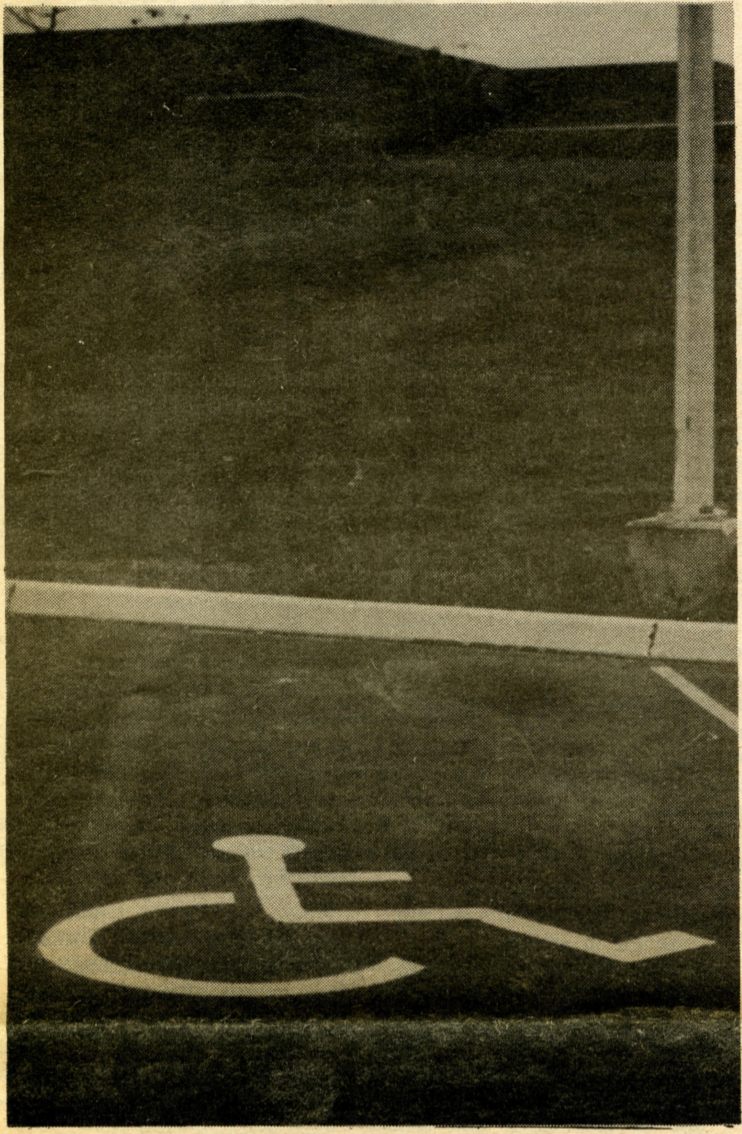




# The Collegiate Challenge

RECEIVED OCT 20 1978

Volume XV, Number 3 Tacoma Community College October 20, 1978



Challenge photo by Mary Jo Gilbert

## Obvious symbol for not-so-obvious problem

This symbol marks handicapped parking spaces in various spots around the campus, but often people complain that they see "healthy" people using the spaces. Yet not all handicaps are as obvious as others. Many people, for instance, suffer from arthritis or heart trouble and may appear unaffected. Luciann Gill Nadeau presents this point of view as well as pointing out some of the difficulties handicapped persons have on the TCC campus in the last of a two-part series on page 6.

### Search continues

## Center passed but not present

by Dan Brinkman

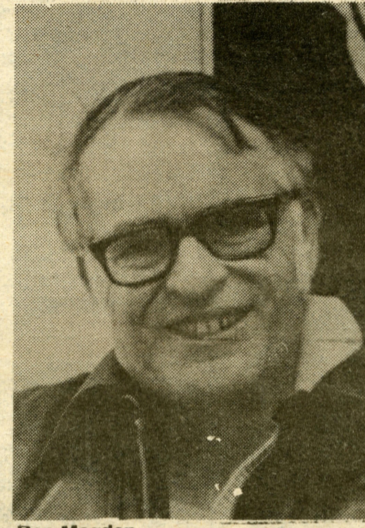
On April 27, 1978, the TCC Board of Trustees unanimously passed TCC President Dr. Larry Stevens' proposal for a downtown extension center which would provide an educational center for the business district of Tacoma. As a result of the Board's decision, President Stevens was directed to start investigations to determine the best site for the center, and to rent space on and around the chosen site to be used for offices and classrooms. Dr. Stevens was also asked to develop a report showing a need for the center to the State Board of Community College Education. Then during the second week of May the Challenge learned from President Stevens that due to financial problems the number of classes would be cut. There was also some opposition to the center expressed by Milt Rouse, Administrative Director of Vocational Technical Education.

The opposition was based on an assumption that TCC is Bates Vocational Schools' academic counterpart and the two schools' educational programs might overlap. Rouse also felt that the community college is trying to phase out the vocational school. Many vocational administrators, however, did not agree with Rouse, and few troubles ensued. In speaking with Dr. Stevens, the Challenge has learned that there is still an investigation on possible sites going on. This will continue until a study of community needs is completed. The study will include evaluations of accessibility, business and public reaction, which may have an affect on the success or failure of the center. The hoped for implimentation date will fall in the 1979-81 biennial period. This is not the date the center will open but the date it will begin development of its programs.

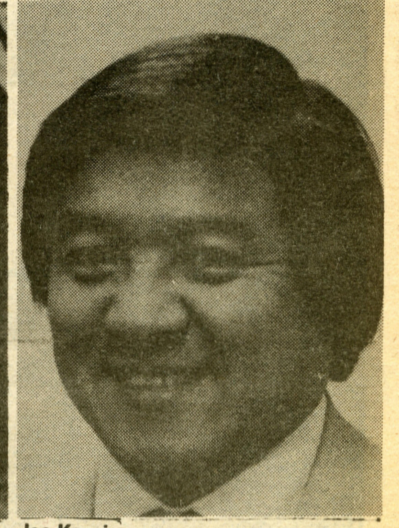
## TCC administrators go 'political'

By Lydia Miller

Two TCC administrators stepped into the political arena recently after their appointment to the Urban Policy Commission. Dr. Ronald Magden, assistant dean for institutional advancement project, and Joseph Kosai, TCC counselor, both of which have participated in political campaigns were chosen by Tacoma Mayor Mike Parker to serve on the commission. Magden for a term of two years, and Kosai for one year. The Urban Policy Commission (UPC), consisting of 27 persons from the local area, is designed to conduct hearings on neighborhood improvement projects, and to recommend to the Tacoma City Council the most necessary projects. According to Magden, these essential projects include cleaning up vacant lots within the city, refurbishing homes, and in general creating a more aesthetically pleasant city in which to live. Money to finance improvement projects comes from



Ron Magden



Joe Kosai

the Department of Community Development. Magden estimates the present budget from which funds are derived is over \$3.3 million. In regard to the UPC, Magden commented, "It doesn't affect TCC students directly, but the needs of their particular neighborhoods can be met through the commission." Any student or group of students can be heard by the

UPC if improvement is needed in their neighborhood, or they can file for a financing grant with the Department of Community Development. Hearing dates are announced through the media, but if students have questions concerning the UPC or upcoming hearings, they may call Mrs. Stallworth of the Department of Community Development at 593-4240.

