

Photographer Ralph Radford captures the beauty of the fountain at night.

Senatorial elections begin Tuesday

by Amy Hanson

As probably a lot of students have noted the fall elections are upon us. Elections this year will be Oct. 15-16 from 8 a.m. to 2 p.m., and open again from 6 p.m. to 9 p.m. in the foyer of the Lindbloom Center. Three sophomore senator positions, five freshmen senator positions, and three senator-at-large positions are open.

In the past it has been noted that elections don't always run altogether efficiently. This can be taken both in the positive and the negative sense: It is interesting to watch the candidates as they mature and take an active platform and interest in their government structure. It is not so exalting to note that less than 10 percent of the campus will even go to the polls and vote for these candidates. The campus should come to the realization that these elected officials will be controlling a quarter of a million dollars of the college's money in representation of the students at GRCC.

In view of some of the previous elections, Ray Carter, Acting Chief Justice, commented, "I hope that we have a number of candidates running so the elections can run smoothly and peacefully, but most importantly I hope the candidates that do run address the issues and, if voted in, are willing to do something about them."

Mike McIntyre, associate dean for student programs and the programs advisor for Student Government, commented, "I am prepared and enthusiastic about Student Government this year and want to impress upon the students the impact of student senators. It is a great opportunity to have a hand in real problems while at the same time learning the democratic process. It

Changing of the guard

Hanson replaces Ford in 'Programs'

by Marion Meyer

Jean Ford, Coordinator of Student Activities, left the Green River Community College staff to fill the position as Director of Student Programs at South Puget Sound Community College in Olympia.

Ford has a Bachelor of Arts degree from Oregon State University and a Masters from Western Washington University in the Student Personnel Administration. After attaining her Masters she applied to GRCC and was hired as Coordinator for Student Programs. She was in charge of college social activities and the student activities manage-

ment program known as Lead and Earn. Under Lead and Earn she oversaw dances, Outdoor Programs, the Artist and Speaker Series and many other activities.

She says that leaving GRCC will be a "real step up," from a coordinative position into a full administrative position. Her leaving is not a reflection however on her opinions of GRCC as a school. Ford commented, "I like it here. . . I'm happy with things at Green River," then conveyed her need to move on to a higher position.

Taking over the position is Leslie Hanson, a former GRCC student. As a freshman she

gives students a chance to work with the faculty and challenges are centered around creating a high student involvement." The major point of these elections is not to select out a few people and get them in an office, but rather a chance to let the majority of the students on campus take a role in government by voting. Mickie Pinches, president of Student Government, stated, "It is important for the campus to take an active role in choosing the senators that will represent them throughout the year. We can't function alone, and if more of the students would take an interest by reviewing the candidates, talking to them, and making a knowledgeable decision when voting, it would make our job 100 percent easier."

was a Lead and Earn member. At that time, she was in charge of scheduling for the Artist and Speaker Series. As a sophomore she filled the position of Vice President of Student Body.

While in student government Hanson not only learned the system, she also worked with Ford and describes her as, "Sharp!" adding that, "Most students like her."

Hanson describes her job as an "internship." She's still searching for a career that suits her. Since no formal contract has been discussed she still holds tentative plans to return to college and complete her degree.

OPINION

Group concerned about 'leftist' journals

There was something interesting in the Oct. 4 Seattle Times. The headline read: "Conservatives Open 'Prof-Watch' Plan On Campuses" the article was on the front page, and it was an eye catcher that was well worth reading.

It seems a national group formed in Washington, D.C. calling themselves Accuracy in Academia is recruiting (according to the Times) college students. Their purpose is to spy on professors they think have questionable politics. Officials of this organization have been in contact with the Washington Spectator, a conservative student newspaper from the University of Washington. The group's president is Malcolm Lawrence, a former Foreign Service Officer and co-host of a fundamentalist Christian radio program. Apparently Lawrence and the group's director, Laslo Csorba are concerned about the thousands of college professors in our nation who subscribe to "leftist" academic journals. The professors are obviously pouring one sided "radical-leftist" information down the throats of poor unsuspecting students all over America. The group's plan to fight this is for students to report professors with dangerous ideas. The group will then call the teacher and ask for an

Editorial

explanation. If the explanation isn't up to the group's standards the incident will be written up in a newsletter.

At this point you may be asking yourself, so what? There are always organizations cropping up with a master plan to save us from something. This just sounds like a bad movie about Germany in the 1930's right? So what's the fuss? This time there's a difference. There's a definite smell to what is going on, and it's not good. We are talking about a well funded national organization that is into intimidation.

Perhaps its the times we live in today that make fertile ground for things like this to happen. That could be, when people start believing that civil liberties are dirty words and educators who may or may not have liberal view points are legitimate targets for intimidation then we all could be in trouble. We like to believe that right wing authoritarianism can never happen in America. It can though, it can start when anyone is afraid to speak his mind because he will be reported.

If anyone is still saying so what, or we're pole vaulting over mole hills, that person should stop and reflect a moment. Remember what has happened in other countries. Remember that at the turn of the century Germany was the most civilized country in the world. What happened in that country started out small, and it had a definite smell... and it grew.

—Bill Jernberg

'Panic' worried about pregnancy

Call me GRACC; rhymes with Tracy GRACC stands for Green Rivers Adjunct Advisory to the Campus Community. The purpose of the column is to provide information to people who don't know where else to go.

Letters can be dropped in the green box that is located in the lobby of the Holman Library. They can also be left at the communications building located behind the Lindbloom Student Center. All letters are held strictly confidential.

Dear GRACC:

How long do you have to wait after missing a period to find out if you're pregnant?

"Panic"

Dear Panic:

Only about four days for a pregnancy test.

Dear GRACC:

My boyfriend wants me to move in with him. I really don't want to and my parents would probably have a fit. He argues that there's nothing wrong with it when two people love each other and it's the best way to find out if they're really compatible. I don't want to lose him, but I don't know what to tell him.

"T.M."

Dear T.M.

Is that old line still around? Tell you what, look your boyfriend right square in the eye



GATOR-AID

tell him if he really believes that argument all he has to do is go to your father and ask if it's OK for you to move in with him.

You may have to peel him off the roof, but at least you'll know that he really doesn't believe it enough to justify it with your folks. So, why should you have to suffer being at odds with them, especially when you don't really want to. Stick to your guns. People tend to regret decisions they were pressured into making.

Dear GRACC:

I have a problem that I hope you will be able to give some advice on. Recently I have begun dating a guy and though he's a nice guy, he is very physical and that disturbs me.

I want to tell him to slow down, but I'm unsure of how to say it. Please help me by giving me a couple of examples to tell my date to slow down.

