

The Music Company entertainment



Dennis Reagan

A instructor comes back

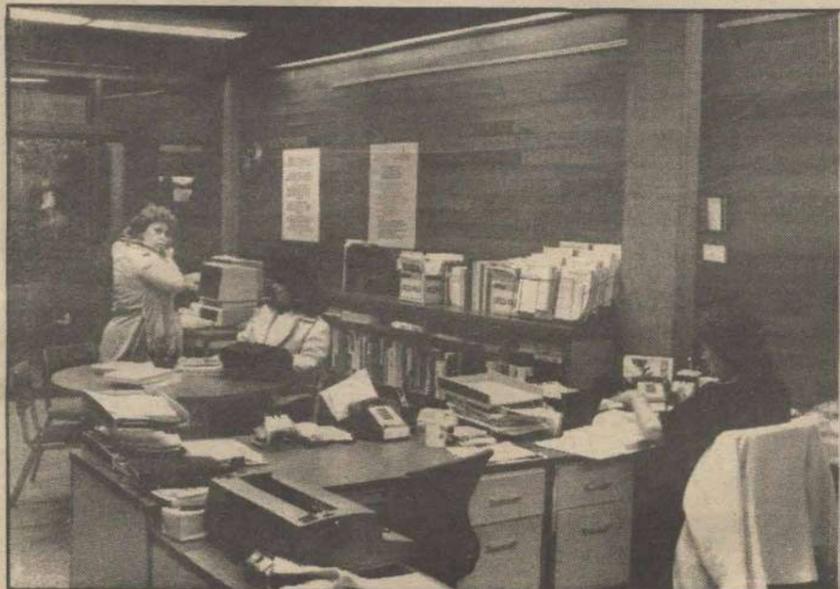


Photo By Randy Cryer

Linda Boon and Debbie Earlywine receive help in the Career Center from Roberta Tucker

Career Center provides host of information

Students face many questions about careers before they graduate; everything from majors to field of business. GRCC realizes the need for answers, and devotes a great deal of attention to the subject.

The Career Information Center helps students research the outlook of their future through various questionnaires, brochures, and an entire library of books.

One of the most popular computer tests, from Washington Occupational Information Services (WOIS), is based on a person's interests. After tallying the results, it will give a list of job descriptions and career information that should meet the person's standards. A list of school transfer information is

also available from the program.

Measuring aptitudes in various areas is the basis for the Armed Services Vocational Aptitude Battery (ASVAB). It is provided by the military, but is not directly connected to military work. It can tell a person which of his interests he is most talented in.

Other computerized quizzes available at the Career Center are "The Career Game," which is directed toward worker traits, and "Career Search," designed to teach students how to choose an occupation.

Booklet questionnaires allow students to work independently on the results.

See 'Center' pg. 3

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The Current

October 24, 1986

Green River Community College

Vol. 22 Issue 3

Plant market benefits all

by Anne Fouch

Wondered what those plants in the Lindbloom Student Center were doing there and why they have price tags hanging out of them?

Well, these plants are part of the Green River Market. The Market was started last spring on a trial basis to gauge its success.

To begin with, fruits were sold to offer students an alternative to candy and pop.

Because the rate of wholesale prices for out of season fruits was so high they had to counteract those prices by selling the fruits to the students for higher prices than expected. Costs for the fruit stands did not prove to be worth the effort that went in to the cause, so the stands were ended.

Maddock wants to sell all plants.

The purpose of Green River's Market is to beautify the inside of the buildings of the campus. Plants hanging around buildings are to give the rooms a decorative atmosphere.

The Plants are purchased by the GRCC Student Programs at wholesale stores in Seattle and sold to students at Green River for less than wholesale

prices.

These plants are hanging from the ceiling and sitting on the floor of the LSC. There are price tags on each one of them. Prices are as follows: All base upright plants, palms and rubber tree plants, are \$15 a piece or two for \$25 plus tax.

The Market not only sells plants but offers a place for vendors to sell their goods. Spaces at the LSC are rented out and used by these vendors to sell jewelry, sweaters, sweatshirts, and many other items downstairs in the LSC.

Vice President for marketing and student development, Mike McIntyre, initiated the idea of the GRCC Market but since then Mark Maddock, Director of the Market, has taken it under his wing and done the negotiating for it.

Maddock wants to sell all plants by Thanksgiving so he can move in the Christmas decor of poinsettias, and a giant Noble fir Christmas tree.

Silk flowers will also be available. "If students want silk flowers, let me know," states Maddock.

Salary increases on agenda for State Board

A 12.8 percent salary increase for community college instructors and administrators is the first priority of the 1987 legislative program the State Board for Community College Education will be asked to approve.

"Community colleges are finding it increasingly difficult to attract and retain competent faculty, given higher salaries paid in the private sector and other branches of education," said Dr. John Terry,

the State Board executive director.

In addition to the 12.8 percent general salary increase, funds are requested to offset the cost of salary increases for the faculty. Funds are also being sought to reduce the salary gap between the lower and higher-paid faculties among the 23 community college districts and to provide greater equity between salaries paid to full-time and part-time instructors.

Just once, please?



Photo By Brian Klippert

Playing in the fall leaves is just not for the "little ones," as Idaho cross country runner asks "can I have a turn please?"

The breakfast of businessmen

by Tami Sewell

A business breakfast, a corporate lunch meeting, dinner with a client, these are all good reasons for a drink or two to set the mood for a business deal, usually picked up by the company or written off as an expense. What about all of the liquor that is consumed at these "business meetings"? Do these cocktails at breakfast qualify as a possible beginning of alcoholism? Statistics show that after only two drinks the average person is impaired almost 30 percent. So what happens if you have two cocktails for breakfast, a three martini lunch and several Tom Colins with dinner three or four days a week? This is the beginning of a potentially serious problem.

After attending several of these "meetings" lately, I have noticed many of these "business men" having cocktails with breakfast and lunch as well as dinner. Although they don't stumble out of the restaurant you can certainly tell their day has started out well.

