

THE CURRENT

Obama's Inauguration
America swore in a new
Commander in Chief, and
GRCC celebrated
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Budget Cutbacks

*State-wide budget cutbacks reflect national economic struggles,
effecting students, staff, and on-campus programs*

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Center

Winter Weather
Seattle-area rocked by
wild wild winter, what
is changing, and who
is benefitting?



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GRCC celebrates Obama's inauguration in Lindbloom Center

The school watch the historic event together and celebrate with food, songs, and school spirit

Sean Kramer
Staff Writer

On one of the biggest days in the United States history, Green River Community College held two big events: breakfast for the inauguration of the 44th president of the country Barack Obama and the annual club fair.

The inauguration breakfast started at eight o'clock with the introduction speech of Marycarmen Becerra-Nunez, the diversity services student coordinator, followed by the Rendezvous Jazz Choir, GRCC choir, singing the national anthem. More than a thousand people, including students, faculty, staff and the community, were present to see this once in a lifetime event.

Deb Casey, the dean of student services and retention, took the stage with President's Commission of Diversity Co-Chair Diana Holz. "To experience such a transition is remarkable," said Casey. "Our goal now is to work together to transform our country and other countries, and it begins with us and our community."

The President of Green River Community College Rich Rutkowski gave a short address, presenting the Mayor of Auburn, Peter B. Lewis, who was in the D.C. yesterday as an elected official. Lewis came back to Auburn to give an address on behalf of the city of Auburn. Inauguration coverage on TV took place after Lewis' address.

Barack Hussein Obama's speech brought tears to eyes of Tina Christian and Loreda Ferguson, Multicultural Equity Council Chairs along with a long standing ovation by the crowd.

The program continued with the Rendezvous Jazz Choir again with the encore performance of the Inauguration

Song written by GRCC Music Faculty Kelly Eisenhour. The Gator Showcase Night winners "Latinos with a Cause" by Movimiento Estudiantil Chicana/ Chicano de Aztlan (MECHA) Club performed their traditional dance followed by cha-cha and electric slide by Dance Connections club.

"We are here today not only to witness a historic event, but to get students involved in the political process," said Becerra-Nunez, 18.

"I think it was a huge success, I am proud as an American citizen to have such a great political figure representing the United States."

Obama's speech highlight was the part with the diversity and peace stating that they are ready to collaborate with any country on Earth wanting peace. "Obama's profound new idea of the new America that will be inclusive, respectful and appreciative of diversity," said Jhon Valencia, the diversity services coordinator, who was a big influence on the event.

The annual club fair, Terrific Tuesday, took place at the main dining area from noon to 2 p.m. Twenty-six clubs and organizations were present in the event, featuring dances performance from the STEP Club and the MECHA Club, with a video presentation by the Geographical Information Systems (GIS) Club.

Students who participated in the event had free pop-corn and cotton candy. For those who filled in evaluation forms, the Student Programs staff gave out gator-shaped stress balls, which were the center of interest. "I love them," said Mahmuthan Savrun, 18.

"We, as students, appreciate every single thing the Student Programs put on, and hope they continue doing what they do." The event held approximately 350 people, which was a success.



www.flat-life.com/Courtesy Photo

Barack Obama, with Michelle Obama wave to the crowd in his inauguration.

Safety ride back to on call system for students'

"aadsfasdfasd"

Students find the scheduled shuttle too problematic

Tammie Tamara
Staff Writer

The Campus Safety Ride program is changing their procedure back to the on call service after shifting to the bus-like on route scheduled system last quarter. Effective soon, students can call the Campus Safety Department and get a ride without having to wait again.

According to John Ramsey, director of public information, the reason for this change is that many students don't use the Safety Ride anymore since the on route system became effective. "We used to have around one hundred students using the right a day and now it's declined to half," he said.

Many students found it inconvenient to wait for the shuttle every time they need a ride. Martinus Reynaldi, a first year international student, said that the on route system was much less effective. "I have to wait and my place is not on the route so I have to walk after," he said.

The Campus Safety changed their system to the scheduled system last quarter to make it more convenient for them to organize.

"Apparently it wasn't as convenient for students as it was for us," Ramsey said. He said that they want students to use the ride for safety reason. "The original premise was so students can use it," Ramsey said. "So we change it back."

The Campus Safety also is changing the contact number for the safety ride. The number that they are currently using is the same number for the emergency number. "It's interfering with our after hour's emergency calls," Ramsey said. Other than that, the procedure remains the same.

Right now they are working on the new procedure. They are also trying to get the word out so people would know about the change. "I'm not sure for now but it would be effective the end of the week at the latest," he said. They will put out flyers informing students about the new procedure.

Ramsey said that the route is another reason why they're changing the system back. "We don't have all the stops they need," he said. That's also why many students stop using the ride.

Many students are excited about the change. Reynaldi said that the on route

Campus Safety Ride

Hours:
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Dusk to 11 p.m.

Friday - Saturday
Dusk to 2 a.m.

Phone number:
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Ride is limited to:
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West - Amberview Apartment

system didn't meet students' safety need. "The scheduled shuttle is no different with regular bus and many spots are not on the route," he said.

Lau Wat Shan, a first year student, said that the route and the schedule made the ride very inconvenient. "My

friend had to wait for thirty minutes and when it was finally there it was full so she had to wait for another thirty minutes," Shan said.

She said that them changing the system back was a very great idea. "It would help a lot," she said.

Budget cutbacks affecting students and school programs

Class cancellations cause problems for transfer students

Jacqui
Staff Writer

While trying to lower the amount of green it takes to run a higher-educational institution, schools like Green River Community College, have been instructed to lower their budgets.

At this school, 130 classes have been factored out of the winter schedule and several students are left with one less class to take.

While the classes that were cancelled were the ones with lower demands, which resulted in less students being disappointed, programs such as the radio station have also been left in a bad situation.

Cassandra Chinn, is a former student of Kentwood High School who recently transferred to the Sumner School District. As a high school senior, Chinn is near her graduation and need to take certain classes to graduate.

Finding out that the English class that she needs to take had been dropped, Chinn is now uncertain if she can graduate on time.

Students are not the only ones affected by the budget cuts. School programs like the radio station, KGRG, and its lesser known sibling, KGRG-1, are also experiencing drawbacks from the cuts.

The budget for the radio program was

at \$10,000. Chris Miller, a participant in the program, says that the cut has put the program "in the red" and in need of more money. With the cuts, the program went from a budget of 10,000 dollars down to one of \$8,000.

"At this school, 130 classes have been factored out of the winter schedule and several students are left with one less class to take."

As of now the broadcasters are "sacrificing music time to advertise classes so [they] can make money," Miller said.

They're hoping that the radio classes available in Green River will be filled up so they can get more money to be added to their budget.

The chances of them filling up every class is low but if all the radio

classes were filled up, the program would be in the green with money to spare.

As of now, according to Miller, the people involved in the program are "at their max on what they can do."

Classes now depend on their popularity among the students. The more students interested in the class, the less likely it is to be cancelled.

If the next 200-level specialty class Chinn signs up for is able to attract enough students, she will be able to graduate on time.

Most students are not blaming the school for the situation. "The school is doing the best they can do," said Jessica Carr, a member of KGRG.

Faculty left challenged finding ways around the cutbacks

Classes struggle both to survive and attract students

Justin Runquist
Staff Writer

Schools are going back to the drawing board to decide what to cut as the recession has higher education in a pinch. Only one thing is certain so far, some things must go.

Governor Chris Gregoire devised a plan in mid-December to make several large budget cuts to community and technical colleges. Green River is already feeling the effects.

The administration at GRCC was already planning for a 4.1 percent reduction out of the supplemental budget, but the governor is proposing a 4.3 percent cut instead. This would take a \$1.5 million chunk out of Green River's budget. The next step is to decide what to cut.

"As a college we're trying to protect what's core to our mission," said Green River's Director of Public Information John Ramsey.