## TCC 'master' plan to be decided

Over ninety persons, including citizens, faculty, students, classified staff, and administrators worked to develop a new TCC master plan for the 1980's. "Planning for the Future" was accepted Nov. 22, 1977, by the Board of Trustees for study and review. TCC President Dr. Larry Stevens scheduled public hearings during 1978, three of which were held this spring. Faculty, students, citizens, and staff spoke informally to the

In recent action the Board took part in establishing a two-year program in Health Services Planning and Management, a new career gerontology program, and the laboratory for the optometric technician program has been completed with donated equipment from several local opticians.

Dean of Instruction Dr. Robert Rhule reported that the small business management program, designed to further train local business men and women, is proving successful. The Board will meet on Oct. 24 to decide on the goals. If accepted, the goals will be adopted on Oct. 26.

Board regarding their feelings about the proposed goals, or purposes, for the college.

Stevens analyzed the notes from comments and testimony made during public meetings and came up with "Proposed Goals for Tacoma Community College."

The goals are: a liberal admissions policy, educational opportunity at minimal cost, a comprehensive curriculum, individualized educational planning, vocational and academic counseling, and emphasis on excellence in teaching and counseling.

The goals also include continued encouragement of citizen involvement in educational programs and use of TCC as a primary local cultural center.

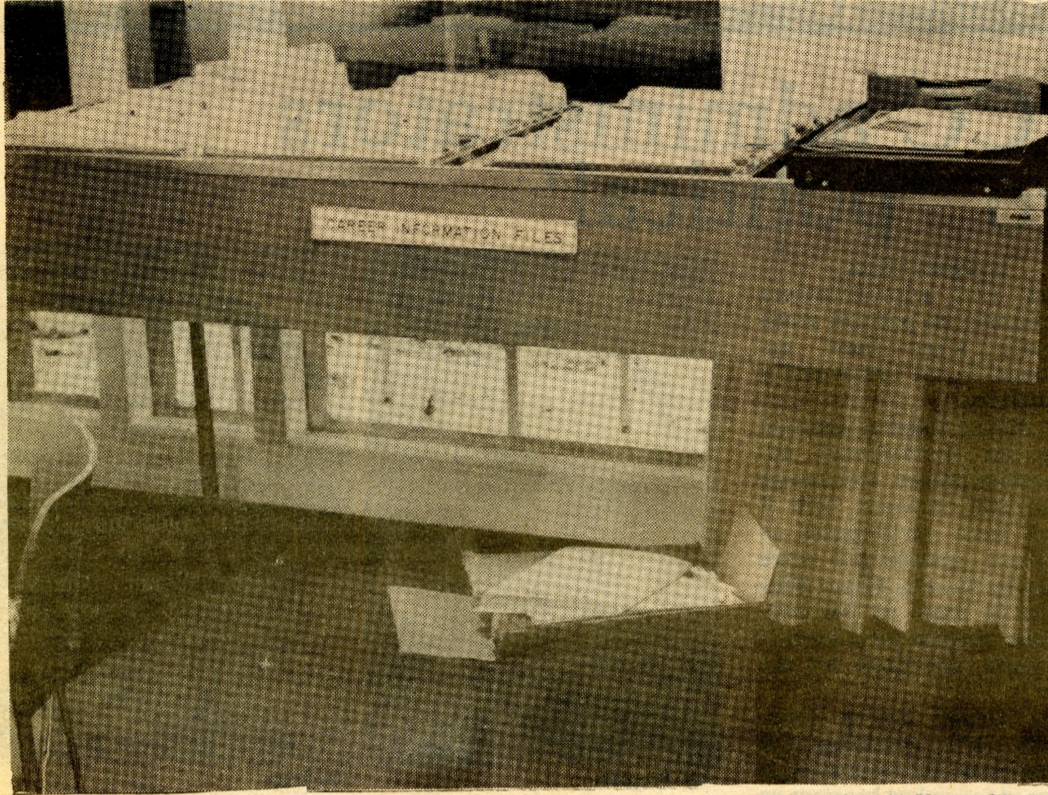
**On the inside**

A weekly column will henceforth appear in the Challenge listing several job openings from the Job Service Agency. See page 8.

- CAREER INFO CENTER NOT . . . . . 2
- THE MCNEIL CONNECTION . . . . . 3
- WAR VET COMMANDS CAFETERIA . . . 5
- PLAGUE HITS X-COUNTRY . . . . . 7

Oct. 20, 1978

# editorials



Career files in Bldg. 7

Challenge photo by MaryJo Gilbert

## Career information center could use a career information center

By Lorrine Carter

Yes, I agree with the counseling department. I do indeed. TCC would benefit greatly from a career information center.

"Would" is the key word here because, while TCC does have a new career information center, it is so badly organized that I doubt it could be much help to anyone. For instance, the files which contain supposedly specific information on certain jobs are so crammed together, falling apart and organized in no order I've ever seen that I would like to meet the marvelous person who can find anything in them. The files are in sections of "interest" starting with "outdoor" and ending with "organizing and maintaining order," and with such categories in between (not in this order, in fact, not in any order) as "entertainment," "social science," "medical services," "negotiating," etc. There were also some files which apparently wished to remain anonymous, as there were no labels at all on them. Notice this system's close proximity to alphabetical or some such "order."

The sections themselves are monuments to disorganization. Take the section "Transportation." Where else would one look for such professions as "tree experts" or "nursery workers?"

Ah, but credit must be given where due. Someone has ordered what appear to be new files, and they are here—sitting underneath the old wonderful ones in a box. Whether this is the new filing system or there is some surprise in store for us remains to be seen. Hopefully we won't have to stand the suspense for too long.

## MA Student not at fault in burn mistreatment incident

In last week's editorial, the statement that incorrect medical advice was given a staff member by a medical assistant program student, resulting in mistreatment of the injured party, was in error.

The staff source gave the Challenge wrong information. According to the source, another staff member said to find some burn ointment and gauze, and the first staff member read the instructions on the ointment box, which were apparently insufficient, and gave the wrong instruction to the lay first aid administrator.

# Personal Astrology

With Ronnie Clark

Kelly Ann Gordon, with your sun at twelve degrees of Cancer, peace and harmony in your home and environment are very important. You are a person of intense and deep emotions as indicated by the total of six planets in your chart which come under a Cancerian influence.

Much of your personal energy will go towards acquiring a luxurious and comfortable home. You find enjoyment and security in surrounding yourself with beautiful possessions. You will enjoy having your home be a place of social gatherings and entertainment. There may be a tendency toward sudden and unexpected changes in your place of residence and or its furnishings. Your personality and emotions may also be shifting and changing, for you like constant motion.

With your moon in Pisces, you are inclined to be sensitive in your emotions. You have a great capacity for "feeling" the joy and the suffering of others.

Sometimes you may feel restricted in your emotional life because of the Capricorn influence over your moon in the double house tenth. There's a

tendency to feel melancholy and perhaps bitterness if that perfect someone hasn't stepped into your life to fill the emotional void.

But it is for you to learn discipline in your emotions. Clubs and social organizations, especially if they are involved in humanitarian efforts or Aquarian Age thinking, are an excellent outlet for your emotional energies.

With a combination of Cancer and Pisces you are highly intuitive, almost psychic at times. You should cultivate this gift. Play your hunches.

