

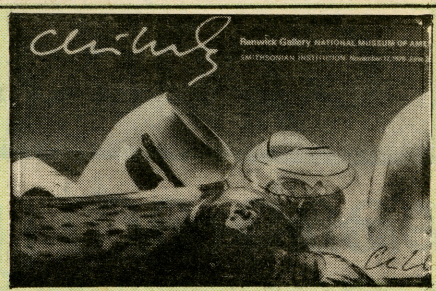
## Visions...

Mexicali  
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COLLEGIATE CHALLENGE

Mar 7  
1988

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## CHALLENGE

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Volume 24, No. 8

Tacoma Community College, Tacoma, WA 98465

March 7, 1988



Students Vic Mulligan and Linda Eggleston try to soak up as much sun as possible during our brief summer preview. Temperatures have been in the high 50's and low 60's for more than a week.

Photo by Tony Sole

Home health care  
may be cancelledBy Olga Fuste  
Staff Reporter

Tacoma Community College students are being trained for the future jobs in the home health care area.

Home health care has been identified in a national study, as the fastest growing element of the new alternatives in health and social services, especially for older persons. It is estimated that 14 percent of the individuals over 65 years of age, and 48 percent of those over 85, need assistance from another person.

With a projected 35 percent of the population getting to be 65 years old by the year 2,000 the demand for home health care is expected to increase. Documented benefits of home health care include reduced admissions to hospitals and nursing homes, reduced length of hospital stays, earlier diagnoses and treatment of illnesses.

The home health care specialist program started at TCC one year ago.

"The college was doing some research in the health care area and found a need for home health trained people," Jonnie Aton, program coordinator and instructor, said.

"The pilot program started with grant money from the state and the federal govern-

ment."

"The future of the program depends on whether or not the community recognizes the need for the program and the demand increases," Aton said.

"There is a rumor that the program will be cancelled," Marla Lobrie, program graduate, said. "There is a great need for specialized training for individuals working with people in their homes. Patients are sent home sooner and sicker than ever before."

The training at TCC takes 16 weeks. The first four weeks are intensive classroom learning, followed by four weeks of work at nursing homes. A four week externship at a local agency completes the training.

"We start with an orientation to medicine," Marge Bergstrom, part-time instructor in several health related areas, said. "It includes medical terminology, basic structure and function of the human body and how it applies to the disease processes."

Aton describes the second phase as direct patient care for individuals of all ages and disabilities. Basic nursing skills, cardiopulmonary resuscitation and first aid are taught.

The third phase is related to human services. It is geared

See *Care* p. 3

## Pie eaters match appetites

By Olga Fuste  
Staff Reporter

7,420 calories in three minutes!

Mike Moore, Tacoma Community College political science major and winner of the first Pie Eating Contest, ate three apple pies with whipped topping in three minutes.

On a rainy, wednesday morning, contestants and spectators gathered in the cafeteria for the Pie-Eating Contest. The event was sponsored by Student Activities and Pro-

grams.

Michelle Brooks, club coordinator and her assistant, Laura Kaperich were busy with the final arrangements for the contest. A table and four chairs were set up on a stage. The sign read: "Who Can Eat the Most Pies in 3 Minutes?"

At 11 a.m., four happy contestants took their positions. Brooks and Kaperich made sure that the bibs were on tight. The pies were then covered with whipped topping.

"One, two, three, go!" Brooks said.

"Come on, eat!" shouted the crowd. Laughter filled the air.

After two minutes, the contestants started to slow down. Laughter broke out among them. One fell off the stage, chair and all. The crowd roared.

"Three, two, one...and the winner is...Mike Moore," Brooke said.

Soon after the announcement, the contestants were in-

See *Pies* p. 12

## Students expelled despite alleged pressure

Faculty refused to bow to embassy demands according to sources

By Bill Turner  
Staff Reporter

Three foreign students accused of plagiarism in the spring of 1987 were expelled from Tacoma Community College after deliberations between the Student Rights and Responsibilities Committee, lawyers and the school president, administrators revealed.

The students were expelled effective summer of 1987 but the decision was not widely disclosed until last week during interviews with *The Challenge*.

College President Carleton

Opgaard said last week that one of the students may have been from Kuwait. Robert Izzo, a lawyer who represented the students, said the other two may have been from United Arab Emirates.

Before a decision was made concerning the case though, an embassy from one of the foreign countries had gotten involved, sources revealed.

Izzo said administrators may have been contacted by a foreign embassy regarding the problem. But he was not notified of any contact.

Confidential sources said one of the embassies had placed "pressure" on the col-

lege and English Department Chairman Richard Lewis, to not take disciplinary action against the students.

The plagiarism charges grew out of an English 101 class taught by part-time former teacher Keith James.

Another source went on to say that the embassy had contacted the State Department in Washington, D.C. But the source did not know if the State Department, in turn talked with the school.

"I assume we are in direct contact with their home country or their American officials through the Registrar's Office," Opgaard said. "But

they did not contact me."

According to James, the instructor, the formal out-of-class work turned in by the students compared with the in-class essays, showed considerable differences. These differences, James said, provoked Lewis and himself to press charges.

"It was all opinion evidence, not fact evidence," Izzo said. "It was the opinion of the teacher that it was not within the capabilities of the student to do that kind of work."

Lewis, who had delivered James' charges to the S.R.R. committee, is unavailable for comment due to his current

studies in Italy. But Harland Malyon, a history instructor, spoke of Lewis and his position on the situation.

"He [Lewis] didn't want to make the accusations in the first place unless they were unavoidable," Malyon said.

"But when they came, he didn't want the department to say 'Well, we can handle a little plagiarism.' He wanted to keep the department integrity."

What it came down to, Malyon said, was hiring an instructor who upholds the rules

See *Expell* p. 3



# Opinions. . .

From your editor...

## Understanding the media is important



Lori Sowell

The following is an opinion

A campus newspaper has many uses and functions. It keeps students informed of current events, is used by administrators and faculty for announcements and is used by the students to air their opinions. In the midst of the competition for space, the main objective of the campus newspaper is often overlooked: to teach journalism students about the workings of a newspaper and to instruct students in the use of free speech.

School officials and students often fail to realize

that the newspaper is not a professional paper. It is produced by students and is instrumental in the instruction of the journalism classes. When critiquing a campus paper, too often people make the mistake of comparing it to professional newspapers instead of other college-level papers.

That is not to say that the journalism students don't take pride in their paper and strive to always improve. Most of the students involved in producing the paper are very dedicated and conscious of the outcome of every issue.

The average person often

does not understand the amount of work and time involved in producing a campus paper. An editor, typesetter or paste-up person often puts in 20 to 30 hours a week working on the paper. Paste-up nights more often than not run late and can leave one drained of energy.

While the duties of a campus newspaper staff member vary, one obligation remains clear: to inform and entertain the population of the campus. At the same time, the reader should be aware of the difference between college and professional newspapers.

Although the differences of college papers and professional papers are great, the similarities are quite marked. Professional papers rely on advertising and reader input, as do college papers. *The Challenge* encourages input from its readers and takes into consideration the opinions and comments of the campus population.

Mutual understanding between a newspaper and its readers is important and greatly contributes to the learning experience of the journalism student. Mutual respect is equally important for the continuance of free speech.

# Letters. . .

## Reader wants support

When will the president wake up to reality? He continues to purchase another unneeded nuclear weapon system of mass destruction, the B-1 bomber, at a cost of more than \$280 million per plane. Meanwhile, across the nation and the world people are dying in a raging AIDS epidemic. Surely by cancelling the B-1, S.D.I., and other unneeded nuclear weapon systems, enough money would be freed to find cures for AIDS, most cancers, probably feed and shelter the homeless, and still go a long way toward balancing the budget.

The F.D.A. must wake up to reality also. While people die of AIDS here in America, other AIDS sufferers elsewhere are being

saved with AIDS drugs which the F.D.A. stubbornly delays testing and approval of, not to mention making it illegal to manufacture, prescribe, and possess them. They must wake up and cease their anti-humane policy immediately.

The Supreme Court must wake up to reality as well and recognize that the true marriage bond is the strong love and mutual sharing relationship, and not a piece of paper. It must recognize this, and the need to grant nothing less than full human, civil and economic rights and privileges, regardless of sexual preferences involved.

I urge everyone to wake up the President, Supreme

Court, F.D.A., and Congress by sending them copies of this letter as a part of a chain letter to everyone's friends and relatives so that they may do the same. Let's all do our part also and make a donation to AIDS charity also.

Leonard deFazio, Jr.

## Secretary is praised

I want to commend one of the secretaries in Bldg. 6, the Student Service Dept. This morning I arrived at the bookstore fifteen minutes early. The wind was cold and she suggested I wait inside—the doors weren't open yet. Even though I didn't get her name I wish to tell the whole campus of her compassion.

Sincerely,  
Ida Loring

## The Challenge

Letters are always welcome. When writing, please follow the format below.

### THE CHALLENGE AD RATES:

six lines: \$5 (28 char/line)  
1/8 page .....\$25  
1/4 page .....\$45  
1/2 page .....\$85  
Full page.....\$165  
ADS MUST BE PRE-PAID

### LETTERS POLICY

The 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 else on campus, please follow these requirements: Letters must be typed and your name must be published. Please also include your phone number and address for verification (they will not be published). The editors reserve the right to accept or reject letters, and to edit letters based on content or length. Send letters to: Editor, The Challenge, Bldg. 14-13, Tacoma Community College, Tacoma, WA 98465.

Editor-in-Chief.....Lori Sowell  
Features Editor.....Eric Wirsing  
Sports Editor.....Bryan Butler  
Arts Editor.....Gordon Peterson  
Entertainment Editor.....Greg Kinyon  
Gordon Peterson  
On/Off Campus.....Greg Kinyon  
Photo Editor.....Richard Dupraw  
Business Manager.....Jackie Edwards  
Cartoonist.....Eric Wirsing  
Graphics Consultant.....Bill Turner  
Ad Manager.....Dennis Hannan  
Other Reporters:  
Olga Fuste  
Bill Turner  
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Kay Morgan  
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Adviser.....R. Gilbert

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

## Student Forum Suggestions for future Challenge issues



"More news about what's happening on and off campus."

-Bill Blackstock, sophomore



"More stories about student government activities. Also highlight other clubs around campus"

-Laura Kaperich, freshman



"More student success stories."

-Susie Rosmaryn, Sophomore



"I like the newspaper. Maybe more articles on art and culture."

-Carol Spanberg, sophomore



"More satire. How about a better, bigger comic section."

-Duane Veler, freshman



# News. . .

## 'Fluff' invades media

By Lori Sowell  
Editor

The following is an opinion

When standing in line at the checkout counter in any grocery store, shoppers are met with a wide range of newspapers, magazines, and other media propaganda. It is dismaying to view

### Column

the utter fascination the public has with, as we say in the news business, "fluff."

After questioning several people, I have come to realize that a startling amount of the population is unaware of the difference of hard, factual news and the fluff published in various scandal sheets. Unfortunately, many people still believe most of what they read. Out of concern for these unfortunate individuals, I shall attempt to explain the differences.

Hard news is straight facts about an important event that could influence people or have some sort of an effect on the population in general. Hard news is often tragic or violent, though not always. "World peace achieved" would be an example of a "good"

hard news headline while "Millions die in flood" is a tragic hard news headline. The goal of a hard news story is to inform the public of world and local events.

Fluff is the silly, frivolous stories and/or rumors printed in disreputable magazine-type papers. The main goal of a fluff story is to entertain. Quite often a fluff reporter

interest. There are times when I wish that "Mickey Mouse gets married" would replace a violent front page article just once.

To be fair, fluff does have its merits. Cutesy stories can often brighten up an otherwise tense or stress-filled newspaper or show. They make you smile and remind you of the good things in life that so often get forgotten amid life's tragedies.

If taken too seriously, however, fluff becomes insulting to the intelligence. Fluff is all too often a by-product of an unimaginative journalist trying to make a name for his or herself with sensationalism.

All journalists are guilty of producing fluff from time to time. It is enjoyable to write as well as to read. There is nothing wrong with fluff if properly blended with intelligent, informative news.

**"It's a sobering thought that so many people pay money to be outright lied to"**

will invent facts to fill in for the lack of real news.

To illustrate the difference, "President Reagan shot by would-be assassin" is hard news. "Flipper turns forty" is fluff.

Why do people enjoy gossip and scandal? It's a sobering thought that so many people pay money to be outright lied to. At the same time, it is sad that the human race is so blood-thirsty that newspapers and television run the goriest and most tragic stories as front-page news to attract

Mickey Mouse crashes  
Stock Market  
World peace achieved  
President shot by would-be assassin  
Cher named best dressed  
Oil union strikes  
Flipper turns forty

## Child care policy may be adopted

**Olympia**— Washington state would institute an official child care policy and work toward better coordination on child care issues at the state and local levels under a measure unanimously approved by the Senate, according to Sen. Lorraine Wojahn (D-27th District), the bill's sponsor.

"We have never had a child care policy in this state even though a number of state agencies are directly involved in early childhood programs," said Wojahn. "There's been no coordination on funding or policy."

Senate Bill 6118 would create a state child care coordinating committee to provide ongoing communication between various agencies and groups involved in child care. The coordinating committee would monitor the efficiency of state agencies responsible for early childhood programs, including the Department of Social and Health Service, the Department of Community Development, the Superintendent of Public Instruction, colleges and universities.

"Having a state coordinating committee is necessary to qualify Washington state for any federal funds forthcoming as a result of the federal ABC child

care bill now before Congress," said Wojahn. "That bill, as it is presently written, allocates \$2.5 billion to states for child care programs. Our state will have a head start on applying for funds if the bill passes."

According to Wojahn, the state Senate bill also would give a B&O tax exemption to business which provide child care benefits to employees.

"Studies show that child care problems can decrease worker productivity," said Wojahn. "The B&O tax incentive would encourage businesses to help meet employees' child care needs."

The bill would appropriate \$200,000 to the Department of Social and Health Services for child care subsidies to low-income working people.

"The high cost of child care is a major obstacle to low-income women finding and keeping jobs," said Wojahn. "Child care subsidies are a cost-effective means of helping these women stay off public assistance. Increased funding for the state child care subsidy program is especially important as we begin to implement the Family Independence Program."

The measure now goes to the House of Representatives for further consideration.

## Activities updated

Here's an update on student government's activities. First of all, the Student Government Executives and the Student Activities programmers went on a Retreat to Alder Brook at Hood Canal for one evening. We learned our own personal profile and leadership styles and discussed future events. The time was really well spent.

Next, we have heard and passed several club budget requests. Three clubs that received funding this quarter are Royal Image Intensifier's, Phi Theta Kappa, and I.S.O. (International Student Organization). The Senate funds these clubs as a service to the Student body so please take advantage of any clubs that interest you.

Finally the Senate voted on a bylaws revision that increased the stipulations on Executive officers grade point average.

This quarter has been great. We welcome anyone who is interested in the Senate, clubs or activities to participate or to inquire information from the Student Programs office, Bldg. 6

## State employees contribute to charities

**Olympia**—Charitable agencies throughout the state and overseas will be receiving \$1.8 million contributed last fall by more than 20,000 state employees, including community college and university employees.

The Combined Fund Drive, the annual fall campaign to raise money for agencies meeting human health and welfare needs, provides for an effective means for employees to contribute to the charities of their choice.

The amount of money raised in 1987 is a new record in giving by state employees, and members of the Combined Fund Drive Committee were very encouraged by the increase in the number of contributors, according to Robert Anderson, 1987 committee

chair. The increase from 16,500 contributors in 1986 to more than 20,000 in 1987 represents a 22 percent gain. The dollar amount is up 29 percent.

"Quietly and with increasing numbers, state employees have responded to the Combined Fund Drive," said Gov. Booth Gardner, who chairs the campaign. "With no thought of reward, state employees have said, 'Yes, I care enough to share with my neighbors in need.'"

Washington is one of 35 states that conducts a combined charitable giving campaign. In the three years that Combined Fund Drive has been in existence, state employees have contributed \$4.5 million.

### Care from p. 1

for self-discovery and how to care for specific groups of people.

"The students are basically people that care about people," Aton said. "They want to do something for

others. Many are interested in a nursing career and this is a way of trying it out.

Lobrie enrolled in the program as a way of getting back to school. She plans on completing a nursing degree.

"This specialized training has helped me evaluate how to

### Expell from p. 1

of the college.

But Malyon touched upon an issue that Lewis had to wrestle with—the possibility that the foreign students are coming from a culture where plagiarism may not be as serious an issue.

**"It's not the thing I want to see ruin their lives forever."**

Dean of Students, Priscilla Bell, confirmed that the students had been expelled but without the charges placed on the transcript.

help people in their homes and has given practical knowledge of what to do when in their homes," Lobrie said. "It has helped me with my job at a group home for adults."

"This is an employees market," Aton pointed out. "With patients going home sooner, the demand for home

Opgaard said, "I didn't want to see them not able to further their education. Although plagiarism is a serious charge,

it's not the thing I want to see ruin their lives forever."

Opgaard went on, saying there could have been a potential problem with their United States visa, if their home country had seen the charges on the transcripts.

The decision to leave the charges off their grades, allowing them to transfer to other schools with a clean record, came after review of similar cases at other colleges.

The students are reportedly attending other U.S. colleges at this time but their exact whereabouts are unknown.

health care specialists is increasing. The training pretty much secures a job, either in agencies or by starting your own business."

Lobrie mentioned that three new home health care specialists were hired by the agency where she was completing her externship.



# On/Off Campus. . .

By Gregory Kinyon  
Sadistic Jerk

## On Campus

**Tax Shelter Seminar March 8.** John Mason, financial planner and consultant of John T. Mason and Associates, will present a tax shelter seminar on March 8 at 1:45 p.m. in the Binns Room. Mr. Mason will present a different way of managing the investment of tax shelter and deferred compensation programs through the use of "timing." Please plan to attend this informative session.

**Get Involved!**  
Everyone is welcome.  
Senate meeting.  
Tuesday, March 8 12:30 p.m.  
In the Binns Room.

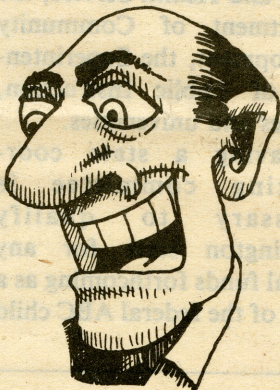
**Coupon Books** Free to all students available in Bldg. 6 and the Info Booth.

## Off Campus

**Attention Marilyn Monroe fans!** "Marilyn Monroe Night" is going to be on KCT9 (public television) on Tuesday, March 22, beginning at 7 p.m. It starts with "Let's Make Love" then "Marilyn Monroe—Beyond the Legend" and finally "Don't Bother to Knock." Talk about a great way to spend the evening!



**Tour of Washington State University Campus.** The Advising Center is sponsoring a tour for TCC students of the campus of Washington State University in Pullman, on Tuesday and Wednesday of Spring Break week, March 22 and 23. The van will leave TCC at 6:30 a.m. on March 22 and return to campus at about 9 p.m. on March 23. Students participating in the tour will have a chance to talk to admissions officers at WSU, tour the campus, and sleep and have meals in WSU dormitories. There will be no charge for lodging and meals at WSU. Students should expect to buy their own meals while on the road between Tacoma and Pullman. Interested students can register at the Counseling Center in Bldg. 7 or call 566-5122.



**Tour of Central Washington University Campus.** The Advising Center is sponsoring a tour for TCC students of the campus of Central Washington University in Ellensburg Friday, March 11, from 8 a.m. to 5 p.m. Students participating in the tour will have a chance to talk to admissions officers at CWU, tour the campus and have lunch in the HUB. Interested students can register at the Counseling Center in Bldg. 7 or call 566-5122.



# TAKE A LOOK AT THIS...

**Shrine Circus announces changes for 1988.** The 44th Annual Nile Shrine Circus announces that, for 1988, a seventh performance will be added, extending the audience served by 12,000 seats. A second change is that all seats will be reserved, and ticket sales will be handled through all Ticketmaster outlets. Furthermore, all coupons for complimentary tickets must be exchanged at any Ticketmaster outlet.

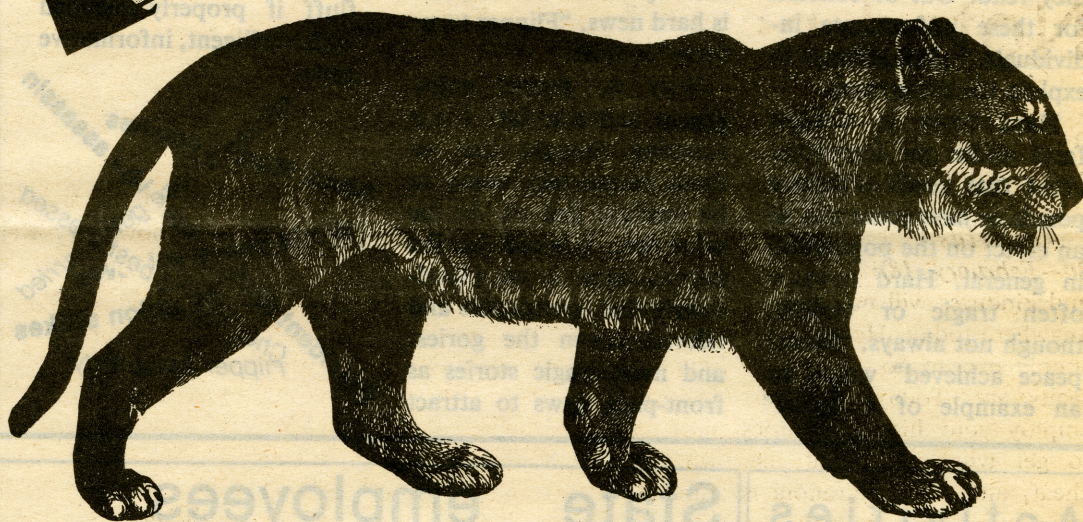
Performances of the circus, produced again this year by famed wild animal trainer Tarzan Zerbini, will run from Friday, March 18 through Sunday, March 20 in the Seattle Center Coliseum. Reserved seats are \$6.00; preferred reserved seats are \$8.00.

**Three concerts coming from Media One this month.** First up is KISS on Thursday, March 17 at the Seattle Opera Colliseum. The opening act is ANTHRAX. The show will begin at 8 p.m. Tickets are \$16.50 reserved seating.

Second up is JOHN COUGAR MELLENCAMP, on Tuesday, March 22 at the Seattle Center Colliseum. The show will begin at 8 p.m. Tickets are \$18.50 reserved seating.

Third up is ECHO AND THE BUNNEYMEN, on Tuesday, March 29 at the Paramount Theater. The show will begin at 8 p.m. Tickets are \$17.50 reserved seating.

Tickets for all the concerts are available at most Ticketmaster outlets. For further information please call Roxanne Marentette at 241-0202.



## Music to study by: your first choice may not be the best

By William W. Whitt  
Guest Columnist

An important aspect of the reading and studying environment is the auditory background. It helps establish the psychological climate for learning. When noise diverts readers' attention from the text, comprehension will probably suffer. An obvious instructional implication is that teachers should provide a proper auditory setting to mask interference noise, which would then serve to maximize students' reading efficiency.

The following article is taken from the January 1985 *Journal of Reading*, from an article called "Using Music as a background for reading: An exploratory study," by Colleen Mullikin and William Henk.

Students were exposed to three auditory backgrounds while reading: no music, classical music, and rock music, and their subsequent comprehension performance

was measured. Music has been shown to facilitate other educational activities such as creative writing, mathematics, handwriting, spelling, and art. Apparently certain types of music can relax most learners, drown out potential distractions, and stimulate active reasoning and creativity.

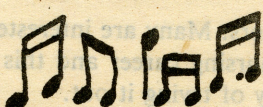
Many students have insisted that studying to rock music soothes them and helps them study. Parents and teachers have resisted this logic for years, and for good reason. The results of these studies have shown that classical music seemed to outperform the no music and rock music treatments at all grade levels tested. Similarly, the no music treatment generated scores that were consistently higher than those obtained in the rock music condition.

The study clearly demonstrated that the type of auditory background the teacher provides can make a difference. On the average,

*Many students have insisted that studying to rock music soothes them and helps them study.*



*Based on the results of this study, soft, slow-paced classical music ought to be considered as an occasional background for instruction.*



*Good-bye Twisted Sister, Hello Mozart.*

readers exposed to soft classical music retained more information than either the no music or rock music groups. In addition, the no music condition produced significantly better performance than the rock music condition.

Why one musical form aids students' understanding and another detracts from it is not entirely clear. Perhaps the slower tempo of some classical music allows the reader to relax and concentrate more fully on the author's message. The classical background probably helps neutralize other room noise which much compete for the reader's attention.

By contrast, the pace of rock music tends to be more intense and frenetic. Perhaps it entices the reader into rushing along at a rate faster than the message can be understood. For younger

readers, rock music is a natural competitor for attention because it is an integral

part of their social lives. Lyrics and melody are usually so familiar that the music provides a tempting distraction. Rock music probably interferes with comprehension because the reader may be inadvertently operating on two sets of stimuli at the same time.

Based on the results of this study, soft, slow-paced classical music ought to be considered as an occasional background for instruction. More importantly, teachers and parents might also think more carefully before being coerced into permitting rock music while students work.

Good-bye Twisted Sister. Hello Mozart.



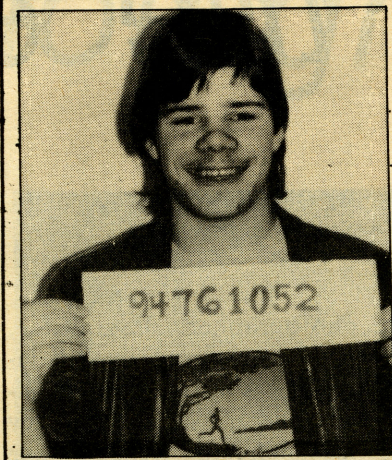
# Features. . .

## For better or for Wirsing

By Eric Wirsing  
Features Editor

Scene 1: A man walks off a cliff. Bouncing off an occasional rock with the occasional "oof" he makes it to the bottom with relatively little screaming and a huge amount of pain. He slowly crawls towards us, his ragged clothing looking about the way he feels. The old man's gray hair hangs ragged about his face. His face now fills the screen. He looks up, his eyes red. He says "It's another column by Eric Wirsing!"

I thought of another doozy, despite Max's (remember my doggie?) protests. How about those good times we had in high school? Disassembling automobiles and reassembling them in someone's office. Painting people's



**Eric Wirsing**  
Features Editor

doors red. Gambling despite it being against the rules. So much fun!

However, some of those are tame compared to some of the stuff that I've participated in and seen. You're saying "sure, right, yeah, uh-huh." I'm not belittling any of those malicious pranks or terrible tricks you played on your teachers, friends or school.

I'm just explaining, describing, and reminiscing about my own.

Once upon a time Jack and I walked to the lunchroom (!). As we approached Hell's Kitchen (our little nickname for the cafeteria) we heard the sounds of modern music wafting through the air. Of course this was not stunning, for everyone

knew of the jukebox in Hell's Kitchen. It was merely offensive to our ears. It got progressively louder as we got progressively closer. I got so disgusted that I hit the jukebox, and the record skipped. Jack proceeded to hit it six more times, and the song ended. We were proud of ourselves.

This is hot. After school, George and myself were walking around school. We were bored, and one of our teachers said that "every day is a great day" at our school. Not funny, not true. It wasn't bad, it wasn't great. We were walking through the library. This time, the idea was mine. The next day found all the library books all neatly stacked in the lunchroom, arranged by the Dewey Decimal system.

Our school has a P.A.

system (what does P.A. stand for anyway)? It's a wonderful thing. Every Monday we were to stand and salute the flag to a student's narration of "the Pledge of Allegiance." And during the week we would listen to students read the unprinted announcements besides listening to a secretary reading the ones that were in the classroom. What a grand experience. A few of us (names have been withheld to protect the clever) sabotaged the announcements. We sent one of our students down there to turn the mike on and off at inopportune times as well as tell dirty jokes over the air.

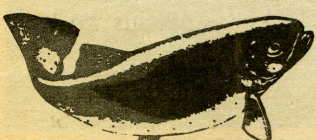
Well, that's my two cents worth. I've done other things, like forging notes and the like.

## Noted psychic Bryan Butler predicts future

By Bryan Butler  
Sports Editor

**Aquarius (January 20-February 18):** Tolerance and kindness will not get you anywhere today. Honesty will simply expose how fake you really are. Today you must employ your higher faculties to get what you want; lie, cheat, and steal. Paranoia is your only friend, so now is a good time to break up all of those meaningless relationships (such as marriages). Let out your aggressions with an unbridled tongue. Now is a good time to run for public office, and to invest in security systems.

**Pisces (February 19-March 20 and Thursdays):** You are often criticized because you believe everything you read. This is anything but true. It would be to your benefit today to send money to THE CHALLENGE. The more money you send, the better your life will be. In fact, the faster you send the money the more benefit you can reap from it. If you see an ad in the paper that is just a little bit hard to believe, such as "Golden Gate Bridge for sale cheap", you should invest right away. This is your once in a lifetime four star lucky day. Today is not a good day for gambling.



**Aries (March 21-April 20):** WHATEVER YOU DO TONIGHT, DO NOT GO TO SLEEP! Keep one eye open if you have to, but it is very important that you do not go to sleep. If you do fall asleep, if you helplessly slumber away, I might be there in the morning...and who knows what I might do...at your funeral!



**Taurus (April 21-May 20):**

You will meet Mick Jagger today. Don't ask him to sing, because he might swallow you whole. The color for today is green. You will see it everywhere, especially on your food. For breakfast you will have green eggs and ham. For lunch you will have a Titan Burger, appropriately colored. The purchase of the burger will strip the green from your wallet. After you eat the burger, you will turn green. As you might expect, the burger will still be green after it passes through your ailing body. The toilet bowl, like all of them on campus, will be green. Watch your expenses carefully today. Stop making that gross sound when you blow your nose. Nobody thinks you're cute.

**Gemini (May 21-June 20):**

While you are in class today, you will start talking about a subject you know very well. Yours is one of the more intelligent signs, but it will be to your disadvantage today. You will talk, and talk, and talk, and talk until all of your opinions are aired out to the public. That's when the scrutiny will begin. You will be needled with questions. Feeling as if you were an insect being dissected under the watchful eyes of a microscope, the inquisition shall continue. You will battle snide remarks, and today you may come out of it a loser. After you ego has been completely destroyed, every person you know shall resent you. You shall be living scum, the lowest of the low, a social outcast. Other than that, this should be a five star day.

**Cancer (June 21-July 20):**

Maja-humba my droogi! Yu shaw meet aw cajun tooday, who shaw jum up sum gumbo fo yoo. Da gumbo shaw bee a mightja spicy onda tongue so it mybee a gud way ta go ifyoo washdown gud tat gumbo. Da wayofspeak shaw rubov on yoo, ifbedat yoo no tink bout tat.

**Leo (July 21-August 21):**

You will go to your classes normally today, and you will earn a great deal. After you watch a little television, you will study. For dinner you will eat roast beef and mashed potatoes, before you take a relaxing bath. Going to bed tonight, you will wonder why

life is such a hum-drum collection of meaningless events. Fortunately, you will find the answer in your dream, although you will not remember it in the morning.

**Virgo**

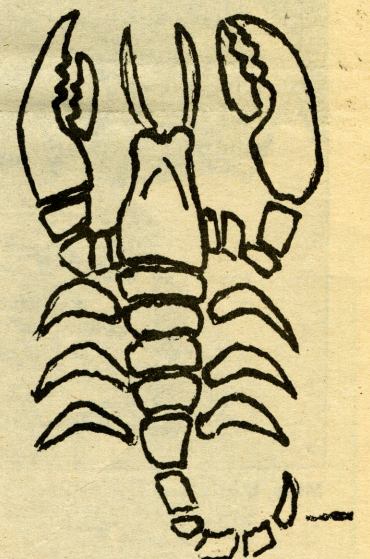
**(August 22-September 22):** Do your best to explore a monogamous relationship, and do it with as many people as you can at once. You believe in safe sex, so you always wear a life-preserver. You like to do it with the lights on, but using a street light is inadvisable. Now is a good time to engage in a relationship, or in any event, to simply engage.

**Libra (September 23-October 22):**

While in the shower today, you will look down to notice that hairball which accumulates in the drain. Chemicals and soap will bring it to life as it attacks you. It will crawl up your body and graft itself to an embarrassing appendage. You can shave it off, but it will grow back.

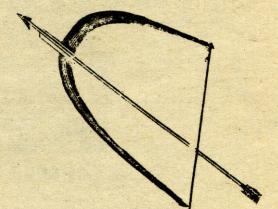
**Scorpio**

**(October 23-November 22):** You are truly a sexual arsenal. That arsenal will explode today, due to a sudden astrological harmonic convergence. The ensuing result will be a drastic reduction in the price of oil. Khadafi will stop wearing womens clothing, and Reagan will adopt a foreign policy that doesn't include naval artillery (I guess you were just too much for them). Indira Ghandi will rise from the dead.



**Sagittarius (November 23-December 20):**

You are fond of animals—too fond. This can be an unhealthy practice today if you take favor to that cute little Tasmanian devil in the pet shop window. These are high stress times for you, so try not to bite your nails; you might saw off your fingers.



**Capricorn (December 21-January 19):**

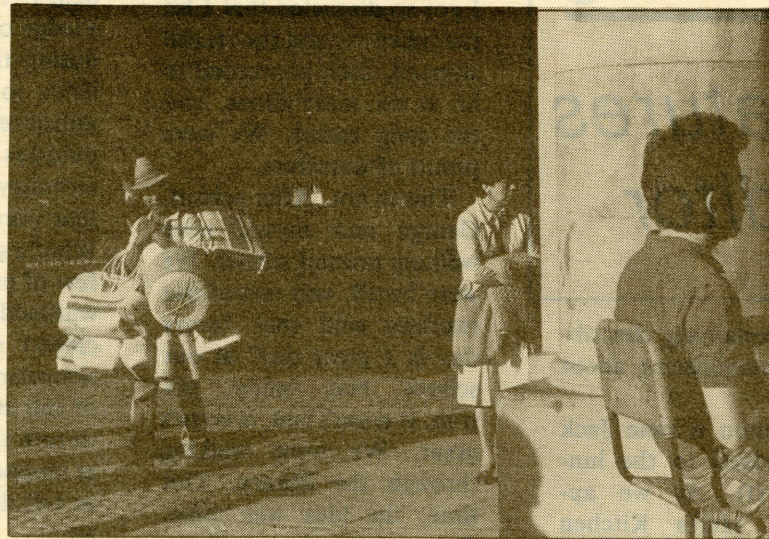
Today your eyes play tricks on you. Words will be jumbled and order of out. Letters will be m ss ng, nd will you before dead.

**Your Birthday Today:** Doesn't it suck when you die on your birthday?

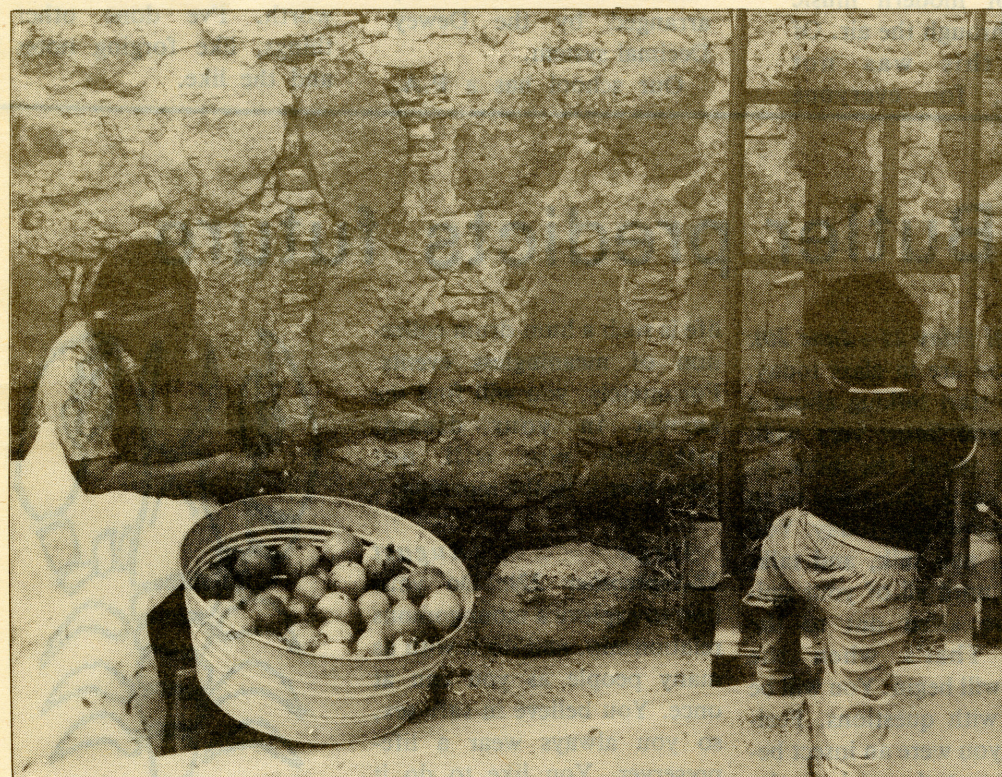


# Visions. . .

## Mexico through the eyes of a photography instructor



Town Square, Oaxaca.



Mitla, Mexico.



Entrance to Public Market, Oaxaca, Mexico.

All photos taken by

photography and English teacher

**Paul Clee**

By Olga Fuste  
Staff Reporter

Award-winning photographer, Paul Clee, photography and English instructor at Tacoma Community College, uses photography to capture the feeling of the place and the people.

From its beginnings in 1727, when Johann Heinrich Schulze discovered the photosensitivity of silver salts, to present day photography, photographers have been working with the relationship among the objects in their photography.

Photography, the art and science of using light to produce permanent pictures for practical or artistic purposes, has interested Clee for many years.

His informal photography education started with a darkroom in his house. The equipment and books belonged to a friend.

Clee, who completed a bachelor's and a master's degree in English, started teaching at TCC 20 years ago.

"After teaching English for about six years, TCC decided to offer photography classes," Clee said. "I was granted a sabbatical to study photography at Central Washington University."

Since his return to TCC, he has been teaching English and photography.

"I think of myself as being liberal in my teaching methods," Clee said. "For the beginning photography class, I strive for a balance between specifics, technical things, and at the same time, try to open their eyes at possibilities."

Some of his photography students have realized this.

"Clee is very liberal and helpful," Jon Sheriff, English major, said. "He is there when you need him," Craig Hart, sociology major, concurred.

Both students described their interest in photography as a hobby.

Clee has some advice for amateur photographers.

"Try not to get caught on all the gadgets," Clee said. "The most important tool is what is right in the head, the eyes and the brain."

"It is necessary to be thoroughly familiar with the equipment. Feel comfortable with the equipment you have. Each piece demands different things from the operator," Clee said.

For individuals with a serious interest in photography, Clee recommends a fully manual camera. Practice is also important.

Arrangement of lines, perspectives, tones and colors need to be balanced to produce a good photograph. By contrasting light and dark tones or different colors, striking effects can be obtained.

In the job market, photography has several applications. From aerial photography to photojournalism, good photographs help in mapmaking, advertising, and identification of evidence in criminal cases. They also contribute to the growing trend of heavily illustrated newspapers and magazines.

Clee, who considers photography partly art and partly science, has won local photography contests sponsored by The Morning News Tribune. Some of his photos have been exhibited in galleries in Tacoma and Seattle, and at the Tacoma and Oregon State Art Museums.

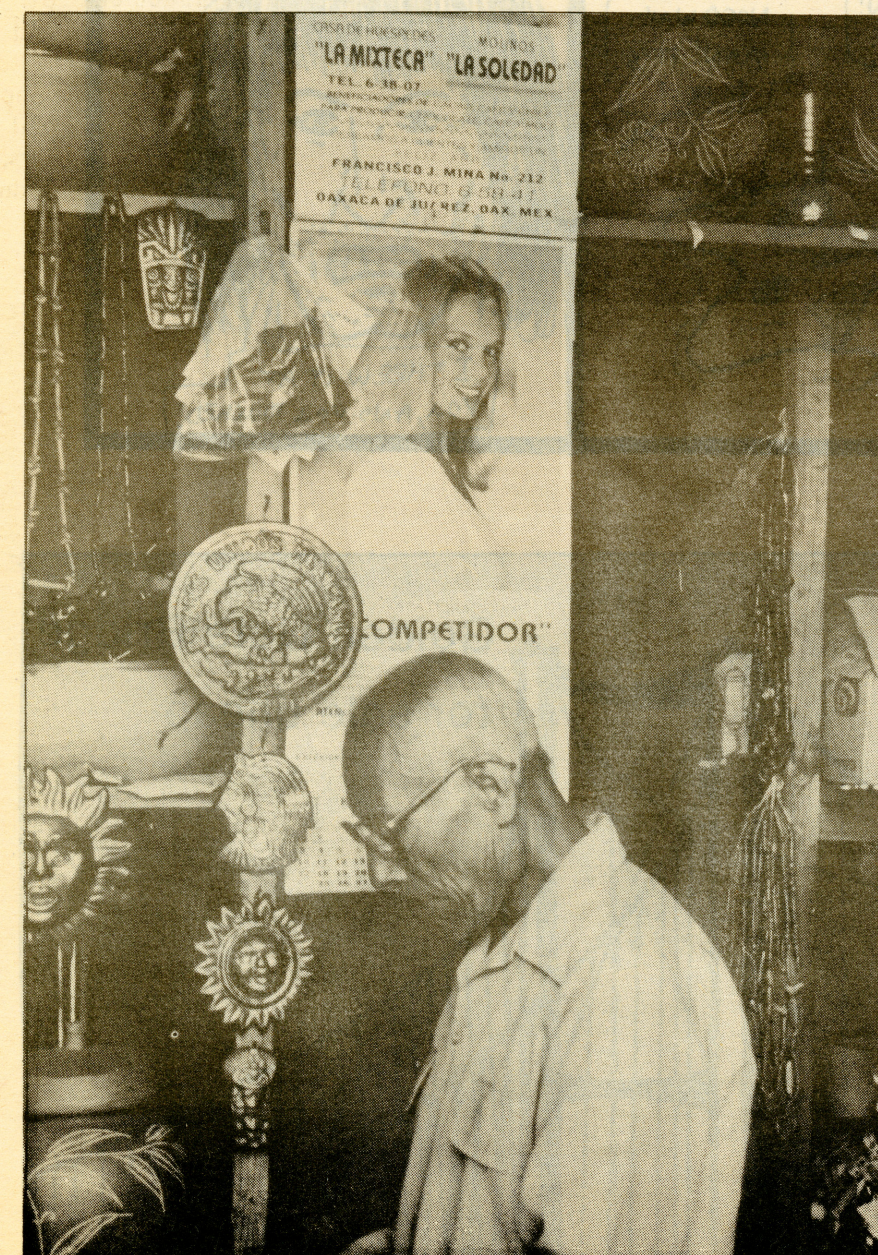
"I've worked mostly with black and white," Clee said. "You see different things and get more of the feeling of the place and people."

Some of his work, featured here, captures the flavor of everyday life in Southern Mexico.

"A photographer is able to capture a moment that people can't always see," Harry Callahan, photographer, once said.



Town Square (Zocalo), Oaxaca, Mexico.



Marketplace, Oaxaca, Mexico.



Oaxaca, Mexico.



# More Features. . .

## Zamzami is a man of diverse skills

By Eric Wirsing  
Features Editor

At Tacoma Community College there can be seen a good-natured, swarthy man walking across campus. He happens to be the president of the International Student Organization. His name: Mohammed Zamzami.

Born and raised in Makkah, Arabia, Zamzami moved to Jeddah and eventually joined Saudi Airlines. He was sent to America to undergo training at Boeing for 10 months as a computer programmer. Zamzami quit Saudi Airlines before he finished his formal training because he wanted to finish his education. A cousin suggested Tacoma Community College so he registered at TCC. Zamzami has been attending TCC for two years and will possibly attend for one more.

His motivation for becoming president of the International Student Organization is unity. In 1986 he was treasurer for the ISO. "I went to cafeteria and I see individual groups. I see Cambodians here and Chinese here," said Zam-

zami, designating separate areas with his hands. "So I decided to become president to bring them to ISO and make them one family." In the ISO's next election, he ran against three people, the results being in his favor. He plans to hold ISO meetings in the summer.

His job as president yields duties other than personal goals. The official duties of the ISO president entail:

- 1) His being an official representative of the ISO.
- 2) Calling regular meetings and presiding over them.
- 3) Hearing reports from the committee chairman and cabinet members.
- 4) Governing annual ISO elections for officers.

The ISO is an organization open to all TCC students, American and non-American. The ISO has three main purposes. The first is to promote friendship and understanding between people of different cultural backgrounds. Second to assist foreign students in adjusting to campus life. And

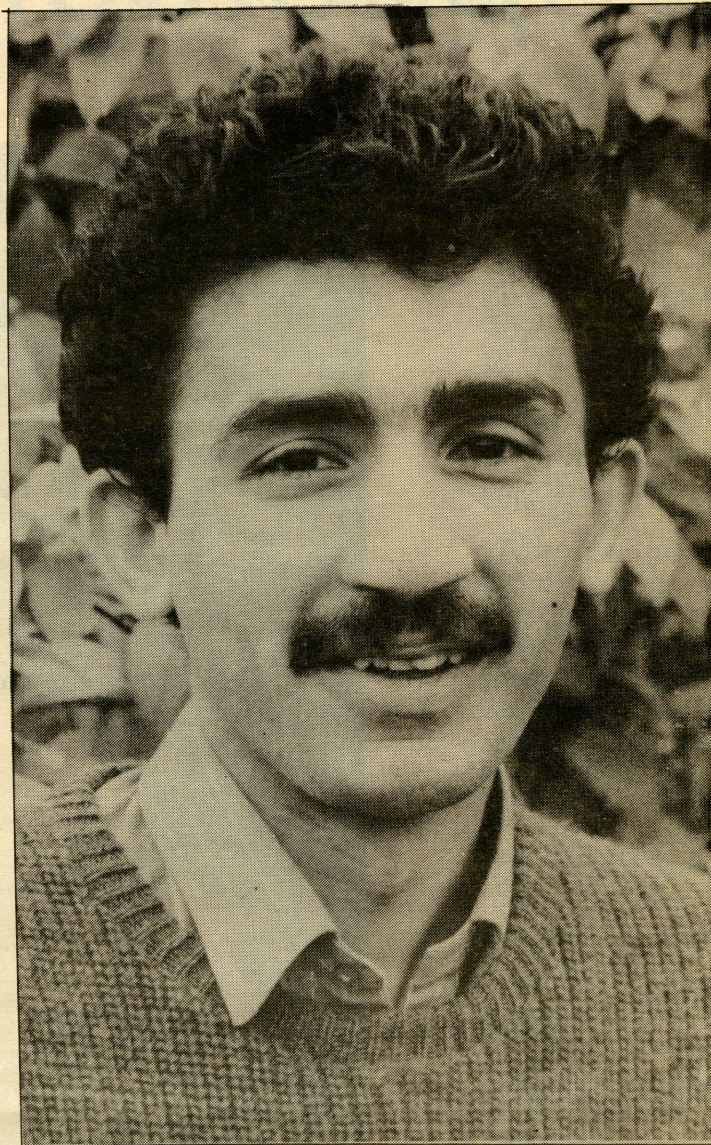
third to contribute to student activities.

Their activities are group decisions. Planned future activities are a trip to Seattle Center; a day at Northwest Trek; going to Victoria, Canada; to tour The Morning News Tribune; to have Jesse Jackson come to visit; and playing sports with other colleges.

"Hopefully we can see George Bush [too]," Zamzami said.

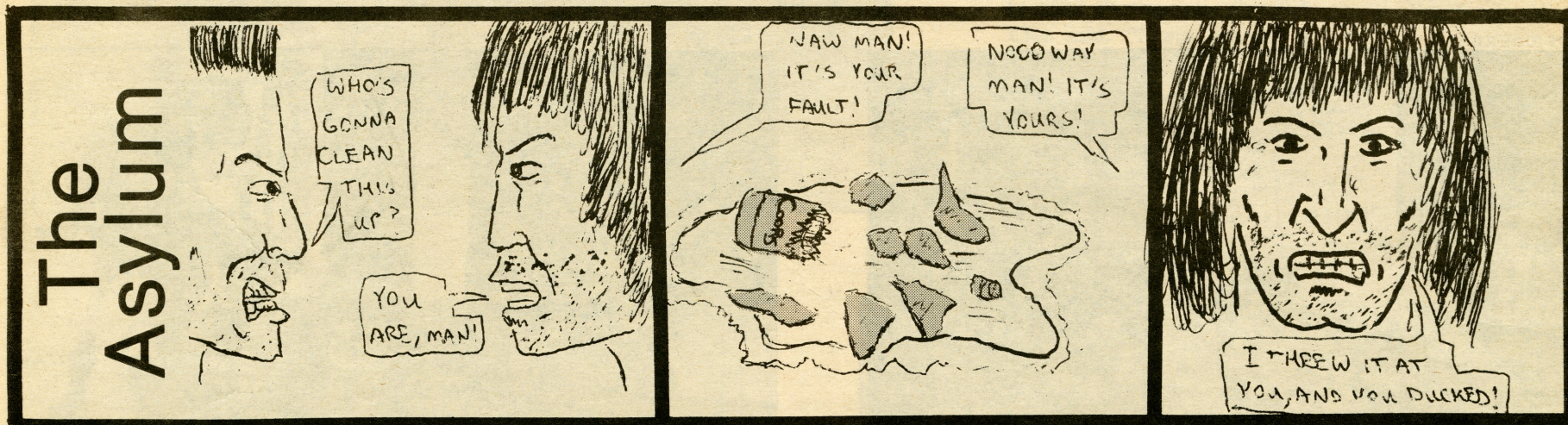
Zamzami learned English while with Saudi Airlines and through the program known as English as a Second Language. He plans to stay in America another five years to complete his education, vacationing some summers in his homeland. He plans to become a counselor.

So if you see a dark man with a mustache and a smile on his face and a Challenge in hand, you know it's Mohammed Zamzami.



Mohammed Zamzami

Photo by Richard Dupraw

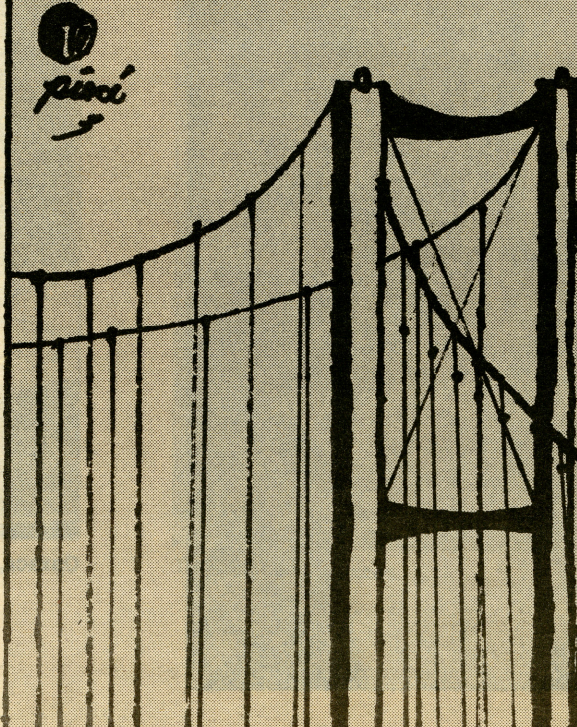


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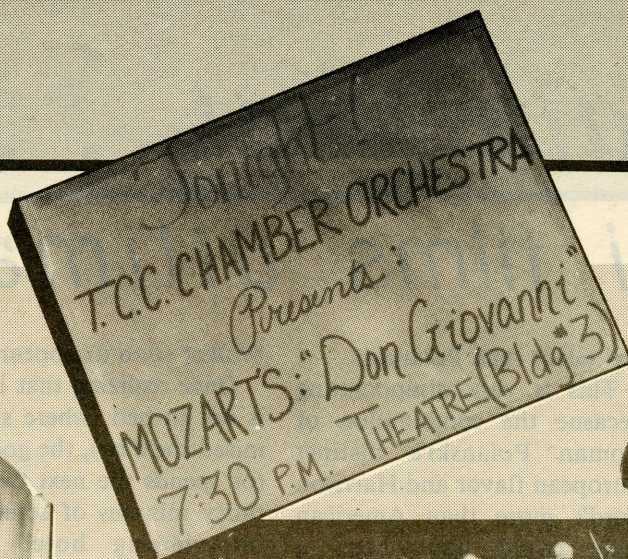
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# Arts. . .



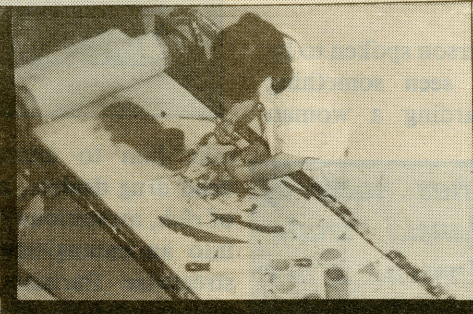
Student Sue Bonney actively puts a few touches to her sculptured work.



The Overture to Don Giovanni. An operatic delight that was more than satisfying.



Professional model Joseph Hester poses patiently.



Pottery: the preliminary process

## An artistic night to remember

By Gordon Peterson  
Arts Editor

Carolyn Lastowski, president of the TCC Art Guild, summed up the evening: "Our purpose was to make people aware that there is life on the north side of the bridge besides the bookstore."

And alive it was. In addition to Mozart's *Don Giovanni* coming to life in the theater, Dale Chihuly, glass artist ex-

traordinaire, gave a lecture that packed the music recital hall. Also competing for the hearts and eyes of the art lover was a wonderful demonstration by art students of all disciplines.

February 24, 1988. It was truly a night for the arts....



Orchestra conductor Harry Davidson.



Figure study by Joy Alford, currently enrolled student sculptor.



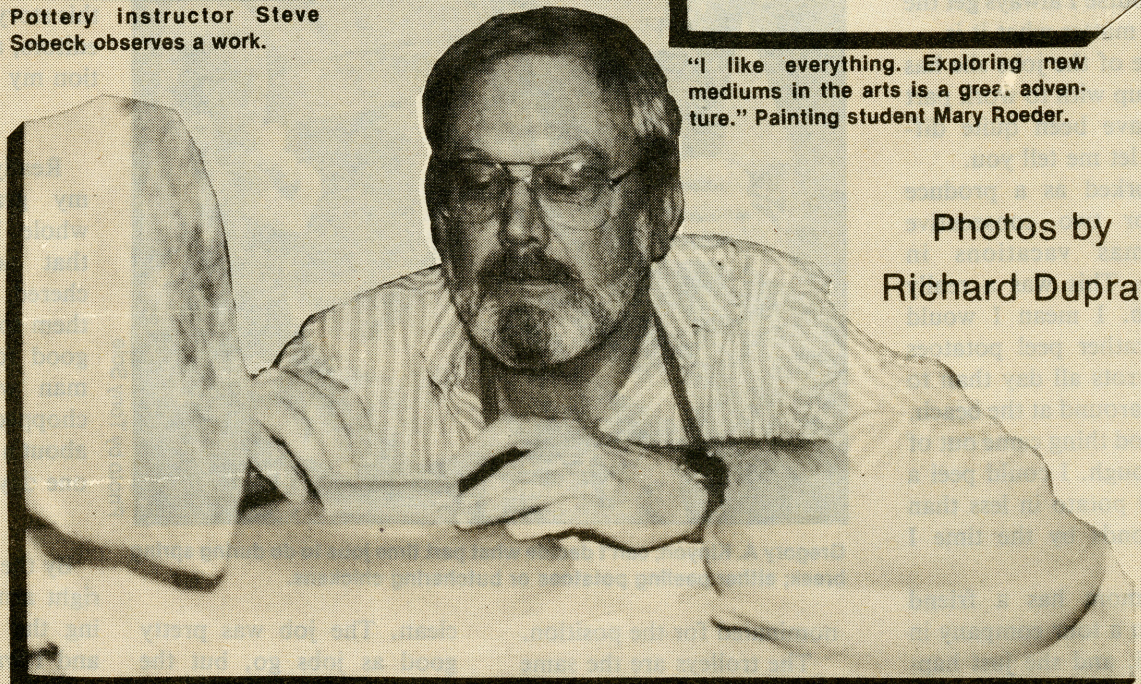
Pottery instructor Steve Sobeck observes a work.



"I like everything. Exploring new mediums in the arts is a great adventure." Painting student Mary Roeder.



Famed glass artist Dale Chihuly drew over 200 persons to hear his informative lecture.



Pottery student Vern Morris: "I will be retiring and wanted to find a hobby to occupy my time. A neat class, good teachers." Morris plans to reside in Mexico.

Photos by  
Richard Dupraw



# Entertainment...

## Polanski films ultimate insomnia cure

By Gordon Peterson  
Arts Editor

*Frantic—marked by fast and nervous, disordered, or deranged activity.*

The brief definition above, taken from Webster's Collegiate Dictionary, is probably what Roman Polanski had in mind when filming *Frantic*, his latest film. Obviously, however, Polanski either misunderstood the term or meant to title this effort *Mildly Annoyed Every so Often*.

Polanski is usually known for tackling projects that often hang on the fringe of the

### Movie Review

Avant-Garde school, consisting of highly impressionistic images and stories that most John Wayne fans would not appreciate. Polanski's *Rosemary's Baby* and his disturbing *Repulsion* are examples of his ability to make films of extreme weirdness and psychological terror.

*Frantic* has none of the Polanski trademarks. Instead, it is a film of sub-generic quality that rehashes a story used time and time again by filmmakers with considerably

less talent than Polanski.

This is very disappointing because the combination of Roman Polanski's distinct European flavor and Harrison Ford's more than American style could have been a fascinating combination to watch.

Nevertheless, the opening sequence is interesting, showing the freeway route between the Paris Airport and the French capitol—the broken white dividing lines blending in with the titles.

Now Harrison Ford is a very average American surgeon named Walker and is in Paris with his wife to attend a medical convention. The taxi cab hired by the couple pulls off of the highway and the driver reports that the tire is flat.

This type of prophetic symbolism not only is indicative of things to come for the characters but also of the film itself. Once at the hotel, Mrs. Walker (Betty Buckley) discovers that—no kidding—she has picked up the wrong suitcase at the airport. It is further brought out that someone else has the same stunning powers of observation and the unfortunate Mrs.

Walker soon disappears.

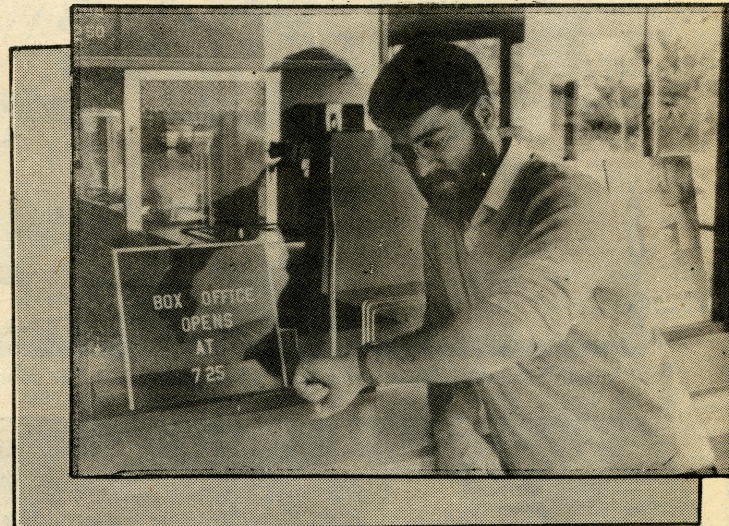
Once realizing that his wife is not in bed (where she promised she'd be), the good doctor spends the next twenty or thirty minutes of screen time interviewing hotel clerks, maids, and security personnel while trying to locate his missing spouse. A few looks of bewilderment and semi-sadness is about as frantic as Ford allows his character to become.

A street person spoken to by Walker has seen something strange regarding a woman

**Frantic has none of the Polanski trademarks. Instead it is a film of sub-generic quality...**

and takes the doc to the scene. And sure enough! There on the street for any physician playing detective to find is the broken bracelet belonging to his wife. The transient explains she was forced into a car and whirled away.

Walker's vigilante investigations (the Paris police, U.S. Embassy, et. al. have, of course, been less than helpful)



take him to apartments of dead drug dealers, night spots of rich, mysterious Arabs, and into an entanglement with a streetwise Parisian strumpet named Michelle (Emmanuelle Seigner).

Michelle is the typical Polanski heroine. She looks old enough to be jail-bait for a high school freshman and possesses the wisdom of the ages. This lady leads Walker through the seedy side of Parisian life and unintentionally introduces him to Palestinian commandos and Israeli agents

who make Beirut seem like Sesame Street. Throughout the entire ordeal Walker seems

more upset that he has missed his lecture obligations.

It takes the time to pop some No-Doz to realize that everybody in the world wants what was in the switched suitcase. This type of situation allows for only so many possibilities and the viewer's most elementary guess is not far off the mark. It really makes one wonder if this film was meant to be taken seriously or to be an unintentional spoof on ugly Americans in Europe.

Either way, one finds it difficult to care. The only frantic experience is finding the exit.

## Bizarre part time jobs haunt editor

By Greg Kinyon  
On/Off Campus Editor

Oh no, spring break is coming around soon and that can mean only one thing...work.

It seems whenever a holiday pops up and I think I can kick back and relax, my mom has other plans for me. She hates to see me just have fun.

You see, my mom always manages to have a friend who needs some extra help, so of course I always get the job no matter what it is.

Some of the jobs she has set me up with to work part time have been quite different, let me tell you.

I worked as a produce boy for two consecutive Christmas vacations in Hawaii. This was a really fun job. I mean I would much rather peel potatoes and carrots all day than to lounge around at the beach. One good thing came out of that though. I could peel a big raw potato in less than six seconds by the time I retired.

My mom has a friend who ran a tour company in Waikiki, and she just happened to need two people to clean the "Waikiki Trolleys" everyday. So my best friend Nort and I got



Gregory A. Kinyon, can't decide what part time jobs to do during spring break; either peeling potatoes or butchering chickens.

nominated for the position.

The trolleys are the same as the ones in San Francisco, lots of windows to wash, lots of floor space to sweep, and lots of brass to

clean. The job was pretty good as jobs go, but the hours were horrible, from four to eight a.m. everyday, seven days a week.

My grandparents live on

a farm north of Spokane in Deer Park, and every summer there for a while it was seven days a week farming! Lifting hay bales five high onto the hay wagon is a good way to build up your muscles. There is nothing quite like waking up at six in the morning and going to bed exhausted at six in the evening.

Another bonus of working on the farm was butchering chickens! I've told this story to my fellow news editors, and they now question my sanity.

Really good friends of my grandparents had a whole bunch of chickens that needed to be butchered, about a hundred of them to be exact. I had the good fortune of being the man with the hatchet. I chopped off the heads of about a hundred chickens in one day.

By the end of the day my right arm hurt from bringing the old hatchet down and I was literally covered from head to toe with dried blood. Sounds like the beginning of a horror movie doesn't it?

After the nightmares of being chased by a chicken with a hatchet passed, I was able to reflect on what a learning experience this was. I am also pretty good with a hatchet now.

The last of my mom's jobs that she set me up with was that of an interior painter. I don't know what she told the school that hired me, because what I knew about painting, you could put in a thimble.

I started at the beginning of the summer painting, scared to death that I was going to screw up and they would sue me. Amazingly enough, after a couple of days I got the hang of it, and I hate to brag, but I did

I ended up the summer painting the insides of eight buildings for one of Hawaii's more popular private schools. Not bad for a fool who didn't know what he was doing in the beginning.

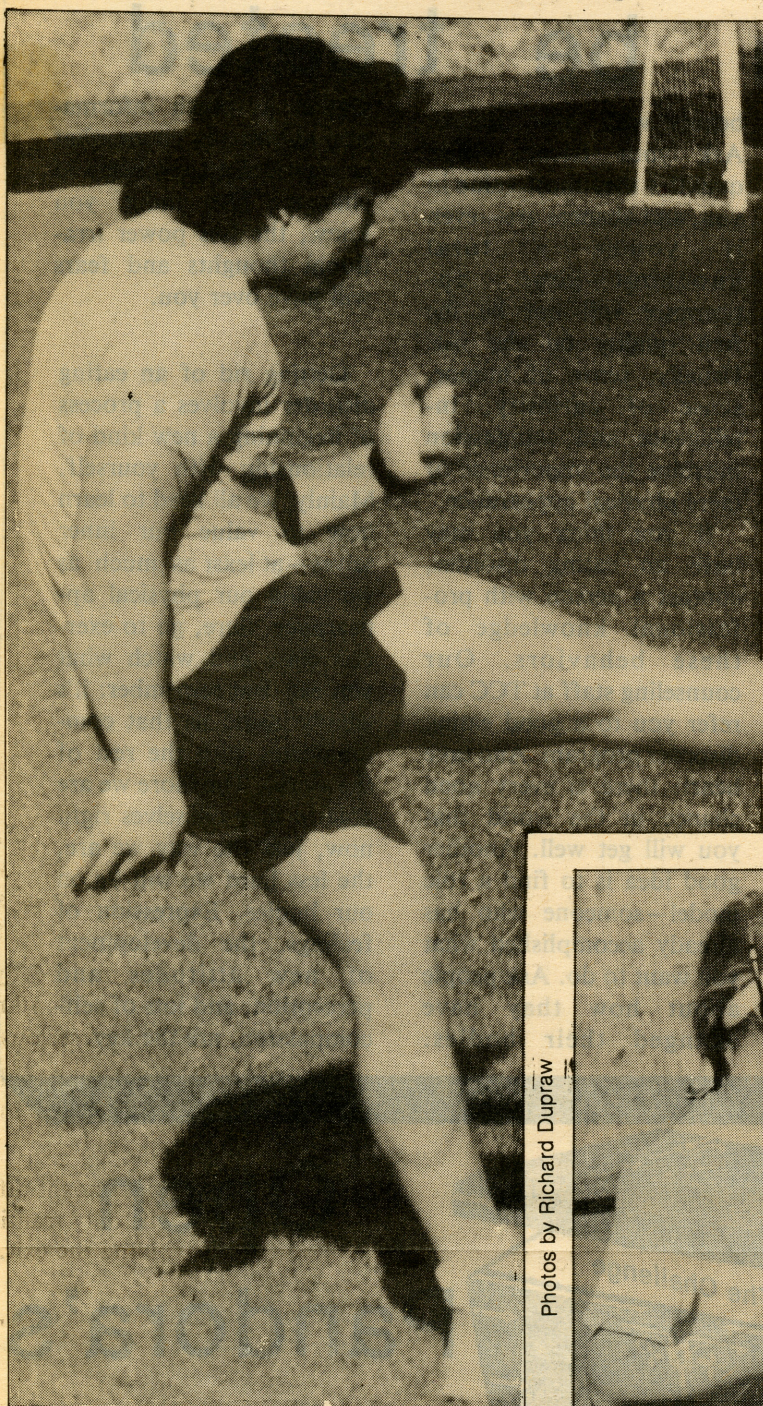
If you have some work that needs to be done over the holidays, just give my mom a call. She will love seeing me work through spring break!

Photo by Tony Sole



# Sports. . .

## Student willpower resurrects the dead



Taking advantage of the pleasant weather, a student balances the oncoming ball on his toe

By Bryan Butler  
Sports Editor

If the students show enough interest and participate, some terminated athletic programs could be returning to the college soon.

The athletic program was growing at Tacoma Community College in February of 1972 when bowling, archery, and fencing became competitive

Photos by Richard Dupraw



Suzanne Nicholson and Dana Endicott jog leisurely while unknowingly their image is stolen on film.

sports. In October of 1974 soccer and wrestling were added to the myriad of activities. The campus even had a sports car club. A flourishing intramural program displayed a flag football team that played other schools, such as the University of Washington and PLU.

In May of 1975, however, the cost of implementing a sports program rose sharply, and many programs were scrapped. Some were removed for economic reasons, but some faded away because of a growing lack of interest.

That was 13 years ago. November of 1987 marked the return of the fencing club, and this spring, an inter-campus flag football tournament will be held.

In 1975 the ASTCC student council requested a budget of \$40,000 to meet the needs of its Athletic Department. The council has a budget of that size today.

"Athletics as they are right now are at a skeletal budget...I hate to say it but our booster club is too inactive," said ASTCC President Mari Hyzer. "If it wasn't for school funds there wouldn't be any sports."

Mari continued to emphasize that the sports themselves do very little fund raising. The number one expense of a sport is supplies.

Fortunately, many of the supplies for these terminated sports are sitting around gathering dust—they are already furnished. Other expenses include officiating, advertising, and miscellaneous contractual things.

Nevertheless, these apparent obstacles can be easily overcome with a little effort. The first step is to start a club. By requesting a charter, anybody can start a club here at the college with the names and signatures of 20 interested persons. A charter must be drawn up and approved by the ASTCC President Mari Hyzer. The charter gives details about the club including advisers, officers, provisions for elections, and duties (if any). If the club needs any funds, it must appear before the senate to request them. The normal amount is \$3,000 a year.

Now let's suppose we wanted to start a competitive sport from a club already existing. First, one must consult their adviser. Go to Phyllis Templin, the athletic director here at TCC, and request that the activity be implemented. After scrutinizing the budget and determining if there is enough interest, she will make her decision.

"If you wanted to play another school they [the other

See *Olympics* p. 12

## Say good-bye to Olympic pride—it just died



**Bryan Butler**

*Late Night*

*Sports Editor*

From time to time we get too involved in the winning, and forget about why we compete in the first place. We have seen it repeatedly in the press after these "disappointing" winter Olympic games at Calgary, and I just wish it would stop.

Although winning is important, it is not the only reason we play the games. Not every winner is a hero, and not every hero is a winner. Surely, Eddie Edwards would conform to the latter category. In the spirit of the olympiad—the cultural bonds of world cooperation—we should recognize the true meaning of the word *sport*. Not only should we bring out the best

in ourselves, but we are obligated to inspire our competitors. So in the spirit of the next winter olympiad to be held in Albertville, France, we bring you this *Challenge* winter Olympic team.

For the mens downhill we need somebody thin. Washington Bullets guard Manute Bol fits the ticket, except maybe he would be a better choice for the slalom course. With those spider-like limbs of his, he would knock down every flag in his path—provided he is not mistaken for one and driven into the snow head first.

So maybe we should have someone who is already going downhill for the downhill. How about

Richard Gephardt? No, we don't want to make the Olympics a political thing. It can, however, be entertaining. It's settled! David Lee Roth shall do the downhill. Why not? He already has the outfit.

Roth doesn't get a free ride, however. In order to earn his spot on the downhill team, he first must accomplish one small task. Just for him, we're making a new event: the uphill.

For the women's downhill, we need somebody with big hips tolerant enough to handle the fatigue of the super giant slalom. For uniformities sake, she must be an entertainer who is going downhill. Very well, our choice is Madonna.

Moving on, we must determine who will compete in the three biathlon events (10, 20 and 30 kilometers).

The biathlon requires a person who can shoot a rifle with the endurance of a

murderer Bernard Goetz. We know he can shoot, but can he ski? Somehow I've got a hunch he'll win by default; there may not be many living competitors after the first race. He can compete in all three events if he likes, so long as the authorities don't find out. To make it interesting, the other two biathlon team members shall be Stevie Wonder and Ray Charles. These two men will be equipped with the latest in fashion ski apparel: bullet proof snow parkas.

Ski jumping requires the employment of someone a little awkward, so the only choice is Don Knotts. Can you imagine his wiry flesh flailing through the air?

The next event we need people for is the bobsled. We'll have to change things a little here, so we'll take the name of the sport more literally. We will sled on the backs of slick people named Bob. How about Bobby Kennedy? He's already dead so I don't think he'll mind.

For the figure skating competition there can be no other choice than Pat Sajak and Vanna White. They even look like figure skaters. Best of all is that Vanna can turn her own score cards.

Mr. T and Brian Bosworth shall be our representatives in the ice dancing competition. I get the feeling that these two were made for each other. They both have mohawks, egos, muscles and brains. Well, three out of four isn't bad.

The last event we'll change is ice hockey. Wouldn't it be terrible if a mixup were to occur? What if the U.S. water polo team

and the U.S. hockey team got their airline tickets crisscrossed? I can just visualize those poor polo players freezing in their speedos (see illustration). Wouldn't such an occurrence be a disaster? We'll have to do our best to make sure it happens.



# Etc. . .

## Counselor's Corner

# Eating disorders can be treated

By Kay Morgan  
Guest Columnist

More than one-third of women in college are afflicted with bulimia, an eating disorder characterized by gorging on a huge quantity of carbohydrates followed by purging through forced vomiting which is often accompanied by the use of diuretics, laxatives and excessive exercise. Another highly serious eating disorder is anorexia nervosa, which involves a self-inflicted weight loss accompanied by a sustained avoidance of mature body shape, a morbid and persistent dread of fat, and disturbances in body image. How would I describe an "eating disorder" person? A person who is preoccupied with food or body image. A person who fears food, a person who is constantly

thinking of what ways of how *not* to eat—or ways of how to eat and then to exercise enough or throw up enough to get rid of the calories. For someone with an eating disorder, nothing in life is as important as strong mental and physical control over his or her body. Many experts maintain that people with eating disorders are people who are highly motivated, who want to please other people, but who don't have a strong connection line to their own feelings. This is why one of the main thrusts of a good eating disorder program is to teach people to learn other ways to express their feelings other than binging on food or denying themselves food. Other researchers say that dieting itself is the culprit. They say that unreasonable emphasis on

thinness in our culture has brought about a kind of chronic stress involved with eating—and that this stress is not a matter of emotional conflict, but stems from the denial mechanisms involved with chronic dieting. Binge eating, for example, may not be particularly related to suppressed anger or seething emotion, it may be a simple response to hunger. Since the body doesn't know whether you are starving yourself voluntarily or involuntarily, the body literally forces the starving person to eat, eat, eat. Remember: the body doesn't know you are on a conscious diet. The body wants to live. If we could get one thing into our heads that would be good for us, it would be this thought: *our looks do not determine our worth*. Go ahead and discuss the importance of physical

beauty with your friends. Ask your friends what qualities they most value in you, and chances are—even if you're a total knockout—your appearance will not be the first quality on the list. Usually, sense of humor, sense of curiosity, intelligence and compassion outshine the importance of mere physical appearance. If you think you may have an eating disorder, contact a person with professional knowledge of these behaviors. Our counseling staff at TCC can refer you to a good eating disorder program. And take heart: there is every good chance in the world that you will get well. Another good idea is to find a role model—someone who has already accomplished what you want to do. Ask people about how they have changed their bodies.

Gather as much information as you can about what to expect when *you* begin to change. The more you know, the less power irrational thoughts and fears will have over you. Getting rid of an eating disorder involves a process of beginning a new kind of relationship with yourself. Mainly, we all need to learn how to value our inner selves—at least as much as we value our physical appearance. Sure, go to exercise class and watch what you eat. But remember: it's what's inside us that communicates with the rest of the world. The more we are able to love ourselves right now, just the way we are, the less hard we will be on our bodies. Expression of feelings, the development of new attitudes and perception, and lots of self-compassion, are the key.

<b>SCHOLARSHIP ALERT</b>	<b>Paul Douglas Teacher Scholarship</b>
<b>American Business Women's Association Greater Narrows Scholarship</b>	Deadline.....April 1
Deadline .....March 15	<b>Sister Peter Oliviant</b>
<b>American Business Women's Association</b>	Deadline.....April 1
Deadline .....March 15	<b>Stage Scholarship (Student Access to Growth and Learning)</b>
<b>American Water Works Association Pacific Section Utility Scholarship</b>	Deadline.....May 1
Deadline.....April 1	<b>Tacoma Junior Women's Scholarship</b>
<b>Classified Staff Scholarship</b>	Deadline .....April 15
Deadline.....May 1	<b>Tacoma Area Medical Records Association Scholarship (Medical Records Technology MRT)</b>
<b>Future Teacher Conditional Scholarship</b>	Deadline .....March 15
Deadline .....April 15	<b>Tuition Waiver Scholarship</b>
<b>Grandmet and National Urban League Scholarship</b>	Deadline .....March 30
Deadline .....March 28	<b>Washington Society of CPAs</b>
<b>National Federation of the Blind</b>	Deadline .....March 15
Deadline .....March 31	<b>William Kilworth Scholarship</b>
	Deadline .....April 30

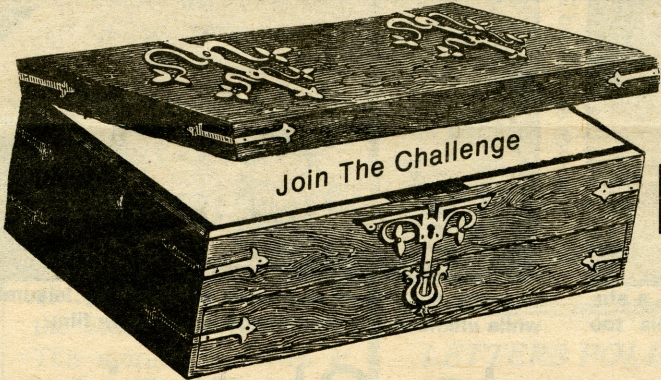
**Olympics from p. 11**

school] would have to have an interest...I think money is not the main issue...it's student interest," said Tom Keegan. "There weren't intramural programs [on campus] for a number of years. We haven't spent much money on them [the programs] but we have had a decent effort."

The current budget for intramural sports is \$325 a year. If you would like to see an intramural sport here on campus you can contact Nick

Edgecomb. If the event becomes popular you may see an increase in the budget, and perhaps eventually a club. From there it can develop to a collegiate sport. It is up to the students to make it happen.

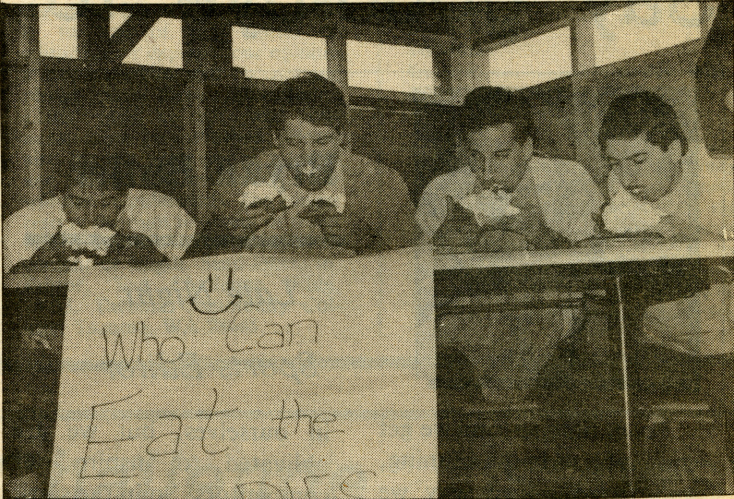
\$10—\$660 Weekly/up mailing circulars! Rush self-addressed stamped envelope: Opportunity: 9016 Wilshire Blvd., Box 226, Dep. EM, Beverly Hills, CA 90211



## Open Pandora's Box

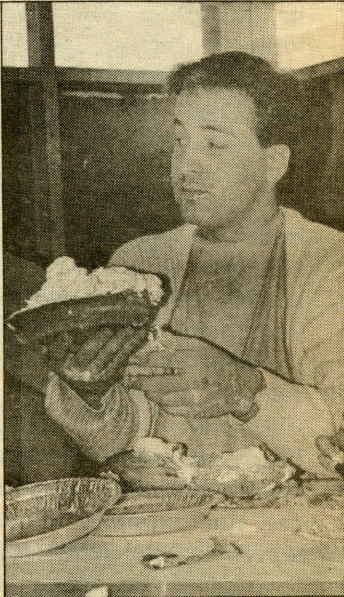
### Pies from p. 1

involved in a pie throwing event. Leftover pie and whipped topping covered a few faces. Spectators got their share of crumbs as well. Two contestants fell off the stage. The crowd continued laughing. "It feels good to be the winner," Moore said. "I don't want to think about the number of calories I ate." "Not fair," Hazem Abdulhadi, contestant and electrical engineer major, said. "I was going to win. The winner had not finished all the pies." Mike Drashil, arts and science major, and Nick Edgecomb, associated arts major, proceeded to remove their bibs and help clean up the mess. The winner received a T-shirt and a hat for his efforts. In addition, there was the challenge of burning up 7,420 calories. With moderate exercise, such as walking or playing table tennis, the winner should burn up those calories in about 39 hours. Exercise and good nutrition play an important role in a healthy lifestyle. Maintaining ideal weight can reduce the



Pie eating contestants wolf down the calories for the prize T-shirt.

risk of chronic diseases, such as obesity, heart disease and diabetes. The ideal weight varies according to height, body frame size and gender. For a six-foot male, the range is from 149 pounds, for men with small frames, to a maximum of 188 pounds for men with a large body frame. A five-foot, four-inch female has a range from 114 pounds, for women with a small body frame, to a maximum of 151 pounds for a female with a large body frame.



Contest winner Mike Moore.

Photos by Tony Sole