

**Michael Espinosa**  
Staff Writer

Congress met on Sept. 25 to start the discussion over whether Congress should use \$700 billion of taxpayer's money to bailout investment firms that are nearing bankruptcy.

On Sept. 29 the House of Representatives defeated the bailout bill 228-205, making the bill have to be moved to vote in the Senate.

The Senate passed a revised and edited version of the bill on Oct. 2.

Many Congress members believe that the language of the bill doesn't fix the problems that put us in this crisis in the first place.

"There are a number of us who have serious questions about why we haven't been given any alternative other than this one, which gives a massive bailout to Wall St. and doesn't do anything about addressing the underlying issues of speculation and the lack of regulation." Congressman Dennis Kucinich of Ohio said.

Others blame speaker of the house Nancy Pelosi for the failure of the bill.

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**Commentary by**  
**Justin Runquist**

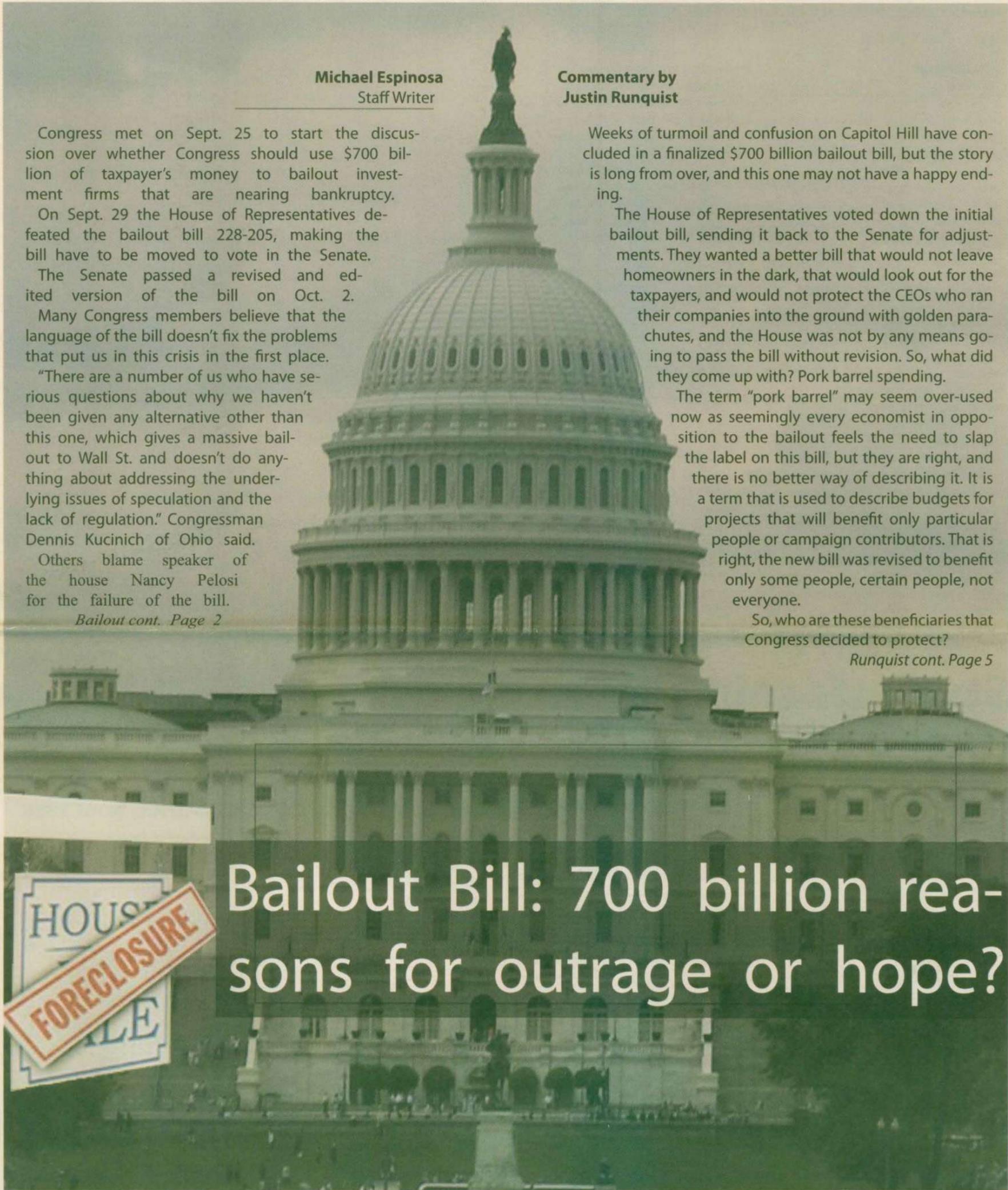
Weeks of turmoil and confusion on Capitol Hill have concluded in a finalized \$700 billion bailout bill, but the story is long from over, and this one may not have a happy ending.

The House of Representatives voted down the initial bailout bill, sending it back to the Senate for adjustments. They wanted a better bill that would not leave homeowners in the dark, that would look out for the taxpayers, and would not protect the CEOs who ran their companies into the ground with golden parachutes, and the House was not by any means going to pass the bill without revision. So, what did they come up with? Pork barrel spending.

The term "pork barrel" may seem over-used now as seemingly every economist in opposition to the bailout feels the need to slap the label on this bill, but they are right, and there is no better way of describing it. It is a term that is used to describe budgets for projects that will benefit only particular people or campaign contributors. That is right, the new bill was revised to benefit only some people, certain people, not everyone.

So, who are these beneficiaries that Congress decided to protect?

*Runquist cont. Page 5*

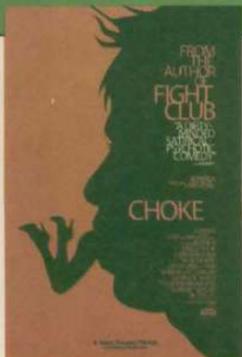


## Bailout Bill: 700 billion reasons for outrage or hope?

### A&E:

#### **Choke Movie Review**

Another big screen adaptation from author of 'Fight Club'



### Sports:

#### **Cross Country**

New coach, new team, new sport to GRCC.  
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## Continuing education to host green event

GRCC works with City of Auburn to organize "Going Green Northwest"

**Justin Runquist**  
Staff Writer

Concern for the global climate crisis seems to have taken a back seat amid this fall's uneasiness facing our unstable economy, but Continuing Education is bringing the issue to the forefront.

Sherrie Earl, program development manager for Continuing Education at GRCC is working in conjunction with the City of Auburn to organize Going Green Northwest, an event showcasing how to reduce our carbon footprints and energy consumption.

The event will be held on Thursday, Oct. 23 in the Lindbloom Student Center. It will be held from 4:30-9 p.m. Admission is free.

It will feature displays, exhibits, presentations, and vendors offering information on such topics as: recycling, sustainability, solar energy, energy conservation, hazardous waste, composting, and more.

Earl sees this as a simple starting point. She is hoping to increase awareness and

*"It will feature displays, exhibits, presentations, and vendors offering information on such topics as: recycling, sustainability, solar energy, energy conservation, hazardous waste, composting, and more."*

involvement from here on out.

"The bigger the better," she said.

For project with no budget and no fundraising, the event is already starting to look fairly large, even larger than Earl thought it would be.

It will feature guest speakers from such organizations as Puget Sound Energy, the Department of Ecology, the King County Department of Natural Resources, Master Recycler Composter, and Western State Environmental.

More are welcome to join in too, as Earl is trying to make the event as big as possible.

She said that people are still calling to get involved. "We're not done growing," she said.

She wants tpeople to know that the presentation is open for everyone and anyone.

"It doesn't matter where you are on the green spectrum," said Earl. "There's something for everybody."

Students who would like to get involved can call Continuing Education at extension 2535.

## Students split stance on the bailout bill

**Bailout,**  
Continued from Page 1

Others blame speaker of the house Nancy Pelosi for the failure of the bill.

John Boehner, House Minority Leader states said, "We could have gotten there today had it not been for the partisan speech that the speaker gave on the floor of the House."

Over the last month, the economy has been all over the mainstream media outlets.

The impact could be seen with the news of Lehman Brothers filing for bankruptcy protection on Sept. 15, AIG having to be rescued by the Federal Reserve on Sept. 16, Washington Mutual collapsing on Sept. 25, and even the Dow Jones stock plunging more in one day than ever before on Sept. 29.

