

Coffee, tea, spaghetti?

You are what you eat

By John Larsen

If you don't feel perfectly healthy in mind, body, and spirit; if you're worried about the rising level of harmful chemicals in our food; if you can't handle the cost of food, then you would do well to read this article. There is a simple solution to these problems, but it requires a complete revision of your eating habits. All great religions have stressed the necessity of a proper diet in gaining salvation. And judging from this society's present condition, we need to be saved.

Your emotions, thoughts and actions are intimately related to your endocrine glands. To enjoy perfect health these eight glands must be properly nourished. You don't really need formal education, or any of the material wealth so many people live for. Perfect health will give you everything you need.

Last fall I was fortunate enough to have someone finally open my eyes to the beauty of eating organically. Since then I have read and experimented with different philosophies of nutrition, and encountered many contradictions and arguments as to what constitutes a perfectly balanced diet. Yet certain facts seem to correspond. So if you investigate and apply your discoveries through improving your diet, you will soon come to appreciate the significance of the statement "you are what you eat."


In the United States 75% of the food we consume is without any nutritional value whatsoever. Carbohydrates (sugar and starches) serve only to titillate our perverted taste buds, and kill our appetite with a bloated, lethargic contentment. The profit minded food industry is mainly responsible for this outrage against our minds and

bodies. Two of our most popular foods serve as perfect examples. In the production of white flour, mills sift and bolt out three-fourths of the minerals (plus an undetermined amount of vitamins), leaving only the white starchy cells and refined gluten of the wheat. And they call this "Wonder Bread." After white sugar has been ground through the mill it contains no proteins, no vitamins, and no minerals.

The pituitary gland, located behind your nose, is the appetite center. If you feed this gland enough starch and sugar it will become deranged and develop a craving for more of the same. This is a vicious circle you must stop by eliminating all artificial carbohydrates from your diet. This includes white bread, white flour, white rice,

(Continued on Page 8)

The Collegiate Challenge

Vol. VI, No. 8 Tacoma Community College, Tacoma, Wash.  Friday, February 12, 1971

Resource Center services greatly enlarged in 69-70

By B. W. THOMPSON

In a recently released summary of the 1969-70 school year, the Tacoma Community College Library and Resource Center reported that "the year 1969-70 emerges as one of improved services in the Resource Center."

The report said, "Library and audio-visual services increased markedly, Technical Services were greatly enlarged, the Skills and Testing Program was maintained, much progress was made in the development of the Language-Listening Laboratory, and two new laboratories were successfully initiated as on-going programs."

In the library there was a growing demand for a larger variety of references and bibliographies.

Library staff members were

kept busy throughout the year giving individualized instruction and assistance in reference and research techniques.

Indian Bibliography

Ms. Lorraine Hildebrand, a library staff member, cooperated with a member of the staff of the Tacoma Public Library in the production of a bibliography entitled **Selected Sample of Books by and about American Indians with Special Emphasis on the Pacific North West.**

This bibliography has been distributed nation-wide, the report said. "Ordering agencies include public libraries as well as libraries in community colleges, public and private four-year colleges, universities, elementary and high schools."

Audio-Visual Growth

The Audio-Visual Services Department acquired more audio-

visual materials. By the end of 1969-70 "collections of mediated materials included 130 16mm films, 5 8mm films, 175 sets of slides, 239 film stripes, 18 sets of transparencies, 12 video tapes, and 219 audio tapes (plus 798 copies of the originals) and 180 recordings (plus 130 taped copies originals)."

During the fall quarter of 1969 a Developmental Reading Laboratory and a Study Skills and Testing Program were added to the Resource Center. Under the direction of faculty members, these programs met with a growing popularity among students, the report said.

Further improvements were also made in the Listening-Language Laboratory, the Mathematics Laboratory, the Typing Laboratory, and the Technical Services Department, the report said.

TCC student senate mulls impeachment of own member

By Cheryl Doten

The senate last week decided to wait one more week before voting to impeach Daryl Brown as an ASB senator.

Brown has not attended the last three meetings and the senators decided to give him time to resign. If Brown has not resigned by the next meeting, it will require a two-thirds vote of the senators to impeach him.

In other action:

—The senate voted to contribute \$400 for lobbying to WAC-CSG "for services rendered." This money, combined with the \$200 raised at a recent coffee-house makes the total \$600.

—Bob Zink, the newly elected senator reported on campus improvement. Zink said that there is a need for more pavement in certain spots for wheelchair peo-

ple. As it is there are many spots on campus which wheel chairs cannot maneuver.

—The entertainment problem was brought up by Bob Zink. He said there was not enough entertainment on campus. It was finally decided that he would help Chris Taylor, Gabbie Ramos, and Ben Sanchez to explore entertainment possibilities.



MRS. JERRI ROWLANDS, a Seattle graphologist, will speak on "Your Handwriting Shows the Real You" at noon next Wednesday at Tacoma Community College. The public lecture, scheduled for Building 15, is sponsored by the TCC Artist and Lecture Committee. Mrs. Rowlands is executive assistant to Dr. Forbes Bottomly, superintendent of Seattle public schools. She is a graduate of Ottawa University in Kansas. She is also a graduate of an 18-month course from the Chicago-based Institute of Graphoanalysis and is certified as a professional handwriting expert.