He explained that the college is doing all it can to keep students here and unaffected by the unfortunate time. The situation is less hopeful for some of the faculty though.

Already, some adjunct, or part time, members of the staff have been laid off. On top of the layoffs, the school is in a temporary hiring freeze until these budget concerns can be resolved in full.

There is also speculation of offering furloughs or non-paid, mandatory vacations to some part time employees. That is not certain yet though.

So far, the college has decided to scrap some of its plans for the future. It has put a temporary halt to buying new supplies and equipment it planned on purchasing, and it has stopped paying for employees to travel between conferences.

130 classes were cancelled this quarter. In conjunction with that, advertising to bring in new students has been severely lessened as well.

Despite those trends though, GRCC has seen a hopeful boost in student turn out for this quarter.

Compared to last winter quarter, enrollment is seven percent higher. This is quite a bit higher than average.

"These are extraordinary times. I think there are more people coming back to school now," said Ramsey.

The school is seeing this trend for certain areas like worker retraining and running start. This is all despite the prospect that Gregoire is considering raising tuition by five percent each year for the next several years.

More cuts are to come. So far, community and technical colleges are looking at a six percent cut.

How GRCC will accommodate for the rest of the cuts is unsure at this point, but the circumstances are not promising.

"I think right now there's a lot of apprehension across the institution because, more than likely, there are going to be jobs lost. How many, it's hard to say."

Narrative on class cancellation due to budget cutbacks

by Jean-Pierre Garcia

A young man wanders the hall, not aimlessly, but with a grim purpose. His face seems harried as he runs past hall after hall. He's a second year running start student and is desperately trying to get registered for winter quarter.

With a bunch of teachers extension numbers scribbled and a torn piece of paper in hand he dashes to the nearest free phone. He dials, and hangs up dismayed as the voice of a stranger's answering machine reaches his ears. Still hopeful he gazes back at the piece of paper in his hand and puts on a fake smile and leaves the most sincere message he's given in a while, admitting to his desperation and explaining the situation he has found himself in. Politely he leaves his number and email and tries again...and again...and again. He recites a similar story in multiple emails sent to a wide variety of English, PE, and Science.

Hello my name is John Doe and would really, really, really appreciate getting in contact with an instructor. Any help you can offer would be excellent. My family has a bit of aptitude for this area [Anatomy and Physiology], the running joke is we should all become either historians or doctors. I want to give it a shot. I know that most of the classes are full and I need an entry code in addition to an overload slip. Again I would be grateful for any help you can offer.

Few people respond to him, but those who do cannot help him. They are already overloaded, everyone is full. One such teacher was a PE instructor who says that he has signed over twenty overload slips. PE is full.

He tries the Humanities building.

In a sympathetic tone an English teacher vents a similar genuine frustration to the student. She needs her class to be filled, but it's not the class he

needs. This seems to be the problem. There are so many basic needs classes set up that there aren't classes for the obscure necessities.

Other English teachers laugh and joke about a private matter. A secretary offers a list of teachers with seats that are yet to be filled. No such luck after a lengthy email. The secretary claim that's how it is in the humanities building referring to the laughter in the hall with a smirk.

He wanders over to the science building. Numerous teachers try to help him out, but his math scores just aren't high enough for an algebra based science course. Door by door the young man travels with a physics teacher recalling how his mother refers to physicists as her kind of people. She is kind. She walks him to other potential teachers, like a certain geologist. He isn't in his office. Slightly discouraged but emboldened by the compassion of the physicist he moves on to Anatomy and physiology instructor's offices and receives suggestions of where to try next.

He speaks spanglish to a Spanish teacher and manages to gain an entry code. That's five credits. Then he gets five more after taking the sample tests after being denied access to MAPS, he heads in the SMT building.

He studies and is confident to take the COMPASS instead of letting his ASSET scores transfer over. He manages to get into a higher math class, and convinces the math teacher that he should be there. That's 10 credits.

Not enough to make him a full time student. Not enough to lessen his spring quarter load. But it IS enough to make the seemingly impossible...possible. He'll graduate high school if he passes his classes.

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Alarming increase in MRSA across U.S.

Study shows particularly significant trend of growth in infection among young children

Justin Runquist
Staff Writer

In a broad study conducted across the nation, researchers have found a startling rise in the occurrence of MRSA in both children and adults.

One particular study shows that the rate of head and neck infections caused by the dangerous, antibiotic-resistant staph strain more than doubled between 2001 and 2006 from 12 percent to 28 percent.

The results of this study encompass information from more than 300 hospitals nationwide derived from an electronic database of medical records.

In all, more than half the MRSA infections found in the study were said to have been contracted outside of hospital settings.

MRSA infections are normally contracted in hospitals and other healthcare settings, but studies such as this have shown that more and more of these infections are appearing in community settings. Often common among the elderly and previously ill, the infections are showing up in larger numbers of younger, healthier people.

Some researchers have found that there has been a particularly significant increase in ear, nose, and throat infections among children across the entire nation.

Others have found that there is a rise in the number of skin infections caused by MRSA in both children and adults.

Roughly one-third of the infections in the study stemmed from the ears. About 28 percent occurred in the nasal and sinus areas, and about 14 percent came from the

neck and face.

This news comes only two months after The Seattle Times published a report looking into Washington hospital records scrutinizing MRSA treatment.

The investigative report released startling details of careless MRSA management, showing that many hospitals skip key steps to block the spread of infection.

It showed that over the past decade, the instances of MRSA infection in Washington hospital patients have grown from 141 a year to 4,723.

Inexpensive, simple diagnostic tests can locate the germ and prevent its spread, but the investigation found that many Washington hospitals view the testing as, "unnecessary and burdensome," according to the report.

Now though, according to this new study, infection is becoming quite common in the community.

MRSA, an acronym for methicillin-resistant Staphylococcus aureus, is easily spread.

It is not like the flu or other airborne viruses. It is spread through touch instead, and it can slip into the tiniest of breaks in the skin.

Doctors have discovered that it is resistant to methicillin and penicillin-based antibiotics, and they are worried that it might become resistant to others as well.

The germ has been around, silently affecting people for decades, but not until recent years has America seen such high rates of infection.

This study appeared in this month's issue of Archives of Otolaryngology.

WA sees bump in minimum wage

Big increase could cause difficulty for some local business owners during economic downturn

Kimberly Burberry
Staff Writer

Washington's minimum wage increased from \$8.07 to \$8.55 on January 1, still making it the highest in the country.

This is the second largest jump since 1999 when it increased by 80 cents.

Minimum wage has been raised each year in Washington since 1998 when voters approved an initiative to reevaluate it based on the cost of living in our state each year.

Cost of living is determined by the Consumer Price Index, which bases this on the prices of goods and services.

With the new wage, employers must now increase employee rates by at least 48 cents.

The voter-improved initiative is especially hard on business owners who project to pay out more this year to their employees in a difficult economic time for the nation.

The Seattle Times reported that Pagliacci's Pizza, a pizza chain with 29 locations will see a \$100,000 increase in payroll costs.

In order for businesses to make it out on top, workers could see a drop in hours or even experience a harder time finding a job.

Students here at Green River may also begin experiencing a downside to the increase in minimum wage.

Katie Dabbs, a student at GRCC, works at Mood Swings, a small clothing retailer in Maple Valley. She commented on how

minimum wage is affecting her job.

"The economy is hurting my wages slightly. My hours have been cut and we are open less days than we used to be, but once the economy turns around I could imagine a wage increase or at least more hours."

Those students who expected a raise may not be seeing one.

Alex Shimkus, who also attends GRCC and plays for the Gators baseball team, said he was originally paid \$15 dollars an hour last year for keeping up the baseball field and now will receive \$10 an hour doing the same job.

At capitalpress.info, Dan Fazio, who is a labor specialist with the Washington State Farm Bureau, predicts jobs will be moving out of Washington due to this increase.

