

Veterans under stringent controls

by Howard Schmidt

The Veterans Administration is tightening controls on both schools and veterans using the BI Bill for higher education.

Starting with this winter quarter, 1976, students who receive a grade of "E" or "W" (unless they have officially withdrawn through the records office) will have their benefits for that course terminated back to the first day the quarter was started. It simply means that if a student receives a failing grade, or withdrawal, in the March transcript, the college must notify the VA that the student did not meet the VA requirements for that particular quarter. It also means at least a partial reimbursement of funds by the veteran.

Some exceptions

A few students might find certain courses to tough. A vetran who has made every possible effort, attended classes regularly, completed his assignments, and still failed, may be given favorable consideration for relief from possible financial hardships.

The veteran must initiate action

If the vet receives an "E" or "W", and he should know it before the end of the quarter, the student may request his instructor to write a letter in his behalf, stating the circumstances, and must include the last date of regular class attendance. The letter should be submitted to the VA Office, TCC, Attention: Steve Howard, Bldg. 6, no later than April 15, 1976. The college will then notify the regional VA office, and in all probability the veteran will not lose his benefits for the quarter in question. Additional information from the VA will be published in the near future.

Brewing for some time

These new, rigid controls are in no way directed toward the veterans at TCC. Benefits of any kind are subject to abuse by that certain few. Much of this action came about during an investigation of GI Bill abuses on the East Coast in 1974. The VA discovered that some veterans attending colleges in Maryland under the GI Bill were receiving monthly benefits over a considerable period without ever attending class or even completing a course.

One investigation disclosed that 145 veterans at one community college never completed a single course during the 1974 spring semester. yet 71 received full time benefits of at least \$270 per month.

At another eastern school, one veteran ws allowed to keep signing up for classes for five semesters, although he had never completed a single course. That money is now being recovered by the VA.

Colleges share the blame

Some congressional reports faulted the colleges for not closely monitoring student attendance and their educational progress. Many of the newer schools do not have probationary systems since the philosophy of most community colleges is the "open-door" policy. This has been the strength of community colleges, but it has caused some of the problems at issue with regard to the normal progress of the veteran.

No one college was targeted as better or worse than the other, but over the past four years the GI Bill has laid out \$12.4 billion to 1.7 million veterans on college campuses. One congressman snorted, "That buys a hellava lot of microscropes."

Even the VA was cited for not issuing more specific guidelines to the colleges to combat the abuses that have now become the problem at hand.

There is help for the sincere

The veteran must inform the records office when he discontinues attending a class. Failing problems should be discussed with both the instructor and the TCC Veteran's Office. The VA will pay for a tutor if needed. All problems and questions should be immediately brought to your campus VA representative in Bldg. 6. It could mean your next month's check. A few have made it tough on all.





Richard Spangler helps math students

Photo by Susan Snyder

Math Lab biggest in state

by Patricia Mitchell

The TCC Math Lab designed and headed by Richard Spangler is the largest in the state and one of the largest in the U.S. It stands out in the variety of courses offered, and the number of students who take them: 1,500 per quarter on the average. Students have a choice of 27 different courses, from arithmetic to calculus. Credits earned range from 1 to 5 per quarter.

Three systems

The Math Lab works under three systems. First, the independent tutorial system, which is programmed for independant study. Self discipline is required for programmed math because there is no pressure to keep up with a class. For those who want to speed ahead, programmed for independent study. Self disity. Help is available when needed. Studies may be done in and out of the lab. Exams can be taken as soon as the student is ready. If a score of 80 percent or more is attained the student then progresses to the next unit. If the score is less than 80 percent the student will review with an instructor the areas he needs to study. Sixty percent of the students complete the full course in one quarter, 20 percent more complete

the course within the second quarter.

Students tutoring students

The second system is the tutoring back-up program, headed by Shelley Waller. She started this program before she became student body president. She may assign a student tutor just to help another student over a problem area or she may assign a tutor for the complete course. Student tutors are paid by the work study program. The tutors also work in cooperation with the learning assistance center.

Basic Skills Lab coming soon

The third system, now being prepared by Spangler, will, he hopes, be in operation by spring quarter. It will be called the Basic Skills Lab. Its primary purpose is to improve basic skills to a level consistent with the requirements of daily living in a complex world.

TCC's Math Lab, with facilities for private study and instruction, semi-private and group areas, occupies a large corner area in Bldg. 7. There are also units operating at McNeil, McChord and Fort Lewis. For these areas the first system, programmed independent studies, seems to work best, Spangler said.

Winter courses going fast

Obi staff helps those in need

Photo by Scott Wellsandt

Successful food drive for needy

by Ron Coleman

Obi's food drive this fall resulted in donation of Thanksgiving food baskets to 23 families in the Tacoma area.

The drive began in October, with boxes placed around the campus for student donations of canned goods.

On Oct. 19 and 20, Obi, along with thehelp of members of the Program Board, organized free game days in the student activity lounge. Obi allowed any student donating two cans free participation in any of the games in the lounge. As a result Obi collected \$25 worth of canned goods.

Friday, Nov. 21 Obi held a dance at the Amvets hall in Tacoma. The dance featured the dynomite sounds of the Tacoma-grown band, FRESH. The band belted out the latest top tunes until 2 a.m. The dance was a success, bringing in about \$75 in canned goods and \$150 in cash. The money donated was used to buy perishable food items for the food baskets, such as meats, vegetables and fruits. Obi spent a total \$201.59 on these items.

On Nov. 26, Obi members gathered all the food together and sorted it into baskets according to the size of the family receiving the basket. Several families had as many as nine children and were given first priority over the larger baskets. Obi members then delivered the baskets to the recipients. Names of recipients were chosen from several lists received from organizations that support local needy families.