The crisis can be felt even here at Green River Community College.

In a survey conducted around GRCC, it was found that about half of the people interviewed were aware of the debate in congress over the bailout of Wall St., but didn't know enough about it to make a position on the subject.

The most cited reason for not knowing enough information about the debate in Congress was the rarity of watching the news.

From this survey, most of those who affiliate themselves with the Democratic Party were found to be in favor of the

bailout, even though they felt that the government should have stepped in a long time ago.

The most popular reasons for supporting the bailout from the democrats turned out to be the fear of going into an economic depression and seeing no other real options.

When referring to the effect that the bailout would have on the national debt and business management major, Won Chan Chong said, "It is like a black hole; the more you give the bigger the hole is."

Most democrats are staying optimistic about the bailout.

Seventeen year old democrat David Caldwell said, "In a good scenario it will help prevent economic collapse while making back at least half of the cost."

Independent or undecided voters were more split down the middle. About half were not in favor of the bailout.

A common defense against the bill involves questioning of why the tax payers should have to pay for the failures of Wall St. and the government.

"Businesses are in business to make money, so if they don't make money, why do I, the tax payer, have to bail them out?" Matt Corey, a 25 year old undecided voter said. "It sounds a bit like we are being asked to make it ok for America to fail."

Corey said that if a business isn't strong enough to survive the government should let it die to make room for the next, stronger model to take its place.

## Chip Challenges

Hey Gators! To kick this year off we are hosting our first ever "Chip Challenge"!

All of fall quarter there will be special Green River Poker chips that will be handed out at certain events and you will have the opportunity to collect as many chips as you can.

Not every event will give out the Poker Chips but you have the opportunity to attend the many events that are being held.

If you do attend one of the Chip Challenge events, all you have to do is wait until the end and look for the "Chip Master" to receive your chip.

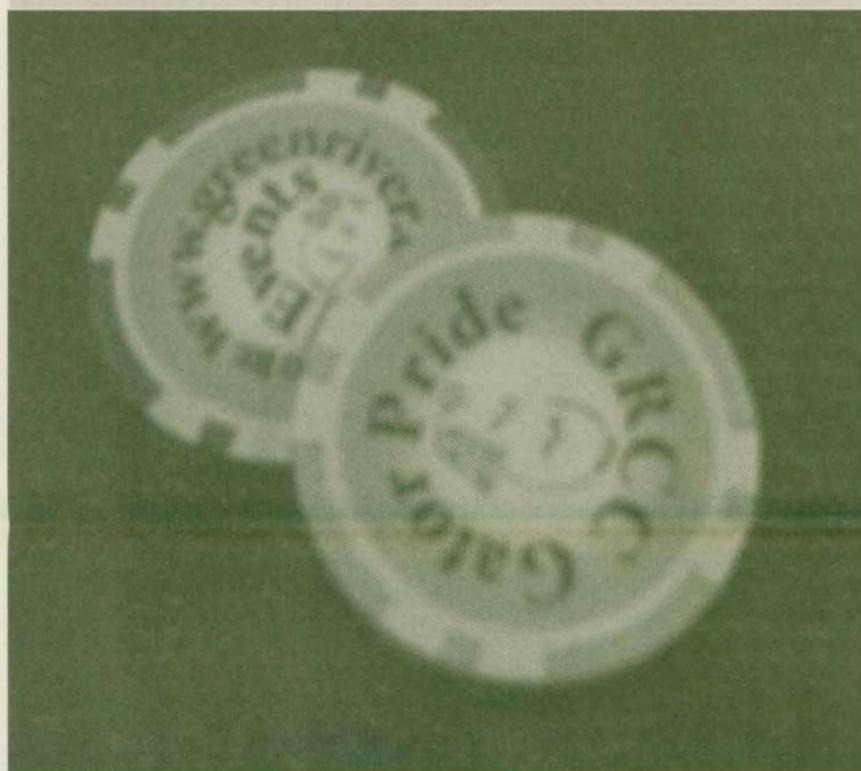
Chips received throughout the quarter can be collected and then "cashed" in at a Casino Night that will be held in December.

When you cash in your chips you will receive "Gator Dollars" that will be used to win prizes and play games.

Remember, the more you get involved the more chips you can get! If you have any questions about the "Chip Challenge" please come to Student Programs.

Thanks for playing Gators!!

-CLEO



## Candidates and Coffee, ASGRCC Sponsors

**Casey Greer**  
Staff Writer

Come see Washington's next representatives in person.

ASGRCC and GRCC's Enumclaw campus is hosting a candidates forum which allows citizens of Washington to hear the state's current and future politicians talk in person. Darcy Burner, Jim McIntire, J. Richard Mcentee, Dan Roach, Ron Weigelt and Sharon Hanek are all attending, and running for offices relevant to the GRCC area.

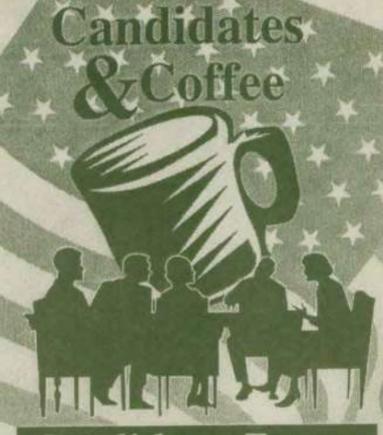
Dave Reichert, Christine Gregoire, Dino Rossi, and Sam Reed will be sending people to represent them.

Those attending are welcome to

ask questions of the candidate.

The event will be held October 16, 2008 at 7:30 a.m. on GRCC's Enumclaw campus.

### Candidates & Coffee



#### Candidates Forum

**October 16, 2008**  
**7:30 am**

GRCC Campus at Enumclaw  
1414 Griffin Avenue  
Enumclaw, WA

For more details:  
Contact GRCC Student Government  
253-833-9111 x 2410  
or Enumclaw Chamber of Commerce  
360-825-7666.

You are cordially invited to attend an informal gathering of local state and county political candidates. It's your opportunity to hear their views, ask questions and get to know the candidates.

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 If you require alternative media accommodations or special seating for events or performances for reasons of disability, please contact us two weeks prior to the event at ext. 2400.

# Workforce assists students building careers

*Programs offered to help students planning their future*

**Jean-Pierre Garcia**  
Staff Writer

The economy is on everyone's mind and affecting people everywhere. When people experience failing business and constant layoffs, they choose to go back to school.

In Green River Community College students can go to the Workforce Center at the bottom floor of the Science Math and Technology (SMT) building.

Several different grants from the federal and state governments are received and allocated to students who need them.

An example of one of their programs is published on the GRCC web site.

With "Go to College Free" as their slogan, the ad promises 250 lucky students free education.

The face and story of Roger Price, a GRCC student who's currently finishing a 12-month certificate program in Information Technology with the help of the program, listed as an extraordinary success story in the making.

Sukhneet Kaur, a former member of the Air Force is in the worker retraining program.

After eight years of service she is continuing her education. "Everyone has been so helpful, I am very thankful," she said. She is majored in chemistry and currently fulfilling her volunteer requirements at the Workforce office.

Other popular programs that Workforce provides include: Worker Retraining, WorkFirst, Food Stamp Employment and Training (FSET), Low Income Parent, and the Opportunity Grant.

Worker retraining not only applies to the military. It can pertain to those who are receiving unemployment benefits, local business owners, displaced homemakers, and those who are on the brink of losing

their jobs due to a declining economy and a murky future.

The WorkFirst program covers 100% of tuition, fees and books for Temporary Assistance for Needy Families (TANF) parents who are approved by a Department of Social and Health Services (DSHS) caseworker.

FSET is similar to the WorkFirst program, but instead of TANF parents, King county food stamp recipients are the focus.

The Low Income Parents program offers parallel benefits but is intended for parents whose income is below the federal 175% poverty line.

Opportunity Grants has six career pathways to choose from and is available to full time students with up to 45 credits a year.

The pathways included aviation, education, welding, and healthcare, plus two new path ways, natural resources and business. The Opportunity Grants covers tuition, fees, and up to \$1,000 in book costs.

Sandra Davidson, a Workforce coordinator, said that they have a wide variety of Green River students from all walks of life pass through their doors. From ages eighteen to their sixties, the work force has several programs to fit student's needs.

There are also new online features that give dates for weekly workshops and provide a survey to see if you can qualify.

A member of the workforce team is Lyuda Zadneprovskaya. She said that there has definitely been an increase of students coming in and out of the office in the five years that she has been there.