Found

Many students and faculty members do not know that T.C.C. has a lost and found department on campus. It is located in Building 5A in the Security Office. At least three-fourths of the articles are never claimed, and if they are not claimed soon they will be destroyed. Right now we have the following items in the lost and found:

1. Pair of boots found on the ski bus
2. Various pairs of eyeglasses
3. Text Books
4. Notebooks
5. Gloves
6. Wallets
7. Scarves
8. P.E. Clothes
9. Necklaces
10. Keys
11. Rings and Watches
12. University yearbook
13. Address books

Most of these items do not have any identification on them (especially the books). We try to locate the owners if the article has some kind of identification, so please put your name in your books and on your personal items.

Sister Sanchez speaks at TCC

Tuesday in the Little Theater, Sonia Sanchez, a little lady from New York, gave us her philosophy along with her poetry and surprised those of us who have never read her works. Her shocking straight forward use of obscenities throughout her speech will be long remembered by those who caught her performance.

The ghetto life was drawn up in front of our faces as she read and talked about the stepped on black man. She is dedicated to black people and is trying to make the world a better place for her twin boys to live. The slogan "Black is Beautiful" is the center of her life and she is trying to make other people realize that life begins within oneself.

She is very interested in children and is presently writing poetry that puts her words across with fewer obscenities to be distributed to school age children.

Editorials...

Tricky tongue Dick

The older I get the more difficult it becomes for me to understand the reasoning or motivation behind our continuing armed conflict in S.E. Asia.

There was a time, about 15 years ago, when I ran away from home and joined the army, when I might have understood the dying. I might have understood the deceit and deliberate prolongation of a war that is undeclared, unpopular, unsuccessful, unreasonable and decidedly unhealthy.

I might have understood this 15 years ago, but, I was just a boy then. I was wet behind the ears, I was told. I was full of reckless adventure and total disregard for the consequences of my obviously immature actions.

I really might have understood 15 years ago, but, I surely could not last night as I listened to the news.

First, I heard a report on the U.S. assisted invasion of Laos. No American ground forces involved, yet first reports listed four U.S. airmen dead.

I then listened to President Nixon extol the virtues of his new anti-pollution proposal and decry the "robbing of our natural heritage."

Then I sat down to write this editorial and got god-damned mad!

Peter Pugh

For services rendered??

The student senate last week did a no-no.

The senate openly donated \$400 to the Washington Association of Community College Student Governments (WACCSG) out of its own budget. What is worse is that the senators openly asked that it be written off as being for "services rendered."

Donating money for any political activity is illegal under Washington State Law. Therefore, one can only conclude that the \$400 was illegally donated, by the TCC student senate to WACCSG.

Whether or not WACCSG needed the money is not the prime concern. The fact is that our senators, ASB president, the senate treasurer, and the activity coordinator knowingly allowed this money to be illegally donated, and asked that it be written off as "services rendered."

I urge that at the next meeting the senators reverse this action and from now on refrain from such illegal activities.

—Cheryl Doten

Letters

Dear Mr. Bannister:

Your editorial of Jan. 29, "Entrances Need Lights," was one of the features that caught my attention in the latest edition of The Collegiate Challenge. I couldn't agree with you more that lights significantly help to provide safer streets and more accident-free driving.

While Tacoma City Light installs, maintains and furnishes energy for the city's street lights, ordering the placement of street lights is coordinated under the direction of the Public Works Department. By copy of this letter and your editorial, I am passing along your recognition of the problem of unlighted traffic areas at the Tacoma Community College to Mr. Gilbert Schuster, Director of Public Works.

I'm sure a member of his staff will contact the College to see how the situation can best be remedied.

Sincerely,
J. D. Cockrell
Superintendent
Light Division

New course offered in spring term

by Ann Benefield

Though you students may not have heard of Los Unidos lately, we have been very busy. First off we have a new office in Bldg. 17-A. Though the room is a little small, it is awfully cozy. Besides that we are making an all-out effort so that non-chicanos can meet u schicanos. For spring quarter, there is going to be a course in chicano culture and it promises to be a good one. Also we are planning a forum at 12 noon on every third Monday. This is your chance to learn about us and understand a little more about us. Now it is up to you, amigos.

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STUDENT PRICES

Drama, A&L speaker spring registration

TCC Drama Dept. Presents
"Reynard The Fox," a children's play, to be presented by TCC's drama department at 11 a.m., 1 and 2:30 p.m. tomorrow and at 1 and 2:30 p.m. on Sunday in the TCC Little Theater. Admission will be 50 cents.

Noted Psychoanalyst

Dr. Bruno Belleheim, noted psychoanalyst, will speak on "Love is Not Enough" at noon February 26 in Building 15, Room 8.

Registration

Students currently enrolled in winter quarter, 1971, who plan to continue spring quarter should pre-register by mail to avoid in-person registration with new students in March. Follow the procedures stated below:

1. Consult your adviser and obtain his signature on the course request form which is required of all full-time students. (12 or

more hours). DO THIS IMMEDIATELY. Check the list on the west wall of the Resource Center for your adviser. If your name is not listed, check with Mrs. Hoflin in Building 14. All part-time students may make an appointment with a counselor in the Student Information Center in Building 5 Monday through Thursday, 8 a.m.-9 p.m. and Friday, 8 a.m. to 4:30 p.m.

2. Obtain course permission slips for all courses requiring instructor's permission from the instructor. Staple the slip to the course request form.

3. List alternates which can be substituted if courses on your original schedule are closed.

4. Request forms are to be deposited in boxes provided in the faculty offices, in the library and in Building 5 on February 22, 23, 24 and 25. Check with your adviser to see which day you should deposit your slip.

