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See cannibalism page 9



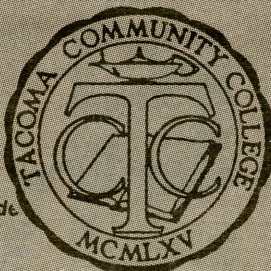
Butterscotch, page 3

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May 1  
1990

# The Collegiate Challenge

College Comes Forth from 'Sea of Mud' Paper May Never Get Name  
Which One Will It Be? Students try to name paper **Scuttlebutt...**  
TCC Offers New Technical Arts Degree **Republicans Elect Officers**  
Lack of Understanding Causes Mental Strain, Writer Asserts  
**Dean Discusses Role of Freedom Code** Titan May Never Be!  
Lounge Lizards-New cult of students has evolved at TCC.  
**Students Vote On Primaries, Constitution.** Educator's View  
Reflections on An Easter Egg Young Republicans  
**Congress Proposes End To Present NDEA College**  
Simpson Named First TCC Student Editor TV Widens  
**Students Invade GOP Press Conference** That Was  
Expansion: Administration Building Opens **Draft Board Prepares to Induct Students**  
**Nixon Tell Views on Viet Nam; Answers Questions of Students**  
18 Year Old Vote Argued by Legislature YR Set Goal of Sixty Members  
"Students' Rejection of Authority Impersonal, Machine-Like," Says Stanford Philosopher  
Sports Complex Near Completion **Folk Club Schedules Evening Concert**  
**Life On Moon Is Possible** Humphrey Speaks At PLU Don Moseid Named As The New Coach  
ABA Decision will Retard Press in Crime Reporting **Going Creative**  
Second Annual Campus Day To Be Climaxed by Street Dance  
**THE STATES**



Tale of two ciggies Student hospitalized after attack **Insit Center**  
Your tax dollars at waste **Sleep well, South Africa** **Rangoon**  
**Arctic blizzard hits the campus** Editorial angers and offends student  
**Wirsing's World** Free Gift Inside Not Real Ads **Titans lose**  
"Poetry Princess" to initiate awareness at TCC **Counselor's Corner**  
**Vet perceives growth in post-war Vietnam** Campbell 'fingers' system  
Contribute to class **Real slick, Exxon**  
Term to many people **Ollie: The True Story**  
then off, then on again **Guts? Or Guano?**  
and plague of the 80's Tacoma, the new Hollywood  
1889-1989 **Dudes with dreadlocks**  
**Deterioration: Campus comes apart at the seams**  
New computer lab more than byte-sized **Study simplifies condom selection**  
**Gays/Lesbians accepting diversity** Typesetter condemned  
Students deserve votes in Executive Council election **Beijing: A spark of hope**  
Misdirected attention outrages student **The Grapes of Scholarship**  
**A thousand points of darkness** Smokers light up but they can't get warm  
**Stones still rolling after so many years** Senate time is nap time  
**Attack against civil liberties in Tacoma equal to racism** **Football & beer team up**

A tradition of excellence in college journalism

Volume XXVI, Issue 10

Tacoma Community College

May 1, 1990

## Needham succeeds Opgaard as new boss

Patricia J. McLean  
Managing Editor

North Carolina's loss is Tacoma Community College's gain. In a special announcement on April 27, the Board of Trustees named Dr. Raymond Needham to replace Dr. Opgaard.

In addition to Needham, the Screening Committee interviewed George Delaney and Dr. Edward Command. Dr. Jacquelyn Belcher withdrew her application on April 24 after accepting a position in Minnesota.



Dr. Raymond Needham.  
Photo by Patricia J. McLean

Dr. Raymond Needham is president of Guilford Technical Community College in Jamestown, North Carolina. He was at TCC on April 23.

Although accepting this position would mean reduced salary, Needham is very interested in moving back to the Northwest where he was born and raised.

Needham said his management philosophy was team oriented and not "administration down."

According to Needham, the president "should be the chief fundraiser" and "should not be afraid to work with business and industry."

Needham said that his greatest accomplishment at Guilford was moving it from a mostly white male tech school to a more representative community college.

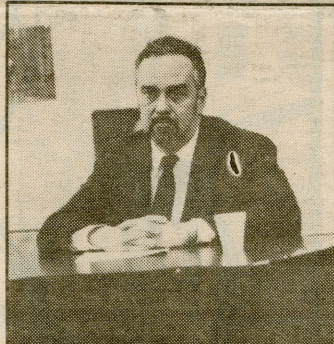
He said that Guilford had no minority staff when he arrived and "now has a black vice-

president and the student body percentages match the general local population."

In accomplishing this, Needham said that he "was subjected to a lot of pressure" from the board.

Delaney is Vice-President of Educational Services at Skagit Valley College in Mount Vernon,

WA. He was at TCC on April 18.



George Delaney. Photo by Dan Sniall.

"A college president has to be both the face and voice of the college in the community," he said.

Delaney believes that colleges do students a disservice by graduating them unprepared for success. Preparation must begin in the early years of education and the college "must work with high schools and all the way down," he said.

Delaney emphasized his people-oriented philosophy of management. "People are the number one ingredient in a college. The system... has to be as human as possible," he asserted.

Dr. Edward Command is the Vice-President of Highline Community College in Des Moines, WA. He visited TCC on April 19.

Like Delaney, Command expressed interest in people. He said "The quality of staff and faculty determines the quality of the school."



Dr. Edward Command.  
Photo by Patricia J. McLean

He is interested "in recruiting the best people as well as helping

current staff to improve and grow."

According to Command, the most important issue facing community colleges involves funding.

He views as "disastrous to funding" the idea that "(community colleges) are viewed as good people doing good things." He said "We must move from that to being a basis of prosperity, as a solution to problems in the community."

According to Command, staff shortages are unlikely to change. As a solution to this problem, Command proposed "increasing automation without reducing staff."

Regarding disability access, Command said "Having doors meeting (state) requirements is not enough. If people can't get in a classroom, they can't be successful."

## TCC adopts eligibility policy

Donna Jeffries  
Staff Reporter

The Tacoma Community College Board of Directors adopted a policy during the March 8 board meeting after conducting a public hearing.

Dean of Student Services, Pricilla Bell, stated that the 1988-89 legislature passed a bill requiring colleges to adopt a policy for any athlete found to have violated the laws relating to

the use and possession of steroids.

Board member Robert Hunt expressed his opinion that this legislation is discriminatory toward athletes, and he cannot personally endorse such a policy.

Bell agreed but insisted that the institution is required by law to comply. Failure to pass the policy could expose the college to liability in cases where an athlete is injured, dies, or harms or infects

another student.

Jay Lloyd, Student Representative, expressed his disagreement stating it is against the constitutional right of students for the right to privacy as well as their rights concerning search and seizure.

Despite opposing opinions, the Board adopted the policy stating they would work to encourage a change in legislation.



Challenge team faces off against the B-Dawgs. photo by Patricia J. McLean.

Damon Rosencutter  
Photo Editor

The B-Dawgs took the flag football tournament April 27 after devastating the Challenge team by a score of 28-18 and crunching the St. Programs team by a score of 22-19.



## ROCK AND ROLL It ain't noise pollution

Damon Rosencutter  
Photo Editor

When Rock & Roll is outlawed, only outlaws will be rockin'. And now a new form of McCarthyism is working its slimy fingers into our school and goes almost unnoticed by most students. It's called censorship, and it's happening on this campus.

So what is wrong with Rock & Roll? Well... in the fifties it was thought to be a force so sinister that it would destroy the moral fiber of our young. In the sixties it brought social, political, and economical faults into the limelight for the young and young at heart to examine a little closer. The seventies started out great, but after Nixon resigned things went downhill. The eighties introduced us to new sounds and artists with their own way of doing things.

