



Women earn third, men fourth

# Finnvik captures NWAACC gold

by Kathy Hansen

Green River Community College's Michelle Finnvik captured the Women's Cross Country NWAACC Championship last Friday with a time of 18:21.9 near Clackamas, Oregon to lead the women Gators to a third place tie with Spokane.

GR's men finished deadlocked for fourth place with Clackamas CC.

Finnvik remarked that before this season she did not consider herself an extremely outstanding cross country runner.

"I was surprised. I never really expected it," she said.

In her first cross country season for GR out of Wilson High School in Tacoma, Finnvik had not competed in cross country for almost two years. She placed 15th in AAA State competition her junior year, but was unable to run her senior year because of tendonitis.

Last spring Finnvik ran track for Green River.

Head Cross Country and Track Coach Jerry Russell said he doesn't really know which sport Finnvik is more talented in. "I'm curious," he said.

"I think it's track right now, but Michelle hasn't put the time into track," Russell commented, "She's just beginning to blossom into a good runner. It will be interesting to see how she will do next year."

"I'm glad she's here at Green River," he added.

"She did a super job," he said, "her workouts (before the championships) indicated to me that she would do quite well."

Finnvik had to outpace several women who had beaten her earlier this fall. She finished about 2.5 seconds ahead of the second place runner.

"She has great natural ability, and she just needed the effort to go with that natural ability," Coach Russell commented.

Finnvik has received calls from several four-year college recruiters, but for now, she plans to remain at GR through next fall's cross country season.

"The season progressed exactly as I wanted it to," she remarked, "My goal was to get through the season without any injuries and prepare for track. I was really excited about it."

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DUANE HAMAMURA / COURTESY OF VALLEY NEWSPAPERS

Michelle Finnvik captured the NWAACC first place crown in cross country competition last Friday in Oregon and led the Gator women's team to a third place finish.

## Psychological approach to nutrition given

by Kathy Hansen

On Nov. 12, Green River's Tuesday Forum program presented "Body Image and Self Esteem" with speaker Leslie D. Schwartz, M.A., a teacher and therapist whose experience blends the study of psychology and nutrition.

Schwartz has a private therapy practice in Seattle and teaches classes on a regular basis. She also lectures on special topics like Tuesday's program and develops nutrition education programs for corporations and health-care organizations.

According to Schwartz, more than 50 percent of all Americans feel they are overweight, but a mere 3 percent of all dieters lose weight and keep it off. Also, continual dieters tend to gain weight rather than lose it because of effects long-term dieting has on the body's metabolism.

The speaker stressed several main points in her psychological approach to nutrition:

Thoughts create form, every individual is biochemically different, and eating is a good behavior.

"When people diet, they tend to become more focused on food. They have a sense of denial," Schwartz said. "People who deny themselves begin to lose self-esteem."

"Pretty soon, people disassociate from their bodies, and it (their body) becomes the enemy," Schwartz commented.

The average American female requires 2,000 calories per day to get all the vitamins and minerals the body needs, while the average U.S. male requires between 2,900 and 3,000. Schwartz noted however, that women do not usually consume that many calories daily.

When a person diets the body begins to starve, so it stores up the energy to defend itself, she said. Therefore, the body metabolism slows down and burns calories

at a much slower rate. Then, when a person stops dieting, their metabolism is still slow, and they experience weight gain. Schwartz said this is a common cycle dieters fall into.

"Diets don't work," she asserted.

To build up the body's metabolism, Schwartz cited a few essential steps. First, move a lot, and secondly choose a low-fat, high carbohydrate, moderate protein diet. Also, thinking about your goal to be thinner is important, she mentioned.

"You have to think positively about yourself and do it now," she recommended. "Your body is your best friend."

According to Schwartz, as the body begins to lose weight, other things change, creating an imbalance. "The human body likes to be balanced," she said, and as people begin to lose weight, they may hit a plateau where they don't continue to take off weight as quickly as before. Schwartz

said that this is "very positive" because the body is readjusting to a lower normal weight.

"Don't think you have to do it alone," she said. "There are lots of support groups that can help you."

Schwartz works with individuals in her private practice who have a desire to change their diet for a variety of reasons: to lose weight, to increase energy, to comply with a doctor's diet, or to prepare for pregnancy. She also counsels people with eating disorders, concerns about body image and self-esteem, or a desire to understand how family rules and patterns influence their state of health.

"I help people find out who they are, and then to like themselves," she said.

People interested in counseling may contact Schwartz at 324-0659. Her practice is located at 1720 E. Denny Way, Seattle, Washington 98122.

# OPINION

## Disarmament or human extinction?

Once again the two major powers in the world are having a summit conference. Both Reagan and Gorbachev have been staging a propaganda news media blitz in preparation for the event. It's been quite a show, but it's time to find out the real story. Aside from the standard hoopla, the real emphasis seems to be a desire to reach an agreement to consider limited nuclear war as a political objective.

### Editorial

The bulk of the Soviet Union's economy depends on arms production and military spending. The United States has something called the military industrial complex, and the military triad. If the term military triad sounds unfamiliar, it means the nuclear capabilities of America's Navy, Army, and Air Force. The vulnerability of static land based missiles systems, military inter-service rivalry, and competition for fiscal budgets has led the world even closer to the brink of global suicide.

Some years ago the United States and Russia agreed that the best way to prevent nuclear war was to have the capability of mutually-assured destruction, commonly called MAD. The theory went that one side wouldn't dare launch a first strike because the other side would retaliate, guaranteeing the destruction of both sides. America has around 60,000 warheads, the Soviets have some 20,000.

The problem with the MAD policy was that after acquiring the ability to destroy our planet four times, these massive weapon systems had made entire industries and branches of the military obsolete. The reason for this is mobile tactical deployment delivery systems, nuclear aircraft carriers, submarines, cruise missiles, and so on. Land based missile silos became fixed targets with a one shot life span.

So the great thinkers of modern times reasoned that the destiny of the world should proceed in the following manner.

Russia feels it is necessary to have huge armies posted on the borders of Western Europe. Western Europe doesn't want an in-depth conventional defense system because of cost and its potential to lay waste their countryside. Therefore, America must have a nuclear umbrella to protect Europe and other places by blowing it up if Russian tanks should

roll. Russia considers this unacceptable, therefore they need a nuclear force so they can do the same thing. Besides, during their entire history Russia has felt inferior to everyone else, so nukes definitely make them a big shot.

