p.m. You can schedule an appointment by calling 399 or coming by HL33 (near the back door) and leave a message.

## Workshops for the job hunter

For students who are also job hunters, the Student Employment Office is offering an evening workshop for the people who can't make it to the day workshops. The workshops will focus on effective resume preparation, application and interviewing techniques and also letter writing campaigns. If you wish to attend these workshops, sign up in the Student Employment Office. The workshops will be held April 29, May 8, 13, 22, 29 and June 3 from 6:00 p.m. to 7:30 p.m. in LC 108.

## Scholarships now available

Two more scholarships have become available for students and may be picked up at the Financial Aid Office on campus. The deadline for the Van Selus scholarship is June 1, 1985, and is for one full year tuition at GRCC. Applicants must be single parents with at least one dependent child and have been out of school for several years. The Jim Shaughnessy scholarship is for people who have at least five years work or military experience. The deadline is May 1, 1985, and is for \$750 per year for two years at GRCC.

## Financial aid forms due May 1

Students seeking financial aid to attend Green River Community College during 1985-86 should submit their applications now.

Financial Aid Officer Robert Walker has announced May 1 as the deadline for applications to be received for first priority funds. Second priority is assigned to those who apply by July 1, and Sept. 4 is the deadline for late applicants.

Students are encouraged to apply early and to not be discouraged by proposed cuts in financial aid.

For more information, call Green River's Financial Aid Office at 833-9111, ext. 317.

# Tips for good health

## Health in the 80's



Judy Names, R.N.

Green River Health Coordinator

Eating out is a favorite American pastime and the average American diet is loaded with fat, sugar, and processed food. Most adults are overweight, and the Metropolitan Life Insurance Company has redefined their weight graphs upward to accommodate the fatter body frames. Even airlines and movie theatres have widened their seats to fit the bigger posteriors of the average American. (Yankee Stadium managers are complaining about low profits due to larger seats taking up more space.)

Don't wait until seating is a problem for you. Begin a healthier diet now. A well balanced diet is crucial for establishing a firm structure that will allow a better physical, emotional sense of well-being. Here are some guidelines:

1. Eat a good portion of your calories before 1 p.m. You can process it more readily. Eat 25% of your calories at breakfast, 50% at lunch, and 25% at supper.
2. Engage in aerobic activity preferably before the evening meal. Aerobic exercise depresses the appetite, and speeds up the metabolism for 5 hours after the activity.
3. Know the formula for determining your ideal weight. Men should take their height in inches, multiply by 4, then subtract 128. Women should take their height in inches, multiply by 3.5, and subtract 108. This gives a rough estimate

of where your weight should be. Add 10% to your ideal weight if you are big boned.

4. Develop a fear of being over or underfat. Excessive low body fat can cause heart attacks and fertility problems. Overfat has been linked to heart attacks, uterine, breast, and colon cancers, and diabetes.
5. Know the number of calories you need to maintain your weight. Take your ideal body weight and multiply by 12 up to forty years of age, and 10 after 40 years. This gives you the calories you need for the day to maintain.

These general guidelines should help. Remember consuming an extra 100 calories per day adds 10 pounds in a year. Added rolls of fat around your middle is not healthy. Imagine carrying around two 55lb. bags of sugar and then running to catch a bus or any other activity that requires exertion.

## Wellness tip of the Week

Eat less sugar. Sugar is labeled as glucose, corn sugar, dextrose, fructose, and lactose. Sugar is calorie-dense, and provides NOT ONE single vitamin or mineral needed in our diets. High sugar intake releases the liver production of triglyceride-rich lipoproteins, which stimulate hardening of the arteries, and heart attacks. Limit desserts to two a week.

A defense against cancer can be cooked up in your kitchen. Call us.

AMERICAN CANCER SOCIETY

Act now! Inquire: 11 a.m. - 5 p.m.  
1100 University Avenue, El Cajon, CA 92020.

**PROMINENT BANKER WISHES TO HELP PUT 10,000 STUDENTS THROUGH COLLEGE.** Guaranteed student loans for graduates and undergraduates. No payments of interest until after graduation. Up to ten years to pay back at just 8% annual percentage rate.\* Payments as low as \$50 a month.

621-78-  
ARE YOU and achin  
WEDNESD 26 at the b  
welcome f  
HAVE YO: Barter G-  
QUF  
olo  
me

ATTENTION Seattle's best executive excellent administrative skills, poised, top salary required. Join the fun! 502 for details.

Creative haircutting Center. Ourav

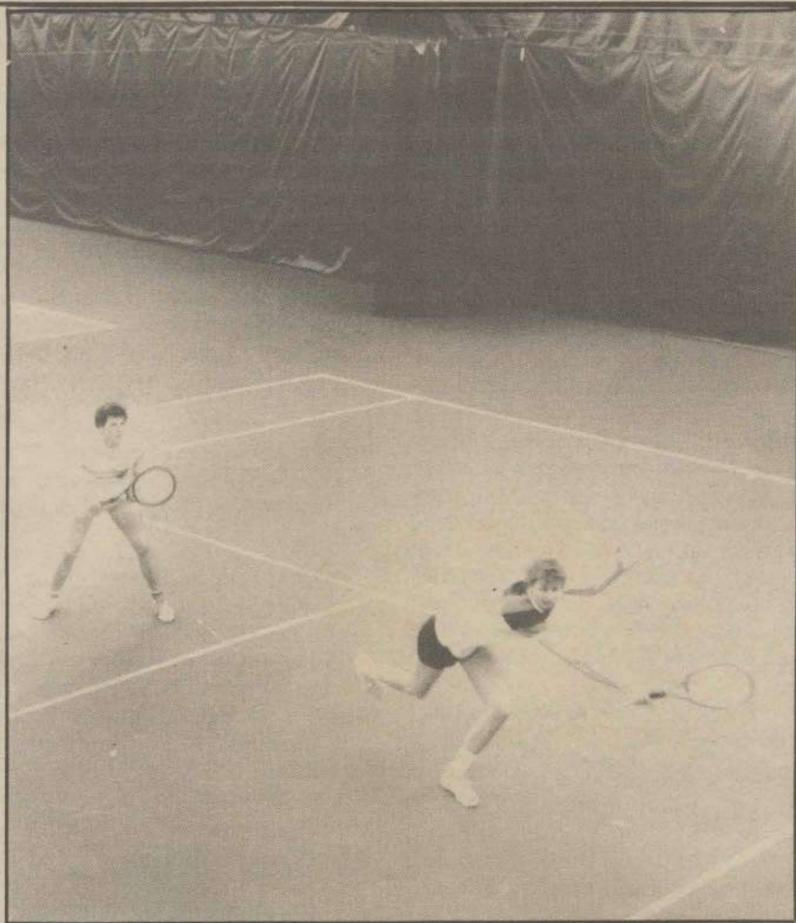
Let Washington Mutual help with a low cost student loan. Ask your school's financial aid office for an application and details or, call (206) 464-4767 for more information. You'll see it's everything we've advertised.