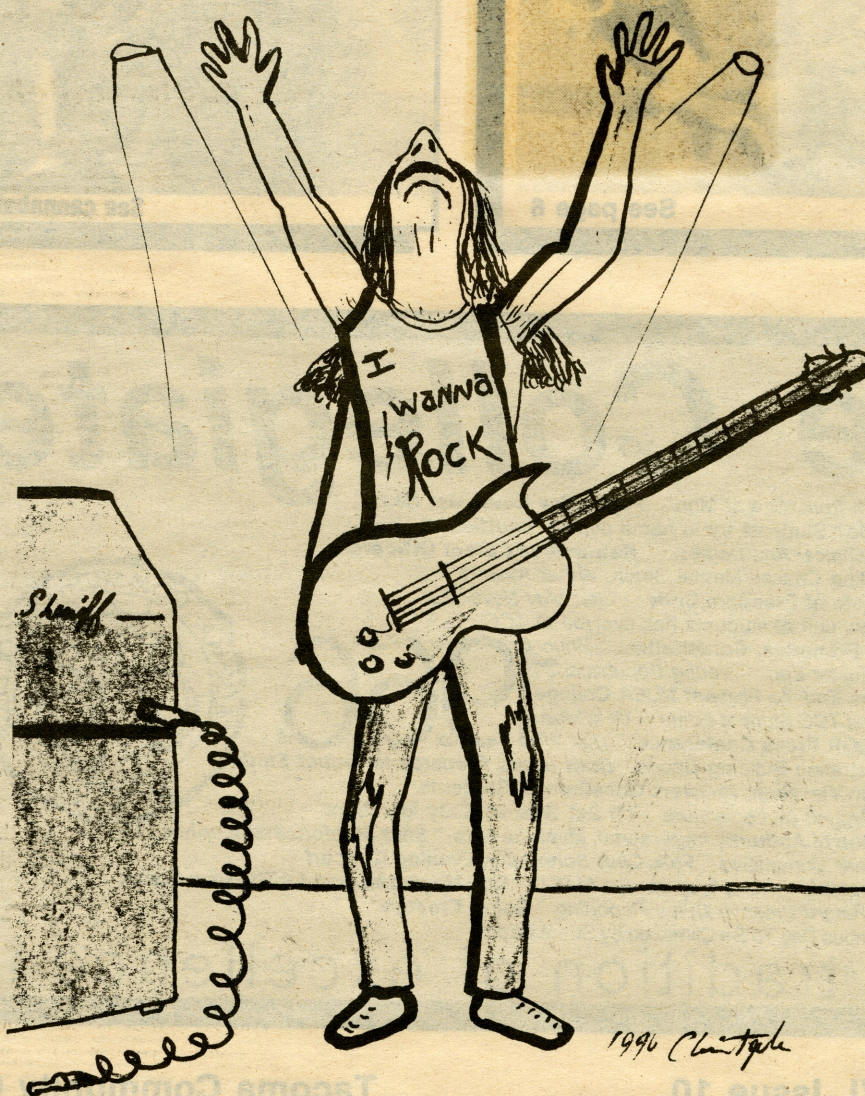
So here we sit in the nineties, munching on Titan burgers being forced to listen to some of the sleepest music to hit Tacoma. Where does Student Programs find these folks. They probably listen to a tape, and if they fall asleep while enjoying it — they book 'em.

According to Steve Spuck, Entertainment Coordinator for Student Programs, one of the reasons we don't have Rock is it's too loud. He also felt we didn't have a market for such music on this campus. Bull...!!! When students were surveyed in fall the music that kept popping up was Rock & Roll. This was followed by Jazz, and Rap.

Obviously Student Programs knows what's best for us. Just ask them, they'll tell you. All the other schools that host such shows have great turnouts and continue Rockin', but we must remember they are student-oriented, as opposed to our miniature concentration camp.

Apathy is dead!

If you all want Rock let Student Programs know. Their office is located in Bldg. 11B. Maybe, just maybe, if enough people shout — a voice will be heard amongst the oppressed.



## Ryan White's death a tragedy of hope

Robert Guerrero  
Staff Reporter

Unfortunately, it often takes a tragedy to bring our attention to a tragedy. One example of this is vividly illustrated in the recent death of Ryan White on April 8 of this year.

Ryan, who contracted AIDS from a blood transfusion, died at the youthful age of 18 after battling AIDS for six years. He fought and won the right to attend public school in his home state of Indiana. He spent many years of his young life fighting to overcome prejudice, fear, and ignorance.

Ryan testified before a Congressional subcommittee and appealed for more government funding for AIDS research and victim assistance. He spent the last years of his life educating people across this country about the human elements of pain, suffering, and isolation that often accompany this disease, but are rarely spoken about.

Ryan spent the last days of his life in unbearable agony and spent his last moments knowing death was a lost breath away. He is an example of a person who reached outside of himself and touched others with his humanity, dignity, and integrity.

If we are ready to accept a lesson from this tragedy, let it be one of willingness to avert an even more sinister disease. The disease of knowing a problem exists but doing nothing about it.

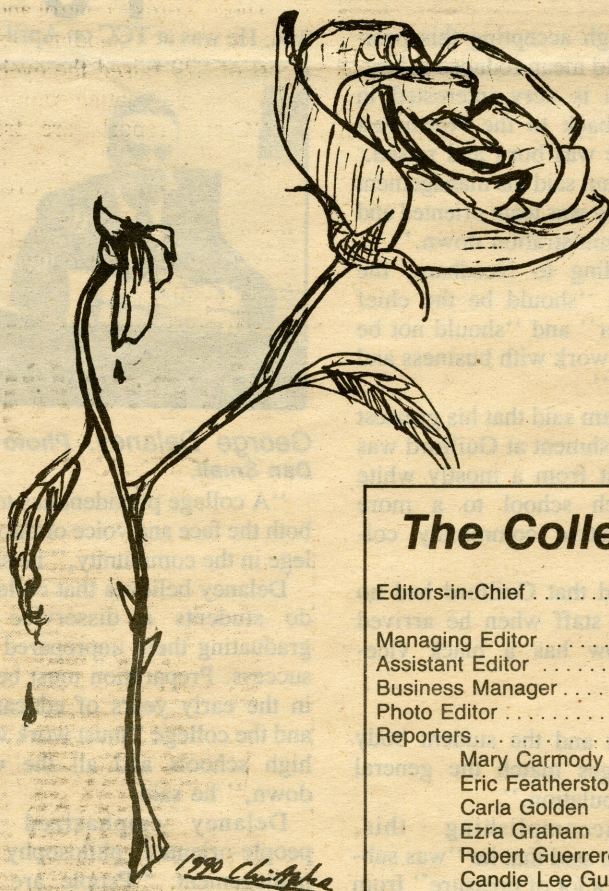
What will it take to force the Bush administration to awaken from its apathetic slumber and provide the very basic and essential funding to meet the needs of AIDS victims dying in this bureaucratic genocide.

There comes a time in all of our lives when we must come to one very simple realization. The realization that being human is one of the greatest gifts given to "earth kind". For only we humans can reach out and touch all the rest of "earth kind". And if, by our own choosing, we reach out to the rest of earth kind and make a small change then we have truly touched an entire world.

No other creature has been given the gift of touch as we. With this gift we then hold the responsibility to reach outside of our own pity, selfishness, hate, greed, and prejudice; and touch.

Touch to change and change forever our world and influence our "earth kind" in the the most positive, creative, and beautiful way we know how.

Thank you, Ryan, and good-night, sweet prince.



## SOAR takes off

Patricia J. McLean  
Managing Editor

Students Organized for Accessible Resources (SOAR) planted signs, spread leaflets, and used a bullhorn to emphasize their point on April 27.

The point being that it is a daily trial for the disabled to attend classes at TCC.

It's a small start, but SOAR is determined to make a difference.

The time has come to resurrect the spirit of activism that has been somnolent too long.

## The Collegiate Challenge...

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Managing Editor	Patricia J. McLean
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The Collegiate Challenge is an independent newspaper published by students at Tacoma Community College. Opinions expressed are not necessarily those of The Collegiate Challenge or the college. The staff welcomes letters to the editor. See letters policy below for requirements. Ad policy and rates are available upon request. Call (206)566-5042. Mailing address: The Collegiate Challenge, Bldg. 14-13, Tacoma Community College, Tacoma, WA 98465.

**Letters Policy:** The Collegiate Challenge encourages letters to the editor. If you would like to reply to one of our stories or editorials, or express your opinion about something happening on or off campus, please follow these requirements: Letters must be typed and your name and phone number must accompany it for verification purposes. The editors reserve the right to accept or reject letters, and to edit letters based on content or length. Send letters to: Editor, The Collegiate Challenge, Bldg. 14-13, Tacoma Community College, Tacoma, WA 98465.

## The Challenge accepts applications

The Collegiate Challenge is accepting applications for the 1990-91 Editorial Board positions.

The positions available are Editor-in-Chief, Managing Editor, News Editor, Business Manager, and Photo Editor.

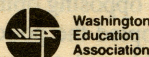
Applications should consist of a four-to five-paragraph letter, typed double-spaced or a

computer printout. In the letter, the applicant's experience, talents, ambition, and goals for the Challenge must be outlined. Also, the name and phone number must be included.

Applications are due in Challenge adviser, Eve Dumovich's mailbox in Bldg. 20 by May 9. A decision will be made by May 15.

## Give Our Kids Room To Grow.

If we don't do something to reduce class sizes today, our kids won't be ready for tomorrow.





## Fact and fiction lead to unbalanced results

**James F. Wilson**  
*Business Manager*

From the mind of the sun, a power coordinates children of all nationalities to play together.

They play for the simple reason of having fun. These innocent playmates live without fear. They are only obligated to their mothers to be home before dark.

The love of moonlight transports guidance, honesty, and trust. Hearts equivalent with emotions interact to lead an orchestra of romance in a slow dance.

Lovers everywhere take passionate strolls just after dusk. Love is not complicated, for there is no way to become lost or confused.

Across the land, grazing fields of green grass spread wild and free. The waters of mighty oceans

sparkle forever blue. Waves never cease to ripple.

The brave bold one soars high above picture clouds. Observing him stretch his wings brings out true pride. The same pride that descends from the royal colors of the highest mountain. And again, the pride that awakens to roses growing fluently in the park.

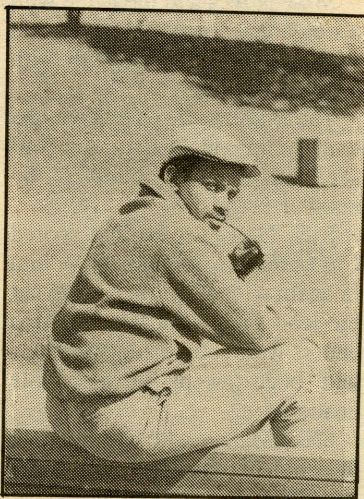
Stop! No More!