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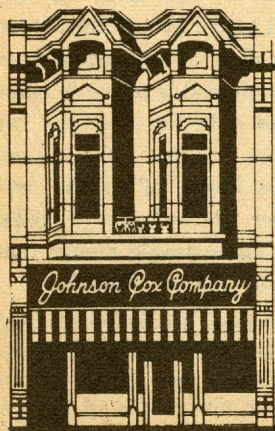
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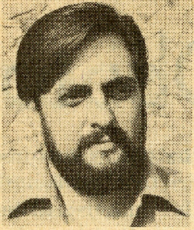
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. . . is a real challenge!





AS EYE SEE IT

By Barry Sheridan

17th and K or How Black People Love to Play Cards. Sound familiar? Have you heard that before? As I recall, about four or five white people know what it means; but, almost every black person at TCC and at Hunt Junior High experienced it last Monday noon in building 15-8.

17th and K is a play written by Tabo Chuku (Ed Tom Mack) and expressed by many people from the Obi Society, including Tabo, Keith Williams, Kenny Harden, Chuck Hunter, Renell Andry, Warren Snipe, Robert Hall, Rollins Christianson, Travis Thorn, Mickey Satterwhite, and Al Thompson. It was filled with the feelings of the today's Afro-Americans. It laughed. It sneered. It cried out in rage and it wept steel tears. It was eloquent. It was poetry. It was life —NOW!

Where were all the whites here who profess brotherhood? Was the walk too far? Or did you all have classes at 12:00? Did you figure you knew it all? Did you care? You certainly knew where! The signs were all over, it was announced in the cafeteria and the snack bar that day. But, still, no one came.

Where were all the "Integration NOW" whites, who whisper themselves hoarse for "the cause." Hell! Why integrate? That's what many black people ask today. They're sick of promises not kept. They want to be together. I can see why, now.

Again, you blew a chance to show you cared. (But, of course, that's only assuming that you do care!) Larry Lee, Dave Bannister, and Dick Deyoe were the only white people I saw there. (I might have missed one or two.) The E and W issue is trivial garbage compared to this display of almost organized indifference. Building 15-8 should have been filled Monday noon. But, you just sat in the cafeteria with burger in hand running off at the mouth, expounding garbled rhetoric — at no one who really cared.

The white mans' burden seems to be the white man. Not just the student — but the teacher. Not just the man — but the woman. Not just everywhere, but here.

Even for Sonia Sanchez; there were maybe 30 white people in the Little Theatre on Tuesday. Out of about 3,000 white students here that's not showing very much. But, maybe it does show a lot — a lot of white people who one day, when a racial crisis confronts them, will ask, "Why are 'THEY' doing this? We don't understand!" Well, try and remember back to Black History Week in 1971. Remember that Monday. Where were you that day? Surely, not on 17th and K!!!!!!

Last Coffeehouse?

The next Coffeehouse will be on Friday, February 19th. As I told the 300 people at last week's coffeehouse, it will be the last, unless some people help set up 15-8 Friday afternoon. It doesn't take long for five or six people but it sure does for two or three. The Coffeehouse has been and should be meaningful to everyone. Let's chip in together. Please let me know what you want!

Big Jim Smith

Known to his friends as "Smitty," Jim Smith the night supervisor of the maintenance crew at TCC has stayed overtime and shown great patience in allowing the Coffeehouse to remain open until three and sometimes four in the morning. He never complains about the lateness. He just smiles and says, "Don't worry about me. Just have a good time. I'll be here, when you need me."

Jim just got out of the hospital with a rather serious case of ulcers. A bland diet and a lot of hard work have not dulled his warmth or diminished his smile. No matter how tired we are after the Coffeehouse, Jim's presence is a tremendous lift. I feel proud to know this man. Thanks, "Smitty!"

Membership drive conducted by Young Republicans

A membership drive is being conducted on campus by the Young Republican Club.

Charles Milhans, club president, said that the club hopes to send a large delegation to the State convention of the Young Republicans scheduled for April 13 at Ocean Shores.

"We've also received permis-

sion to send a delegation to the national YR convention in Phoenix in June," Milhans said.

The TCC YRs generally meet at noon on Thursdays in Building 15-11. Students interested in joining should attend a meeting or contact Milhans or Jim Stacey, club secretary, in Building 17A.

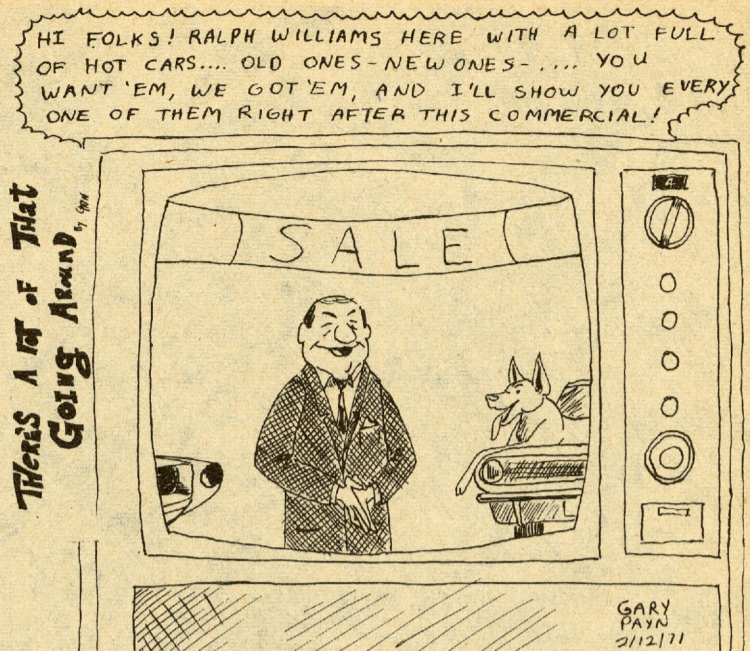
Coffeehouse

Last Friday night Building 15 was alive with music and people. Another successful coffeehouse was held as many groups and individuals performed.