Although the society attempted to secure donations from food markets and food distributors in Tacoma, none of the companies contacted made any donations. However, response from students and other individuals was excellent.

Obi feels the drive was a success and the members would like to express appreciation to the students, faculty and staff members for their participation and donations and help. Winter registration, scheduled on Dec. 17 and 18 for new students and returning students who did not register before, may prove disappointing to many. Nearly 120 classes had already been closed (filled) with returning students as of Nov. 26.

Although the registrations for winter quarter are expected to be about the same as last year, the money crunch is creeping into the classrooms. State regulations now prohibit the previous practice of opening additional classes if the enrollments were warranted. The published "Pink Brochure" Schedule of Courses for Winter 1976 boils down to "What you see is what you get." Scanty enrollment may cancel other classes.

Bob Thaden, Associate Dean of Admissions and Records, reports, "A good, heavy night registration and Saturday classes are nearly filled."

Returning students who failed to register over the last two weeks must now fall under the same classification as the "new student," except for extenuating circumstances.

EDITOR'S NOTE:

Hector, the Bi-centennial mouse, and his friends are on sale at the TCC Library and Bookstore. The Giant size coloring books make good Christmas Gifts or Bicentennial souvenirs. Proceeds from the sale will help the Friends of the Library in their efforts to raise funds for a Bicentennial grant.

2.5

LETTERS & OPINION

I had a dream

A student union building has long been a dream of student governments past and present. Every student government at TCC has given top priority to getting or starting the ball rolling on a student union, but so far to no avail. Many people wonder why we even need a student union, and if we need one what's been done or going to be done about this situation?

The need for a student union building at TCC is very obvious for several reasons. Under our present set up, most of TCC's student services and activities are spread out all over the campus. Student Government, the lounge and the Student Services and Activities offices are in Bldg. 15. The Program Board, clubs and organizations are in 17A. The main cafeteria is in the middle of the campus and other student functions and facilities are spread thin throughout the rest of campus.

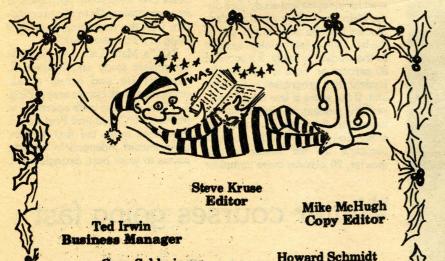
Student governments in the past even went so far as to try to save up money in a bank account in order to purchase a building themselves. For years students have tried again and again to get a building out of the administration. The administration, in turn has spent years and years trying to get a building from the state, but with money being as tight as it is, it's almost become an unending task.

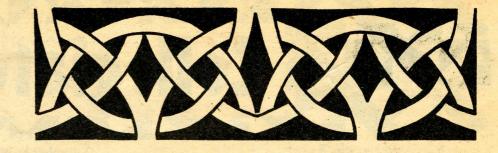
With a more modern sophisticated administration shaping up the campus we now find the student union building back on the college's priority list. Subtle moves have been made to lay the groundwork to eventually get some funds from the state for a new building. The administration is fully aware of the student's need for a building and with new state priorities on funds available for college expansion it may be a future reality.

With the future being as uncertain as it is, some people wonder what could be done, now, to alleviate the problem of student activities being so spread out over the campus. One plan is to regroup everyone into Bldg. 15, which would at least put students under one roof with some facilities thay they could use. The students could then use their money to improve Bldg. 15 facilities until a long range future plan on a new building is developed. Ideas on using Bldg. 14 and connecting it with the main cafeteria have also been considered.

The pros and cons of a student union building are so numerous that it would require a whole edition to properly explain the situation in depth. The fact does remain that we have no student union building and that one is needed to get students together with better facilities for student functions. It is a fact that the prior administration and student governments did not really accomplish much. But now that the institution is pulling together to help attain the college's goals and needs, maybe we can do the same for the students as well.

> Steve Kruse Editor





ASTCC SENATE MINUTES November 11, 1975

Budget Committee Recommendations

Shelley presented the following to the Senate for their endorsement:

Work-Study

It was moved by Scott Wellsandt and seconded by Marc Mittelstead to allot \$16,200.00 from Senate Reserve to the Work-Study Program providing that any portion of the students funds not used as a secondary means to support for Work-Study would be returned to the students. By excess funds, it is meant that the unused portion would consist of those funds not used as a primary means of finance for the Work-Study Program. It has been suggested that the ASTCC Senate recommended to the TCC Board of Trustees that they appoint a committee to study alternatives to the present Work-Study Program for the 1976-77 academic year.

Tutoring

It was moved by Nancy Sullivan and seconded by Rodger Hickel that \$13,424.10 be alloted from Senate Reserve to assist tutoring, for employing 10 LAC tutors, and 5 Math Lab tutors. Discussion followed, and the question was called to vote and passed unanimously.

Bookswap

It was moved by Scott Wellsandt and seconded by Rodger Hickel that \$500.00 by transferred from Senate Undistributed to ASB Government (Bookswap) to pay students whose books were lost during the Fall Quarter event.

Identification Cards

It was moved by Rodger Hickel and seconded by nancy Sullivan that \$5,000.00 be allotted from Senate Reserve to assist the college in providing identification cards for Winter and Spring Quarters. The rationalization for this allocation is:

1. Students need these cards for discounts provided in the community for students enrolled in the college.

- 2. For admission to student activities sponsored on campus.
- 3. For purchasing materials at the TCC Bookstore.
- The motion was called to a vote and passed unanimously.

Cheerleaders Pep Club

It was moved by Marc Mittelstead and seconded by Scott Wellsandt to allot \$900.00 to the Cheerleaders out of Senate Reserve, for outfitting and necessary monies to get started. The motion was passed unanimously.