With all the talk about the drug problems in the work place, I think these businessmen should take a look at the amount of liquor that is consumed during "BUSINESS" deals. Maybe there should be mandatory alcohol testing in the work place.

The way I see it these tipsy businessmen are just as much of a risk as someone who is stoned out of their gourd, or wacked out on cocaine. These are just a few of the diseases that plague the fast paced business world. Is the money worth the stress? Is the stress worth the money? There must be a way for these employers to help workers cope with the high impact jobs. Counseling perhaps, less pressure and deadlines, or stress management classes. There must be a way for these fine men and women to turn besides the depriving world of drugs and alcohol. Let's just hope the answer comes soon.



Health Tips

Health in the 80's



Health myths can interfere with weight loss

Judy Names, R.N.
Green River Health Coordinator

Have you ever dieted down to your ideal weight only to see the pounds creeping back on? How many of you have gone on a fad diet and found you could not maintain it for any length of time? Weight control is a difficult task, and having incorrect information can be a roadblock to losing weight.

Here are some common misconceptions: 1) MYTH: "Both of my parents are overweight. I inherited my fat from them." FACT: Your genes are responsible for the shape of your body but not the amount of fat you accumulate. Fat comes from overeating.

2) MYTH: "Everything I eat turns to fat." FACT: Only excess food is stored by your body. Carbohydrates are stored as glycogen in the liver and muscles; fat is stored as triglyceride inside fat, liver, and muscle cells. For each gram of glycogen stored, your body has to store three to four grams of water. High protein, low caloric diets offer quick weight loss because you lose water not fat. A balanced weight loss diet includes 15 per cent protein, 30 per cent fat, and 55 per cent complex carbohydrates.

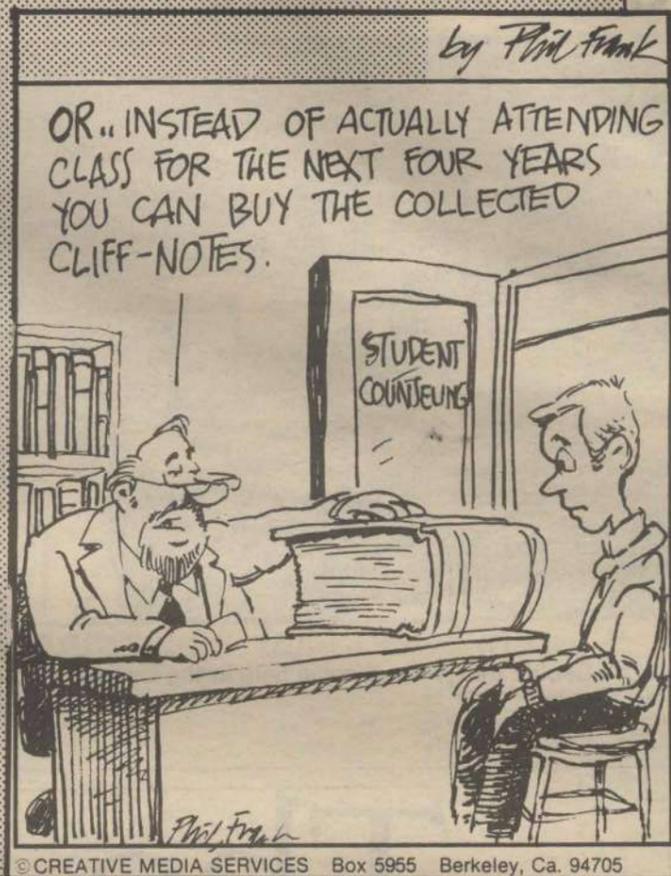
3) MYTH: Going on a high-protein, low carbohydrate diet, is the best way to lose weight. FACT: A high-protein diet can produce weight loss, but it is usually water loss. When dieters reach a plateau they usually stop the diet and rapidly gain the weight back. Rapid weight loss means you are losing lean muscle tissue, rapid weight gain means you are gaining fat.

Your body is composed of essential fat and storage fat. Essential fat is present in your brain, spinal cord, and various internal organs. Storage fat is located below the skin and is used for insulation. Problems arise when the storage fat exceeds 30 percent and shows itself as a protruding abdomen, jiggly thighs, etc. Fat is stored in these areas because that is where the body has the greatest concentration of fat cells. The body has approximately 25 to 35 billion fat cells; if these cells become engorged then more fat cells are developed to handle the additional fat load.

If you want to be successful at losing weight you have to find a nutrition plan you can stick with, and you have to exercise. Exercise is a vital part of a weight control program.

Frankly Speaking

by Phil Frank



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Talking phones a talking nuisance

by Janice Gadsby

After you drop in your quarter a message will flash "Thank You" on a tiny screen. It then shows you the phone number you just dialed. After someone answers on the other end the message on the screen says "you have \$0.00 credit".

You would think in a world of talking cars, vending machines, and answering machines you could say you had seen it all. Now we have talking phones.

These new phones not only talk to you but now they also give you a time limit. Only four minutes for a quarter. So don't plan on telling anyone your life story.

Well at first I thought hey, this is great, it shows you what number you just dialed and it says "thank you" but what got me was at the bottom of the screen a digital clock, running backward from four minutes to zero.

Shortly after three minutes the phone interrupts your phone conversation and says "please deposit 25 cents for the next four minutes. If you keep talking the phone will say "please hang up and try again!" Of course at the same time the screen also flashes this message at you.

There are only a few of these phones in the Seattle area and your chances of having to use one is very slim but if you should ever have to use one of these phones be patient and talk fast.

A crunching nightmare

by Tami Sewell

The leaf problem on this campus is pathetic. Every evening when I drift off to sleep I am plagued with the terror of crunching...crunching here crunching there, crunching, crunching everywhere. I can't eat, I can't sleep with all this crunching at my feet.

My heart goes out to those grounds-keepers whose daily task of blowing the leaves is never ending. They tediously blow those obnoxious leaves into a neat stack and the very next day the darn things are scattered all over campus again.