She said that the increase has mostly been full time students. She credits this increase to the new programs.

# Students find financial aids application complicated

*Students should pay attention to details*

**Alex Sluys**  
Staff Writer

With a rising unemployment rate and a falling economy it is becoming harder and harder for families to put their kids through college.

While many students are being forced to turn to student loans and financial aid, they are being faced with many challenges along the way.

In the school year of 2006-07 there were a total of \$8,240,443 given in grants and scholarship, and \$3,506,677 given in loans. While funds seem to be readily available for students, it is not always a guarantee.

Out of the 5339 students that applied for aid in the 06-07 school years, only 3667 were actually awarded money.

There are many reasons why a student may have been denied for financial aid and student loans.

Students must be over 24 to apply as an independent.

Students under 24 are considered a dependent and are required to give their parents financial informations during the application process.

This could result in a restriction to the students' abilities to receive aid even if they are not currently being supported by their parents.

Every financial aid application is hand processed and read by GRCC officials,

but it is the congress that sets the rules and guidelines for receiving aid.

There will always be a rising demand for grants and loans.

"We have 800 more applicants then last year", Marry Eddington, the director of financial aid, said.

It is not always a guarantee for any of these applicants to receive aids and loans.

*"All applications are on a first come first serve basis so turning in your application on time is essential."*

There are couple ways that students can do to help the process.

All applications are on a first come first serve basis so

turning in your application on time is essential.

For the best results, students should turn their applications in by February for fall quarter.

They also have to make sure that no information is missed out.

Many times a student thinks that his or her application is in process but can not be sent because something is missing.

For students who have applied for financial aid or loans and have been denied, there are another alternatives that you can go about.

The work force office is a great recourse that can help students find work while they are in school.

The step program is also great for helping students pay there tuition.

It allows the student to pay their tuition throughout the quarter rather then all at once.

*"While funds seem to be readily available for students, it is not always a guarantee."*

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## Weird & Wacky News

Tammie Tamara  
Staff Writer

### Truck full of contraception stolen

Condoms are used as a protection, but apparently there's no protection for the condoms. A truck used in an HIV/AIDS awareness tour carrying 5,000 condoms, 800 HIV tests, and a 23-foot inflatable prophylactic is missing in Mexico. Police are still investigating the case that's suspected as a thievery. Gomez said that the materials, including the condoms, the truck, and sound equipment worth \$19,000. The scheduled tour would likely be canceled.

### An elephant becomes ex-user

An elephant has successfully left his dark past before him. Xiguang has kicked his heroin habit after spending three years on an island rehabilitation center in China. He became a drug addict in 2005 after animal smugglers captured him by luring them with bananas laced with heroin. He was treated with injections of methadone and needed five times the dose needed for humans. His mother must have been proud of him.

### PETA proposes breast milk to replace cow milk on ice cream

Ben & Jerry's milk supplier has a new competitor, breast milk. People for the Ethical Treatment of Animals (PETA) wants Ben & Jerry's start using breast milk in its products instead of cow's milk. PETA said that milking is a cruelty. They also said that cow's milk is hazardous for human's body so the resolution would benefit both cows and the consumers. Ben & Jerry's spokesman said that they appreciated PETA's concern on the issue but they believed that a mother's milk is "best used for her child."

### Man batters police with gass

A man has been charged with battery on a police officer over a fart. Police said that he passed gas and fanned it toward a patrolman when he's waiting for a breathalyzer test in a police station. The action was considered an insult and provocation. The man admitted that he farted but said he didn't aim the gas at the patrolman on purpose. His defense was that he had an upset stomach. "I couldn't hold it no more," he said. The man was also charged with driving under the influence, driving without headlights, and two counts of obstruction.

## High pressure, mediocre results



Commentary by  
Joe Chouery

If The Vice Presidential candidates were capable of receiving Oscar Awards for performances in their debate, Governor Sarah Palin would get best script, while Senator Joe Biden would receive best performance.

With the political platforms being well established and the majority of the American population already in tune to where their candidates stand, the prize of the debate according to, respected pollster, John Zogby is about one percentage point.

The strategy for Biden was simple. It was letting the Governor talk. Compared to other political debates his answers were clear and precise.

This gave him an advantage in two ways. First it made him look like a straight shooter with nothing to hide, and secondly it forced Palin to consistently resort back to her prepped talking points making her sound repetitive and scarcely experienced.

She was comparable to a twirling ballerina with nothing

to offer but spin.

Going into the debate Palin had received low expectations by some. Many thought her dancing feet would trip up causing her to pull down her tap dancing partner, Senator John McCain.

In this regard she scored points because she did not meet expectations, but not meeting and winning are two very different things.

The only thing that Palin accomplished was proving that she could follow a script in a crisis. Hopefully if the red phone rings at 2:00 in the morning, she will have the insight to let the answering machine pick it up. "Gosh darn, there you go Joe," and trying to wink your way out of an emergency may work with the Pakistani President, but it won't work with the evil ruler of Spain.

Both Vice President hopefuls stretched the truth. To do so is risky this late in the game, but if done right it can lead to a perception of credibility instead of dishonesty such as Biden's exaggeration about McCain and Spain.

Most deceptions during prime time were in the voting records of the candidates and other little white lies that the common person will not research or care about. One fib stood out

that could potentially damage a campaign though.

For many months McCain has been running on the stage of experience, foreign policy, and being an expert on the surge strategy of the war. Palin potentially sunk the McCain's surge platform when she spun the comment that the numbers of troops in Iraq were at pre-surge levels.

If Americans conceive this statement as a contradiction to McCain's expertise, there may not be enough time between now and the election for McCain to bounce back from a scrutinizing media.

Other than Palin's small gaff that may or may not take residences in the media the debate had no real drama.

With no real exciting crash and burn for either Palin or Bidden, the real loser is a trailing candidate.

The American public anticipated a high stakes event with a gladiatorial type of ending. Because there was no gory WWE cinematic performance, the amount of Americans tuning into the next debate will be less likely to draw a large crowd. The smartest move that McCain can make now is hiring Don King to his staff, because without American viewers, polls may not change.

## 'Village' helps Uganda children go to college

A benefit to be held for 'I am the Village'

Cheyenne Szarka  
Staff Writer

A benefit concert that's sponsored by the Auburn Riverside High School choir will help raise money for the "I Am the Village" foundation on October 19.

The concert will help children of Uganda receive a scholarship to attend college. The event will take place at the Auburn High School Performing Arts Center.

The foundation's mission statement is "to help a child become a fully functioning adult". Some may wonder how

one foundation can provide the necessities that these children in

Uganda so desperately need. The answer, according to Linda Fahlgren, is that they can't. Fahlgren, a retired choral program director at Auburn Riverside High school organized the benefit concert.

"I've always had a big appreciation for music and if we put some action we can do cool things," Fahlgren said.

The children of Uganda don't need the luxuries that most GRCC students take for granted, they just need someone to reach out to them.

Look at Mukissa "Blessing" Willy's life: his Father died before he was born, he lost his sister, his mother left him

with grandparents, and the list keeps going. Mukissa was eight

years old, fending for himself. Then someone reached out to him. He is the first child of "I am the Village." A foundation that provides children, just like Willy, with the essentials they need to grow into an adult.

"I Am the Village" has raised money for Willy to attend Spokane Falls Community college starting this month.

Just attend the concert on October 19 and help raise money. Concert begins at 2:00 pm and Performances include Pat Wright and the Total Experience Gospel Choir, Harmony Kings Choir and much more. Tickets available at ARHS cashier (253-804-5154) or at the door.



Near left:  
Mukissa "Blessing"  
Willy all grown up.

Far Left:  
Mukissa as a child on  
his way to school

## Editorials

### Texting causing a depletion of social skills among today's youth.

Texting has truly gotten out of control.

Text messages were created with the same driving force as emails, the ability to convey vital and useful information without a set schedule. Unfortunately, people have taken texting to an extreme.

Entire conversations are had over text, and suddenly face-to-face conversations are less and less common. Conversations which could be had in mere minutes on a phone call or in person take hours upon hours to complete over text.

Also, attempting to convey over text messages the emotion that one's vocal patterns and cadence deliver is usually ineffective and drawn out, often times leaving one "texter" confused about the conversation they just spend four hours typing on their phone.

People spend class, work, and home time avoiding productivity because their hands and eyes are glued to their phone.