Unemployment Compensation

The college has been billed for unemployment benefits paid to five of the para-professionals employed by the students during 1974-75; Student Government would be expected to cover these costs as the employer. Following discussion, Marc Mittelstead moved to transfer \$3,000.00 from Senate Reserve to cover Unemployment Compensations. Scott Wellsandt seconded the motion which passed unanimously.

Gary Schlesinger Staff Artist

Opal Brown Feature Editor Scott Wellsandt Chief Photographer

Campus Editor

Bob Brady Sports Editor Harold Thomas Arts Editor

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Reporters: Cory Brame, Les Christopher, Ronald Coleman, Herbert Dailey, Bryan Gutsche, Julia Hagan, Valerie Hewitt, Kurt Kentfield, Shirley Larson, Roger Long, Mike McHugh, Pat Mitchell, Ute Lydia Painter and Doug Stine. Photographers: Scott Wellsandt, Susan Snyder

Photographers: Scott Wellsandt, Susan Snyder Advertising: Ted Irwin Secretary: Pam Hurnblad

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Leadership Conference

Shelley Waller reported on the Leadership Conference held November 7, 8, and 9 at Camp Seabeck. Mike McHugh was the only new senator in attendance. Program Board provided good ideas for making money this year, and Irving Rosenburg the McNeil Liaison reported on the concerns of the McNeil students.

ASTCC SENATE MINUTES November 18, 1975 Budget Committee Recommendations

Child Care Advertising Field trip to Ashland

Paula Pascoe presented the recommendations by the Budget Committee that we pay for Child Care advertising, which amounts to \$200.00, and the summer students field trip to Ashland, which amounts to \$215.00 from Senate Undistributed. Wendy Pennell moved that we accept the recommendations, and Mike McHugh seconded the motion; the motion then carried unanimously.

Instructional Council

Wendy Pennell reported that at the Instructional Council meeting information was brought up that 13 classes will be cut this winter, and another 13 in spring, and that it will affect Student Activities monies.

Francesca's Flashes

Glimpse into past, sheds light on good old days

Teachers in the second half of the 20th Century should be grateful that they were not living in New England in the 1870's, when the following rules were drawn up for teachers in Franklin, Mass.:

Each day teachers will fill lamps, clean chimneys and trim wicks.
Each teacher will bring a bucket of water and a scuttle of coal for the day's session.

3. Make pens carefully. You may whittle nibs to the individual taste of the pupil.

4. Man teachers may take one night each for courting purposes, or two evenings a week if they go to church regularly.

5. After school the teacher must spend the time until supper reading the Bible and other good books.

6. Women teachers who marry or engage in unseemly conduct will be discharged.

7. Every teacher should lay aside from each month's pay a goodly sum for his benefit during declining years, so that he will not become a burden on society.

8. Any teacher who smokes, uses liquor in any form, frequents poolhalls or public halls, or gets shaved in a barbershop, shall give good reason to suspect his worth, integrity, and honesty.

9. The teacher who performs his duties regularly and faithfully, and without fault for five years, will be given an increase of 2a week in his pay, providing the Board of Education approves.

The Board of Education Franklin, Mass. 1870. **by Francesca Logar**



Justice William O. Douglas autographs books for Mr. John Binns and TCC. Aug. 25, 1974.

John Binns head friend of TCC



Harold Thomas, program board chairperson

Photo by Scott Wellsandt

Program board needs input

by Roger Long

The Program Board this year has been working under an almost total lack of information from students as to what activities and events they would like to see. Compounding the problem is the fact that only one member, Dave Sarver, has been involved with the Program Board before this quarter.

Irish McKinney, head of Speakers and Spontaneous Events, said, "If any student has a bitch about activities on campus, they should come down and talk to us, because we have the same responsibilities and would appreciate input from students as to where their interests lie.

Sande Spark, chairperson of Cultural and Fine Arts, arranges concerts, performances by dancers, and drama performances. Ms. Spark is also working on increasing community involvement in campus activities.

John "Chris" Christenbury has organized a regular series of coffeehouses in the lounge on Friday afternoons.

The regular films shown on

"I majored in English at Washington State and my first year at Oxford, I read English there. But I decided, considering the salaries that English teachers were getting at the time, that I'd better go into something that had more prospects than teaching English," John Binns chuckled as he explained why he had chosen a career in law.

The 80-year-old Binns is a delightful, personable individual whose disposition and outlook on life deny his years. Although his hair is white and thinner than it once was, his engaging smile and vitality tend to make one forget his age. He is quick to put one at ease and shows enjoyment of life rarely seen in one of his years.

He has been very successful in his chosen field and has done much to influence the lives of those around him. He was admitted to the bar in 1922 and has practiced law for the past 53 years. he was Deputy Prosecuting Attorney in 1925-28 and a member of the TacomaSchool Board 1931-35. he was a member of the Washington State Administration 1935-41 and a judge of the Superior Court (short term) in 1946.

Birth of Friends of the Library

Following the 1965 opening of Tacoma Community College, Binns gathered together businessmen, educators and professional people and they began a city wide used book drive. The results of that drive and many other projects over the years have provided the TCC Library with rare items and collections. The Black Literature and History Collection, the Pacific Northwest History and Literature Collection, plus paintings by prominent Northwest artists are only a few of the gifts from the Friends of the TCC Library.

by Opal Brown

of the Supreme Court, among others.

The first TCC Board

Binns smiled and recalled that under an act which provided that the members of the legislature who resided in the community college districts were to make recommendations to the governor, only five people were recommended as potential members of that first Board of Trustees. They drew lots for terms of one to five years in office. "I was fortunate enough to be there for four years," he said.

He feels quite strongly about a well equipped library and believes that TCC has one of the best, if not **the** best in the state. He believes this is true because the school district and then the Board of Trustees were very strong on the library and did everything they could to make it a really outstanding collection.