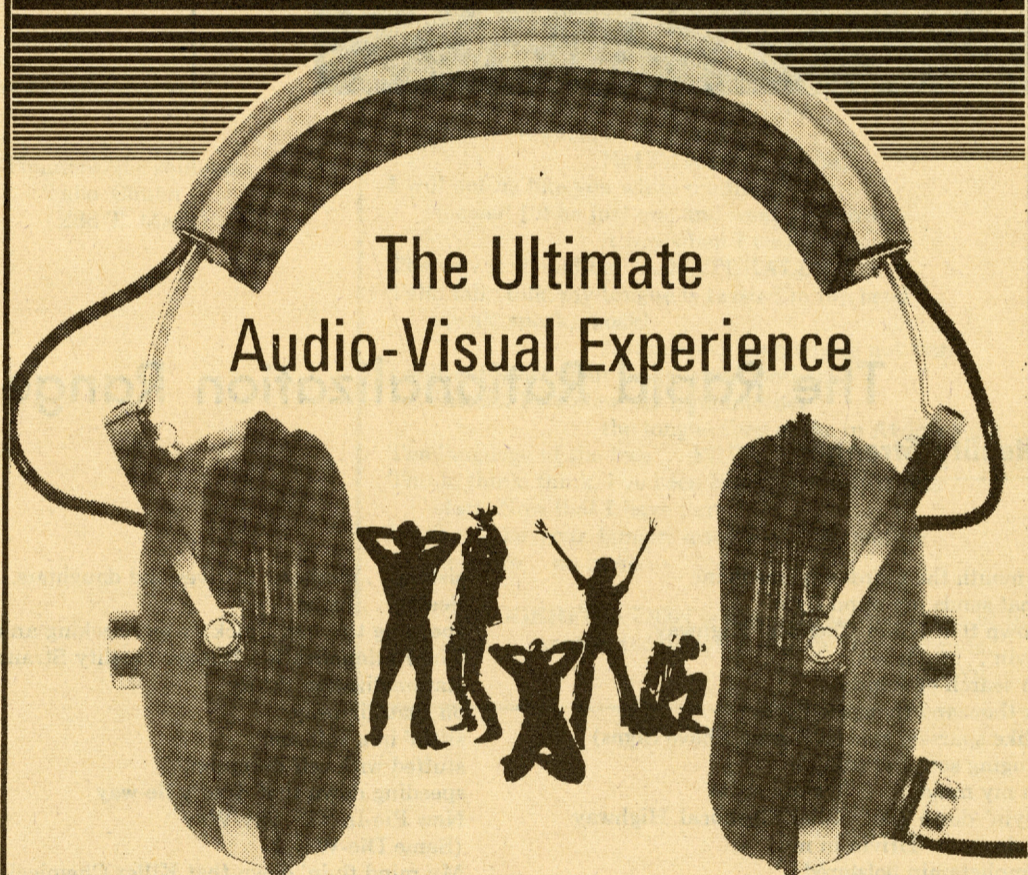
They included: Mick McCartney, the Contemporary Jazz Sextet, Marie Schossow, Bill McClarty, Old Rose, Larry Bommarito, Steve Hutchins, Alderbanderiz, Gary Payn, and Barry Sheridan, who put down the mike and picked up a guitar.

The next coffeehouse will be held on Feb. 19 at 8:00 p.m. in Building 15, room 8.

Most of the groups mentioned above will be there along with three new groups. They are: the Hunger Brothers, from Bellingham, the New Generation, and High School.



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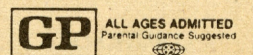
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Listen

Listen, listen, listen,
BLOOD-BLACK MAN
NEGRO-NEGREES
 to the sounds of the
 oppressor
 oppressing
 your
 brothers and sisters.
 Listen, listen, listen
 to the sounds of
 guns,
 napalms,
 oppressed people
 crying,
 crying,
 crying.
 Listen, listen, listen,
 to the sound of
 the oppressor
 coming,
 coming,
 coming
 inside your
 beautiful black women.

Tabo

Obi to sell book

The poems featured here are rhythmic radiations from the freedom fire that burns in the heart of Black America.

The authors: Sister Ufrabyu, Brother Osaju, and Brother Tabo Chuku (better known as Fraby Staten, Owens Satterwhite Jr. and Edd Tom Mack, respectively) have all attended or are now attending T.C.C.

More of their writings, and writings by two other black authors, will be featured in the OBI Society's forthcoming book, "Black Heat." Copies of Black Heat will sell for \$1.25 each, and all proceeds from the sale of the book will go into the OBI Society's Scholarship Fund. Copies will be available on campus soon.

To some the heat will be scorching and threatening to others it will be warmth. Hands may be burned by the heat, but we of OBI hope that eyes will be opened by the light before bodies are burned by the fire.

OBI Society

The Living Dead



We live lives
 that are not worth living,
 so why not die
 trying to make
 lives livable?
 We exist in
 a half-life, half-lie
 not living — not dead
 contradictory state of being
 contradictory frame of mind.
 We believe what we don't really
 know is true.
 lead by lies.
 loving liars.
 DEAD.