Enough is enough. There may be bread left over, but the butter is all gone.

Everyday life is not this way. Sad but true. Perhaps it should be glorious and wonderful. It could be much better than what it is. Or can it? Who is to say what?

Take a look at the real world. Drugs have inserted a devastating impact upon the future. The young are sacrificed to this holocaust. Too common, a teenager indulges with a

### Butterscotch



Factitious pebble and dies. Young lives are footing the bill. All at the cheap expense of a dealer's hand.

Dealers, the lowest layer of sludge to be known. Some adults are no better. They desire the notion that coke is the real thing.

Absurd!

Political leaders are corrupted by the ounce. Politicians lobby for more money, and yet they commit scandals and cover lies. Financing senseless wars in "nowhere" is part of the game government plays.

What about the homeless that lurk endlessly about? Dragging from one sidewalk to the next.

Not knowing when their next meal will come. Not knowing what bridge to sleep under, or where to obtain old newspapers to cover their cold feet.

Some evangelists claim to be working for the Cross, serving God and fellow man. In reality, these *sapient* sinners deceive to achieve riches and crimes of the world. The same "hell" they say they are opposed to. To manipulate God's Church is one way to burn a soul.

Materialistic attitudes control the direction of life, and often the direction of death. Money does not grow on trees, so cut them down.

It cost too much to dispose waste properly. Dump it in the sea. All in all, the rich get richer, then get greedy.

The world of fantasy offers an open door policy. Great expectations and wild dreams are accessible to those whom dare.

Lives could be enriched to each desired fulfillment. Though anything but nothing is free. Reality is the price to pay. Is it worth it?

ENJOY LIFE!

BUTTERSCOTCH!!!

## Madame Money Guru: Credit reporting focus

**Trish Schwaier, CCCE**  
*Staff Reporter*

**(Editor's Note: Trish Schwaier is a Certified Consumer Credit Executive, a position which requires 10 years of managing and credit related experience.)**

Phones at Frederick and Nelson's switchboard are ringing with complaints regarding the credit reporting services offered with April's billing.

The credit community is calling it deceptive advertising.

"Introducing *Creditline* : a revolutionary, new credit program that allows you to monitor, control and protect your credit standing in a way never before



possible," states the billing insert.

Get an immediate free credit report if your're turned down for

credit. Correct information in your file that is now incorrect. See your credit report, promises the ad.

The cost is only \$29 per year. This low price provides all the above plus two annual credit reports and an annual accounting of your social security standing.

Those words "control and protect your credit standing" and the cost of \$29 raised the eyebrows of the credit granting community.

"Credit reports are free to anyone who has been denied or rejected for any credit

application," said Don Furin, President of Pierce County Credit Association.

"The borrower is given a form

or letter immediately upon credit disapproval. On this is the name of the particular credit agency and how to contact them. This ad leads people to believe that only through this new service can you get a free file," said Furin.

"A regular credit report cost only \$10 to \$16, depending upon which credit agency is used. AND, anyone can write for their social security standing without a charge," said Furin.

"Credit Association in Tacoma, Seattle and Spokane, spent months and even years

working with the Attorney General's office to curtail credit clinics, those services that promise to clean up your credit file

for a fee or offer the consumer what he can do by himself at little cost," continued Furin.

For a credible organization like Frederick & Nelson to offer what is essentially another form of credit clinic, takes unfair advantage of innocent credit users," said Furin.

"This particular advertisement with Frederick and Nelson's name plants a seed of hope in the minds of the needy person. This ad is especially hopeful to those who have been turned down for credit," said Furin.

"I cannot imagine a company as prestigious as F & N lending

Please see *Guru*, page 5

## Open letter to the University of Washington Daily

**By Albert B. Butler**  
*Columnist*

**Dear Editor,**

A month ago I was introduced to the story about Brian Brookbank.

I thought that the idea of writing about the censorship of an AK-47 ad coinciding with the turmoil in Lithuania would be great material for my column.

There seemed to be a lot of different thematic elements I could use to persuade people and to express my point of view.

What I got instead was a hard news story. Brookbank informed me, two weeks ago, that he was going to file a suit against the UW for \$30 million.

Unfortunately, I was scooped by *The Daily*. So congratulations.

Disappointed and exasperated, since I thought that I could've been in *The Seattle Times*, I slowed down and took it upon myself to go more in depth.

We, at *The Collegiate Challenge*, only publish every two weeks. I figured that if I couldn't be *faster*, I would try to be *better*.

But what could be *better* than the scoop?

After trying to cover this story, I remembered why I became a columnist: to avoid all the bullshit. I got plenty of bullshit covering this story.

Nobody in the UW administration will talk to me. I have reason to believe that the 'harrassment' charges against Brookbank cited in Mike Schowalter's article were just an attempt to scare Brookbank.

This is because President Gerberding and others are so inaccessible to the public and all this information is so untouchable.

Everybody, with the exception of Brookbank, seems to be scared. I have allegations flying everywhere about sexism, radical feminist cultism, terrorism, and civil rights violations. I have fifty pages of notes and very little proof of anything.

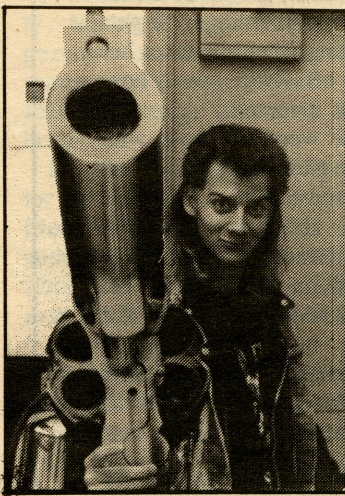
What's more, due to my physical proximity (Tacoma Community College) I am unable to entertain the necessary intensity of coverage. It would take me a year to expel the truth from the bilesome entrails of a muckraking monster — a monster which has been ignored by the press.

Yes, ignored, and I think that this is a very bad thing.

So as I usually do with my column, since it is all about philosophy, I started thinking about the roles and the nature of journalism; would that scoop *really* have been *better*.

It seems to me that all the information about this whole ordeal

SCATTERBR



**With Butthead**

is only at face value. To most of us, I am sure that Brian Brookbank is seen as a violent cynic and a sexist.

This is what we perceive him to be. He was on the front page of *The Seattle Times* being frisked by three university policemen for a concealed weapon that turned out to be a banana. This is not good P.R.

But I don't think that the average person is learning the truth. In fact, I would say that the average student is completely in the dark.

This is, I believe, because the

Associated Press is objective to the point of arrogance. I believe that most of their reporters are too cynical to commit themselves to the nuts and bolts of something as ugly as this.

So the dilemma is this: what is the role of a student newspaper?

Speaking from personal experience, I don't think that anything is objective — how can a photo of three policeman frisking a guy be objective. Most people will assume he's a criminal.

I would, however, claim that because of my distance from the affairs of the UW, I can make an abstract appraisal of these matters with validity and integrity.

It is my assessment that the Women's Studies Department of the University of Washington consists of a few radical feminists. These women have dug themselves a niche in the tangles of a beauracracy and subsisted through the politics of fear. Now, I may be wrong, but...

It is unfortunate that name-calling like "liberal", "sexist", and "racist" can cause so much fear in the heart of human socialization. I think that this is exactly what is happening.

As Ian Robertson notes in his textbook *Survey of Sociology*, beauracracies tend to be self-serving and inefficient organizations.

Robertson cites the dangers of "group think" in beauracracies and demonstrates that it often results in injustice and collective stupidity.

This seems to be the case with the disciplinary hearing of Brian Brookbank in March. Weren't members dismissed for having went to college together?

Wasn't Vice-provost Normann protested about "the threatening student" in Women's Studies, Pete Schaub, two years ago?

And what about this letter just recently published in *The Seattle Times* by Michael E. Mertel? He claims that the class was used as "a vehicle to promote the indoctrination of radical feminist ideas?"

Sexists?

Then what about women like Shirley Hamblin who claims that in order to pass a women's study's class you had to do a project that in some way promoted lesbianism.

It is clear to me that *The Daily* has a responsibility to follow this up and find out what is really going on.

**Sincerely,**  
Albert B. Butler



## Twice beaten, still shy Youths miss workshop

**Ezra Graham**  
Staff Reporter

"We should have beaten them," said Titan pitcher Walter Helig. They should have and they could have but they didn't. Twice.

The Tacoma Community College Titans baseball team lost a pair of league games to the Centralia Community College Blazers on April 20.

The losses dropped the Titans to 2-5 in league play and 6-10 overall.

In Game One, the Titans took a 1-0 lead in the bottom of the second inning on a lead off double by designated hitter Rich Hansen and a run scoring sacrifice fly from right fielder Chris Foss.

The Blazers took a 2-1 lead in the top of the fourth inning on two singles, a double and a sacrifice fly.

They then exploded for three runs in the seventh with a two run home run and an rbi double off of a tiring Kevin Lentz. Addison

Granberry replaced Lentz and got the final two outs for the Titans.

The Titans, down by four runs, cut the margin in half on a single by Casey Fuller but the rally fell short when catcher Steve Klein's fly ball was caught by the Blazer's left fielder.

With the loss, Lentz's record evened at 2-2.