When asked if TCC has lived up to the expectations of that first Board of Trustees, he replied, "I think it has, in the main. They've been cramped for money at times, I've never known a college that couldn't use more money than it had."

Speaking of the cut in the library's budget, he chuckled and remarked," I would probably be

Seattle, while a son-in-law and four grandchildren are also attorneys.

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When it was suggested that he had been an inspiration to his children, his reply was a broad grin and, "Well, they never considered **not** going on."

His first wife was a member of the Pacific Gallery Artists and the Brown's Point Garden Club. Her paintings, done in water color and mixed media, were shown in a memorial exhibit in the TCC library in August 1974. She passed away sometime ago and Binns has since remarried.

The present Mrs. Binns is quite active in civic affairs. She's Chairman of the Board of the Christian Science Church, of which she is also a member. She belongs to a group that screens children for eyesight problems. She is very outgoing, active and a useful person. Binns smiled, "She has many more friends than I do."

An active friend of the Library

He is still active in TCC matters. He said, "I attend the board meetings of the foundation and the Friends of the Library. The college is larger now. It has grown steadily and I would guess it is probably crowding a little in some of the facili-ties which were deemed quite adequate a few years ago."

Student Government should have and the same facilities."

The function of the Program Board is to oversee and coordinate campus clubs and student-planned events. Students planning events on campus should go through the Program Board because they will help plan, publicize, and schedule an event so as not to create conflicts with other events. McKinney said, "We are not here to run student programming, but to help."

In addition to assisting other campus organizations with programming, the Board stages a number of events of its own. McKinney is involved in setting up appearances of well-known speakers and debates on current political and moral issues such as enthanasia. He has also submitted an application for a state license to hold raffles and games.

Sarver, who is chairman of Arts and Crafts, is the only Board member who has found enough interested students to form a committee. The Arts and Crafts Committee is planning a variety of workshops for the spring festival campus were selected by Reggie Carpenter, chairman of films. Carpenter determined which movies to show by surveying students as to their preferences.

Harold Thomas, Chairman of the Program Board, acts as a coordinator for the other members of the board. Of the Board's role on campus, Thomas said, "We want to communicate and cooperate with all students, faculty and administration faculty so that the programs we put on are relevant to all concerned."

Club activities need coordinator

The Program Board is badly in need of a person to act as club liaison. As of now there is no one to work with campus clubs on programming and scheduling. As a result, scheduling conflicts are being created. Interested students should go to Building 17A and talk to any of the Board members. Also, any students with suggestions for events and programming should attend the regular Board meetings on Wednesdays at 12:30 p.m. in the Senate Chambers, Bldg. 15, or the workshops on Mondays at 12:30. In May, 1974 he received an Honorary Award by the Washington Library Association for his contributions to the organization.

The Friends of the TCC Library established the John Binns Annual Distinguished Service Award. The award is presented to those who have, in the opinion of the committee, contributed to the cultural enrichment of the Pacific Northwest. The award has been received by Murray Morgan, author, historian and instructor of Northwest History at TCC and William O. Douglas, former Justice remarked," I would probably be quite unhappy about it, if I knew the full extent of it, but I have no exact knowledge on the subject."

He also said, "I'm quite impressed with Dr. Stevens. I've met him only three times, but everything I hear about him is good. He **looks** and **acts** like a college president. I'm quite pleased. As far as I can make out, he's going to make an excellent president."

He says there is a good age range on campus and, "I think that is all to the good. I think the presence of a few older people in any class is a good thing." I think the presence of a few older people in any class is a good thing." He expressed the opinion that with different age groups together in classes, there is more room for an exchange of ideas. When asked his reaction to having a room in the library named for him, he laughed heartily and said, "It was a complete surprise to me. I had not known of it until it was done."

He and his wife are the parents of three daughters and one son. One daughter and the son are lawyers in The next meeting of the Friends of the TCC Library will be held in the John Binns room on Dec. 18.

"I wish we could get at least a good representative group of students, and perhaps get a few of them on the board. The board is limited, but the membership is not." He wished this reporter to assure all students that, "We won't throw you out!"

In speaking of the current fund raising event, the sale of giant coloring books, he said he would like to emphasize the fact that," It is part of the program for raising money, specifically in order to get matching money for a bicentennial project that we have in mind - slides that Murray Morgan will comment on."

He enjoys his work and has no immediate plans for retirement although he is sometimes concerned that his practice these days seems to be made up mostly of probating the estates of the clients he began his practice with. He smiled, rather sadly and said, "It isn't the pleasantest way of practicing."





Aspiring actors perform in "Our Town"

"Our Town"

Photo by Scott Wellsandt

- The Pits

by Kurt Kentfield

Thornton Wilder's folksy play "Our Town," a play full of trivial crises, suffered an additional crisis Nov. 19, at the hands of the TCC theatrical department. Victimized by a bumbling, stumbling cast "Our Town" was beset by sporadic bad acting, except in a few instances.

The role of Stage Manager was assaulted by Roger Allen and his Dr. Grabow pipe. Allen opens the play and enlightens the audience about "Our Town." His jerky head movements and struggling with the molten lines was quite reminiscent of an equine derriere.

Paul Gabrielson, who went through the motions of portraying George Gibbs, lacked fluidity in his movements; he looked like a robot. Gabrielson was out of character; with his great D. A. he would have been more at home in "Grease

Sawyer O'Neal Gillmer who portrayed Mrs. Webb had more flutuations in her eastern accent than Kissinger has in his German one.

Tony Hamilton was very amusing, but inaudible. The performance of Nan Severns, who portrayed Emily Webb, was forced in the last act.

There is a ray of recovery in this terminal play, in the form of Rick Valenta who portrayed milkman Howie Newsome. Valenta displayed great presence on stage. When he appeared all eyes followed him. Valenta displayed the traits of a good character actor.