**Washington Mutual**  
The friend of the family™

Washington Mutual Savings Bank and its family of financial affiliates:  
Murphey Favre, Incorporated/Washington Mutual Service Corporation  
Member FDIC

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

# SPORTS



Eric Boe stretches for a return as doubles partner Doug Lehmann looks on.

## Weather cancels games

by Mark Noesen

Both the Green River baseball and softball teams were idle this week as both of the teams had doubleheaders rained out. The baseball team was rained out of their scheduled twin bill against the University of Puget Sound Tuesday. The softball teams pair with Shoreline was canceled after the team had already left for the game.

The softball team travels cross state today for a league doubleheader with Spokane. The baseball squad stays home for a single game against Clark, the will start at 2:30 and will be broadcast live on 90FM KGRC.

The baseball team will continue league play tomorrow with a doubleheader against Bellevue, the first game to start at 1:00 p.m.

The gator softball team has all but clinched a playoff position and is still in contention for the league title. The baseball team on a four game losing streak needs a second half run if they are to make post season action.

## Win streak continues

By Mike Theringer

The Green River men's tennis team picked up number 69 for consecutive league wins with a 8-1 win over Skagit Valley Tuesday.

The win was paced by the Gators number one singles player Kurt Leonhard, by defeating Scott Hayes 7-5, 7-5. He avenged one of his only two community college losses, and is looking forward to settle the score with Bellevue's top player.

Leonhard enjoyed leads of 3-0 in both sets but Hayes came back to tie in each set. Leonhard then broke Hayes serve at 5-6 to take the first set. Leonhard, after watching a 5-3, 40-15 lead slip away, came back to break Hayes again at 5-6 to take the match.

Number two singles player Eric Boe won handily over Rod Hamel in straight sets 6-4, 6-0. Phil Wildberger, number four singles

also won in straight sets 6-3, 7-6 over Keith Brown to keep his undefeated record alive. Wildberger has not dropped a set this season. Number five Jim Robinson defeated Dwayne Cole 6-4, 6-0. Number six Mark Van Eycke also won in straight sets 6-4, 6-3.

The undefeated doubles team of Eric Boe and Doug Lehmann breezed to an easy 6-1, 6-1 victory, in the number one doubles match. The number two team of Leonhard and Wildberger were stretched to three sets taking the third 6-3. Van Eycke and Mike Theringer also needed three sets winning 6-4, 4-6, 6-1.

"This is the strongest team in the region, probably in the state," said head coach Steve Sauers.

The men's team left for Eastern Washington Thursday to face Columbia Basin, Eastern Washington and Spokane.

## Golf team takes second

By Mark Noesen

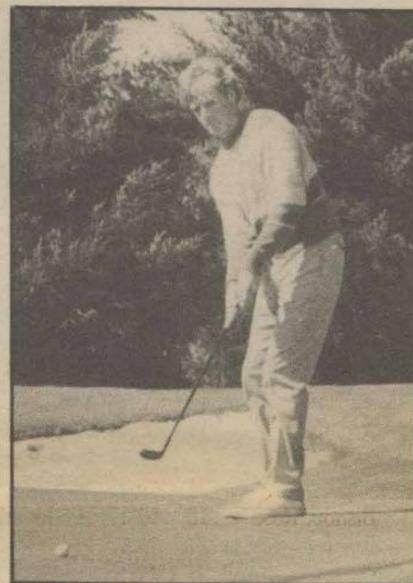
The Green River golf team finished second to Clark Community College Monday in the Region II Invitational. Eight teams participated in the event, won by Clark. David Miller lead Clark to victory shooting a one under par 71.

It was the third straight tournament that the Gators have finished second to Clark after winning the first tourney of the year. The Gators are still undefeated in match play with a 3-0 record.

Bruce Christy lead a balanced Gator attack shooting a four over par 76 as all six of the Gators golfers shot in the 70's.

Clark won the tournament with a team score of 302, seven shots ahead of the Gators 309. Clackamas finished third just four strokes behind Green River. Dan Jarvie shot a 72 to help Bellevue finish fourth.

The Gators travel to Everett today for a dual match.



Mike Kearns watches a long putt drop at Meridian Valley.

## USFL useless? You bet



Mark Noesen  
Sports Editor

by Mark Noesen

It seems to only be a matter of time before the United States Football League (USFL of useless) goes down in a sea of red ink and I couldn't be happier. In just under three years of operation the useless football league has ruined the National Football League (NFL) and salaries have more than doubled over this period. Teams in the NFL are losing money for the first time ever.

When the useless football league came into existence they swore that they would never try to steal away college stars from the NFL. But greedy owners like Donald Trump quickly changed that with the signing of Herschel Walker. The day Walker signed with the useless football league was the day that the league died.

The league never bothered to wait for a major television contract or a devoted following, but instead a few egotistical owners set off a time bomb that has exploded right in their faces.

Six useless teams either folded or merged with other teams after last season. As of this season three useless teams may not even be able to finish the season because they can't pay the bills, let alone the players. Two teams, Los Angeles and Houston are being kept afloat by the other owners in the league. One wonders how long some of these owners will pay other teams bills.

The useless football league had planned for this season to be its last spring season and move to a fall schedule, competing

head to head with the NFL. HAH! If you could go see the Los Angeles Raiders or the Los Angeles Express who would you go watch? Unless your Steve Young's mom you would go watch the Raiders. The useless wouldn't last a single season going head to head with the NFL.