Mickey Osaju

The Rapid Rationalization Ranger

Reality Stranger

I mouth the murderous medicine
 that sends my mind flyin'
 down that Killer Chemical Highway.
 jivin' drivin'
 in search of solution.
 A thousand thoughts fly by
 (like sparsely spaced Burma Shave Signs)
 singing songs of solution.
 in my mind for my mind
 flyin' down that Killer Chemical Highway
 jivin' Drivin' in my
 amphetamin bolstered
 madness upholstered
 Killer Chemical Cadillac
 (with power ego)
 Happily highwaying
 surveying scenes of suffering
 and social sickness.
 Seeing sleeping serfs and slick slaves.
 Watching sermon shouting soul savers soundly
 psyche salvation seekers.
 Listening to soothsayers, and swahili speakers
 concerned about shotgun show-ers who shoot **shit**.
 Seeing all those sub-conscious system supporters
 watching, swaggering sister savers secretly screw

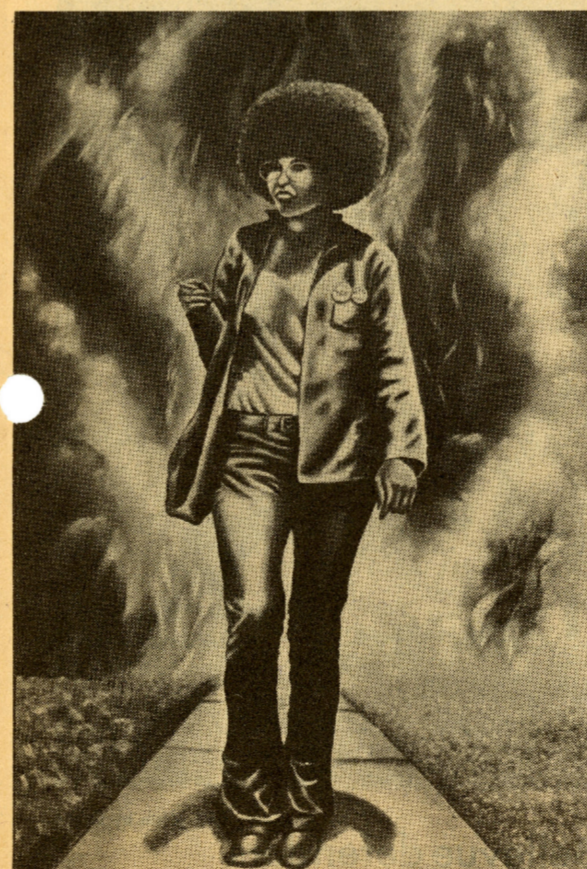
sisters. . . mothers. . . wives and daughters.
 Seeing. . . being
 speeding through a sick society seeking an un-sick-self
 The Rationalization Ranger (reality Stranger)
 Rationalization riding
 on that highway
 sittin' in a soft seat,
 stuffed with self deception
 speeding down that deadly lie-way
 New Pie-In-The-Sky-Way
 (Same Die-Way!)
 My mind flyin' down that Killer Chemical Highway
 Harmfully Happy.
 Jivin'. . . Drivin'.
 being driven by.
 being jived by.
 my amphetamine bolstered
 madness upholstered
 killer
 chemical
 cadillac
 CRASH!!!!!!!!!!

Mickey Osaju
(Owens Satterwhite Jr.)

I Am, But A Black Woman

Be strong in what you will. . .
 for like a soul's created song,
 So shall your revolution live on
 (a instrument of freedom beyond thought. . .)
 Ethos! Pathos! however universally complexed
 with mental/physical rhythmit maybe.
 What is the sweet, bitter price of my
 BLACK ENTITY (thought of freedom)???
 I am but a Black woman
 looking towards the sun,
 Another day — Another dawn
 "another revolution begun"
 Entity has died, Reality now exist . . .
 Black Man!! Clinch that fist!!
 Black Reality is music to my ears,
 entity had it's sweet/bitter tears.
 I am but a Black Woman.
 looking towards the sun,
 Another day — Another night
 "another revolutionary flight"
 Revolt! Revolutionary Wars! Violence
 in the streets. . .
 That's all I'll give.
 no! no more pleading
 tears.

Ufrabyu
(Fraby Staten)



Cut Me Loose Charlie!

cut me loose charlie!
 cuz' I ain't coming
 to your job
 in the morning
 and get a
 pet on the head
 for good luck,
 cuz' we black
 ain't
 no good luck charms.
 cut me loose charlie!
 cuz' I ain't going for
 your funky games
 no-more,
 you fool me last time
 with your
 civil rights bills.
 cut me loose charlie!
 cuz' I ain't falling for
 your Model Cities and
 Urban Renewal, that's
 better known as
 nigger removal.
 I say, cut me loose Boy
 Cuz' I just ain't going for
 your-pass-a-fires
 no-more.

*Jazz number by Booby Timmons/the soul man
Tabo Chuku
(Edd T. Mack)



I Will Not

Press, press, press, my hair on my head
 and let it burn, burn, burn!
 No! I'd rather be dead.
 I will not-be like you white mother!
 instead I'll be just me, and wear by hair like
 it was when I was free.
 The way it should be. . . . NATURALLY.
 Talk, talk, talk, my tongue is twisted in my head
 speak, speak, speak!
 No! my own language is not dead.
 I will not-speak your lango white mother!
 instead I'll follow my grandmother
 the tongue they spoke in Africas land
 The language of the free. . . FREE
 Think, think, think, I've been brainwashed from the
 start. Now that I have part
 I will not be your human machine white mother
 no more no more