Martin Tenesch who portrayed choir master Simon Stimson gave a very believable job of being drunk.

The men's wardrobe looked more like the 20's than early 1900's.

As for director George Bolton, he must have been in Bldg. 15 watching the belly dancers, the play revealed very little message and evoked little emotion.

TCC's presentation of "Our Town" was truly a great dress rehearsal. Only they can bastardize great works of art.

Bicentennial Debate

Four institutions including TCC will compete in the district contest for the Bicentennial Youth Debate this Saturday in Bldg. 1 (lounge) starting at 9:30 a.m.

The team from TCC will include: Chris Czarnecki, Diana Stargel, Dan Firth and Vincent Stewart.

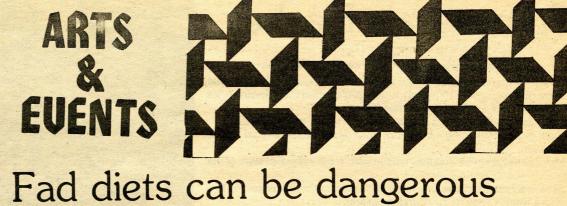
They will 'compete against speakers from the University of Washington, Pacific Lutheran University and Seattle Pacific College.

There are three categories in the

contest, the Lincoln-Douglas Debate, Persuasive Speaking and Extemporaneous.

Judges will include: Bruce Gardner, Byron Johnston, Forrest Simon, Al Hayes, Ralph Osman, Bob Romberg, Jr., Paul Van Giffen, Bryan Dalin, Bruce Witenberg, Dennis O'Dell, Sue Frankl, Mary Sue Underwood, Mary Green and Jean Ohlss.

All the judges are from the Tacoma area.



by Dottie Gallaway

Students in a college environment are introduced to all kinds of material on all kinds of subjects. It's an exciting mind-expanding time. Information is endless and easily available to the reader, but, I am concerned regarding the screening or selective process of this material, especially in such a very complicated area as nutrition.

An excellent pamphlet explains some very important common sense information that I feel students should be aware of. Let me draw from it for this article.

1. There is no scientific basis to show that organically grown foods are nutritionally superior to foods grown under standard agricultural conditions, using chemical fertilizers. In the end, the plant uses only inorganic forms of plant food-potassium, iron, and phosphate-as determined by the plant's heredity. If the soil is deficient in nutrients, the "yield in the number of plants," not the quality of the plant is afected.

2. Labels of "natural" products are often misleading. For example, "rose hips" vitamin C tablets, the label of which implies that the vitamin C was formed naturally, is found to be made from natural rose hips combined with synthetic ascorbic acid, the later identical to that used in standard Vitamin C tablets. In general, "natural" foods cost twice as much and have no more health promoting qualities than processed foods with added nutrients.

3. The Zen-Macrobiotic diet is a DANGEROUS fad.

It is a progression of dietary restrictions, ending in 100% cereal intake. Scurvy and eventual death have resulted from adherence to this diet for only a few months. Other "fad" diets are almost as questionable, some producing fatigue, dehydration, nausea, and vomiting, and even severe attacks of gout. Some may have adverse effects on the developing fetus in a pregnant woman.

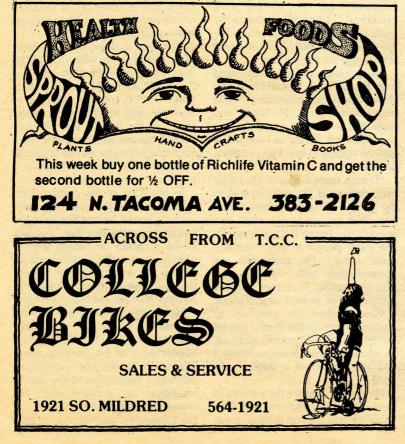
4. Excessive intakes of vitamins can, and often do, cause serious difficulties. For example, excessive vitamin A will produce headaches, vomiting, loss of weight, sparcity of hair, enlarged liver, etc. Excessive intake of vitamin C or E seriously impairs the function of Vitamin A.

5. Contrary to opinion, supplemental vitamins do not provide energy. They are only catalysts in the utilization of energy-giving substances in foods and are needed in only small amounts.

While there is much that we know about the science of nutrition, there's much we don't know. The basic food groups supply an excellent diet, as far as is known. The daily needs of college students can be met by including serving of the basic food groups, adjusted for the energy and weight maintenance, and activity level of each individual. These groups include: meats; milk and dairy products; fruits, and vegetables; and breads and cereals.



Filipino cultural troupe Kayumanggi will perform for the TCC community Dec. 6.



The Filipino Community of Tacoma will sponsor a three-hour cultural presentation to benefit Tinig Ng Pilipino, the only Filipino radio program in the Pacific Northwest, this Saturday, December 6th at 7:30 p.m. at the Tacoma Community College Theater. A movie entitled "The Filipino Immigrant," a slide show depicting Philippine impressions by Seattle and Tacoma residents, and an hour's dance/musical rondalla feature by the Filipino cultural troupe Kayumanggi will headline the affair.

Donations of \$3 for adults, \$2 for children under 12 years of age will be accepted at the door. Doors open at 7 p.m.

near TCC. Contact Phil Griffin, Bldg. 20 condition, \$60. Call Diane 564-7791. Room 20.

VIETNAMESE student wishes to share WOMEN'S SUEDE COAT, navy blue, apartment or live with American family mid-calf length, size 10. Excellent

> FOR SALE: 1962 Trailer, 20', carpet, built-in appliances, comfortable, cheap living for 1. Contact Susan ext. 5042.

FOR SALE - CHROME DINETTE SET, table size 36"x48" with two 12" leaves - makes table size: 36"x 72" - like new; seats and backs - heavy chrome. 474-7078.