In Game Two, the Titans committed eight errors but still managed to get the game into extra innings before losing 5-4.

An error by second baseman Jon Noyes, a stolen base and a single, staked the Blazers to 1-0 lead in the first inning.

The Titans responded immediately, scoring a run in the bottom of the first when d.h. Rich Hansen's fielders choice scored center fielder Chris Foss who had reached on an error.

Two errors and a double gave Centralia a 2-1 advantage in the sixth inning.

Mike Malnar's two out single scored D.J. Ostrander and sent

the game into extra innings.

In the eighth inning two Titan errors allowed the Blazers to score without the benefit of a hit.

Mike Noyes tied the game with a single that scored Jeff Salantino who had led off the eighth with a pinch hit single.

The Blazers scored twice in the tenth inning on an error and consecutive singles followed by another error.

Rich Hansen who had scored Chriss Foss in the first, drove him in again with a sacrifice fly to cut the lead to 5-4 but the next two batters were retired and the Titans had been swept in a double header.

Mike Malnar who was pitching in relief of starter Walter Helig lost his first decision.

Head Coach Mike Batt liked the effort but not the result. "I'm not disappointed with our players. Days like this are going to happen. I just hope we don't make a habit out of it.

**Donna Jeffries**  
Staff Reporter

No one 'got down to business' at the "Getting Down to Business" workshop held Saturday, April 21 at the Tacoma Community College Downtown Center.

The workshop was geared towards minority youths. The target age group is between 12 and 22. It's also geared toward youths who needed a job for the summer, wanted to be their own boss, and wanted to earn while learning.

It is a definite group in need of direction. However, according to Carolyn Graves, seminar instructor, the workshop has not been well attended.

Where have the youths gone? Graves commented that she had sent out over 300 letters inviting youths from all over the Pierce County area to attend.

About the non-attendance, Graves stated, "Kids should be

allowed to be kids longer. However, most of these kids are forced to work out of need to help support their families."

It is truly unfortunate that these youths have not been reached. Graves' entire workshop was on entrepreneurship. It encouraged creativity in new business ideas on how to start your own business.

It also encouraged youths to work for themselves by showing how to get started, what their market would be and what they needed to provide the service.

The workshop was sponsored by the TCC Institute for Business and Industry, Tacoma Urban League, and Vision Youth Services.

Graves felt that a minority market should be sought because of their basic need. However, she thought smaller groups should be encouraged to allow for a more personalized approach.

## Classic Video Review . . .

### Early Hitchcock thriller safe for kids but may be a gamble for Grandpa

**Trish Schwaier**  
Staff Reporter

*Thirty-Nine Steps*, made in 1935, is an early Hitchcock spy classic that can be checked out from any branch of The Tacoma Public Library.

#### Review

Hitchcock's formula for unpredictability is apparent in this slightly hard-to-hear video. In 1935, his suspenseful plot must have seemed menacing to audiences.

Even today, it has an air of terror. The scratchy sound track adds to the mystique.

Although the movie was made prior to Hitler's invasion of Europe, the hint is strong on sinister Germans being the evil-doers of the era.

It predates the atom bomb, cigarette bans and safe sex. Watching the movie for cultural changes is as interesting as keeping track of the fast paced plot.

The opening scene, for example, is in a theater where the patrons are all smoking cigarettes. It is authentic enough to make non-smokers want to cough.

The theater has heavy-looking velvet wall draperies that hide non-existent windows. This would be banned today as a serious fire threat. The theater scene reminds me

of the Pantages or Roxy of our locale in the 1930's.

Of the cast of characters listed on the video box, I recognized only Madeleine Carroll. That was it. The rest of the stars of the decade were unknown to me, like Godfrey Teale, John Laurie, and Robert Donat.

Robert Donay portrays Hannay, an innocent bystander of life, plunged into days of chaos with police and spies turning up at every corner.

Hannay peeks out his bedroom window to the street corner below. There stands two sinister men, hands in long raincoats, faces hiding in felt hats pulled down to the nose.

Later that same night a woman Hannay has just met, is murdered while in his apartment. Her dying words tell of foreigners having a military secret that must be kept from leaving the country. She thrusts him a map of Scotland, with a town circled.

"You must go here," she gasps as she dies.

From the beginning the audience must assume a great deal. It is never explained what Hannay does for a living that he can just up and leave for weeks in Scotland. The transitions in the scenes look like the film was cut, leaving

some important clue missing.

Aside from plot and furnishings in the sets, the attitudes of men toward women are fascinating to watch. I felt as if I were an anthropologist studying our own cultural history.

By today's standards, there were not enough sadistic bad guys or bloody scenes. The excitement in this movie is in the chase and in the chemistry between Hannay and Carroll.

Let me tell you, Madeleine Carroll knew how to warm up a theater and get attention.

Men of today still imagine what it might be like to be handcuffed to a beautiful female blond stranger. It gets interesting when she takes her hosiery off. (Nope, panty hose was not invented.)

These were silk hose with the little garters clipped on just about mid-thigh.

Talk about an eyebrow lifter. Grandpa must have wiggled in his chair. No wonder men smoked in the theater back then. Small wonder older men still talk about Madeleine Carroll 55 years later.

Pretty sizzling business for 1935. By today's standards the scenes are mild. Nine-year-olds may find this boring.

For the Hitchcock devotee, this is a fun movie to add to viewing pleasure.

## Concert features Dezell

**Doyle Lewellen**  
Staff Reporter

The Puget Sound Music Society Concert Band produced a spring concert of variety. The pieces ranged from toe tapping marches to a emotionally performed concerto.

#### Review

Guest soloist, Richard Pressley, brightened up the rainy afternoon on April 22, with a dazzling performance of the Arutuan Trumpet Concerto.

Pressley is a member of the Seattle Symphony and does solo work around the Northwest.

The concert also featured the "Maori Fantasy," composed and conducted by local composer Bob Dezell.

This piece reflects affections that Dezell holds for the land and people of New Zealand. He visited there during WWII, ac-

cording to Margret Dezell, his daughter.

The band played another piece that Dezell had worked on in the past. It's called the Chausson Symphony and was originally written by Earnest Chausson for stringed instruments.

Dezell transposed the piece for woodwind and brass instruments. It has a quality that Margret Dezell, who conducted the score, describes as "sea-like." The piece is calm at times but then also rages in some parts.

Another interesting part of the concert was a piece entitled "Old Glory." It was arranged and conducted by Don Miller, a member of the band.

"Old Glory" is a patriotic tribute to the American flag. The band played the music to the piece while a narration of the flag's thoughts were read.

The dedication that this band has to quality is evident when they are heard.

## Safe sex in the TUB

### About a dozen students participate

**Damon Rosencutter**  
Photo Editor

Despite the large number of students attending Tacoma Community College, only a dozen or so attended the Safer Sex lecture April 18 in the TUB.

However, Martha Ann Watt, manager of the Education Department of Pierce County Planned Parenthood, and guest speaker for the event, said she has spoken to smaller groups.

Through the use of discussion, graphs, and genital models the lecture focused mainly on sexually transmitted diseases (STD's), and their prevention.

According to Watt, one out of seven college age students are infected with an STD. Some don't even know they're infected.

The top three venereal diseases in order of persons infected are chlamydia ranking number one, followed by herpes, and gonorrhea. Top honors most of us would probably not like to win.

Watt used genital models to show the slightly embarrassed crowd the proper way to handle condoms, also, how to slip them on—so they don't slip off.

"Choose a condom like a pair of jeans," said Watt, referring to the many different colors, styles, textures, and 'special' features available on the market. She did stress that those condoms with nonoxynol were preferred over those without.

Watt's closing remark to the crowd was "I wish you all a happy and healthy sex life." Words we can all live by.

**Are you a single woman, under age 40 who owns or carries a gun for self defense?**

**Classes are being offered by The Tacoma Sportsmen's Club. Call 537-6151 for more details.**

**Come write for The Challenge**  
**We don't bite -- anymore.**



# Get a grip--

## Workshop proves test anxiety can be controlled

Erin Martinez  
Staff Reporter

Test anxiety is a common condition suffered by students on Tacoma Community College campus," said Mary Pederson, a counselor at TCC.