A lack of face-to-face contact is becoming increasingly easier to accomplish, with texts as well as instant messaging, webcams, and wireless headset use becoming so inexpensive and easy to use.

Text messages are a useful tool for communication when used wisely, but they make a terrible first method of interaction.

When personal relationships are had mostly over the phone, can they really be considered personal?

If a friend lives far away, in a different time-zone, then texts are a nice way to counteract the time difference.

However, it is not uncommon to see two students texting each other in the same classroom, is that really necessary?

If this continues the future of communication is grim. There is a thin line between convenience and avoiding contact.

As quickly as computer technology evolves and gains popularity, it wouldn't come as a surprise to hear of two people, from two different countries, meeting online, conceiving a child by mail, and raising the child via webcam.

### Financial aid and payment plans often necessary for independent students

Tuition, housing, books, even food. College students, especially those living on their own, are finding it increasingly difficult to be able to afford these expenses without working hours at jobs that interfere with their ability to concentrate on school.

The answer, for many, has been turning to financial aid such as federal grants or student loans from many different forms of lenders.

However, many are not able to get assistance due to the fact that those under the age of 24 must list a parent and there lies restrictions in the aid a student can get according to the amount the parent makes, regardless if the student gets assistance or not from the parent.

Even if that is the case, Green River has made it easier for students to get an education on a budget, or find the needed assistance if needed.

Some may say that filling out an application and getting everything in is a long process in which too much information is needed, but the school is very helpful with all applicants in guidance with what is needed.

The school also provides easy routes for students to apply for low interest loans should they not qualify for grants. As well as for students enrolled in 10 or more credits to enter the STEPP payment plan in which the student makes three easy payments throughout the course of the quarter instead of having to pay tuition in one chunk.

So while the application process may be long and tedious, there are still many routes a student can go to fund their education.

#### 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.

#### Letters to the editor

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](mailto: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.

## Revised bill protects the wrong people



Commentary by Justin Runquist

Runquist, Continued from page 1

One in particular is an Oregon firm that builds children's wooden arrows. The firm will receive an exemption from excise taxes on certain products.

This provision was devised specifically by Rep. Peter Defazio, a Democrat representing Oregon. He refused to vote for the bill without this addition. It will give the firm a \$2 million tax benefit.

The finalized bill also includes \$128 million of tax relief for people who manufacture racing tracks. This provision was aimed at Representatives from states where NASCAR is popular.

Apparently even Hollywood is benefiting from the new bill.

TV and film producers who produce their work in the U.S. are going to receive nearly \$48 million a year.

Best yet though, Congress decided to change policies on the excise tax of rum imported to the U.S. from Puerto Rico and the Virgin Islands. This will give Puerto Rico and the Virgin Islands a \$192 million tax rebate.

The movie industry, the rum industry, the racing industry and others are benefitting from the new bailout bill,

but where does it protect those who matter the most: the middle and lower class taxpayers? They are the ones in the real pinch now.

In revision, the bill went from its original size of three pages to 451 pages in a matter of a couple days.

The Representatives who voted for it said they did so in reluctance, under the pressure of urgency to protect our economy from total collapse.

They did not want to vote for the bill but felt that they needed to take action regardless of whether the bill was perfect.

Those who decided to vote against the revised bill said that it needed more revision, more oversight, that it needed more protection for the taxpayer.

They agreed that the new bill was an improvement, but not enough of an improvement.

They were right to vote it down a second time.

Inaction could be destructive to the economy, but the wrong action could be just as harmful or even worse.

*They were right to vote it down a second time. Inaction could be destructive to the economy, but the wrong action could be just as harmful or even worse.*

There were some well-made adjustments to the bill, but not enough, and not enough of the right ones.

There should be more protection for taxpayers and struggling homeowners. The pork barrel spending is not going to increase faith in the American economy.

The turmoil over writing the bill into law is now over, but the story is not, and the ending looks anything but pleasant.

#### The Current Staff

The Current is a public forum for student expression at Green River Community College, since 1965.



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# Food for thought: Healthy diet healthy brain

*Yuki Inoguchi interviews Julia French, who works at Health Services Prevention education, about the type of diet one can adopt to make their brain more efficient, faster, and healthier.*

**Yuki Inoguchi**  
Staff Writer

Every living thing must take food. It is necessary to gain energy for our activity. Protein, minerals, carbohydrates, vitamins, and lipids are known to provide important nutrition for our brain and body.

However, some people don't have much time to eat. Because of doing homework, preparing for a test, being late for class, some of them don't even take food then, there is no good reason to skip eating if you want to do well in your class.

Eating food benefits the brain a lot.

As energy, brain can use only glucose, but also, there are some other things that makes our brain work better.

"Food with higher omega is very good for brain. And number one food is wild salmon" Said Julia French who works for Health Services Prevention Education. "One of the best resource is essential fatty acid. It improves brain matters, your mood, artery and lows risk of stroke if you are older person," said French

Speaking of salmon, It has so much ways to be cooked. For example, roast, grill, boil, fry, or you can even eat raw salmon called "sushi" or "sashimi." And if you are vegetarian, there are other

French mentioned.

"The second highest food for importance of the brain is cocoa beans, but not in the form of candy bar. If you can get cocoa that's minimally processed, higher in percentage of cocoa sometimes you see it organic candy bar, that might be 75 percent to 85 percent cocoa, dark chocolate stuff."

French also recommend while we eat chocolate "you don't need much to feel satisfied. You can break up a piece of candy-bar, you don't need to eat whole thing. It's just piece of chocolate."

French explained the historical background about cocoa beans. In the Aztec days, they used cocoa beans in that way, because they saw medicinal and health benefits.

"Cinnamon is also good for you. Or eating walnuts, drinking 'matcha' (Japanese powdered green tea)," said French.

"There is also another one that's very high in Antioxidants. It's acaiberrys, and the other berry that's really high is a blueberry, and we have those in season right now you can get it at grocery store. Acaiberrys are from South America. And have a lot of antioxidants in them. So if you have handful these days, you can freeze thrown in yogurt."

"Coffee is also good for the brain. The best way to get the benefits of antioxidants from the coffee would

*The brain has a very large appetite. It uses 18 percent of the energy in our body.*

be to take plain shot espresso. Like chocolate it's very rich in antioxidants, vitamins and minerals. It's shown to have reduction

and risk of mental health decline such as dementia and Alzheimer's. The best way to get the benefits is to skip the sugar and cream. If you can drink it plain, that's how you are going to get benefit."

Additionally, French explained about importance of breakfast.