Perhaps you were shy in childhood and early teens, but with your Venus in Gemini and Gemini ascendent you should have discovered by now that you love to communicate with others.

Others find you witty and humorous. Anything involving writing and speaking is your bag—how about journalism?

Venus in Gemini could also mean a love of variety. Combine this with Cancer's feelings and Pisces' sensitivity and it is quite possible that you are looking for that one guy that is Mr. Versatility!

Here's your chance to know more—for free! Write your name, birth date, exact time of birth if known, and place of birth, on a 3x5 file card and drop it in the Personal Astrology box located in the library lobby. Ask any specific questions that you may have concerning job, profession, love, education, etc. Indicate general information if you have no specific questions.

All birth date information is confidential and will not be printed.

The Collegiate Challenge is published weekly except during vacation and final Examination periods by the Associated Students of Tacoma Community College. Offices located at Tacoma Community College at room 7-17, 5900 So. 12th Street, Tacoma, Washington 98465 Phone 756-5042.

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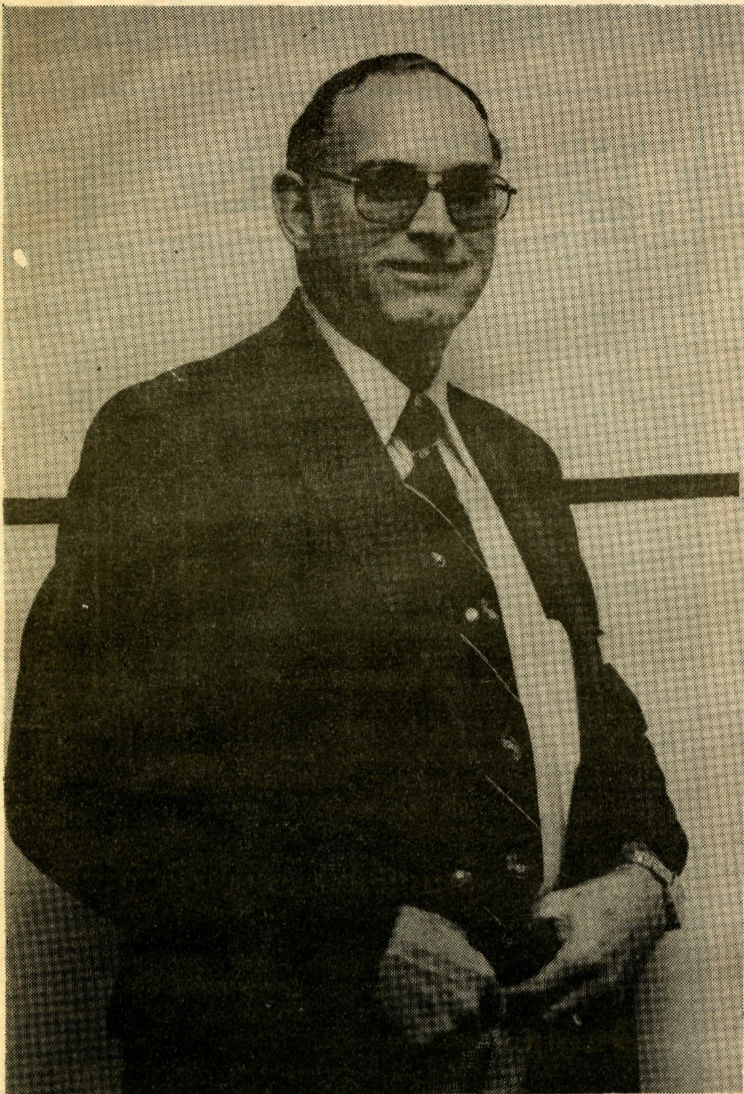
Donna Cool

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Ila Zbaraschuk

The Collegiate Challenge welcomes letters to the editor. If you would like to respond to anything printed in the Challenge, or have an opinion to express on campus or community matters, drop off your double-spaced letter at the Challenge office in Bldg. 7, or in Bldg. 15.

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Challenge photo by MaryJo Gilbert

## Security in style

Obviously camera shy security officer, Lee Schidlap models his new uniform, a blue polyester jacket, checkered pants, light blue shirt, and tie to compliment. Security donned uniforms this fall for the first time. Stan Mowry, head of security, said, "I think they give the school a better appearance." Looks like Schidlap agrees.

## United Way underway at TCC

By Marie Rice

TCC faculty, currently participating in the 1978 United Way fund drive, give their time and talents to several of the 42 member agencies of United Way.

### Faculty members

William Packard, division chairman of social and behavioral science and temporary coordinator of the Human Service Worker Program, supplies students for work experience and graduates for employment to Jessie Dyslin Boys' Ranch, Lutheran Community Services, St. Ann's Home, East Side Day Care Center, and YMCA in Tacoma.

Tanya Brunke, associate dean for continuing education and community services, is a former executive director of YWCA and has just been nominated for a six-year term on the National Board. This nomination is the first from Tacoma and a junior college. The YWCA includes in its services Pierce County Rape Relief and most recently, Shelter for Battered and Abused Women.

Joan Shera, facilitator-instructor in volunteer management certification programs and field placement internships in Pierce County, has been a fund raiser and director of the volunteer program of Greater Lakes Mental Health Center.

Joe Kosai, counselor, is on the board of United Way and several of the member agencies.

Dr. Robert Rhule, dean of instruction, is Chairman of the Education Division of Pierce County, one of the 14 organizational divisions of United Way to seek funds. The education division is conducting drives in the areas of the faculty and staff of all county, city, and private schools and institutions of higher learning such as UPS and TCC.

TCC's goal is \$3,400. Last year's total was \$2,936.16. The fund drive will continue through the rest of October.

90.7 per cent of United Way funds are for direct services to

if people keep telling you to quit smoking cigarettes don't listen... they're probably trying to trick you into living



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## Interns work with juveniles

Maple Lane School near Centralia is looking for college students interested in working with juvenile offenders. Interns working 20 hours a week or more will be paid room and board and eligible students can qualify for work-study pay.

According to Maryln Brady, Maple Lane's community resource coordinator, students with upper-class standing are preferred for the internships. Applicants will be interviewed by a three-person board to ensure that the internship will meet both the institution's and student's needs.

Internships available include five cottage aide positions. Aides may be involved in supervising cottage routine, community and family contact, recreational activities and other special projects. School and community resource program aides are also sought. Student teacher aides are sought for both the regular and summer session.



A student intern from Illinois (left) speaks with a Maple Lane student.

Brady says Maple Lane is particularly interested in recreation interns and a

communications specialist. The latter position would involve work on slide-tape presentations, brochures and handbooks, as well as service as a public relations liaison between Maple Lane and the community.

Maple Lane provides treatment programs for approximately 80 delinquent youth between the ages of 14 and 18. Originally opened in 1913 as a state-operated facility for girls, the institution now serves about 50 boys and 30 girls. Maple Lane is also the location of a diagnostic facility for 16 girls and a mental health unit in the near future.

Persons interested in additional information on the intern program should contact Carol Snyder or Maryln Brady at Maple Lane, telephone (206) 736-1361.

## Student ID still available

ID cards are still available to students who missed them earlier this quarter. Students are to bring their registration slips to Bldg. 2, and cards will be made up, though without pictures. If students do not have their registration forms, they are on file in Bldg. 2.