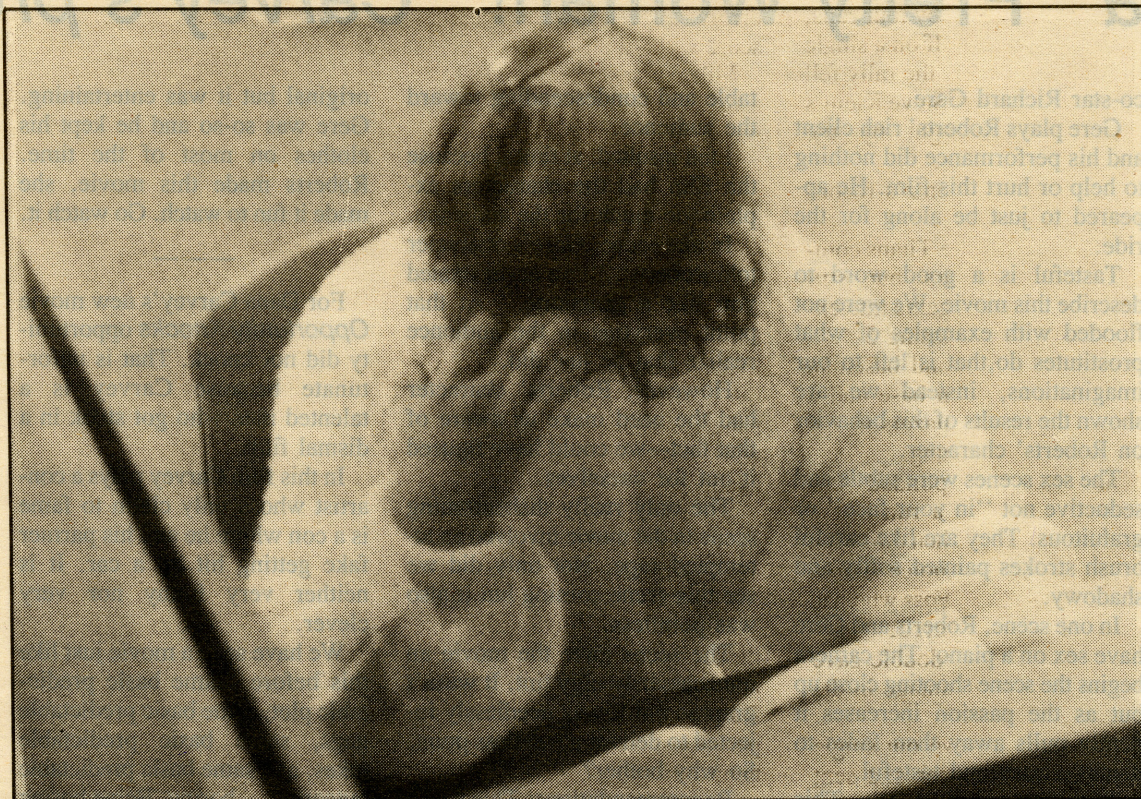
Pederson headed the workshop, "Managing Test Anxiety," that was held on April 18.

Students discussed the physical symptoms they suffer before and during a test.

"A certain amount of anxiety is okay. It helps to motivate a student, without anxiety a person would not attempt to do as well," said Pederson. She continued, saying that too much anxiety causes total interference, enslaving the individual.

Pederson spent most of the workshop discussing ways to manage the stress felt before tests.

"Students are aware of the physical symptoms, such as nausea, shakiness, and an inability to concentrate, these can be prevented," said Pederson.



Test anxiety is common at TCC, but it's also manageable. Photo by Damon Rosencutter

She handed out a test, and students groaned with dismay.

The test was a fake. Pederson was showing students how negative

self-talk interferes with the test before it is actually taken.

Pederson continued the workshop and shared techniques for overcoming test anxiety.

First, she emphasized the importance of visualization and how an individual sees themselves.

Second, she stressed relaxation exercises and gave students a hand-out explaining them.

Third on Pederson's list was finding a comfortable environment for studying. Students admitted that they were not careful about where they studied.

Pederson also suggested finding a study partner, and checking if adequate notes are being taken.

"I would recommend that students having trouble studying, take the Study Skills class at TCC," said Pederson.

She closed the workshop with three simple ideas, stop the negative thoughts, challenge them, and then replace them with positive ones.

### Guru, from page 3

themselves to this type of deception," said Ms. George Wilson, CCCE, Vice President of the Credit Association of Washington.

If you think there is a mistake in your file, or you would like to just see what your file looks like, the credit reporting agencies (there are only three) will help you in ordering your file.

Once it is mailed to you, a representative will explain it and help you correct it. If there is an error, the report is corrected immediately. There is no waiting. It is a process through the mail just like the one you would get

through *Creditline*, said Sherry Enberg, sales representative for Trans Union (one of the three companies).

"Pierce County Credit Association and other credit grantors are considering a phone and letter campaign to F & N to express their displeasure over this advertisement," said Wilson.

"It was certainly a surprise reaction," said Bernard Ludwig, Director of Corporate Credit at F & N. "Our president and CEO were amazed at the bad press over what we thought would be a service to our customers," added Ludwig.

"This particular product has done very well on the East Coast and in the Midwest. The Jan. 9 issue of the *Wall Street Journal* encouraged people to order their credit files to check for inaccurate information. *Business Week* had an article in Feb," said Ludwig.

Frederick & Nelson did not realize that the West Coast would not respond favorably to this line of advertising.

They did not realize that the local credit community has sponsored numerous TV and radio programs about education regarding credit and reports.

"If there is a nickel to be saved, West Coast folk will get in and do it themselves," said Merla Bjelland, Accounts Control Clerk at Westop Credit Union.

"People I counsel are credit savvy. If you tell them how to get their file, they would rather do it themselves," Bjelland added.

Although the article in the *Wall Street Journal* did an excellent job of stating the facts including "the fee is usually \$15", *Business Week* omitted this information.

Ludwig genuinely believes this is a good product. He believes the problem is in the marketing

approach.

Madame says:

It is not difficult to get your credit file. There are three nationwide credit-reporting agencies. In our state all three are in the Bellevue and Bothell area.

These are the three agencies: CBI/CreditNorthwest, 14335 NE 24th, Bellevue Wa 98004, Tacoma Phone 572-2465.

Trans Union Credit, 400 112th NE suite 330, Bellevue Wa 98004, 454-1909.

TRW Credit Reporting, 19125 Northcreek Parkway, suite 203, Bothell, Wa 98011-8002.

## Moods fluctuate with the seasonal vascillations

Jodell Starrett  
Staff Reporter

Picture this - It's been rainy and cold for several days. You go to school, where you get a 'C' on an exam and someone tells you that your new haircut looks funny.

### Analysis

Then you learn that your English paper is due today, not tomorrow like you thought. The instructor will not, under any circumstances, allow you to turn it in late.

You go home, bury yourself under your covers, and vow to never come out again.

Now let's run that scene again.

This time it is a fresh, crisp, sunny spring day. You're dying to cut classes and run naked through a green grassy field. Let's see how you react to life's adversities this time.

A bad grade on the test? Well, you'll get an 'A' on the next test and it'll average out.

The comment about your haircut? I guess they just don't know about the finer, hipper styles yet.

The English paper? Extra credit might help that.

Oh, who cares - it's *SPRING!*

Many of us can relate to these two scenes, because even without scientific proof, we know that

weather directly affects our mood.

You don't have to be Einstein to know that people generally feel sluggish and cranky when it's hot and humid or peppy and alert on a crisp fall day.

We know that a long rainy spell is really depressing and that we feel more energetic in the spring.

Our language even reflects this: 'winter doldrums, a stormy temper, or a sunny disposition.'

Scientists have begun looking into this weather/mood phenomenon.

They are finding that certain weather conditions can bring us up or down and even make us more prone to aggressive and depressive behavior.

Occasionally the behavior is severe enough to become life-threatening. Sunlight (or lack of it), temperature, and barometric pressure seem to be the main influences.

The influence of the seasons on health has been observed for ages. Hippocrates noted that "Some are well or ill adapted to summer, others are well or ill adapted to winter."

Such notions were generally dismissed by modern medicine until the mid-1980's. Now research indicates that most of us experience at least some degree

of seasonal change.

In 1987, a telephone survey of 416 adults in Montgomery County, Maryland, showed that 92 percent of the respondents reported varying degrees of seasonal change in mood and behavior.

Dr. Norman Rosenthal, Director for the National Institute of Mental Health or NIMH, and author of *Seasons of the Mind: Why you Get the Winter Blues and What You Can Do About It* (Bantam, 1989).

This seasonal change, now is known in the medical profession as Seasonal Affective Disorder or SAD for short. Rosenthal says that up to a quarter of the population may suffer from SAD or a mild variation of it.

"To me, that's a lot," Rosenthal said. He added that it's more than he and his colleagues had expected.

It must be noted, however, that nearly everyone feels at least some of these symptoms to some extent. Only those with the most severe, debilitating symptoms are considered as having SAD.

The discovery—or rediscovery of seasonal influences on people began with animal research. The seasons have long been known to effect animals profoundly: Many are fertile only during certain times of the year.

Light, it seems, triggers seasonal reproductive changes through the hormone melatonin. Every night, melatonin is secreted into the bloodstream by the pea-size pineal gland at the base of the brain.

An abnormal amount of melatonin may be produced in the darker periods of winter. (This may be why bears and other animals hibernate). This secretion tapers off at dawn, marking the duration of darkness and providing animals with a seasonal time cue.

How light suppresses secretion, and whether melatonin causes similar cues in people, is unclear, but in 1982, Dr. Alfred Lewy of NIMH made a crucial discovery. Melatonin secretion in humans also can be suppressed by light.

This, and the fact that information from the eye travels along nerve pathways to the hypothalamus - part of the limbic system that regulates emotions and basic body functions - led NIMH researchers to study the cause, effect, and possible cures for SAD sufferers.

Symptoms of SAD often begin in the fall with a feeling of anxiety over the approaching winter. During winter months, sufferers typically feel like hibernating. They become lethargic, spend more time sleeping, crave sweet

and starchy foods, gain weight, withdraw from other people and lose interest in sex.

A less common summer syndrome brings opposite symptoms such as insomnia, loss of appetite and weight (Sex drive falls in summer too.) It is possible to have both seasonal disorders, and SAD is four times as likely to show up in women.