Another strange idea the useless owners has was a merger. They figured after the NFL realized that the useless was for real that the NFL teams would beg them to merge. HAH! That would only show weakness on the NFL's part. The NFL owners would cut ticket prices to see the useless fold, they would kiss their mother-in-laws, there is nothing they want more than to prove nobody can challenge the league.

NFL teams used to make tons of money (millions), but not any more. While some clubs are still showing a profit, almost half the clubs in the once financially stable league are now losing money. Most of this you can attribute to the useless. The signings of Walker, Young, Brian Sipe, Jim Kelly and Doug Flutie drove the salaries of NFL players higher and higher.

While one must admit that the signings of a few star players brought the useless some instant credibility it also broke the bank. When people realized they were watching a few great players running over players that the NFL wouldn't even draft they stopped going to the games, who wouldn't?

I have watched several useless games each season just to see how inferior and boring the league is. Well I was right, it's still inferior. Hey wait! Isn't that Lonnie Terlici from Tennessee Valley Tech State playing quarterback? Boy was he good in the Starch Bowl! Remember when he threw seven touchdown's against Slippery Rock State? Another useless great.

### Want an adventure of a lifetime?

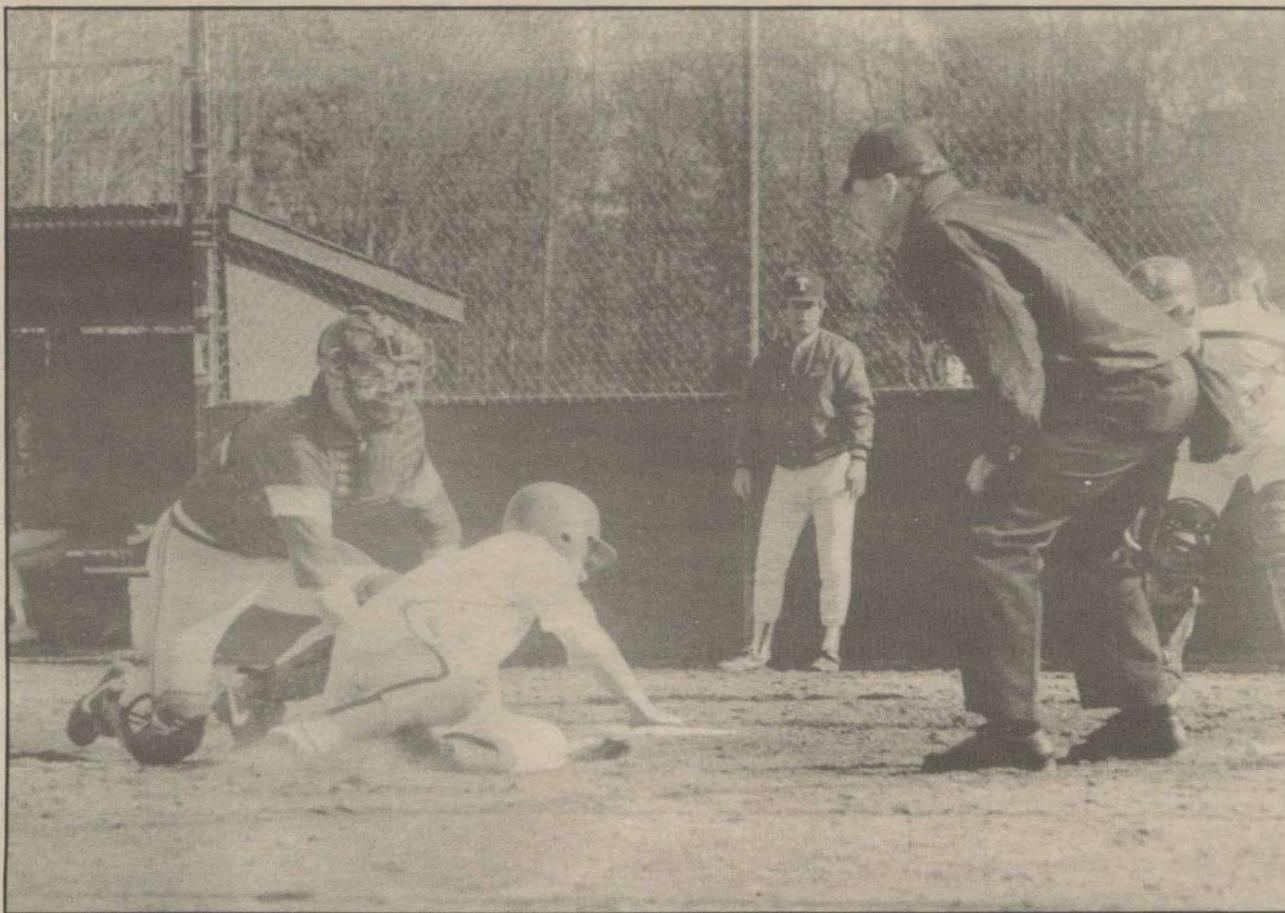


sign up for the

# Outdoor Programs White Water Raft Trip Memorial Day, May 27th

Be sure to see the White Water Rafting movie  
May 21 at noon in the Glacier Room, Lindbloom Student Center

# SPORTS



Dave Mazzone reaches for home in recent action against Tacoma Community College.

SCOTT CARPENTER/THE CURRENT

## BASEBALL STANDINGS THROUGH APRIL 21, 1985

NORTHERN	L	S
Edmonds	10-3	16-7
Olympic	8-4	9-7
Bellevue	6-4	11-8
Green River	6-9	8-12-1
Shoreline	1-7	3-11
Skagit Valley	1-11	3-16

## MEN'S TENNIS STANDINGS THROUGH APRIL 19, 1985

REGION I	
Green River	4-0
Skagit Valley	4-1
Bellevue	2-2
Highline	1-3
Everett	0-5

## WOMEN'S TENNIS STANDINGS THROUGH APRIL 19, 1985

REGION II	
Green River	3-0
Clackamas	2-1
Clark	1-1
Tacoma	1-2
Lower Columbia	0-3

### Gator Softball Statistics

#### Gator Softball Statistics

Hitting	G	AB	R	H	BB	AVG
Adams, Tammie	21	71	16	23	4	.324
Ardahl, Angela	17	52	14	20	11	.385
Brambrink, Jill	20	46	11	11	4	.239
Bauer, Sheri	21	47	21	16	13	.340
Bishop, Rose	19	46	17	16	11	.348
Boyungs, Debra	21	55	17	11	16	.200
Cootley, Kathleen	21	64	10	18	9	.281
Crawford, Tina	21	62	13	18	5	.290
Goff, Melanie	13	29	8	8	4	.276
Lewallen, Linda	13	28	7	7	4	.250
Mohler, Jill	18	30	12	9	7	.300
Norvell, Jacki	22	52	14	14	7	.269
Piksa, Caroly	20	32	6	3	10	.094
Tibbs, Theresa	21	67	13	16	9	.239

