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# The Current

November 21, 1986

Green River Community College

Vol. 22 Issue 6

It's part of life that strikes everyone

## Stress and school go hand in hand

by Valentina Espinosa

Stress... Part of life that strikes everyone. Stress at sometime, confronts most people during their everyday activities, according to Dr. Hans Selye, director of the Institute of Experimental Medicine and Surgery at Canada's University of Montreal and Green River Community College counselor Bob Brehm.

"Nobody can escape stress because to eliminate it completely would mean to destroy life itself," said Selye, but many different techniques can be followed to reduce the stress in the body.

One group of individuals who are constantly under a great deal of stress are college students, especially if they are a full-time student and employed part-time.

Burnout results after a person is faced with a great deal of stress...

Students often question how someone is able to work and go to school at the same time without burning out. And how does this abnormal behavior distort the body.

Burnout results after a person is faced with a great deal of stress that can no longer be handled by the individual.

Many students take on too many activities. When one tries to achieve too much at one time, the body's energy is being accumulated, resulting in stress, according to Brehm.

Being under stress causes student's energy and strength to increase temporarily because the body builds up its storage of sugar. If this action continues for weeks or longer, it may damage or exhaust certain organs in the body and lead to illnesses, including burning out.

Stress is a body condition that may occur when a person faces an unfamiliar situation and uncertainties.

Tension within a family, at work or from one's social life are all causes of stress. However, the most stressful experiences are those of frustrations, failure and humiliation. Nevertheless, everyone doesn't react the same way under stress so many characteristics that may result from stress.

The causes of stress are called stressors. Stressors include any unusual demands on a person's body or mind that affects the functioning of most parts of the body including the brain, muscles, and the internal organs.

Stress increases during nervous tension, physical injury, infections, muscular work or any other strenuous activities.

As a result a person may feel extremely fatigued and have an inability to avoid illness.

Other conditions associated with stress include high blood pressure and long-term malfunction of such glands as the adrenals, pancreas, pituitary, and thyroid.

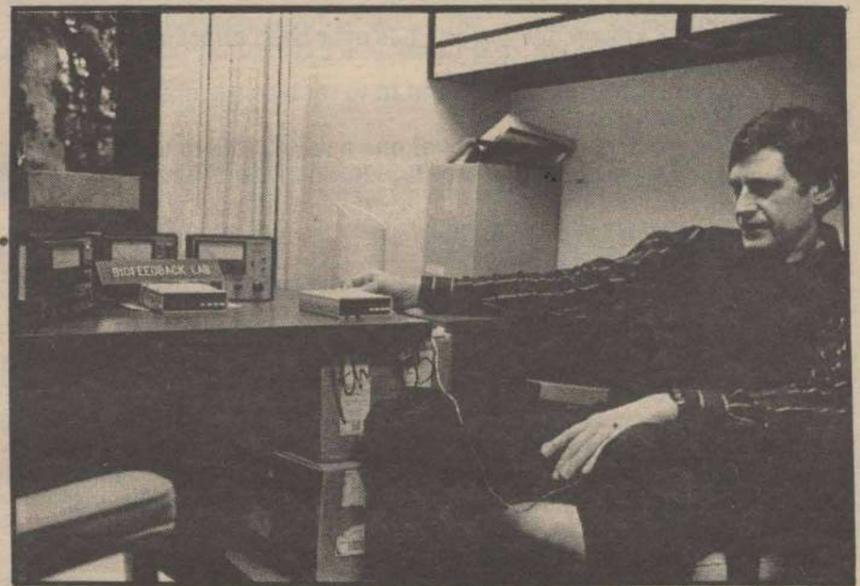


Photo By Randy Cryer

Counselor Bob Brehm demonstrates the Bio-Feedback machine available in the Counseling Center. Brehm will be offering a winter term class in managing stress/anxiety (BEHSC 190).

Three main ways to help prevent stress-related illness are, 1. Avoid continual stress. A person facing a long period of stress should try relaxation exercises. 2. Learn to handle troublesome situations with a minimum of stress. 3. Pay special attention to your health when stress occurs.

Some other signs one should look for are:

**Impulsive behavior,**

**emotional instability.**

**Inability to concentrate.**

**"Floaton anxiety" we are afraid, although we do not know exactly what we are afraid of.**

**Stuttering and other speech difficulties.**

**Insomnia.**

**Excessive sweating.**

**Migraine headaches.**

**Loss of excessive appetite.**

**Trembling, nervous ticks.**

**Increased smoking or use of drugs.**

Other ways to prevent these symptoms are slowing down, getting enough sleep, eating balanced diet, getting exercise and having positive friends, according to Brehm.

Stress is a body condition that may occur when a person.

GRCC has a Bio-Feedback lab in the counseling office that any student may use. In this lab students may measure their stress level and learn how to control their stress.

To make an appointment call the counseling office at ext. 304.

## Schmidt works at GRCC for 14 years, enjoys his job

by Susan DeNune

Security on any campus is an important part of keeping the campus clean and safe.

Since a good percentage of the vandalism and break-ins that occur are at night, the evening shift of security staff has a lot of responsibility.

For 14 years, Security Supervisor Floyd Schmidt has been in charge of Green River's night shift.

Schmidt came to the Puget Sound area in 1965 from Missoula, Montana. He went to work for Boeing until he was laid off in "the big crunch" at the end of the 60's.

Schmidt got some experience in security when he spent a couple of years working for Northwest Protective of Seattle, a security

company that hires out services to different accounts.

Schmidt is basically in charge of the night shift while security director Nick Smith is in charge of the day shift.

**"I've enjoyed my employment with the college. I have considerable contact with students. I like the students. I wouldn't be working here if I didn't." — Floyd Schmidt**

Schmidt has a variety of duties from vehicle patrols to foot patrols to unlocking doors for evening classes. He is also in charge of the night work study

students who are here when school is in session.

Schmidt's 5 p.m. to 1 a.m. shift makes for an interesting home life, but his children are grown and he says his wife of a year and a half, "knew my shift when we got married and said she'd accept it (the late shift). So far it's worked out okay." He added that they see each other mostly on weekends.

Then in August of 1972, Schmidt obtained the job at GRCC through Boeing representatives.

"I've enjoyed my employment with the college," Schmidt said. "I have considerable contact with students. I like the students. I wouldn't be working here if I didn't."

Schmidt says he would like to retire from GRCC.

### Pacific Northwest History class missed

Students and advisors looking for unlisted or inadvertently missing classes for winter quarter, may find that the History 200 class Pacific Northwest History class was left out of the winter schedule.

The class will meet in SS-8 at 11 a.m. It is five credits and the line number is R067, section B.

## GRCC campus is no safer than any other 'safe' place

by Susan DeNune

Many times since September, I have heard comments—in passing or in conversation—about the darkness here on the Green River Community College campus at night.

Having been here in the evening a few times myself I have to agree, it is extremely dark in places.

I wanted to know just how safe I and my car are here, and a conversation with Security Supervisor Floyd Schmidt gave me these facts:

- 1) To Schmidt's knowledge, no one has ever been attacked on the Green River campus.
- 2) New vacuum lights have been put in to replace the old standard lights, making it lighter.
- 3) Car break-ins occur an average of one a week; less than other area community colleges, according to Schmidt, and less often at GRCC than it used to be.
- 4) Break-ins are usually not done by students, but by juveniles who live in area housing developments.
- 5) Green River does not have as much drive-through traffic as other area colleges, therefore there is not as much chance for vandalism.
- 6) According to Schmidt, to insure that nothing would happen there would have to be someone stationed permanently in every parking lot, which is logically impossible.
- 7) There has been more manpower added in the form of work study students, especially during the morning and afternoon when the most people are coming and going.
- 8) There is someone on duty here 24 hours a day, seven days a week.

Schmidt stresses that improvements are being made and that a number of things are better than they used to be.

Knowing that there are juveniles in the area that break into cars is not a comforting thought, but there are juveniles in my neighborhoods that do the same thing.

The fact that no one has actually been attacked on campus, added to the fact that someone is always here, does make me feel much safer.

Yes, there is a risk on this campus, with the darkness and the seclusion of the area. But there is a risk when a person leaves their house in the morning.

Although I will be cautious when I come to GRCC in the evening, it will only be the same caution I use when going anywhere else.

## Student Programs can be helpful but sometimes uninformed

by Renee Ricketts

If the administration is the brain of GRCC, then student programs can be considered the heart.

Run by elected student officials and advised by administrators, it is the office which approves, coordinates, and budgets every student function and organization on campus.

Students may make requests and comments to the office, as well as refer to it for information on GRCC activities.

One of the smiling, friendly ASGRCC officers is always posted on duty at the reception desk, ready to assist students in any way. In fact, there are usually several ASGRCC officers grouped around the desk engaged in friendly conversation. Eager to help, they listen to questions,

then decide to whom each question should be referred.

As a rule of thumb, the receptionist on duty is usually unable to answer questions, but there is always one person from the office who knows the facts.

However, the other rule of thumb is that the expert is almost never in the office when the question is asked.

Never-the-less, these eager beavers are always willing to check the schedule to be sure, sometimes even looking to see when that particular person will be in the office again.

Many times, the question can be answered by the vast collection of informative tracts in the office. These papers are located in bins on the wall behind the receptionist who never seems to know where to look.

Information is handy in the Student Programs Office, and the officers are pleasant; the only problem is in the intra-office communication.

For the student driven to accomplish a specific task at GRCC, or just wanting to join an activity, Student Programs is the place to go.

The key to success in any bureaucratic organization is patience and persistence.



## Apartheid interferes with the charity of Red Cross

by Tami Sewell

At a recent gathering of the International Red Cross a decision was made to protest the world's objections to Apartheid by escorting the South African Red Cross representative from the session, and asking that he not return.

Since that incident there has been a wide variety of conflict about the decision. Many questions have been raised about the morality of depriving a Red Cross representative the chance to represent all of the people of his country, because of a few men's decisions to promulgate apartheid.

Should the Political decisions of a government affect the International Red Cross efforts to aide the flood victims, or the family helpless after their home is ravaged by fire?

Being a Red Cross volunteer myself, I was taught in training that the International Red Cross was an agency that was available to all those who are in desperate need of help.

For 123 years the Red Cross has been rushing to the aide of those who are in desperate need of food, clothing, shelter and emergency services. Why now, does the Red Cross begin considering political beliefs in their effort to help the needy.

Certainly the decision to disallow the South African delegates presence at the International Conference is a sign of the worlds opposition to apartheid, but should it affect those many suffering people whom we are fighting so hard to free?

The international Red Cross is an organization to aide the needy, let's keep politics out of the issue and direct attention to those who are suffering and need aide.

### The Current

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## Dear GRACC

### I just started having sex with my boyfriend and..

GRACC

Dear Readers:

The column today is one that is run at least once a year now. The reason is that sooner, or later, someone would ask a variation of

the same question anyway. The problem is that, quite often, by the time an individual asks, it's already too late.

So I hope that by providing this information early in the school

both unwanted pregnancies and STD's can be avoided.

Dear GRACC:

I just started having sex with

See 'Sex' .....cont. page 3

# Faculty opposes Barclay's memo proposal

by Teresa Davidson

Recently a memo from Dick Barclay's, vice president for information services, office was sent to various administrators.

Barclay proposed a change in the class hours for spring quarter of this year. His memo suggested that "all classes currently scheduled for 8 a.m. be changed to 7:30 a.m. start time, end time of 8:20 a.m.", 9 a.m. and 10 a.m. classes would follow the same type of time frame.

At first reading of this memo, it seemed reasonable to change the classes' starting times to "more effectively and efficiently use the campus facilities during prime daylight hours", as Barclay said in the memo.

But, according to Barclay, some of the faculty at Green River oppose the proposal.

Several of the comments Barclay hears are, "It would violate the instructors' seven hour contract." or "Students work in the afternoon and aren't interested in attending afternoon classes."

The faculty sets their own class times. So in effect, the schedules are a result of the instructors' wishes.

Barclay feels that his memo will influence the class times during spring. "I think we will see some shifting (to more) 8 a.m. classes," said Barclay, "I am hoping we'll see a spread of the 9 a.m., 10 a.m. and 11 a.m. classes."

Barclay says he "was serious" about the memo and feels that more classes will be scheduled at 8 a.m. and 1 p.m. and with the students' needs in mind.

Hopefully a quarter will come when the class times are changed.



## Sick of garbage: time to clean up our act

by Janice Gadsby

I'm getting sick of the topic of garbage around school.

Yes, by now most people know that garbage is everywhere. It's ugly and it makes students litter more because they seem to think two wrongs make a right.

The whole subject of garbage would not bother me in the least except that some people are always griping about the problem but no one ever does anything about it.

Most are probably wondering what gives me the right to talk about the garbage problem which is partially my fault.

Well, I'm admitting that it is my fault...to an extent. I'm sure that almost every person on this campus has littered at one time or another.

Some may not think they're littering, but what about that cigarette butt people throw out their car window, isn't that littering? Some may not even know that there is a law about littering with fines if you're caught.

I've often wondered how fast things could get cleaned up in the LSC if every person enrolled at GRCC would take the time to pick up one piece of trash. I'll bet this whole school would look very attractive after a little work on the garbage.

I often see one garbage can overflowing after lunch then you walk around the corner and see another garbage can empty. Is it some sort of disease that only allows people to throw away their garbage in an already overfilled trash can? I don't want to sound accusing but I feel everyone is the problem, especially now with the population problems.

If everyone could pitch in and help maybe the problem would eventually get solved.

### 'Sex'.....cont. from page 2

my boyfriend and I am afraid I will get pregnant. I am confused as to how the rhythm method works. I heard it is safe to have sex in the middle of the month. Also, I am afraid to ask if he has herpes or anything else; I don't want to embarrass him.

- "Cautious"

Dear Cautious:

I'll answer your second question first. Ask yourself how you consider that you know a person well enough to have sex with him, yet you don't know him well enough to ask a simple question. How can you be so considerate about his possible embarrassment and not even give equal consideration to you and your health? You need to revamp your priorities. Should a moment of

## Abortion opposers take the wrong road in a free society

by Luis Cabrera

It is time for abortion opposition groups to realize that they live in a free society. They must learn that the only way to bring the American public to their point of view is through argument and coercion. Restriction of freedom or terrorist acts will not succeed.

The opposition groups in Arizona recently tried to use a loophole in an appropriations bill to further their aims. In the case "Planned Parenthood of Central Arizona versus the State of Arizona," they tried to deny the counseling organization state funding because the group sometimes recommends abortions for its clients. State laws forbid the use of government money for abortions. The organization, however, according to Marilyn Knight, public affairs director for Planned Parenthood's Seattle-King County office, uses private funding where abortion is concerned. Their opposition held that they could not be sure that the state's money was not being used.

Arizona courts found for the opposition, but Planned Parenthood appealed all the way to the U.S. Supreme court. The court found in favor of Planned Parenthood.

The logic that the opposition groups used in this case was faulty. Just because they could not be certain that Planned Parenthood was not using state money for their abortion programs, such as providing abortion funding for low-income women, they had no legal right to cut off all funds. If reasoning like this prevailed, every group or organization unpopular with another would be legally vulnerable.

Abortion opposition groups must stay within their legal confines. They only hurt themselves every time they attempt similar legal moves, or worse yet, engage in open acts of terrorism by bombing abortion clinics. Already their views are widely recognized through their use of the media, billboards, church movements and public speeches. This is a free society, and anti-abortion groups must win people to their views, not force them.

## Some impressed by GRCC's friendliness

by Susan DeNune

With the quarter more than half over, I cannot help but to continue to be impressed by the friendliness and helpfulness of the students, faculty, and staff at Green River Community College.

From the first time I showed interest in GRCC, I received letter after letter, as many as five or six a week, wanting to know what my interests were. Once I responded to these letters, I received more letters telling me about my interests.

I think what really impressed me is that this correspondence did not end after they received my money. To this day I am still receiving letters about things such as parent's day and second quarter registration procedures.

But the letters are not the only reason to know what's going on at GRCC. It appears many students spend many hours posting signs about daily and weekly events around campus.

The faculty is also very helpful, with each having office hours when students can come in for help.

Overall, there seems to be a general friendliness in everyone on campus. This may be due to the environment, the beauty of our surroundings. But whatever the reason, I have enjoyed my first few weeks getting to know the people at GRCC, and I expect I will enjoy the remainder of this quarter and the quarters to come.

embarrassment carry more weight than your right to a future that is free of the fear or burden of a sexually transmitted disease (STD)? So, ask him!

Since many STD's are not obvious, particularly in the early stages, sometimes the person who has contracted one may not even know it. Since with some STD's, SYMPTOMS MAY NOT OCCUR AT ALL, even asking the question may not provide a reliable answer. You're wise to be cautious.

Genital herpes, for example is incurable. If you are already sexually active, one of the ways to minimize the risk is through consistent and proper use of a

contraceptive device. You would be well within your rights to insist that your boyfriend dig the little foil wrapped packet out of the mothballed area of his wallet and apply it prior to contact with the genital area. Since STD's infect males and females without any particular preference, he's protecting himself as well as you.

Few men like using contraceptive devices, but the old stand-by argument about loss of sensation is hogwash. A minor loss of sensation cannot possibly justify the greater risk of either transmitting/contracting an STD or contributing to an unwanted pregnancy.

## The 'Yellow Brick Road' is leading to GRCC

by Tami Sewell

MGM's classic musical version of **The Wizard of Oz** is brought to life by Green River's Heavier than Air Theatre Company.

The presentation is directed by Joe Baker, who has the challenge of getting about 30 junior actors, ranging in age from 7-14, to be on cue, memorize their lines, and know their blocking. Standing several stairs above the children on stage, Baker bellows, "Hold it! Hold it! Hold it! What is this? You're not singing! You're yelling at the top of your lungs!! You know the melody, now sing it the way you're supposed to!" The children respond promptly by performing to Baker's standards.

Baker insists that his performers always be at their best. "This is a theatre, we try to make it as professional as possible." With a lot of rehearsals, reblocking and patience, past performances have proven that Joe Baker knows his job.

The theatre company is in its 14th season. With many classics under its list of accomplishments the theatre gives local children the opportunity to try their hand at the acting trade. Baker offers a summer class to prepare for the season, teaching the children projection, memorization, and character trait techniques. Most of the children are from the local community and return season after season.

Most of the adult characters are played by former Green River



Dorothy (Michele Greenwood) and the scarecrow (Jesse Gould) prepare for their journey to Oz.

students who are now professional actors. Baker says that he is an easy going, quality

demanding director, who requires actors to always try their best. Baker added, "This isn't some

chincy childrens theatre, these are professionally produced plays. I always choose plays that will be a challenge, and bring out the best in my actors."

As Dorothy, portrayed by Michele Ruth Greenwood begins her adventure, she is soon greeted by the Scarecrow, portrayed by Rob Clark the Tin man Portrayed by Eric Englund and the Cowardly Lion performed by Rick Rinehart. With many of the parents helping with costumes, the dozen or so munchkins are quite a challenge to outfit. "Everything is beginning to fall into place," says Baker, "We have a great group that is very dedicated, with a lot of hard work and productive rehearsals, it should be a great start to a new season."

**The Wizard of Oz** is the first of three plays being performed by The Heavier Than Air Theatre, in the 1986-1987 season. *Once Upon a Mattress* the next production, is a satirical rendition of *The Princess and the Pea*. Performances begin in late March. The final production for the season will be a look back at the life of young King Arthur and Merlin in *STaThe Sword in the Stone*.

**The Wizard of Oz** performances begin Friday, December 12th and run for two consecutive weekends. Individual tickets are \$3.50 or season tickets may be purchased for \$6.50 through Student Programs in the LSC.

## Leakey speaks in 'packed house' to GRCC students

by Charles Miller

Paleoanthropologist Richard Leakey spoke to a packed house at Green River Community College on Thursday, Nov. 13, as part of Green River Community College Artists and Speakers Series.

The son of well-known anthropologists Louis and Mary Leakey, he and his parents have found more human fossil bones than all others combined.

He publicly announced the discovery of two new genuses of apes dating back 18 million years ago, found on his dig site near Lake Turkana in Kenya. The find was published, coincidentally, that same day in the British science journal *Nature*.

"It's a great deal of fun to see a brand-new genus for the first time," Leakey remarked, "It will create considerable stir among paleoanthropologists."

Another of Leakey's recent finds was a near-complete skeleton of a homo erectus. "It was a little boy, age 12, who lived about 1.6 million years ago. Even at age 12, he was five foot six inches tall. He would have grown at least six feet tall at adulthood, perhaps larger," he commented. After three years of searching and sifting through tons of dirt, the skeleton still lacks the feet and most of the hands. Leakey explained that it was

impossible to set a starting date for the human species, although *Australopithecus* was walking upright as long ago as three million years ago. "There were modern people 100,000 years ago," stated Leakey, "They could have come here tonight without causing a great deal of despondency among the audience, and they could have been invited for a drink later."

In case there were any creationists in the audience (there apparently were not), Leakey opened his talk with a couple of statements. "I am as certain as I am standing here that I evolved. If you are on the other side, sit tight, grit your teeth, and by the end of the program you'll know what it is you don't believe in."

"Don't Drink The Water", a play by Woody Allen, is about an American family that takes refuge in the embassy of an East European country.

With an incompetent young diplomat who nearly causes an international crisis trying to help them get out.

In this double casted play, Mark

## Disney World growth sparks talent search

Now hosting well over 21 million visitors, Walt Disney World is sending its talent scouts on an eleven-city tour from Jan. 24 thru March 8.

In search of entertainers for the 1987-88 season, scouts are being sent across the country to look for dancers, singers, musical-theater performers and college musicians.

Disnew is casting positions for many different conventions shows and special events.

A detailed audition brochure is available by writing to Disney Audition Tour, P.O. Box 10,000, Lake Buena Vista, Florida 32830-1000.

Auditions for the Northwest will be in Eugene, Oregon on Feb. 26 at the University of Oregon School of Music, 18 Street and Harris Street.

## Seattle Opera Chorus to perform

The Seattle Opera Chorus will appear in two joint concerts with the Bellevue Philharmonic. In concert on Thursday, Dec. 4 at 8 p.m. and Sunday, Dec. 7 at 2:30 p.m., the chorus will perform excerpts from operas by Wagner and Verdi.

"As a supporter of Seattle Opera, this has been a long time dream of mine," said R. Joseph Scott, conductor of the Bellevue Philharmonic, "I am looking forward to this collaboration."

Tickets are available by phone at 455-4171, Monday thru Friday. General admission is \$8 and \$6 for seniors and students.

## 'Don't Drink The Water' begins Nov.28

Mains and John Mcloughlin play the male lead of Axel Magee.

Sandy Williams and Sherri Heyedebreck share the leading actress role of Susan.

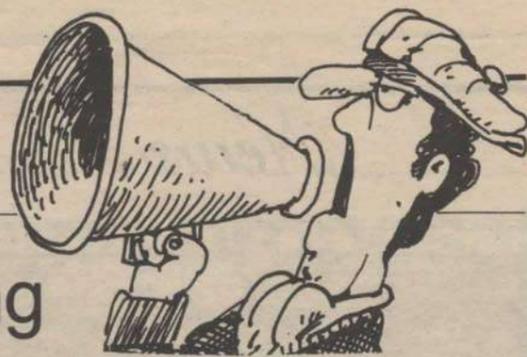
Mike Mead and Tony Zolacco both play Walter. The other leading role is Father Brobny played by Jerry Oiveill and Martin Osburn.

The production "Don't Drink The Water" will be in the Green River Performing Arts building.

Admission costs \$3.50. The show times are Friday, Nov 28 and Saturday, Nov. 29 at 8 p.m. and Sunday, Nov. 30 at 7 p.m.

Dates for December are Friday, Dec. 5 and Saturday, Dec. 29 at 8 p.m. and Sunday, Dec. 7 at 3 p.m. and 7 p.m.

## Reviews



### Sirkis, a combo of country, easy listening

by Anne Fouch

John Sirkis, singer/guitar player from Boulder, Colorado, made his way into the Green River Community College Glacier Room, to perform at the last Monday Beat the Blues Concert.

Sirkis' music is a combination of easy listening to country, and folk to bluegrass. At the concert his accompaniment was his lone guitar. His pickin' and strummin' was back-up to such songs as "Cheap is Beautiful" which Sirkis dedicates "to all you people who hang out late nights at the local K-Mart and who feel Generic is a brand you can trust."

Another twist to Sirkis' music is the added dimension of comedy. As he states that he's originally from New Jersey, home of Bruce Springsteen, he adds that "Bruce and I went to different schools together." This is where people began calling Springsteen "the Boss" while Sirkis recalls how he was branded "the Employee."

Sirkis commented in his concert that he writes songs about popular and unpopular things. Among these in a song entitled "Think For

**"To all you people who hang out late nights at the local K-Mart and who feel Generic is a brand you can trust."—dedication from John Sirkis**

Yourself." The song is pointing out those people in this world who try to persuade others to be one thing or another. The advertisements, the peer pressure; all of which pull people into becoming something they aren't.

Also in Sirkis' "variety" concert, he created his own version of what Johnny Cash sounds like. This began his transformation into the country side of his music, where he does an imitation of the old cowboys who, Sirkis states, "have been on the range a long, long time."

Sirkis travels eight months out of the year anywhere from Ontario to Hawaii. He currently has an album out called "A Few Less Colors," which has had airplay on several rock and also country stations around the United States.

### 52-Pick-Up: A new movie for love and war

by Lonny Mitzel

It's not a trick card game. It's actually a compelling action-packed drama starring Roy Scheider and Ann Margret. Based on the best selling novel by Elmore Leonard, this movie uses an old plot in a new way.

Scheider portrays a wealthy businessman with a successful company, beautiful wife, a prize Jaguar that he completely restores himself and an affair with a girl half his age.

He decides that the affair has to come to an end. What he doesn't realize is that he is far from an end to anything. He goes to her apartment and is held at gunpoint

and forced to watch a video of him and his mistress (not exactly PG material). They demand money to make sure no one else sees this slightly more candid 'Candid Camera' including his wife who is running for political office.

Scheider, who plays an excellent role, loves his wife and doesn't want to jeopardize her career, but simply can't afford their demands. He in turn basically tells them to jump in the lake.

The bad guys, the leader played by John Glover, decide that it's time to show that they mean business. They make a new video, this time killing the girl with

Scheider's gun, saying that this time they had better not be messed with or otherwise prison can be a terrible thing.

From there on Scheider decides to fight back with his own arsenal. He gets information on who the blackmailers are from an exotic dancer, played by Vanity, and sets out to get them all against each other. From that point on there are explosions, shootings,

kidnappings, and an array of dramatic measures and counter-measures.

That's just the beginning. When they kidnap his wife, played by Ann Margret, he really gets tough.

This sounds like I'm describing a war. But remember what they say, love is war, and I think you will love this movie.

52 Pick Up is now playing at the Sea-Tac Six AMC Theatres.

### 'Something Wild' isn't wild

by Charles Miller  
Many movies

about an average man who decides to do something different, something wild are out this year.

It's one of the most used movie plots. The newest film with this kind of plot, "Something Wild", whose title is almost a misnomer, is a rather unremarkable film, adding no new ideas to the often used plot.

The film stars Jeff Daniels as a mundane businessman who one day decides to walk out of a restaurant without paying for his lunch. He is accosted by Melanie Griffith, who asks him to go for a drive with her.

He does so. After driving for a couple of days they find each other in Pennsylvania at her mothers house. They pretend that they are married, but her mother isn't fooled and she plays along with them.

Next, the couple goes to her ten-year high school reunion where Daniels bumps into one of his business associates unexpectedly. He also encounters the class bully, who happens to really be married to Griffith.

The last part of the movie doesn't fit with the first part, as it turns from attempted comedy to high drama as the class bully devises ways to seriously hurt Daniels.

The last half of the movie is a bit overdramatic.

I expected this movie to be a simple comedy, but the only real comedic parts are near the beginning. I also really didn't care for any of the characters in the movie as Jeff Daniels' character withholds a secret from Melanie

Griffith, as well as the audience, that changes his 'innocent, average man' character.

Both Melanie Griffith's character and the character of her homicidal husband are too looney and crazy to be real hilarious. I think the writers should draw the line on characters who are so crazy as to actually put another characters life in jeopardy.

I can't say anything really great about this movie, nor can I say anything really bad about it.

### Stabilizers are hot

by Aaron Vaughn

**STABILIZERS** "Tyranny"

Tracks: One simple thing, I don't need the pain, now I hear you, you run me down and five others.

One of the hottest new groups to hit Seattle's airwaves this year has to be **STABILIZERS**. In the midst of a slew of new releases by mega-platinum supergroups, it's nearly impossible for any new artists to get much airplay, no matter how good they are. But these guys are great. In fact, good enough to have the first release, "One simple thing" in KISW's top eight for over six weeks, now.

Good follow-up tracks include "I don't need the pain" and "Now I hear you", although most of the tracks on the lp are good. One song " (IF I) found Rome", tends to go too far towards synth-pop for my taste, but the rest stays pretty much on track.

Haunting vocals, impressive lyrics, excellent production and arrangements keeps the pace from never dulling your senses. Check it out.

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*Catch the Spirit*





Photo By Randy Cryer

In the Women's Center, Coordinator Maid Adams shows materials to Margaret Luke and Jackie Bird.

## Women's Center focuses on needs

When Emma Willard started the first high school for girls in 1812, society asked "Should women be educated? The next thing you know,

they'll be teaching the cows!"

Times have changed. Now women are continuing their education, and making personal and professional goals.

But it can still be hard for women in a traditionally men's world. That is why GRCC has an office set up particularly for the support of its women students.

The Women's Center, directed by Maid Adams, focuses on the personal need of women on campus.

Adams keeps a busy schedule at the Women's Center, leading "Sampler" campus tours, sending out a quarterly newsletter of seminars and activities, and keeping appointments with students; but she will always pause to help those who drop in. She considers the Women's Center to be "home base for new and unsure students; a place to make connections."

Women of all ages and backgrounds, from the young graduates to the retired mothers training for the business world, come to the Women's Center for orientation and support.

Some common concerns among the older students are that they are unable to compete with the others, since they haven't studied for a time. Younger students, on the other hand, often feel that they are less confident, and less capable of asking worthwhile questions.

Adams deals with needs as simple as band-aids and situations as serious as abuse, eating disorders, and suicide.

Although she is a professional counselor, Adams does not keep an ongoing counseling schedule. Part of her service at the Women's Center is to recognize students' individual needs and refer them to other GRCC programs which are designed to meet those particular needs.

The program is geared for women, but is also open to men. You can find the "Woman's Center" located in room 17 of the Occupational Education building south of the library.

## Gary Justice

### KIRO anchor man speaks to GRCC students in Mass Media class

Gary Justice, the anchor man on KIRO, Seattle's number one rated evening news, spoke to the Mass Media class at GRCC on Thursday, Oct. 30, and gave his views and opinions on what it takes to become number one in television news in the Seattle area and how to stay there.

Before a class of 45 students Justice said that to become successful in TV news one must balance out good journalism and good presentation. "If you are a good journalist but no one is watching then you won't last long," said Justice.

In the same way he stressed that a good presentation will not make up for less-than-good journalism. Justice cited KIRO as a good example of this prior to 1979 when KIRO tried new people and new sets to improve their presentation and their ratings. According to Justice, it didn't help.

"What we needed was money to

go out and get the news better than the competition," said Justice.

In 1979 they got the money they needed to improve their journalism and their rating went up to number one because of it.

Justice feels, however, that while these two things are important, planning ahead is what has made KIRO number one in the Seattle area's TV news. The changes instituted at KIRO to get them the number one position were changes that showed that they were thinking ahead. First, they established a news executive

one of the news anchors, sits on this committee and he feels that because the policy-making is being done by four people, rather than one, that the decisions are always good and well thought out.

Another development that KIRO pioneered was to change from film to video tape. KIRO was the first to do this and so was able to provide the first live coverage of

news events, although now every station has this technology. Doing "live spots" provided KIRO's audience with the feeling of up-to-

the only station in Seattle with a helicopter allowed them to give quicker coverage of news events, as well. Today, every major station in Seattle has a helicopter.

Planning ahead in areas like these has been the reason behind KIRO's quick climb to number one.

Justice stated, however, that KIRO is slowly slipping from their number one position in the polls. This is coming about because of tightening budgets, according to Justice, and because station personnel are overly confident about their number one status.

"At this present time," said Justice, "we are just ahead of KING." Justice feels that in order to maintain their number one status they need to continue planning ahead, something that past success and present overconfidence is impeding.

**"If you are a good journalist but no one is watching then you won't last long." Gary Justice**

committee made up of the following four people: the station president, the news director and the two news anchors. Justice, as

the-minute coverage of the news.

The helicopter that KIRO calls "Chopper-7" was also an innovation brought about at this time. Being

Happy Thanksgiving from all of us at

## The Paper Tree Bookstore



**Our Christmas goodies are coming in!**

**Don't forget a Christmas card for that special friend or teacher!**

**Green River Community College**

## Health in the 80's



Judy Names, R.N.  
Green River Health Coordinator

Feeling like you are running on empty? Is your energy level so low that you are dragging from day to day? Everyone has had feelings of fatigue; What is important to realize is that feeling of fatigue can be caused by physical or emotional reasons.

Some of the common factors that can cause fatigue in students include

**Poor nutrition and not eating enough of a variety of foods.** Crash or fad dieting leaves so little in balanced nutrition that muscle tissue can no longer function efficiently and the body slows down to conserve energy. Diets in the 800 calorie range can cause the heart muscle to break down.

**Not getting enough sleep.** Thirty million of us have chronic insomnia and one half of all Americans have problems with sleeping at some time in their lives. Most of the time, this is caused by worry or changes occurring in our lives. When the daytime concern resolves itself, then normal sleep patterns usually return. If sleeplessness is a problem, try some of the following suggestions:

Do not drink coffee or cola, or eat chocolate after 6 p.m.  
Go to bed at the same time each night.

**Stress.** Situations where you feel there are no options or choices, such as a dead-end job or having to do repetitive tasks, can cause a lack of energy. Having no sense of control over your life can leave you feeling fatigued. Some relief can be obtained from:

Consulting a stress therapist for help.

Relaxation techniques. Taking a ten to 15 minute break from studies or work can help to eliminate the all-day feeling of tension.



Photos By Brian Klippert



## Women Gators place first in Region 2

Green River women's volleyball team finally won the game against Lower Columbia in a five game dual that tied GRCC for the first place seat in Region 2-southwest Washington.

GRCC won three of the games while LCCC won the remaining two.

Lower Columbia had the first game 15-9, but the Gators came back to win the next game 15-10.

Game three went to Lower Columbia with a 15-5 lead and GRCC fought back to capture the last two games 15-9, 15-12. This ended with GRCC taking the win.

Despite GRCC's low game point total, Karen Rooth had 20 kills, Renee Parks got 16 kills, Captin Margaret Henry, 16, and Lynette Keehnel contributed to the team win with 13 kills. While Rondau Mathis had 40 assists and Danielle Johnson helped the Gators take a victory with 22 assists, and four aces, with a team total of 7 stuffed blocks and 71 kills.

GRCC's next games will be played at home tonight against Tacoma Community College, and Monday against Lower Columbia. Game time is 7 p.m.

## Cross Country ends season, placing fifth in Championship

In the men's competition, a 5 mile race, GRCC's Brian Jacobsen captured 10th place and 12th was grabbed by teammate Chris Riley. Bud Marshall came in 15th, Lance Docken, 41st place and Steve Duncan finished 56th for GRCC.

Robison, who was hired during the summer of this year, did not feel that he had enough time to recruit team members the way he would have liked. However, he said, "Each of the kids who ran did a very good job. They

performed up to their potential."

GRCC's cross country team ended the season with the championship, coming away with fifth place in Conference standings.

"We were expected to be fourth but I don't feel I prepared the athletes well enough," Robinson said.

He has a positive outlook for track this year, though. Since this was his first year coaching at GRCC, Robinson feels that it was a

learning experience for him.

"Now I have to put cross country behind me and look forward to track," he commented.

Jacobsen, Riley and Marshall are expected to run very well in short distance for GRCC. Robinson said, "This will be a strength for track."

The Green River Community College Cross Country team had a really down day last Friday at the NWAACC Cross Country Championships, according to

coach Tom Robinson.

GRCC had a lot of injuries and illnesses which caused the lack of participation and depth that it needed to place higher in the competition.

Only two women were running in the women's 5000 meter race for GRCC: Jennifer Draughon and Michelle Vigna.

Draughon was running in first place until an attack of hyperventilation caused her to slow down and finish in 17th place. Vigna placed 29th in the race.

## Men's soccer blanks LCCC, Scores 6-0 in season final



Photo By Brian Klippert

Midfielder Sean Bushey puts the pressure on TCC.

Green River Community College men's soccer team tied 2-2 in the

game against Tacoma Community College, traveling to Brannon

Field on Nov. 12.

During the first half, no one scored until the 20 minute mark when Forward Simon Perkins of GRCC scored a goal.

Soon in the second half Bryan Wheatley of GRCC scored, keeping the Gators ahead with a score of 2-0.

But soon Tacoma's Rob Bonds scored 15 minutes into the second half putting them back into the game. Richard Macdavid of Tacoma tied the game on the 70 minute mark of the last second half, that led to a final score of 2-2.

Coach Reno Agostinis stated, "We looked really good during the first half. After the first half Tacoma got together but barely tied us. We had a couple of chances to come back but didn't take them. However, we played an overall good game, but we should of beat them."

The Gators had their next game Sunday, Nov. 16, at Longview against Lower Columbia and "We blew them away," stated Agostinis with a 6-0 win.

This was the game that determined whether GRCC would

make it to the play-offs and so "We played some serious ball," stated Agostinis.

In the first half, Sean Good was an asset to the team by scoring four goals that led the Gators with a 4-0 lead.

When the second half came, the team "Was confident, but scared because we had to win this game to make it to the finals, so we continued to play some serious ball", stated Agostinis.

The team showed their effort when Sean Good came back early in the second half and made another goal. Tom Lewis scored the final score that let the Gators take the win of 6-0.

Agostinis stated, "we looked good. It was raining and windy so it was tough to play, but in spite of all that, we seemed to play some strong soccer and played well."

The team's next game will be the Quarter Finals tomorrow at Skagit.

Agostinis said, "It's hard to predict how we will perform. We have a disadvantage because we will be playing on Skagit's home field."



Photo By Mike Seaholm

Senators pose after the first student senate meeting.

## Senators elected in uncontested race

Senators elected last month ran in an uncontested race in which only two percent of Green River Community College's students voted.

Freshman senators include Dawn Colvin, Stevie Kinster, Marcy McDougall, Monet Melvard and Michael Rico.

Student sophomores filling the sophomore senator positions are Robbyn Navarro and Mark Golliet.

Senator-at-Large spots were taken by Mark Bottorff, Kris Taylor, and David Othus.

Senators are responsible for passing or denying bills brought to them by the Judicial Board. The various clubs on Green River's campus submit the proposals on which the senators vote on.

### Dawn Colvin

Freshman Dawn Colvin ran for a senator position to help promote the student government and to become involved.

"I want to be in the student government to give more and to get involved with the school," said Colvin.

She plans on transferring to Central Washington University and majoring in public relations.

Working in Student Programs, Colvin spends time coordinating the Tuesday Forums.

### Mark Golliet

Sophomore Senator Mark Golliet hopes to give the senate an average 'Joe' perspective.

"I want to be in the senate so the other will become more aware of the average student," said Golliet.

This graduate of Rogers High School in Puyallup hopes to improve the voter turnout. "I want to get people more aware," he said, "and to get more people to vote."

Bottorff is undecided as to his major.

### Michael Rico

Michael Rico started his student government experience in high school as the senior class president.

He became involved in GRCC's program to educate the college. "I hope to inform the students and bring back the students' ideas," Rico said, "I want to be the communication link between the general student body and us."

Rico graduated from Henry Foss High School in Tacoma and plans on majoring in psychology or journalism. He hopes that his running for senator will increase his chances for and student government office next year.

### Marcy McDougall

Marcy McDougall ran for freshman senator to help students become more aware of GRCC's offerings.

"I wanted to get more involved," she said, "to let people know there's a student government." McDougall wants to promote the government so students know more about GRCC.

She works in Student Programs as the special events programmer. McDougall's probable major is public relations.

### David Othus

David Othus, a Senator-at-large, plans to represent the GRCC Radio Station as well as the students here. His immediate focus is directed toward parking problems and the budget committee.

He has heard complaints of inadequate parking space and will "hopefully" help the situation "if at all possible." On the budget committee, he hopes to help the radio station and other organizations expand long term goals include running for Freshman President or Vice President in order to obtain "more power and say."

### Stevie Kinster

Senator Stevie Kinster wanted to view how the senate is run so he petitioned for one of the five freshman senate positions.

"I wanted to see how the senate was run," said Kinster, "I also wanted to see if we could make some changes moneywise. We need to save some money."

Kinster's goal is to reduce the cost of tuition.

### Mark Bottorff

"To get as many clubs on campus as possible" is Senator-at-Large Mark Bottorff's reason for running for senator.

He wants to get as many students as possible involved in activities. Through clubs and organizations, he feels that a great deal of students will be able to participate in GRCC's programs.

Bottorff works in Student Programs as the chairman of clubs and organizations. He hopes his new position will enable him to take established clubs

before the senate to make new clubs.

### Monet Melvard

Monet Melvard, a graduate from Rogers High School, was elected freshman senator.

She stated "I wanted to be involved, and the best way I could see how was to run for senate, especially being I couldn't help in Student Programs. I want to make people know there's a senate and now I can make decisions for the good of the Student Body."

### Kris Taylor

One of the new senators, freshman Kris Taylor, ran for senate "because my friends were getting involved in the government on campus so I decided to, also," stated Taylor. She added, "My goal for this year is to inform the students at GRCC what the senate at large is doing."

As of yet, Taylor has no intended major, however she is considering majoring in the area of fine arts.

## On Campus

### Job workshops available

The job work being held Nov. 25-10 noon in the Olympus room in the LSC, will offer resume writing, interview techniques and job search marketing techniques.

The resume writing will teach you how to communicate your skills and abilities.

Interview techniques will teach you how to present your skills and the job search will tell you the steps to take when looking for a job.

Students who complete the six hour workshop and project can receive one contracted learning credit.

All workshops are offered free of charge to students of GRCC.

To reserve a space, sign up at the student employment office or call 833-9111 ext.318.

### Wolfe receives Moore Scholarship

Patrick Wolfe has been awarded the Terry Moore Memorial Scholarship at Green River Community College.

The scholarship, which provides Wolfe with \$1,500 to cover tuition for two years at GRCC, is awarded annually.

Wolfe plans on a career international trade.

### Blood drive Monday in the Glacier Room

The Puget Sound Blood Drive will be on Monday, Nov. 24 from 9 a.m. and 3 p.m. in the Glacier Room in the Lindbloom Student Center.

Interested students should call Health Services, ext. 330 for an appointment or Don Hallstone, ext. 353

### SEO offers job finding skills

The Student Employment Office in the Lindbloom Student Center, room 122, offers free information about the jobs that are posted in the hall outside the office.

In addition to helping students and alumni of GRCC find employment, The Student Employment Office also helps interested persons prepare a resume, improve job hunting skills and give "mock" interviews.

Office hours are Monday and Tuesday from 9 a.m. to 8 p.m. and Wednesday through Friday from 9 a.m. to 4 p.m.

### Minckler awarded scholarship

Scott Minckler of Auburn was awarded the Jim Shaughnessy Scholarship for 1986-87 school year.

The scholarship will provide \$750 toward his education at Green River.

The Jim Shaughnessy Scholarship is awarded annually by the Green River Foundation to a mature male who is returning to school after time in the military or the work force and who shows motivation and dedication to success.

Minckler graduated from Hellgate High School in Missoula, Montana in 1980.

After graduating, he began

working in various fields from logging to insurance and retail merchandising. Between 1980 and 1984, he worked and attended school at the College of Great Falls in Montana and GRCC.

In 1984, while attending GRCC, Minckler was in a serious car accident, which forced him to leave school. After wrestling with physical rehabilitation for over a year, he was inspired to become a physical therapist and help others to lead normal lives.

In addition to his studies at Green River, he is doing hospital volunteer work to help him prepare for the health profession.

## Classifieds

**Grape plants available.** Early maturing table & wine varieties especially for Western Cascades. Some varieties good for container and patio. \$2 each. Call 631-9825.