Finally, since so many people are already getting killed, why not destroy the other guy's homeland so he can't stand in our way any longer? But wait! Stop right there! We do not need that anymore. If we reach a disagreement in the territory of a third party, we'll use our nukes there, stop . . . and negotiate. Since the leaders on both sides are reasonable men, nuclear war won't go any further. Yet, if the argument does get a little brisk, we could destroy a city or two on each side, stop . . . and negotiate. This way economies will prosper, no one military branch will feel left out, everyone will get a good fiscal budget, and best of all, our leaders can have that intense feeling of power that accompanies the knowledge they can murder millions of people by pressing a button.

Sorry Mr. Reagan, sorry to you too Mr. Gorbachev, but it won't work. As leaders, the two of you should have read the military's table of organization and equipment. In there you would have found that nuclear tactical command lies exclusively in the hands of the military field commanders. The military leaders high and low on both sides of the world are committed to "use your weapons or lose them." There is no way a limited nuclear war will not grow into a complete global exchange. Civilians decide on using nukes; the military controls their use (that is to say, no control).

There are only two real options left in the world today: universal nuclear disarmament, or human extinction. One must think that surely, there are enough people in the world who are not so mentally unbalanced as to choose human extinction. When we die, we lose at most, a few decades. However, with us dies the entire human history of struggle, tragedy and triumph. More terrible than that, our future, the uncountable millions of children who were to come after us, will never be.

Perhaps it really will take divine interception to force our leaders to have a lucid view of the world. I wouldn't hold my breath, but who knows?

—Bill Jernberg

## Green River rampaged by Rhinovirus

### Health in the 80's



Judy Names, R.N.

Green River Health Coordinator

There are 200 cold viruses and most are called rhinoviruses. They are carried through the air by cough or sneeze droplets. Each virus has its own incubation period,

and the best way to find out how long recovery will take is to ask friends. Find out what is going around.

Colds usually last about a week and cause symptoms such as runny nose, aches, sore throat, and fever. Some people get dizzy and feel faint. Hoarseness or cough may remain after the other symptoms disappear.

Symptoms develop in one to three days after the virus gets into the body. A cold can be passed two days before the symptoms are noticed.

Colds are not as contagious as people think, and a healthy person catches a cold only after prolonged contact. Immunity to the virus causing the cold can last for three

to four months, however, other viral infections can occur.

Four ways to avoid catching colds are:

1) Keep up natural resistance by eating a balanced diet, getting plenty of rest, and exercising.

2) Keep the living environment humidity up.

3) Keep away from colds by avoiding crowds and people who are sick.

4) Cut down or quit smoking. Smoking irritates the mucous membranes and lowers resistance to disease.

If a cold is caught, then apply home

treatment which includes rest, Tylenol for aches, and drinking lots of fluids to help reduce a fever. A vaporizer will help keep secretions moist so that coughing is easier. Chicken soup helps against dizziness because it is high in sodium. For an uncomplicated cold, injected or an oral antibiotics should not be taken. If symptoms last beyond two weeks, a doctor should be consulted.

### Wellness Tip

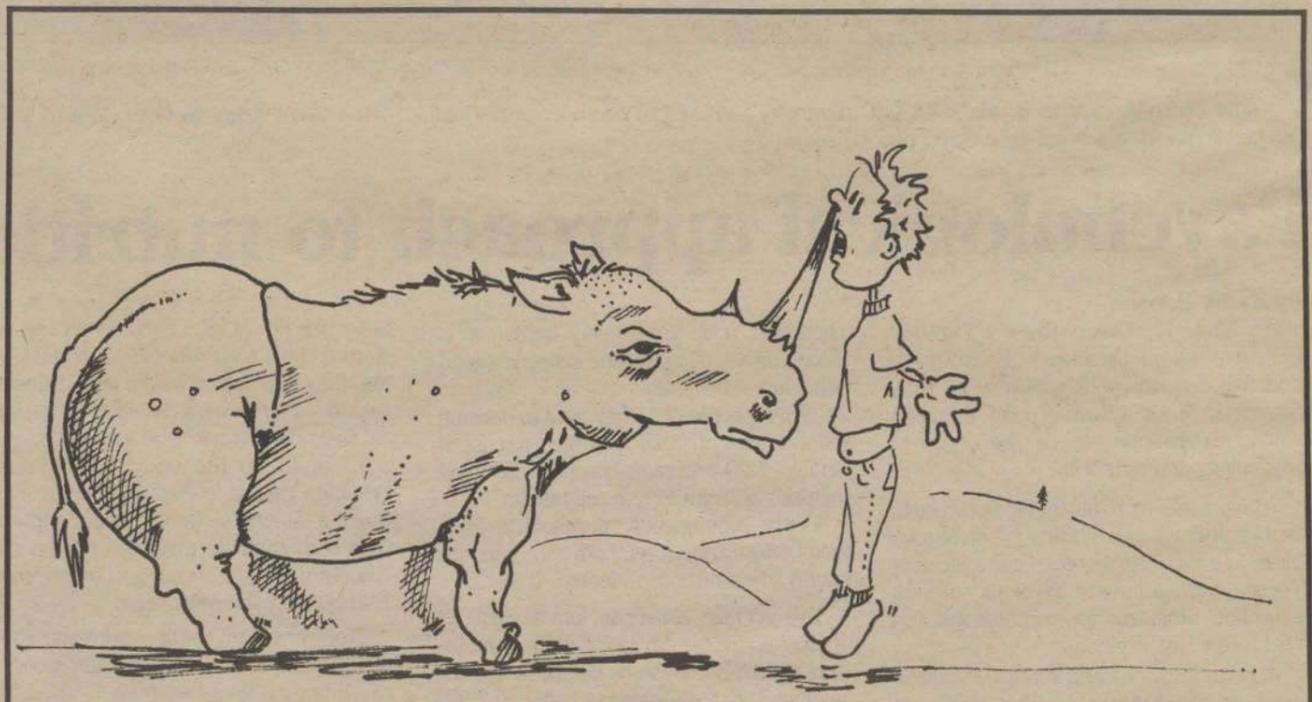
The blood drive is next week and volunteers are needed. Give the gift of life and sign up. The drive is on Nov. 21, 1985 in the Glacier Room.

## CURRENT

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The Current welcomes all letters concerning subjects of general interest. Contact Current office for editorial policy.