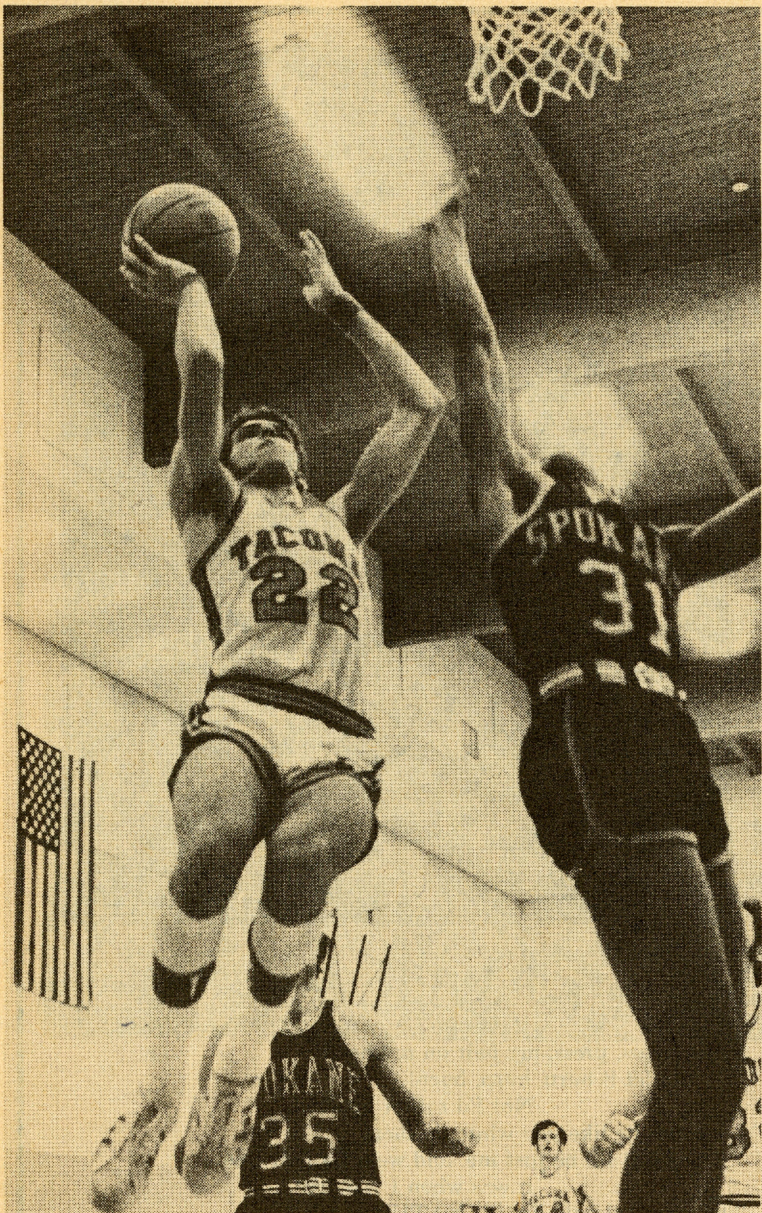
"NIGGERFICATION is the natural, free, trend of thought,
spoken today, tomorrow and for evermore."
Ufrabyu

The Sickness

Man dis whole
 bitch place of America
 is sick.
 Pigs breaking loose screwin'
 over the Brothers and all
 oppress people are sick.
 Man all these dogs are sick,
 and we've got to deal
 with them.
 Sometimes I think
 we're sick and
 we are sick
 but this is

The Sickness which is good.
 The Sickness which is to liberate
 the oppress people of this
 Decadent American Society.
 I feel like I want to
 deal with those pigs and dogs,
 and
 I feel like I want to
 liberate all oppress people.
 Man I think I got
 THE SICKNESS.

TABO CHUKU
(EDD T.)



— Challenge staff photo by Tom Winter

Mark Seil (22) drives on Spokane's Jim Tyner (31)

Booters come back to tie Bellevue

by Tom Winter

Tacoma had the advantage in Friday's soccer game with Bellevue, but the game ended dead even in a 3-3 tie.

Tacoma's advantage was that Bellevue arrived two men short and had to play the game shorthanded. But Bellevue didn't play dead because of the handicap. They scored first, on a fluke goal from Dan Gregory's corner kick, 14 minutes into the first half. Gregory was credited with the goal as Titan goalie Bob Jordan, trying in vain to deflect the ball over the goal, deflected it into his own goal.

Titans Tie on Comeback

The Titans came back, however, three minutes later to tie the score on center forward Panayotis (Pano) Kumantarous' goal. Pano's goal was point blank from about 15 feet out in front of Bellevue's goal.

Kevin Smith's goal at the 33 minute mark of the first half gave Bellevue a 2-1 lead which held up at halftime.

The Titans' first half play was ragged, as most of their passes were off the mark and their plays failed to click. Bellevue, although shorthanded, had their plays clicking. Of the Titans' ragged first half play, goalie Jordan said, "Pano wants to run it (the play) one way, Keith (Vincent) wants to run it another way, and John's (Hart) the coach."

Former Forward Starts in Goal

The second half opened with a Titan substitution at goal, Ray Marthaller, former basketballer, replaced Jordan in the Tital goal.

Having to play catch-up all afternoon, the Titans again tied the score 2-2 midway through the second half on a goal bl hlfbck Doug Taylor.

Dan Gregory's second goal of the game gave Bellevue its third lead of the game, 3-2. "It just rolled underneath my legs," Marthaller said of Gregory's goal. "I saw it and there it went."

Just as it looked like the Titans would lose their second game of the year, Pano picked the upper left hand corner of Bellevue's goal and drove home the tying goal with six minutes remaining in the game.