Is this a lost cause? Are we all doomed to this infliction of crunching forever? The answer must be somewhere-It must be found soon. Please if anyone out there has the answer help us all and reveal it or soon we may all parish from the fear of yet another crunching season.

The Current

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The Current is published as an educational experience by the students of the Journalism program of Green River Community College, each Friday throughout the school year. The Current welcomes all letters. Contact the Current office, 12401 SE 320th St. Auburn, Wa. 98002. (833-9111, ext.267)

Reagan recovers, back at GRCC

by Teresa Davidson

Students may think that almost all teachers spend summer vacation on the beaches of Hawaii or pouring over the latest research methods, but this doesn't hold true with one chemistry instructor at Green River. In Dennis Reagan's case, he spent the summer recovering.

While sitting at his desk in his office, Reagan tells of his experiences during last spring and summer. He dealt with two serious heart attacks in February which left him in Harborview Hospital for a couple days, yet he left six days later.

He wasn't sunning in Hawaii or even staying in New York. Reagan, 48, was taken back to Harborview four days past, suffering from ventricular fibrillation, a condition which sends the heart fluttering.

Because of the scar tissue on Reagan's heart, blood was no longer pumping through the right vessels. The scar tissue causes the condition of ventricular fibrillation, an electrical problem.

Four days after Reagan was released from the hospital, he died.

But he's back on Green River's campus

"The only reason I survived was because I was in the back of the Medic One ambulance," said Reagan, "I had been walking on Green River's campus and my vision started to narrow. I couldn't see except for right in front of me."

Regan started to pass out and was eventually taken to the hospital. On the way his heart stopped beating as a result of ventricular fibrillation. Regan commented, "I was lucky the the paramedics knew what they were doing. I could see the affects of the 'paddles' they used to revive me."

'The only reason I survived was because I was in the back of Medic One.' Regan

Doctors needed to find a solution which would contain Regan's problem. They had to discover a chemical to prevent ventricular fibrillation caused by the lack of blood flow. By the end of march, Regan was receiving electro-physiological operations every three days to stop the fluttering of his heart.

A few days after Regan's birthday, the doctor found a machine which would make blood pass through his heart by electrical volts if it stopped functioning naturally.

A visiting chinese doctor, Wah Terwi Tcher, used an ancient device to confirm where to put Regan's electric "volter". Because of the problems relating to electricity and water, the doctors needed to put the machine in a place within Regan's body with little water.

The machine, called an automatic implantable fibrillator, was put in his adominal cavity. About the size of two cigarette packs, the fibrillator shocks the wearers heart with 2,000 volts if the heart experiences tachycardia, fast beating.

over 3,000 people each day suffer from fibrillation.

The shock will revive the heart to normal beating. Regan has not experienced the shock yet. "The volts have not gone off so far," said Regan, "It is because I still take the medicine to control the fluttering."

Regan is the 46 person west of the Mississippi River to receive this kind of device. The first operation in America took place in 1981. "This operation and the whole experience has been very fascinating," said Regan, "And its quite



Photos By David Baus

Dennis Reagan, Chemistry instructor is fully recovered

new."

In June, Regan had recovered enough for openheart surgery. He was on the operating table for eight hours. During which time Regan's operation consisted of three heart by-passes, removing the internal clotting by interior catheterization.

Over 3,000 people each day suffer from fibrillation. It is the leading cause of death. Regan is one of the people that have survived and now leads a fully recovered life. He returned teaching this summer, working with a full-time load. In school, Regan's time is filled with helping students on mass-molecule questions and figuring the grams per mole ratios.

Regan would like to express his thanks to the faculty, students and staff at Green River. "I expected people to give a card once, but some people sent cards all the time," he said, "I really appreciated the help. It encouraged me."

Regan has been teaching at GRCC since 1966 when he began as an instructor of night classes.

cont. from pg. 1

The "Holland Self-Directed Search" and "Interest, Determination, Exploration, and Assessment System" (IDEAS), score a person according to personality and interests, and recommend other sources for more information.

"Self-Exploration Inventories" can increase self awareness of ideals as they apply to life choices, and "Emerging Occupations Interest Inventory" compares results to a list of the projected top 100 careers available in the future.

Credits can also be earned through the Career Center, for participation in a career search program. It is a contracted two-credit course geared toward defining goals, methods, and options.

For those who prefer to find the answers on their own, the Career Center has a check-out system on various ma-

terials. The library extensively covers about 2,000 occupations, but houses information on up to 22,000 careers.

This collection includes books to help study for employment tests, transfer information, and career planning ideas, as well as statistics on predicted openings and pay rate.

Seventeen videos are also available for check-out, including films on interviewing, and compiling resumes.

All services provided by the Career Information Center are free to GRCC students and alumni, with just a minimal charge of \$5 to others. Participants must make appointments for use of the computer tests.

The office is on the second floor of the Lindbloom Student Center, open from 9a.m. to 8p.m. Monday through Thursday, and 9a.m. to 4a.m. on Friday.

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Music Company performs Nov. 15

by Valentina Espinosa

Green River Community College's own "Vegas style" production group called the Music Company. Features its first performance on Nov. 15 at the Sea-Tac Lion hotel for the Air National Guard.

The Music Company is one of two classes offered through the professional entertainment program.

Director Pat Thompson who oversees the Music Company is helped by Linda Fahlgren, program manager, who helps design the costumes and creates the choreography. Ed Zabinski is the group's technical director and booking agent. Thompson commented, "The program

'The program is going great. More students are interested this year than ever in the history of the Music Company.'

is going great. More students are interested this year than ever in the history of the Music Company."

Seventeen years ago Pat Thompson became a faculty member at GRCC.

During his sixth year, Thompson organized the Music Company "because I felt this class would teach students what kind of music the public will pay to hear and how to sell their act to the audience."

However, this class does not include

'I felt this class would teach students what kind of music the public will pay to hear and how to sell their act to the audience.'

composing and arranging the students own music, but covering different known artist's material. The company focuses on various forms of music that relates to their audience. Basically individuals between 30 and 60 years of age books the GRCC professional act. The group covers all eras of music from the 40's era, to country and contemporary music.

Every spring, the professional act goes on a two week tour covering Washington. They perform on campus once a quarter. Consequently, auditions for next years music company will take place in late April.

The class offers ten vocational



Photo By Brian Klippert

Tina Worle, Rob Oxford, Linda Fahlgren, Rosanne Oeuser, Lisa Hanson, and Sam Vijarro practice for the Music Company

credits class. It takes place two hours daily, five days a week and each student does around 150 hours of performing outside of the class.

Thompson said, "the purpose of the program is to train people in the field of professional entertainment. Not only to specialize as a performer, but as a agent and a technician in the recording studios as well."

This years music company's singers

consist of; Rosanne Duësser, Lisa Hanson, Rob Oxford, Kelley Rusler, Sam Vijarro and Tina Worle. The horn players include; Dave Gagley, Chuck Gay, Andrew Hickman and Mike Kelgaugh. The rhythm section is made up by Annette Calveri, Mark Collings, Jose Hernando, Brent Hogesson and Eric Housen. Finally, the technical crew includes; Jeff Flowd, Emily Heinds-mann, A-J Holbrook and Steve Reeser.

Rehearsals underway for chamber singers

by Renee Ricketts

Audition results are posted and rehearsals are underway for the GRCC Chamber Singers.

Shery Lucas returns to the chorale by 19 new members. Most of them are also in choir class.

Sopranos are Nicole Baker, Chris Cooney, Betty Helgeson, Sue Moen, Julie Raulston, and Kristin Taylor. Completing the alto section with Lucas are Kim Cannon, Shelly "Cricket" Napier, and Renee Ricketts.

The tenors include; Phil Erickson, Tim Hannon, Bryce Lockard and Mike Roy. Mike Black, Diano Garcia, Jay Phillips, Les Taylor, and Alec Vandehy are the baritones.

Presently, the group has only two full-time musicians: Bill Fletcher, drums; and Roger Plateborze, bass. However also accompany the group with

piano and guitar and also Ron Carrithers who is the groups sound man.

ever, several of the chorale members also accompany the group with piano and guitar.

Led by music instructor Ronald Smith, the 20-member chorale is now learning a collection of Christmas music for the upcoming season.

Their Christmas repertoire consists of a variety of pieces ranging from madrigal to swing, as well as individual numbers produced by each member.

Saturday, Dec. 6 is the group's first performance; 11 a.m. in the Lindbloom student center.

Although Christmas is their busiest season Smith expects about seven concerts. The group performs year-round, finishing with a tour in the Spring.



Photo By Brian Klippert

The Music Company rehearses for their performance at the Sea-Tac Lion hotel on Nov. 15

Lindenmuth to 'Beat the Blues'

by Lonny Mitzel

The Scott Lindenmuth Group will be performing at GRCC's second "Monday Beat the Blues" free noon concert on this up-coming Monday in the LSC.

Lindenmuth, a 1973 graduate of Edmonds High School, has earned a musical reputation in the Seattle area, both as a talented performer and as an accomplished guitar teacher.

He is the founder of the Scott Lindenmuth Group, a jazz/rock fusion band that has already had widespread success forming in 1980. His music has aired on over 128 radio stations across the country.

Other members of the group include Gary Franzen on Keyboards, Randy Jacobson on bass, and Bill Dodge on drums.

In April of 1984 the group released their debut album entitled "Another Side, Another Time" on Dark Stream Records, which Lindenmuth owns. The album contains nine original compositions.

Lindenmuth also has a new record for release in the fall entitled "Changing Rhythm."

Robert Henschen, from Downbeat magazine stated, "Scott Lindenmuth leads a fine young group out of the Northwest that plays with a kind of quiet fire. The band is hot little known, perhaps, but instrumentally accomplished and unique in their direction..."

Another Side, Another Time is definitely on the buy list."

Lindenmuth's biggest early influence were the Beatles, although he played and listened to music by many other popular bands.

Lindenmuth has performed at Bumbershoot and appeared at the Broadway Performance Hall and the Seattle Concert Theatre, as well as many community colleges throughout the area.

Top ten singles

Women have been dominating the charts this year more than any other year in the past. This week the top three positions are filled by women.

The top selling records of the week, based on Billboard's survey of sales and broadcast play:

Top singles

- 1 True Colors - Cyndi Lauper
- 2 Typical Male - Tina Turner
- 3 When I Think Of You - Janet Jackson
- 4 I Don't Mean To Turn You On - Robert Palmer
- 5 Heartbeat - Don Johnson
- 6 Amanda - Boston
- 7 Throwing It All Away - Genesis
- 8 All Cried Out - Lisa Lisa & Cult Jam
- 9 Hustan - The Human League
- 10 Sweet Love - Anita Baker

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Green River Community College

Reviews

Video tapes bring the theater home

by Charles Miller

It is a safe bet to say that most college students watch more movies in their living room than in a theater. After all, renting a video tape doesn't cost as much as going to a theater. Paying \$4.50 to see something that you don't know whether you'll like or not seems ridiculous.

Usually movies will appear on tape six to nine months after leaving the theaters, but some, like the movie "E.T.," take years to show up on tape and others just by-pass the theaters and appear on tape instantly.

Star Trek-The Cage

Over the last year or so, videotapes of the original "Star Trek" TV series have been released on tape in an uncut form. I, myself, am a 'trekkie' and have eagerly awaited them with anticipation.

I myself, am a 'trekkie' and have eagerly awaited them with anticipation.

erly awaited them with anticipation. Since 1986 is the 20th anniversary of the TV series' premiere, Paramount Home Video has released the series' original

Jumping Jack Flash

—Goldberg creates movie madness

by Lonny Mitzel

"Jumpin Jack Flash, it's a gas, gas, gas." In other words not only is the movie hilarious, but it supplies the petrol for excitement, and that is Whoopi Goldberg.

The movie plot itself goes nowhere but Whoopi comes along and fills the

A Russian aerobic workout keeps appearing on her screen.

tank. The plot is about spies, and particularly Jumpin Jack Flash, who's trapped in East Berlin. But for some reason no one will help him get out, which they never explained why.

Goldberg plays a bank employee, Terry Doolittle. She's working on her computer when an encoded spy message (sent by Jumpin Jack Flash) appears on her screen. She's asked to help, and since she has nothing better to do than get involved in espionage she does.

The whole movie is chopped full of implausibilities, for instance a Russian aerobic workout keeps appearing on her screen. But the movie does give Goldberg the chance to ham it up, and let's face it, Goldberg is a very funny lady. So how can you go wrong with this movie, well, if you don't like Goldberg (which I don't how) it could be a

pilot show on tape on Oct. 15th. Titled "The Cage", it has never been shown in its complete form on television before.

The only actor recognizable from the classic TV series is Leonard Nimoy as a surprisingly emotional Mr. Spock. NBC viewed the pilot show as "too cerebral" and ordered changes. Among the changes was dropping the female second-in-command. NBC thought that nobody would take a woman in a command situation seriously. NBC also wanted 'the guy with the pointed ears' out of there. History speaks for their decision.

Temple of Doom

"Indiana Jones and the Temple of Doom", the sequel to "Raiders of the Lost Ark" is scheduled for an Oct. 29 video release. The movie is literally non-stop action, but it lacks one thing that "Raiders" had: credibility.

"Raiders" had Nazis getting fried by the lost Ark of the Covenant, but it presented the idea of the Ark with total believability, and I more than willingly suspended my sense of disbelief. However, "Temple of Doom" uses its action without any believability. After Indy and company jump out of a pilotless airplane using a rubber raft, then later tumble down a precipitous waterfall, my suspension of disbelief was aban-

regretable two hours. This is Penny Marshall's first attempt at directing a major motion picture. Although the idea is good, maybe she should stick to being Laverne.

Goldberg does hilarious imitations of Mick Jagger complete with lips and later on when she's trying to get into the British Embassy, she does an imitation of the Supremes and gets her dress caught in a shredder.

The bad guy that's trying to stop her, played by Jim Belushi, is the Wile. E. Coyote of bad guys. Everything he attempts to stop her with backfires which also add many funny scenes in the movie.

There's a scene when she's trapped

She does an imitation of the Supremes and gets her dress caught in a shredder.

in a telephone booth, hooked up to a tow truck, and drug around New York, all the while Goldberg is trying to call for help.

There's also a funny scene where she's injected with truth serum and she goes around telling everybody the truth.

Goldberg shows her talent as a comedian as well as a serious actress (The Color Purple) and you can bet she will have more to come.

done. The movie also lacks a memorable villain. "Raiders" had the best cinematic villains this side of the CIA. Nobody can top the Nazis for total villainery. Even Darth Vader turned out to be a nice guy. The female character,

Nobody can top the Nazis for total villainery.

Indy's love interest in the movie, played by Kate Capshaw, is too whiney and lacked the appeal of Karen Allen in "Raiders."

The movie does have some good parts. Ke Huy Quan stole the movie as Indy's sidekick Short Round. The nightclub chase is excellent, until the inevitable raft fall.

Legend

One movie that is far from excellence is "Legend", scheduled to be released on Nov. 6th. It's another medieval fantasy movie - just what we need. The movie is also Tom Cruise's most embarrassing movie. Cruise plays a boy with special powers who lives in the woods with the magical unicorns. There is no explanation as to why he shows up, or just exactly what is he. Cruise looks totally lost. I expected more from director Ridley Scott, who directed two of my favorite science fiction movies, "Alien" and "Blade Runner", but this movie falls way short of these two.

What almost saves the movie is Tim Curry's (remember him in "Rocky Horror Picture Show" as the sweet transvestite) performance as Darkness. He is just about the only good thing in this movie. The setting is good, and the unicorns look great, but I wish the movie was just as good.



Gods Must be Crazy

You wouldn't expect a comedy from South Africa to be a cult hit in the United States. "The Gods Must Be Crazy" has been playing in theaters around the U.S. for more than three years, and I don't expect its video release on Nov. 13th, to hurt the movie's popularity at late-night theater showings.

"The Gods Must Be Crazy" starts out with a great idea. An African bushman finds an empty Coke bottle that was dumped from a private airplane. Eventually he decides that the evil object should be thrown off of the world. He meets up with a nerdy zoologist and a schoolteacher, and gets involved with African revolutionaries.

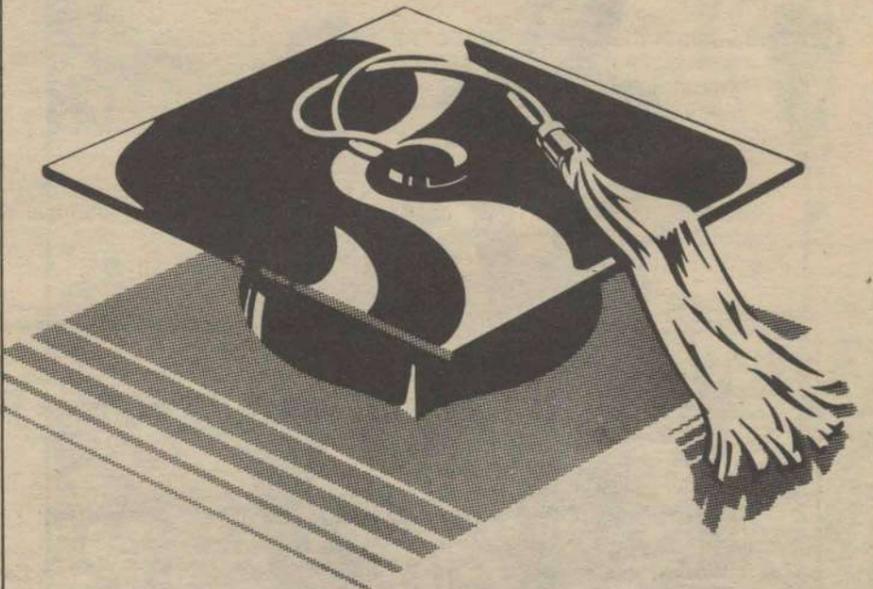
The movie is excellent at showing the differences of the two cultures, and I heartily recommend the film. However, the nerdy zoologist is just a little bit too nerd-like, and the gags of him

Also remember to keep the fire low or else the rhinos will stomp the flames out.

chasing after his jeep are boring after the second time. Those flaws don't seriously hurt the movie though, and all I can say is run out and rent it. Also remember to keep the fire low or else the rhinos will stomp the flames out.

All in all, there is something for nearly everybody in these four new releases. One observation on video rental stores: did you ever notice that every video store has a tanning salon right next to it?

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Intramurals intrigue many

Beginners and novice athletes may join an intramural team, unless they are already participating in the same sport on a varsity team.

The teams are arranged and coached by students, however, faculty members can compete in student intramural sports as well.

The fall intramural sports are flag football, volleyball, basketball and soccer.

Intramural sports has few rules says, instructor Ted Franz. He sees the teams as "being pretty good." "The inside sports are going well, but the rain has kept some people from participating in the outside sports," said Franz.

Because it's too late for fall sport players, Franz encourages students who want to play winter quarter sports to make up a team and be prepared to play the first week of the quarter.

Winter quarter sports include; volleyball, five-five basketball, and a pickleball tournament. Spring sports are slow pitch, four-four basketball, and volleyball.

Franz commented, "we have the largest intramural department than any other college in Washington and we would like to keep it that way. I'm sure if you decide to join a team you will enjoy it, and have fun and that's what it's suppose to be fun."

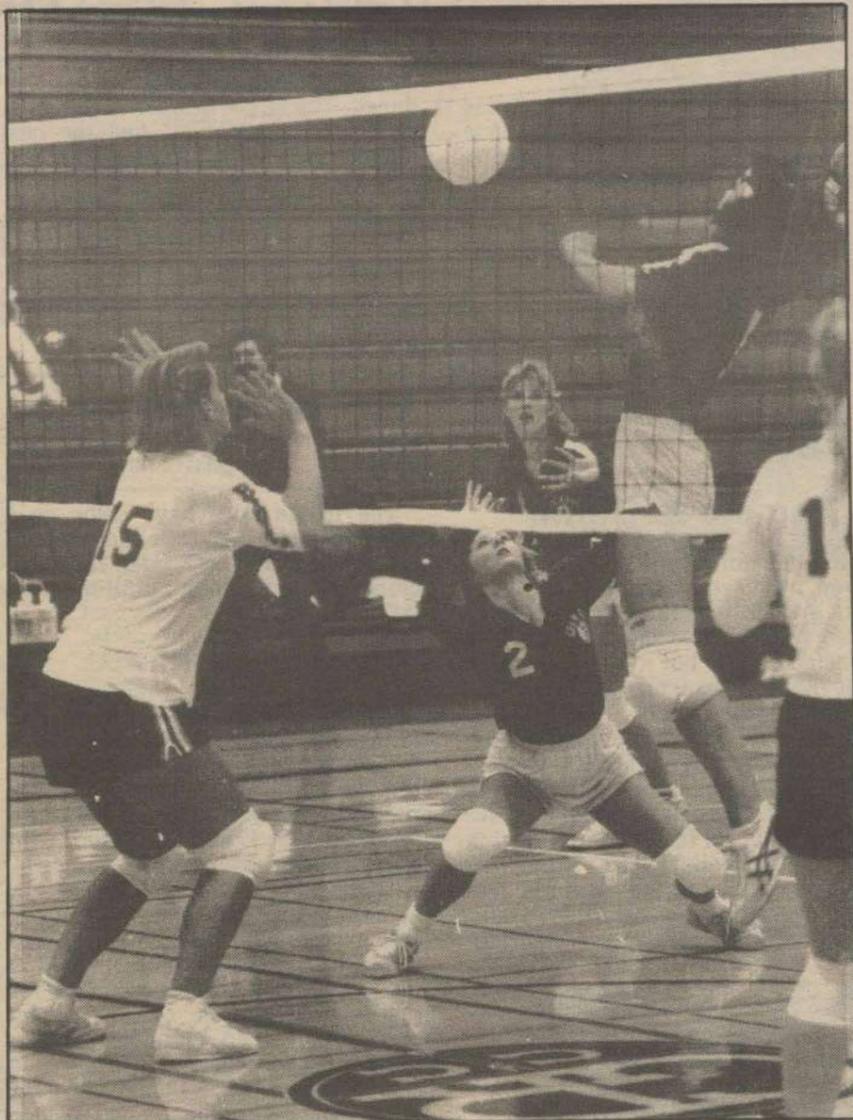


Photo By Brian Klippert

Danielle Johnson (no. 2) sets the volleyball up for Margaret Henry in a match against Centralia Community College

Gators gain doubleshot in Volleyball

Green River women's volleyball team will add two more wins to their record after beating the last two opponents, Bellevue and Centralia.

On Oct. 15 the Gators traveled to Bellevue Community College to match up with the Helmswomen. The Gators didn't rally until the second match.

Losing the first 11-15, but they soon came back and beat Bellevue three times straight 15-11, 15-9, 15-4.

Karen Rooth, Margaret Henry and Lynette Keehnel each had their share of kills, Rooth and Henry had 11 while Keehnel was right behind with ten. Rhonda Mathis had 20 assists and Danielle Johnson had 13 to help give the Gatorsthe win over Bellevue.

The Gators went up against Centralia Community College on Oct. 17, and had no problem defeating them 15-7, 16-14, 15-5. Karen Rooth had 9 kills and 3 stuffed blocks whereas Margaret Henry totaled up 8 kills and 2 stuffed blocks to get the Gators past Centralia.

The Gators next home game will be Oct. 31 against Clark College at 7:00 p.m in the GRCC gym.

Robinson pleased with UW performance



Photo By Brian Klippert

by Susan DeNune

Cross country coach Tom Robinson feels "the junior colleges got lost in the shuffle," at last week's University of Washington Invitational.

"There were a lot of good 4-year college and oen runners," Robinson said. "We had difficulty staying with the older, more experienced runners." The open runners —from teams like

Athletes Foot and Club Northwest — average between 25 and 35 years of age, while community college runners are usually 18-20.

Robinson said the 4-year colleges, especially the University of Washington, walked away with the meet.

But coach Robinson was none-the-less pleased with the performance of



Photo By Brian Klippert

GRCC's womens cross country runner, Michelle Vigna (no. 11), runs in the University of Washington Invitation Gator runner, Bud Marshall (no. 126) overwhelms a Western Washington competitor

his runners.

The men's team placed ninth overall and second in the community college division. Chris Riley came in second in the community college division at 26:20, and Bud Marshall took the fourth spot at 26:37. Green River runners Brian Jacobsen and Lance Docken finished fifth and seventh over the eight kilometer course.

Coach Robinson expects Highline to win the NWAACC championship and was especially pleased with this meet because, "We broke them up," meaning Highline was not able to take the top three spots. Highline finished with only 199 points to Green River's 233.

In the women's division, Jennifer Droughon placed 17th overall, finishing in 18:52 over the 5,000 meter course.

Runners Michelle Bigna and Leann Renick both finished well under the 22-minute mark.

Defending conference champion Michelle Finnvik was not able to compete. Finnvik sprained an ankle and has not been able to practice.

Robinson said, "It's unknown if she can run in any of the remaining meets this year and that really hurts us."

The team runs in the Wadernere Invitational in Spokane tomorrow.

Test your sports trivia

1. What ball game did James Naismith invent at Springfield, Massachusetts?
2. Who was *Sports Illustrated's* first female Sportsman of the year?
3. Who was the first boxer to hold the world heavy weight championship three times?
4. How high is the crossbar on a football goal post?
5. What two teams joined baseball's American League in 1977?
6. How many players are there on a soccer team?
7. What two baseball players make up the battery?
8. What do Indianapolis 500 winners traditionally drink in the winner's circle?
9. How many fingers are used to draw a bow?
10. Who set a record for golf earnings in 1963 without winning a national title?

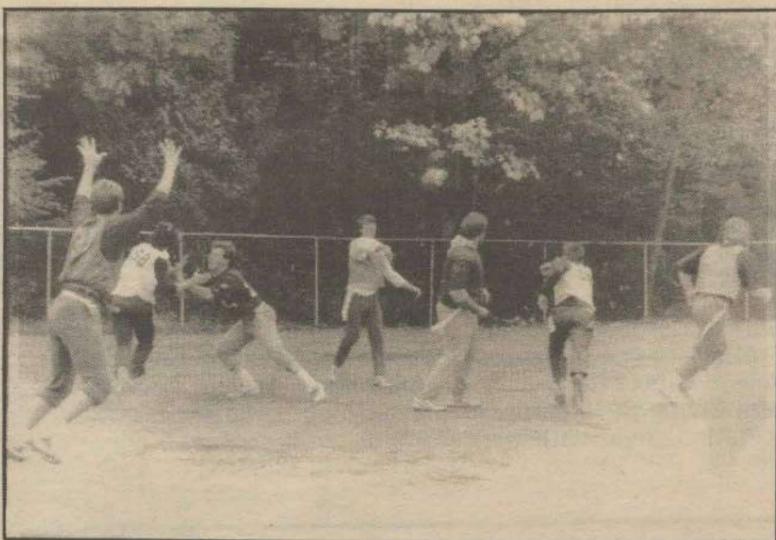
answers: 1. Basketball 2. Billie Jean King 3. Muhammad Ali 4. Ten feet 5. The Seattle Mariners and Toronto Blue Jays 6. Eleven 7. The pitcher and catcher 8. Milk 9. Three 10. Arnold Palmer

Soccer player takes a tumble



Photos By Brian Klippert

GRCC soccer player Bob Crook (no.17) slide tackles a defender from Hower Columbia College



Photos By Mike Seaholm

Flag footballers play in one of GRCC's intramural games

Flags are flying in intramural football

Football is one intramural sport taking place on campus this fall. Flag football varies from tackle and touch football. In this sport players grab for a flag attached to a velcro belt, and once the flag is obtained by the opposite team, the player is then considered tackled. These games are played Monday, Wednesday, and Friday from 12-1. Now the teams are competing in league games and before Thanksgiving, the teams will be competing in tournaments and the winning team will receive a T-Shirt. Organizer and student leader Craig

Bartz has "a lot of fun with flag football. I get to meet a lot of people, and even though sometimes I wish I could play, I have fun helping the team members play and watching them have fun." Bartz' job is to make sure all the teams get started on time, schedules the games and is a referee while keeping track of all the teams' status reports. Furthermore, Bartz sees flag football as "a lot of fun, and everyone seems to enjoy the intramural sport flag football."

Intramural standings

3 on 3 basketball.

League A	Wins	Lost	Forfeit
X-Men	3	-	-
The Jays	1	1	-
Killers	1	1	-
Security Guards	1	1	-
Rebels	-	2	-
Utfo	2	1	-
The Outlaws	-	1	-

League B

Quarts	-	1	2
The Misfits	-	3	-
Yellow Snowman	1	1	1
Choir Boys	3	-	-
Come Again	2	1	-
Cruisers	2	1	-
One Step Behind	2	-	-

Coed Volleyball

League A	Wins	Lost	Forfeit
Pago Pago	2	-	-
21-over	3	-	-

Crunch Berries	1	2	-
T-A	-	3	-
Phi Slatma	2	1	-
Timber Wolves	1	2	-
James Gang	1	2	-
League B			
Oldies but	-	-	-
Goodies	2	1	-
Chemical	-	-	-
Flashback	3	-	-
The Garroors	1	1	-
No Game Today	3	-	-
Morton's	-	2	-
Valley	1	3	-
Leftovers	-	3	-

Flag Football

	Wins	Lost	Forfeit
Mutants	3	-	-
Unknowns	1	1	-
Missing Case	3	1	-
Pervertables	-	4	-
Duff Mivers	3	2	-
Head Hunters	1	1	-
Kaahn	-	2	-

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Community Happenings

Cancer Society has annual bazaar

The American Cancer Society's annual Can-Do Harvest Bazaar will be Thursday, Oct. 30 from 10 a.m. to 7 p.m. at Longacres race track.

This year the hours are extended and a new cocktail hour with complimentary hors d'oeuvres. A luncheon with a no-host social hour will begin at 11:30 a.m. During the luncheon, a style show will feature the "gently used" clothes from the ACS Thrift Shops.

Luncheon tickets may be purchased from the ACS chapter members or from volunteer offices in Kent or Seattle. The deadline for

luncheon tickets is Saturday, Oct. 25.

Grand prizes for the drawing include a large Victorian doll house, a Seattle Mariners general admission pass (\$720 value), and a KJR Puerto Vallarta trip for two. The bazaar will include white elephants, a country kitchen, homemade candies and handicrafts made by chapter members.

Donated merchandise will be sold in a silent auction at 2 p.m., 4 p.m. and 6 p.m. There will be suggested minimum bids on each item.

Halloween activities take place in Kent

Kent Parks and Recreation's Halloween Festival on Oct. 25 will feature a mask making contest at 10 a.m. to noon. The cost is \$5.

On the same day, the coloring contest winners will be announced. Contest forms are available at Kent

City Hall. Entries must be turned in by Friday, Oct. 24. Drama students from Kent Meridian High School will provide free face painting in the lobby of Kent City Hall on Halloween day. Pre-registration is required.

'Jack and the Beanstalk' at the Pantages

Pantages Centre presents the musical production of Jack and the Beanstalk on Nov. 1. played by a cast of 50 local children and directed by two actors from the Missoula Children's Theatre.

The performance is part of the Pantages Centre's 1986-87 Just For Kids series.

Tickets are \$7 for adults, \$5 for children aged three through 18 and free for children under three.

UW features Interactive Fall

The second annual Interactive Fair will be on Thursday, Oct. 28 from 7 p.m. to 9:30 p.m. at the University of Washington South Campus Center.

Focusing on the new hi-tech communication technologies, the meet-

ing is open to both member and non-members alike. Guest speaker,

Rockley Miller, editor and publisher of The Videodisc Monitor,

will talk about different interactive laser videodiscs.

American Heart Association sponsors 'The Beat Goes On'

Thousands of aerobics fans are joining together for one of the biggest aerobics events of the year.

People are giving the American Heart Association a hand with their

feet by exercising up to four hours non-stop in "The Beat Goes On".

Approximately 250 classes across the state are sweating it out until Nov. 10.

On Campus

Vegetable nut cafeteria burger sells in

Health food has come to GRCC's cafeteria in the form of a vegetable nut burger which claims to have "no meat, no soy bean products and no chemical additives".

If an eater was going to try the "burger", the cost would be \$1.50. GRCC's cafeteria sells a little more than three or four nut burgers a day.

The vegetable nut patty is made

with water, lentils, sunflower seeds, walnuts and seasoning. The ingredients are natural and are added together to form a patty which contains all eight essential amino acids.

The same vegetable nut patty creation was featured at the Harumi Trade Show in Tokyo, the largest food show in Asia and the second largest in the world.

Perennial comes to GRCC

KGRG, Green River's radio station, presents the rock group, Perennial, in concert at the Lindb-

loom Student Center on Nov. 7 at 7:30 p.m. The general admission price is \$5.

Williams to speak on scientific revolutions

The John Magee Lecture Series on Science and Values continues the fall at the University of Puget Sound on Oct. 24.

L. Pearce Williams will discuss "Scientific Revolutions As Seen By A Counter-

Revolutionary" at 8 p.m. in Kilworth Chapel.

Williams contends that the idea of 'scientific revolutions' is an imaginative fiction which lacks any historical foundation.

Lloyd Thacker to visit GRCC

Lloyd Thacker from Western States Chiropractic College in Portland, Oregon will be at GRCC campus on Nov. 12 to talk to interested students. Thacker will be in the ST

conference room from 10 a.m. through noon. Contact Don Issacson, coordinator of Admission and Advising, for information.

Rebecca Wells to speak at Tuesday Forum

Tuesday Forum speaker for Oct. 28 features actress Rebecca Wells performing the play "Permanent Wave" from Slitting Hairs.

Ski club presents Ski Fest

Ski club's Fest week of Oct. 27 through 31 will present films, dem-

onstrations and discounts at local sports shops.

If you're between 15 and 19 and want to help bring our world together, send for information.

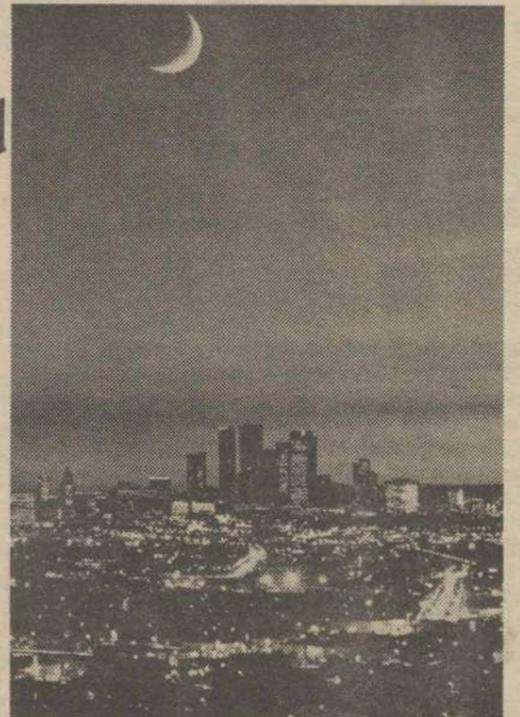
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