LONG TERM EFFECTS OF UNTREATED RHINOVIRUS

## Former Miss Auburn, GR student, dies

by Myrtle Rogneby

Ellen Hudson, 22, graduate of Green River and Miss Auburn of 1984, died Monday in Seattle. She had battled Hodgkins Disease, a form of cancer of the lymph nodes, since 1983.

Since her admission to Virginia Mason Hospital four weeks ago, Hudson had struggled against two types of pneumonia. In July she had begun chemotherapy against the recurrent cancer which had been treated in 1983 with radiation therapy.

A Renton resident, Hudson was graduated from Renton High School in 1981. She entered Green River in the fall of 1981 and graduated with an associate of arts degree Spring Quarter, 1984. She was enrolled in the Fort Steilacoom Community College dental hygiene program at the time of her death.

Hudson had been a Seafair princess and a runner-up to Miss Auburn in 1983. She was a student at Green River at the time she was crowned Miss Auburn in February, 1984.

She is survived by her parents, Helen and Henry Hudson of Skyway.

Funeral services were Thursday at Renton Lutheran Church, of which Hudson was a member. Burial followed at Mount Olivet Cemetery in Renton. Remembrances to the American Cancer Society are suggested by the family.



## GRACC tackles "The Big One"



### GATOR-AID

Letters to GRACC (pronounced Gracie) may be dropped in the green box in the lobby of the Holman Library.

Please note, there is a new letter box at the LSC. It is located upstairs by the candy counter, painted green and marked "Letters to GRACC."

Dear GRACC,

Recently I met a guy who is really super. I found that I really care for him a lot. And he's told me that he loves me. Can you explain to me what love is? I've been told that love is a lot of different things. I'm confused.

Confused about love

Dear C.A.L.

The reason that love is so difficult to explain is because it means different things to different people. They can only explain it as it relates to them which confuses everyone else.

The best way I can think of to personalize it for you is to use your "best friend" as an example.

The main difference between "true love" and "true friendship" is the sexual attraction. Other than that, the same stages occur before the relationship reaches its full potential. So, try to remember how you and your best friend got to be that way.

In the beginning, you were probably not sure of each other. So, you were on guard, best foot forward, letting the other person see only the side of you that's most socially acceptable. This same stage occurs between opposite sexes. It's love in its embryonic stage. And the chemistry that drew you together can be described as specifically excited hormones looking for a way to celebrate. But, like any kind of excitement, it rides high for awhile until it either peaks and fizzles out, or moves upward to a new level.

In the case of true friends, remember when you began to be more comfortable with one another, let your guard down, and

were able to just be yourselves? Well, this is the stage that makes or breaks a relationship. It will not extend beyond an ability to tolerate each other's faults and imperfections. As an example, some of your casual friends might have been best friends if certain habits didn't get on your nerves.

It is not until this critical stage that the bonds that formed earlier in the relationship strengthen, or weaken, perhaps even break. Before this infancy stage, there is not enough fact to predict the outcome of the relationship with any degree of accuracy. It's here that you get to know the whole person, not just the best side, the carefully controlled side. And you can hardly love a person for long whose habits annoy or aggravate you.

So, it isn't until the third stage of a relationship that there can be any true commitment. It's the mature or survival stage; it's passed all the tests. There is depth to the feeling of caring. There is trust and loyalty and true concern for each other's well being. Together, you're at ease and yourselves. Most decisions are mutual, each person respecting the needs and rights of the other. There is a strong sense of unity. None of this happened overnight, it occurred naturally over time.

Well, the love relationship isn't much different, it's just more powerful and involves a deeper commitment. Love is knowing each other and caring about each other and being able to accept each other, faults and all. Love holds a future and love elevates a relationship to its highest plateau. It's worth waiting for. If you haven't reached stage three, you're not quite there yet. Be patient.

Dear GRACC,

Where do I get a crystal ball so I can know in advance when registration is gonna (sic) crop up? I just got the notice that it starts next week.

Don't those people know college students don't run around with a couple of hundred spare dollars, and not everyone has a Visa or Mastercard? Some people only get paid twice a month and have to save between paydays for tuition.

I wasn't expecting to register until December, like last year. This short notice lacks any consideration for the welfare of the students, and somebody should call it to their attention. Fuming and Starving

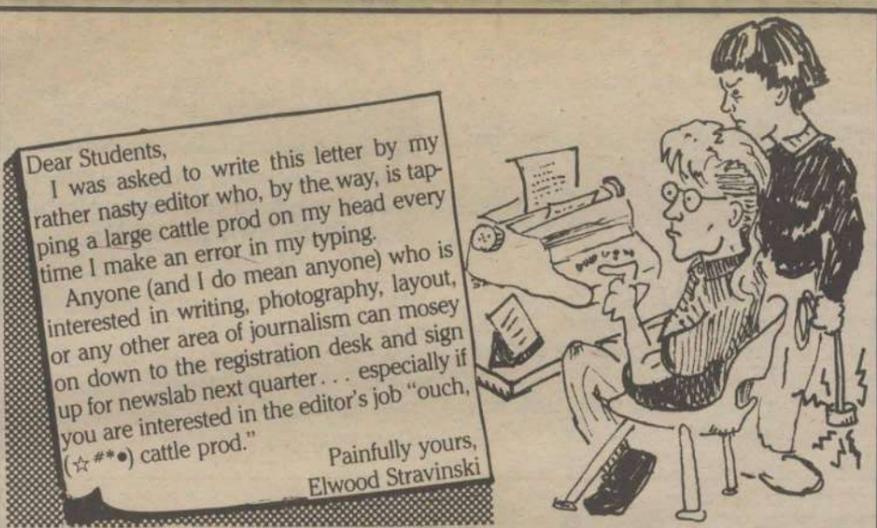
Dear Fuming

You just did. In fact, I don't know why registration week can't be included on the

student calendar. That way we'd have three months to save or plan to start saving.

Maybe the finance committee can give us an answer or a reasonable excuse. This short notice is going to create problems for a lot of people.

By the way, I couldn't locate a crystal ball that would forecast spring registration. Sorry.



## Let Bhagwans be Bhagwans

### Elwood's Column by Elwood Stravinski

Before I begin my column I would like to express a little anger and ask forgiveness. "2 x 3 = 2 x 2 x 2" appeared in my last column. Anyone with a third grade degree in math knows that this is incorrect. When it was called to my attention that it was printed this way, I got so mad I could have spit (notice I said printed; the true error rests with my not-so-exclusive secretary). PLEASE FORGIVE ME.