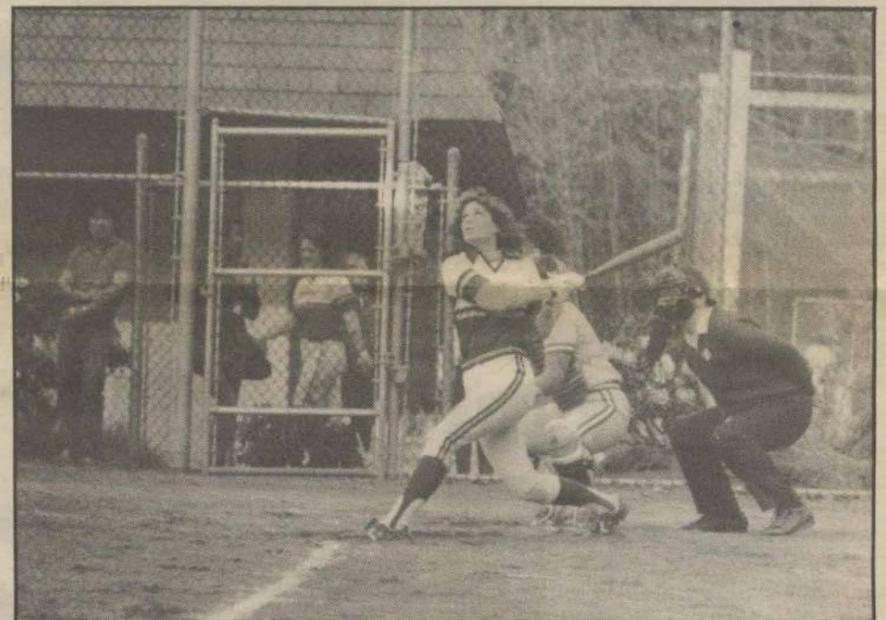
Pitching	G	IP	W-L	H	R	K	W
Ardahl, Angela	6	23	4-0	9	9	6	10
Lewallen, Linda	9	37	4-0	37	25	7	25
Piksa, Carolyn	15	91	8-6	57	37	33	90

### SOFTBALL STANDINGS THROUGH APRIL 22, 1985

COLLEGE	W	L
Wenatchee Valley	15	3
Green River	13	3
Grays Harbor	10	6
Spokane Falls	9	9
Shoreline	7	6
Edmonds	5	6
Fort Steilacoom	3	11
Tacoma	2	10
Olympic	1	11

### GOLF STANDINGS THROUGH APRIL 19, 1985

NORTHERN	
Bellevue	3-0
Green River	3-0
Shoreline	1-3
Tacoma	0-2
Everett	0-2



Gator second baseman Sheri Bauer watches a long fly against Edmonds.

SCOTT CARPENTER/THE CURRENT

## THE ARMY ROTC 2-YEAR PROGRAM. UP TO \$1,000 A YEAR PLUS A COMMISSION.



If you passed up Army ROTC during your first two years of college, you can enroll in our 2-year program before you start your last two.

Your training will start the summer after your sophomore year at a six-week Army ROTC Basic Camp.

It'll pay off, too. You'll be paid for attending Basic Camp and earn up to \$1,000 a year for your last two years of college.

But more important, you'll be on your way to earning a commission in today's Army—which includes the Army Reserve and Army National Guard—while you're earning a college degree.

For more information, stop by the Army ROTC office nearest your campus. Or call (206) 767-9301 for details.

**ARMY ROTC. BE ALL YOU CAN BE.**

### Sports Calendar

Sport	Location/Time
Friday, April 26	
Baseball vs Clark	GRCC 2:30 p.m.
Men's Tennis vs Eastern University	Cheney 9:00 a.m.
Golf vs Tacoma	Meridian Valley
Softball vs Tacoma	GRCC 2:30 p.m.
Track UW Invitational	Seattle
Saturday, April 27	
Baseball vs Bellevue	Bellevue 1:00 p.m.
Men's Tennis vs Spokane	Spokane 11:00 a.m.
Track Highline Invitational	Midway
Monday, April 29	
Women's Tennis vs Shoreline	Seattle 1:00 p.m.
Tuesday, April 30	
Baseball vs Tacoma	Tacoma 3:00 p.m.
Men's Tennis vs Highline	Des Moines 2:00 p.m.
Women's Tennis vs Lower Columbia	Longview 2:00 p.m.
Track Multi-Sport Event	Albany, Oregon
Wednesday, May 1	
Softball vs Olympic	Bremerton 2:00 p.m.
Thursday, May 2	
Women's Tennis vs Clark	GRCC

# PHOTO FEATURE

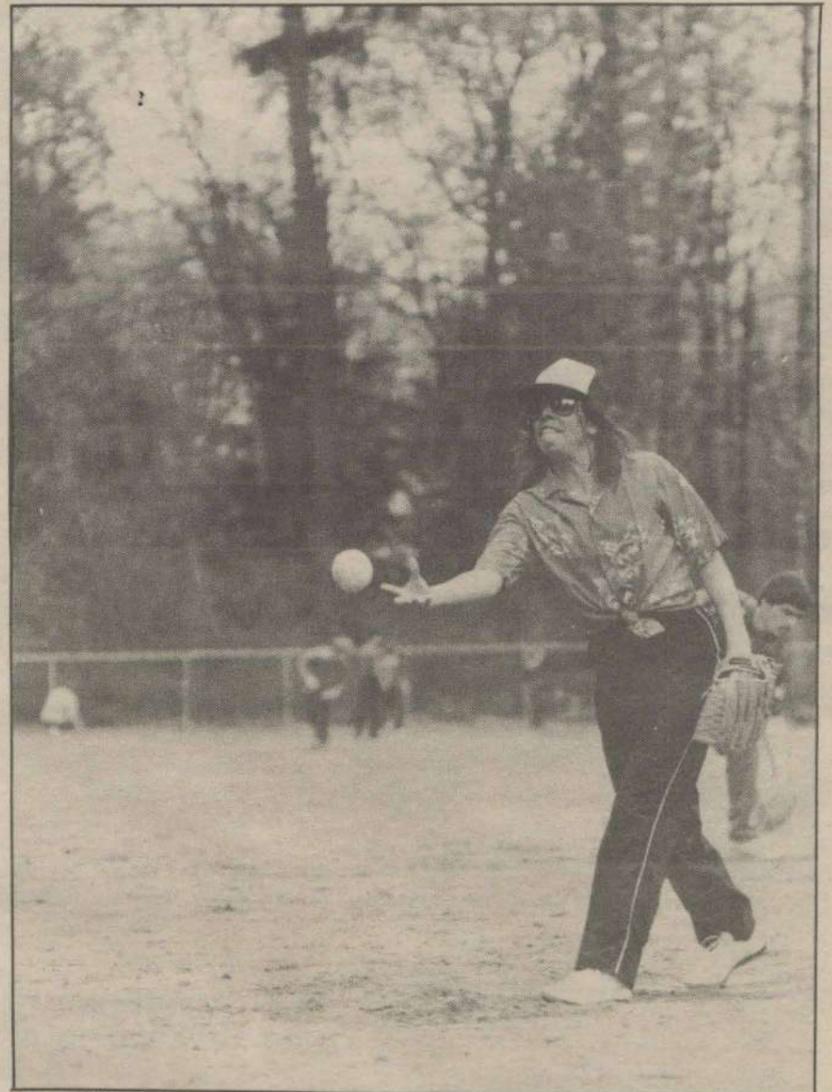
## Intramural standings

<i>Co-Ed Softball</i>	<i>WL T</i>
Alibi	1 3
Artesian Hunters	3 1
Brew Crew	1 1 1
Butterfingers	1 4
Do it Outdoors	2 1
Drafters	1 3
Gator City	
Slammers	3 0
GR Waves	3 2
Jerry's Kids	2 3
Louisville	
Sluggers	4 0
Oldies but	
Goodies	2 2
Radar Contact	0 3
R-Team	2 2



Scott Hopkins tries to snake the ball around Todd Carr.

Photos by Scott Carpenter



Debbie Ronstadt of the Green River Waves lets go of her dreaded "drop ball."

### 4 on 4

<i>Basketball</i>	<i>W</i>	<i>L</i>
Lady Techsters	2	0
Cinderella	0	1
Cunning Runts	1	0
Forfeit	1	1
Hill Toppers	1	0
Bombers	0	2
Rock but		
no Roll	0	1
Sixers	0	0
Slowbreak	1	0
Nameless		
Wonders	1	0

### The Federal Depository Library Program



## Bringing Government Information To You

Information from the Federal Government on subjects ranging from agriculture to zoology is available at Depository Libraries across the nation.

You can visit these libraries and use the Depository collection without charge.

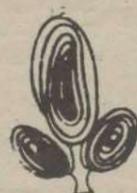
To find one in your area, contact your local library or write to the Federal Depository Library Program, Office of the Public Printer, Washington DC 20401.

This program is supported by The Advertising Council and is a public service of this publication.

**New Athletic T-Shirts**  
*available now at*

**The Paper Tree  
Bookstore**

**Help Support Your  
Athletic Programs!**



# Indian Awareness Week



## THE ETERNAL FAMILY

I am an Indian  
I am proud!

The mountains are my brothers,  
the streams that tumble from them  
are my brother's voices.

Lakes, set high for safety, are my little sisters,  
They're shy to make great noises.

The trees are my servants,  
they are good to me,  
whatever they do, it is done very well.

The flowers are the callers throughout the year,  
and they visit very often.

Mother Earth is kind and feeds me,  
her breasts are full;  
herbs and fruit are always in her basket.

Father Sea challenges me everyday  
to hunt the fish he nurtures.

I am an Indian  
I am proud,  
this is my family.

—Pauline Covington  
(Lummi)

Dear Friends,

The Native American Students Association of GRCC invites you to participate in their Indian Awareness Week being held on the campus of Green River College.

The need to become more aware, insightful, and knowledgeable of the way of life of the American Indian and their cultural richness. The spirituality and close relations to the natural environment they live in is an aspect our nation is constantly striving to achieve.

The weeklong activities will present Native American perspectives as a means of

understanding the American Indian experiences throughout history and of today.

This land's history and rich culture expands beyond the simple discovery of Columbus, a thanksgiving feast, or July 4th, 1776. Indian Awareness Week is designed to present an insightful view to another aspect of America's history that is all too often overlooked and forgotten. Please accept our invitation.

American Indian Students of Green River Community College

## Schedule of Events

### MONDAY, APRIL 29

8:00 a.m. - 9:00 p.m.: Lindbloom Student Center

Showcase display of American Indian Arts and Crafts and artifacts.

### TUESDAY, APRIL 30

8:00 a.m. - 9:00 a.m.: American Indian Crafts display

10:00 a.m. - 4:00 p.m.: Movies  
Glacier Room (LSC)

Running Brave  
I Will Fight No More Forever  
Windwalker  
Little Big Man

12:00 noon

Film  
Room SS-8

### "More Than Bows and Arrows"

A film depicting how Indian people contributed to the development of medicine, science, agriculture, environmental use, transportation, and to our form of government and national destiny.

### WEDNESDAY, MAY 1

8:00 a.m. - 9:00 p.m.: American Indian Crafts display

10:00 a.m. - 4:00 p.m.: Feature Movies  
Glacier Room (LSC)

Running Brave  
I Will Fight No More Forever  
Windwalker  
Little Big Man

### THURSDAY, MAY 2

8:00 a.m. - 4:00 p.m.: American Indian Crafts display

10:00 a.m. - 4:00 p.m.: Feature Movies

7:00 p.m.: Indian Achievement Banquet

Lindbloom Student Center  
cost—\$6.00

Held in honor of area high school junior and senior Native American students.

Keynote Speaker—Terry Tafoya of United Indians of all Tribes Foundation.