Karen Brasch, who manages an employment database called Myinterfase at GRCC, believes that ultimately minimum wage will benefit the working student.

Brasch works with students to find internships that allow them to earn credit while gaining valuable work experience.

When inquiring about the possibility of a decrease in internships due to the bad economy and rise in minimum wage, Brasch said that there is actually an increase in internships.

She added though, "Students who participate in internships are doing it for the experience, not for the money."

Although, Brasch said, many students who participate in the internship program earn minimum wage or higher.

Porn industry jumps on the bailout bandwagon

Request spurs conversation around campus

Lindsey Williams
Staff Writer

Adult entertainment industry leaders Joe Francis of Girls Gone Wild and Larry Flynt of Hustler are asking for a government bailout of \$5 billion in a letter to Rep. Barney Frank, D-Mass, and Treasury Secretary Henry Paulson.

According to CNN, Francis claims the \$5 billion reflects their decline in revenue from \$18 billion three years ago and if the big three got help, so should they.

In their letter, Francis and Flynt say, "Porn has always been there to comfort Americans, to help them relax at the end of a busy day, and to take their mind off of their troubles... Porn is the backbone of the American psyche."

Francis continued this standpoint in an interview with TMZ.

"The US government should actively support the adult industry's survival and growth, just as it feels the need to support any other industry cherished by the American people," he said.

According to Flynt and Francis, XXX film sales and rentals have dropped 22% in the last year.

A portion of this loss can be attributed to pirated copies and video streaming sites similar to YouTube.

Both men stressed that the \$13 billion industry is not in any imminent danger of collapse.

"But why take chances?" they asked. The situation is striking up comments

all around campus.

"That's laughable... it's not as silly as the geoduck, but it's a catch 22," said Jake Brooks.

"This is legitimate... Without the porn industry we wouldn't have ingenuity in a sexual sense of a relationship," said Chris Miller.

Lindell Bruce, a TRIO staff member, said, "If we give them one red cent, I'll begin a tax revolt."

The general consensus of students is that this will never pass.

Although, when asked if the bailout would be acceptable for a different entertainment group, such as Disney, Natasha Fuaau replied, "Disney is different."

Morality and values were the main topics in Natasha's reasons for this answer and other students mirrored her response.

If this request is merely a media stunt, as some say, Francis and Flynt couldn't have picked a better time to do it.

The four-day AVN Adult Entertainment Expo in Las Vegas started the day of their announcement, and by Wednesday night, Google had over 4,000 hits about the porn bailout.

Steven Hirsch, founder of Vivid Entertainment Group, claims they are, "just poking fun at all the industries getting bailouts... This is not the time to make sweeping statements. This is the time to buckle down and take the steps we need to save our industry," in an interview with ajc.com.

The real question at hand is not whether pornography leaders are serious about



Larry Flynt, creator of Hustler magazine.

needing help due to the limp economy, but rather, where will the government draw the line on handing out taxpayer money to businesses?

Conrad Harnay, a GRCC student, says, "We should be spending money on blue collar Americans that need it, not rich people and the porn industry."

Bush era comes to long-awaited end

Past eight years will be remembered as invasion of personal privacy and foreign soil



Commentary by Michael Espinosa

George W. Bush will surely go down as one of the worst presidents in modern, if not our entire history. Bush has exploited everything that we, as Americans, hold dear and history will tell the tale.

GWB didn't win the popular vote in the 2000 election and many say that he didn't rightfully get elected. So, he was under a lot of harsh criticism right off the bat.

Luckily for him, the attacks on the World Trade Center made everyone in his opposition stand down, and GWB finally got the power he desired. Ever since 9/11, GWB and the Republican Party used it as a reason for the majority of his objectives and have exploited it for political gain.

Bush tries to say that his main accomplishment during his presidency was keeping the nation safe from terrorist attacks since 9/11. Yet he mentions nothing about how he protected the nation prior to the attacks.

Also, as any high school student can tell you, America doesn't encounter foreign attacks on its soil within just any eight year period. Previous to 9/11, the most recent attack on American soil was the attack on Pearl Harbor. This attack happened on December 7, 1941, sixty years before the 9/11 attacks.

Bush proposed No Child Left Behind, hoping to improve education. The law is supposed to motivate schools to improve teaching by giving them a standardized test. If the schools don't pass the test, the staff can get fired or the school can get shut down. The worse the schools do on the test, the more their funding gets cut. Yes, this act says that the government gives less money to the schools that need funding the most.

This act relies solely on the passing of a standardized test, which in itself is a bad policy. Standardized tests are typically all multiple choice questions, where the participant has a 20-50% chance of getting the question right, depend-

ing on how many choices they are given.

These tests are flawed in that probability has shown to be easily manipulated. As many test takers have heard, the most common answer is C. There is also the aspect of pure chance, where the student just has good fortune on that day and is able to pass without learning the actual curriculum.

In Bush's attempt to keep the nation "protected" from terrorists, he forced our nation into war with Iraq. Many people in our country wanted to go to war at the time, but that is simply because Bush threw away any reason not to, and called anyone who disagreed with him "unpatriotic."

For politicians, it would be social suicide to be called "unpatriotic" in a time like post-9/11, so many of them caved in. The people who fought against this war were, and still are being criticized by many of their peers.

After it was discovered that Iraq had no weapons of mass destruction, and we had captured and hanged Saddam Hussein, there was little to no reason for us to stay in Iraq. We may have been needed while the country rebuilt itself, but that was settled almost two years ago. Even though it was, and still is painfully obvious that we need to leave Iraq, we continue to stay, in order to appease our president.

The piece of legislation that best defines Bush's presidency would be the Patriot Act. This act allows the government to monitor phone calls and search into someone's personal belongings as it pleases.

The name "Patriot Act" was given as a euphemism, to make it sound better than it really is. Bush signed it into law on October 26, 2001. With the recent attacks on our nation, the name "Patriot Act" guaranteed that it would pass, since everyone was trying to be seen as patriotic.

This act was the beginning of Bush's wiretapping. Many oppose this invasion of a person's privacy for the sake of "safety". Also, being able to arrest someone because there is a chance of them being a terrorist and throw them into a high security jail, namely Guantanamo, without even having to give reason, is just absurd.

With Bush's oppression of personal freedom, and his attempts to give the government more power than its citizens, he can be seen as a fascist. Bush's presidency will be remembered as that of invasion: invasion of foreign soil, and his citizens' personal lives.

Fox News moves a step too far to the right

Network's one and only liberal voice is out the door to be replaced by a couple more right-wing conservatives



Commentary by Michael Espinosa

There have been some major changes to the staff of Fox News that will surely affect the way they are perceived in the public eye.

Since 1996, Alan Colmes has been co-host of Hannity & Colmes, with Sean Hannity. Hannity is a conservative, while Colmes is a liberal. The two commentators gave their opinions on different social issues and news, and debated with guests.

Colmes' contract has ended and he has now left the Fox News family.

Colmes was the closest to "balanced" as Fox News has ever been, and with him gone, it is official that Fox News is now completely conservative in its commentators.

To make matter worse, political commentator Glenn Beck has now joined Fox News. Beck has a nationally syndicated radio show, and used to have a show on CNN Headline News.

Upon hearing about Beck's contract with Fox News, CNN immediately cancelled Glenn Beck's show on their network.

Beck's program is scheduled to be nightly, and is scheduled to appear on The O'Reilly Factor on Fridays.

Beck is a well-known conservative in the news world. He describes himself as "a conservative who happens to not be a Republican."

This is a common trait with many of the commentators. They may be conservative, or liberals, but cannot identify with a political party as it would show a bias toward one side over the other.

Beck has been quoted, saying he is more "Libertarian-leaning."

Beck appearing on The O'Reilly Factor, with host Bill O'Reilly, is another step to set the reverberation of conservatism.

O'Reilly and Beck both want stricter control over the USA-Mexico border, the invasion of Iraq, and support "coercive" or "tough" interrogation methods against terrorists.