Today's topic, boys and girls, deals with a man who really knows about specialization, the Bhagwan Shree Rajneesh. (I figured I'd better write about him before it gets out of style.) I personally think the guy is as neat as candied popcorn.

Let us analyze what "The Big Bhag" has done: 1) established his own religion — with devout followers, 2) made a really neat dress code of assorted colors like red, red, or even red, 3) bought one-quarter of the Rolls Royces produced in 1985, plus one semi to haul them from the port. Hey, how can you get down on a guy who buys a town? Golly, why do people pick on a chap who makes lots of money no matter what the cost (the



great American dream of the eighties)? He's not encroaching on religious turf; studies show that church attendance is on a heavy downswing.

Heck, he's an entrepreneur with his own niche.

I think folks just got jealous. The Bhagwan even shows the world his true enlightenment by not ranting and raving on TV, but if you ask me, 60 milligrams of valium a day is a high price to pay for inner peace.

We are witnessing a new surge of morals: HOORAY for the Moral Majority, YIPPEE for a new feeling of nationalism. At least the Rajneesh doesn't support Apartheid.

# SPORTS

## Soccer machine primes for playoffs

GR shares

NWAACC lead

by Kathy Hansen

The Green River soccer team was downed 2-1 by Skagit Valley's Cardinals in Mt. Vernon on Wednesday to drop the Gators back into a tie for the top spot with Skagit in the Northwest Athletic Association of Community Colleges with a 9-3-2 league record. The team blasted Lower Columbia last Saturday 5-1 at home.

Around the league Bellevue downed Shoreline 1-0 to take over the second place position in league competition. Shoreline dropped to third.

Shoreline must still face Skagit tomorrow, while GR takes on Edmonds at Troy Field in Auburn before both teams head for next week's NWAACC playoffs.

Individual statistics for the Skagit game were not available at press time, but according to team members, GR scored a goal in the first half, but it was called back by the referees. In the fourth quarter, Joe Ness reportedly scored on a penalty kick.

Although GR's Head Coach Dan Pingrey was unavailable for comment before presstime, he commented on Tuesday, "It should be our toughest game yet. We are fighting for a championship, and they are fighting to stay alive. They have to beat us to get into the playoffs, and they can't tie us, they have to win."

Pingrey said of the Gator's league championship hopes, "They have worked hard for it."

The team hosted Lower Columbia last Saturday, beating them 5-1 at Troy Field, near Auburn High School.

"They played fantastic," Coach Pingrey said, "It was one of the best games we have played all season except for Bellevue."

"We're knocking the ball well," he remarked, "The defense has jelled."

"We are making less errors," he said.

Pingrey also credit the offense and mid-field for fine showings against the Red Devils.

Forward Keith Vilhelmsen, who leads the NWAACC in scoring this season, got the Gators on the scoreboard one minute into action off of Bill Guion's ninth assist of the season.

Guion then scored for GR on a double assist by Eric Guise and Shawn Stoner. Guise, in turn, then knocked in another goal of his own, unassisted.

Midfielder Brett McGinnis passed the ball off to Vilhelmsen for GR's final goal of the



Green River's Stuart Lamarr (20), Eric Guise (top), Shawn Stoner (bottom), Simon Perkins, Keith Vilhelmsen (17), Shawn Berglund and Kenny McMullen celebrate a goal in last week's Bellevue game. The Gators lost 0-1, but retain a share of the NWAACC lead.

FILE PHOTO/THE CURRENT

contest.

LCCC scored its sole goal of the game with about five minutes remaining.

"We got some really great compliments from the other team," Pingrey said of LCC, "They said we were the best community college team they have ever seen."

Game time against Edmonds tomorrow is 3 p.m., and although the Tritons are in the lower part of league standings, Pingrey noted that the Gators will be taking the game very seriously because they could be a spoiler team for GR again like they were one year ago going into the playoffs.

## Finnvik

continued from page one

About the women, Russell commented, "We are up to this year's potential. I was glad we got into the top three." Initially, both the women and men placed fourth with the same point total as Spokane and Oregon, respectively, because there is no rule to break ties in NWAACC Cross Country, so a high school rule was used.

Frank Buzzoni, Washington athletic director contacted GR Athletic Director Harry Beggs and Russell to inform them that GR's women would be awarded a tie with Spokane CC. Clackamas was awarded a fourth place tie with GRCC's men. The college will receive a trophy soon, according to Russell and Beggs.

Dan Salazar placed 33rd in NWAACC competition.

"It's a really flat course. It's more of a sprinter's course," Salazar commented, "It was good. We ran good."

According to Russell, the conference was "very tough this year. The teams were far, far superior this season. It was very competitive."

Russell cited aggressive recruitment and older colleges with more developed programs as two factors in the competitiveness of the conference.

Russell also predicted that this year's young team will develop into a strong program by next fall.

## NWAACC Sportsfest '85

by Kathy Hansen

The Northwest Athletic Association of Community Colleges will present Sportsfest '85, which includes the conference championships for women's volleyball, men's soccer, and GRCC's Men's and Women's Basketball Tip-Off Classic.

With both the volleyball team and GR's soccer team as probable league champions, the festival will provide the crowds with a chance to watch the Gators battle for repeat NWAACC Championships. The basketball tournament will feature four men's and four women's teams in a preseason preview for hoop fans.

The netters will try for a repeat performance of last season's State Championship title, while the booters attempt a shot at the championship after being knocked out of the semi-finals and placing third.

According to Harry Beggs, Green River Athletic Director, tickets are \$3 per session, but free tickets will be available through the GR Student Programs Office. Burger King of Kent, which includes the Midway location and both Puyallup BK's, donated the tickets. Each ticket also has a coupon for a free Whopper on the back good until Jan. 31, 1986.

### GRCC Men's & Women's Basketball Tip-Off Classic

Green River Community College

**November 29 Session:**

2 p.m. & 7 p.m.

**November 30 Session:**

2 p.m. & 7 p.m.

### NWAACC Men's Soccer Championship

Auburn High School Troy Field

**November 23 Session:**

noon

**November 30 Session:**

6:30 p.m.

### NWAACC Women's Volleyball Championship

Highline

Community College

**November 29 Sessions:**

9 a.m. & 1 p.m. & 6 p.m.

**November 30 Sessions:**

9 a.m. & noon & 8 p.m.