## Nester interning at McNeil Extension

By Sandy Haire

Former ASTCC president, Joanne Nester, is interning for her Human Service Worker degree at McNeil Island where she is an academic-peer counselor for the approximately 200 TCC students in McNeil's Educational Program.

With half-hour appointments, Nester stated she is a resource for students in the realm of academic concerns, personal conflict, and she is striving for an inter-personal relationship with each student.

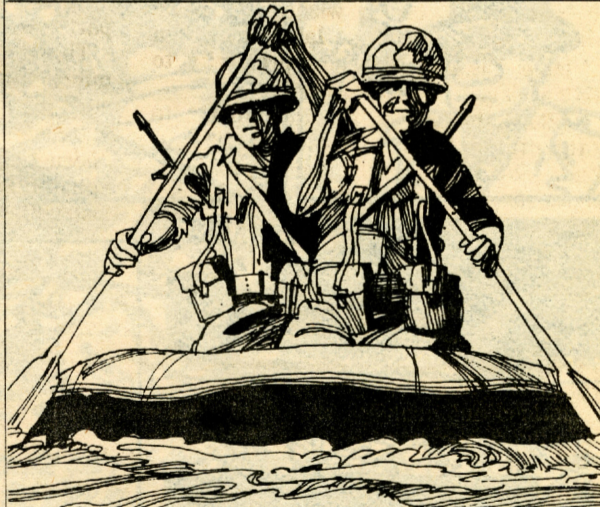
According to Dr. Ron Magden, assistant dean for institutional advancement project, the McNeil Island educational program originated in 1966, with one psychology course.

After being expanded, the program now offers both liberal and associate of arts degrees, and affiliated with the program are UPS and PLU enabling the students to achieve a B.A. in business or sociology.

Magden stated that McNeil Island had the first correctional education program in the country. Presently, its enrollment and facilities surpass that of any other such institution. Because of its successes, McNeil island has served as model for other correctional education programs.

Nester stated, however, that while the classes offered are excellent, she would like to see a larger selection of class offerings.

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# FUN STUFF

## Records that can be seen, but not really heard

By RALPH W. DEANGELIS  
Campus Digest News Service

The latest fad in records has created what may be an interesting exercise for the eye, but does nothing for the quality of the recording.

A novelty company has begun to put out records with graphic designs imprinted on the discs. Already available in many stores are Beatles records with pictures of the group on the vinyl. The *White Album* is sold in white vinyl while the two greatest hits collections are recorded on red and blue vinyl, to match their album covers.

The sound quality on these albums is generally good, in fact better than the conventional black vinyl record. However, the discs containing the designs, such

as the Beatles' *Sgt. Pepper's Lonely Hearts Club Band* and *Heart's Magazine*, with a picture of a heart of course, don't have comparable sound quality. Many of the record stores selling the picture discs will refuse returns.

The problem with the records is the soft plastic they are pressed out of. The albums are unable to reproduce sharp, clear sounds. Additionally, these records sell for about \$10.99 for a single LP, approximately twice the price of regular albums.

For those who are willing to sacrifice some of the sound quality, new picture discs that will soon be available include albums by Linda Ronstadt, Meatloaf, and even some of the classics, like Tchaikovsky.

## Noted baritone to sing here

Baritone Roald Reitan will perform in recital Sunday, Oct. 29 in the TCC theater, Bldg. 3 at 4 p.m. The performance is sponsored by the TCC Music Department's Guest Recital Series.

Reitan is best known for his years with the New York Metropolitan Opera and his tour performances throughout the United States and Europe.

Reitan attended public school in Tacoma and received a Bachelor of Arts Degree from the University of Puget Sound prior to completing his Masters Degree at Columbia University. He has served as Artistic Director of the Tacoma Opera Society and continues to perform throughout the Northwest and teach private voice lessons.

Margaret Lobbereg will accompany Mr. Reitan on the piano. This performance is free and open to the public, courtesy of the Associated Student body of Tacoma Community College.

## JUKE BOX!

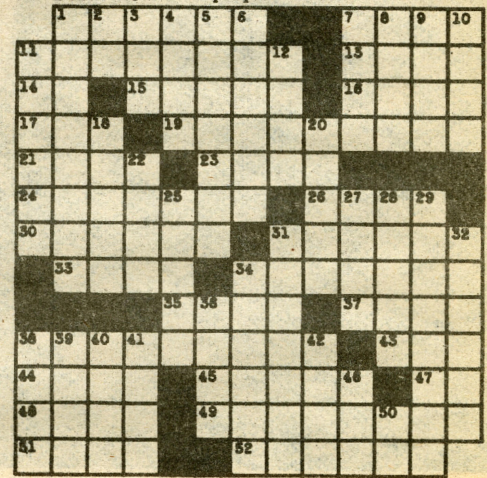
A juke box is now in the cafeteria for the enjoyment of the patrons. Anyone wishing to suggest selections for the juke box program will be able to write in their choice and place it in a suggestion box by the juke box.

### ACROSS DOWN

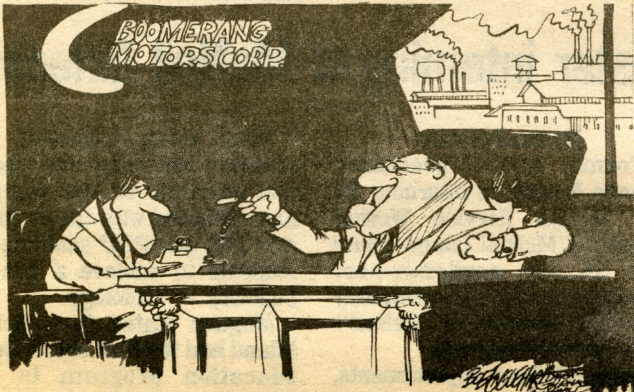
- 1. Oppose
- 7. Cease
- 11. Eliminated as a possibility: 2 wds.
- 13. Tramp
- 14. — top
- 15. Casals' instrument
- 16. Grew old
- 17. Humbug!
- 19. Time of youth and indiscretion: 2 wds.
- 21. Mysterious "things" in the air: inits.
- 23. Yield
- 24. Rakes with gunfire
- 26. Ointment
- 30. Court game
- 31. Quit: 2 wds.
- 33. Lipstick shades
- 34. Ontario's capital
- 35. Chide
- 37. Humorists
- 38. Lines of bold cliffs
- 43. Clear profit
- 44. Shah's country
- 45. Turf misplaced by a golfer
- 47. Concerning
- 48. Chain segment
- 49. Teetered
- 51. Gentlewoman
- 52. Slumbered noisily

- 25. Tightly closed hands
- 27. Swear
- 28. Communist hero
- 29. Spoke in low tones
- 31. Exacted revenge: 2 wds.
- 32. Mailed Neatens (up)
- 36. Crumpled lumps
- 38. Tablet
- 39. Opera solo
- 40. Acreage
- 41. Very black
- 42. Middling: hyph wd.
- 46. Viscous substance
- 50. "— the people. . ."