The question that people must ask is why is Fox News taking away one of its only opposing political viewpoints, and adding more of the same rhetoric that it already has in that viewpoint's place?

There is very little chance of there ever being a Hannity & Beck, so it is not as if Beck is replacing Colmes. It has been said that Beck will be going on various Fox News programs until his show is in full swing.

There has also been one other dramatic change in the staffing of Fox News.

The former Governor of Arkansas and candidate for the republican nominee for president, Mike Huckabee, now has his own show on our favorite news station.

Of course, Huckabee is a political commentator. Many people have considered Huckabee to be one of the most conservative candidates for the republican nomination. Huckabee has also been a minister of a southern Baptist church. His views are that of fundamentalist Christianity.

Fox News has been heavily criticized in the past few years, with allegations of being biased.

It still claims to be fair and balanced, and attempts to call bias on MSNBC for having a liberal agenda, but it seems as though that tagline is merely a cover-up for their obvious agenda.

With Alan Colmes, popularly deemed the "token liberal" of Fox News gone and a self-proclaimed conservative and a fundamentalist coming in, the accusations of bias are becoming obnoxiously clear, and sadly true.

Editorial Policy

The Current considers itself a limited public forum for student expression, in which student editors make policy and content decisions. Green River Community College delegates editorial responsibility for the content of the publications. The college acknowledges the dual free purpose of student publications as instructional tools and as vehicles for free inquiry and free expression in the academic community. The views and opinions expressed in The Current do not necessarily reflect those of the college or student body.

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We encourage all students and staff to have their voices heard. The Current will publish letters to the editor, provided they are signed, include the author's name, and submitted in a timely manner. Letters should be no longer than 500 words. Letters should be sent to thecurrent@greenriver.edu. The editor reserves the right to reject or edit letters on the basis of length, libel, or propriety. All letters become the property of The Current.

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The Current office is located in SMT 134 and can be contacted by phone at (253) 833-9111, ext. 2375.

Weather rocks Seattle

The Seattle area experienced some extreme weather as 2008 came to a close, and again as the New Year began. However, while some enjoyed the days off and weather conditions, others are asking for change.

Commentary by
Casey Greer

Greg Nickels gained some of my respect, albeit dubiously, in my eyes over the crazy winter season Seattle is experiencing.

I'm far from a political activist, and truly, I often avoid watching the news, simply because it's hard to ignore the negativity portrayed by local news coverage.

However, one day that I was glued to my television, perhaps simply because I had no other choice, was Dec. 18.

On that day, it was snowing heavily from the south end to the north end, much to my chagrin, I was supposed to go to Mt. Vernon the following day.

I woke up the next morning and turned on the news, saw a semi-truck stuck on a local road in Mt. Vernon, and began making phone calls and sending emails letting those waiting for me know I wasn't going to make it.

I was however, able to go through the rest of my daily routine, I went to work, went grocery shopping; I even flirted with the idea of going to the bar.

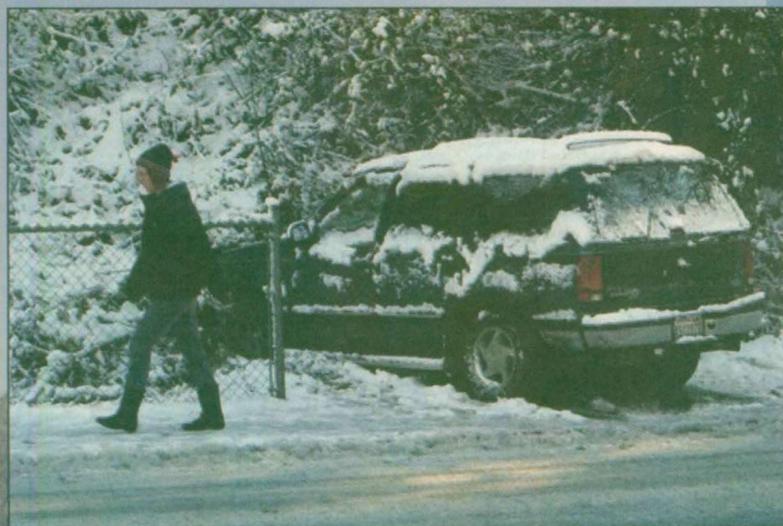
It was the following day's work, and not the snow which stopped me. The City of Auburn, by my observation, did an excellent job taking care of their main roads.

I have no idea what Auburn's policy on snow-covered roads is, I do know, however, that in a small, front-wheel drive car, I was able to make it up Lea Hill on a couple occasions, and didn't lose traction once.

Seattle, a far more hilly area, elected to avoid using salt.

There justification, predictably, is that the salt would be bad for the health of the living creatures in the Puget Sound.

I'm personally completely in favor of sacrificing superficial luxuries in exchange for environmental health.



www.seattlepi.com/Courtesy Photo

An abandoned Seattle vehicle, a common site in Seattle's record-setting winter.

I'm far from an environmentalist, but I respect the world I live in, and believe that within reason, humans should do what they can to preserve it.

However, when human lives are at stake, and human safety is in question, I have a hard time sympathizing with even the most mild of environmentalists.

When the lives of a few dozen Salmon become more important than those of a few dozen people, I have a problem.

The thought of salt pouring down the hills of Seattle into the Sound is not one I revel in, but no less so than the thought of a hippy sliding a Prius sideways down Queen Anne, with the driver attempting to avoid pedestrians who are also struggling to find traction.

Actually, according to a report written in the Seattle Times, the 6,000 tons of sand

used by Seattle as an alternative to salt is more detrimental to the Sound's aquatic life.

Greg Nickels is an awful representation of Seattle, so how the hell did he gain my respect? Long story.

During a charity event on PBS, one designed to raise funds for Hurricane Katrina victims, Kanye West, whose political voice is only given extra credibility when he makes songs big butts and rims, claimed that "George Bush doesn't care about black people."

That was certainly not on the script, and clearly made co-presenter Mike Myers uncomfortable.

Almost three years later, while flooding was occurring in the Midwest, The Daily Show hosted by Jon Stewart parodied West's now immortal words.

Comedians Jason Jones and Wyatt Cenac acted as Stewart's flood correspondents, and after Jones' greeting, Cenac, an African-American said "George Bush doesn't care about white people."

After listening to Stewart's mock disagreement, Cenac rebuts "These people have been under 30 feet of water for a week, and he's finally coming now?"

After more mock arguing Cenac says "So what? What's your point? It took him forever to get to Katrina, so what, by being late to Iowa it shows he's equally indifferent to the suffering of all people?"

Later, Cenac says "George Bush doesn't care about wet people."

In summation, what I learned this winter is that as a Seattle Supersonics supporter, and a heartbroken one, I haven't been singled out, Greg Nickels is simply an awful, apathetic politician.

www.atmos.washington.edu/Courtesy Photo

Snoqualmie thriving in wild winter

Cara Rush
Staff Writer

Snoqualmie Pass is finally open to the public again! Riders and skiers from all around are flocking to the pass for an exhilarating time, and record breaking snow.

The pass is currently open for business Monday through Friday for day and night skiing. They offer tickets ranging from 11\$-56\$. If you are looking to be a frequent comer, they also offer a variety of passes ranging from limited, to unlimited, unlimited gold, and night passes.

Not a skier or snowboarder? No worries, they also offer snow tubing for all ages! No matter who you are, there is something for everyone.

The pass has also added many exciting new additions to the mountain. Including a new high speed quad chairlift called Silver Fir Express located at the Central summit.

It takes half the time to get to the top and allows the max amount of people to ride it, ensuring much shorter lines.

This chair is for those who prefer to cruise through the fresh powder, and witness the beauty of the mountain.

For those who prefer an adrenaline rush of jumps and rails, but aren't quite ready for it, the Summit has added a beginners terrain park at central summit located on the Holiday chair lift. A great way to warm up and learn the basics.