—CSM

Dear CSM:

One of the things you have to consider is time and place. A quiet corner of Denny's, for instance, where you're both relaxing and sharing in pleasant conversation is far better than if you're parked somewhere in a secluded cow pasture. Another thing to think about is that he may only be getting as physical as he thinks is OK with you. Since you can't expect him to read your mind; you HAVE to tell him. That's fair to him, fair to you.

Now, you're in that quiet corner having a cup of coffee and a nice conversation. You might approach the subject by saying, for example, "I have something to talk to you about." There's no need to do this apologetically, you have a right to your feelings, too. Actually, you're just informing him of something he probably hasn't suspected. And honesty is the best basis for any good relationship. From there, you might try words like, "Look, I like you a lot, but you're moving too fast for me. And it makes me uncomfortable." Let me caution you, aside from an "opening" . . . DON'T write scripts unless you're prepared to hand the other person a copy of their role. Instead, after your opening of the subject, let the conversation go off on its own.

If he's the nice guy you think he is, he'll understand and respect your feelings. He'll

appreciate knowing how you feel instead of having to guess. On the other hand, if he's not really so nice, at least you'll know and can take steps to protect yourself from becoming another victim of the "Rabbit Syndrome." That's where certain members of the opposite sex have a tendency to move in, get a whiff of indecision, take what they can get, then move on to the next field of interest. There's a book at the Holman Library called, "When I Say No, I Feel Guilty" by Manuel Smith. Please read it. It will help bolster your courage and re-enforce your decision to establish your rights in this relationship.

Dear GRACC:

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

—"Cautious"

I'll answer your second question first. Ask yourself how you consider that you know a person well enough to have sex with him, yet you don't know him well enough to ask a simple question. How can you be so considerate about his possible embarrassment and not even give equal consideration to you and your health? You need to revamp your priorities. Should a moment of embarrassment carry more weight than your right to a future that is free of the fear or burden. Please see GRACC, page 4.

CURRENT

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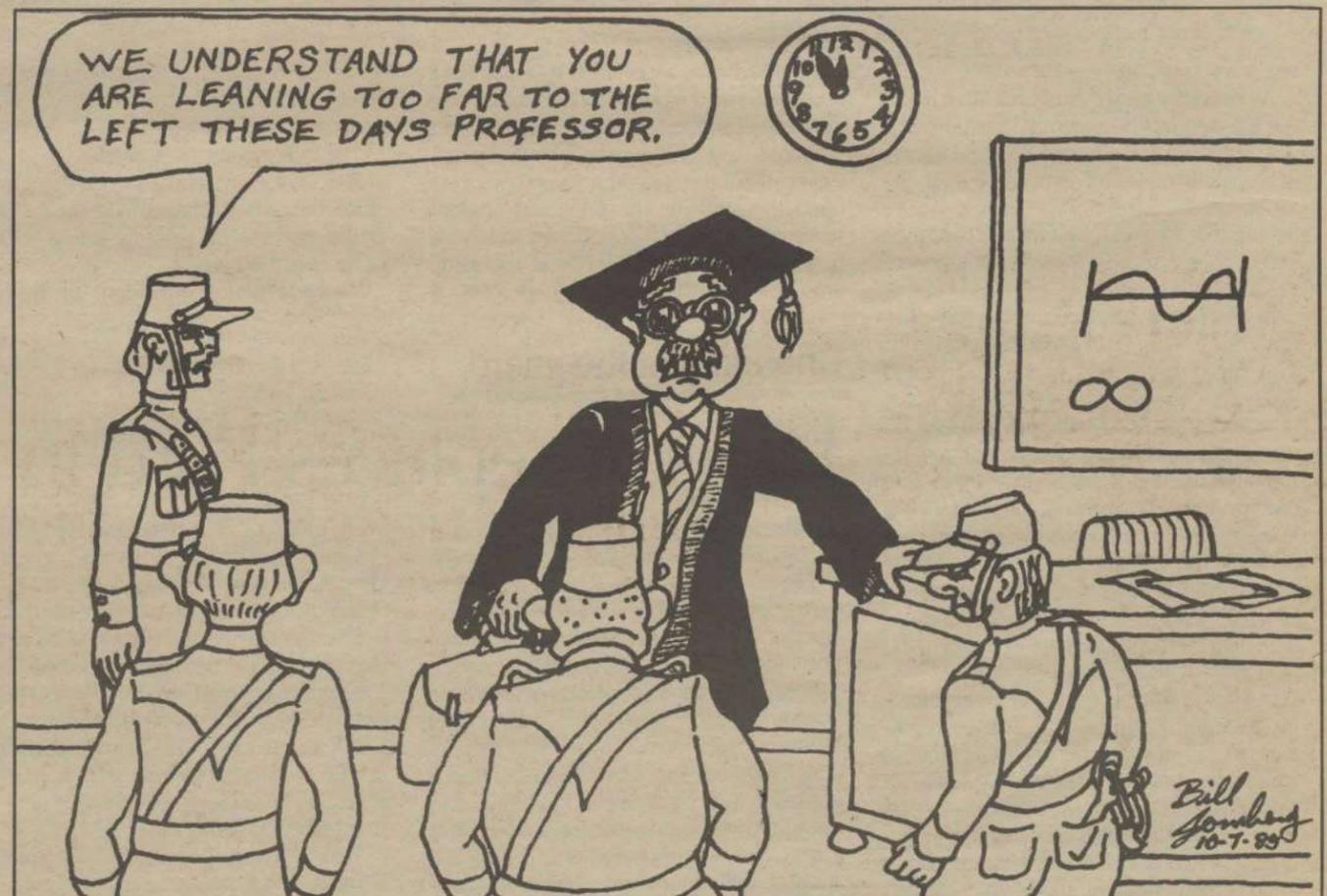
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The Current welcomes all letters concerning subjects of general interest. Contact Current office for editorial policy.



GENERAL NEWS

Candidates speak before elections

With the student government elections coming up next Tuesday and Wednesday, the candidates are busy campaigning for votes. Most of these candidates submitted letters of intent which explained their goals and qualifications for the prospective position.

Candidates running for the position of Freshman Senators are:

Brian Kucich

Hello, my name is Brian Kucich and I would like the privilege of being one of your Freshman Senators.

The leadership role is not one foreign to me. Last year I served as both a state officer and chapter vice-president for Washington DECA, and am currently serving as fund raising chairperson for the Green River Mid-Management Association.

As Freshman Senator my responsibility would be to represent the school, and more importantly the Freshman class, so in all consciousness I must promote that class in any and all conceivable ways. I hope you will vote Brian Kucich, Freshman Senator.

Tracy Beffa

I am a responsible, dedicated, goal-oriented person. I would be a good candidate for the position of freshman senator because I am dedicated to making Green River Community College the best that it can possibly be for all the students in attendance. This means being open to student concerns and complaints, and responding to and acting on them in a direct and efficient manner. The student body does not need someone who makes empty cam-

aign promises, so I promise only this: I will do my best to be available for any student who has a comment, complaint, or problem and I will deal honestly and fairly with everyone, while doing my best to promote student concerns.

Chris Basmajian

Hi there, my name is Chris Basmajian and I'm running for Freshman Senator. I have always been interested in student government not only because it's fun but also because it provides an opportunity for me to meet more of the student body.

As far as the fun part, I just want you to know I am very qualified for the position of Freshman Senator. My experience ranges from past student government positions to serving as a page in the Senate at the State Capitol in Olympia several times. So make the best choice, vote Chris Basmajian for Freshman Senator.

Frank Orcutt

Hello, my name is Frank Orcutt. I hope that you have had a chance to see the signs that have the big F.O. on them — I also hope that you didn't just glance at them. Those signs are my campaign signs and the "F.O." are my initials. I consider it as a good "attention getter." I'm running for one of the five positions of Freshman Senator. Obviously, I think you should vote for me or else I wouldn't be running, now would I? I am very optimistic about being Freshman Senator. After optimism comes the term "determination." My optimism can lead to determination which says I will be very determined if I'm elected. Determination

makes you do good work — I will do good work — I assure you. I must work hard to make the right decisions in passing bills and doing things for the college — these decisions involve you. I've already made one decision for you — that is to choose to vote for me. Thank you and don't forget to vote Frank Orcutt (F.O.), Freshman Senator. If you want to know what I can do, vote for me and find out.

Other candidates for Freshman Senator positions include:

**Stephanie Lane Wendy Roberts
Bruce Jensen**

The following candidates are running for the Senator-at-Large positions:

Laura Rice

Hi! My name is Laura Rice and I am running for Senator-at-Large.

I graduated from Kentwood High School in 1985 with a grade average of 3.4. During the summer quarter of 1984 I attended GRCC through an Early-Entry program. By taking biology, psychology, and philosophy, I earned 15 credits and have since earned 3 English credits as a result of my A.P. English score.

Within the past few years I have become involved in student government by holding the positions of Jr. and Sr. class representative. I have been secretary of Kentwood's FBLA (Future Business Leaders of America). In 9th grade I was the Jr. High member-at-large of the Wa. Nazarene Youth Council.

As you can see I have held many leadership positions and I am confident that even though becoming a senator will be a new and different experience, I am quite able to meet the challenge. Thanks!

Randy Peterson

The job of a Senator is to serve the people. I plan to do just that. Tell me what needs to be changed or added. Your opinion counts, not just mine. When elected I will listen to your suggestions. You have the power of change. We all have to work together to abolish the bad and maintain the good. Make your vote count all year long.

Suzie Turnbull

My name is Suzie Turnbull and I am run-

ning for the position of Senator-at-Large. I have been involved in student government for four years, holding the offices of A.S.B. Treasurer and Junior Class Representatives. Also, my senior year, I was Editor-in-Chief of the Annual Staff. I have the experience and the ambition that it takes to be in student government. Another reason that I am running for Senator-at-Large is because I like working with and meeting people. So remember to vote Suzie Turnbull for Senator-at-Large.

Steve Tamplen

A successful Senator-at-Large should:

- work well with others
- communicate effectively
- be creative
- consider all ideas equally, regardless of their origin
- discard outdated concepts when necessary
- be able to encompass many differing viewpoints simultaneously
- have an understanding of the problems of others
- make decisions quickly and accurately
- be flexible

I feel that I can bring these skills to this esteemed office, and that I will do my best to see that the needs of the students and the school are met with precision and care. My only promise is to base all decisions on the well-being of students (where applicable) and the school itself. Vote Randy Peterson, Senator-at-Large.

Other candidates running for Senator-at-Large positions include:

Sally Zeiger

The candidates running for the presently unfilled Sophomore Senator positions include:

**Kathleen Rhoads Jill Brambrink
Melanie Goff**

CANDIDATES NOTE: If you have not filled out a release of transcripts form, you need to contact Mickie Pinches or Amy Hansen in the Student Government office or call 833-9111 ext. 410. You may also want to attend the candidates meeting and photo session on Monday, Oct. 14 in the Rainier room at noon.

Exercise promotes health**Health in the 80's**

**Judy
Names, R.N.**

Green River
Health
Coordinator

Aerobic exercise—exercise that is steady and uninterrupted for 12 minutes or more—helps fight obesity, depression and strengthens the cardiovascular system. Regular doses of exercise boost blood flow and raise the norepinephrine levels that are found to be low in depressed people.

Other reasons for exercising four or more times a week are:

- 1) Decreases serum cholesterol and triglyceride levels that are the cause of heart disease and stroke.
- 2) Increases lean/fat ratio which in turn means that you can eat more food without storing it as fat.
- 3) Increases longevity.
- 4) Decreases back pain by increasing the connective tissue strength.
- 5) Increases mental acuity.

Exercise should not be done by a stop watch. This becomes another form of competition that can lead to high levels of stress. Find an exercise that you enjoy and keep your body in motion for a long time.

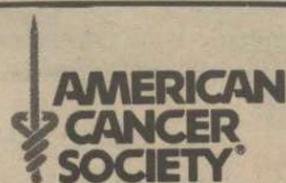
Crowded schedules, falling asleep in front of the TV set in the evening, and lack of "extra time" accounts for the upswing in heart attacks and obesity in our American society. Some of the excuses I hear are "I don't have time," "I'm so tired," or "I can't exercise because I'm a klutz!" Arnold Bennett wrote "We never shall have any more time. We have, and always had, all the time there is."

To understand much of what we're doing with respect to cancer research, you'd need a graduate degree in microbiology or biochemistry.

But to understand how well our educational programs and service resources help both patients and their families, simply talk to one out of every 100 Americans who are part of our volunteer program. Or talk to one of the 3 million who've survived cancer.

The battle isn't over but we are winning.

Please support the American Cancer Society.

**Carnival scheduled**

The Green River Current will sponsor a fund-raising carnival in the Lindbloom Student Center and on the commons next Friday featuring everything from a dunk tank to a paper airplane flying contest.

The dunk tank will be set up near the fountain in front of the Performing Arts building from 9 a.m. until 3 p.m. and feature such dunk tank favorites as Dr. Nigel Adams, colorful campus history teacher; Richard Barclay, associate dean for student affairs who is in charge of registration (a chance to get back at him for those lines students had to stand in); and student body president Mickey Pinches. Several members of the women's cross country team have agreed to go on the dunk tank board.

At noon in the student center, various clubs on campus will have booths in the dining room. Any club interested in doing some kind of fund-raising during that time may contact either Ed Eaton, advisor to the Current, ext. 201, or Mike Lozensky, editor of the Current, at ext. 267. All booths have

to be cleared with Bruce Compton to make sure they do not violate any school regulations.

Eaton, who draws cartoons at street fairs during the summer, will be drawing pictures from people's names in the dining room from 10 a.m. to 2 p.m. (or longer, if the interest is there.) Cost will be 50 cents a cartoon with the money going to the Current fund-raising effort. Efforts are being made to send the editor to a national meeting of college newspaper editors in Dallas at the end of the month.

Several businesses are donating dinner tickets, show passes, and other items to be given to paper airplane experts who can hit a certain table in the middle of the room with their paper airplanes.

Clubs who want to set up fund-raising booths may keep all the money they make. There is no booth fee being charged by the Current for the college.

Entertainment is also planned during the noon hour on the stage in the main dining room.

**Kathleen Rhodes
for Sophomore
Senator**

The experienced candidate that will express your view and concerns in Senate.



GENERAL NEWS

GR to host annual History Day Contest

by Myrtle Rogneby

The regional competition for the fifth annual History Day Contest will take place at GRCC on March 25, 1986. This contest is for sixth graders, junior and senior high school students from King and Pierce counties.

Faculty coordinator, Dr. Nigel Adams, of the GRCC history department, persuaded the State Board to move the regional contest here from Seattle where it was conducted previously. Green River was chosen over other colleges "Frankly, because I out hustled everybody and enjoyed the support of the administration," stated Adams.

"It was so successful and had such

tremendous support here last year." Adams explained that the State Board voted for GRCC to permanently host the contest unless the size becomes too large and it must be divided.

Adams said that "last year we had the largest number of entries of all the regional contests in the state and even more than were judged at the state level." In excess of 300 students participated.

Twenty GRCC students helped make the contestants welcome last year, working on their own time and donating a day to helping. Students who want to help in some way can contact Adams. He is willing to ex-

tend an activity credit for Winter Quarter.

"Conflicts and/or Compromise in History" is the national contest theme for "It was so successful and had such tremendous support here last year." Adams explained that "the State Board voted for GRCC to permanently host the contest unless the size becomes too large and it must be divided."

Adams explained that "the students compete in six categories, either as individuals or in groups no larger than five. They do things like media presentations, dramatic performances, building 6-foot high foldout displays that set on tables;

they write papers."

Sophomore Keith Bell is the student assistant coordinating history day. Bell explained that the federal and regional archives have made a commitment to opening their document collections to contestants for use in creating their projects.

Outstanding students are identified and trained as part of the judging teams. Judges are selected from local historical organizations, college and high school teaching staffs.

A contest such as this provides "opportunity for the students to begin to establish bridges between GRCC and other institutions in areas besides sports," Adams added.

GRACC... continued from page 2

of a sexually transmitted disease (STD)? So, ask him!

Since many STD's are not obvious, particularly in the early stages, sometimes the person who has contracted one may not even know it. Since with some STD's SYMPTOMS MAY NOT OCCUR AT ALL, even asking the question may not provide a reliable answer. You're wise to be cautious. Genital herpes, for example, is incurable. If you are already sexually active, one of the ways to minimize the risk is through consistent and proper use of a contraceptive device. You would be well within your rights to insist that your boyfriend dig the little foil wrapped packet out of the moth-balled area of his wallet and apply it prior to

contact with the genital area. Since STD's infect males and females with any particular preference, he's protecting himself as well as you.

Few men like using contraceptive devices, but the old stand-by argument about loss of sensation is hogwash. A minor loss of sensation cannot possibly justify the greater risk of either transmitting/contracting an STD or contributing to an unwanted pregnancy. A minor loss of sensation does not justify placing the burden of birth control or the risk of pregnancy ENTIRELY on the female partner in the relationship.

Regarding your first question then, please note that the only thing less reliable than the rhythm method—is no use of birth control

at all. You're not the only one confused about "safe" times. In fact, the middle of the month is usually the PEAK period of fertility.

Most women release an egg (ovulate) about 14 days before the NEXT menstrual cycle. Fertility is usually within that period of 8-12 days—just before, during and after ovulation. So, unless you are absolutely regular, you have no way to count BACKWARD from the expected onset of your next menstrual cycle to accurately predict the time of fertility. Further, since sperm can live from 24-48 hours, if you're off by even one day, you can become pregnant. Most experts will agree there really is no guaranteeable "safe time"—only times that are better than others for becoming pregnant. Thus the rhythm method could be considered a form of "Russian Roulette," but here again, the use of a contraceptive device could possibly help minimize the risks.

The only 100 percent risk-free and effective method of birth control is abstinence. Since you have obviously chosen not to abstain, yet you do not want to become pregnant or risk being infected with an STD, an alternative is to insist on co-operation from

your partner in the prevention of either possibility.

Please, talk to someone at Planned Parenthood, your family doctor, or go to the health room at the LSC for information. Get the facts about birth control so you'll be in a better position to choose a method that's best for you. Believe me, it's far less upsetting to ASK about birth control or disease prevention than to have to TELL someone you care about that you're either pregnant or infected. And don't let the thought enter your mind that it can't happen to you. It can.

Dear People:

This is the beginning of a new academic year. But since some problems are ever present, I have decided to re-run a couple of letters from last year. I am hoping that by reprinting these letters now that they may help in preventing an unwanted pregnancy, or the contraction of a sexually transmitted disease. By the time the questions were asked last year it was already too late for several people. I didn't want that to happen again if I could help it. GRACC

Around Green River

Outdoor programs planning ski trip

Outdoor Programs is now accepting deposits for a week long downhill ski trip to Steamboat Springs, Colorado. For details, contact them at 833-9111 extension 271.

"Timeless Waters" Exhibit in Holman

"Timeless Waters," an exhibition of paintings by d'Elaine Johnson will be featured at GRCC in the Holman Library Gallery, through Oct. 25.

KGRG food drive

KGRG 90FM is sponsoring a food drive to benefit Northwest Harvest. You can bring canned or other non-perishable food items to the KGRG studios, on the GRCC campus.

Booths available for Christmas Boutique

Booths are now available for persons wishing to display and sell handcrafted gifts at the GRCC 7th-annual Christmas Boutique set for Dec. 7. For more information, contact Danielle at 833-9111 extension 337.

Washington Pre-College make-up offered

Make-up tests of the Washington Pre-College Test will be given at GRCC on October 12 and 19 at 8:30 a.m. Interested students may sign up at the Admissions window in the student center. The fee is \$13 payable at the time of sign-up. The student must also have their high school and any other school transcript on file or present at sign-up. More information may be obtained by contacting the Admissions Office.

Classifieds

FOR SALE: D.C. and Marvel comic books for the serious collector. All are in excellent condition and will sell at cover price or best offer. Contact Victoria at KGRG.

Are you interested in helping students help themselves? We need a group of caring huggable individuals for an on campus peer support club. Want to get involved? Contact Tracy at Ext. 337 for details.

MOVING and MUST SELL Magnavox AM-FM cassette stereo with turntable enclosed in oak cabinet. \$175 or best offer. Call 833-9111 ext. 267 or 854-5851.

FOR SALE: DCM Time Window speakers, excellent condition, their unique oblong shape produces spectacular audiophile sound. \$400 or best offer. Call 938-3215 (Seattle number.)

Downstream

Window Seat Aboard the Space Shuttle

"The dream is Alive," a film shown on a screen 3½ stories high, is now at the Pacific Science Center's IMAX Theatre. The film gives viewers a window seat aboard the Space Shuttle. For more information and showtimes, the 24-hour IMAX information number is 382-2887.

Events Herald Halley's

In the coming months the Pacific Science Center will present a series of events relating to Halley's Comet. Through the month of October there will be an Astronomers Lecture Series, as well as screenings of astronomy film. For more details, contact the Center at 728-4888.

Kalidoscopes of Greece performs

Kalidoskopio of Greece will combine the traditional Greek folk music and dance with the more contemporary urban music when it makes its single Seattle performance on Sunday, October 20 at 7:30 p.m. at the Seattle Center Opera House. Tickets for the performance are on sale at all Ticketmaster outlets or charge by phone at 628-0888. Ticket prices are \$12.50/\$10.50/\$8.50.

Tacoma Symphony at Pantages

The Tacoma Symphony Orchestra, conducted by Edward Seferian, will perform at the Pantages Center Oct. 11-12 at 8 p.m.

Psst...



The Current needs your help.

Writers, photographers and layout people are needed this quarter. Interested students can inquire at the Current office in the Communications annex, or call 833-9111, ext. 267.

Make The Right Choice...

VOTE
CHRIS BASMAJIAN
For Freshman Senator

Sponsored By:

The Clothing Express
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Specialty Clothing Store
Puyallup

NEWS AND FEATURES

Campus radio station unveils new look

by Marion Meyer

Looking for a way to find out what's happening on the Green River campus? Want to keep up with the score of the latest Gator athletic event? Or maybe just listen to some classic rock-n-roll along with today's latest hits? All of this can be found at 90 on the FM dial. It's KGRG, GRCC's student-run campus radio station.

Greg Tillotson, the station manager, describes the station as "taking an intelligent" approach to radio journalism. "This year KGRG is trying to solidify its image on campus," he explained. "We hope the students can rely on the station to hear their favorite songs, as well as become informed about what is going on around the campus."

With the addition of a translator this summer, KGRG's transmission range has been increased from 10 to 50 miles. The translator is set in Sumner and is an antenna that increases reception range without the use of more power. Since its completion, the station's signal can now be received in North Pierce County, Renton, Federal Way, and the Auburn Valley.

Tillotson has built up a large music

library and opened up the play list this year. "KGRG is a very unique station for numerous reasons," Tillotson said. "A listener will hear anything from us. Right now we have a music library containing everything from the Beatles and Jimi Hendrix to Prince and Howard Jones."

The station is run by students, while the funding comes from the college which sets the budget. Any extras or specials, like new programs, are self-attained. The station seeks out sponsors and accepts donations to fund these programs.

The station offers special programs every day of the week. Monday through Friday mornings 5:30 to 10:00, the "Dog Pound" features a heavy flow of campus information for students on their way to school. Friday nights at 8:00 "One Hour's Worth" presents an hour of a different band, every week. Sundays offer two special shows. From 7:00 to 8:00 p.m., air personality Joanna Rae invites a listener to the studios to host the show on "Roll Your Own." Then, at 9:00, Joanna begins to count down KGRG's "Top 10 Rockdown" for the week. The list is comprised of songs that are most requested at the station.



Greg Tillotson and Scott Goegebuer, two-thirds of the Dog Pound, morning hosts on KGRG.

MIKE LOZENSKY/THE CURRENT

Koch conducts seminar

by Karla Reece

Last Tuesday, Rebecca Koch, transformative psychotherapist, conducted a seminar about "Weight Loss and Self Image."

According to Koch, "The problem with most people is that they think they are fat, so they are. It's all a state of mind. Half the battle is convincing the body to be "thin," once that happens the rest is relatively easy."

Koch feels that a holistic approach, dealing with all aspects of health—not just the stomach or thighs, and using the "diets don't work" attitude works best. "The mind and body are connected. The mind has great control over the body, ranging from what the body does, to how it works, if the body loses weight or fat, where the fat comes from and, if the body gains weight, where the fat goes to first (the hips, stomach, or thighs). People need to be in touch with their bodies, to know when they are hungry and to know when they are satisfied with what they have eaten, not stuffed or uncomfortably full, but satisfied," said Koch.

There are three basic ideas that Koch tries to bring across during her seminars.

1) Work mentally on fat cells. Visualize what you want your body to look like. Use the power of the mind and mentally make the fat cells shrink in your mind.

2) Relax for 10 minutes a day. Relaxing releases a natural appetite suppressant in the body as well as a natural mood elevator. Relaxing will relieve tension (when people eat when they are nervous or tense about something).

3) Stop Dieting. Eat only the foods that you want to eat, not junk food, but food your body is craving. Listen to your body, stop eating when you are satisfied, eat only when you are hungry. When you eat, eat slow, enjoy the food. Don't watch TV or read a book when you eat—taste the food and enjoy it.

Koch feels these ideas alone won't work completely, some form of cardiovascular exercise (aerobic) is needed for a really effective weight loss program. Aerobic exercise won't work either if the food intake is a "diet-binge" cycle and the mental power is not put into use. Koch feels that the major emphasis shouldn't be put on how much weight is being carried, muscle weighs more than fat so more weight is being carried, muscle weighs more than fat so more weight could be a blessing in disguise. Koch gave the names of these books which follow the same ideas as her seminars: *Diets Don't Work*, *Feeding the Hungry Heart*, *The Only Diet There Is*, and *Eating is O.K.*

According to Koch, "You must think thin to be thin."

Veterans form club

by Denise Ko

Vets helping vets and the community is the main focus of the new veterans club on campus. The club met for the first time in nine years on Oct. 3.

The first meeting consisted of electing club officials—Rich Garmong, president; B.J. Moody, vice president; Katy Collins, secretary; and Donna Willoughby, treasurer—and discussing future activities.

The club meets every Thursday in the Vets Center-ARA building, at noon. Evening meetings are on alternate Wednesdays and Thursdays at 5 p.m. Everyone, including non-vets, are welcome and encouraged to come. According to Garmong, "Being an active and vital part of the campus and the community" is what the club is all about. "We want to reach a balance with all vets by giving information, support, provide a social release and assist with any vet related problems" he also said.

Future activities include planning a speaker series during Veterans Awareness Week, as well as participating in the Veterans Pride Day parade in Auburn. Garmong said the club wants to reach out to all those in the community as well as on campus. Helping them to do that will be the Auburn Chamber of Commerce. Through their charter, the chamber of commerce plans on informing the community of what programs are available to them at GRCC

through the club.

Garmong is also involved with the Veterans Center on a work-study program. The veterans center has been operating since the campus opened 20 years ago, assisting veterans on campus with their GI benefits, processing paperwork, campus orientation, answering any questions, and helping with whatever problems arise.

The center is currently trying to implement a veterans counseling service on campus. The counselors will be provided by the Seattle Veterans Association, and will focus on reaching out towards all vets, and individuals involved with vets. The purpose is to provide counseling and support to these individuals who may be experiencing physical, mental or emotional distress because of a veteran related problem such as delayed stress syndrome, agent orange, adjustment from military life to civilian life, and other areas.

Anyone interested in obtaining counseling is encouraged to sign up in the veterans center. All names will be kept in strict confidence, and only the first name and phone number is necessary. Before the program can be started, Garmong states, "we need to know how many people are interested."

For more information on either club activities or programs available through the veterans center, contact Rich Garmong in the ARA building or call 833-9111 ext. 279.

TOP-TEN ROCKDOWN

The ten most requested songs at 90 FM KGRG for the week ending October 6, 1985 are:

KGRG

1. Mr. Mister - *Broken Wings*
2. Saga - *What Do I Know*
3. Outfield - *Say It Isn't So*
4. Starship - *We Built This City*
5. Roger Daltrey - *After the Fire*
6. Loverboy - *Lovin' Every Minute of It*
7. Rush - *The Big Money*
8. Stevie Ray Vaughn - *Little Sister*
9. Nightranger - *Four in the Morning*
10. Joe Lynn Turner - *Endlessly*

90FM

Your name.

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SPORTS

Unbeaten GR soccer clinches NWAACC lead, crushes Skagit 2-0

by Kathy Hansen

The Green River Community College soccer team clinched the NWAACC lead by toppling previously undefeated Skagit Valley 2-0 in a rough and tumble match-up Wednesday at Brannan Field. The Gators also extended their league record to 4-0 with the win.

Third-year coach Dan Pingrey commented, "It was a wild game! Some people don't realize what a physical game soccer really is. That was some knockin' soccer out there!"

Prior to the game Wednesday, Pingrey stressed the overall importance of a victory for the Gator Booters.

"Today's game is so big because both of the teams are still undefeated, but after tonight only one team will leave undefeated. They will be the only unbeaten team in the league, unless we tie, which we don't plan to," he explained.

Skagit Valley was the only team that had not allowed any opponents to score against them until Green River's freshman forward Keith Vilhelmsen booted in two goals with the help of sophomore forward Eric Guise's two assists. Green River has only allowed three goals by opponents this season.

The Gators put the first point on the board after 62 minutes of play and Vilhelmsen's second and final goal was kicked in at the 78 minute marker with the help of Guise and (unintentionally) by a Skagit player.

"We played really well the first fifteen minutes and the last twenty... Pingrey said, "We came back and dominated them at the end, but lost control (mid-game). The ref lost total control of the game."

The contest was marked by what both teams and the crowd seemed to believe were bad calls and referee errors.

"I was happy with stuff we did well, but I was disappointed with the sloppy things we were doing," Pingrey confided, "We're still not playing as a team yet. We've got to sharpen our individual skills."

"The three toughest teams in the league are Skagit, Bellevue and us," Pingrey noted. GRCC blitzed Bellevue 3-2 on Oct. 2.

"Bellevue was the first game that we showed what we can do," second-year veteran Guise said, "This team has the potential to be Green River's best ever... If things gel, which they should."

According to Pingrey, Guise should be a major contender for the top scoring position in the league, which he lost last season by one goal.



Photo by Ralph Radford

Green River CC's Kenny McMullen (L) and Shawn Berglund (R) practice their winning ways that have carried them to the league lead and a perfect 4-0 record.

"He'll be vying for the title with two of his teammates, (Simon) Perkins and (Keith) Vilhelmsen," Coach Pingrey predicted.

The three Gator forwards had tallied three goals each before Vilhelmsen extended his total to five in the Skagit match-up.

Green River will face both Skagit and Bellevue again this season on Nov. 13 and Nov. 6, respectively.

"Skagit's going to be out for revenge. I'm looking forward to it because we've got a rivalry going with Skagit and Bellevue again this year. Rivalry makes it fun," Pingrey said. "We can't even think about that though. We just have to try to stay undefeated every game."

The Gators take on Clackamas tomorrow at Brannan Field, 28th and M St. NE, in Auburn. Game time is 1 p.m.

"We'd like to get everyone out here Saturday," said Pingrey. "It's going to be tough. They're one of those teams that can kill you. They are pretty up and down, and since we're a better team, they will probably play better."

"We're the top dogs now, and everyone's gunning for us. Every game is like the championship for us... And since practice makes perfect, we're playing every game like it were the championship."

Intramurals scheduled

Monday
Wednesday
Friday

Flag Football
Co-ed Volleyball

Tuesday
Thursday

Three-on-three
Powder Puff Football
Co-ed Soccer

Gator Standings

VOLLEYBALL STANDINGS THROUGH OCTOBER 6, 1985		
	W	L
NORTHERN		
Highline	2	0
Edmonds	2	0
Bellevue	1	1
Shoreline	1	1
Skagit Valley	0	1
Everett	0	1
Olympic	0	2
WESTERN		
Green River	2	0
Clark	2	0
Fort Steilacoom	1	0
Centralia	1	1
Lower Columbia	0	1
Grays Harbor	0	2
Tacoma	0	2

SOCCER STANDINGS THROUGH OCTOBER 6, 1985

	W	L	T	P	GF	GA	SO
NORTH							
Skagit Valley	4	0	0	8	12	0	4
Green River	3	0	0	6	7	3	1
Shoreline	2	1	1	5	7	1	0
Bellevue	2	2	0	4	4	4	2
Edmonds	1	2	1	3	5	10	0
Everett	1	3	0	2	5	7	0
SOUTH							
Fort Steilacoom	2	1	1	5	9	7	1
Spokane	2	3	0	4	6	9	1
Tacoma	1	2	0	2	4	4	1
Lower Columbia	0	2	2	2	4	8	0
Clackamas	0	2	1	1	3	7	0

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Frankly Speaking by Phil Frank

NO. IT'S NOT UNUSUAL TO GO OUT FOR TWO SPORTS... BUT FOOTBALL AND WOMENS' FIELD HOCKEY?

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SPORTS

Undefeated netters head for top

by Kathy Hansen

The Green River Volleyball team traveled to Longview Wednesday where they blasted Lower Columbia CC and stretched their unbeaten league record to 4-0 in three straight games. Scores and statistics were not available at press time.

"Last night was the first time we really played like a team, freshman setter Cathy Stansell said, "We played really well and as a group."

"We're taking it one game at a time now, and before all we thought about was State," Stansell commented.

In their second league game of the season the netters overtook Ft. Steilacoom CC, 15-11, 15-7, 9-15, 15-13, at home Oct. 7.

Coach Stanzak described the win as "disappointing" even though it gave the yet

undefeated team another victory.

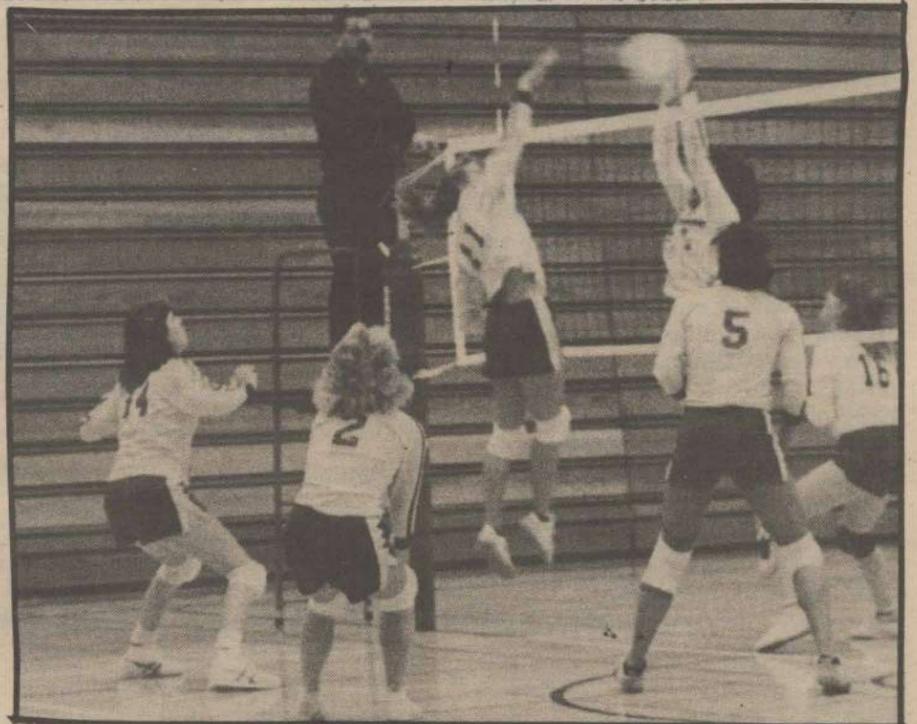
"Our basics let us down. We'd have real good plays, and then we'd make fundamental mistakes," she continued, "It counts as a win though."

The Gator girls spiked Tacoma CC Oct. 4 at home, 15-8, 15-5, 15-6 in their first league performance this fall.

"We played pretty well. A lot of people got to play that normally don't get to play. We got to move around and experiment with playing different positions," Coach Stanzak commented of the game.

Current statistics were not available at press time.

Assistant Coach Dana Hiler said, "Right now we're working on our mental game more than the physical part."



GR Netters back up Lynnette Keehnel for the block.

DAVID BAUS/THE CURRENT

Cross Country, on the run

by Kathy Hansen

Green River Community College's men and women cross country teams and Head Coach Jerry Russell traveled to Ft. Casey on Whidbey Island last Saturday to compete against several top four year schools and running clubs, but came home dissatisfied after a controversial decision made by the race judges "took the wind out of their sails," according to Russell.

As the runners began the race, the lead runner took a wrong turn approximately one quarter mile into the race and about a fifth of the other teams followed him, causing the race to be called back and repeated 30 minutes later. The controversy surrounding the race is over at the point the race has stopped, according to Russell.

"They ran up a rather grueling hill and almost two more miles before they (the race officials) fired the gun three times signaling to stop the race. It took the wind out of our sails," Coach Russell stressed, "I think it was the absolute worst decision they could have made."

"We in essence blew it because we ran out so fast in those first two miles..." Russell explained, "We were in really great shape until they called it."

The women's team finished second according to Russell, but the team left before receiving the men's results, angered over the running of the race.

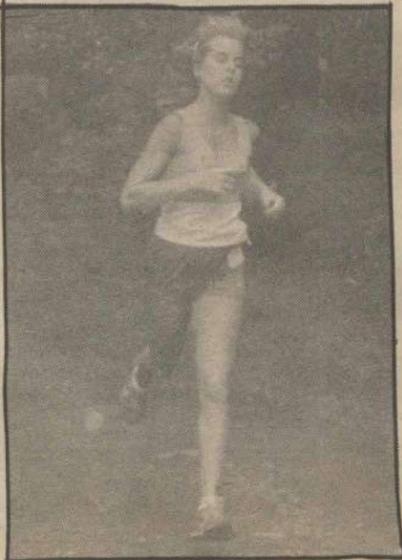
Russell said he looks forward to the addition of Kathy Smith, a prominent area running talent.

"That will make us (the women's team) so strong. We're talking challenging Lane (CC of Oregon) for number one," confided Russell.

The teams will compete in Gresham, Oregon at the Mt. Hood meet tomorrow.

"It's a big meet. There will be a lot of community colleges there and it will show us where we're at and what we've got to do to improve." Russell noted, "It's an extremely tough conference for the boys, but we're young. We're doing well and they are going to grow a lot in the next five weeks of the season."

Oct. 19, the teams take on Highline and the University of Washington at Ft. Dent and Woodland Park at 11 a.m.



DAVID BAUS/THE CURRENT

Michelle Finndvik GR's leading woman runner

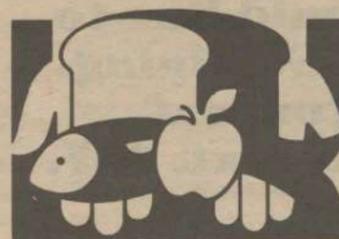
KGRG 90 FM

Your campus radio station is having a food drive to benefit Northwest Harvest. During the month of October, you can bring canned food or other non-perishable food items to these locations:

- ☆ Kent Library Lobby
- ☆ KGRG's Studios (in the Student Communications Annex)
- ☆ Hunter's & Collectors Records and Tapes, 140 East Main, Auburn



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show you care."*



E.M.M./N.W.
HARVEST

GENERAL NEWS

GR sponsors humanities conference

by Myrtle Rogneby

In November Green River and Highline will jointly host an annual 11-state conference for community college humanities faculty and administrators.

"Meeting the Challenge: The Humanities in the Mid-Eighties" will be the theme for this sixth annual meeting of the Pacific-Western Division of the Community College Humanities Association.

At the conference in San Diego in November of 1984, Jeff Clausen of Green River's philosophy department accepted the charge of being program chair for the 1985 conference. He says that he has needed the full year to ensure the smooth and successful function of the 3-day meeting being staged at the Stouffer Madison Hotel in Seattle.

From the office of William Bennett, the national secretary of education have come questions about the curriculum of the baccalaureate degree across the nation. The distribution requirements, particularly, have come under criticism and thus "indirectly what people are doing in the humanities" states Clausen.

As a focus of the conference, he adds that "we as humanists want to reexamine what we are doing to meet the needs of the eighties."

Clausen is encouraged by the response to his efforts. He expects upwards of 150 attendees, more than usual, adding that he has "reached new people."

"A lot of people are coming up from Cal-

ifornia," Clausen says. Almost daily the college gets calls from people who had never heard of the conference before this year.

He credits this success to strong support extending from the Green River administration throughout the campus.

"Really helpful" to Clausen were Bill Taylor, Dean of Instruction, and Bruce Haulman, Associate Dean for Academic Education. "They both proved invaluable in providing institutional support for the project," added Clausen.

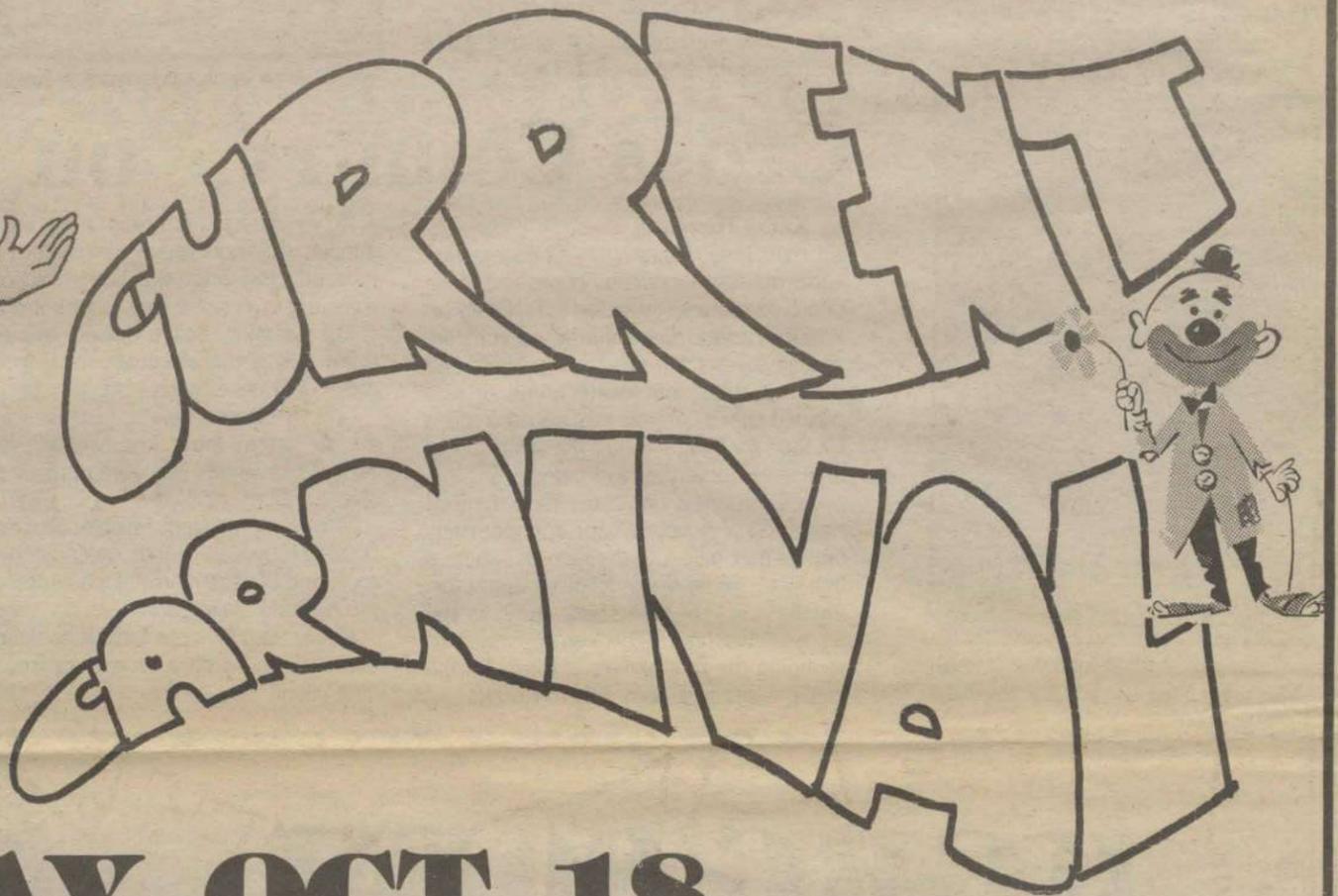
Bruce Compton was useful in finding the necessary hotel rooms. Just knowing how to approach the hotels was a substantial help, according to Clausen.

Clausen believes the quality and attrac-

tiveness of the 5000 copies of the call for papers and program that he sent out helped generate interest in the conference. Debra Warren did the typesetting and Jerry Warren the printing. The graphic art and layout were done by Colleen Maloney.

According to Clausen, these conferences have value because they give greater understanding of the worth and breadth of the humanities, stimulation by the papers presented, and valuable time with other humanists. "That sort of contact can be just as valuable as the papers," says Clausen.

Clausen has said of the chairing role that it is undertaken "once in a lifetime in the sense that once you do it, you'll never do it again."



FRIDAY, OCT. 18

Commons and Lindbloom Center

★ DUNK TANK

9 a.m. - 3 p.m. Commons

★ PAPER AIRPLANE

CONTEST Noon LSC

★ CARTOONS from names

10 a.m. - 2 p.m. LSC

Any college club or organization that would like to have a booth in the LSC dining room, contact Ed Eaton, ext. 201, or Mike Lozensky, ext. 267. No charge.