NIMH scientists started experimenting with light therapy for SAD patients. Therapy consisted of patients sitting in front of high-intensity fluorescent light tubes placed in a two-by-four-foot box softened by a diffusing screen.

Generally, treatment can be handled in the privacy of one's home. How much time is spent in front of the lights depends on the person, the time of year, and the geographic location. Since northern latitudes receive less light in winter, more supplementary light may be needed.

A doctor's supervision is always recommended. The results of the experiments were dramatic.

Because of the consistency of both symptoms and light-treatment results, researchers throughout the United States and abroad implemented light therapy

Please see SAD, page 8



## Movie Reviews: See one, skip the other *Roberts is a "Pretty Woman!" Carvey's pretty boring*

**Robert Guerrero**  
Staff Reporter

I remember Julia Roberts from her debut in *Mystic Pizza* and I recalled saying to myself, "This woman is going to be a great leading lady, definitely one to watch." In her new movie *Pretty Woman*, Roberts is definitely the one to watch.

*Pretty Woman* is about the story of prostitute (Julia Roberts) who undergoes a series of personal discoveries that help her develop her own sense of values and self worth.

These discoveries are woven by a nicely written script which never over glorified the sometimes deceptive glitter of night life activities.

Roberts is an absolute dance of charm to watch and her sensuous displays of sexuality sizzle like oil on a hot griddle.

She out powers and out right robs this picture away from her

co-star Richard Gere.

Gere plays Roberts' rich client and his performance did nothing to help or hurt this film. He appeared to just be along for the ride.

Tasteful is a good word to describe this movie. We were not flooded with examples of what prostitutes do, that is left to our imaginations, instead we are shown the results of this behavior on Roberts' character.

The sex scenes were subtle and seductive not "in your face" or gratuitous. They are like careful brush strokes painted softly and shadowy.

In one scene, Roberts and Gere have sex on a piano. The camera begins the scene shooting close up but as the passion increases it gently pulls away then fades to black—classy and tasteful.

Technically speaking: This movie was not without its flaws. At times it was a bit too predic-

table and condescending toward the audience.

I felt insulted, at times, because the film had the characters explain too much for the audience.

In one scene, Gere's character told Roberts, "I've never treated you like a prostitute." At that point everyone in the audience realize that he just did.

However, Roberts' character had the need make us aware of that fact—we could have figured it out for ourselves.

The only really disheartening scene in the movie involved an attempted rape. Not only did we see this scene coming but it also was pointless.

The scene gave the movie an unnecessarily ugly tint. It wasn't graphic but it was needlessly injected to deliver a needless point. So why bother?

Recommendations: This was a good movie and it was fun to watch. The story wasn't totally

original but it was entertaining. Gere was so-so and he kept his clothes on most of the time. Roberts made this movie, she made it fun to watch. Go watch it.

For Dana Carvey's new movie *Opportunity Knocks* opportunity did not knock. That is unfortunate because Carvey is a talented man who got stuck in a dismal film.

In this film Carvey plays a con-artist whose only claim to fame is a con where he and his partner fake getting hit by a car. It is neither very funny nor very clever.

We have seen a movie just like this before. Same basic predictable plot, same basic predictable gags, same basic predictable jokes, and same basic predictable outcome . . . boring. Being boring is a death sentence for a comedy.

Technically speaking: The

writing is what went wrong or really never went right with this film. The concept of this movie was to try and take various aspects of Carvey's Saturday Night Live success and stretch them into a full length film—it didn't work.

This movie isn't without its bright spots, all of which are provided by Carvey. He does his George Bush routine, he doesn't do his Church Lady, and he makes you feel like he has more talent than he is being allowed to show.

In fact throughout the movie, Carvey appeared to be like a racing horse running on a bad track, where this movie began and ended.

Recommendations: Don't waste your time, don't waste your money, even on the bargain showing, and rent the video only if you are a true Carvey fan. Miss this one.

## Tacoma welcomes UW branch campus at last

**Donna Jeffries**  
Staff Reporter

The Perkins Building, on 11th and A Streets, in downtown Tacoma has been chosen to house the University of Washington's branch campus. The campus is slated to open in the fall of 1990.

The 1989 State Legislature has funded two University branches. These branches will provide access to upper division courses for students in the Central Puget Sound area.

Its target students are those who cannot afford to relocate. Many of these students work or have other responsibilities during the daytime hours when college programs are traditionally scheduled.

Lee Brock, Director of Admissions, Students Services

and Community Relations for branch campuses, UW-Tacoma, was on campus April 24 to inform students of the BA in Liberal Arts degree that will be offered this fall.

A degree in liberal arts was chosen after a study was conducted by Donna Kerr, Dean of Branch Campuses, on 750 area employers.

It was found that the employers wanted good communications skills—both written and oral, and good analytical thinking. "This degree best covers these elements," commented Brock.

Brochures and application packets are available now in the counseling and career centers or from Clarine Kvamme, evening classes administrator.

## Earth day lecture educating

**Mary Carmody**  
Staff Reporter

The environment was food for thought on Friday, April 20, at the Earth Day lecture in the Tacoma Community College Student Center.

Richard Perkins, biology instructor, spoke about protecting our environment in the face of growing population and demand for more land.

Perkins cited the fact that there are five billion people on this earth. There is a tremendous growth in the population rate with an increased usage of natural resources.

"The U.S. has six percent of the world's population with 60 percent usage of the world's natural resources," he said.

In addition, the growth rate of the Northwest is increasing rapidly with a concurrent need for more housing and industry.

Where are we going to put everyone? What do we have to destroy to provide jobs and housing for more people?

Perkins noted that Puyallup is one of the seven richest agricultural areas in the country. He also said that industry and housing is infringing on this fertile valley.

Closer to home, Perkins spoke about the need to maintain a natural area around the college. He said that if the land around the TCC campus is developed, the organisms living there would be destroyed forever.

The proposed University of Washington campus site would take down vegetation for educational sake.

According to Perkins, Earth Day must be 365 days a year. We must do something for future generations now. We must stand up and say stop and look at what we are doing to our environment.

## "I don't make a difference" is a myth

**Mary Carmody**  
Staff Reporter

Earth Day was observed on Sunday, April 23, all over the world.

### Analysis

In the US people attended rallies to learn how to save the earth, planted trees, and picked up litter.

Earth Day is over, but everyone must continue to do their bit in saving our planet.

More importantly, protecting the Northwest is a top priority.

Things to do to help reduce pollution and preserve our environment are everywhere. Observe burning bans by not burning trash or using a wood stove when the ban is in effect. Local radio and TV stations make regular announcements about burn bans.

Save water. Purchase water-saving shower heads. Shut off water while brushing teeth or shaving. This alone will save thousands of gallons of water daily if everyone does it.

Place a weighted bottle in the toilet tank to displace water. Water lawns and flowerbeds in the evening or early morning when there is less evaporation.

Recycle. Keep aluminum cans and paper in bins and take them to a recycling center. Millions of tons of waste paper can be put to use again.

Set up special bins for aluminum cans here on the Tacoma Community College campus.

Join city government's effort to recycle by separating trash and putting them out on special collection days.

Join a community group and pick up litter from highways and

streets in the area.

Reduce foam plastic container usage, bring a ceramic mug to work or school and buy coffee in the mug.

Take grocery bags back to the store when shopping and re-use them, read the labels on soap containers, choose detergents and cleansers that are low phosphate.

Buy pump-type sprays for hair or room deodorizing, eliminate use of aerosols that damage the earth's ozone layer.

Reduce disposable diaper usage.

It takes 500 years for a plastic diaper to break down in a landfill.

Even a car can help reduce pollution, purchase a fuel-efficient model and keep it in tip-top shape.

Reduce fuel and emissions by forming carpools to work or school and share errands with neighbors.

Walking is great for the body as well as the environment.

And finally, plant trees. Trees provide oxygen for all humans to breathe. In addition, they beautify our surroundings.

The earth will be protected for a few more years.

Future generations will be environmentally involved if everyone does just a little bit to help with our ecologic system every day.

## Next Issue...

Challenge wins WPA awards

## Hispanic Club plans ethnic celebration

**Scott Boucher**  
Assistant Editor

"We cannot live in the past, but we can never forget where we came from."

Those are the words from Walter Palmore, who is the President of GLAD (Gays and Lesbians Accepting Diversity) and also a student here at Tacoma Community College.

It is also the theme behind the new cultural Hispanic Club.

On Friday, May 4, 1 pm at the TCC Student Center the Hispanic Club is sponsoring a cultural fair.

Guests will include Lillian Barana, Superintendent of Tacoma Public School District who will

address the issue of "The Importance of Education."

Other guests include Javier Aguirre, poet, who will read some of his work; and Joe Garcia, whose Mariachi Band will perform ethnic folk music from all Hispanic American countries' past and present cultures.

A special exhibit, "La Moda Nuestras Cultura," is being featured. The display is designed to visually illustrate how a student would appear in a native Mexican costume.

Photographs are available of the student's appearance in this costume. The cost is \$1 for photographs, and the proceeds

will go towards the Hispanic Club for more exhibits.

The exhibits will be collected and eventually will be used as a traveling exhibit for young school-age children in the Tacoma Schools.

The Hispanic Club's existence is of only three months, and all ethnics and cultures are encouraged to attend the club's meetings and planned occasions.

For more information about the fair or about joining the Hispanic Club, contact either Gerri Viramontes or Yolanda Fuentest, 566-5025.



## ACROSS

- 1 Shallow vessels
- 5 Fond desire
- 9 Knock
- 12 Soon
- 13 Son of Adam
- 14 Rubber tree
- 15 Ricochets
- 17 Agave plant
- 18 Insect
- 19 Grain: pl.
- 21 Reddish-yellow in hue
- 23 Most felicitous
- 27 Spanish article
- 28 Bay window
- 29 Distress signal
- 31 Cloth measure
- 34 Forenoon
- 35 Condensed moisture
- 37 Unlock: poetic
- 39 Babylonian

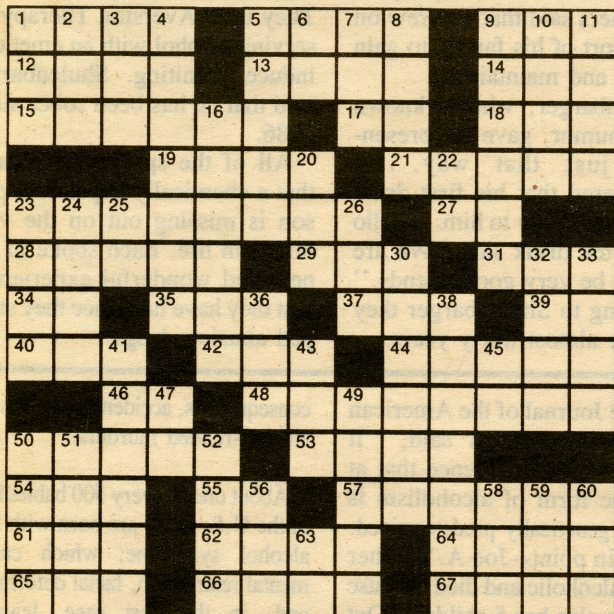
## deity

- 40 Grain
- 42 Parent
- 44 Smooths
- 46 Fulfill
- 48 Abrogates
- 50 Backbone
- 53 Heroic event
- 54 Away
- 55 Hebrew month
- 57 Retreat
- 61 In favor of
- 62 Identical
- 64 Silkworm
- 65 Weight of India
- 66 Exact
- 67 Amount owed

## DOWN

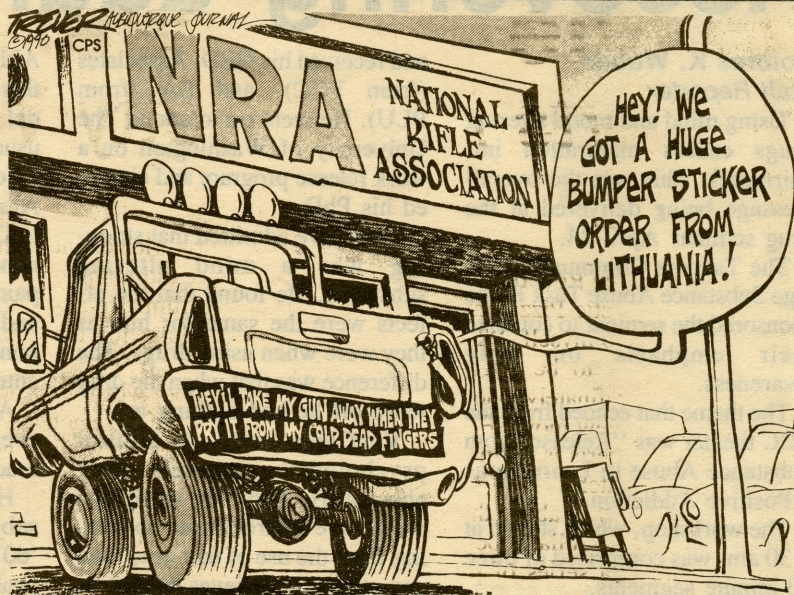
- 1 Moccasin
- 2 Collection of facts
- 3 Neither
- 4 Looked pryingly
- 5 Hurry
- 6 River in Siberia
- 7 Fondle
- 8 Lamb's pen name

- 9 Mass of rough pieces
- 10 Toward shelter
- 11 Equal
- 16 Posted
- 20 Draft agency: init.
- 22 Coroner: abbr.
- 23 Venerable
- 24 Military unit
- 25 Greek letter
- 26 Also
- 30 Coin
- 32 Grant use of
- 33 Young girl
- 36 Armed conflict
- 38 Ejected
- 41 Newspaper executive
- 43 Scottish river
- 45 Half an em
- 47 Running
- 49 Frolic
- 50 Soaks up
- 51 Unadulterated
- 52 Direction
- 56 Prohibit
- 58 Anger
- 59 Bone of body
- 60 Devour
- 63 Greek letter



COLLEGE PRESS SERVICE

## The Weekly Crossword Puzzle



## Ask the Annihilator...

Dear Annihilator,

I'm only a few months away from graduating and now it seems that my education is falling apart--and all because of one instructor. He simply hates me. He says that my chances of passing are that of a snowball's chance in... well, you know. I've tried to talk to him and I've tried my darndest in class. What do I do? --Please help, Snowball

Dear Snowballs,

You need to get to know this instructor--learn about his family, his hobbies, his pets. If he has children, TAKE THEM! Ransom notes are very effective. Does he have a favorite fishing rod? BREAK IT OVER HIS HEAD! Tell him the next time it's gonna be his neck! Does he have a dog? SHAVE IT!! Remember what my father told me: Everything is a potential target. Good luck.

Dear Annihilator,

I have always said that this would never happen, but I fear that my relationship with my wife has become something less than satisfying. We never really talk anymore, we're always too tired to go out and the sex just isn't very good. I'm wondering if I shouldn't just ask for a divorce. Got any advice that will spice up a dying relationship? --Just Dull

Dear Dull,

Divorce is the wimp's way out! Put some life into that dead wife of yours. Set a coupla rats loose in the shower right before she gets in. You say you never talk anymore. There are dozens of good delayed-reaction poisons on the market. Sprinkle some over her Froot Loops and dangle the antidote in front of her face. Not only will she talk, but she'll chase you around the whole house (real romantic, huh?) Wanna show her that you really care? Cut her brakelines before she leaves for work. This will fuel stimulating conversation for as long as she lives--however long that may be.

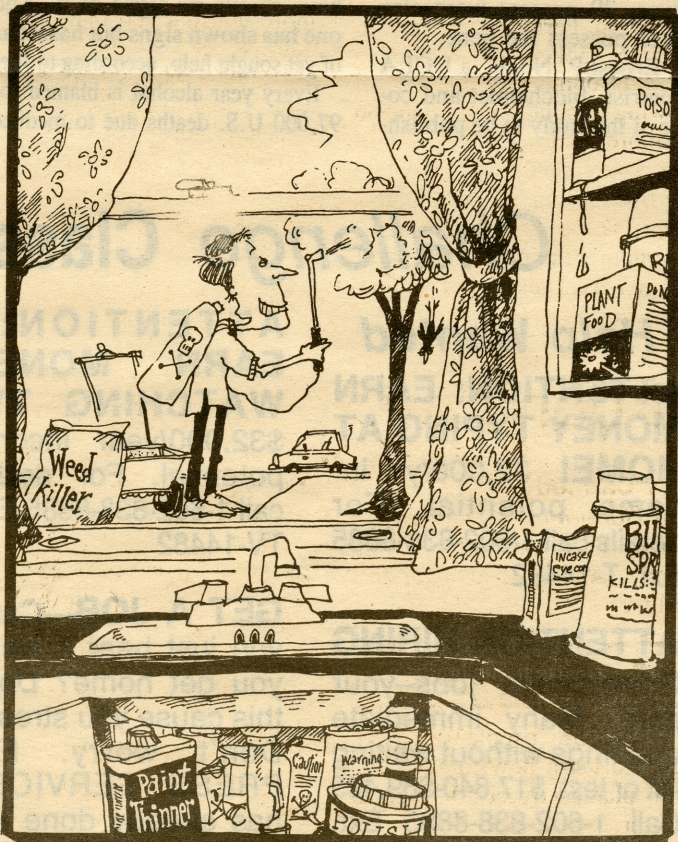
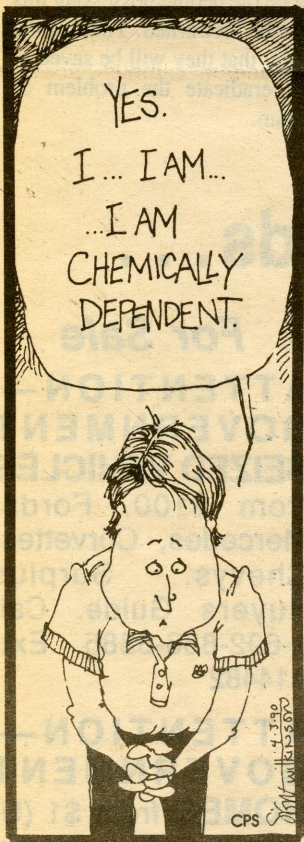
Dear Annihilator,

I think I've been seeing things lately. You know, like ants -- big ants -- giant ants at least a half an inch long. I feel them at night crawling all over my arms. Never my legs, just my arms. My mother is coming to visit. What should I do?

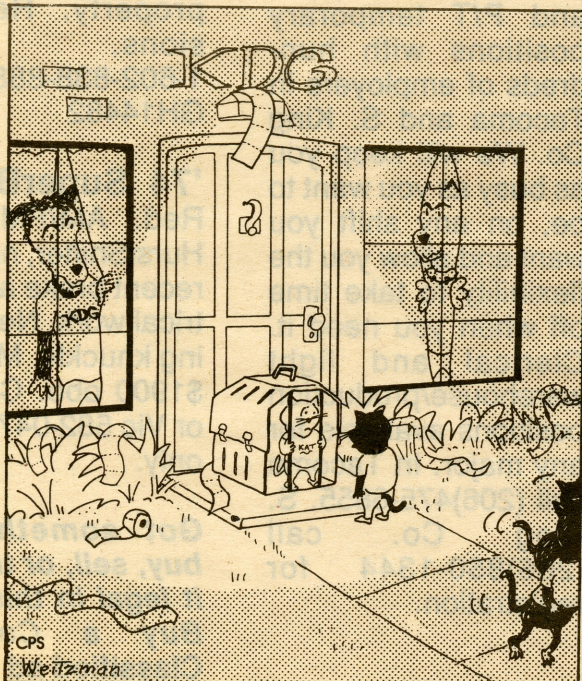
--Antted out in Spanaway

Dear Antted,

In this situation, you need to remember what my father once told me: everything is a weapon. The first thing you need to do is get shitloads of honey. Use some ingenuity and construct a giant ant trap--we used to make 'em all the time when I was a kid. Then keep 'em (make sure they're pretty well fed though; hungry giant ants aren't pretty). This way they'll be out of your mother's way until she pisses you off. Then you can dump the honey all over her while she's sleeping. There won't be a hair of her left in the morning.



200 U. by Mark Weitzman



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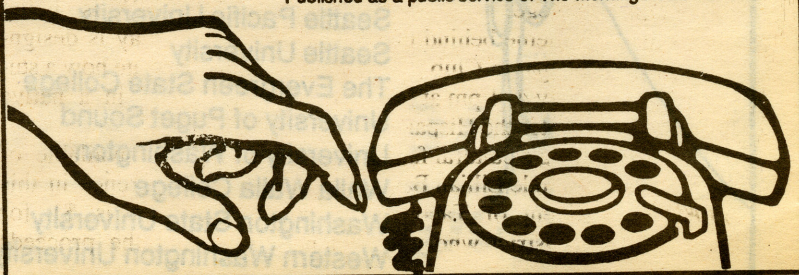


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Published as a public service of The Morning News Tribune





# Recovering addicts share experiences

**Dolores K. Woods**  
Staff Reporter

Using mind and mood altering drugs causes maturation impairments. This was the overall message being delivered at the drug seminar April 24.

The Tacoma Community College Substance Abuse Task Force sponsored the seminar to continue their emphasis on drug awareness.

The theme that echoed from the TCC theater was "Release From Substance Abuse to Learning as a Positive Addiction."

The workshop, which started at 9:30 am, was comprised of three 50-minute segments.

The first speaker was Kenneth VonCleve. VonCleve, who had been a drug dealer and user, started recovery in prison.

He had been sentenced to two fifteen year prison terms and sent to McNeil Island Prison. While there he became interested in education as a means of escaping his environment.

VonCleve went into prison with only a tenth grade education,

and received his GED, Associates (from TCC), and BA (from PLU). He went on to attend The University of Washington on a work release program and obtained his PhD.

VonCleve admitted that studying was a mind altering substance. He found that the effects were the same for him as they were when using drugs. The difference was that when the drug wore off he had nothing left.

VonCleve, now a clinical psychologist, counsels drug abusers. He finds that marijuana users have a harder time obtaining from the use of that drug than any other. He believes that this is because most people believe that this is not a problem drug.

Marijuana is viewed as harmless. Users claim that marijuana relaxes them and brings out their creativity. VonCleve sees this as a problem because users are simply masking reality.

VonCleve's drug of choice was heroin. He attributes his sobriety to his egomania. He would not allow himself to be controlled.

Although he did not suggest that this would work for everyone, he did say that dissatisfaction is what usually sends people to treatment.

John Hughes, Director for Alcohol Drug Education Service in District 114, energized the second section. He brought out the painful subject of crack babies and our need to be ready to respond to their needs when they enter the school system.

According to him, one out of every ten babies born today are crack impaired or crack involved.

Hughes also brought up the subject of the offspring of the '60's drug experimenters and the problems that they are having now. He said that the college students of today are learning impaired because of the drugs that their parents used.

According to him "This is the first generation that has not achieved above the generation before it." Hughes targeted alcohol and tobacco as the most addictive drugs in our society.

In the third section, TCC drew from its faculty. Phil Griffin,

Chairman of the Substance Abuse Task Force, introduced Chuck Summers and Gerry Shulenberg to speak on treatment and recovery.

Both men spoke openly about their addiction to alcohol. Summers, of the Speech Department and Shulenberg of the Psychology Department, had been "drinking buddies," according to them.

Summers spoke of a family weekend where they consumed so much alcohol that they could have taken it intravenously and saved the rest of the family the trip. He quit drinking after almost twenty years and did so "cold turkey."

Summers said that he drew on the support of his family to gain sobriety and maintain it.

Shulenberg, who is known for his humor, gave his presentation just that way. He remembered that his first drink spoke very loudly to him. "Hello there," the drink said "We are going to be very good friends." According to Shulenberg they were for almost thirty years.

He stated that in school he majored in tavernology and his body, work, relationships and all aspects of his life reflected this. His first attempt to quit was on his own and lasted about six months.

The next time that he decided to quit he went to treatment. He called the program "Regurgitation Ranch." Others call it Schick. He spoke of having a breakfast that consisted of oatmeal and Crown Royal Whiskey. This is the detox program.

The treatment phase took place in the "vomitorium," a room that smelled like alcohol and vomit. They used Aversion Therapy by serving alcohol with an emetic to induce vomiting. Shulenberg said that he has been sober since 1986.

All of the speakers indicated that a chemically dependent person is missing out on the vital things in life. Each spoke of the new and wonderful experiences that they have had since they stopped abusing drugs.

## Genetic link to alcoholism found

**Wayne Larsen**  
Staff Reporter

For generations the world has fought with alcoholism, only in the past century has it been classified as a disease.

Researchers at UCLA and in Texas have filed a report recently that provides possible proof that alcoholism isn't only a disease but that the disease is hereditary.

The origin of the proof is a gene which was isolated that supposedly predisposes some people to alcoholism.

Joe A, an alcoholic with 13 years clean and a member of North East Pierce county Alcoholics Anonymous, said, "We've discussed this gene thing at the meetings and everyone says they already knew it was hereditary."

In fact, one of the tests conducted was to examine the brains of 35 people who died of alcoholism and 35 people who weren't alcoholics.

The findings weren't exactly carved in stone, though. Of the 35 alcoholic corpses examined the gene was only present in 77 percent. Among the non-alcoholics, however, 29 percent were also found to possess the gene.

Dr. Ernest P. Noble, a UCLA psychiatrist, biochemist and co-author of the study to be published

in the Journal of the American Medical Association said, "It adds one bit of evidence that at least one form of alcoholism is strongly genetically predetermined."

Case in point—Joe A.'s father was an alcoholic and died because of it. Joe also has 5 children. Out of the five, two are alcoholics and are presently in recovery. Two have shown no signs of it. And one has shown signs but hasn't as of yet sought help, according to Joe.

Every year alcohol is blamed for 97,000 U.S. deaths due to medical

consequences, accidents, suicides and alcohol-related murders.

About one of every 500 babies born in the U.S. today are born with fetal alcohol syndrome, which causes mental retardation, facial deformities and, in the best case, learning disabilities.

If in fact this research turn out to be accurate the people possessing this gene can be forewarned. There is the possibility that they will be saved in time to eradicate the problem of alcoholism.

## SAD, from page 5

with larger groups of people who reported seasonal disturbances in mood, eating habits, sleeping patterns, or energy levels - and there was no shortage of volunteers.

SAD has now been accepted into the bible of psychology, the *Diagnostic and Statistical Manual of Mental Disorders* (American Psychiatric Press).

SAD is one of the fastest growing areas of biomedical research, with a lot of questions still open, such as what type of light therapy works best, whether alternative treatments exist and how many people could benefit from treatment.

Investigations into hereditary factors are also being pursued.

NIMH researchers estimate that in the United States, 6 percent of us - about 10 million people - suffer from full-blown SAD symptoms. These are the people affected most severely and explicitly, the hibernators who find seasonal change so debilitating that it can affect jobs and relationships.

For further reading and/or research contact the National Institute of Mental Health at 301-443-4513 or refer to the references in the back of Dr. Rosenthal's book. Also, Kathy Acker in the Counseling Department, building 7, has some information on file.

Tuesday, May 1,

## TRANSFER INFORMATION DAY

9:30 a.m.-  
1:00 p.m.

in the Titan Union Building,  
Bldg. 11.

Bastyr College  
Central Washington University  
Cornish College of the Arts  
Eastern Washington University  
Gonzaga University  
Pacific Lutheran University  
Saint Martin's College  
Seattle Pacific University  
Seattle University  
The Evergreen State College  
University of Puget Sound  
University of Washington  
Walla Walla College  
Washington State University  
Western Washington University

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