The Pass also offers multiple group, and personal lessons which start the week of January 12th.

No gear? Don't fret. There are rental and equipment shops right near the slopes; you'll be training with the pros in no time!

In my adventure at the pass I ran into a



local snowboarder to get the down low of it all: "The snow this season, and the line speeds have been better than ever before. The famous terrain park (Central Park) is what keeps me coming up here. The traitorous rails and the massive jumps.

Also the half pipe, which is not currently ready yet, but will be shortly. Also it's not a very far drive from the Kent, Auburn area," said Thomas Kinkhead

If you decide you have had enough of a workout, you are encouragingly welcome

to hit the "Big Air BBQ", "Webb's Wireless", and "Rosita's restaurant" at the West Summit lodges. There is also the "Timberwolve Cafe", "Rodeos", and "Beirtube" lodges and restaurants at the Central Summit.

Which offer a variety of hot prepared food and beverages, which are sure to meet your specific needs. There's plenty of kicking back space also. If you even feel up to it you can hit the local bars: "Timberline Pub", or "Whisky Pete's".

For drinks, fun, and live band performances for your musical needs. Intrigued, stay a while, there are vacation home right on the slopes, and the Summit Lodge, so you can stay as long as you please.

The mountain also holds frequent competitions open to the public to show off your skills, pro or not. "But when it comes to record snow, come record pass closures. Which have been driving business, and ticket numbers through the ground.

Be sure to stay updated on the pass closures this season. The Pass has been hit recently with a record 6 feet a day in just a week. More snow then we have had in nearly a decade," said Holly Lippert, marketing executive at Snoqualmie Pass.

More information about Snoqualmie pass can be found at www.summitatsnoqualmie.com.



Gator men and women hoops struggle in January

Gator men still hoping for Tournament play despite facing adversity, women still in good shape after fast start to season

Baris Cirak
Staff writer

The Green River Community College Gators started the season with drama and an unstable graphic, with the tough away game cancelled due to the weather conditions.

As the Northwest Athletic Association of Community Colleges (NWAACC) Basketball season tipped off on Saturday, January 3rd, Green River Gators fans were shaken up after seeing the game program provided by the Athletic Department. Sophomores Jade Collier, Giovanni Lee, Wren Anthony and freshmen Michael Crudup, Brian Currie, Devarea Tomas Jonas and Henoak Yigzow, who were added again after the resolution of the problem, was not listed on the roster. Collier and Lee started most of the games for the Gators last season which ended in a disappointing 5th place finish in NWAACC West Division, not qualifying for the NWAACC Tournament.

"I looked at the program and asked to my friend, 'Oh man, how many injured players do we have?'" said Mahmuthan Savrun, freshman from Cankaya High School, Turkey.

"Jade was our inside presence and Gio was the athleticism. I am not sure how good this is for the team but as long as we play hard, we can accomplish the set goals for the season."

The Gators added freshmen guard Taylor Gliett, out of LaSalle High School, and Jacob Guinn, from Auburn High School, to increase the depth of the back court.

"We started with thirteen players in our plans and now we are down to eleven," said Gators Head Coach Tim Malroy, regarding the squad. "We have a talented

group of guys and if we play hard, we still have chance to qualify for the NWAACC Championships."

The 2009 NWAACC Championships will be held at the Toyota Center, in the Tri-Cities on March 5-8. The First four seeds of four divisions of NWAACC (North, South, East, West) will clash for the title.

On January 3rd, the Gators took on the Pierce College Raiders here at Green River. In the Women's match-up the Lady Gators dominated the game from the beginning to the end, winning the game 60-47. Paesa Strickland started with 20 points, 8 of 16 field goal shooting, 9 steals and 7 rebounds.

"We have a talented group of guys and if we play hard, we still have chance to qualify for the NWAACC Championships" - Green river basketball coach Tim Malroy

Without the only true center of the squad, Saundra Polk, the Lady Gators did a good job rebounding the ball, leading the game 37-35 but the key statistic of the game was the turnovers.

The Gators forced the Raiders to turn the ball over 37 times, while turning the ball over 23 times.

The second game of the day was the men's clash.

After losing more than half of their starters, the Gators accomplished to win the first game 60-58. The Gators trailed by four at the half time, and didn't start the second half well either.

Down by fifteen with seven minutes to go, the Gators increased the intensity of the defense, coming back to a one point deficit with twenty-five seconds to go. The sharp shooter, Cory Toombs, from Kenai, Alaska, launched a three form the left wing putting the Gators ahead by two points as the game clock showed two seconds.

Out of timeouts, the Raiders couldn't get anything going in two seconds and the Gators won the game. Jamaal Thomas, from Garfield High School, who only played varsity basketball in his senior year, scored 17 points along with 16 rebounds (10 offensive) played a key role locking down the paint and converting on the other hand.

Everything was going the way that Gators wanted until January 10th, when the Gators took on Tacoma Community College at home.

The Lady Gators lost the game by six points, 66-60 after a tight clash. Returning from her absence, Saundra Polk scored 16 points, but it wasn't enough to pull out the win.

On the other hand, the Men's Gators were embarrassed 89-46. Feeling the lack of post players, especially on the defensive end Gators collected only 20 defensive rebounds with a total of 34 rebounds, while Tacoma Titans had 22 offensive rebounds with 59 total rebounds.

The fans had nothing to say after the game. "I don't know what happened," said Cem Serbetci, 21, sophomore student transferring to Northern Michigan University next quarter. "Nothing seemed to be dropping; I hope this will be the only occasion that I will witness."

The Gators were in Longview, Washington to take on the Lower Columbia Red Revils, the re-scheduled game from January 7th due to the heavy weather conditions.

Green River kept the declining form by losing both of the games. First in women's clash despite Saundra Polk's 14 points Lady Gators lost the game 49-63.

The suffering men's team was hopeful going down to Longview, but they couldn't come up with a scoring force, having the highest scorer Cory Toombs at eleven points, losing by 12, 51-63.

Although they have their fans disappointed by the loss, Gators still have hopes to turn things around.

January Results

Mens

- 1/03 vs. Pierce W 60-58
- 1/10 vs. Tacoma W 89-46
- 1/12 @ Lower Columbia L 63-51
- 1/14 vs. Grays Harbor L 77-74
- 1/17 @ Centralia W 81-79
- 1/19 @ Highline L 75-60

Womens

- 1/03 vs. Pierce W 60-47
- 1/12 @ Lower Columbia L 62-49
- 1/14 vs. Grays Harbor L 56-50
- 1/17 @ Centralia L 89-52
- 1/19 @ Highline L 64-56

Showare Center new west attraction in Kent

New Arena becomes home to Seattle Thunderbirds

Ben Rae
Staff writer

In late December the construction finished for the new Showare Center in Kent.

The Showare Center is the new home for the Seattle Thunderbirds WHL hockey team.

Playing the majority of the first half of their 08-09 season as the away team, the Thunderbirds now have the opportunity to show off their new nest. "Not having to drive all the way to Seattle will make it much easier to go to games," said David Campbell, a local resident.

Besides the excitement of having such a venue in Kent, the Showare Center is certified as the first sports and entertainment facility in the U.S.

The LEED certification is a third party certification designed by the U.S. Green Building Council.

The USGBC has certain standards new buildings are required to follow in their construction and function to receive the LEED Silver certification.

The award is given to high performance buildings that have less of an impact on the environment and are healthier establishments for the workers and

visitors.

Much of what has been done to create such an environmentally safe building has to do with the collaboration to identify green measures, minimize project costs and reduce facility operational costs.

To reduce on waste, 90% of all construction debris has been recycled. Locally harvested and manufactured products were also used during construction, which reduces in transportation costs and pollutants.

The use of water in the center is reduced by 40% compared to conventional facilities. The building also uses energy efficient lighting, heating, cooling and ventilation. There are sensors which, based on the people in the building, deliver fresh air ventilation.