FOR SALE - SNOW TIRES, 2-6:00-15 Goodyear Suburbanite studded polyester cord tires - mounted on EMPI chrome rims for VW. 2 B.F. Goodrich studded nylon tires 8-25x14 on Chev. rims. 747-7078



Community College Bicentennial Review Extends Audition Deadline

The deadline for submitting audition applications for the Spirit of '76 musical touring revue has been extended from Dec. 1 to Dec. 15. Applications for singers, dancers and actors are available from

David Whisner and Chuck Cline.

Auditions will be set in the Tacoma area for the first week in January. Successful applicants will be given a two-months, allexpense paid summer with a touring musical revue which will depict "The Spirit of '76."

The cast is being selected from the state's community colleges as a bicentennial project.

Students will be notified of audition time and location by Dec. 31.

Art Fair:

Dec. 4 and 5 in the foyer of the library from 9 a.m. to 3 p.m. Do your Christmas shopping on campus, handmade goods at good prices.

People who would like to set up and man a booth can call Sande Sparks at 5118, 5117, or 5154. Ten per cent of all sales will help needy families in the area.

History of Tacoma to be Taught

Dr. Murray Morgan will teach History 267, the history of Tacoma and the Pacific Northwest at a time especially convenient for schoolteachers during winter quarter.

The course is scheduled for 4 to 6:20 p.m. on Tuesday and Thursdays, starting Jan. 6 in Bldg. 19-12.

> "Bits and Pieces of Christmas" will come together when Chuck Cline's oral interpretation class gives selected readings in the library, Dec. 5 at 12:30 p.m. The reading will cover selected works that promote the Christmas spirit.



Essay's, films and tapes eligible for prizes

Members of the TCC community are eligible to compete for \$100 in awards offered in a Bicentennial contest sponsored by the Wells Fargo Bank in cooperation with the Smithsonian Institution. Entries can include essays from those under 18, those over 18 and

tapes and films. For further information, write to: "Towards Our Third Century" P. O. Box 44076 San Francisco, California 94144

Rape Prevention Program

Detective John Anderson of the Pierce County Sheriff's office will be holding a program on rape prevention Dec. 3, starting at 7 p.m. in Dower Elementary School, Community School at 7 p.m. For further information call 522-5474 from 6:30 p.m. to 9 p.m.

The book buyer will be back in town Dec. 9, 10 and 11 at the TCC Bookstore from 9 a.m. to 3 p.m.

The Student Book Swap will get under way Dec. 8 - 11 in Bldg. 15. Hours of operation are from 11:00 a.m. to 1:30 p.m. and for night students 7:30 - 8:30 p.m. All students who have books to sell or trade are encouraged to utilize the Book Swap facilities.

LIBRARY - End-of-Quarter Reminder:

The time is approaching when all accounts in the library should be settled. Please check to see that all overdue materials are returned and fines are paid. As of Dec. 8, students who have overdue items or outstanding fines will be billed. Grades and transcripts will be held for students failing to make prompt and satisfactory arrangements to settle their obligations.

Again this year TCC students have been invited to apply for the Scottish Rite Foundation Scholarships. Any sophomore with a minimm of a 3.0 GPA is eligible to apply for these \$500 renewable scholarships. The scholarship is to be used for the student's junior year at any college or university in the state of Washington. There is no restriction on the field of study.

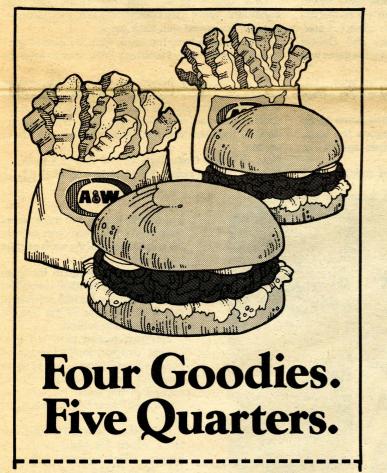
Applications are available from Scottish Rite Temple, 817 South Vassault, Tacoma, Washington 98465.

Children's Literature Class Planned

A class in children's literature (English 230) will be offered winter guarter.

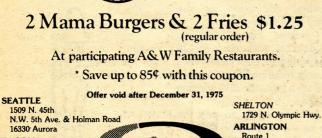
Taught by Janet Grimes, the course is designed for people who are working with children as well as those interested in the teaching professions.

Classes will be held in building 7, Tuesday and Thursday, starting at 7 p.m.









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TCC



Page 6

Sing a song for Titans

by Bob Brady

Hello again, faithful readers of the sports page. I am back again with more ideas to boost our school spirit.

The first idea has to do with our cheerleaders as you recall we had a school wide search to find six beautiful women to cheer on our basketball team. Well, we found them, but we still have a problem. I know you are telling yourself you don't want to hear about our problems, but this one is so obvious it needs recognition.

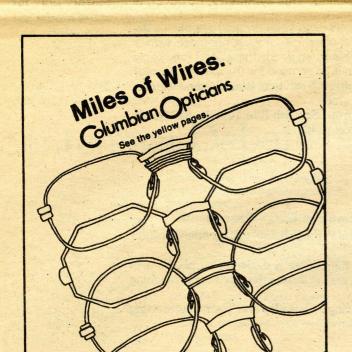
Our school has no fight song. Now, how can our cheerleaders cheer and our ballplayers fight if there is nothing to fight or to cheer about?

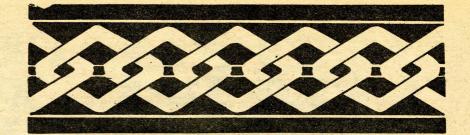
What we need is a spine tingling, teeth rattling, ear splitting ditty, that will make the mothers of the opposing team's players want to drag their innocent sons and daughters off the basketball courts.

What I had in mind was to put the entire student body to work on composing words and music, (Bernie and Elton said they were booked up) over the Christmas vacation, for a school fight song. If we get enough reaction, we will turn this thing into a contest and give away prizes.