Titans still tied for first place, next four games on the road

By Tom Winter

"This is the toughest part of our schedule," said Titan basketball coach Don Moseid as he and his team embark for four straight road games.

For the third straight week Walla Walla and the Titans are tied for the top spot in the NWAA's Cross-State Division. The Titans defeated Columbia Basin, 91-65, Friday and Spokane, 69-61, Saturday while Walla Walla kept pace by beating Olympic 92-88, and Fort Steilacoom, 101-94, in overtime.

Tonight the Titans travel to Bremerton to face Olympic and tomorrow night the Titans travel across town to face Fort Steilacoom at Clover Park High School.

Denny Bitz, the Titans' sixth man, is a question mark for this weekend's play. Bitz, who suffered a bad ankle sprain against PLU's Jayvees, had to sit out last weekend's games. "If I can walk, I'll be out there," Bitz said. Next weekend the Titans will cross the mountains to play Wenatchee and Walla Walla which are tied with the Titans for first place in the Cross-State Division.

Tonight's Game Toughest

"Tonight's game will be the toughest one we face before Walla Walla," Moseid said, "as Olympic is battling for a playoff spot."

A Moseid-coached Titan team has never lost to Olympic. "Olympic has better material this year," Moseid said. "Physically, they're as good as any team in the league."

Moseid feels Fort Steilacoom is out of the race, but could be a spoiler for those still battling for the playoffs.

Although Wenatchee is solidly fixed in the cellar at the Cross-State Division, Moseid isn't taking them lightly. "They're always tough at home. They beat Olympic two weeks ago and led Walla Walla nearly the whole game only to lose by two."

The Walla Walla game will be a classic, Moseid feels, if both teams remain undefeated until then. "Walla Walla hasn't lost at home in two years," he said.

The Titans are taking these games one at a time. "If we look ahead and don't think of the game at hand it could change the complexion of the Walla Walla game," Moseid said.

Hawks Beaten on Ron Oughton Night

Columbia Basin didn't have a chance Friday as they were dumped by the Ron Oughton paced Titans, 91-65.

Oughton's effort broke three existing Titan basketball records as he scored 34 points, hit 13 field goals and grabbed 27 rebounds. Oughton's 34 points broke Don Lehmen's previous scoring high of 32 points. His field goals is one better than that of Jim Womack's and Don Martonik's previously high of 12. In grabbing 27 rebounds Oughton broke his own record of 23.

"When I went into the game I didn't think I would have a good game," Oughton said. "I was hot, but I didn't take any shot I shouldn't have."

"He's the best forward TCC has," said teammate Stanley Edwards.

Moseid thought Oughton had an exceptionally fine game. "A guy can't do more in a game," he said.

From the opening bucket, the Titans never trailed. Beating Columbia Basin's press with full-court passes to score easy baskets early, the Titans built up a 44-33 halftime lead.

The Titans put the game out of reach early in the second half as Oughton scored five straight baskets. After that it was just a matter of time.

Everyone Played

Despite being overshadowed by Oughton all the Titans had a chance to play. Other Titan scorers were Dean Ecklund 17, Mark Seil 10, Bruce Larson 9, Clyde Strickland 8, Mark Belvin 6, Charles Nicholson 4, Dave Hunter 2 and Bob Frier 1. Jim Carkonen and Stanley Edwards failed to score.

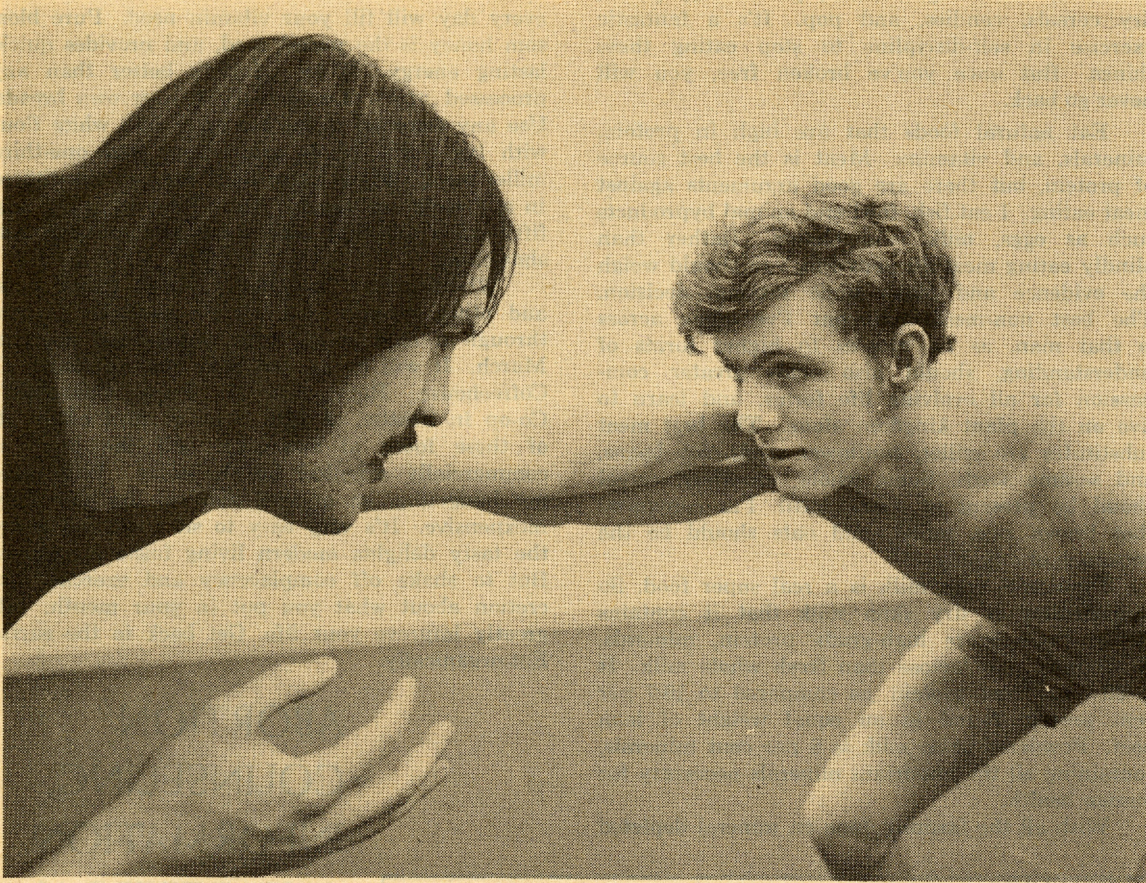
Columbia Basin's scorers were Mendive 19, Holloway 17, Guadjardo 11, Blodgett 6, O'Conner and Stempeck 4, Haase and Matteson 2.