Equipment used for the making of ice uses 37% less energy than the predicted national standard. Along with the ease of public transportation in the area, all of the onsite parking for the venue is free. There are also reserved spots onsite for drivers of low-emitting/fuel efficient vehicles, carpools and vanpools.

Along with hosting the T-Birds home games, the event center will have many other entertaining shows. The Harlem Globetrotters are scheduled to play some games in Kent this spring. The Ringling

Bros. and Barnum & Bailey Circus is coming to the Showare Center in September.

For many years the Kent School District has been having their high school graduation ceremonies at the Tacoma Dome. Starting this June, all KSD high school graduations will be held at the Showare Center.

"It'll be cool to be in the first class to graduate at the new events center," says running start student Jeremy Armstrong.

Located just a block West of Kent Station, the Showare Center is now adding more fun activities to what has been an already great place to spend your whole evening.

Upcoming Showare Center Events

- 1/24 Thunderbirds vs. Portland
- 1/27 Thunderbirds vs. Medicine Hat
- 1/30 Les Schwab Kent Shootout Kentridge vs. Kentwood Kent Meridian vs. Kentlake
- 1/31 Thunderbirds vs. Kelowna
- 2/06 Thunderbirds vs. Lethbridge
- 2/08 Thunderbirds vs. Vancouver



The Seattle Times/courtesy photo

Superbowl XLIII lacks premier storyline but still worth your while

Superbowl 43 pits familiar coaches and potential HOF quarterback on his last go



Column by
Sean Kramer

The movement to make the Monday following Super Bowl Sunday a national day off holiday has been gaining steam for years, at least that's what I keep telling myself in hopes of it someday coming to fruition.

So once again this Feb. 1, living rooms, bars, and dorm rooms around the country will become host to numerous Super Bowl Sunday parties for the highest rated sporting event every year.

You may just be in it for the commercials, you may just like to be around your buddies for the social event, or if you're lucky enough to be a fan of the two participants, then your emotions will be on the line this Super Sunday.

This year's edition of the Super Bowl pits up the NFC West champion Arizona Cardinals against the AFC North Champs, the Pittsburgh Steelers, seeking their sixth Super Bowl victory, which would be an NFL record for the time being at least.

And for once, I might actually be reluctant to watch this game.

"Arizona Cardinals" and "Super Bowl" in the same sentence alone might scare anybody away. Now, as a Seattle sports fan who had to toil through a miserable 2008, I get to now watch a division rival and a team that ruined my dream of seeing a Seattle

team win a title duke it out in Tampa Bay for the Super Bowl XLIII championship.

But when I swallow my pride and take a real look at the match-up, it's an intriguing one that I actually look forward to seeing.

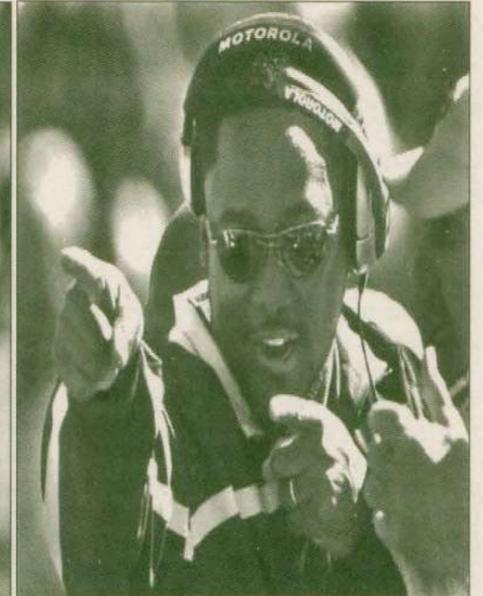
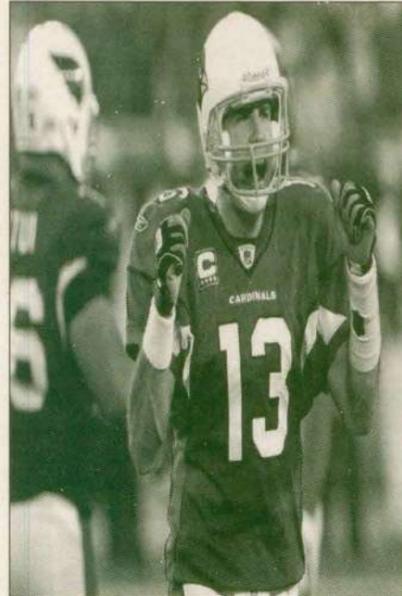
The Arizona Cardinals will start a quarterback who's had an MVP caliber season, after being left for dead two years prior when the team put its hopes on the shoulders of USC superstar Matt Leinart, only to hand the job back to Warner prior to this season.

Oh yeah, he's already played in two Super Bowls, winning one, and can become only the second quarterback to ever win a Superbowl with two different teams. Regardless of what happens in this game, he also now has a strong Hall of Fame argument.

The run Arizona has made is incredible in itself. They came into the playoffs with one of the most questioned defenses in the league.

Long story short, the Cardinals couldn't stop the run. After a short tweak to their defensive tackle rotation, and Arizona came into the playoffs and shut down two of the most dominant running games in the NFL sending the Falcons and Panthers both packing en route to an NFC Championship game victory at home against the Eagles.

Arizona coach Ken Whisenhunt will also be going up against his former team, that he helped coach to their Superbowl XL victory over Seattle as offensive coordinator. Whisenhunt left Pittsburgh for Arizona, along with Offensive line coach Russ Grimm, after the 2006 season when he lost out on the Head coaching vacancy in Pittsburgh to now coach Mike Tomlin after Cowher's retirement. Now he



www.Stltdaily.com/courtesy photo. usversusthem.files.wordpress.com/courtesy photo
Kurt Warner's(left) Super Bowl history and Mike Tomlin's(right) relationship to the Arizona coaching staff are just a few of the storylines that could be intriguing in this year's Super Bowl showdown in Tampa Bay

has a chance to show the Rooney family they made the wrong decision. It should be interesting to see whether Whisenhunt can take advantage of his knowledge of Pittsburgh's personnel.

On the other sideline will be Pittsburgh's Mike Tomlin, who is Pittsburgh's only third head coach since 1969, trying to fill in the big shoes of Bill Cowher, who took Pittsburgh to two Super Bowls, winning one.

Tomlin is also one of the few minority coaches in the NFL, and only shortly after the inauguration of Barack Obama as President of the United States, it would be timely for Tomlin to become the second African American coach in three years to win a Super Bowl, following in Dungy's

footsteps two years early, when both participating head coaches in Superbowl XLI were african american. But even with as much flack as any match-up involving a team such as the Arizona Cardinals might receive, I still believe on the field is where the best storyline will be. The Steelers bring the number one defense in the NFL into this game, while Arizona comes in with a top passing attack, along with a rejuvenated running game. On the other side of the ball, Arizona has been playing a punishing style of run defense while the Steelers have been thriving the last few games with ball control style of being able to run the football.

Everything put together and this Super Sunday could end up one of the best ever.

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Planning for June ceremony now under way

Over 2,000 expected at commencement

Legislator tours, speaks on campus
Upithegrove to support new construction at Green River

The story of Lucy, an international student

Take a look inside the cultural struggles and personal rewards of one amazing young woman

Lindsay Gordon
Staff Writer

I sat across from her face, she wore black rimmed rectangular glasses, and her hands held a steaming cup of "milk tea."

The rain misted outdoors, and a truck could be heard passing by on the suburban street.

While I was rummaging around for the papers and voice recorder I needed, I began going over what would be the focus of our conversation. The focus

would contain different approaches to culture, finance, emotions and other challenges that international students face upon their arrival to the US, and Green River Community College.

Ying-Ju Lai is a native of Taipei, Taiwan, but when she transferred from her high school in Taiwan she changed her name to the more American sounding Lucy Lai.

Her story is familiar to many international students at Green River, but her experience is what makes her unique. She whole-heartedly approaches the American way of life, and strives to make the most of her time here at Green River.

Lucy's kind, intelligent features are the forerunner to her curious and outgoing personality. These sociable traits are essential if you want your time spent abroad to be successful in the new culture. Her personality is aptly described by Jill Gordon, who says "Lucy is open, engaging, and interesting. She is not at all shy!"

Financing a study abroad experience

usually includes support and coordination between the student and parent.

Lucy seeks her parent's approval because they not only support her emotionally, but with a laugh she says "they are my financial aid!"

Coming to the US Lucy has had to overcome many challenges. "Saying goodbye to my friends, going to live in a totally different place, find new housing, and have new classes," were the hardest steps for her to take. She adds "the classes were especially hard because they are all taught in English!"

Coming to the US, Lucy has had to overcome many challenges. "Saying goodbye to my friends, going to live in a totally different place, finding new housing, and having new classes" ~ Lucy Lai

A word of advice she gives to other international students is "if they really want to learn English they shouldn't stick with the people that come from their own country. Make

new friends!"

Making new friends is an important part of studying abroad. Friends not only help you to learn the local language, but they can also provide encouragement in tough times.

Shortly after arriving to a new setting, the feeling of being homesick or regret can set in, causing a student to withdraw emotionally, or want to go home altogether.

Lucy says that "the more contact you have with local people, the more accustomed you will get."

Overcoming cultural and social differences was a learning experience for Lucy.

For her, one of the major cultural differences was the American custom of shaking hands. She points out "you guys shake hands and we don't. Shaking hands is more for business situations...for friends we just wave and say hi. If you are really good friends you can hug, but it depends on your mood. It's just not traditional [in Taiwanese culture]" to shake hands.

Along with challenges come concerns. One of Lucy's primary concerns about studying abroad was safety. To try and keep herself out of harms way she will not go anywhere at night alone.

Helpful tips on how to stay safe when traveling abroad can be found on the U.S. Department of State's website (http://www.travel.state.gov/travel/living/studying/studying_1238.html).

One tip that they provide is to "register with the nearest U.S. embassy or consulate through the State Department's travel registration website. Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency."

Lucy went home to Taiwan for Christmas break, and has returned to continue her education this winter



Photo by Lindsay Gordon

quarter. Her family sends her gifts periodically, which helps to lessen homesickness. These gifts usually include food from home, which is one of the things Lucy misses the most. I asked her what she missed most from home, and without skipping a beat, she replied "Food!"

My conversation with Lucy proved to not only be enjoyable and fascinating, but provided much insight into the personal life of an international student.

We then put down our empty tea cups, and embraced as I said goodbye.

Benjamin: unique love story

Benjamin Button brings an all-star cast, and a one of a kind romance to the big screen

Haley Nichole
Staff Writer

Powerhouse Brad Pitt and beautiful Cate Blanchett star in the new blockbuster, "The Curious Case of Benjamin Button".

It's a dramatic love story that has you sitting at the edge of your seat for the entire movie.

Pitt portrays Benjamin Button, a man who has a very different look on the aspect of life. Oscar winner Cate Blanchett plays Benjamin's love interest, Daisy, who gives Benjamin that little bit of inspiration he needs.

The story takes place in the well known city of New Orleans, Louisiana during hurricane Katrina.

Daisy (Blanchett) asks her daughter to read her the story of her youth, as she lies dying in a hospital bed. Her daughter reveals the tale of Benjamin Button and the love that Daisy and Benjamin had shared together so many years ago.

It was the story of a boy born with old, wrinkled skin whom was abandoned at birth. "The Curious Case of Benjamin Button" shows how one man ages in reverse! It is unlike most movies because it has a refreshingly unique plot that defies

all odds.

Most people know Brad Pitt as the all-American hero in an action packed movie, or the "bad boy", but this movie takes Pitt to an entirely new level.

He plays a much more serious character with a sensitive, gentle side. By far, it is one of the most mature rolls that I have ever seen Pitt play.

The movie shows Benjamin's struggles as he grows into that healthy child that he should have been born as. It lets viewers

"Most people know Brad Pitt as the all-American hero in an action packed movie, or the 'bad boy', but this film brings Pitt to an entirely new level."

see how it is hard for him to find that 'perfect girl' because of how different he is; and how one person can change it all.

This movie shows a

tremendous amount of courage and outstanding determination. "The Curious Case" allows others to see how important it is to never give up hope and to always live life to the fullest. It's a remarkable, fictional love story about a man that grows to a boy, and never lets life get him down.

This is an excellent movie if drama and romance are what sparks your interest. It's kind of a longer film, running two hours and 48 minutes, but it's definitely worth the time!



<http://www.tvetcine.com/courtesy photo>

Have more energy, less stress

a few tips and tricks to feel and look better in '09

Eline Hutter
Staff Writer

Are you exhausted by your college life, feeling stressed and tired almost every day? Are you one of the students not only taking classes at GRCC, but also feels the pressure of having a job?

After the holidays, you'll probably want to make a fresh start in 2009, reduce your stress, eat right and exercise. Some little changes in your daily life can lead to big results, and make you feel energetic all day long.

One of the first things you probably want to do is reduce your stress. According to Julie French, who works at the Health and Counseling Service, stress in itself is not a bad thing. "Stress is good and bad, we need a balance of stress."

"You need stress for motivation, it pushes you to study for a test. A fair amount of stress is good as long as you can handle it."

"Negative stress makes you feel tense. You can get a headache, have troubles sleeping and before you know you get into a vicious circle."

The question is, how do you get out of this vicious circle? It can be very helpful to plan ahead, and be organized. Avoiding procrastination prevents a lot of stress that comes with letting your homework be a last minute activity.

Try not to enter more obligations than you can actually handle, because you need to have some time left to do your homework.

What you eat is very important for your health, and thus the way you feel. We can easily discover the basic rules for eating healthy, but it seems like most students feel too busy to eat right.

Good nutrition is crucial if you want to be in good condition. Consuming too much caffeine and sugar, found in sodas

and energy drinks, late at night is often a cause of having trouble sleeping.

In most cases it takes your body four hours to get rid of half the caffeine you took in. The energy that caffeine and sugar gives you isn't the energy you need for long lasting concentration. Sugars might give you an energy boost, but before you know it, it's gone and you're feeling even more tired than before. That's why it is better to get your energy from whole grains, vegetables and fruit.

If you're at home, preparing the right meal can be quite simple. But how to eat right in the college cafeteria? Having a pizza slice or a hamburger with french fries for lunch five times a week is not an example of eating right.

You should start to reduce such foods to once or twice a week. In between, you can try a bowl of fresh soup with a piece of bread, eat a salad, or try a filled flour tortilla. Instead of having the huge cookie or brownie, you can eat some yogurt or a cup of fresh fruit. If you like to have a soda, drink a light one.

Last but not least, make time to exercise. If you find someone to work out with once or twice a week, fitness will be less boring. On campus you can find a fitness center and a weight room for free.

Julie French, who works in the fitness center twice a week, recommends to go online to look for your target heart rate. "During exercise you want your pulse rate to be the target heart rate for your age. If you work out 20 to 30 minutes a day at your target heart rate you can notice an improved fitness level."

You could also take a PE class. If your participation is good you can easily get a 4.0, which is good for your GPA. Plus, you've got a scheduled time to exercise in the company of other students.

Maybe you won't notice any changes in the beginning, because it takes some time for your body to get used to your new lifestyle.

After a while, you'll probably feel more energy and less stress to do the things you need to do. Try to rope someone into giving you a massage sometimes and I'm sure you'll shine.

Is your man a complete tool?

VH1 helps girls who desperately need a boyfriend overhaul

Kelcie Fingarson
Staff Writer

Does your boyfriend constantly flirt with other girls? Does he treat you like his own personal doormat? Does he think that he is God's gift to women?

If so, you should consider enrolling him on VH1's new reality show, "Tool Academy".

The nine men on this show thought that they would be competing for the title of "Mr. Awesome". The twist is that they were actually brought there by their fed-up girlfriends.

When the bus pulled up in front of the mansion they would be staying in, pandemonium broke out. Each contender had an attitude more outrageous than the last, with a crazy outfit to match.

For many of the boys, the outfits didn't last long, as they soon stripped down to their skivvies and began to pose, as if they were Arnold Swartzenegger in a Mr. Universe pageant.

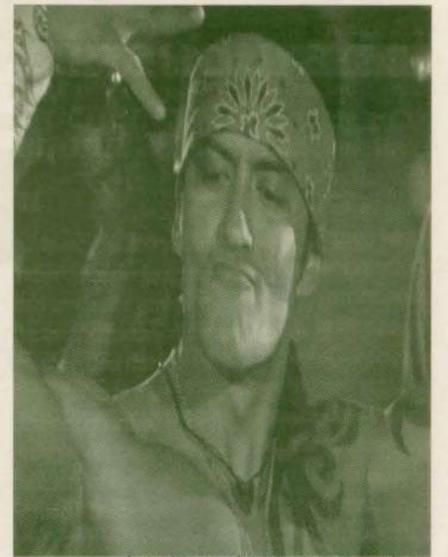
After the introductions were made, the boys donned some accessories and began a fashion show for some potential hook-ups, who later turned out to be paid actresses.

All the while that the boys were strutting their stuff and flirting with the girls, their girlfriends were secretly watching their every move.

he girls were shocked and disgusted by the actions of their men, some even crying as they watched their boyfriends kiss other girls.

After the actresses left, the boys head into the mansion expecting a party. Instead, they come face to face with their girlfriends. Every last guy had a deer-in-the-headlights look on his face as he realized that he was busted.

Suddenly, the Mr. Awesome logo exploded, revealing the Tool Academy logo underneath, as the host explained to the



<http://www.vh1.com/courtesy-photo>
men why they were really there.

Over the next 30 days, the Tool Academy is going to be committed to taking these arrogant, insensitive and two-timing boyfriends and transforming them into husband material.

Under the guidance of the host, Jordan Murphy and couple's therapist Trina Dolenz, they will live together and train side-by-side in hopes of reforming themselves and becoming better men.

The dysfunctional couples will compete in a number of intense challenges, all in which will aim in improving trust, communication, and the spark of pure romance.

Each week, Ms. Trina Dolenz will decide which "bro" will be sent packing because he truly is a "tool".

Outside are the nervous, sexy dressed girls, biting their nails and awaiting the fate of their loser boyfriends.

The lady of the expelled "tool", then has to decide, should she give her man yet another chance, or send him on his way in utter shame.

After nine eliminations, one man will graduate from the academy and be named Mr. Awesome, with a pleasant prize of \$100,000.

So if your boyfriend is a "bro" in desperate need of relationship lessons, you might want to consider dragging him, kicking and screaming into the "Tool Academy".

Winter wear: how to look cute and stay warm

what styles are popular this season; grcc students share their opinions

Jenna Fernandez
Staff Writer

The fashion industry has come leaps and bounds over the past five years. With over 2,945 designer labels and over one million teenage fashionistas, the world of fashion is taking a place on the forefront of everyone's minds.

Year after year, fashion is changing. From what colors are "in", to which cute hand bag would match your ensemble, the possibilities are endless.

The styles that are popular usually vary, depending on the city you live in, or the shows you watch on television.

While fashion is fun and interesting, how is it possible to keep up during the winter?

Looking around on billboards, magazines, and the TV, the models and actresses are constantly wearing beautiful dresses or those cute Gucci sling backs. But, is that plausible

attire to wear when the temperature is lower than the new Louis Vitton V-neck?

"I think that some of the outfits that teenagers wear during winter are outrageous!" Van Anh Vu suggests.

"Whenever I go to the mall, I see girls wearing little skirts and high heels; they look like they are going to turn blue! I think that you can stay in style and look cute while staying warm as well."

"Normally I like to wear skinny jeans and a turtle neck, these keep me warm but are still the types of things that models wear down the runway."

Van likes to wear plain colored long sleeve shirts with a layered tank top underneath. "Layers are really helpful because they are super cute and help keep you warm too."

The solution to the winter blues is easy for girls, but what about guys?

For the guys that like to stay in the know with fashion, is it hard to dress well for winter?

"Winter is a time where guys can dress up more often and get away with it. A lot of the nice

button-ups are appropriate for winter and they can be worn with casual jeans or even nice dress pants." Simon Mendoza stated.

"If I want to stay warm and look casual, I like to wear a thermal long sleeve shirt with an Abercrombie and Fitch colored tee shirt over it. Dark washed jeans are also

"In" right now with black shoes and a cashmere jacket," Mendoza says.

w w w . Allwomenstalk.com says that any

outfit can instantly be kicked up a notch when the right jacket is added. Since jackets are spendy, teen vogue discovered that wool and down materials can keep you warm and keep change in your pocket instantaneously.

There is hope for fashion to live during these chilly times. Despite what many say, you don't have to risk your comfort and health by sporting small outfits in the winter.

Fashion will continue to change constantly. The only thing that we can be sure of is that there will always be something to look cute in, no matter what the season is!

So put on those fuzzy ugg boots and a matching scarf and hat, and get out there while winter lasts!



<http://img.christa-taylor.com/Courtesy Photo>

The Current online

By Peter French

As The Current ushers in modern technology, as is the trend of the journalism industry, readers and students benefit. Look for more "reader pieces" in the print edition of The Current, and more up-to-the-minute news on The Current's website.

The Current is joining the ranks of KGRG and The Green River Campus into the digital world later this quarter.

In addition to the biweekly newsprint *The Current* already distributes, *The Current* will have its own website.

The College Publisher network is the vehicle for the student newspaper to become officially online. Already working with 600 colleges and universities, College Publisher is a unit of MTV Networks which prompts questions for the website's potential and changes how *The Current* operates.

One major change will be that the breaking news page will be posted entirely online, allowing more features and human interest stories to take priority over more immediate stories.

Also included will be video and audio capabilities, and perhaps MTV videos.

When asked about MTV content there were mixed responses.

Noah Sorenson a 16-year old automotive student said that "It wouldn't hurt any" and was interested in the idea.

Jenny Ho an 18 year-old business liked the idea of an online transition but there might be conflict for attention.

"People want news, not MTV" Ho said.

Dylan Senta had similar thoughts

"For me, news and MTV don't mix," Dylan Senta said. He thought that it would help boost reader fan base but was wary of whom that audience would consist of.

Kalli Wyatt went even further when asked about MTV she exclaimed:

"I don't watch MTV I have a life"

However, she found the idea to be very distracting, unless there would be surprising news spliced in "illegally". She offered more positive ways to grab

The Current audience, suggesting guest write ins.

"Don't be picky," she said.

The website will feature updated stories with a 24/7 news staff on call as well as instantaneous reader feedback in the form of surveys, polls questionnaires, and reader comments.

During *The Current's* transition to its own site, a Myspace profile has been established for reader feedback, a closer look at the staff from their own Myspace profiles, and updates. Check it out now at <http://www.myspace.com/thecurrentonline>.

Students on campus came to the consensus that having a myspace would have the benefit of reaching a wider audience because "everyone" has one.

When Kristiana Radden a running start student in her first quarter found out about *The Current's* myspace she couldn't help but grin and say:

"Nice"

Ashleigh Randolph an almost-21 year old practical nursing student had a few suggestions to get the new myspace off the ground:

"Keep it organized. Don't have a flashy background but do have a background. People lose interest if it's hard to look at"

"Offer links to other websites so people can get further information"

"Use bulletins instead of blogs, no one reads blogs, I don't even read my own blogs"

Kristiana agreed that bulletins would spark interest if nothing else...

"...out of Myspace boredom."

<http://www.myspace.com/thecurrentonline>

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