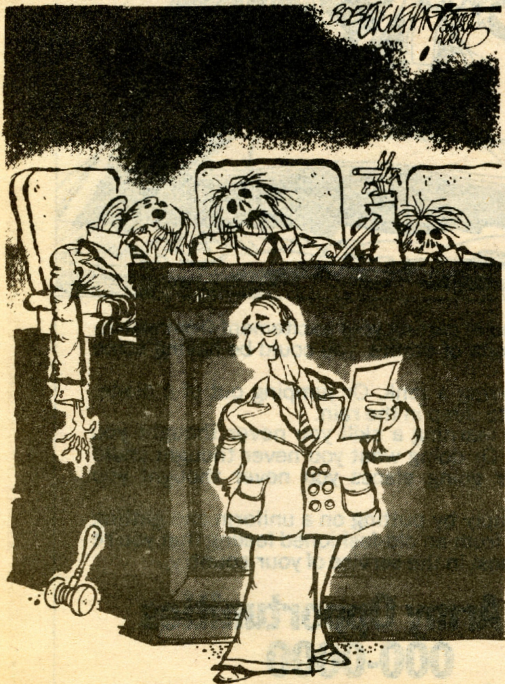
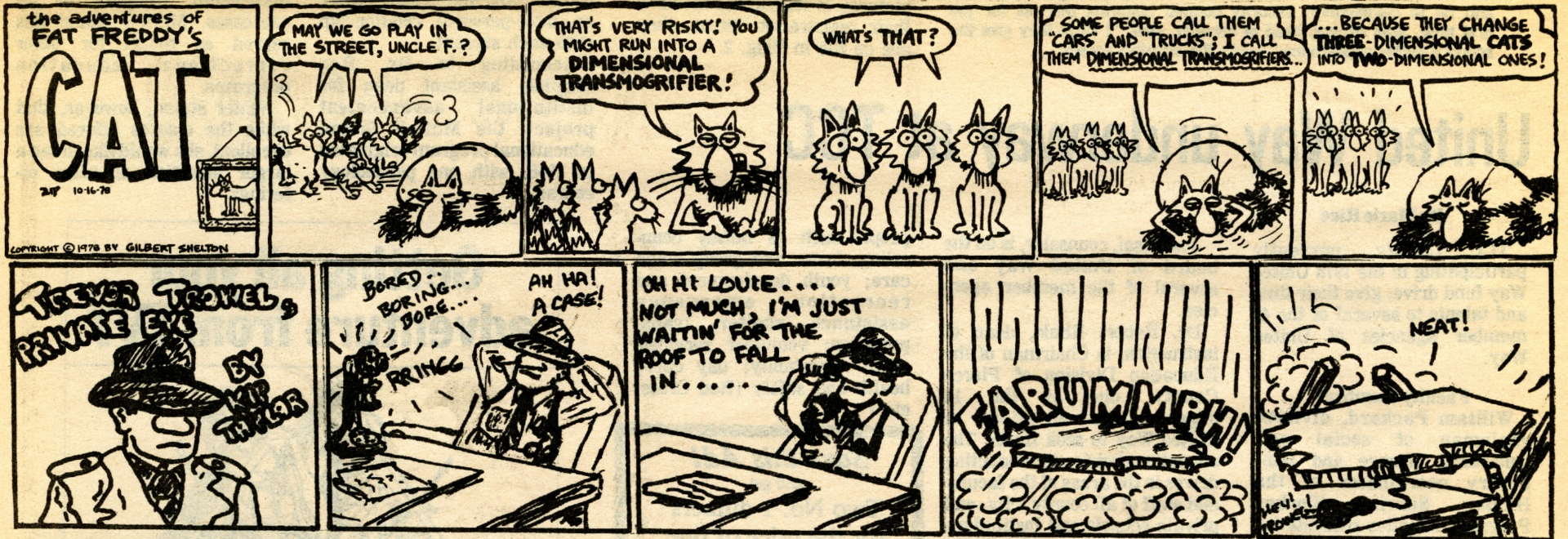
### CROSSWORDS



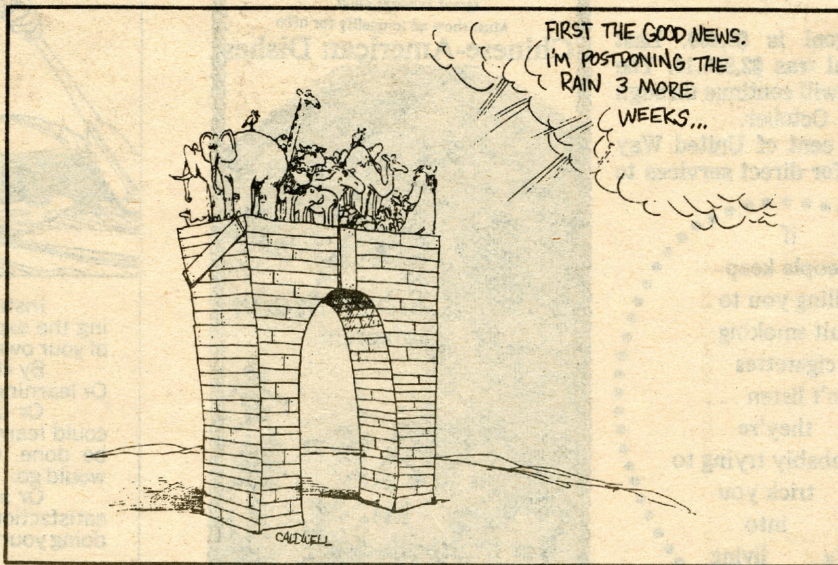
ANSWERS ON PAGE 8



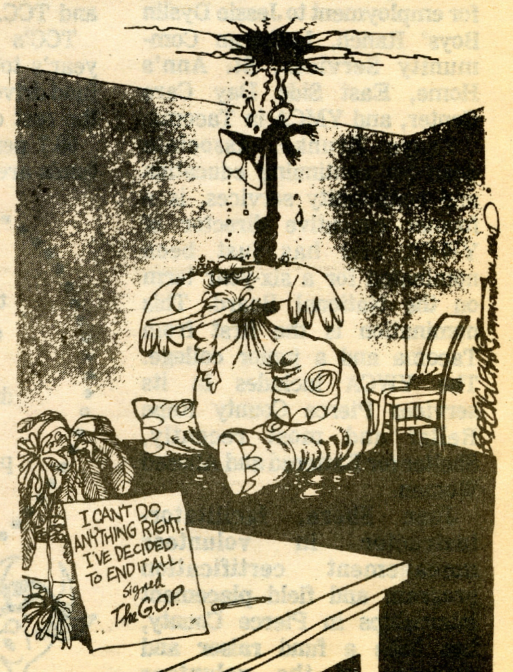
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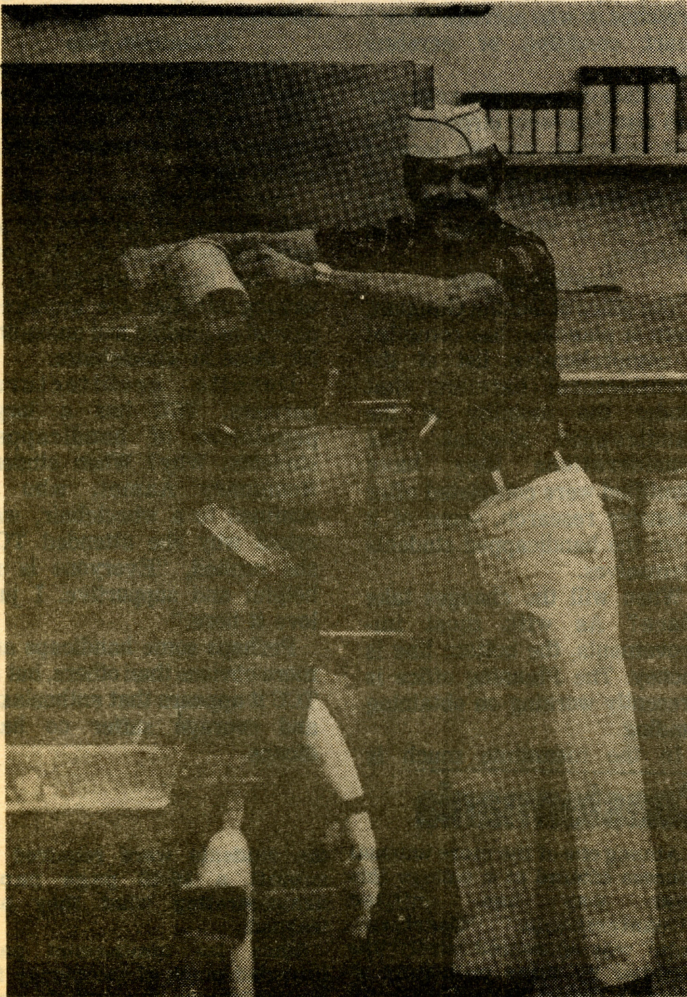