The second idea is to have a player of the game contest for mens varsity basketball. The point of this gimmick is to get the fans (me and you) more involved with the TCC basketball program. The way this thing works is that after every home game, all the people in the stands will fill out their official ballots, that will be found in the Collegiate Challenge. On these official ballots there will be a place for your name and the name of your favorite player. At the end of the game the ballots will be quickly tabulated and the winner determined. Now for the clincher. All of the winning players ballots will be placed into a convenient receptacle that will be held high above the head of one of our foxey cheerleaders. The young lady will then proceed to pick an official ballot from the receptacle. The name of the person found on the lucky ballot will then be entitled to a free meal at a local eatery. Now before you start licking your chops I have to find out if anyone will show up to our games. The next scheduled home game is tomorrow against Peninsula at 7:30. If there is a representative crowd at the game I will start the "Dinner With A Winner" program when we return to school after Christmas break.

Quotable Notable: If New York has the Mets, The Nets, And the Jets for their sports teams, why not the Debts?





Women Cagers, manager needed

schedule.

by Julia Hagan

"I need bodies desperately!" exclaimed Sue Clements, women's varsity basketball coach, in the campus gym Wednesday.

It' doesn't matter if you're five feet or six feet tall," Sue said. "Nor does it matter if you have experience," she added.

Practices began Nov. 24 for the first year Titans. About eight girls have shown up regularly, but Sue says she will carry up to 12 for the season.

Besides more players, the team also needs a manager. Those girls interested can contact the coach during the daily practices, from 2 to 3:00 p.m.

One P.E. credit is available for those who register. The following is the 1976 Women's Basketball

					こうていて 着れた シアーマー しがく	
Jan.	14	Highline CC	There	Jan.	16 BYE	
		Olympic CCThere	Jan.	23	Centralia	
CC					Here	
Jan.	28	BYE				
Jan.	30	Lowen Columbia CC			There	
Feb.	4	Grays Harbor CC			Here	
Feb.	6	Highline CC			Here	-
Feb.	11	BYE			and and a	
Feb.	13	Olympic CC			Here	
Feb.	18	Centralia CC			There	
Feb.	20	BYE				
Feb.					Here	
Feb.	27	Grays Harbor CC			There	

Volleyball team gets the spike

by Julia Hagan

Grays Harbor's volleyball team didn't look like the league champions in their Nov. 21 game against the TCC Titans.

"They played awful," said TCC coach Sue Clements. They aren't a very good team because they resorted to "jungle ball" and came down to our level, she said.

Friday's match did not show good volleyball playing. The games were won on a series of cheap hits and not controlled and skilled ball play.

But the Titans third game win did show some decent volleys. Beginning with 3 serves and an ace by Debbie Madden, the Titans strengthened their offence. Later, with Trish Horak, Jaylynne Jansen and Debbie Madden all at the net, setting and spiking, the game was won at 15-13.

A controversy also arose during the third game. TCC had substituted illegally and it was a sideout for Grays Harbor.

The Titans looked good coming back from 15-zip game to get a 15-13 win over the league's top team, Coach Clements said. "I had no gripes against our plaving."

This interview was then interrupted suddenly by a



mob of volleyball players who dragged their coach into the shower room. She sat sprawled under the flowing water for a few seconds. "It isn't even warn," Sue yelled above the cheering.

The girls, all in good spirits, then went out to celebrate the season. And as Sue got up from under the shower she commented, "I can't say they're all wet, but I sure am!"

Looking at the season

How do you sum up a 0-10 season?

One way is to say that the Titans' play was consistent. While they consistently lost, they also consistently improved with each game.

"You have to have the spirit, even in losing all your games," smiled Judy Harwood, "You have to have the spirit."

One player was sidelined early in the season and did not see much action. Lynne Grund sprained her ankle in a volleyball class. She came down wrong on a net spike and her foot is now in a cast. But Lynne remained loyal to the team and kept score the last half of the season.

Nov. 19 Lower Columbia CC 15-4 15-3 15-5 Loss Nov. 21 Grays Harbor CC 15-11 15-0 13-15 15-5 Loss

> Fisher's basketball and track teams were both conference champs, with his track team placing sixth at state one year.

> Fisher was at Wapato for three years where his football teams lost only four games. He was nominated coach of the year in the Yakima Valley area one season.

> He then turned in a ten year athletic director, football and track coach role at Ephrata. Two of those years his football team was ranked second in the state. He was also nominated Inland Empire coach one year.

> Fisher then came to TCC and was track coach for eight years. He

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Fisher has Mr. Ed Fisher Phi impressive records

Ed Fisher, TCC's athletic director, has an impressive record as mentor of a whole series of winning teams in football and track. But he's as concerned with academic achievement as athletic. Fisher graduated from Roosevelt High School in Seattle, where he played football, basketball, and track.

He spent two years at Eastern Washington State College and two years in the Air Force where he competed in football, basketball, and track. While at Eastern he was conference champ in the 220 and 440, and was captain of the track team. After leaving the Air Force he completed his education at Pacific Lutheran University, where he received his B.A. While at PLU Fisher served as assistant coach to

Mr. Ed Fisher Photo by Susan Snyder

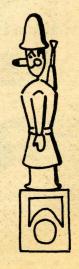
present University of Washington head basketball coach Marv Harshman. Fisher received his M.A. in physical education at the University of Washington.

