

## GR campus characters all wet

by Myrtle Rogneby

As part of an effort to raise money and have fun at the same time, the "Current" staff set up a dunk tank on Green River commons Friday. The staff would like to send a journalism student to a conference in Dallas.

As a fundraiser on a quiet Friday, the tank was only a mild success. Throughout the balmy morning, however, the scene was one of continuous fun with a constantly changing cast of characters.

Beginning at 10, journalism instructor Ed Eaton took a turn on the wet seat, followed by student Mike Theringer; Dr. Nigel Adams, history instructor; and Mickie Pinches, student body president.

Rose Larsen from the cafeteria sent a surrogate pitcher, Rose Neuroth, with finances for six balls to sink Eaton. Unable to deliver a ball with enough punch to release the seat, even though she hit the target, she marched forward and cheerfully punched the target with her fist.

One passerby said that she didn't want to dunk Ed Eaton, but if her husband's girlfriend were up there, she would throw.

Ace Mark Anderson was able to sink Eaton three times in a row. He later returned to dunk Derringer, Adams and Pinches in their turns.

From the wet seat, Eaton convinced the unscheduled and reluctant Theringer to take a turn in the spot. Theringer worried about missing a class, but Eaton insisted that he would help with the excuse.

After harassing one of his students for having only one successful throw out of three, an instructor later apologized with the comment, "It's harder than it looks," when none of his balls hit the target.

Rodney Overgaard and Greg Torvik were two of the successful pitchers against Adams. In an effort at distraction, Adams called out to Overgaard, "Your hair sucks!" The effort was wasted. Overgaard was accurate.

Soccer forward Keith Vilhelmsen approached the grounded softball as for a free soccer kick but was erroneously persuaded to throw it instead. He missed.

In one exchange Adams yelled, "I gave you a good grade! I really did!"

He was answered, "Yeah, you gave me a B and I deserved an A." The sentence was passed and the target was drilled. Down Adams went.

After Pinches replaced him, Adams said, "I always wanted to do this," as he waded into the fountain sporting his dripping wet purple sweat pants, red sweat shirt and narrow-brimmed blue hat. His conclusion was that it was slimy.

Someone commented after several dunks that Pinches' hair wasn't too wet. She answered, "If it gets too wet, the purple will run."

One by-stander called out, "Mickie, what would your dad say if he saw you up there?"

"He would say, 'She's wet,'" another onlooker answered.

Unable to convince Dick Barclay, Associate Dean for Student Services, to sit above the tank of cold water, Pinches did extra duty to fill in the slot.



Photo by Ralph Radford  
Green River instructor Nigel Adams harasses students at dunk tank as part of journalism fundraiser.

## Vets plan activities for awareness week

by Denise Ko

Veterans Awareness Week, sponsored by GRCC's Veterans Club, begins Nov. 4 and continues on campus through Nov. 8, featuring a variety of speakers, films, and veteran service groups.

Joel Estey, from the King County Veteran Services office, will begin the Speaker Series on Nov. 4.

On Tuesday Nov. 5, Jim Riesing from the Washington State Veteran Affairs office will be speaking, followed by Petty Officer Mc-

Cloud from the U.S. Navy on Nov. 6, and Mike Gazale from the Veterans Administration regional office Seattle, on Nov. 7. An unannounced speaker will also be on campus Nov. 8.

All speakers will be in room SS 8 at noon. A variety of topics will be discussed including delayed stress syndrome, agent orange, and the reorientation of veterans into society.

Twelve veteran service groups—Seattle

Veteran's Program, Drug Dependency unit, Paralyzed Veterans of America, Washington State Veteran Affairs, Vietnam Veterans of America, Veteran's Administration, VFW Post 2886, Vietnam Veterans Outreach, Seattle Veterans Association (Sea-Vac), American Legion, Veterans Job Services Center, and the Purple Heart—will be providing information in the LSC on Nov. 5.

A schedule of films to be shown from Monday through Thursday during Veterans

Awareness Week will be posted by the Glacier Room in the LSC. Some of the films to be presented include Deer Hunter, Boys in Company C, A Rumor of War, Coming Home, Go tell the Spartans, and Hearts and Minds.

On Nov. 7 in the LSC, several representatives from military recruiting offices, including Army recruiting, Navy reserve, USMC recruiting, Air Force, National Guard, Navy, and Coast Guard recruiting, will be available for questions and information.

The Veterans Club is sponsoring a non-alcoholic reception to culminate the week's activities on Friday Nov. 8. The reception will be in the LSC Glacier Room from 3 to 5 p.m. and is open to all interested individuals at no charge. Guests planning to attend include Mayor Bob Roegner and State Representatives of the 31st District, Mike Todd and Ernest Crane. Donations to help with the cost of this reception will be gratefully accepted in the Veterans Center on campus.

Checks made payable to GR Foundation with a notation that the donation is to the Veterans Club can be tax deductible.

The Veterans Club will announce their plans to establish a Veterans Monument or plaque on campus by next Veterans Day, at the reception and will kick-off a fundraiser for that purpose.

Individuals wanting to attend the reception need to contact the Veterans Center on campus, or call 833-9111 ext 279.

## Angry owner reports car burglary

A classic 1968 VW Bug was broken into with a pry bar while parked in a Green River lot Monday. The theft from the interior and damage amounted to about a \$1,200 loss, according to the car's owner, Green River student Moe Marvin.

The car was parked in a space next to the pathway in Lot G and was entered between 8:30 and 9:45 a.m.

Frustrated by the response of Green River security to the reported incident, Marvin said, "Security's not doing a bloody thing about it."

Marvin added that she hoped it wasn't done by a student. She would be hurt even more to know that. She said, "Students should hang together and keep their eyes open for each other." Marvin thinks other

students should know that incidents like this happen here.

Another student, John White, said that he could understand how difficult the job is for the security people. They can't watch all the cars all the time. He added that what "raises everyone's hackles" is security's apparent lack of interest in the incident.

When Marvin reported the incident to King County police, she said she was told that King County catches 3 percent of car burglars and thieves. She shouldn't expect much.

Nick Smith of Green River security said, "We are certainly not indifferent to the theft and vandalism in the parking lots." Unfortunately, without serial numbers of stolen property, little can be done about recovery.

Smith added that people should use common sense about locking their cars, leaving valuables in view, keeping serial numbers and engraving social security numbers on their property. Security has a heavy duty electrical engraver which will write on copper, steel or glass. Smith invites people to bring items to be engraved to AD-27. The service is free. He said with an adapter, the engraver could be taken to the car and plugged into the cigarette lighter.

Several other thefts have occurred in parking lots this year. Smith explained that typically these are the work of one person who continues until either caught or scared off. If the person is caught, sometimes property from previous thefts can be recovered when serial numbers are known.

# OPINION

## Should Halloween be abolished?

Trick-or-treat, smell my feet, give me something good to eat. Yes, Halloween is near. Half-sized rascals will flood the street in search of handouts and a smattering of mischief.

### Editorial

I think it should be outlawed. I am not the sort of person who can give away \$15 of miniature Snickers bars every year. \$15 could buy 75 packages of Top Ramen (approximately 98 percent of my low-income diet). Besides, I end up eating half the bowl of "gets me through till mealtime" and go to the hospital for an emergency I.V. of Clearasil. While I'm there I also have them pry my caramel-locked teeth apart.

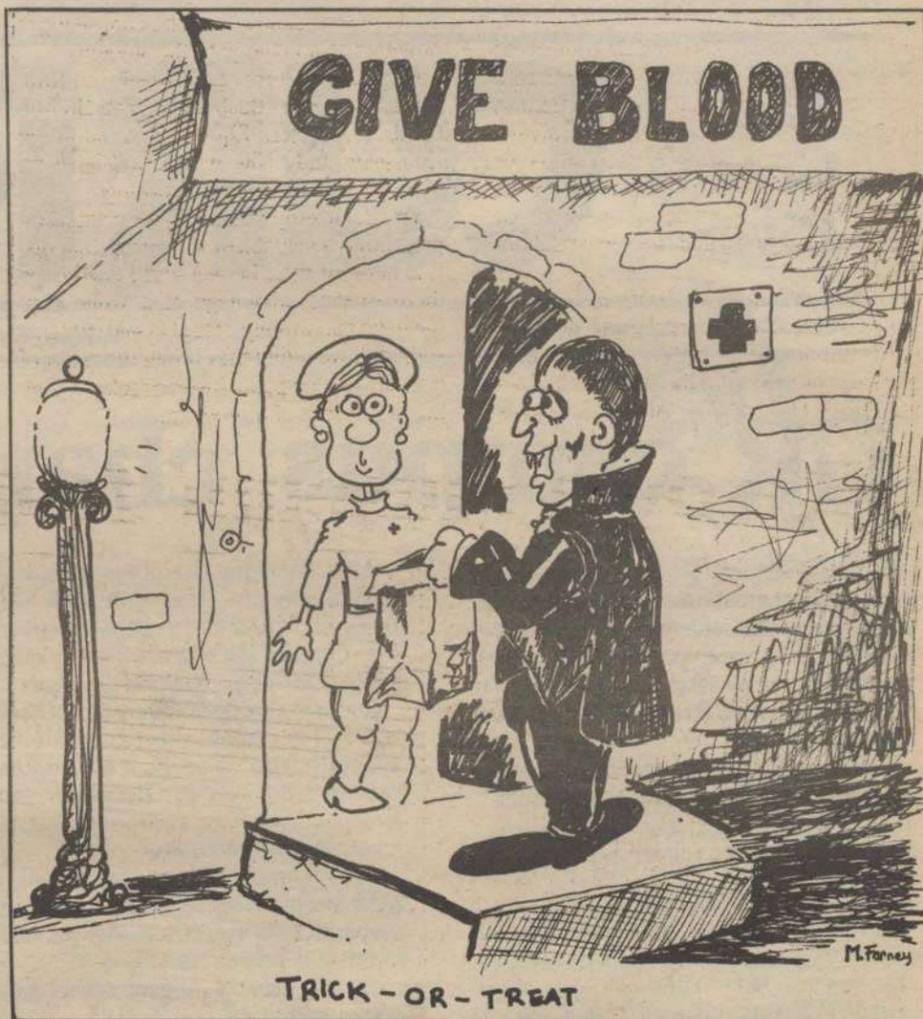
But, besides all these expenditures (amounting to \$1,215 plus tax) I detest answering my door to see hundreds of plastic He-Man faces screaming a muffled "trick-or-treat." It wouldn't be half as bad if their ex-pro-football fathers didn't come along, each with the same facial expression: "GIVE HIM MORE."

Don't get me wrong. My idea of fun is not a jumbo bag of snickers and a six-pack of razor blades. But, I do tell pre-pubescent adolescents that my Hershey bars are really Ex-Lax.

It's a small retaliation on the miscreants who soap my windows, egg my house, T.P. my trees and urinate on my lawn. Sure, you say... you did those things as a kid.

But I did not. As a youth my pranks were far more original and inventive; why, we used to water bomb neighbors, steal candy from five-year-olds, soap windows, egg houses, T.P. trees and urinate on lawns. Yes, the good old days... I wonder if my vampire costume still fits. How I do love Halloween.

—Elwood Stravinski



## We should all be aware of alcohol's dangers

This has been Alcohol Awareness Week. We feel that the occasion deserves some comments on the subject.

### Editorial

We have all heard the statistics on deaths caused by drunken drivers across our nation's highways at one time or another.

Here is some information that you may not have heard. First, the United Nations World Health Council has labeled alcohol as the single largest contributing factor to the cause of death in the world today. Second, the American Medical Association has stated that alcoholism is a terminal disease that can only be arrested by total abstinence. Third, 85 percent of the inmates of our nation's prisons and mental hospitals have a history of alcohol abuse. We could go on, but we think you get the idea.

Just what is it that we're talking about here? What is booze anyway? Alright, all booze no matter how its packaged has a chemical in it called ethyl alcohol. That is what gets you high. It works exactly like the drug ether. In fact, if you take the water out of ethyl alcohol you get ether. This chemical is an anesthetic that will take you from euphoria to crashing

depression, and it can be addictive. Of the people who become hopeless alcoholics, only 3 percent are skidroad bums. The other 97 percent are in every walk of life. Okay we know about alcoholics. There are treatment centers, AA, and tough driving laws for them.

What has this to do with most of us? In keeping with Alcohol Awareness Week we wanted to give you something to think about concerning your next drink. Remember that alcohol is a mind altering drug and that there are a lot of social drinkers who have gotten DWI's or have killed innocent people in drunken car accidents. It would also be interesting to ask ourselves something before we tip that glass at the next party we attend. Since I know the composition of booze, do I really need to anesthetize myself to have fun? Is a chemically-induced euphoria really necessary? Unfortunately for many, that seems to be the case and we're talking about so called social drinkers now.

We can't think of anything that has caused more trouble in history than alcohol. Yet we're not interested in bringing back Prohibition or picketing liquor stores. What is needed is intelligent moderation. If elements of the public feel that they must drink... that it isn't necessary to restrain themselves, then please don't drive. Though the rest of us may have to occasionally be exposed to insane behavior, perhaps we won't be slaughtered on the highways.

—by Bill Jernberg

## CURRENT

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



## GENERAL NEWS

## Counselors can help solve problems

by Denise Ko

GRCC offers an on-campus counseling program in the Counseling and Guidance division of the Human Resource Center, upstairs in the LSC. Counseling is available to students experiencing anxiety, stress, or other problems that prevent them from achieving their educational goals, or in resolving conflicts in their personal relationships.

The counseling center hours are 9 a.m. to 4 p.m. on Monday through Friday; no evening counseling is available. Students may make appointments in the center or by calling 833-9111, ext. 304. All appointments

are kept confidential, and the counseling is provided at no charge to the student.

Currently there are three full-time counselors: John Bush, PhD; Bob Brehm; Sandy Gallagher, PhD; and a part-time counselor, Judy Nill, who is available on Monday and Wednesday mornings.

Dr. Bush emphasizes, "The counseling program is a valuable resource for students; it is here for their benefit and I encourage them to take advantage of it while they have the opportunity." He also said students shouldn't wait until they are in the midst of a crisis to get help, but instead seek counseling at the start of a problem.

Bush believes GRCC has a "unique, effective, and practical program offering both individual counseling and classes designed to reach a number of students, in a variety of subjects."

Counseling classes that are available include Building Self-Esteem, Achieving Goals, Interpersonal Relations, Human Sexuality, Assertive Training, and Coping with Conflict and Anger.

Guidance classes are also available, ranging from Career Exploration to Reducing Test Anxiety.

The counseling center also has biofeedback equipment with a trained technician

available, to assist students to achieve control over physiological sources of tension. Students interested in the biofeedback lab should contact Bob Brehm, who is currently implementing the program, in the counseling center or by calling 833-9111, ext. 304.

According to Bush, students who wish to have counseling on an individual basis during the first three weeks of next quarter, need to go directly to the center and stress clearly to the secretary that they "want to see a counselor." The reason is the counselors will be involved in other areas relating to admissions and registration.

## GR's own museum features dig artifacts

by Marion Meyer

Green River has its own museum located on campus in the Holman Library. The majority of the artifacts on display are the results of the archaeology and anthropology departments' digs in the areas that outlie Buckley, Enumclaw and Franklin.

The museum was started in the mid-1970s and was originally a separate room next to the library. It has since become accessible as an interior part of the library.

Students from around the area take field trips to the museum. Gerald Hedlund, an anthropology teacher, has given tours to gifted students from Kent. Following the tour the students are given a short lab session by him.

The artifacts presently on display are the products of student excavation or donations by individuals. Recently a canoe was put on display. It was found three years ago in the White River by a former archaeology student of Green River. At that time it was mud caked and in need of repair. After a thorough cleaning, it has its own place in the museum. There are still plans to repair the hole in its hull and restore it to its former condition. It is hoped that the restoration will reduce the temptation for people to take chips out of the boat. Behind the canoe are murals which depict Indians building and sailing the craft.

The present display will soon be replaced by artifacts from an excavation site in Franklin.

Another project overseen by Hedlund a few years ago was the building of an Indian pithouse. A pithouse is a shelter made over a hole in the ground. A student volunteered to live in it through Winter Quarter to make observations as to moisture and temperature levels inside the shelter. It was heated with wood and stayed both warm and dry on the inside. The project ended and the pithouse was refilled with dirt because of the repeated vandalism.



Indian dugout was found by former archaeology student on White River.

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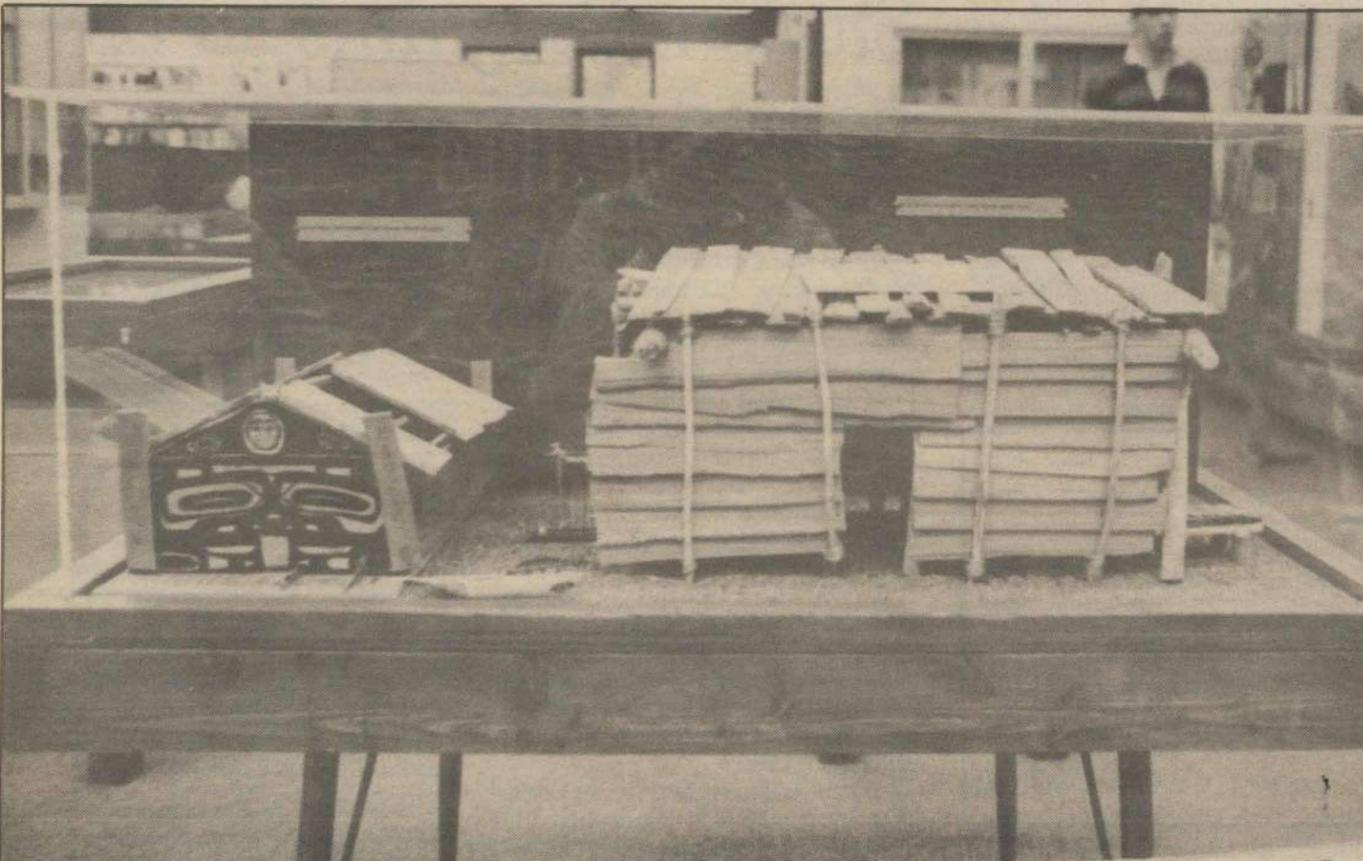
## Games of illusion played on campus

by Chris Basmajian

Originating in 1977, the Fantasy Game Club has become a popular meeting place for those taken by games of illusion. Not only can students find companions to play their favorite games with, such as Dungeons and Dragons, but may also discover new forms of amusement from the variety of interests other members have.

During the past three years the Fantasy Game Club has begun to save and preserve a wide collection of games for future use. An arrangement much like a library system has been set up so that those wanting more information about a certain game can obtain their personal needs. Games, pamphlets, books and related sources of information can be checked out for varied periods of time, but are returned for safe keeping to the club library.

This year the Fantasy Game Club is still going strong with an enrollment of approximately 30 members, but a meeting has yet to be held. If you feel this club is what you are looking for, and you would like to be a part, sign up in the Student Programs Office located on the second floor of the Lindbloom Student Center, and let your im-



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# FEATURES



Nigel Adams falls for a good cause.

Photo by Ralph Radford

## Gardner recruits Cross for GRCC board

by Denise Ko

Virginia Cross, a Muckleshoot Indian and Coordinator of Indian Education for the Auburn School District, is the newest appointee to the GRCC board of trustees.

Cross is interested in assisting GRCC to be more responsive to the needs of minority students and improve educational opportunities for Muckleshoot Indians. She also hopes to help revitalize the Indian Awareness week that once existed at GRCC.

Cross grew up on the Muckleshoot reservation, being one out of ten children, and graduated from Auburn High School. She returned to school after being married and having three children. She attended GRCC in 1968 and 1969. She then went on to receive her undergraduate degree and teaching certificate from the University of Puget Sound, and a master's degree from the University of Washington in curriculum and instruction.

Cross also serves as a member on the Muckleshoot Tribal Council and is on the Muckleshoot Bingo board.

She was appointed to the GRCC board of trustees by Governor Booth Gardner to replace William Kennelly, a trustee for the past 18 years, whose term expired in September 1984.

Bev Tweddle, assistant to Gardner for boards commissions, said, "Booth has a real interest in bringing new people and qualified women and minorities to serve on boards and commissions."

Cross is the third woman to serve on the board, and the only non-white member. Cross did not seek out the appointment but was recruited by the governor's staff.

Neither Kennelly, Cross, or GRCC received official notice of the new appointment until after the media had been notified.

## GRACE draws crowd

by Kathy Hansen

Due to an overwhelming turnout for this fall's first meeting of GRACE (Green River Active Christian Encounter) that the group may have to move their meetings

GRACE now meets bi-weekly on Wednesdays in HS-1 and Fridays in SG-62, both at noon.

GRACE is an interdenominational Christian student group formed in 1972 to promote fellowship and activities for GRCC students.

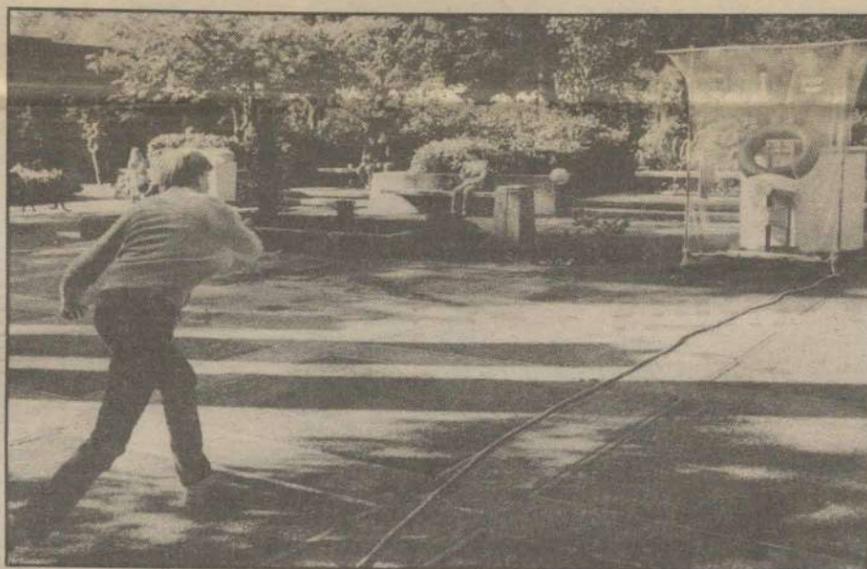
Tomorrow GRACE is sponsoring an activity to get to know each other better and to have fun. All students are welcome, and for more information, there will be meeting today at noon in SG-62.

"The club gears to Christians and non-Christians alike. It is based on Christ-centered fellowship, activities and involvement," GRACE President Michelle Sheehan explained. "GRACE is a place where students can get to know themselves, each other, and God a little bit better."

The club already has many activities on the drawing board, including a BBQ and Christian concert. In November, GRACE will sponsor a three band concert at GRCC. The evening event will include games, dancing, refreshments and other activities, according to Sheehan.

Other GRACE activities for the 1985-86 year will include a spring retreat with other Washington colleges' Christian groups, the Amy Grant Concert Nov. 14, Christmas plays, clown ministries, skiing, hiking, camping, fund raisers, and other trips and activities.

"GRACE is made up of people from many different backgrounds. We encourage the whole student body to get involved and we do all kinds of fun Christ-centered activities," concluded Sheehan.



A student takes a shot at dunking Adams.

Photo by Ralph Radford

## Tank cont.

The tank was built by Joe Door of the Puyallup Lions. He had so many requests to rent the larger and more complex heated tank he operates at the local fairs that he designed and built this smaller unheated tank with portability in mind. It disassembles to fit the bed of an American-made pick-up. Door rents out the tank as means of fundraising for the Lions.

## Care advised by security

by Myrtle Rogneby

Green River security provides several services to students and staff using the college parking lots.

Director of security, Nick Smith, explained that on a daily basis security offers jumper cable service; pressurized "fix-a-flat," a temporary tire repair for those without spares; opening cars with keys locked inside; and help changing tires to those unaccustomed to this job.

Security also has a heavy-duty electric engraver students can use to help protect valuables from thieves breaking into cars.

Smith explained that it is relatively easy to break into cars, especially for professionals with the right tools. Anyone observing anything suspicious should call ext. 250 immediately. Reports can be made anonymously if desired.

The job of policing the parking lot is made more complicated by people using their cars during the day. The security people are accustomed to seeing people studying, eating lunch or napping in their cars. Security will sometimes ask for identification if circumstances seem suspicious.

Smith asks that people use common sense to help protect their valuables. Take time to put portable items in the trunk. Lock the car; although this is no guarantee of protection, it helps. Also serial numbers of electronic equipment should be recorded, according to Smith, and social security numbers should be engraved on valuables.

## Student Programs behind services

by Rich Robinson

Student Programs offers many different programs which include the ride board, the book buy-back program, the housing board, intramurals and the Artists and Speaker Series.

Wendy Seifert, a secretary for Student Programs, would like to bring the ride board and the housing board to the attention of new students.

The housing board in the Lindbloom Student Center helps students find a place to live. Ron Moreland, a student at Green River, is updating the housing board.

The ride board, also in the Lindbloom Student Center, helps students find rides with other students who live in the same area.

The book buy-back program, found in the Student Center, help students buy books from other students who have finished the same class.

Intramurals director Ted Franz, is looking for a great quarter for intramurals. Intramurals consist of flag football, three-on-three basketball, co-ed volleyball and co-ed soccer.

After Thanksgiving, pickleball teams will be formed for anyone who is interested. Winter Quarter will be the beginning of five-on-five basketball for anyone interested. Students, teachers and the staff can participate since the intramurals start at noon.

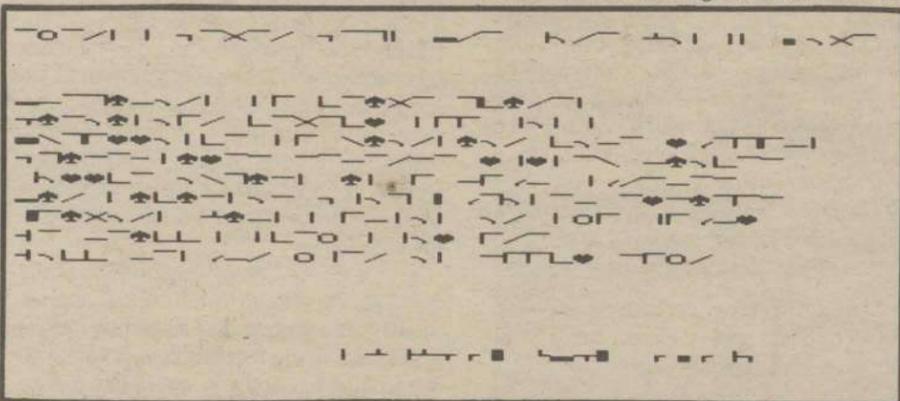
The Artists and Speakers Series is helping Green River celebrate its 20th anniversary. Crystal Gale started the series on Sept. 29.

Abba Eban, an Israeli diplomat and international statesman, will speak Nov. 7 at Green River.

Dr. Denis Waitley, a best-selling author selected by the United States Olympic Committee as chairman of psychology, will be at Green River on Feb. 6.

Al Hirt, a trumpet superstar has been named one of the greatest trumpeters for 15 consecutive years by Playboy Magazine's music poll. Hirt will perform Feb. 27.

Diane Schuur, a jazz singer, who had a standing ovation of eight thousand people at the Monterey Jazz Festival, will be at Green River on Apr. 12.



Using computer characters, sophomore Keith Morgavi designed this deciphering exercise for Dr. Nigel Adams' Ancient Civilization class. The code key appears elsewhere in the "Current."

# Israeli ambassador to speak at GR

by Denise Ko

Abba Eban, former Israeli ambassador to the United Nations and the United States, will be speaking on "Prospects for Peace in the Middle East" at GRCC in the Lindbloom Student Center at 7:30 p.m. on Nov. 7.

Eban was a key person in helping Israel to become a nation. He was also the first Israeli ambassador to the UN and the youngest at that time.

Eban was born in South Africa, and brought up in England. He graduated from

Cambridge University where he specialized in Oriental languages, and was then appointed to the faculty of Pembroke College, Cambridge University as an authority on Hebrew, Arabic and Persian literature.

Before he became Israel's first ambassador to the UN, he served as a major in the British Army during World War II. He has also served as Minister of Education and Culture, Deputy Prime Minister, and Foreign Minister in various cabinets. He

served in the Israeli Knesset and was recently chosen to head the Key Knesset Foreign Affairs and Defense Committee.

Eban is also a well known orator and the author of nine books, including "My People," "Voice of Israel," and the recently published "Heritage: Civilization and the Jews." The latter was the basis of the award-winning PBS television program honored with numerous awards, including a 1985 American Film Festival award and an Emmy for Outstanding Achievement in

News and Documentary Programming.

Eban has also had numerous articles published in English, French, Hebrew and Arabic.

He will be sharing his deep knowledge of Middle Eastern history and current politics as a part of the Artists and Speakers series presented by GRCC.

Further information and tickets may be obtained in the Student Programs office or call 833-9111, ext. 337.

# Guinn: man of a thousand careers

by Denise Ko

Stan Guinn, GRCC's sociology instructor, is a man of many careers, including those of meat cutting, photography and scuba diving.

Guinn, a native Washingtonian from Walla Walla, was originally a chemistry and physics major at Whitman. Then, while taking a course in sociology, he found it was a subject that interested him and decided to pursue it. He then went on to obtain his BA in sociology and psychology. He also went to WSU graduate school and got his Masters in Anthropology.

He began his teaching career at WSU and then at University of Idaho. With the classes being so large in size, Guinn felt he could not effectively teach his students. Unhappy with the university teaching system, he decided to try teaching at a community college. GRCC was the first and only one he applied at, and has been enjoying his teaching career here for 19 years.

Guinn has not only been involved in teaching. Being a self motivated and ambition oriented person, he has had a number of careers. At 15 he was managing a sporting goods store and at 19 a Safeway store. He later became a meat cutter, and just recently retired from that after 31 years.

Once while looking through a magazine he learned about underwater diving equipment. Not knowing anything about it, he

sent away for the equipment and began to teach himself how to scuba dive. At that time he said it wasn't a common or popular sport or form of employment. "Very little information was available, so if you wanted to learn you had to teach yourself."

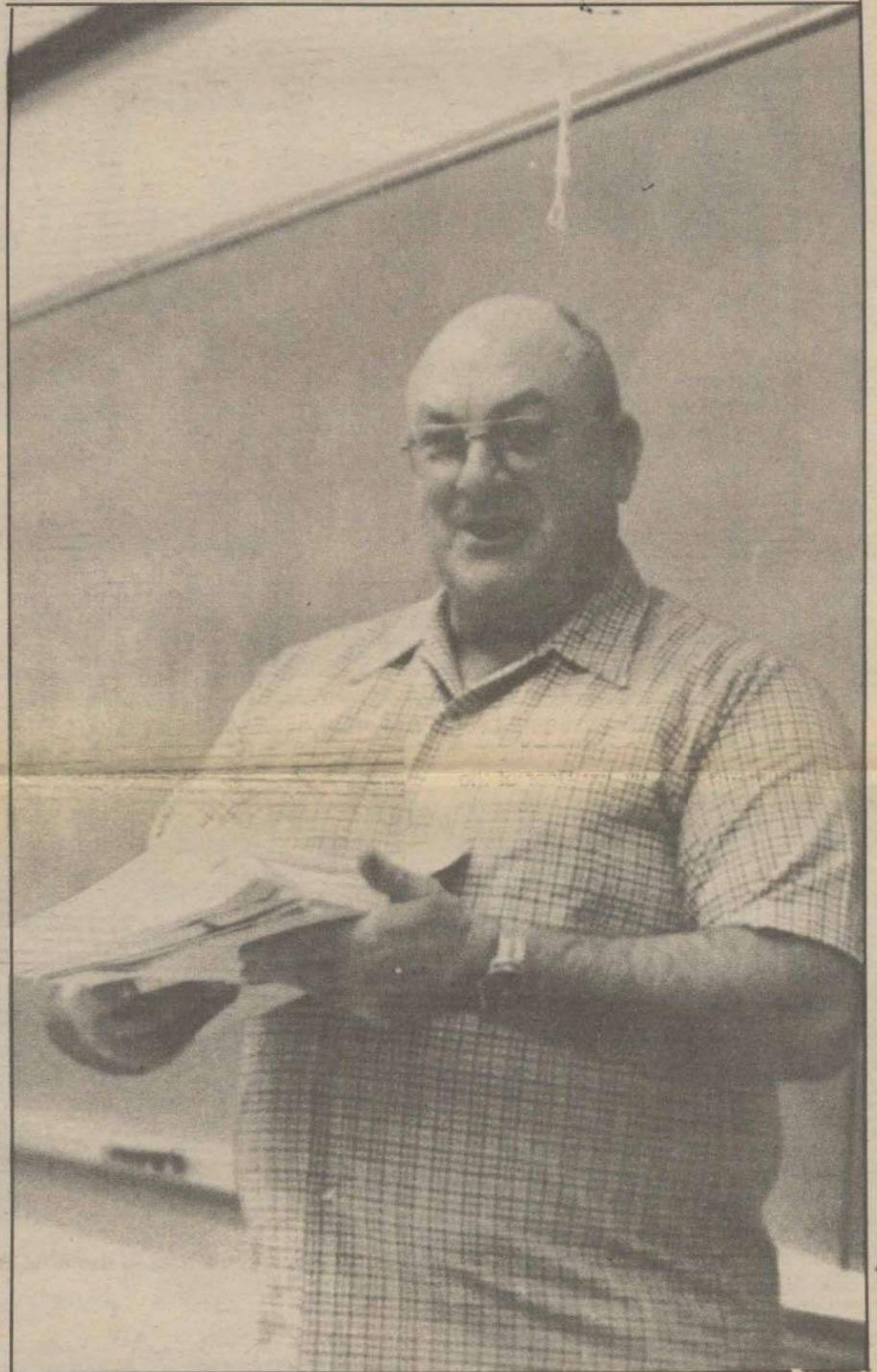
After learning how to dive, Guinn became employed as a diver doing underwater salvage, and moving lumber.

Besides meat cutting, and diving, Guinn has worked with and enjoyed photography for many years.

Guinn also likes to travel, and has spent some interesting time in Alaska. He's a real "back to nature" type. Once he spent 4½ months in the wilderness by himself. "A helicopter dropped me off near Glacier Bay, and picked me up after 4½ months" he said. During that time he never saw another human being. He described the first night as being the loneliest, knowing he was all alone and would be that way for some time. But then, he just enjoyed being a part of nature, and learning about the wilderness. He has spent two summers in Alaska and one summer in Nova Scotia.

Another outdoor interest is salmon fishing. And after the fish are caught he has fun canning and smoking them.

When asked what he wants to do when he retires from GRCC, which won't be for some time, he replied "I would like to find a quiet little house on the coast or in the wilderness away from people and enjoy life."



DAVID BAUS/THE CURRENT

Sociology instructor Stan Guinn started his career at 15.

# 20 years ago today...

by Karla Reece

The constitution and by-laws were drafted for GRCC 20 years ago this week. The constitution was created by gathering copies of constitutions, by-laws, and codes from other junior colleges around the area. These laws were combined and organized to make a new constitution for GRCC. The constitution was worked on for over a year, and was created by a committee headed by Barry Maynard.

KGRG started its second year on the air in 1970. The campus radio station started in 1969 to entertain and inform the students and was initially broadcast only throughout the commons area on campus, although a phone call could have the radio piped into any classroom on campus. The format was top-50, and most of the announcements were public service.

# Fad diets devour muscle

## Health in the 80's



Judy Names, R.N.

Green River Health Coordinator

Low calorie fad diets and food intake that is below 1000 calories a day causes the body to devour its own muscle tissue and does not cause a reduction in body fat. Unfortunately, the body can only store a few days worth of protein and sugar and a low calorie diet forces the body to use up the sugar. It takes three to four grams of water to hold

one gram of sugar, so the initial weight loss is water. Once the sugar (glycogen) supplies are depleted, the weight loss stops or drastically slows down. Continuing on a low calorie diet causes the metabolism to drop to stave off starvation and up to 65 percent of the weight loss comes from the lean muscle tissue. Fat stores build up and lean muscle is reduced after dieting.

The only way to burn fat is by doing some form of aerobic exercise. This allows the fat to be carried from its storage place to the muscle for burning. If the muscles cannot burn it off, the fat is returned to another fat depot. Aerobic exercise forces oxygen to the muscles to assist in fat burning. Oxygen is needed for burning to take place. Losing fat not lean muscle is the goal. Aerobic exercise should be done for at least 12 minutes four to six times a week at moderate intensity without stopping. Next week, I will tell you how to figure out your ideal weight and body frame size.

# Marshall hangs up gloves

by Harold McDaniel

The strain of traveling to matches and the numerous nosebleeds of boxing slowly dripped away former boxer Budd Marshall's bright future of one day joining the 1988 U.S.A. Olympic Team, at Seoul, Korea.

Marshall, now a student at Green River, got his interest started at the tender age of six when most kids were playing with toys. Marshall's father not only okayed him to try boxing, but also introduced him to Ed Rogers, who owns his own boxing club in Snohomish. Marshall enjoyed boxing for Roger's club for two years, but as he did his interest grew more and more.

Marshall talked it over with his father and decided to join an even larger boxing club, The Everett Fire Fighters.

While boxing in Everett Marshall made his mark, winning the Tacoma Golden Gloves, the Emerald City Championship,

and the Junior Olympics in two consecutive years. He was also a sparring partner of Robert Shannon, famous local boxer out of Everett who made the Olympic team.

Marshall was not only learning some of the ins and outs of boxing from very skilled fighters in his view, but turning into a fine-tuned and precise boxing machine to be reckoned with.

But as most future dreams turn to present nightmares, 12 violent years of numerous nosebleeds and continual travel finally caught up with him. Marshall made one of the biggest decisions of his young life: he would rather hang up his gloves for the last time than have health problems.

His 12-year-long dream of becoming a sweet fighter like Sugar turned bitter and sour. But Marshall is by far no quitter; he now applies the same education and determination in college where he now is trying to get a law enforcement degree.

No one faces cancer alone.

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# PHOTO FEATURE



Dan Salazar, the number one Green River runner, was in a crowd when he competed against runners from four-year schools, individual running clubs and other community colleges at Fort Casey on Whidbey Island.

## Runners to finish season

by Kathy Hansen

Green River cross country runners are winding up the 1985 season by heading for Spokane this weekend and going to Oregon City, Ore. Nov. 8 for the conference championships.

Coach Jerry Russell is hopeful his distance runners will turn in one of the best performances in Green River history.

Last weekend, the Gators traveled to UW to participate in a meet of mainly four-year schools and running clubs.

"We finished about sixth," said GR's Dan Salazar, "The girls didn't run as a team, though. They just ran individually to get times."

Salazar, leading men's runner at GR predicted that the team will finish in third place in conference competition later this month.



Getting ready to run at Fort Casey are, from left, Jim Brownfield, Duane Lee, Bud Marshall, Dave Eddy, Ron Brett, Dan Salazar and Dave Schweim.



GRCC girls, through for the day, cheer on Lance Docken as he nears the finish line.



Relaxed after the Fort Casey race five GRCC runners relax for the camera. They are April Lucht, Rhonda Sandelius, former Gator Erin Wickam, Annette Sommers, Michelle Finnvik and Sharon Gerrish.

# SPORTS

## Soccer team shattered by Shoreline, 3-1

*GR still grasps slim half game league lead*

by Kathy Hansen

The previously undefeated Green River soccer team suffered its first taste of defeat at the hands of Shoreline CC Wednesday, 3-1 at Brannan Field in Auburn.

GR had led the NWAACC with a perfect 7-0 record and still holds first place by a half-game margin ahead of Shoreline. They still have a slim one point scoring lead with a 28-7 goals record. This could prove to be crucial as the Gators look towards post conference competition.

"On any given day, anybody can beat anybody else. I guess this was our day," freshman defender Kenney McMullen said of the loss.

"I thought we played all right. They just wanted it more than we did," Sophomore defender Shawn Stoner said of the loss, "I hope we bounce back from it. It's just a matter of putting it together."

Stoner cited last year's Skagit Valley CC team as an example. After going undefeated much of the season, they lost a game, and instead of bouncing back, they continued to lose two or three more games.

"I think we have more skill than any other team in the league," Stoner asserted.

"We need to go out and work hard, and keep our heads up," he said, "It's hard to stay undefeated. We need to take it as a learning experience."

In the rainy, muddy contest, GR's Eric Guise managed to get the Gators on the scoreboard approximately 25 minutes into the game. Shoreline then knocked in a pair of goals before halftime. The final SCC goal came on a controversial penalty kick on Shawn Berglund with over 15 min. remaining.

Berglund, GR defender, kicked the ball away from a SCC opponent near the Gator's goal and then apparently bumped the player and the referee awarded SCC the penalty kick, which slipped past GR goal keeper Gerry Rehberger.

An integral part of the teams' success thus far this season has been the GR backfield.

Sophomore defender Stoner and freshmen defenders Shawn Berglund, Stuart Lamarr, Kenney McMullen, Ron Roland and Tim Vander Waal join GR goalie Rehberger to compose the Gators 'Big D'.

Roland defined the defense's job as, "Trying to keep the ball out of our own net," and commented that they need to work on "Being more consistently good, so we don't look really great one minute and the next like we just got out of elementary school."

"We need to maintain what we're doing. We have to keep a good attitude and dedication," Lamarr noted. He said that the defense is very aggressive, and all have a good relationship "We don't fight. We just go out to get the job done."

The Gators went on a road trip to Spokane last weekend where they eliminated Spokane CC 3-0 in their fourth shutout this season.

"I think that we played really well. We dominated the game in the second half," Coach Pingrey commented, "We started off kind of slow, but I think that was just a little 'road-tripitis'."

However, GR managed to knock in all three goals in the first half of the contest. Sophomore defender Shawn Stoner



DAVID BAUS/THE CURRENT  
Midfielder Steve Mulvey and GR's soccer coach Dan Pingrey discuss game strategy.

scored on a Vilhelmsen assist six minutes into the game. Vilhelmsen then knocked one in on Mulvey's assist and just minutes before halftime, Guise scored on an assist by Guion.

GR tallied approximately 32 shots on SCC's goal, while their opponents only managed 11.

As for predictions on the team's future performances as they head into the second half of the 1985 season, Coach Pingrey was

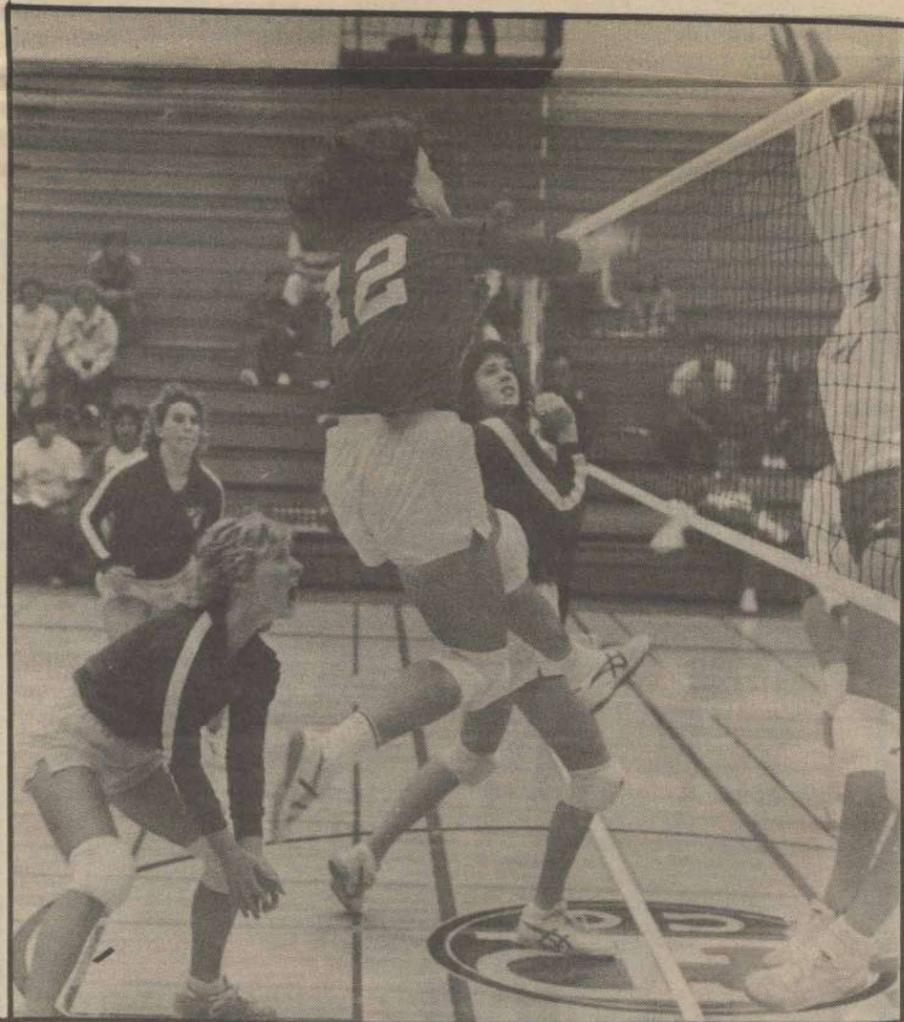
as optimistic as ever.

"We plan on doing as well as we did the first half," he said of the booters.

According to Pingrey, the team will continue to sharpen their skills and emphasize teamwork.

Tomorrow, the Gators will take on Tacoma CC at Brannan Field in Auburn. Game is set for 1 p.m.

The team will face Everett next Wednesday at home at 3 p.m.



Green River's Jodi Kasowski goes up for the kill to help the netters earn a 6-0 record.

## Unbeaten netters 6-0

by Kathy Hansen

The undefeated GR womens' volleyball team crushed Centralia CC Wednesday 15-3, 15-12, 15-12 at home, extending their league record to 6-0 as they reach the midpoint of the 1985 season.

"We didn't play as well as we should have," freshman setter/hitter Cathy Stansell commented, "We didn't have any intensity."

The Gators started off quickly, overtaking Centralia easily in the first game, but then ran into difficulties in the second and third games.

The team has been concentrating on offense and passing.

Today and tomorrow, GR is on a road trip to Gresham, Ore. and the Mt Hood Invitational.

Next Wed., the netters travel to Aberdeen to face Grays Harbor at 7 p.m.

On Nov 1 and 2, the Gator women will host Ft. Steilacoom, Clackamas, Columbia Basin, Mt. Hood, Edmonds, Walla Walla and Bellevue Community Colleges in the GRCC Tournament to be held here.

## Carew hired as assistant track coach

by Kathy Hansen

Green River CC recently hired Gary Carew as the new assistant track coach for the Gators. Carew will help current Head Coach Jerry Russell as they attempt to develop a top track program.

Although, as of Wednesday, Carew hadn't really had the chance to become familiar with GR, he commented, "I'm excited about the future. I think it (the campus) is nice."

Carew has coached at Spokane CC and Porterville CC in Calif. His duty here at GR will mainly be sprinter coach.

At Spokane CC and the University of Oregon where he attended college, Carew ran the 100 yards at 9.2 and was timed at 20.8 in the 200 yards.

### Alfy's Specials

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# NEWS AND FEATURES

## Outdoor Programs fosters friendships

by Greg Torvik

Outdoor Programs is an on-campus organization designed to familiarize people with the outdoors. In the past it has sponsored activities such as white water rafting, winery tours, fishing workshops, last year's first annual slug festival and last week's very successful weekend at Ocean Shores.

Their excursions and workshops are meant to be (in any order): fun, relaxing, skill-providing, and informative. But that isn't their only objective. The activities are also meant to bring people together at the same time.

"People are one of the things that we're about," says Rodney Overgaard, one of Outdoor Program's coordinators along with Mark Harris and Tom Johnson. "Nearly every time we go on a trip a majority of the people probably won't know half of the others going. But when we come back, after having a lot of fun doing things together outside, they'll have gotten to know each other and maybe will have become friends because of that common denominator of going with us."

Says one frequent member of Outdoor Program's trips, "One of the things I really

like about these trips is that you can go knowing only a few of the people and come back knowing three times as many as you did. The the next day, you walk around campus and you run across all these people you didn't know before and you have something to talk about, and that's neat."

Outdoor Programs will be sponsoring several more trips and workshops through the rest of the school year including a week long trip to the Steamboat Springs Ski Resort in Colorado in December and a Steelhead fishing workshop in October. The next trip will be to the Northwest Trek Animal Park in two weeks. There is still room available. A spot can be reserved by calling Outdoor Programs at ext. 271.

## 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.



WANTED: Mature woman enjoys bowling, dancing, gardening, hiking and walking would like to meet a male companion who is single with no dependents. Someone in the age range of 50-60 years who is a non-smoker and non-drinker. Object: companionship. If interested, please phone 631-0850 evenings only.

S.W. F. Attractive older college student; loves boating, avid salmon fisherman, loves people, books, all kinds of music — country Western (no rock), and dancing, ardent swimmer. Would like to meet tall S.W.M. that is warm and affectionate, that enjoys same. Must smoke! Social drinker O.K. Phone 833-1247 evenings after 7 p.m.

HELP WANTED: Must be 21. Apply in person between two and 5 p.m. at Kent Alf's, 17434 SE 272nd, Kent.

GRAPE PLANTS available for fall planting. Several varieties available. Table and wine grapes including: Gamay Beaujolais, Pearl De Csaba, Interlaken, Baco Noir, Gewurztraminer, etc. \$2.00 each. David R. Johnson, 26114 SE 195th Pl., Kent 98042.

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.

FOR SALE: Sofa and chair, floral pattern. Excellent condition. \$175 or offer. 833-8921.

## Around Green River

### Alcohol Awareness Week

This is National Collegiate Alcohol Awareness Week. Kent police will have an information booth set up in the student center today. The Kent Drinking Driver Task Force contact is Kathleen Groshong at 872-4011.

### Vocational Scholarship

The Elks National Foundation is offering a \$2,000 scholarship to an outstanding vocational student. Applications are available in the Financial Aid Office. Deadline is Nov. 25, 1985.

## Downstream

### GRCC Artists & Speakers Series: Abba Eban

Abba Egan, former Israeli ambassador to the United Nations and the United States, will speak Nov. 7 at 7:30 p.m. in GRCC's Lindbloom Student Center. For ticket information, call the GRCC Student Programs Office at 833-9111 extension 337.

### Halloween Costume Contest

The GRCC Veteran's Club is sponsoring a Halloween Costume Contest, Oct. 31 at noon in the Lindbloom Student Center. The contest is open to students, faculty and staff. Prizes will be awarded for first and second place.

### Prizes for Pumpkin Carvers

Special Services presents a Pumpkin Carving Contest on Oct. 31, from noon to 1 p.m. in the GRCC Student Center. Carving can be done by individuals or teams. Prizes will be awarded for first, second and third place pumpkins. For more information, contact Cheri Clinkingbeard in Student Programs.

### Table Tennis Club begins activity

The GRCC Table Tennis Club conducted its first fall meeting Oct. 24. If you would like to be a member and/or participant in the fall tournament, please contact Don Hallstone, in SMT 320 (ext. 353) for more information.

### Career Exploration offered at midquarter

Bob Brehm's offering of Career Exploration began Oct. 21. This is a three-credit course 11:00 a.m. to noon Monday, Wednesday and Friday. Call ext. 307 for information.

### Save \$\$\$ on Haircuts

The Latino Club of GRCC will be sponsoring hair cuts for a donation of \$4, every Monday in Room SG-59 from 12-3 p.m. All proceeds will be given to Mexican Relief Fund.

### Wellness Mini Course

Learn more about what you eat. Have your lunch analyzed. Sign up in the Cashier's Office for \$2 and join GRCC Student Programs on Nov. 5, 6, and 7 to review the basics of nutrition.

### Wildlife Trek

Outdoor Programs of GRCC is hosting a Northwest Trek trip Saturday, Oct. 26. Cost is \$2, and space is limited. For more information contact Outdoor Programs.

### Scholarship Available

GRCC is offering a \$1,000 scholarship for the 85/86 academic year to currently enrolled minority students. Deadline is Nov. 15. Applications are available in the Financial Aid Office and Minority Affairs Office.



### TOP-TEN ROCKDOWN

The ten most requested songs at 90 FM KGRG for the week ending October 20, 1985 were:

1. Starship, *We Built This City*
2. Outfield, *Say It Isn't So*
3. Rush, *The Big Money*
4. Nick Lowe, *I Knew the Bride*
5. Stevie Ray Vaughn, *Look At Little Sister*
6. Saga, *What Do I Know*
7. Roger Daltrey, *Under a Raging Moon*
8. Chris Isaak, *Gone Ridin'*
9. Billy Joel, *When the Night is Still Young*
10. Loverboy, *Dangerous*

The KGRG request line number is 833-5004.

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ing Avenue, El Cajon, CA 92020.

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