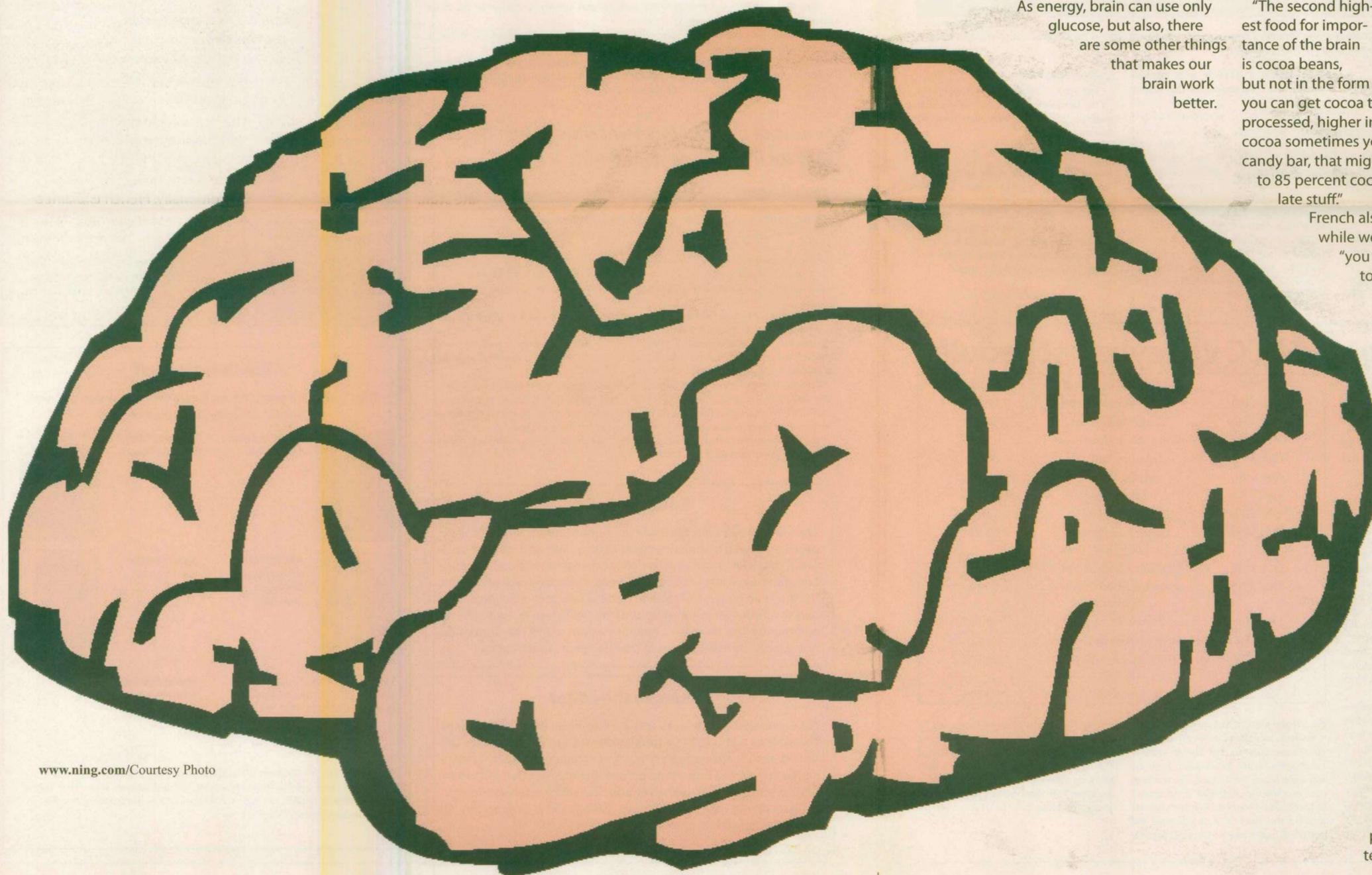
"It is good way to start a day. Putting some food in your body, that's giving you energy, and also gets your body ready. So it's utilizing what you're putting into it," Said French.

Taking class without breakfast could be the same as dropping class. After we wake up, our brain needs to get nutrition because it uses all of energy it had while we are sleeping. The brain has a very large appetite. It uses 18 percent of the energy in our body.

Some may wonder what kind of food we should take. French said, "Cereals are good, if you get some of the healthier (kinds). Another really good thing for breakfast, eggs are wonderful, There is protein, If you are going to have toast with that."

Now, we've better keep remind what French said. Some people might think it is not easy to do.

But just remember, and breakfast every day, If you want to do well on your class, you must break "fast."



## Cross country returns to Green River CC

*Gators look for success with first team since 1992*

**Sean Kramer**  
Sports Editor

Introducing a new program at the community college level can be difficult, especially when there isn't the luxury of recruiting right off the bat.

For Green River, they're up for the challenge.

Green River will be introducing cross country in 2008-09 with a roster of students who may be inexperienced, but are excited about the opportunity presented to them.

Taking the reigns of the program is Chris Williams, 23, a Washington State graduate of 2007 who heard about the job here at Green River from a friend at Whatcom Community College.

Williams is alumni of the Cougar cross country program and brings knowledge and experience to the position here at Green River. "I have a better understanding what it takes to succeed at this level. Because I've done it before and been successful they're more likely to take my coaching," said Williams.

The difficulty for Williams, however, has been filling the roster. Williams wasn't able to actively recruit before the season started.

Instead, Williams had to fill the roster with students already on campus, which was made more difficult because classes didn't start until September 22nd.

"I'm really excited about (people joining), but I'd love for more. They work hard and we still have a decent sized team" said Williams.

He can usually be found at the Kennelly commons every afternoon, coaching his kids and keeping an eye out for anybody who might be interested in joining.

So far the team only has eight men and three women, but ideally would like to



Sean Kramer/Staff photo

The team kicks off daily afternoon practice at the Kennelly Commons with a team run around the campus. Coach Williams assigns run times to each his runners at the beginning of each practice.

have 10 on each side.

Five of the students on the team have no earlier experience in the sport, but Williams pointed out team chemistry and work ethic as reasons why he has good expectations for his team.

Courtney Roe, 18, a freshman from Kentlake is one student whom Williams recruited onto the team on short notice.

She participated in Track and Field at Kentlake and was interested in gymnastics but never Cross country.

"I've always liked to run, I've always liked to stay in shape," said Roe, who

also balances a schedule with morning classes and involvement in the student government. "I don't really have a specific goal of what I want to run, I just want to have fun but still challenge myself."

Expectations for the first season since 1992 for the team aren't sky high, but the Gators don't expect to be pushed around either.

"We probably won't win the championship but there's no reason we shouldn't finish in the top half of the NWAAC. There's a lot of talent here," said Williams, "We want to be better every

week and want it to be fun."

The season kicked off on October 4th in the Emerald City open in Seattle which both the men and women were involved in competition.

When they aren't running meets the team can usually be found at the Kennelly commons every afternoon for practice using the trails around campus and the entire Lea Hill area as their practice field.

Students are more than welcome to join in and interact with the team during practices, according to Williams, and more students are welcome to join the team. "The more people the better."

*"I have a better understanding what it takes to succeed at this level." - Chris Williams*

## Lady Gators volleyball start strong

*Green River lady Gators start regular season 3-0*

**Baris Cirak**  
Staff Writer

The Gators come into 2008 searching for their sixth consecutive Northwest Athletics Association of Community Colleges (NWAACC) tournament, which would be the third for the current coach Kyle Densley.

The Green and Yellow jerseys started the season at home against Lower Columbia, which they won 3-1 (26-24, 23-25, 25-15, 26-24). Green River's biggest rival Highline CC was next.

The clash at Des Moines served the attendants a finale to be remembered a long time, GRCC won 3-2 (21-25, 25-16, 25-18, 15-25, 15-13). Sophomore captains Brianne Gregory (10 kills, 7 blocks, 4 aces) and Whitney Valenta (19 assists) starred while the Gators earned a plus for the "win" column.

Gregory was also selected Western Division Defensive Player of the Week on September 24th by the NWAACC.

The next opponent was Grays Harbor College, who still have not won any sets three games this season. The Gators defeated Grays Harbor 3-0 (25-16, 25-14, 25-9), the game ended before one hour mark.

Because of the construction going on at the Gym in on Campus the Gators did not have power provided for music and announcements so Assistant Coach Janessa Held stepped up and sang the anthem, impressing most of the people with her admirable voice and pitch.

Next week, for the Grays Harbor game, Gators Athletics staff got the power provided but Held was still in the middle. "I love her singing the anthem," said Mahmuthan Savrun, an 18-year-old freshman, "I think we should always have her sing it, rather than playing the tape. Look at all the big sporting events, the anthem is always live."

The Gators have the necessary spirit from its fans this year. Despite of the gym's situation, attendance is higher than expected.

Especially on the road against Highline CC, Gator fans were there more than anybody, loud and proud, helping the team win the game with the tie-breaker set. "I enjoyed how we dominated the crowd today, even if we are not the home team. I like watching volleyball and I am coming from a culture that supporting teams is very important," said Cem Serbetci, 21, sophomore from Turkey. "I am glad that

## GRCC volleyball schedule

Date	Opponent/Location	Time
Oct. 10th	Centralia/Green River	7:00 PM
Oct. 15th	Clark/Vancouver	7:00 PM
<b>Green River Crossover</b>		
Oct. 17th	Treasure Valley	4:00 PM
Oct. 17th	Mount Hood	5:30 PM
Oct. 17th	Edmonds	7:00 PM
Oct. 18th	Bracket Play	TBA
Oct. 22nd	Lower Columbia/ Longview	7:00 PM
Oct. 24th	Highline/Green River	7:00 PM
Oct. 27th	Grays Harbor/Grays Harbor	7:00 PM
Oct. 29th	Pierce/Tacoma	7:00 PM
Nov. 1st	Olympic/Green River	Noon
Nov. 1st	Wenatchee Valley/ GRCC	5:00 PM
Nov. 5th	Tacoma/GRCC	7:00 PM

our support worked and we won the game

Students can always come across the players on campus. The Gators' outside hitter, Livia Muller, for example, is all the way from Basel, Switzerland. She works as the International Activities Programmer in the Student Programs. Whitney Valenta is active, too, she is in both volleyball and basketball teams which makes her popular

among the fans as they get to see her in both Fall and Winter time. The Gators are now fighting to avoid the first defeat of the season with their fans' support. Fans think no different than that. Their goal is to support the team enough to boost their energy for doing it.

# Losing could breed winning for Mariners

*Mariners need right GM and change of philosophy first*



Column by  
Casey Greer

As the Mariners ended a historically bad season, one saw them become the first team with a payroll over \$100 million to lose 100 games, it was painfully obvious that the people in charge of making this team a winner were doing something wrong.

The 2008 off-season presents a task and opportunity to make huge changes, from top to bottom, which will greatly affect the team's future.

Ultimately, the goal for any team on the field is to become a champion. While consistent success is profitable, a championship's profits can be felt for decades upon decades for some franchises.

Winning a championship, of course, is easier said than done. So to stick with that theme, the key to winning a championship, not shockingly, is to have the best players.

While that sounds easy on paper, and leads to a favorable destination, there's an ugly truth to the journey, in order to be good a team must be bad, and in order to be great they must be either awful, or both shrewd and filthy rich.

In the late 1990's, while the Yankees were in the middle of their run of four

World Series victories in a five year span, a trend and consensus opinion was born in baseball, in front offices and among fans; You must spend to win.

In 2008, nearly eight years removed from the last Yankees championship, it has become apparent, that even the Yankees, whose payroll is more than \$70 million higher than the second-highest payroll, cannot buy a championship.

There is perhaps no specific model that can be used to build a champion, as in those seven years, each league's respective champions currently rank anywhere from having the second highest payroll, to the 30th highest, or lowest payroll.

However, among the teams who have played in those seven World Series, 11 teams are represented, and 11 of the 14 total teams were within seven years of their most recent losing seasons. The three teams that were not as close to losing seasons: 2007 Boston Red Sox, and 2001 and 2003 New York Yankees, who lost both World Series.

What makes losing beneficial, of course, is the position it grants a team in the following year's amateur draft.

Of those 14 teams, 12 received valuable contributions from players who were formerly taken in the top-10 picks of their respective drafts, the teams which did not were the 2004 and 2006 St. Louis Cardinals, which included second overall pick in the 1998 draft Mark Mulder, but Mulder missed the second half of the season with an arm injury.

The Cardinals were also aided by a few foreign-born free agents. The Latin influx of players into baseball since the 1970's has been vitally important to several teams success, far more so than the influx of Japanese players, who almost always come at a higher price compared to past performance.

However, being awful is far from a sure-fire strategy to become great, the Kansas City Royals have picked in the top 10 in 10 of the past 11 amateur drafts, and haven't sniffed the post-season since.

Having the right people in charge of personnel, from General Managers to low level scouts, is vitally important, especially as the price tag on those high draft picks gets higher and higher.

The Mariners will have the second overall selection in the 2009 draft, and also a decision to make as to who will make that selection.

However, the Mariners have a chance to alter and improve their future on the field, perhaps their most historically important move will be in the front office, and for reasons that have nothing to do with on field success.

Unfortunately for him, but fortunately for Mariners fans, that guy is probably not Lee Pelekoudas.

Howard Lincoln and Chuck Armstrong, though seemingly locked into their jobs with the keys disposed of, must be feeling the heat as the team hasn't made the playoffs in each of the past seven seasons.

Those seasons have included five

managers, three general managers, and there is a good chance that both of those positions will click another number on the odometer this offseason.

One of the leading candidates for the Mariners General Manager job is the Dodgers' Assistant General Manager Kim Ng.

In a presidential election year, where America could see its first minority president in Barack Obama, the Mariners could hire the first female general manager in the history of major league baseball, and also the first of Asian descent.

While I'm a huge fan of Paul DePodesta, who was the engine which began the propulsion of the "Sabermetrics Revolution," Ng is cut from a similar cloth, having been DePodesta's assistant through his entire 20 month tenure as Dodgers GM.

DePodesta, despite his firing, made several value signings which have paid dividends for present Dodgers' GM Ned Colletti.

Derek Lowe and Brad Penny were both acquired during DePodesta's time in Los Angeles, and space was cleared for Russell Martin and Andy LaRoche, who ended up being a key piece in the deal which brought Manny Ramirez to Los Angeles.

"SABR" GMs have had marked success with respectable payrolls. Toronto and Boston, both contending directly with the "Evil Empire," have both improved their rate of personnel move success since hiring their current GMs.

Hiring Ng would put the Mariners, whose practices in the past half-decade have been primitive and archaic, at the absolute cutting edge of progression.

*'Hiring Ng would put the Mariners, whose practices in the past half-decade have been primitive and archaic, at the absolute cutting edge of progression.'*

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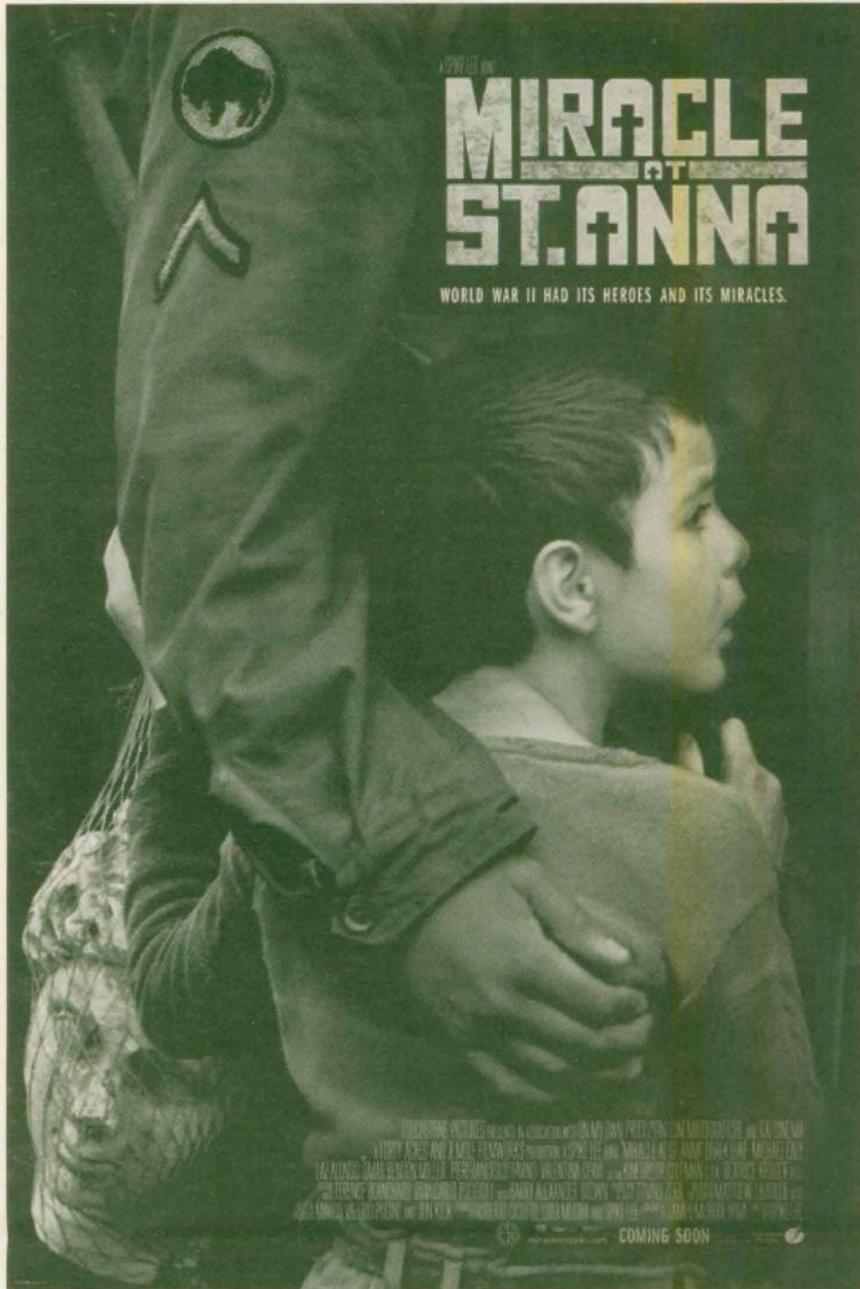
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Planning for  
June ceremony  
now under way  
Over 2,000 expected  
at commencement

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

# Miracle at St. Anna a miracle at the box office



www.firstshowing.net/Courtesy Photo

Spike Lee's "Miracle at St. Anna," tells fictional story of four African-American soldiers stationed in Italy during WWII.

Newest 'Spike Lee Joint' adapts book by James McBride to the 'silver screen'

**Richard Jackson**  
Staff Writer

It has been proven that Director Spike Lee can produce Miracles in the box office with hits such as "Inside Man" "Do the Right Thing" "and Summer Of Sam". Could this be the same with St. Anna?

This Drama based on the book and screen play of novelist James McBride. Following the 92nd infantry division of African-American troops called Buffalo soldiers stationed in Italy during World War II.

Here's the details, the film runs two hours and 40 minutes includes subtitles midway through the film with graphic violence and brief nudity giving it a rating R. I rate this movie a B.

It starts out profiling an older man Hector Negron who's watching and old war film in anger. He is a postal worker, devoted and recipient of the Purple Heart. Moments later he kills a man trying to purchase stamps at his work place. "Postal!"

So the news of his crime and arrest brings a reporter new to the city looking for a story gets to accompany two police officers as they search the case.

This leads them into uncovering an old artifact of Italian statuary worth millions that happened to be found in his closet. Now having to answer questions Hector begins his story while were given a flashback to the countryside of Tuscan 1944.

This film shows many different sequences from the soldiers battling frontlines

against German troops on the river. To a relationship bond from a special young Italian child trapped on enemy lines.

The remaining Buffalo troops reach a village where they find safety from the German soldiers. Welcomed in by a family two of the soldiers spark a romantic rivalry over a married woman Renate her husband

*"This is a movie worth paying to see on a weekend night 'Miracle at St. Anna.'"*

happens to be a part of the Italian resistance.

Though the genre is Drama you get Action with plenty of explosives, gore,

and head shots comedy with light jokes but tasteful humor.

The cast and characters Aubrey Stamps (Derek Luke) college educated very devoted to this service and his troops. Sam Train (Omar Benson Miller) a soft hearted oversized simple guy who rescues and takes in an Italian boy.

Bishop Cummings (Michael Ealy) a loose cannon with little to no respect and Hector Negron (Laz Alonso) who is the man telling the story. There are even noted cameos in the film from Kerry Washington, Robert John Burke to Joseph Gordon-Levitt and John Turturro.

The conclusion of the film was predictable throughout the movie, although there were a few twists. Despite the few unfocused scenes, the whole movie in general was great.

It expressed every emotion, you would laugh, cry and get angry all in one film. The movie includes almost every genre, this is a movie worth paying to see on a weekend night "Miracle at St. Anna."

# Choke on this, 'Sundance' winner worth mainstream wait

Film adaptation of Chuck Palahniuk's 'Choke' lives up to 'Fight Club' precedent

**Natalie Lowe**  
Staff Writer

The film adaptation of the book "Choke," written by Chuck Palahniuk who also wrote "Fight Club," was finally released in theatres on September 26.

Although there really was not all that much hype to this film, in the form of trailers for it being shown every commercial break, and the fact that it was only shown in select theatres, (the closest theatre was in Federal Way!) It shouldn't make much difference to Palahniuk fans.

The film was actually first shown at the Sundance Film Festival and actually won the special jury prize.

The actual plot of the story followed the book quite closely, starring Sam Rockwell playing Victor Mancini, who dropped out of med school and is working at a theme park - sort of.

The "theme park" is actually a re-creation of colonial America, where everyone employed dresses, acts and talks as if they were living in colonial times.

The only reason why Victor is working there, alongside his best friend Denny, played by Brad William Henke, is because

he is paying for his mother Ida, played by Anjelica Huston, to live at a nice home because she suffers from dementia and rarely recognizes him.

The movie has multiple flashbacks, showing Victor and Ida and the unconventional childhood that Victor lived.

Victor lived with multiple foster parents only to be "kidnapped" by Ida which made him perpetually on milk cartons as the missing child.

They never stayed in one place for very long because Ida was always on the run from the police from creating mischief like setting the animals in the zoo

free to stealing buses to keep moving from place to place.

Victor's unusual childhood obviously took tolls on him and he has an addiction to having sex with strangers, and he has sex with multiple people at his mother's hospital, the colonial theme park where he works, and also at sex addict meetings of all places.

His other quirk is that he goes to restaurants and ends up choking at every dinner, making a scene trying to get someone to save his life, which makes the person bond with him and feel more of a

purpose in their life.

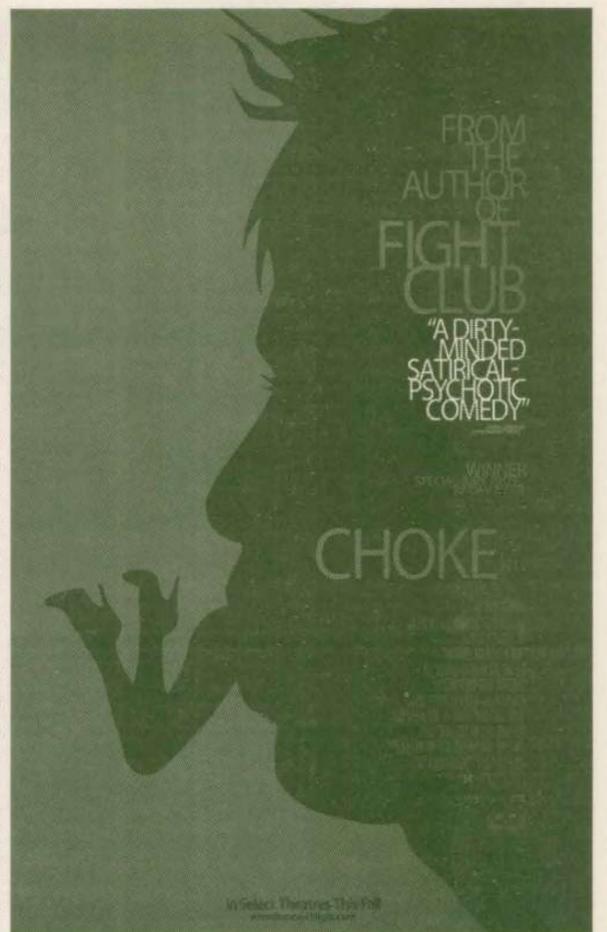
Victor then exploits whoever it is that saved his life and asks them for their pity of his financial crunch and asks for money. This all goes towards his mother's very expensive hospital bill, which unfortunately seems useless because Ida's condition is deteriorating at a fast rate.

When Ida's new doctor approaches Victor with an experimental cure to his mother's disease, it seems as if all of Victor's problems are solved, even his sex addiction problem because he develops a crush on her unlike anything he's felt in a long time.

The rest of the movie follows Victor as he tries to save his mother and also find out who his real father is before his mother dies.

Like most movies based on novels, there are a lot of parts which are left out that disappoint fans of the book.

Choke did have some parts missing, but the movie itself was a hilarious and accurate rendition of the book, coupled with the great acting of Sam



www.screenhead.com/Courtesy Photo

Rockwell and Anjelica Huston, even people who have never read the book would find this movie hilarious and interesting.

## Jessica Simpson goes country

*Simpson trades in pop star glamour for cowboy boots*

**Jenna Fernandez**  
Staff Writer

Setting out to save her music career, Jessica Simpson recently made the switch from pop to country music. Despite her multiple incidents during her live performances, the media seems to be quite content with her move. In the first week of her "Country career", Simpson's song "Come on over" received #4 on the Billboard Top 200. And her song "With you" got #1 on CMT's top 20 countdown, beating Carrie Underwood and Rascal Flatts. Her Father, Joe Simpson, has been behind her throughout her entire career. Joe encouraged Jessica to go for the gold and get back in touch with her roots. Growing up in Texas, the Simpson family is accustomed to a little boot-scoot-and-boogie.

As far as fans go, the opinions on this case go both ways. "Jessica Simpson is a great singer; I think her switch to country is fantastic." Green River student, Kyle Hill states. Many agree with Kyle, but others do not. "I don't think that Jessica Simpson is a good singer at all. Her career can be summed up by simply looking at a picture of her flaunting her body. Fans obviously lost a sense of what talent is." Another green river student, Van Anh says. In a survey given to 26 people around the green river campus, 68% agreed with Van Anh, saying that Jessica Simpson should not be in country or in music at all.

Have we, as a society, become subjective to looks in the media as opposed to talent? In the same survey, given out to 26 random students, 82% said yes. "Jessica Simpson is only famous because she's hot." Green River student, Dan Nguyen mentions. Many believe this to be the case with celebrities other than just Ms. Simpson like Carmen Electra, Angelina Jolie, and even Paris Hilton. Are we looking for



[www.thefuntimesguide.com](http://www.thefuntimesguide.com)/Courtesy Photo

Jessica Simpson as Daisy Duke on the set of 'Dukes of Hazzard'

amazing raw talent, or simply amazing bodies?

There's a common saying, "Looks aren't everything". Nowadays in the media, we're constantly hearing about the latest trends and the hottest bodies. We neglect the thought that you can achieve anything that you set your mind to. Instead of assisting people with the correct mindset, we are selective to those who have the right "look". Jessica Simpson is a talented girl, but I'm sure a lot of country stars weren't happy to hear that she beat them on the charts her first week in the biz.

Jessica's vocal abilities were discovered at the young age of twelve years old. This carried her to a lengthy career in the gospel and then the pop industry. This fame Simpson possessed based solely on aptitude may be part of the past. While beauty seems to be the most important aspect in Hollywood and in the eyes of society, will this be enough to carry Jessica through the airwaves? Only time will tell. Will Jessica skyrocket to the top in the country music industry? Or will she end up being a one hit wonder like Larie White?

## Apple introduces new iPod Nano

*Accelerometer and genius feature among reasons new nano could be hot*

**Kylie Noble**  
Staff Writer

Just in time for late back-to-school or early holiday shopping, Apple has released a new and improved model of the iPod nano.

So what's new about the 'new' iPod nano?

In addition to the return to its original rectangular shape from last year's square model, it is also available in new colors and offers more storage space. And there are several new features that enhance the new iPod, including the Genius feature, the Cover Flow feature, and several features that work with the new added accelerometer.

Say you're listening to a song you really like and want to hear other tracks that go great with it.

The Genius feature finds the songs in your music library that are similar and makes a Genius Playlist for you and, on iTunes it suggests related songs you could buy. It's like having your own, personal DJ.

And now it's easier to find the song you want to hear. You can now view your album art in Cover Flow. Or just press and hold the Center button to browse by album or artist. When you find the right song, press the Center button and it plays right away.

With the new accelerometer that detects and reacts to how you are holding or moving it, tilt or turn iPod nano on its side and you can listen, watch, and play in new ways.

You can flip through your album art with Cover Flow. Or, vertically, see more albums and artists on the screen at one time.

Also with the accelerometer now you can just give iPod nano a shake and it shuffles to a different song in your music

library.

And there are also three all new games made especially for iPod nano and the accelerometer. You play the games by tilting the iPod.

The games included are Maze, Klondike, (which is Solitaire) and Vortex (which is like brick). And you can find even more games on the iTunes Store.

As for student reviews, "It's really good. I did not think I would want it because it was so small, but it's easy to store and comes in handy when I work out," said freshman Aaron Beck. "I think it's amazing how Apple can keep coming up with new features all the time. I'd love to get one," said Luke Richardson.

The new iPod nano is available in nine colors; the red color is also a (RED) Product and fifty-percent of the profit goes to help fight AIDS in Africa.

It is available now at any Apple store, online, and at any of the many other stores that iPods are available at.

They are priced at \$149 for eight gigabytes of storage space or \$199 for sixteen gigabytes, as opposed to the old model which was offered with two or four gigabytes.

It offers up to twenty-four hours of music playback or four hours of video when fully charged. The screen is now larger, two inch diagonal color LCD with LED backlight.



[www.arstechnica.com](http://www.arstechnica.com)/Courtesy Photo

## T-Mobile G1 attempts to be iPhone killer

*First T-Mobile smart phone to threaten iPhone stranglehold*

**Casey Greer**  
Staff Writer

Every phone company, including AT&T, the iPhone's sole carrier, has attempted to recreate the iPhone in some capacity, but to no avail.

Phones are coming out constantly with larger screens, more advanced, user friendly keyboards, but generally, a similar set of features, well those times are gone.

On Oct. 22, 2008, T-Mobile will be releasing the T-Mobile G1.

T-Mobile's G1, the newest attempt to compete with iPhone, may also be the best attempt to dethrone the do-everything device.

One of the major complaints from users of handheld PDA phones, is that their operating system, Windows Mobile, wasn't nearly user friendly or efficient as that of iPhone OS, which was developed as a simplified mobile version of Mac OS found on Mac computers.

The G1 boasts a mobile operating system called Android, developed by Google, which means that Windows Mobile is a thing of the past for many frustrated

users.

The eagerly awaited operating system will make its debut on the T-Mobile G1.

Unlike the iPhone, the G1 will have a keyboard which is separate from the touch screen.

T-Mobile's G1, like the iPhone 3G will operate on a 3G network, allowing users to download and transfer information as fast as possible.

However, T-Mobile will only have 16 cities in the United States with 3G coverage when the G1 releases later this month.

Fortunately for western Washington residents, Seattle is on that short list.

Other users will still be able to access the internet via 2G networks, but unfortunately that will not truly allow the user to experience to full capacity of the G1's capabilities.

Also, the G1 has come under some criticism as it will cater to the everyday consumer much more than those who intend to use the smart phone to enhance their business.

Some of the key programs that draw business owners to the iPhone will have no equivalent available for the G1 that is compatible with Google's Android.

However, considering the relative youth of Android, it's probable that sometime soon either Google or an independent developer will begin to make business



[www.gizmodo.com](http://www.gizmodo.com)/Courtesy Photo

T-Mobile G1 could threaten iPhone's reign atop the smart phone market. The T-Mobile G1 is also the debut phone for Google's OS Android

savvy programs that are compatible with Android, and which will broaden T-Mobile's consumer base.

The G1 will cost \$179 with a two year contract, \$20 less expensive than the

iPhone 3G, and its data plan will be \$35 per month for the average consumer compared to \$30 for the iPhone.

## Texting causing social isolation

Lizz Atkins  
Staff Writer

It isn't a surprise to anyone that text messaging has taken over hugely when it comes to youth.

At Green River Community College you can't even walk on campus without seeing someone typing away on their phone.

So why is texting so popular? Why do so many students prefer it to talking on the phone or talking person to person?

The answer to this is simple: convenience. Whether it is a serious conversation or just a simple invite to a get-together, people use text messaging for any purpose to avoid face-to-face conversation, or even picking up the phone and calling, and they're taking their texting to an extreme.

"I know some people who text when out at a party, and don't even socialize because they're glued to their phones," says Jenny Garcia, a sophomore at GRCC.

Although it sounds ridiculous that a person could be in a social setting and still be texting, it's more common than not.

So how does this effect students' social skills?

Literalists like John Neely claim that the English language is suffering due to text messaging.

Many people, while texting, will drop the "g" from the ends of words; for example, "doing" becomes "doin" and "going" becomes "goin." This kind of slang isn't just showing up in text anymore, but in students' school work as well.

"I wrote this paper for a class and I did a really nice job on it, except for midway into it I wrote lol by mistake, I think I must have been texting while I was writing the paper." Says Casey Brasko, sophomore at GRCC.

Text messaging definitely has its pros and cons. Anyone has to admit, texter or not, that it's an easy way to get in touch with anyone, anywhere at the drop of a hat, but like most things, it's really only to your advantage in a healthy dose.

Unfortunately, the main threat to the number of texts students send is due to Cell phone providers.

Cell phone companies take full advantage of young texters by creating phones with built in key boards, and also by making unlimited texts for just ten dollars a month, like T-Mobile.

So how can we change this ongoing, worsening problem of using text messaging as a social crutch? The only real way to do this is text less, talk more.

At a party, don't reach for your phone when feeling shy or socially

awkward. Instead, spark a conversation with someone.

While writing a paper for school; go as far as turning off your phone, so you're not distracted; and in class, even though you can get away with it, don't text your buddies. Instead, pay attention and take notes.

If more students followed these rules to live by and limited their text, they would probably be more successful in all aspects of life, including having more money in their pockets for other activities.

So do yourself and your typing fingers a favor, and put the phone down!

-Worldwide use of text messaging has increased 450 percent since 2006

-2.9 million people received a text message from the Obama campaign, announcing Joe Biden as Obama's Vice Presidential selection

-17 percent of American homes are classified as "wireless only, meaning there are no traditional landline phones in the home.

Statistics from Nielsen Mobile