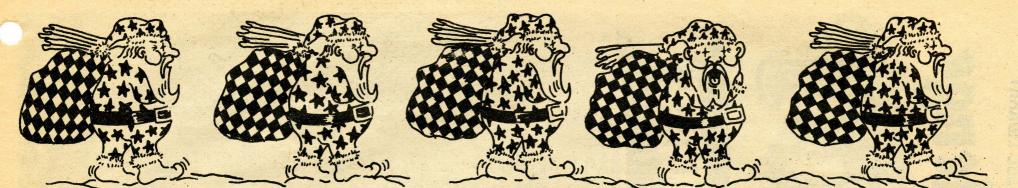
After college Fisher was an athletic director and coach for 15 years in the high school ranks. As a football coach during these 15 years he rolled up a fantastic .810 winning percentage.

"The athlete learns to pay the price to be successful, and must be dedicated. One thing athletics does is teach you to be competitive, and competition is the American way of life," commented Fisher.

During his two year stay at Mossyrock his athletes definitely did pay the price. His football teams ranked second and fourth in the state, and were both undefeated. became athletic director last year. He is married and has two daughters.

Fisher closed by saying "In the role of the athletic director I'm trying to develop a strong, balanced competitive athletic program. I'm concerned that our athletes do well academically as well as athletically."

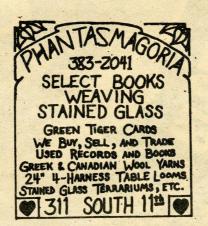




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The rags of men who stately prowed once watched unblinking landless go- covenant, now dust in airy prosody. Reflectors turbid rainbow white, seeking freedom from the mast, now at last a forded blue; the starry frame now to'l'd.

Grady

BUSE MODEL 301

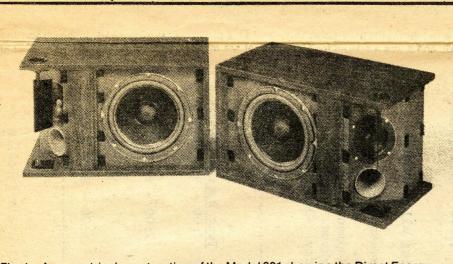


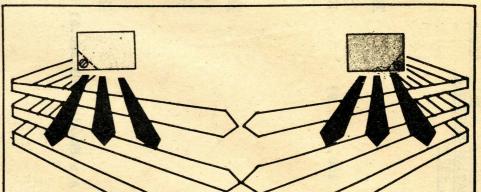
Fig. 1 Asymmetrical construction of the Model 301 showing the Direct Energy Control and the mirror image design of the stereo pair.

THE MODEL 301 DESIGN

To achieve the proper balance of reflected and direct sound with flat power radiation in a compact bookshelf enclosure and to maintain flexibility of placement is a major engineering challenge requiring a combination of unusual design concepts.

Most loudspeakers are designed with symmetrical polar characteristics; that is, the loudspeaker radiates the same spatial pattern to the left and right side of the speaker. This symmetry, however, is necessary only for monaural reproduction with a single speaker. The design of the Model 301 uses an extended range woofer facing forward and a tweeter on the side of the enclosure angled toward the side wall of the room. This unusual "asymmetrical" arrangement (Figure 1) produces a high proportion of reflected sound at high frequencies using reflections off the side walls of the room. Symmetrical stereo reproduction is maintained by constructing the two stereo speakers as "mirror images" of each other (Figure 2).

The audible result is expansion of the sound field beyond the spacing of the speakers and accurate placement of the sound of instruments across the entire breadth of the listening room.





BLACK-DIRECT SOUND

Fig. 2 Stereo reproduction with the Model 301s placed horizontally to utilize side wall reflections.

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Villa Plaza Tacoma, Washington 98499

Direct/Reflecting Bookshelf Speaker System

TACOMA COMMUNITY COLLEGE - MAIN CAMPUS DAY EXAMINATION SCHEDULE FALL 1975

MONDAY, December 8 All classes meeting regularly on Monday at:

> 7:30 a.m. 10:30 a.m. (Including Bio. 101, Sec. B; Chem. 100, Sec. B) 1:30 p.m. 4: 30 p.m.

TUESDAY, December 9 All classes meeting regularly on Monday at:

> 9:30 a.m. 12:30 p.m. 3:30 p.m.

WEDNESDAY, December 10 All classes meeting

regularly on Monday at:

8:30 a.m. (Including Crim. Just. 101, Sec. A & Physics 105, Sec. A) 8:30 - 10:30 a.m. 11:30 a.m. 11:30 - 1:30 p.m. 2:30 p.m. 2:30 - 4:30 p.m.

THURSDAY, December 11

Home & Family Life 105, Sec. A

10:30 - 12:30 p.m.

NOTES:

- 1. Radio & TV courses, Radiologic Tech., EMC, Health Tech. and Nursing will schedule their own final examinations.
- 2. All Physical Education activity classes, and other one credit classes (music, engineering, etc.) will have their finals during the last regular class period.
- 3. Art classes which meet TWF or TThF, Human Relations, Career Development, Reading 110 classes will hold examinations according to the Monday schedule above.
- 4. The Math Lab will be open from Monday (December 8) through Thursday (December 11) for instruction and testing.

EVENING EXAMINATION SCHEDULE MONDAY, December 8 Test Period: All classes meeting M-W or Monday or Wed. at 6:30 & 7:00 p.m. 7:00 - 9:00 p.m. **TUESDAY**. December 9 All classes meeting T-Th or Tuesday or Thursday at 6:30, 6:45 and 7:00 - 9:00 p.m. 7:00 p.m. WEDNESDAY, December 10 6:00 - 8:00 p.m. All classes meeting at 5:30, 5:50 or 6:00 p.m. SATURDAY COLLEGE

Examinations for Saturday classes will be held during the last scheduled class period --December 13, 1975.

Test Period:

7:30 - 9:30 a.m. 10:30 - 12:30 p.m. 1:30 - 3:30 p.m. 3:30 - 5:30 p.m.

Test Period:

9:30 - 11:30 a.m. 12:30 - 2:30 p.m. 3:30 - 5:30 p.m.

Test Period:

