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*"We've definitely had a few letdowns. We just
have to take it as a learning experience. We
can't dwell on it."*

Ryan Comer Page 11

Cursive made Jobs



Let's Talk

Jean-Pierre Garcia

Let's go back to elementary school, back to that smelly time of earthworms and Winnie the Pooh.

Back to third grade when we studied a certain form of calligraphy: cursive—let's talk about it.

The English word originated from French 'cursif' in the 1800s which in turn was from the Medieval Latin cursivus. Cursivus is equivalent to Latin's word for running curs(us). Cursus describes how the words run together as they're written and in appearance.

Despite the word stemming from Latin and French, it's predominantly used in America and Australia. Elsewhere it's called 'joined-up writing', 'real writing', 'handwriting', and 'running writing'.

The concept behind the flow makes a lot of sense. As you write in this form, the shapes and words are all tied together, leading to a smoother appearance and feel to the writing.

A singular motion spared quill tips and saved ink. You didn't have to press down as often, and pressure was spread through the word rather than stressing each letter, as it is with printing.

The rise of cursive writing in English developed after Norman conquests and became more refined after the Italian Renaissance, the style became known as italic.

Looking both at the connotation (feelings associated with words) and denotation (the strict literal meaning) of a word illustrates the dual nature of a word.

If you still remember the difference between connotation and denotation, you should thank your English teacher.

Cursive is personal, we use it to sign checks, write love notes or poems. It's funny that it comes from a romance language. We often think of romance via poetry when we

see cursive; even Shakespeare used it, secretary style.

In Spanish class, a friend of mine pointed out how pronouncing romantic languages could be compared to cursive writing, whereas the Germanic languages are coarser, rough like print handwriting. The link is in how the two are spoken or conveyed.

For English communication, the comparison makes sense. There's an ease and comfort with print and separate spacing between words provide a clear sense of order. Each has different rhythm.

But if cursive flows and is faster, why has cursive fallen so far out of fashion? Why does it seem more arcane and archaic?

Enter the computer. It's the reason behind Hawaii's and Illinois educational decision to opt out and no longer require cursive in the classroom.

"It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating,"

Steve Jobs

Hawaii dropped it this past August, replacing it with a keyboarding class.

But let's not write cursive off just yet. It can get messy, sure.

Without cursive, though, it's likely computers wouldn't have typography.

Steve Jobs cited in his 2005 Stanford commencement speech that without dropping out of college and then dropping in on a calligraphy class, Mac would never have implemented what he learned about serif, sans serif and proportionately spaced fonts.

"It was beautiful, historical, artistically subtle in a way that science can't capture, and I found it fascinating," Jobs said.

None of it had a hope to be practical in Jobs' life at the time, but looking back made the difference.

You might be surprised, but cursive is there to be called upon when you need it.



You're checking your phone now, aren't you?

By: Kally Bieber
& Jean-Pierre Garcia

We're called many things: some call us "busy", "selfish", and "hopeful", but there is no real consensus on how to define the present generation of students.

In a recent survey conducted by The Current, we found that most participants felt technological advancement is the biggest difference in our generation when compared to the past.

And why not? Today's students are called "net natives" for a reason.

iPads are replacing textbooks, cloud collaboration is streamlining publishing, and other online technologies are being integrated with education like Kahn Academy or Angel, an e-learning system used at Green River.

A modern student can access webs of complex, in-depth, seemingly endless streams of information, while wielding the power of instantaneous mass communication -- only a few clicks away.

"My friends and I aren't much older than the present generation, but communicating in an email chain with six

people is really passé," says Haley Benjamins, a 26-year-old Holman Librarian, "You can just put it on your twitter feed and 400 people find out about it."

The resulting widespread access to advancing technologies allows this entire group to be familiar with new methods of navigation, instinctively.

"Opening Angel, [some students] know what to do without being told. They see it in a certain way. The generation before me, you have to explain every step. It's not that they're dumb -they learn - it's just not intuitive as it is with your generation," Benjamins said.

With this instinctive sense for technology, members of the era are constantly connected, demanding the most relevant and recent information. The demand for technology at work, at home, and at school has spilled over into other social aspects of our culture.

This immersion into technology is no doubt a great benefit to the generation, but there are also a fair share of drawbacks: loss of sleep is one of them.

Roughly one in four students carry a job on top of school. Of the 50 students surveyed, about half have no

responsibilities outside of class. And yet, on average, a student gets just over six hours of sleep per night, counter to the nine and a half hours of sleep experts recommend.

Besides using a substantial amount of free time, technology can actually impair one's sleeping. Technology and its artificial light disrupts the sleep-wake cycle: the circadian rhythm.

Light, especially the white light coming from screens, disrupts the production of melatonin, a hormone that prompts the brain into deep restful sleep. Melatonin is only produced when the eyes are no longer exposed to light. It usually takes about an hour for melatonin to be released since the last exposure.

Even after several hours of sleep, one text message alert can disrupt that cycle and halt production of melatonin, long after the screen went dim.

Students running on an average of 6 hours a night are not performing to their fullest potential. Mix this with a part time job and full time school (not to mention home chores, a social life and any other activities they regularly participate in), students are walking a thin line between capability and efficiency. Though, few

actually see it this way.

When asked how their workload compared to other students, many answered "average," regardless of the responsibilities they listed between work, school, and their home lives.

Today's generation is accustomed to a fast paced way of life; and with our deep roots to technology, it's no surprise.

This generation's technological instinct has not only affected the way we gather information, but the way we view tasks. In our minds, if a computer can efficiently run four different programs simultaneously, and still provide you answers for any questions you might have, why can't we? 38% of the students surveyed said they multitask anyway.

With the influence of technology -- the thing that supposedly defines today's generation -- it's clear that it's the mindset of students that is most drastically altered. Be it your job, a favor your Aunt asks you to do on your way to school, or the three midterms you're studying for, nothing is going to keep today's students from doing what they want to do.

Nothing is ever stress-free or easy, but what won't kill us will only make us stronger, right?

Teacher Spotlight: Walter Lowe

Full name: Walter Lowe
Position: English
Date of birth: February 18, 1948
Years at Green River: 18
Hired as adjunct in 1993
Hired as full-time in 1999

Why did you become a teacher?

Being a teacher changes all the time, you don't do the same thing over and over.

I also like to be able to help others, giving young people a direction, suggestion or insight.

Why did you decide to teach English?

English is a natural talent that I have.

Originally I wanted to be a math teacher, but it got too complicated. I understand the principles of grammar and writing, it seems very simple to me.

Because I understand those principles it is easier for me to explain it to others.

In all of your years of teaching what is your favorite memory?

There is no particular moment that comes to mind.

The favorite moment of any teacher is to see his students succeed.

Two of my students met in class and I got an invitation to their wedding. Being a teacher is basically having an expanded family

What would you be doing if you were not teaching?

In some way I would be doing creative work, like journalism or advertising.

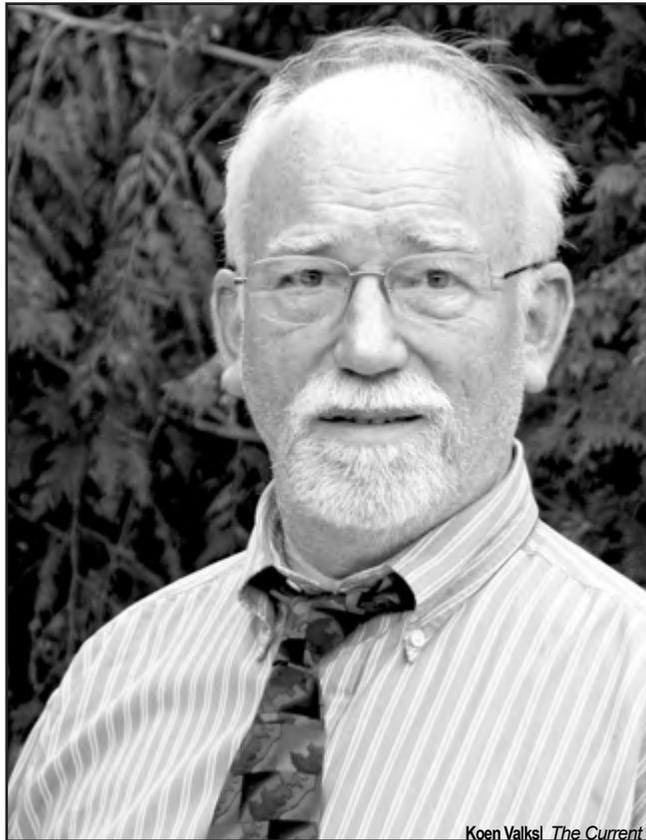
I'd travel around and keep travel logs of the places I've been. Being able to give people advice on where to go, how to save money etc.

What do you see yourself doing in the future?

I plan to remain at Green River until I retire.

Do you want to do anything during your retirement?

My wife and I would like to travel to places we've read about. If I traveled around, it would be involved with community work.



Koen Valks | The Current

What is the craziest thing you have ever done?

I was in my mid twenties when I went on a trek, on my own, in Nepal.

You file for a trekking permit so you can go through the area. This trek was about 90 miles long.

About halfway through there was a mountain pass at about 13000 feet, there was a little shepherd's cabin so I decided to stay there because it looked nice.

I spent the entire day gathering firewood when night came I built a fire. [it was around November] I woke up around six times that night because it was so cold, and put more firewood on the fire.

Nobody knew where I was, if people had known it would have been possible for people to rob me.

Did you travel to any other places that were special to you?

I really enjoyed going to India and Sri-Lanka, it had a very pleasant lifestyle, easy paced, economical.

Just going to the beaches and enjoying the area.

What were your childhood dreams?

I always thought that someday I could one day write the next great American novel.

When I grew up here in Seattle, I thought each big city has a different flavor and character.

So I thought I should move from city to city, from Los Angeles to New York to Boston to get a good feeling and an idea of the atmosphere of those cities.

Because the character of the people reflects on what that feeling and atmosphere is. As it turns out I have lived in each one of those areas, not intentionally, when I used to work sales I transferred to one of those areas.

But I never have written the great American novel, I tried writing about it but the characters in the book usually looked like me.

Writing this novel wasn't a childhood dream, but I thought that going to these different cities would make me understand characters different from mine.

This would help me recognize the existence of [the] value of viewpoints. Reading was a key for me, it helped me expand my horizons and understand how other people see things.

Who is your biggest inspiration?

Of course my parents were an inspiration.

When I came back from the Peace Corps one of my

friends was living in a spiritual community in California. I went out to that area and the perspective and attitude of doing things for others was very inspiring.

Later I found out this was an offshoot of Rivermoon, I have been involved with that since 1976. The teachings at Rivermoon have probably inspired me as much as anything in my life.

Just the principle of service towards others, center your own life in a vertical sense and then you can make your horizontal relations with others.

When my dog was killed, the concept of life and death was thrust in my face. I was very troubled with that concept, I prayed to god on how to handle the situation, "I don't want to die".

Some kind of comfort came to me and told me that I didn't need to worry about that anymore, you just need to live your life.

Always wanting to do the right thing, it's important to do the right thing.

What are you currently working on?

I'm currently not working on anything. I think it's better for me to inspire my students, or to work on a one on one level with my students.

How would you describe the current generation (my generation)

This generation is in many ways the lost generation. Things are changing rapidly, and that makes it hard to decide something.

Most of the jobs people will have five years from now, don't exist now. That's why current generation prepares for almost everything.

But they don't know what they're preparing for, it seems very uncertain.

But there is a lot of opportunity; due to the wide range of opportunity there is no real way to focus making this generation very unclear.

Find the complete Walter Lowe and many other Teacher Spotlights at:
thecurrentonline.net/campus

Man on the Street



Every other week, *The Current's* editors crawl out of their cave to ask the campus random questions. Suggest a subject at: thecurrent@greenriver.edu.

Here is a selection of this issue's answers. For more, plus an archive of old questions, visit our website:

www.thecurrentonline.net.

How would you define this generation?

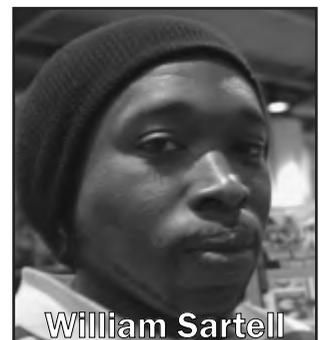
From an information point of view, I would say that the current generation expects that information is at their fingertips 24 hours a day and is easily accessible.

There's an expectation that it should be that way. Whether it's looking at an encyclopedia, facebook, or breaking news in Iraq. They want it now and fast.



Jennifer Rohan

Our generation is being taught to make money work for us instead of working for money. That's one of the major things I do like about our generation, it's not about making money, it's about making money working for me so I have time for family and the rest of my life.



William Sartell

They expect things to keep improving; every generation demands better from the generation before. The demanding can be borderline neediness. They haven't had to do enough for themselves, there are parents so concerned with creating a good childhood that they've absorbed the problems for their children, so they aren't as equipped to deal with it.



Haley Benjamins

You have more of this generation getting back into demonstrating and active in government and where their future is going to go. My generation was very lax on that, but I see it coming around where there is more control. With tuition going up, they're not taking it quietly. They're making a stand and protesting it.



Marie Elliott

Concert Calendar

Oct.	
28	Doug Benson @ Neptune Theatre (Doors open at 8 p.m. all ages, \$15+)
29	Jack's Mannequin @ Showbox SODO (Doors open at 6:30 p.m. all ages, \$26.50+)
	Judas Priest w/ Black Label Society @ WaMu Theatre (Doors open at 6 p.m. all ages, \$55+)
Nov.	
3	Thrice @ ShowBox at the Market (Doors open at 6:30 p.m. all ages, \$18+)
4	Tech Ngne @ ShowBox SODO (Doors open at 7 p.m. all ages, \$28+)
5	The Bangles @ Showbox at The Market (Doors open at 7 p.m. 21+, \$25+)
	Black Star (Mos Def & Talib Kweli) @ ShowBox SODO (Doors open at 8 p.m. all ages, \$35)
	Gaelic Storm @ Neptune Theatre (Doors open at 8 p.m. all ages, \$19+)
6	Mastodon @ Showbox SODO (Doors open at 8 p.m. all ages, \$25+)
7	Puscifer @ Paramount Theatre (Doors open at 7 p.m. all ages, \$21.25+)
8	Clap Your Hands Say Yeah @ Neptune Theatre (Doors open at 7 p.m. all ages, \$21+)
9	Das Racist @ Neumos (Doors open at 8 p.m. 21+, \$15+)
	They Might Be Giants @ ShowBox SODO (Doors open at 8 p.m. 14+, \$26+)
10	Lotus @ Neptune Theatre (Doors open at 8 p.m. all ages, \$16+)
11	Wild Flags @ Neumos (Doors open at 8 p.m. 21+, \$16.50+)
	Gym Class Heroes & The Dirty Heads @ ShowBox SODO (Doors open at 7 p.m. all ages, \$25+)
17	Feist @ Moore Theatre (Doors open at 7 p.m. all ages, \$33+)

MOVIE REVIEW

Ditch the small talk, bring in the CGI

By: Joyce Lee
Staff Writer



When compared to the 1982 version, the recent release of the remake "The Thing" is super disgusting. Not that it was a bad movie, just that the design of the movie monster is more detailed than in the earlier movie (which was made before advanced CGI) which helps make this movie scary—and also revolting.

"The Thing" is about a paleontologist named Kate Lloyd (played by Mary Elizabeth Winstead, who displays a refreshing commitment to the part) as she joins a team of Norwegian scientists at the North Pole to investigate ancient burials that had been discovered in the ice. After finding a giant frozen spider, they take some tissue samples

and Kate finds that the spider is not frozen but alive, and it is an alien parasite. The horror aspect is that the alien parasite will take over the body of whatever it touches and this threatens the lives of everyone on the team.

This remake's storyline is far tighter and it is way more organized than the 1982 version; audiences would never question what is happening because it is very fast paced and to the point. The older movie gave unnecessary details and spent too much screen time with establishing scenarios that didn't leave the viewer scared.

Another difference that enhances the newer film is the lack of useless conversation that the 1982 version was filled with, which didn't really make the film that scary. It is also key to point out that the main character in this new film is a female (Kate Lloyd), unlike in the 80's version. And



Courtesy Photo | scifcool.com

Kate Lloyd (Mary Elizabeth Winstead) and Dr. Sander Halvorson (Ulrich Thomsen) look over the ghastly spider-like "thing" that had been discovered in ice. Little do they know of the danger it holds for them.

by making Kate smart yet unsure of the situation and her surroundings, it gives the movie some edge.

Despite all of the improvements from the older version, the remake is not as scary as it could have been. With technology changing each passing day, the use of CGI makes the movie LOOK better, but doesn't make it scary. Like the "Saw" movies, the viewer is just left disgusted and nasty.

Overall, it is a good movie, even though it is not as scary as recent horror movies like "Silent Hill" or "Paranormal Activity". However, it has great use of CGI along with thrilling background music so it still worth it to go see.

Rated: R
Director: Matthijs van Heijningen Jr.
Starring: Mary Elizabeth Winstead

The Current Picks

WEBSITE/APP

Daytrotter.com



By: Bailey Jo Josie

Designed as a site that "contribute[s] to the musical landscape, [and] not just [tosses] it around like a used book or a stolen pick-up line", Daytrotter.com adheres to a strict code of conduct where they have an artist (usually lesser-knowns who dabble in folk, alternative rock, and the like) come into their studio, record some live songs which they then post to the site for FREE download.

Accompanied by stylistic portraits, videos and witty bios, this website is perfect for discovering, sharing and ultimately enjoying music.

Easy to coordinate and visually appealing, Daytrotter is a definite win.

MOVIE

The Cat Returns



By: Sean Rockey

This cinematic oddity follows the tale of a high-school girl who gets swept away to a cat-kingdom after saving an unfortunate feline from becoming road-kill.

It may sound like a crazy cat lady's dream come true, but it's a lesser known animated gem from Studio Ghibli; the group that created such classics as "Howl's Moving Castle", "Princess Mononoke", and "My Neighbor Totoro".

If you don't see it for its beautiful art direction or enthralling storyline, then please see it because there's a cat who wears a tuxedo in it, and he totally beats up people using a cane.

BOOK

Poor Dad, Rich Dad



By: Alexander Bevier

Making money isn't easy. Keeping money is harder. In "Poor Dad, Rich Dad", Robert Kiyosaki details the financial philosophies of his college-educated father, and also the father figure who learned how to make money.

The book covers the rules to having money, keeping money, and knowing how to live wealthy.

Also, it educates effectively; serving as a great text to understanding how the rich get richer. And, in light of events like Occupy Wall Street, it's worth figuring out where that 1% came from.

Read it, learn from it, apply the rules to your own life, and be wiser for it.

MUSIC

Donuts



By: Gentry Seipert

"Donuts" stands as one of J Dilla's finest albums and is a testament to his legacy as a progressive in underground hip hop.

Mysticism surrounds the LP's, as there is speculation over whether or not the album's songs foresee his untimely death.

With Eddie Kendricks' lyrics, "I can't stand to see you cry" casting a presence on the track "Don't Cry", it feels like a last request to his loved ones before he's even gone.

Dilla has always been too restless to be defined by one album or track but "Donuts" might be the one that best reflects his personality.



Bagas Danara | The Current

International students (from left to right) Jeremy Siregar, Kanya Iwana, and Michael Prabowo show off their musical skills on September 28, the last Wednesday of the month, where Zola's coffee hosts an open mic night. Other attractions are board games and a fireplace.

Coffee and music withdrawals? Zola's is the place to go

By: Bagas Danara
Staff Writer

The soothing sound of live jazz played in the background as a friend and I took the first few sips of our drinks on that Wednesday night, September 28.

We sat on a big black leather couch that faced a sturdy fireplace that was prepared for the upcoming winter and already stocked with firewood.

Above the fireplace is a painting depicting a mosaic of colorful characters; each one sleepily holding or sipping from their coffee mugs and wine glasses, mimicking the customers that occupy its space.

In front of the fireplace were old-school board games like snakes and ladders and hanging from the ceiling were small, vintage chandeliers that shone a dim yellow light at Zola's, a café that opened two years ago.

On the corner of East Main Street and D Street Southeast in Auburn, Washington, Zola's hosts an open mic night every last Wednesday of the month. Anybody can sign

up and we were lucky enough to witness a jazz scat performed by three Green River International students: Kanya Iwana on vocal; Jeremy Siregar on electric guitar and Michael Prabowo on acoustic guitar. All are from Indonesia.

"We are proud to support local talents" says owner Sonia Kessler. Zola's also features live music by original local artists on every Friday and Saturday from 7 to 9 p.m.

The café sells coffee supplied by Caffè D'arte, but the variety of beverages and food reflect the diversity of Zola's customers with gluten-free and vegetarian options and even peach cobbler, homemade focaccia pizza and hearty cheesecake.

Zola's was even named best vegetarian restaurant in Auburn by the KOMO Communities.

The drinks that are served here also come in large cups as big as soup bowls; when I drank my white chocolate mocha, it felt like I was slurping from a warm cereal bowl. There are also freshly baked cookies that are

stored in big jars, which reminded me of my home back in Indonesia.

Kristina Burglunt, the barista that was working that night said, "we are famous for our chicken Panini and Bawls energy drink, which is a kind of Italian soda from a local business around here".

And lucky for the responsible adults, wine and beer are also served.

Overall, the food and drinks were a wonderful accompaniment to the entertainment and also to the company present. Around us were a group of friends, parents with their kids and high school and

college kids.

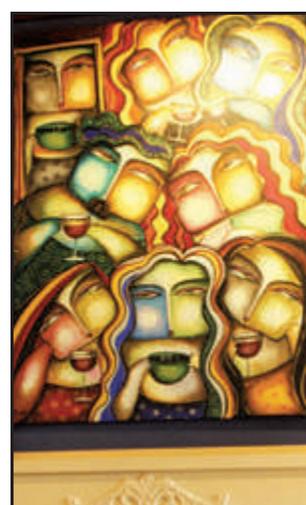
This café brings a wide range of patrons and it seems impossible for someone to not fall in love with the place:

"I love this place, that's why I came here to sing [at] their open mike night" Iwana confesses.

Zola's brings coffee, food and performing art together for the Auburn community to enjoy, which is what Kessler's goal was in the first place when she opened the place.

If someone were to say that she succeeded and reached her goal, I'd have to wholeheartedly agree.

From coffee mugs large enough to make one feel like a kid drinking the last of the milk from their cereal bowl (below) to Picasso-esque paintings that occupy the walls (right), Zola's has an atmosphere to it that makes anyone feel at home.



The Darkish Knight



Game Prose Alexander Bevier

Batman can do anything. The Dark Knight has spent his 60-year long career fighting crime with almost perfect accuracy.

In the recently-released "Batman: Arkham City", the caped crusader finds himself locked in a city, filled with the largest collection of villains he's ever faced in a video game. But nothing he's going against is new to the crime-fighting veteran.

The Joker's running loose, but he always does that. Arkham City, the game's location, is run by the megalomaniacal Dr. Hugo Strange, a madman who knows that Batman is Bruce Wayne, and that's nothing new either. The Riddler, Two Face, Scarecrow, and many other villains are after Batman as well, but he's beaten them all so many times it's almost embarrassing.

Everyone already knows that Batman will figure out how to win every fight he's coming up against. Be it in film, comics, or cartoons, Batman will win with enough skill to make Superman look silly. But this is a video game. Batman doesn't have to do much. I, the player, do.

I'm a child who grew up shortly after Batmania—the moniker given to global Batman love after the 1989 Tim Burton film was released. The Dark Knight has been a huge presence in my developing adulthood, and has surprisingly stood the test of time as I grew out of other adolescent habits. In fact, the game's only made my love stronger.

"Batman: Arkham Asylum" - along with "Arkham City" - lets me explore the character in a new way. Because I'm playing as Batman, I know how his tools work. I know how to do everything I've read about him doing in the countless comic books. Because I'm an active participant in the game, I'm taking part in

something that philosophers have been talking about for years.

Plato once wrote "every man and woman should live life accordingly, and play the noblest games, and be of another mind from what they are at present." I'm not really Batman, but it feels good to be the guy sometime.

I'll never throw a real batarang, fight the Joker (thank God for that), and will probably never own a Batmobile. I can in a game though. It's divine escapism that lets me forget about work, and start my virtual chore of ridding Gotham City of its villainy.

What makes Arkham City a great example of what Plato is talking about is that Batman is a childhood hero. I've grown up watching him fight crime. When I play

"Be it in film, comics, or cartoons, Batman will win with enough skill to make Superman look silly."

Alexander Bevier

the game, I'm in the mind I've been reading about for the last 22 years. Now I have a chance to sit down and be Batman, without having to wear that heavy Kevlar costume. I don't think my slender shoulders could hold that immense cape.

Video games are a union of player and narrative. I am playing the game, but I'm playing a scripted character.

In Arkham City, I'm Batman. Batman knows that he'll be able to pacify the evil in Arkham. I—as someone who doesn't know how the narrative will unfold—can only humbly trust the narrative as I'm put up against every enemy the developer decided to include. However, it's still my choice to decide how fast I will take out these foes, or if I want to take them out at all.

It's elements like these that keep games exciting. It's a safe role-play scenario that's contained in a tightly designed game. I'm not going to die in Arkham City, but I'm going to "game over" a lot.

Secrets you'll want to share

By Makena Cayce

Did you know...

Women who exercise have a lower likelihood of getting breast cancer due to the fact that the more active you are, the less likely it is excess body fat may build up. That excess body fat can increase estrogen production which can increase risk of tumors. Thirty minutes, or more if you have time, can lower likelihood of breast cancer.

A women's breasts usually get bigger before and/or after her period. This is because a hormone called progesterone spikes in your system before your period starts. This can cause your breasts to swell up to a cup size larger than normal. The effect can last during, and after your period.

The reason breasts become tender before your period is due to *hormone fluctuations*. Fix: take an anti-inflammatory pain reliever and wear a sports bra. It can reduce bounce. If you're on birth control, your body could be reacting to the progesterone. If you are bothered immensely by the sensitivity, talk to your doctor. They could put you on a different type of birth control with less progesterone.

Having asymmetrical breasts is completely normal. Typically prevalent during puberty, most breasts even out as women get older. Asymmetry isn't truly noticeable unless one breasts exceeds the other by one cup size.

Not all breasts are the same. Breast tissue can vary from woman to woman. Breast density refers to the ratio of breast tissue to fat. Those who have more breast tissue than fat have denser breasts. The reverse would be more fat than breast tissue. Women with a higher breast density should be aware that it can be more difficult to detect masses, such as tumors.

How to perform a self exam...

Step 1: Stand in front of a mirror topless, shoulders straight, arms down at your sides. View each breast in the mirror, as well as directly by looking down at them, and make sure there's no swelling, redness, puckering, and/or dimpling of the skin.

Step 2: Raise your arms over your head and check for the same signs again along the skin (with your arms up, breast irregularities may be easier to see).

Step 3: Squeeze each nipple gently, making sure no fluid or blood comes out.

Step 4: Keep your first few fingers flat and together, and use a firm touch to check for any lumps, bumps or bulges. Begin at the nipple and move in larger and larger circles until you reach your cleavage and chest as well as your underarm, where many cancers begin.

Different kinds of lumps...

There are other types of lumps that show up in breasts besides tumors. Each has a different texture and behaves differently.

- **Fibroadenomas** lumps are not sensitive to the touch, and move around when inspected. These growths are common amongst those in their 20s. Typically, they do not cause problems. These lumps are the result of a change in PMS-related hormones, which cause breast tissue to return to normal after your period starts. These are usually the size of pebbles or seem like knotty bumps.
- **Fluid-filled cyst** If you find round, or oval, sponge-like lump chances are it's a. Simply, these are what happens when fluid gets trapped in your breast tissue. Commonly, a needle aspiration is the procedure used to drain the cyst.

NOTE: if you find a lump it is still important to see a doctor.

Care, Knowledge & Defense

[In honor of Breast Cancer Awareness Month]

Cancer: Just a family tradition

By Bailey Jo Josie

Growing up, I was the second youngest among 5 kids and needless to say, I had to know how to defend myself against my brothers and their biological need to practice Pile Drivers and Lion Tamers on me. It was do or die and because I was a Goonie at heart, I would never say die. Unfortunately for me though, that wasn't always the best idea and I had the missing teeth and the black eye to prove it. But that's kid stuff compared to the defenses I would have to make against my family when I grew older. Well, not exactly my family but more or less my family's history of a little thing known as cancer.

As a kid, I always knew about my Grandma's fight against breast cancer and the mastectomy she went through to ultimately end it – I mean, when you find the silicone bra insert that your grandma uses to give her a bit of symmetry, you as a snoopy little child can't help but ask questions – but it wasn't until my Grandpa died from leukemia when I was 13 that I thought, "Jesus Christ! Are any of us safe?" It's heavy stuff for anyone to dwell on, but over time the morose subject of cancer and it having any affiliation with my person waned. Until I was about 17 years old.

I don't know about most people, but when I found those barbaric, lumps (yup, one for each ta-ta) I kind of just froze. Nothing seemed real at all and when I looked in my mirror, all I could do was whisper, "are you fucking kidding me?" to my reflection, as if it would have had something helpful to say or anyway to ease the impending stress of possibl having cancer. I sat in my room for what seemed like forever and finally crawled out to tell my mom what was up. She made an appointment for me to see a doctor and it turned out that I had two large benign cysts and, to my understanding, they had the potential to become cancerous (they were the size of golf balls for God's sake!) so it was decided that I would have them removed surgically.

I was introduced to the doctor who would be doing the procedure and from the get-go she made me feel very comfortable, since I had never had any kind of surgery before and was unsure of the process. It didn't even occur to me that I could end up hideously scarred until my doctor sat me down and explained the procedure she does to ensure that there is as little damage to the skin as possible. My first thought was how my pole dancing dreams would never come true and how I would never be a trophy wife if I had scars on my chest (woe, woe is me) and my second thought was, "wow, this is actually a big deal."

I mean, here was this stranger practically holding my hand and telling me that removing these benign golf balls (which is what I came to call them) could possibly leave scarring and I'm thinking, "Why are you telling me this? I don't care if there are scars." But I suddenly did care. I became more aware of the fact that I would always have a reminder that there's something that has the potential to slowly kill me. I became more proud of my body's resilience and featured assets that make it obvious that I have two X chromosomes; the fact that, despite the scars that I will have, I will be considered one of the lucky ones.

It made me appreciate my boobs more than I had previously, and I also became more attentive to my body because hey, just because I didn't have cancer then, doesn't mean it couldn't strike at any time in the future. The big difference will be that I will already be fully grateful for what I have in the upper torso division.

It's been over two years since the surgery and my scars have faded and are hardly noticeable, but they are big enough to remind me that a fight will probably be coming and that I will ready because my boobs are worth fighting for.



Charity for profit

By Alexander Bevier

Breast cancer is a very serious matter, and people should do everything they can to support research for a cure. About one in eight women are diagnosed with breast cancer annually, and approximately 40,000 women die from it a year, according to the American Cancer Society (ACS).

The pink breast cancer ribbon was created to for the women struggling with this traumatic condition. The ribbon brings awareness about breast cancer, similar to the red "Aids" ribbon from the early '90s.

The breast cancer ribbon is a \$6 billion business. Stores are filled—particularly in October, breast cancer awareness month—with shoes, yogurt, bottled water and every possible product draped in pink solidarity. However, \$6 billion isn't going to research. A Sydney Morning Herald analysis reports that less than 2 percent of proceeds actually go to charity.

Most donations traditionally go straight to the companies' desired charity amount. Athena bottled water promises a minimum \$1 million donation to the ACS. However, there is no data disclosed whether or not they donate more than that if the water sells exceptionally well. Guess, another company, sells a Pink watch for \$359 and only claims to donate a "portion" of the profits. In other words, the pink ribbon is allegedly a free promotional brand catering to people's sympathy.

Breast cancer awareness marketing has been used on countless products. Guns have been sold with pink grips, and KFC even released a pink bucket one year to rally awareness for those suffering from breast cancer.

Susan B. Komen started the pink ribbon when she handed them out to people in 1992. The Komen Foundation was established shortly after to manage partnerships with companies using the pink ribbon on their products. The Komen foundation has donated \$685 million to research, and \$1.3 billion to help women afford mammograms and other breast cancer aid.

The red Aids ribbon, the first ribbon to promote awareness, became a huge fashion statement in the early '90s. Countless celebrities wore the red ribbon to show their awareness and support for Aids victims at the 1992 Tony Awards. Even Jeremy Irons, voice of Scar in the Lion King, wasn't above wearing the ribbon on his lapel.

The red ribbon would go on to be promoted everywhere. Ruby-encrusted versions were made to promote awareness and donate to charity. Today, the ribbon is seldom seen in the world of the rich and famous, but Aids is still a very serious condition with no sign of a cure.

The only real way to support breast cancer research without spending money on corporate products is to simply write a check to a charity. All donations-- even the minimal ones from this pink product placement-- are important to finding a cure for cancer. Still, if you want to help, donate money instead of buying a branded product, unless you were already planning to buy pink sneakers. Just be sure to remember that donations are always needed, even when it's not cool any more.

Habits that hurt your ta-tas

By Bailey Jo Josie

Skipping out on sunscreen. As a rule of thumb, you should always wear sunscreen, but when you go outside with a top on that reveals any part of your chest, ALWAYS use (minimum of) SPF 15 sunscreen, even in the winter time or when the day is overcast. Since the skin on your chest is thinner than the skin on your face, be sure to re-apply often; not doing so will lead to pigmentation of the skin, wrinkles, and even skin cancer.

Still wearing your old bras. After a year or so of typical use and washing, even the most dependable bras are subject to losing their elasticity, thus creating a bra that not only doesn't fit, making you feel and look frumpy, but also something that doesn't fully support your rack.

Forgetting to check them for lumps. Women as young as 17 have developed lumps in their breasts (see full story on opposite page), and though cancer in young women is very rare, it is still best to check yourself at least once a month. An easy time to pick is in the shower or while changing into your clothes. For a full how-to on detecting lumps, look no further than the previous page.

Going on crash, or yo-yo, diets. Constant weight loss and gain does the same to your twin peaks as constantly inflating and deflating an old balloon: they eventually go limp or sag. Because boobs are made up of mostly fat, they are subject to weight loss, thus making them diminish. The best way to prevent this is to have a steady, healthy diet that has very little chance of backfiring.

Shaving your nipple hairs. Due to the sensitive skin surrounding the areolae, using a razor (especially one that isn't brand new) can cause infection, resulting in irritation and itchiness. Just pluck them out with tweezers. You can handle it.

Never wearing a sports bra. Gravity can be a bitch, especially if you're a woman and you are in the habit of going for a jog or any other kind of cardio that involves a good amount of jumping or bouncing. If you don't wear some kind of sports bra during these activities, your boobs are going to end up becoming best friends with your belly button; in other words, they will sag. These days there are great options for sports bras that help control all different sizes. Look for ones with tight, reinforced bands and durable straps.

Not wearing the right sized bra! Studies have shown that a good majority (roughly 75 percent and up) of women do not wear bras that properly fit them. The best way is to get fitted by a professional at your local Victoria's Secret or clothing store that sells lingerie. However, you can do also do this at home. Using a soft tape measure, wrap it across the middle of your shoulder blades and over the top of your bust line. That number is your band size (if it is odd, round down to the nearest even number). To determine your cup size, wrap the tape measure around your shoulder blades again and across the fullest part of your boob (usually over the nipple). If you fall on a half size, round up to the nearest number. Next, subtract the band size from the cup size (Cup size - Band size = Bra size). The number you get is equivalent to your bra size. For example, if your band size is 32" and your cup size is 36", you are a 32D.

The Undercurrent

Cornel West arrested in Harlem

By: Jean-Pierre Garcia
Campus Editor

Dr. Cornel West, Princeton professor, activist, and author of Race Matters, can add a second arrest during the Occupy Wall Street movement to his lecture here at Green River November 16.

Protesting NYPD's 'Stop and Frisk' policy West was arrested for civil disobedience while linking arms with 30 others outside of Harlem's 28 precinct on October 21. Some believe that stopping, searching, and questioning isn't as random as it appears, targeting specifically Hispanic and black men.

Five days prior, West was also arrested outside of the Supreme Court in Washington D.C. and spent the following night in jail for violation laws banning parades outside the court. Charges in D.C. were dropped.

The radio co-host, magna cum laude graduate from Harvard, has blazed a trail throughout the national campaign for Occupy Wall Street, but at this point is still scheduled to lecture as part of the Artist and Speaker series and was recommended by the Teach-In series, which started on October 5.

Minimum wage increases January

By: Alexander Bevier
Senior Editor

Minimum wage in Washington State will increase to \$9.04 per hour in January 2012 – 37 cents higher than the current minimum wage, \$8.67.

Washington is one of ten states to raise their minimum wage, in response to the increasing cost of living. The Bureau of Labor Statistics reports the cost of living has gone up 3.9 percent in the last year.

"Increases in energy and food indexes were the main cause of the seasonally adjusted all items increase. The gasoline index continued to rise, and indexes for electricity and natural gas increased as well," reports the BLS.

Washington State is one of the ten states that adjusts minimum wage based on inflation, and has the highest minimum wage in the country. Oregon has the second highest, and will see their minimum wage rise to \$8.80 in 2012.

Jhon Valencia leaves Green River

By: Jean-Pierre Garcia
Campus Editor

Jhon Valencia, director of Diversity & Multicultural Affairs, is quitting after a year at the college for his health. He was falling asleep at the wheel on his commute from GRCC to his home in Gray's Harbor, 91 miles and almost two hours away.

Students and faculty are encouraging Valencia's well-being and future pursuits. However, there are questions about the college's commitment to diversity per Valencia's upcoming departure. The position was already overseeing two programs with Commencement Achievement Program (CAP) director Bryce Hughes' departure for University of California Los Angeles this past July.

Until the position is filled Dani Chang, director of student services, will also oversee Diversity & Multicultural Affairs, Headwaters Mentoring program, and CAP, in addition to student government and CLEO. Valencia's last day will be November 2.

Students meet budget cuts with apathy

By: Olivia Mok
Staff Writer

Almost all Green River students find themselves facing stacks of burdens, ranging from tuition hikes to fewer classes and student services. These are the consequences of recent budget cuts.

Referring to the last academic year of 2010-2011, our budget was cut by 11 percent, 15 percent, and then 22 percent, totaling in a 48 percent cut from our previous general funds. This follows an anticipated 23 percent cut, announced by Gov. Chris Gregoire on September 15.

This means a possible \$4.5 million loss to Green River's already tight budget. The seemingly ominous view of the fiscal cut, job insecurity on faculties and monetary load on students is challenging the virility of members in the community.

In light of recent cutbacks to the budget, The Current conducted a survey, which

was completed by a random sample of 30 Green River students.

Half of the students surveyed questioned higher education must be cut in particular, regardless of the importance and emphasis the government is making on education. A quarter of the students were concerned with what would be cut, demanding to know exactly which departments or club were at risk. At the same time, few students are interested in knowing how cutbacks are initiated. As a whole, students don't understand why budget cuts need to happen.

This confusion signifies the complexity of frequent budget changes to students. It is a problem that has always been acknowledged by staff, how students are not involved in the issues and that they should be more active in defending their education.

A majority of respondents agreed that things could be done if people grouped together. Most suggested to

hold protests or sign petitions in order to express their feelings regarding the situations. And more than 40 percent of students favored seeking funding from the local community. About 15 percent supported the idea of organizing groups to help low income students, in an attempt to aid the ones in need.

While the Student Government could always be a good resort for students to project their requests, less than 10 percent of the respondents mentioned using student government as a voice in budget funding. However, about 10 percent students were pessimistic towards the looming budget cuts, commenting that nothing can be done.

The dissatisfaction with funding cuts is longstanding among staff and students alike. It seemed that all surveyed - whether domestic, international or Running Start - reflected on their discontent with the slash of college funds, and the indication of ongoing cuts.

Most respondents expect another tuition increase to balance the large loss of funds, but few international students have considered the alternative of returning to their home country for further education. In spite of the stance students took against budget cuts, they are, however, not necessarily going to take action in hopes of solving the problem.

Even though students see bleak prospect for school funding and know that actions can be done in hopes of changing the current outlook, they are simply accepting the situation, and few seem to be going out of their way to further understand.

"Even though we know how to group students all in this together, we are on a steep cliff with no footing," said Sarah Lee, one of the respondents.

Her voice echoed other students' opinions about the current circumstance, giving up chances in searching for a resolution.

Local high school's struggle calls attention of Green River's Q&A

By: Makena Cayce & Bailey Jo Josie

Members of the Lesbian Gay Bisexual Transgender Queer and Questioning (LGBTQ) community have been fighting for acceptance in general society for over half a century.

Despite the many milestones made in the last few decades (such as the repeal of "Don't Ask, Don't Tell", and the legalization of gay marriage in six states) many members of the local LGBTQ community are still being met with prejudice.

Green River Community College (GRCC) has its own queer community on campus, formed over a decade ago. Back then it was called the Gay Straight Alliance (GSA), but the name had recently been changed to Queer and Allies (Q&A).

Like other LGBTQ societies and clubs, Q&A works to bring understanding and acceptance to the queer community by using events and speakers to inform others that members of the queer community only want to gain visibility among society and generate allies, as well as bring an end to bullying and harassment of those involved. Despite the peaceful work, discrimination still persists in the area.

Over this last summer, Enumclaw Senior High school, which shares Running Start and alumni students with GRCC, formed its first Gay Straight Alliance (GSA) Club. Posters were put up in the halls to inform the school about the new club and, soon, they were met with resistance. In early October, a portion of students had torn down GSA posters and replaced them

with ones that read, "Gay is not the way".

Of the discrimination towards the GSA, Q&A Staff Advisor Tim Anderson says, "I feel empathy for those [students] who must endure such discrimination and I wish them strength to overcome such adversity. More than anything else I feel annoyed, that such discrimination is still happening."

"I've noticed there are several people who are... running start students or early college students, and their parents or their high schools don't have groups or aren't accepting of their sexuality, gender identity," said Shaan Wade, President of Queers & Allies.

Clubs like Q&A and GSA are created as a safe haven for students who consider themselves gay, bisexual, transgender, lesbian, queer and questioning (where they are

unsure of what specific sexual orientation they belong to; also known as "bi-curious") to feel like they are a part of a community, especially when they feel that they are not accepted by their families, school or peers.

In recent meetings, Q&A has discussed making the trip to Enumclaw to reach out to the students of GSA who have felt victimized and lend their support, because that is the most important aspect of the LGBTQ community: acceptance.

Q&A meets every Tuesday from 12-1 p.m. in SG 59, located between HSA, HSB and HSC.

For more information, go to Q&A's Facebook by searching: "Queers & Allies at Green River Community College"

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EDITORIAL

The portrayal of politics needs to change

Editorial Board: Asha Johnson, Bailey Jo Josie, Alexander Bevier, Jean-Pierre Garcia

The Constitution guarantees that all people govern themselves. The entire American system of democracy was designed so that no ruler has authority without the country ruling themselves first. The Bill of Rights give the masses the tools needed to govern themselves, and the First Amendment — especially freedom of speech and freedom of press — is the most important of those tools.

It's the role of the media to use this freedom to report to the American population what the government does, and to hold it accountable for any unconstitutional conduct. Without the media, the American people would know little about what goes on in the world.

In the age of mass media, reporting has lost its impact when undefined, up-to-the-second news lacking

context can be heard and seen everywhere; from political commentators who pass themselves for journalists, to poorly composed online strictures created by people who don't know the meaning of "journalist ethics."

Scores of independent bloggers and corporate media empires report on Twitter posts and YouTube clips covering topics of international riots and protests, but are too lost in the chaos to serve with the clarity the people deserve.

A population can't dictate itself when the people who spread the facts are too busy arguing amongst themselves to ensure the public good.

It's hard for readers and media consumers to get a clear view of what to do in America's turbulent political climate. The Information Age has hurled unique content from every possible angle,

and there are very few who will report straight to the American people.

In 1972, Hunter S. Thompson's biased-yet-honest coverage of the 1972 presidential election campaign was a driving force behind George McGovern's candidacy. Readers were challenged to rethink the image of candidates, as Thompson portrayed them in a style that humanized them in a way previous political coverage never did. The ongoing articles written in Rolling Stone Magazine managed to single-handedly change the way election campaigns were perceived by the public.

Thompson had a great approach to writing, but his nonpartisan style is hard to find in this political climate. He was a hard-hitting writer without fear and with no personal agenda. Modern attempts of this are lost in

poorly-written blogs.

Major media finds the commercial success it needs to survive by pandering to either side of the political spectrum. Most of them are owned by conglomerates hoping to make money, instead of telling the people the truth; since, as the saying goes, "knowledge is power."

News catering to partisan squabbling is good for ratings, but few are able to wade through the accusatory rambling to get down to the information that actually is important. Right now, the prominent people wading through the junk to convey important facts are doing so purely for entertainment.

John Stewart and Steven Colbert (from the Daily Show and Colbert Report) have become popular commentators on the ridiculous statements major news publications

report, and manage to do so with the wit and style of Bugs Bunny and Groucho Marx.

Colbert's aggressive portrayal of a right-wing newscaster only emphasizes Stewart's aware and critical eye. He serves as an archetype of how people should attempt to view the news, and how to react when the media muddles their intent.

Stewart attempts to clarify what other are talking about, showing the relevance of politics and displaying the problems of the modern media. He stresses how little is said in major news in order to signify the significance actual information has for Americans. It's voices like his that need to be more prominent in modern culture.

Without a critical eye and capability to understand the media, newscasters are just selling advertisement.

I'm not really ignorant, I swear



The Chief
Asha Johnson

Among my friends, I'm known as the one who was born underneath a rock. More than half of the popular songs, phrases, television shows, and people that they mention go completely up and over my head. I'd say my most frequent asked question is, "Who?"

It's not like I don't care about what's going on in the media, or that I choose to ignore most internet trends, I just didn't grow up feeling the need to be immersed in pop culture.

It wasn't until sometime between elementary and middle school that my parents first got satellite T.V. and nice computers for the family. Before that, I was the one you'd see trucking around our twenty-four acres, exploring and getting myself dirty.

But even after suddenly

having complete access to the world outside of our secluded home, I didn't change much.

I've always valued 'experience' more than 'research'. I would much rather go for a bike ride with friends, than read up on pop culture and trends. My dad would tell me that I wasn't aware of the world around me, but I disagreed. To me, he was the secluded one -- cooped up at home watching the news, when he could be out experiencing the news.

It's funny looking back on this, considering that I am now the head of a college newspaper whose goal is to not only be in-tune with the media, but BE the media.

Most of the time I feel like my lack of knowledge on pop culture is a drawback to my job, but a friend once told me that I refreshed him because of this.

Since I didn't grow up watching and reading the same things as everyone else, I have managed to bypass all the propaganda and bias that comes with the media.

So, despite all the teasing from my friends, I may have done myself a journalistic favor after all.

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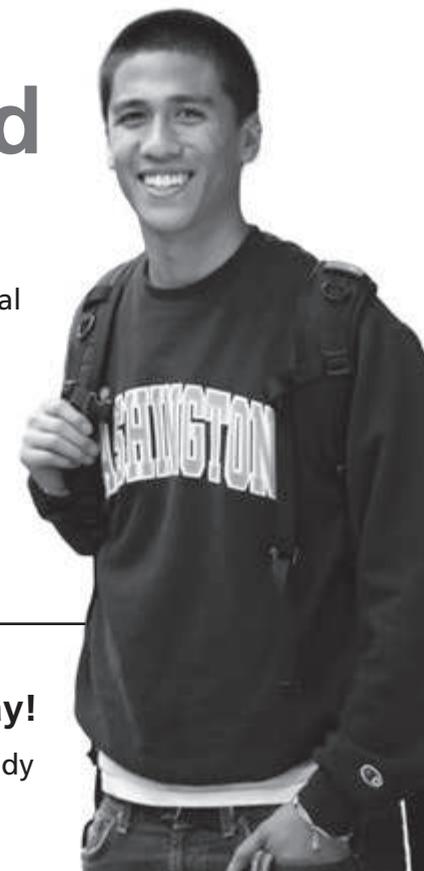
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Memorial bracelets: Is too little too much?



Commentary by:
Sean Rockey

A lot of us have lost a family member or a close friend, be it due to an unfortunate accident, fatal disease, or YouTube-worthy stunt gone horribly awry. For the sake of remembrance, some people have a photo of them on their mantle piece, while others may go so far as to tattoo their face, name, favorite animal, or weird shared joke somewhere on their body.

In the United States Marine Corps (USMC), it's not uncommon to lose a

close friend, so occasionally Marines will wear a bracelet with the names of their fallen squad-mates embedded on it's surface. Well, according to tradition, that little bracelet is a huge code violation.

The USMC is well known for having very strict uniform codes in comparison to the rest of the Armed Forces. They are known for upholding traditions, even traditions formed over a hundred years in the past; regardless of how they may function in the modern day.

"Same thing goes with sunglasses. You can wear sunglasses in a formation, but everybody has to wear them, or no sunglasses at all. Everybody has to be in uniform," said Tory Haughton, a Green River student and former Marine.

The only types of memo-

abilia that Marines are allowed to wear are religious necklaces and watches (provided they are non-reflective and emit no light of their own, seeing as enemies could see them easier if they did; and I'm relatively certain that in the battlefield that's the LAST thing you want). Bracelets of any kind are not allowed and that, of course, includes memorial bracelets.

One plan suggested was if the memorial bracelet officially became a part of the uniform, but that would just bring up another issue: What about the soldiers who don't want to wear the bracelet?

"Say you guys all know somebody from your previous deployment that passed away, well I just joined your squadron and I don't know anything about that person. Why would I want to

represent that person, other than the fact that it's another Marine that has fallen?" commented Haughton.

This is understandable, seeing as how I would find it odd if you all were forced to wear a bracelet if my friend died suddenly. I'd find it pretty creepy, actually.

A lot of Marines question whether or not a bracelet is really out of line.

Many argue that if you can wear a religious necklace, you should be able to wear a bracelet bearing a comrade's name.

"The cross, or your Jewish star, or whatever... You're able to wear that because that's something you believe in... If you believe in keeping the memory alive of another brother that died next to you, then why not wear a bracelet that represents that?"

Haughton said.

Even with all that said, is it really that outrageous for someone to wear a bracelet? The Marines already allow watches, so how big of a stretch would it be to have a non-reflective bracelet along with that?

For that matter, why is this still the case when every other branch of the United States Armed Forces already allows the bracelets? Are the Marines living in constant fear that if bracelets are allowed, it's going to turn into a one-way slippery slope? First it's bracelets, next thing you know half the platoon is wearing short shorts and ponytails? Is it all one big competition between the Armed Forces over the best uniform, and the Marines are just trying to hold onto the lead?

Personally speaking, I don't think that the entire establishment (that has been built for over a century, mind you) is going to crumble, all because of something that is a half-an inch wide and can be hidden under your sleeve.

One solution that Haughton thought of was a generalized bracelet that said "Marine Killed in Action (KIA)", that could be worn for a specific month or season of the year; much akin to those often worn during Breast Cancer Awareness Month, Domestic Abuse Month, and the slightly less popular Rubber Bracelet Awareness Month.

Overall, the real question here seems to be which is more important: Keeping tradition alive, or keeping a friend's memory alive?

Why not both?

What is an art degree worth?



Commentary by:
Bagas Danara

An artist's job is to channel the flow of artistic beauty on his or her perspective so that it could be enjoyed by the mass. Be it a painter, a filmmaker or a ballerina, each artist has their own idea of creativity; the idea of how their art should be.

Colleges and universities today offer degrees in art, music, film and performance arts, but these schools do not come with a cheap price tag. University of Southern California, for example, is world famous for hoarding film students and enthusiasts such as George Lucas, the man responsible for Star Wars. Many others like Rhode Island School of Design (RISD) or Juilliard in New York City have created top notch graduates in visual and performing arts who have continued to contribute to

the arena of aesthetics like Seth McFarlane, the creator of Family Guy, who graduated from RISD in 1995.

Is it compulsory for an artist to be educated in an art school? I say it is.

Rainy Darono, a Green River student majoring in industrial design said, "[The degree] is useful. I don't really have a big background in art but taking art classes is really helpful for my future" Rainy's dream is to go Rhode Island School of Design but she finds it very expensive for her.

"Everyone's an artist in a way" said Abdul Al-Kadr, a photography instructor at Green River, "[but] art school will help you understand the technicalities and help you be more involved in art and create your awareness in art"

Al-Kadr also said that an art school would expose students to the publicity and connection that an artist needs. This is true because studying in the USC film school means that you will be under the tutelage of George Lucas as your professor.

But becoming an artist is not that simple. There is still a big competition when an

artist is looking for a job or exposure. The cost of having an exhibition, film or music production is also high. Al-Kadr admits that most people who study arts end up teaching instead.

If not teaching, a lot of theater school graduates find alternative jobs like working as a waiter in five-star New York restaurants to help pay their rent and Subway sandwich. Sylvester Stallone for example had to do a role in a pornographic snuff before he became Rambo.

If you want to pursue a career in art, you should understand that an art school degree is compulsory as it teaches you the details and introduces you to the business cards you need. But it does not exactly guarantee you a spot in the Guggenheim art museum. You still have to work hard for your career; there is no easy way to say it. Art is no easy game.

As what Al-Kadr put it, "just because you take a poetry class, it doesn't make you a poet".

I agree, you're not a poet yet, you'll just be learning how to rhyme.

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CROSS COUNTRY

Return to Running Triumph

By: Chris Beck
Staff Writer

This past 2011-2012 season of men's cross country at Green River has had its share of running quality, placing 3rd at a recent cross country meet at Pacific Lutheran University (PLU) and leading the march for Green River is freshman Ryan Pawloski.

Pawloski is a 27 year old runner with a unique backstory; his running career began in the sixth grade after a woman who worked at his school approached him and asked if he was interested in joining some school sports. She suggested cross country for him, and after trying it once, he was instantly hooked:

"I was a running nerd in high school. Running was very important to me, it

was pretty much all I did aside from schoolwork."

In his middle school years, he was named "Most Improved Runner" and "Most Inspirational Runner."

His success didn't stop there; when he advanced to high school, his team was considered the best in the school's history.

Pawloski's team placed first in King County, second in districts and third in state during his senior year. But what makes his story unique is that after his 18th birthday, Pawloski's running career was put on hold after he joined the United States Air Force.

He had been absent from the sport of cross country, and from running, for a solid eight years.

Initially drawn to Green River because of its avia-

tion program, the flame that was his passion for running had been reignited after seeing a cross country recruiting flier around the school and with that he decided to turn out for the team.

After eight years of being away from the sport, he has made his triumphant return. Pawloski recently ran the 8K (5 miles) at University of Washington's Sundodger Invite in Seattle, and the ST Martin's Invitation in Lacey (along with the recent Invite at PLU in Spanaway, where he finished in 15th place) finishing in just above 29 minutes every time.

Pawloski says, "It makes me very happy to have the chance to compete again, and to have the chance to run with some great people and coaches."



Courtesy Photo | Ryan Pawloski
Pawloski running as a Gator after an eight year hiatus. He previously ran for his high school in Issaquah.

VOLLEYBALL

Despite losing streak, Lady Gators keep up their confidence

By: Ryan Comer
Assistant Sports Editor

To hear a team with a losing record use the word "unstoppable" when describing its talent might seem awkward.

When watching the Green River women's volleyball team though, one would understand why it's not.

The Lady Gators started the 2011 season with mixed expectations under head coach Kyle Densley, who recently recorded his 100th career victory at Green River.

Densley anticipated some struggles because of the team's extreme youth, but also saw enormous potential with the amount of talent.

As the regular season comes to an end, Densley thinks things have turned

out as expected.

"I thought that we had a big learning curve," Densley said. "This team is very young, but very talented. They're all very strong athletes. Very conditioned."

As is the case with almost all youthful teams, the Gators have seen their share of struggles.

On Sept. 18, Green River

defeat an opponent with a winning record.

"We've definitely had a few letdowns," sophomore middle blocker and team captain Katelyn Nugent said. "We just have to take it as a learning experience. We can't dwell on it."

Despite the disappointments, the team has enjoyed performances that

struggles and because the match was on the road, nobody expected Green River to pull out a win.

Yet, that's exactly what the Gators did, winning the match in four games.

"We took them to town in their own house," boasted Cappa.

Like her coach and teammates, Cappa believes youth - not lack of talent - has played the largest role in deterring the Gators this season.

"Most of our losses come from the team learning to play together," Cappa said. "We have so much talent on our team that once we do click, we're unstoppable."

With just three matches remaining before the Northwest Athletic Association of Community Colleges (NWAACC) Championships, the Gators still feel there is a lot to prove.

"We've definitely had a few letdowns. We just have to take it as a learning experience. We can't dwell on it."

Katelyn Nugent, team captain, middle blocker

lost a match to Everett Community College, a team with only three wins so far this year. The Gators have also dropped matches to Chemeketa, Highline, Pierce, Clark and Big Bend - all teams with losing records - and have yet to

reaffirm just how special the Gators can be when all the players come together.

Freshman libero Jamee Cappa recalls the team's match at Clark on Oct. 12. Clark currently has a losing record, but Cappa explains that because of the Gators'

Calendar

WOMEN'S SOCCER	
Oct 29	Shoreline - Green River, noon
Nov 2	Edmonds - Green River, 5:30 p.m.
Nov 5	Everett - Green River, noon
Nov 9	NWAACC Playoffs
Nov 12	NWAACC Playoffs
Nov 19	NWAACC Championship Starfire Sports
WOMEN'S VOLLEYBALL	
Nov 2	Green River - Highline, 7 p.m.
Nov 4	Pierce - Green River, 7 p.m.
Nov 9	Green River - Clark, 7 p.m.
Nov 18-20	NWAACC Championships Portland, OR
MEN and WOMEN'S CROSS COUNTRY	
Nov 12	NWAACC Championships Everett WA @ 11 a.m. 8K & 5K

Scoreboard

MEN & WOMEN'S CROSS COUNTRY	
Oct 7	Everett Invite, Everett WA
	Whitney Janicki - 20:46, 6K
	Grace Libby - 21:28, 6K
	Ryan Pawloski - 28:10, 8K
	Fandy Cendrajaya - 29:07, 8K
Oct 15	Pacific Lutheran Invite, Spanaway WA
	Whitney Janicki - 25:33, 6K
	Grace Libby - 26:21, 6K
	Ryan Pawloski - 27:56, 8K
	Fandy Cendrajaya - 29:02, 8K
WOMEN'S VOLLEYBALL	
Bellevue Crossover, Bellevue WA	
Oct 14	(W) 19-25, 25-19, 18-16
	Green River vs. Treasure Valley
	(L) 18-25, 25-13, 13-15
	Chemeketa vs. Green River
	(L) 25-27, 18-25
	Bellevue vs. Green River
	(L) 19-25, 26-24, 25-18, 16-25, 8-15
Oct 15	Clark vs. Green River
	(L) 25-20, 25-15, 24-26, 13-25, 11-15
	Big Bend vs. Green River
Oct 21	(L) 25-16, 25-19, 25-20
	Tacoma vs. Green River
Oct 24	(W) 25-16, 20-25, 25-16, 25-12
	Green River vs. Centralia
MEN & WOMEN'S GOLF	
Sep 25-26	Women's - 3rd, 6-2
	Men's - 5th, 4 - 4
Oct 9-10	Men's - 1st
	Women's - 2nd
WOMEN'S SOCCER	
Sep 28	Tacoma vs. Green River (3-4)
Oct 1	Green River vs. Lower Columbia (4-1)
Oct 5	Green River vs. Whatcom (0-0)
Oct 8	Green River vs. Skaget Valley (8-0)
Oct 12	Green River vs. Shoreline (3-0)
Oct 15	Edmonds vs. Green River (1-3)
Oct 19	Everett vs. Green River (0-4)
Oct 22	Green River vs. Bellingham (2-0)
Find full league standings, stats and more at www.nwaacc.org	



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