### MENU

Salmon	Baked Potato
Frybread	Salads
Huckleberry cobbler	Refreshments

**Indian Sweat Lodge:** From its early beginnings among the American Indian, the sweat lodge provided a place and time to become pure, for spiritual cleansing and reflection, and for health practices. Today, recreational resorts and health clubs across the nation provide their customers with the modern version of this same sweatlodge, know as the sauna or steambath. Although undergoing some transformation from willow shoots, a floor of sweet sage, and a covering of animal hides to cedar walls and ceilings, made complete with a light to read by, the method of heating is still the same—hot

rocks and water.

To the Native American the sweatlodge and its purpose represented a very spiritual and sacred thing. Everything about the act of taking a sweat and even the construction of the lodge itself held spiritual value. Today Indian people still utilize the sweatlodge, but there were times during Indian Oppression that they were prohibited from taking part in this ceremony. Fortunately those days are over and Indians can, once again, take part in a ceremony of intense importance to them.



## Things to do and places to visit

### Bellingham

Lummi Indian Aquaculture Project: Six miles northwest on Lummi Reservation. Commercial fish and shellfish production plant. Open for guided tours throughout the year. Write or call for group appointments. Lummi Indian Tribal Enterprise, Marietta, WA. 98268. (206) 734-8180.

Whatcom Museum of History and Art: 121 Prospect Street. Housed in a restored 1892 building; exhibits of Indian artifacts, state history and art. Open Tuesday through Saturday, 12 to 6, Sunday 1 to 5.

### LaConner

Swinomish Festival: Swinomish Reservation. Baseball games, Indian stick games, dances and salmon bake. Memorial Day and July 4th.

### Marietta

Lummi Stomish Water Carnival: Lummi Reservation. Canoe races, Indian dances, games, salmon barbeque. International war canoe races. June, during first 2 weeks (dates depend on tide).

### Marysville

Tulalip Tribes Treaty Days: Tulalip Reservation. Commemorating the signing of the Point Elliot Treaty. Features ceremonial dances, smoked salmon feast. January.

### Neah Bay

Makah Days. Makah Reservation. Commemorating acquisition of citizenship by the

Makah Indians, ceremonial dances, Indian games and traditional feasts. Weekend closest to August 26.

Makah Museum and Ozette Dig: Makah Reservation.

### Ocean Shores

Northwest Coast Museum and Gift Shop: P.O. Box 366, Ocean Shores, WA. 98511. Quinalult Indian Exhibit.

### Redmond

Northwest Inter-Tribal Indian Days Celebration. First weekend in August. Marymoor Park.

### San Juan Islands

Orcas Island Historical Museum: Center in village of Eastsound. Indian artifacts. Museum building is composed of several old homestead cabins.

### Seattle

Blake Island Marine State Park: Four miles west of Seattle. Features Tillicum Indian Village where authentic Indian arts and crafts are displayed. Phone (206) 322-6444 for information.

Museum of History and Industry. McCurdy Park on Lake Washington, 2161 E. Hamlin Street. Indian artifacts, pictures. Set of 55 slides on Washington State Indians available to teachers in King County.

Thomas Burke Memorial State Museum: University of Washington. Northwest Coastal and Plateau Indian relics.

Daybreak Star Center. Discovery Park, Seattle. Indian Art, cultural center. American

Indian Dinner Theatre, style show, and traditional salmon bake. Phone (206) 285-4425 for information.

### Taholah

Taholah Days: Quinalult Reservation. Indian celebration with annual Lake Quinalult trout derby. July 4 and weekend.

Quinalult Derby Days: Quinalult Reservation. Including a dugout canoe race up the Quinalult River using high-powered motors, a trout derby at Lake Quinalult and a salmon barbeque on the Quinalult Reservation and a Volunteer Firemen's Ball. Memorial Day.

### Toppenish

War Dance Tournament: Three nights during the middle of April at Status Longhouse, southeast of Toppenish.

All Indian Rodeo: Two days. Held on the weekend nearest June 9, the date of the signing of the treaty between the Yakima Indian Nation and the U.S. Government. Rodeo grounds near White Swan.

Fort Simcoe State Park. Twenty-one miles west via State 220 near White Swan. Constructed and occupied by U.S. Army from 1856 to 1859. Restored with Indian and other exhibits.

Annual Tribal New Year Celebration: White Swan Longhouse on Yost Road, south of White Swan. Honoring veterans. Dinner and tribal dancing, January 1.

Annual Yakima Indian Encampment: Next to White Swan Longhouse on Yost Road, 2 miles south of White Swan. Yakima Reservation. Tribal dancing, Indian games, refreshment. July 4 (10 days).

## Plea for understanding

Excerpts from the June 1961 "Declaration of Indian Purpose," delivered by over 400 Indians representing ninety tribes.

"In the beginning the people of the New World, called Indians by accident of geography, were possessed of a continent and a way of life. In the course of many lifetimes, our people had adjusted to every climate and condition from the Arctic to the torrid zones. In their livelihood and family relationships, their ceremonial observances, they reflected the diversity of the physical world they occupied. The conditions in which Indians live today reflect a world in which every basic aspect of life has been transformed. Even the physical world is no longer the controlling factor in determining where and under what conditions men may live. In region after region, Indian groups found their means of existence either totally destroyed or materially modified. Newly introduced diseases swept away or reduced populations. The time came when the Indian people were no longer the masters of their situation. Their life ways survived subject to the will of a dominant sovereign power. This is said, not in a spirit of complaint we understand that in the lives of all nations of people, there are times of plenty and times of famine. But we do speak out in a plea for understanding. With the continent gone, except for the few poor parcel they still retain, the basis of life is precariously held, but they mean to hold the scraps and parcels as earnestly as any small nation or ethnic group was ever determined to hold to identity and survival. What we ask of America is not charity, not paternalism, even when benevolent. We ask only that the nature of our situation be recognized and made the basis of policy and action."

## Movie capsules

### **Running Brave**

#### **Starring Robbie Benson**

Robbie Benson portrays the life story of Billy Mills, a halfbreed Sioux Indian who becomes the first American to win a gold medal in the Olympic 10,000 meter run. The story travels quickly from Mills as a young boy growing up on the Pine Ridge Reservation, facing the problems of poverty, family death, and personal discourse of being half Indian and half white. He is recruited by Kansas University and placed on a track scholarship, he quickly becomes the teams top runner and finds a new home away from the reservation. His internal struggle becomes a major factor in his life, leading him to leave college for the reservation, leaving the reservation for the armed service, and finally to the 1964 Olympic Games in Tokyo where he is looked upon only as an also ran. The truth behind this film is pertinent to today as there are many partial bloods who are fighting similar struggles, as well as Indian people in general. The struggle to set goals and strive to attain them.

### **I Will Fight No More Forever**

#### **Starring Ned Romero**

A historical film depicting the 1877 conflict between a band of non-treaty Nez Perce Indians and the U.S. Government. Ned Romero plays the part of young Chief Joseph, the leader of the Nez Perce band. Romero does a superb job in effectively portraying the young chief as he battles to keep the land his father deeded to him as he died. As pioneers flooded the area called the Wallowa Valley, a tract of land in the northeastern corner of Oregon. Picturesque

### **INDIAN**

*Time:* Time is relative. Clocks are not watched. One does things as they are needed to be done. Often the family gets up as the sun rises and retires as the sun goes down. "Indian Time" means when everyone gets there. A community meeting can be set for 1 p.m. and people will come as near that time as they wish. So the meeting actually begins an hour or two later, and this bothers no one.

*Today Concept:* Indian people generally live each day as it comes. Plans for tomorrow often are left until the future becomes the present.

*Natural Environment:* Man lives in perfect balance with nature. The earth is here to enjoy. If man accepts this world as it is and lives as he should with it, there will not be sickness or lack of food.

## Indian-NonIndian cultural contrasts

### **NON-INDIAN**

*Time* is important. Time is of the utmost importance. When a person says he will be somewhere at 10 a.m., he must be there at 10. Otherwise he is felt to be a person who "steals" another man's time. More and more, non-Indians rush. It is felt among this culture to be good to use "time" to its fullest extent.

*Tomorrow Concept:* Non-Indians constantly are looking to tomorrow. Such items as insurance, savings for college, plans for vacation, etc., suggest to what extent non-Indians hold this value.

*Natural Environment:* Man controls nature. Constantly this culture searches for new ways for control and mastery of the elements around him. Artificial lakes are made; natural waters are controlled. Such accomplishments are looked upon with pride.

## A Pacific Northwest Indian Legend

"The Origin of Puget Sound and the Cascades"

When the world was young, the land to the east, over the Cascade Mountains, became very dry. The rains had not yet come to earth. In the beginning of the earth, moisture came up through the ground. For some reason it had stopped coming. The plants withered and died; food became scarce. The salmon in the water were dying. The ancient people were hungry.

At last they sent people to the west to ask Ocean for water. "Our land is drying up" they told him. "Send us water lest we starve and die."

"I will send you my sons and daughters," Ocean promised the ancient people. "They will help you."

Ocean's sons and daughters were Clouds and Rain. They went home with the ancients and soon there was plenty of moisture. Plants and trees grew again, there were plenty of roots and berries to eat. Streams flowed with water and many fish lived in them again. There was plenty to eat.

But the people were unhappy, they wanted more. They wanted to be sure there would always be water. So they dug great pits and asked Clouds and Rain to fill them.

Clouds and Rain stayed away from home so long, their father, Ocean, missed them. After many moons, he sent messengers to ask that his sons and daughters be allowed to come home. "Let my children return home," he sent word to the ancient people. "You have enough water for the present, and I will see that you have enough in the future."

But people were selfish and refused to let Clouds and Rain go. The Messengers had to return to Ocean without his sons and daughters. Ocean talked to the Great Spirit Creator. "Punish the people for their evil ways," prayed Ocean. "Punish them for always wanting more and more."

The Creator heard his prayer. He leaned down from the sky, scooped up a great amount of earth, and made the Cascade Mountains as a wall between Ocean and the Dry country. The long and deep hole left where the earth had been, Ocean soon filled with water. Today it is called Puget Sound.

The people east of the mountains are still punished for their greed. Ocean sends so little moisture over the range that they do not have all the plants that grow along the coast. But they still have the pits their grandfathers dug. They are Lake Chelan and the lake south and east of it.

Ocean still grieves for his sons and daughters who did not come home. All day and all night along the beach he calls to them and sings his mournful song: "Ab' tab lab tab lab"! Ab' tab lab' tab lab'!. Ab' tab lab tab lab'! Come home! Come home! Come home!

From *Indian Legends of the Pacific Northwest*, Ella E. Clark

land of high mountain ranges, flowing rivers, and lush grasslands provided some of the finest grazing lands in the northwest. A land desired by the white settlers to be their own. The government sends a unit of soldiers to carry out the orders of placing the group of Indians onto the reservation. Resistance and further harassment leads to battles and, eventually, one of the most prolific battle strategies in Indian history. For nearly 4 months the Joseph led Nez Perce lead the U.S. cavalry on a trek that begins in the Wallowa Valley, travels through Idaho, Montana, Wyoming, and back to Montana where, tired and without spiritual strength, the Nez Perce surrender. It is a strong film, though lacking in some historical truths, provides a quality picture of Indian treatment.

### **Windwalker**

#### **Starring Trevor Howard**

Windwalker is a movie like no other before. It is an American Indian story without cowboys or cavalry, it is a film so completely Indian that even the language spoken is Native American with subtitles in English. Trevor Howard stars in Windwalker, turning in what many critics have called the finest performance of his distinguished career. Howard plays a Cheyenne Chief—an old warrior who had led an extraordinary life. Now, dying, he shares his memories with his grandchildren. He speaks of his courtship and marriage to a beautiful woman and then sadly, he tells of the Crow raid that killed her, abducting one of his twin sons and set him on a life long quest for his missing son. With wonderful acting, unforgettable scenery, and a unique vision of America, it is one of the most satisfying films of recent years.

# Another view of history

Excerpts from a speech delivered to Congress in 1833 from President Andrew Jackson. Topic of address concerns the nation's Indian Policy.

"My convictions upon this subject have been confirmed. That those tribes cannot exist surrounded by our settlements and in continual contact with our citizens is certain. They have neither the intelligence, the industry, the moral habits, nor the desire of improvement which are essential to any favorable change in their condition. Established in the midst of another and superior race, and without appreciating the causes for their inferiority or seeking to control them, they must necessarily yield to the force of circumstances and ere long disappear. Such has been their fate heretofore, and if it is to be averted it can only be done by a general removal beyond our boundary and by the reorganization of their political system upon principles adapted to the new relations in which they will be placed."

This is a tale of American History rarely taught in the school systems, one of great significance and sorrow to Indian people. Indian Removal was a very real aspect of our governments method of dealing with the Indian "problem," this tale is not an isolated instance but the magnitude of this story is unmatched.

The Cherokee nation occupied the land in the mountain country of Georgia, Tennessee, and North Carolina (land given to them through 'negotiations' in a land-cession treaty of 1794). As a people they developed a sophisticated alphabet, a constitution, and a judicial system. Because of these and other accomplishments they were considered to be one of the Five Civilized Tribes.

In 1828 Andrew Jackson, known as a great Indian fighter, was elected president and by 1830 he had put through Congress the "INDIAN REMOVAL ACT". This gave him the authority to remove any tribe of Indians living on the East coast and place them in a land area west of the Mississippi River known as Indian Country. Gold was discovered during this same time period and the Cherokee lands became a haven for gold seeking white men. Their land was distributed to the whites through a lottery system. Although Georgia has passed a law forbidding Indians to testify against any white man in a court of law, John Ross, a Cherokee Chief, appealed to the U.S. Supreme Court in 1830. The ruling favored the rights of the White man, but in 1833 the court reversed its ruling finding fault with Georgia and favoring the Cherokee Nation.

Enforcement did not happen. Instead President Andrew Jackson ordered General Winfield Scott and 7,000 troops to invade the land lawfully deeded to the Cherokee people. Without any formal notice Cherokee men, women, and children were seized and forced into camps (similar to the nazi concentration camps). Held for some time without any of their farming or hunting tools or personal spirit. Then during the middle of a blistering winter President Jackson orders the troops to move the Indians to land across the mountains into Arkansas territory. Without proper clothing, food supplies, or humane care of any kind, the troops pushed to aged women, men and children to their limit. In all, 4,000, yes, four thousand, Indians died on this march. So called the Trail of Tears, aptly titled wouldn't you say?!

As a final insult, the U.S. government charged the Cherokee Nation for the costs incurred in the removal.



The history of the United States of America is filled with marvelous and exciting sagas of people taming a land thought to be wild and savage. A land populated with a group of people so uncivilized and beyond hope that the only possible way of dealing with them was to, as rapidly as possible, overrun and extinguish them. They could never understand or adapt to the European way of life, no. Any group of people who run around in buffalo robes, live in places made from that same noble animal, regard the land they live on as "Mother Earth," live in harmony with their natural environment, have a spiritual life which honors everything, or any of their crazy beliefs and manners of living must be on the brink of madness. Nevermind that their way of life reflected deep seeded methods of natural conservation, or a spirituality aimed only at honoring and uplifting the Creator or Great Grandfather, or that their method of accepting strangers as friends until proven otherwise was standard treatment to all people. Rather than see such a people as this the focus was one to reform, assimilation, and annihilation. If this savage people wouldn't reform to the dominant, European system of values and living styles, then they must have no hope or they're too lazy to try. In that case the best avenue of treatment is to push them aside and rid the country of this brand of people. Forget trying to understand or accept their way of life, it's much too primitive.

The American Indian is pictured throughout history as savage, non-thinking,

and bloodthirsty. Oh yea, there are a few isolated pages dedicated to the "Noble Red Man" who was so tragically torn from his land and way of life, but for the most part Indian people are depicted as uncivilized barbarians living naked under the sky. To rid the nation of them and their way of life would be a favor to the generations to come.

The treatment of Indian people in America's history is an ugly blemish on the record of a land and people dedicated to the promotion of freedom and the ideal of 'every man being created equal in the eyes of God.' Wars, victories, great battles, and massacres, marked the relations between the Indian and White Man. Understanding and acceptance was present in the earliest stages of White/Red contact, but continual lies, broken treaties, and greed severed the possible friendship ties. Contact between the two races was a chronic broken record of meeting, acceptance, friendship, lies, broken treaties, bloodshed, and death. This sick syndrome of relations nearly caused the total destruction of a very proud race, the original inhabitants of this country, the Native American.

This week is dedicated to the Indian people of the past, who color our own history within our hearts, the hearts of the American Indian, and to the Indian of today, struggling still to attain self-dignity and pride. It is the Indian youth of today, together with honored tribal elders, who will make us a strong and proud people again.

## Quotes from the past

"The white man, who possesses this whole vast country from sea to sea, who roams over it at pleasure and lives where he likes, cannot know the cramp we feel in this little spot, with the undying remembrance of the fact, which you know as well as we, that every foot of what you proudly call America, not very long ago belonged to the Red Man. The Great Spirit gave it to us, there was room enough for all his tribes; all were happy in their freedom. The white man had, in ways we know not of, learned some things we had not learned; among them how to make superior tools and terrible weapons better for war than bows and arrows, and there seemed no end to the hordes of men that followed them from other lands beyond the sea. And so, at last, our fathers were steadily driven out, or killed. We, their sons, but sorry remnants of tribes once mighty, are cornered in little spots of the earth, all ours by right—cornered like guilty prisoners, and watched by men with guns who are more than anxious to kill us off."

Quote by Washakie of the the Shoshones at a council, 1878 to the governor of Wyoming.

"I have seen him shrinking from the civilized approach, which came with all its vices, like the dead of night, upon him. . . seen him gaze and then retreat like the frightened deer. . . I have seen him shrinking from the soil and haunts of his boyhood, bursting the strongest ties which bound him to the earth and its pleasures. I have seen him set fire to his wigwam and smooth over the graves of his fathers. . . clap his hand in silence over his mouth, and take the last look over his fair hunting ground, and turn his face in sadness to the setting sun. All this I have seen performed in the nature of dignity. . . I have seen the grand and irresistible march of civilization. And I have seen the approach of the bustling, busy, talking, whistling, hopping, elated, and exulting white man. I have seen this splendid juggernaut rolling on and behold its sweeping desolation, and held converse with the happy thousands, living as yet beyond its influence, who have not been crushed. . ."

George Catlin, an American artist who traveled and painted the west during the 1830's, providing and insightful glimpse to the American Indian.