Cartoon from *Running A Muck*, copyright 1978, by John Caldwell, published by *Writer's Digest Books* (128 pp. \$3.95)



# that's entertainment

## General's chef runs cafeteria



New manager stirs something up.

Challenge photo by MaryJo Gilbert

religious man, he believes God saved him that day.

Returning to the States, Vee attended Patrick Air Force Base in Florida to establish a "relations institute." It included 12 weeks of rigorous training, which today is mandatory for every soldier. He came back to Ft. Lewis to establish a relations program where his command was composed of 3000 people.

Relations institute is a program which teaches how to work in harmony, getting to know all ethnic groups, their customs and traditions and ways of life.

Vee was a sergeant first class until the last eight years of his service when he became an officer. He retired in 1975 and is the holder of the Combat Infantry Badge and Bronze Star.

### Family man

Vee has four sons and one daughter. One son is in his 3rd year at West Point, one son is recently out of the Navy, and his oldest son is a music teacher at Steward Junior High in Tacoma.

His youngest son held the Washington State wrestling championship for two consecutive years. His daughter Carmine is attending TCC at night. His wife Hermine is managing the Ft. Lewis lodge.

Vee feels managing the cafeteria will be a challenge, in the sense that he is dealing with students of every ethnic group, age and sex. When it comes to food preparation-sanitation, personal hygiene and human relations are the key factors, according to Vee.

Once these are accomplished, "the rest comes easy, especially when you have a group of wonderful ladies like Marge (Mickleston), Peggy (Reden), Francis (Bowman), Elaine (Egland) and the new cashier Gertrude (Pal)."

"We are making some changes to help students express their complaints or opinion," says Vee. His office door is open at all times to listen to students.

"We have installed a new juke box, a variety of health sandwiches, fresh fruit, pastry, puddings and juices."

### Foreign accent on live music

#### Campus Digest News Service

Most Americans are familiar with live albums; the sounds of a super-group backed by the roaring and shouting of the crowd at one of their many road stands.

Until recently live albums came almost exclusively from the United States and Great Britain. However, an expansion in Japan's record industry as created an entirely new concept for the fans of the live recording.

Concerts have always been a favorite pasttime for the Japanese. Accordingly, there are a large number of live recordings and a high demand of them. Import duties make the albums prices generally higher than the American counterparts, usually \$15 to \$20 for a two record set.

These live albums do have several advantages for this higher price. The quality of the recording is better than most American live recordings because of the equipment used in the pressing. It is also less expensive to produce the albums in Japan because of lower labor costs so consequently the quality is higher.

The performances are usually of high quality also. The taste in music in Japan toward rock and jazz which leads to albums that are full strength. Hard rock fans benefit the most from these types of recordings because the groups who tone down their music in the U.S. to appeal to more people, feel no need to in Japan and will go all out during a concert.

### By Peggy Punchak

Jesus Villahermosa, TCC's new cafeteria manager, better known as Mr. Vee, is a retired Army officer. In 1967-68 while in Viet Nam, he was chosen to be personal chef to General Westmorland.

Vee was born and raised in Puerto Rico. He entered the Army in 1950. After basic training he went to Korea where he served with the 65th Infantry Regiment.

After Korea, Vee remained in the Army, eventually ending up in Viet Nam and the personal chef for General Westmorland. Vee said he was happy and excited to be chosen the General's chef as it gave him an opportunity to meet many interesting people including Bob Hope, Frank Sinatra, Raquel Welch, and Miss Universe.

### Not all roses

However, another thing happened while in Viet Nam which wasn't quite as happy an experience. Vee lived half a mile from the Embassy, when the major offensive launched by

the Viet Cong to invade Saigon began.

He was captured by the North Viet Cong who thought he was a South Vietnamese. Vee knew they were going to kill him, so he started to talk French and he showed them his ID card. A

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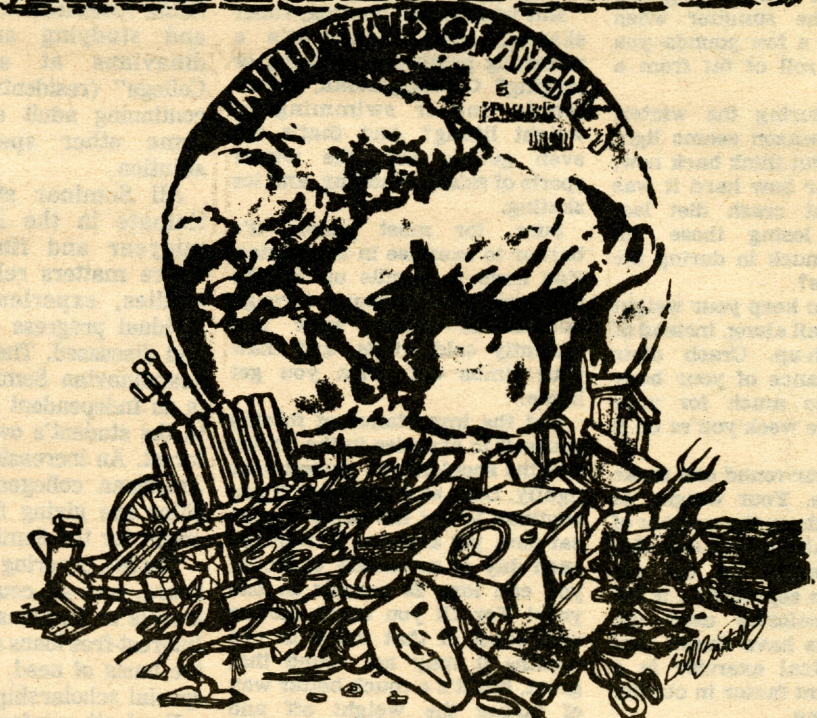
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Price of admission:  
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Performance Time is 8 p.m.

\*presented by special arrangement with Samuel French, Inc.

## Conclusion of series

# Handicapped do battle with obstacles

By Luciann Gill Nadeau

There is a wide variety of handicapped students on the TCC campus. Many are more obvious than others (such as those in wheelchairs rather than those with back troubles), although all handicaps are very real to the person living with them everyday.

Some of the problems handicapped students at TCC deal with everyday include the size of the campus, an impressive 146 acres, and the locations of restroom facilities, in Bldgs. 8, 18, 19, and 22.

### Campus problems

For those students with no problems, using the restroom is as simple as walking down the hall between classes, but for those with a handicap it is sometimes a matter of going from building to building.

The height of the telephones and the size of the booths are another problem for those in wheelchairs, although there is one specially mounted in Bldg. 19.

Entrance doors to all of the buildings are an obvious con-

cern for those in wheelchairs, but the very weight of the doors presents problems for those on crutches or who perhaps have a heart condition or cerebral palsy.

Getting on and off the campus can also be a very large hurdle. The buildings are all located above the parking lot; it is an uphill climb for all students, but try it in a wheelchair or on crutches.

### Funding needed

The office of Donald Gangnes, dean of planning, has compiled a comprehensive list of the architectural barriers that hinder the mobility of the handicapped student. The considerations they have identified were completed after intensive research, some of it from the handicapped students themselves.

When will the changes take place? As with most improvements, the bottom line is money. The Planning office is presently working on obtaining funding.

In the meantime much is

being done by the Resources for the Handicapped Office in Bldg. 18, according to Donna Pugh, director.

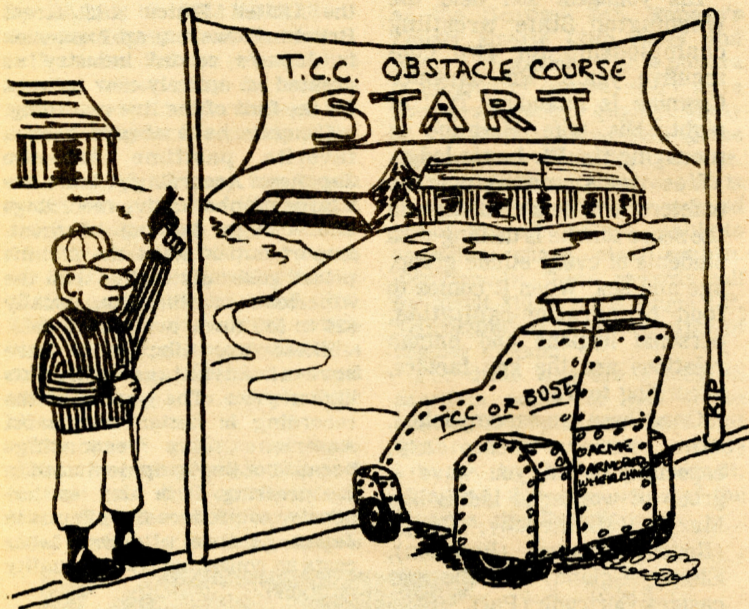
### Volunteers help

"If a student will make their needs known to this office we will provide the people (volunteers) to assist them," stated Pugh.

These volunteers provide a wide variety of services for all handicapped students. Readers for the blind, note-takers if writing abilities are impaired, as well as loading and unloading for those in wheelchairs.

Despite architectural barriers, TCC has a large population of handicapped students. Why? When student Rosemary Aamet, who is confined to a wheelchair, was asked why she attended TCC she replied, "Everyone is so helpful and supportive. I just love it here."

Perhaps some handicaps are more obvious than others, but at TCC it appears that enthusiasm and courage suffer no handicaps.



## Scandinavia accepts students for 'living-and-learning'

Scandinavian Seminar is now accepting applications for its study abroad program in Den-

mark, Finland, Norway or Sweden for the academic year 1979-80. This living-and-learning

experience is designed for college students, graduates and other adults who want to become part of another culture while acquiring a second language.

An initial 3-weeks language course, followed by a family stay whenever possible, will give the student opportunity to practice the language on a daily basis and to share in the life of the community. For the major part of the year he is separated from his fellow American students, living and studying among Scandinavians at a "People's College" (residential school for continuing adult education) or some other specialized institution.

All Seminar students participate in the introductory, midyear and final sessions, where matters related to their studies, experiences and individual progress are reviewed and discussed. The focus of the Scandinavian Seminar program is an Independent Study Project in the student's own field of interest. An increasing number of American colleges and universities are giving full or partial credit for the Seminar year.

The fee, covering tuition, room, board, and all course-connected travels in Scandinavia, is \$4,600. Interest-free loans are granted on the basis of need, as are a few special scholarships.

For further information please write to: Scandinavian Seminar, 100 East 85th Street, New York, N.Y. 10028.

## Winter weight control

Just because it's getting cooler, and you're starting to pile on more and more layers of clothing doesn't mean you should let yourself lose track of your body underneath all that clothing. It's obvious in the summer when you've put on a few pounds—you can't hide a roll of fat from a bathing suit.

However, during the winter, bathing suit season seems light years away. But think back now, and remember how hard it was going on that crash diet last spring and losing those ten pounds that snuck in during the winter months?

It's easier to keep your weight under control all along, instead of playing catch-up. Crash diets upset the balance of your body (and don't do much for your personality the week you're on it either).

Exercise year-round can make the difference. Your weight, of course, depends on the number of calories you take in each day. But more importantly (in the upcoming season especially), is the amount of calories used up. Recent studies have shown that lack of physical exercise is a more important factor in obesity than overeating.

Most people do not get nearly enough exercise during the winter months. Their softball or volleyball teams break up for the

winter months (it's much easier to exercise with a bunch of friends); it's too cold (or rainy, or snowy) to ride a bicycle; and indoor calisthenics are too boring. It's too easy to slack off.

But what about bowling, roller skating (don't laugh—it's a returning pastime), walking or jogging? Or racquetball, indoor tennis, indoor swimming or weight lifting? And that's not even getting into the winter sports of skiing, sledding, and ice skating.

Sure, for most people it's harder to exercise in the winter. You have to bundle up for the outdoors, and venture through puddles of slushy snow and violently cold winds, and thaw your limbs out when you get home.

But the importance of forcing yourself to exercise in the winter months shouldn't be passed over lightly. Look at it this way: if you continue to eat the same as you eat now, yet add just 30 minutes each day of moderate exercise, you can lose 25 pounds in one year! For all you crash dieters who boast of that much in two months it may not sound that great, but it's a much better way of taking the weight off and keeping it off.

So don't fall into the trap of no exercise this winter if you want to look good in the spring.

## notices

Alvarita Allen, PLU transfer coordinator, will visit the TCC campus between 9:30 a.m. and 12:30 p.m. on Oct. 12 and 25, and Nov. 2 and 20. Interested students can get an early jump on transferring by contacting the Counseling Center in Bldg. 7.

## classified

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## Coastermania

Among one of the more unusual courses offered at a college this year was one entitled "Coastermania." "Coastermania" was sponsored jointly this summer by three professors at Bowling Green State University and the Cedar Point amusement park, both in Ohio.

The eight students who took the course attended a two day conference and were offered two hours credit if they completed the course requirements. Basically, they had to analyze the amusement park, with the emphasis on the two roller coasters.

At the conference they heard several roller coaster experts in addition to speakers who discussed amusement parks in general. At the end of the class

the students were required to submit a 10-15 page paper demonstrating what they had learned.

Since the amusement park provided much of the money for the conference, the students were exposed to some of the top experts in the field of amusement parks. Unfortunately, only about half of the students completed the paper and fulfilled the course requirements.

The three professors weren't disappointed in their projects, however. One of them stated "It was an amazing experiment" and "perhaps one of the most exciting I've been involved with."

Although the course hasn't been rescheduled yet, interest is building.

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- ★ The Swiss Dog—The All American covered with sauerkraut and topped with Swiss cheese.
- ★ The Hog Dog—Drenched with salsa sauce, sprinkled with onions and cheese.
- ★ The Chili Dog—The cold weather cutter. The All American covered in chili, with or without onions.

### ALSO:

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- Crock of Chili
- Crock of Baked Beans
- Crocks served with fresh baked bread sticks

- ★ The Duo Dog—Our favorite. The All American covered with chili, melted cheese and onions to order.
- ★ The Polish Dog—Spicy Polish sausage on soft French roll, mustard only.  
(try one with any of the above items)
- ★ The Deluxe Polish Dog—The Polish Dog covered with sauerkraut and Swiss cheese.
- ★ Dog on a Stick—The kids' favorite, minus the bread! Smaller version of the All American.
- ★ The Works—The All American topped with relish, onions, tomatoes and lightly salted.
- ★ Everything in Site—All of the above and plenty of napkins.

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# Abdul shines in loss



Titans battle it out with Shoreline

Challenge photos by Hector Zamora

**By Hector Zamora**

The booters of TCC are now 0-3 on the season after being defeated by the Shoreline Samurais by a score of 3 to 1 last Wednesday at Sprinker Field. The Titans were plagued with mistakes and according to coach Bill Logie, the team played weak defense, especially at the mid-field positions. The Titans, who came off a

loss 3-2, lost to Bellevue on Saturday, scored their one point against the Samurais in the first half.

The one Titan point was scored by No. 2 Maged Abdul. Abdul has been one of the outstanding players for the Titans and has been voted by the coaches as "player of the game" each week since the season opened.

# titan sports

## Bumps and 'bugs' hurt harriers' chances

Injuries and illness have plagued the TCC cross-country team so far this season, and it's going to be a do or die situation soon, as the Titans near the climax of the season.

On Saturday, Oct. 7, the harriers ran in the Fort Casey Invitational on Whidbey Island. Due to the injuries of several team members, they competed with less than the usual 7 man squad, and consequently did not fare too well among the team standings. They did, however, get a taste of some good quality competition as many of the

finest runners in the northwest competed.

Last Saturday, Oct. 14, TCC sponsored its own invitational meet at Titlow Park. Green River and Seattle Central were there to join in the foot race. It was a close race between the Titans and the Gators, as Green River outscored TCC 40-42.

Head coach Bob Fiorito felt assured that the Titans would have won the meet if they had two of their top runners competing.

The race was won by Bob Walls in 22:26 for the 4.3 mile

course. Walls, a former Highline standout and the second place finisher in the NWAACC championships last year, transferred this fall to TCC. He is running unattached this season due to eligibility reasons, but will compete for TCC this coming track season.

Placing second with 22:44 was Dwight Crocker of Seattle Central and formerly of TCC.

Placing for the Titans were; 5. Mark Knight 24:17, 6. Matt Mikovsky 24:36, 7. Mark Fernald 24:39, 8. Ed Santos 24:42, 15. Don Mover 31:30.

## Sonics: what to do for an encore?

**By Neil Uhrich**

With the pleasant memories of last June's near NBA title just behind the corner, the Seattle SuperSonics embark on the 1978-79 season with great expectations.

There are changes, to be sure. Gone is standout center Marvin Webster to New York, who jelled late last season to lead the Sonic charge. Without him, the squad must rely on a faster, more pressing team designed to keep enemy offenses away from the middle.

The Sonics will miss Webster, but they will still be a good team without him. 6'10" Tom LaGarde was acquired from Denver to fill Webster's shoes, and 6'8" forward Lonnie Shelton became the Sonics com-

pensation from New York in the Webster deal. If LaGarde can rebound from last year's knee surgery and Shelton stays out of foul trouble, they could help lead the Sonics to a most productive season.

While there are many questions at the center spot, the Sonics remain talented at forward and guard positions. Veterans John Johnson, Jack Sikma and Wally Walker all can play good offensive and defensive ball: Paul Silas, the Sonic "graybeard," returns for his "last season" as one of the leagues premier offensive rebounders. His playoff experience from previous seasons also helped the Sonic cause last season.

In Dennis Johnson and Gus Williams, the Sonics possess two of the most talented guard tandems in the league, and any

coach would drool over the opportunity to have Freddy Brown and Dick Snyder on his bench. Both are accurate outside shooters and should help keep the Sonics in many games.

For the first time in the Sonics 13-year history, no rookies made the Sonics final roster. This means that Head Coach Lenny Wilkens will have no trouble teaching his kind of basketball, a game centered around team play and balanced production from every man on the team.

Just how far the Sonics can go this year remains to be seen. It's always harder to return to a championship the second time around. However, with the taste of last years success still fresh in the Sonics mind, that motivation should carry the Sonics towards another successful season.

## Hard luck hits Titan spikers

**By Neil Uhrich**

Despite two more tough losses, the Titans continue to play tough volleyball for Coach Glenda Dunn.

TCC lost their seventh straight to PLU last Tuesday, biting the dust by scores of 15-6, 15-2 and 15-12. "We didn't play offense or defense," says Coach Dunn. "Although in the third game we did play much better." Even though the scores were

much closer, the results were the same Friday when the team succumbed to Grays Harbor by a slate of 15-12, 15-8 and 15-5. The Titans played tremendous defensive ball and displayed a good spiking game in the opener. "Spiking is the name of the game," said Coach Dunn.

Standouts for the Titans have been Michelle Fournier, who has learned to set the ball well,

and Trinel Sackman with an outstanding spike.

According to Coach Dunn, the team has good incentive and the victories will come when the team becomes more aggressive.

TCC squared off against Lower Columbia Wednesday, results of which were unavailable at press time. The Titans will host Highline in the gym tonight at 7 o'clock.

## Campus kegglers kick off campaign

**By Chris Stancich**

TCC's annual intramural bowling league began yesterday with teams entering competition at Tower Lanes. Though the league had met the previous two Thursdays for practice and establishing averages, teams were not finalized until yesterday.

The league will run until May, according to TCC Athletic Director Phyllis Templin, but will only meet when college is in session: this lets league members make plans for vacations and breaks.

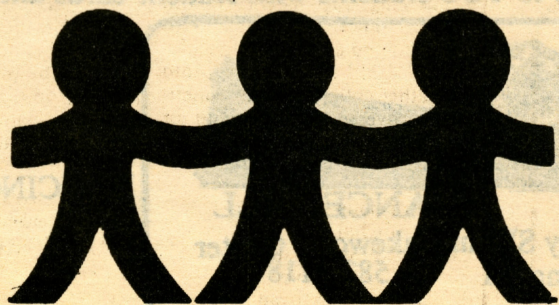
Templin said that, although

league play had begun, there was plenty of room for more and encouraged anyone at TCC interested, to contact her, or attend the league meetings.

The league meets Thursdays, 3 p.m. at Tower Lanes (6323 6th Ave.). The cost is \$2.75 per week.

Teams consist of three members, and there is room for at least two more teams. Anyone with more questions can contact Templin, or Marilyn Harris, Tower Lanes representative to the league, before the league meets Thursday.

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