Head Coach Becky Stanczyk and assistant coach Dana Hiller discuss strategy with several members of GR's netter line-up. The team is a shoe-in for the league title. With only two matches left, they grip a 10-0 league record. FILE PHOTO/THE CURRENT

## Netters 10-0 prepare for playoffs

by Kathy Hansen

As the Green River volleyball team approaches the final two league matches of the '85 season with an unblemished 10-0 league record, many have begun to speculate on the netters' chances for a repeat performance of last year's State Championship.

Head Coach Becky Stanczyk commented that it is getting tough to take the season one game at a time, which has been one of the team's goals all season.

"It's getting hard, but we have to get through league and finish strong," she said.

The Gators slammed Lower Columbia CC 3-0, last Saturday and clobbered Clark Wednesday 15-5, 15-7, 15-4 at home.

Of the Clark matchup, Stanczyk said, "We played really well. I don't think they were as tough as we thought they would be."

Yvette Henry tallied seven kills and three stuffed blocks, while teammate Cathy Stansell earned 21 assists on the night.

Marla Cremeen racked up 10 kills and four stuffed blocks and Jodi Kasowski knocked in eight kills for Green River.

The team took on non-league rival Highline CC last night, but results were not available at press time. GR faces Bellevue tonight at 7 p.m.

Next week, the Gators will go on the road for their final two league contests on Wednesday against Centralia and Ft. Steilacoom on Saturday.

### NWAACC Sportsline Statistics

all standings are through 11/11/85

#### SOCCER

NORTH	W	L	T	P	G	F	G	A	S	O	SOUTH	W	L	T	P	G	F	G	A	S	O
<b>Green River</b>	9	2	2	20	42	16	4				Tacoma	7	3	2	16	28	12	4			
Shoreline	8	3	2	18	33	19	3				Ft. Steilacoom	5	4	4	14	30	29	0			
Skagit Valley	9	4	0	18	29	10	6				L. Columbia	3	6	3	9	15	29	1			
Bellevue	8	4	1	17	26	11	6				Spokane	3	7	2	8	17	28	1			
Edmonds	4	8	1	9	23	38	1				Clackamas	1	9	1	3	8	44	0			
Everett	2	9	2	6	15	28	0														

#### VOLLEYBALL

NORTHERN	WESTERN	EASTERN	W	L	SOUTHERN	W	L
		Spokane	8	0	Mt. Hood	8	1
		Walla Walla	6	2	SW Oregon	8	1
Highline	11 0	<b>Green River</b>	9	0	Blue Mt.	4	4
Edmonds	6 3	Clark	7	1	Columbia		
Shoreline	6 3	Ft. Steilacoom	5	3	Basin	2	6
Bellevue	6 4	Centralia	5	4	Yakima		
Skagit	4 6	Lower Columbia	2	6	Valley	2	6
Olympic	2 9	Grays Harbor	2	6	Big Bend	2	6
Everett	0 10	Tacoma	0	9	Linn-Benton	4	6
					Umpqua	2	7
					Lane	1	8

### GRCC Intramural Statistics

All standings are through 11/13/85

#### 3 ON 3 BASKETBALL

Team	W	L	F	*
<b>Slow Break</b>	7	1		
I Don't Know	3	3		
Gators	4	4	1	
One Step Behind	2	6		
Waffle Town Saps	4	3		
Chemistry A	0	7		
GR Killers	1	7		
<b>Number One Seed</b>	7	1		
<b>Chemical Mutants</b>	7	1		
Rock But No Roll	3	5		

#### VOLLEYBALL

Team	W	L	F
Waiters	9	5	
Oldies But Goodies	8	6	
Gators	10	4	
Spectators	6	8	
<b>Pet Shoppe Boys</b>	14	0	
No Name	2	12	
Blackstew	3	11	
The Unknown	4	11	

\*Forfeits

#### FLAG FOOTBALL

League A				League B		
Team	W	L	F*	Team	W	L
Monsters of Midway	2	3	1	Beaver Pelts	3	3
Goonie-Goo-Goo's	3	2		Raiders	2	3
<b>Mutants</b>	5	0		<b>Cherry Pickers</b>	4	1
KGRG Commando's	2	3	1	Leftovers	3	3
GR Killers	3	1		Samuries	1	4

\*Forfeits

## GENERAL NEWS

## Abba Eban wants negotiations, not war

by Denise Ko

Abba Eban, Israeli diplomat, said in a speech at GRCC last Thursday "The lesson of the Lebanese experience will warn Israel of what will happen to us if we were to foolishly incorporate into Israel 1,300,000 Palestine Arabs against their will."

Eban is head of the Key Knesset, Foreign Affairs and Defense Committee, Israeli Parliament, and was a key person in helping Israel to become a nation. He was speaking of the possible war that will develop between Israel and the Palestine Arabs within its borders if steps toward negotiations are not taken and followed.

He remarked, "A war for the liberation of non-Israelis from Israelis will occur. After such a war, which we would win, negotiations would be started — so, we say if there is going to be negotiations why not negotiate before the war and without the war?"

Eban believes that although Israel would win militarily, 120 nations will give their sympathy to the Palestine Arabs."

“ . . . to force the Palestinian people to be a part of Israel, is to invite war. ”

According to Eban, 38 percent of Israel's population is part of a foreign nation, being Palestine Arabs, without civil rights. He said "In 1985, you cannot have a free democracy governing a large population against its will."

He said that the two major political parties are seeking a solution to "separate from the Palestine Arabs on the West Bank and improve our boundaries to the extent necessary for our security, because our security comes ahead of everything else."

Eban advocates the establishment of a de-militarized Jordanian-Palestinian state on the West Bank and in Gaza in order to "stop a volcanic eruption ready to take place. We must take the risk because the existing situation is intolerable."

He also said, "Not to change the present situation and to force the Palestinian people to be a part of Israel, is to invite war. Holding Palestine Arabs under our jurisdiction, with no civil rights or equality and against their will by military force, creates a structure that can't maintain itself, two entities that can't grow together."

Eban also criticized with disgust, the Rabbi Meir Kahan, a member of the Knesset, for his "solution" to the Palestine Arab problem. Eban asked, "Did anyone, two or three years ago imagine an Israeli Party of even one member advocating the Nuremberg Laws of Hitler, talking of the expulsion of 2 million Arabs, expressing racist exclusiveness or holding meetings in the middle of Jerusalem and Tel Aviv which begin 'Good afternoon Jewish citizens and Arab dogs?'"

Eban remarked that the president of Israel said of this doctrine (hatred and persecution), "It is the biggest disgrace to Jewish history since the destruction of the Jewish temple."

Eban said, "Hitler must be laughing in his grave" and commented that he supports a law to rid Israel of racist political organizations. He said, "If the Federal Republic of Germany can have a law against a Nazi Party presenting itself, then the Israeli Parliament can have such a law."



DAVID BAUS/THE CURRENT

Abba Eban told Lindbloom audience, "Terrorism is a flight from politics; it is impossible to negotiate and shoot at the same time."

In reflecting back on the Lebanese war, which divided Israel for so long, Eban remarked that the Israel nation was now united in the conviction that "this was not a successful enterprise, but instead, the least successful that the Israeli government ever initiated."

He said, "When a democratic country finds itself involved in a military operation in which the loss, anguish and damage far transcends any advantage or compensation, the only courageous action is to cut off, disengage, and give your history a new direction."

He commented that there is life after failure; there is a history after a decision to move out of such a situation. He said, "There is an American history after SE Asia, a French history after Algeria, a British history after Suez and an Israeli history long after the nightmare of Lebanon is left behind."

He declared, "Nothing is to be gained from any sojourn in Lebanon — certainly no need for Israel to waste its forces or lives in order to remove the Syrians from Lebanon." He also said of the Syrians, "As far as we're concerned, they can stay there

as long as they like. The best thing you can wish for an enemy is for them to stay in Lebanon."

Eban then quoted a Yiddish curse, "May all your teeth fall out but one and you get a toothache."

Eban returned his speech to the problem of Palestinian representation and non-existing negotiations overshadowed by terrorism.

Israel's indictment of the PLO is terrorism, "It is their alternative to negotiations, they prefer the bombings," he said.

"Terrorism is a flight from politics; it is impossible to negotiate and shoot at the same time," Eban remarked.

He stated Israel is "entitled to our sovereign obsession of security."

He added, "Israel is the only state in the international community that has not known a single month of peace in all the years of its national independence. Why shouldn't we be obsessed with security when we have the horror and death in our history to look back upon. How can we not feel this way?"

He discussed the danger of terrorism and the psychological effect it has on a country. He used Tehran and Beirut as examples of U.S. humiliation because of terrorism. He commended the recent anti-terrorist success in intercepting an Egyptian aircraft preventing terrorists from escaping to freedom, which Eban said "helps to restore a psychological balance to the country."

Eban also discussed topics including the economic problems in Israel and the safeguarding of the Egyptian treaty.

In ending Eban stated, "Our burdens are heavy and we cannot bear them alone."

He stressed his nation's plea to friends across the world: "Do not abandon us in the middle of the road. Stand constant with us,

in purpose, until the obstacles are surmounted and the task is done."

Julie Lucas, a GRCC student who lived on a Kibbutz in Israel for a year, commented on Eban's speech during an interview following the lecture.

"I basically agree with what Mr. Eban said; most of his points were well taken. I do not believe, however, that it would be feasible, practical, or humane to force the Palestine Arabs to form their own state as they feel Israel is their home too. I am hopeful that negotiations will exist and another alternative is established."

Remarking on her own experience in Israel, she said, "I was on the Kibbutz Gonen and Hagoshrim, and while I was there, bombings were taking place. The surrounding area of our Kibbutz was bombed, before the Israeli invasion of Lebanon, by the PLO."

Lucas also stressed, "After living there, I have a deep love and concern for the people of Israel, and I also see the points raised by the Arabs. Returning to the U.S. has not removed the bond that I now have with Israel."

Glenda McGillivray, also a GRCC student, commented, "I lived in Israel also for a year on the Kibbutz Hulata and Dafna. The Arabs thought things were getting better and were trying to get along — but I agree with Eban that they need their own state." McGillivray said "I'm glad to hear that Israel is trying to negotiate with Jordan as they can't keep co-existing as it is. I hope the Palestinians obtain good representations and the negotiations are productive."

McGillivray also maintained, "Because of being in Israel, I now realize the complexities of peace. I'm concerned with obtaining peace in the Middle East because it is vital to their survival — and I believe it is also vital to the rest of the world."

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# Reception culminates Vets Week

by Denise Ko

The Glacier Room was filled with GRCC faculty, staff and students last Friday afternoon, in a non-alcoholic reception to honor veterans and to thank all who participated in Veterans Awareness Week, sponsored by the Veterans Club on campus.

Among those attending were Auburn Mayor Bob Roegner and State Rep. Ernest Crane. Crane is a veteran who served in WWII, infantry, and in the Korean War, counter intelligence in Japan. Roegner said he was not a veteran because of health reasons.

Rich Garmon, president of the Veterans Club, opened the reception by thanking all

those who helped in the making of Veterans Awareness Week. He then introduced Cora Vincent from the State Employment Securities Office, Department of Veteran Services.

Vincent said, "I want to compliment Green River Community College's Veterans Club for making the effort to have a Veterans Awareness Week, and for everyone who participated in order for it to be a success." Vincent also presented Garmon with a check, saying, "This is our contribution towards establishing a Veterans Memorial on your campus."

B.J. Moody, vice president of the Veterans Club, also gave a brief speech. She stated,

"This reception is the closing of our Veterans Awareness Week and the beginning of veterans weekend in our community. We (veterans) are a major part of our country and society and are due the recognition we receive. America is the home of the brave and land of the free because of us and people like us."

Most of those in attendance were veterans and the informal gathering gave an opportunity for many to share their peacetime and wartime military experiences, with some boasting and laughing.

Mayor Roegner commented on the Auburn veteran festivities, mainly the an-

nual Veterans Day Parade, and mentioned last year's highlight, "when all the other veterans in the parade stopped to applaud the Vietnam Vets."

He said, "I am pleased to be here. I think it is great that Green River has had a Veterans Awareness Week this year.

Crane also commented that he was "delighted, especially being a veteran myself, to be here." He said "on behalf of the Legislature and the people of the State of Washington, I congratulate those who thought and planned this Veterans Awareness Week, and I hope they will continue to recognize veterans this way in the future."

## Faculty association works together for solutions

by Marion Meyer

Nancy Moore has been Green River's representative to the Faculty Association of Community Colleges (FACC) for four years and is currently serving her second year as FACC's chairperson.

Moore graduated from Washington State University with a bachelor of arts degree in social science and a masters in speech. She later attended the University of Washington where she earned her doctoral candidacy in speech communications. She started teaching at Green River in 1965 after attaining her masters.

FACC is both a network and a cooperative solution program in which the 27 community colleges in Washington can share information and work together to find possible solutions to any weaknesses that an individual campus may have. It is a link connecting community colleges that improves the quality of each individual system through comparison to the other systems in the network.

One project FACC completed recently dealt with college grading systems.

Members found they could encourage decimal grading capability in software of Washington's community colleges' computer consortium. Now any campus can use a decimal-based grading system instead of a letter-based system.

The association's present project deals with the exploration of faculty development.

One FACC representative is elected by the staff of each campus. These 27 representatives select the group's officers.

The representatives meet eight times a year at a different campus for each meeting. They are greeted by the president and a board member of that campus. After a tour of the campus the group is provided with information about the programs, both old and new offered there.

At each of these meetings, the representatives meet with Gil Carbone, who is the staff liaison. He shares information, both on the community college level and on the board level of the FACC, about the current projects with the representatives.

## Outdoor Programs wants ideas

by Karla Reece

We're here to serve the students, says Rodney Overgaard of Outdoor Programs. "We just need to hear what they want," adds Mark Harris, also of Outdoor Programs.

Outdoor Programs needs input from the students of Green River about what they are interested in and what they would like to learn in the outdoors.

Green River has a reputation for its good trips to Ocean Shores. Because of this reputation, Outdoor Programs from Central Washington University is making tentative plans for a trip in the near future to Ocean Shores with Green River. The schools will then join forces again on Memorial Day weekend at Lake Chelan.

A week-long trip is planned for Dec. 14-21 to Steamboat, Colo. for skiing and playing in the snow.

Outdoor Programs has also put together a one-day trip to Leavenworth for the annual Christmas festival, complete with a variety of bavarian-style shops, food, and entertainment.

Future trips include ideas for a weekend snow trip with showshoeing, innertubing, and cross country skiing.

Also available from Outdoor Programs are downhill and cross country skiing lessons for both beginners and advanced students.

"We need people who have ideas for good weekend trips and activities. We're open to any suggestions, just some ideas to throw around. We've even thrown around the idea of a trip to Fort Lauderdale for spring break and possibly a trip to the 'Great White North'—Canada," said Harris.

Outside of putting together trips and activities, Outdoor Programs also rents anything from frisbees to goldpans, to tents and cross country skis, and basically anything needed

for camping. "All of the equipment is in great shape. Some of it is in the original boxes—never used," states Harris.

A resource library with maps and books concerning the outdoors is also maintained for students.

The main idea of the trips is to facilitate friendships, to get people with the same interests together, and to be affordable to the average student at Green River. "Above all," said Overgaard, "we want people to get involved."

For more information about trips, rentals, or ideas concerning future activities, Outdoor Programs can be reached at ext. 271.

## Variety for scholarships

The Auburn Rotary Scholarship Show will be Friday, Nov. 22 and Saturday, Nov. 23 at the Auburn Performing Arts Center.

Cliff Lenz of channel five TV will emcee the show. Featured will be Diane Schuur, a jazz singer who grew up in Auburn, folk singers Reilly and Malone, and the Green River Music Company.

Tickets will cost \$10 for adults and \$5 for students. Tickets are available from Clark Townsend or Bill Taylor on campus or by calling 939-7950. A few tickets will be available at the door.

Students will benefit from the show through the Auburn Rotary Scholarship Program. The Green River Foundation will receive one third of the Auburn Rotary's scholarship funds this year to fund scholarship programs.

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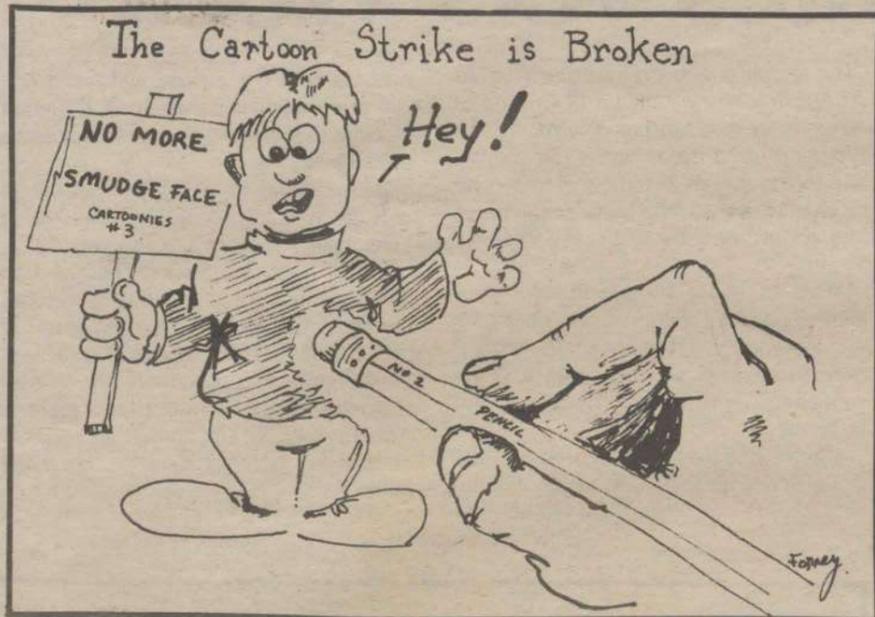
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# GENERAL NEWS

## Fornography



## Faculty to receive salary deferred by legislature

by Myrtle Rogneby

A \$338,000 pay settlement is due some members of the Green River Community College faculty. In executive session, Tuesday, Nov. 5, the Green River Board of Trustees acted to agree with the United Faculty Coalition on the issue of pay raises deferred by the legislature in 1982.

Clark Townsend, assistant to GRCC President, Rich Rutkowski, said, "It is now a matter of finding a way to fund a \$338,000 settlement." Townsend said that the back pay with accumulated interest

would go to faculty who were here between Oct. 1, 1982 and June 30, 1983.

Payment of the deferred salary increases will be made "as soon as feasible, but no later than June 30, 1987," according to Townsend.

Green River instructors, together with faculty from several other community colleges, went to court to secure contracted salary increases for which the legislature had voted to postpone payment. The court ruled in favor of the faculty.

## Classifieds

Classified ads in the Current are offered as a service to students, faculty, and staff free. Copy must be in to the Current office by 3 p.m. Monday of the week the ad is to run.

**HELP WANTED:** Banquet waitresses and dishwashers needed. Contact Rose Neuroth in LSC cafeteria.

Portraits black and white or color charcoal pastel. Offer price. Great Christmas gift. Call Debbie at 833-2651 evenings and 833-9111 ext. 250 days.

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**JOBS FOR ARTISTS** - For more information please send a stamped self addressed envelope to C.Wood, P.O. Box 161, Sumner, WA 98390.

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M.C.: I'm sorry.

## TOP-TEN ROCKDOWN

The ten most requested songs on campus radio station 90 FM KGRG for the week ending November 10, 1985 are:

1. Az Iz - *Talk Dirty*
2. Motley Crue - *Home Sweet Home*
3. Simple Minds - *Alive & Kicking*
4. Rush - *Grand Designs*
5. Jan Hammer - *Miami Vice Theme*
6. Wang Chung - *To Live & Die in L.A.*
7. Artists United Against Apartheid - *Sun City*
8. ZZ Top - *Woke Up with Wood*
9. INXS - *This Time*
10. Starship - *We Built This City*

The KGRG Request Line number is 833-5004.

## Downstream

### PLU coordinator to answer questions

Pacific Lutheran University Transfer Coordinator, Camille Eliason, will be visiting Green River Community College to meet with students who have questions about admissions, course selection, transfer of credits and programs at Pacific Lutheran University. She will be located in the cafeteria, from 5:30 p.m. to 7:30 p.m., Nov. 19, 1985.

### Hiking Club to meet Nov. 25

The Green River Hiking Club will meet Monday, Nov. 25 at noon in the St. Helens Room in the LSC. Nov. 21 a display of hiking equipment will be on display in the lobby of the LSC.

### New Scholarship for Minority Students

A \$1,000 scholarship for the 1985/6 academic year will be awarded to a minority student. Applications are available in the Financial Aid Office and in the Minority Affairs Office. Deadline is Nov. 15.

### Smokeout coming up

Nov. 21 is the "Great American Smokeout." Smokers are encouraged to quit smoking for that day.

### Waterskiiers invited to meeting

The GRCC Waterskiing Club invites all waterskiiers to the first meeting today at noon in the Olympus room of the LSC.

### Hands send the massage

A massage course sponsored by Wellness and Mini-Courses will be conducted on Nov. 19 and 21 in room SS-20. The entrance fee is \$2. For more information, contact Carol or Tracy in the Student Programs Office.

### Blood donations are needed

There will be a blood drive Nov. 21 in the Glacier Room of the LSC. A sign-up sheet is located in the Health Services Office.

### Runners predict time for turkey

This Thursday from 12-1 Special Services and Wellness will be sponsoring a Turkey Trot. It's a contest in which both male and female participants predict how long it will take them to run a mile. The contestant which makes the closest prediction will win a turkey. Sign up is in the Student Programs office.

## Around Green River

### UPS presents comedy: "Teendreams"

"Teendreams" by David Edgar is playing at University of Puget Sound's Inside Theatre tonight, tomorrow night, Nov. 14, 15, 16, 21, 22 and 23 at 8:00 p.m.

### Volunteers are needed for phonathon

Interested persons or clubs can volunteer their services to the Green River Foundation's November Phonathon. Contact person for this event is Patty Skiora, 833-9111, ext. 240.

### Tacoma Art Museum sets fundraiser:

"Beautiful Tables for Special Occasions," a display of tablesetting ideas, will be featured Nov. 21-24 at the Tacoma Art Museum, S. 12th at Pacific Ave. The regular showing of the display will be from 10:00 a.m. to 4:00 p.m. The \$5 tickets may be purchased at the door. All proceeds will benefit the Women's Committee of the Tacoma Art Museum.

### Tacoma Symphony to play Pantages

The Tacoma Symphony Orchestra will perform at the Pantages Centre in Tacoma tonight and tomorrow night at 8 p.m. Cynthia Cleary, mezzo soprano, and Jack Gardner, baritone, are the guest artists.

### Holiday craft workshops offered

Kent Parks and Recreation presents, *Home Decoration Ideas*, Tuesday, Nov. 26 from 7-9 p.m.; and *Creative Cards and Gift Wrap*, Tuesday, Dec. 3, 7-9 p.m. Both workshops are at Kent Commons; cost for both is \$5. For registration information, contact Kent Parks at 872-3350.

### Auburn tournament needs teams

The Auburn Parks and Recreation Department is organizing the 1986 Auburn High School Alumni Basketball Tournament. All former graduates of Auburn High School are eligible to form teams. Interested persons should contact Auburn Parks and Recreation Department in City Hall.

### Symposium on women's issues at UPS

Saturday, Nov. 16, a symposium hosted by the Theatre Arts Division and the Women Studies Program at the University of Puget Sound will focus on *Where We're Going and How We're Going to Get There: Issues Facing Women in the 80's*. Preregistration is recommended. Deadline is Tuesday, Nov. 12. For more information call the office of the Arts Coordinator at 756-3523 or the Theatre Arts Office at 756-3330.

### Act to offer professional internships

A Contemporary Theatre (ACT) will initiate an internship program in theatre administration and production beginning in early 1986. The program will offer a career-oriented opportunity to assist in moving into professional theatre employment. Interns will be paid and college credits can be arranged. To apply, a letter of interest must be submitted to the theatre, along with a complete resume of theatre and/or performing arts work experience. The mailing address for ACT is P.O. Box 19400, Seattle, WA 98109. Deadline for application is Nov. 29, 1985.

## Final Examination Schedule, Fall Quarter 85

All classes will meet during the week of final examinations as scheduled below. Whether or not an instructor administers a final examination is decided by the instructor in accordance with division policy. December 6 has been designated as a study day.

### Monday, December 9

8 a.m. to 10 a.m.	All 8 a.m. classes
11 a.m. to 1 p.m.	All 11 a.m. classes
2 p.m. to 4 p.m.	All 3 p.m. classes
4 p.m. to 6 p.m.	Available test time for classes with conflicts* and noon hour classes.

### Tuesday, December 10

8 a.m. to 10 a.m.	All 9 a.m. classes
11 a.m. to 1 p.m.	All 1 p.m. classes
2 p.m. to 4 p.m.	All 4 p.m. classes
4 p.m. to 6 p.m.	Available test time for classes with conflicts.*

### Wednesday, December 11

8 a.m. to 10 a.m.	All 10 a.m. classes
11 a.m. to 1 p.m.	All 2 p.m. classes
2 p.m. to 4 p.m.	Tuesday-Thursday classes that do not fit regular schedule time. Available test time for classes with conflicts.*

\*Exceptions to this schedule require arrangements with the Associate Dean.