"We played as a team against Columbia Basin," Moseid said. "We ran more and worked our offense to good advantage in the second half."



— Challenge staff photo by Gaulie

**Pano (6) dribbles past Bellevue defenders
Titan center forward scored twice against Bellevue**



— Challenge staff photo by Gaulie

Wrestlers Hutchinson (left) and Mayfield go through the moves

Mayfield says the team still needs wrestlers in the 118 and 158 weight classes

TCC Sports

Titans still tied for first place

(Continued from Page 6)

Titans Thrown a Scare

Spokane threw a scare Saturday as the Titans could only manage an eight point, 69-61, home court victory over them.

Despite jumping out to a 5-0 lead, Spokane fought back to grab the lead, 918. The lead changed hands several times before it was tied 25 all at halftime.

The Titans took the lead for good at 41-39 with 6:40 gone in the second half on Mark Seil's twisting lay-in.

The game remained close even though three of Spokane's starters fouled out. The Titans finally pulled away on the clutch free throwing of Bruce Larson.

Although Spokane sank six more field goals than the Titans, the Titans won the game at the foul line as they were 29 of 40 compared to Spokane's 9 of 14.

Moseid Disappointed

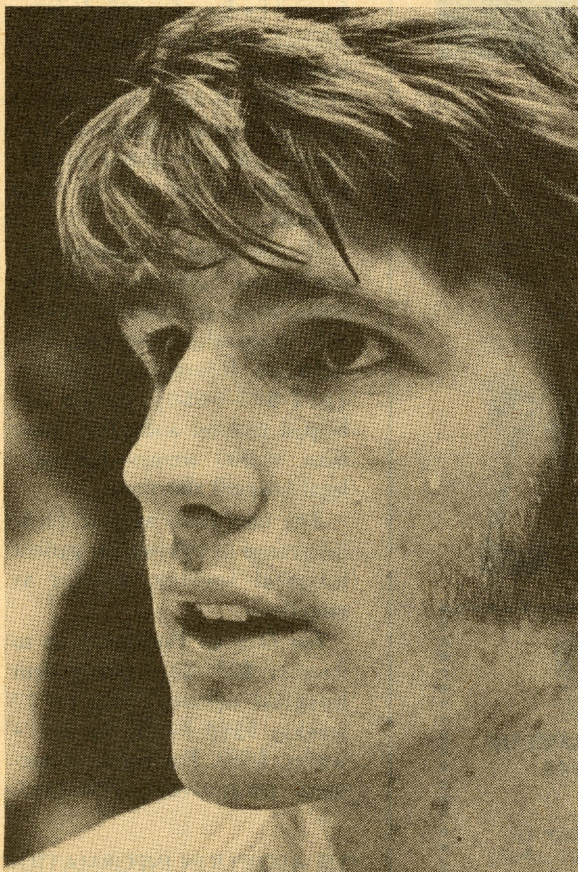
Moseid was generally disappointed with the Titans' play against Spokane. Spokane played well for a team that's losing," Moseid said. "They came to play."

Again, for the fourth straight game, Ron Oughton paced the Titans as he scored 20 points and grabbed 13 rebounds.

Other Titan scorers were: Mark Seil 17, Dean Ecklund 14, Bruce Larson 10, Charles Nicholson and Clyde Strickland 4. Bob Frier and Dave Hunter saw action, but failed to score.

Spokane's scorers were: Ron Krueger 15, Jim Tyner 12, Karl Johnson 11, Dick Lentz and Tim Sandberg 6, Bezdicek 4 and Dale Borchers 2.

Moseid said the Titans aren't in the state tournament yet. Although the Titans are tied for first place with a 11-2 record Moseid feels they still need one more win just to assure themselves a spot in the tourney.



— Challenge staff photo by Tom Winter

Ron Oughton

"... but I didn't take any shot I shouldn't have."

Soccer official, 64, coaches Titan team

By Mina Ensign

John S. Hart, a national referee for the Washington State Soccer League, turns out regularly with other students on the newly formed soccer team here at Tacoma Community College. For the rest of the year he will function as the team's coach.

"Soccer is a major sport in nearly every country of the world except the United States and Canada," Hart said, "and it is making headway here."

One of the reasons for its universal popularity is that height and size are not important as in basketball or football. Soccer is a fast, tough and exciting game, requiring agility, speed and endurance.

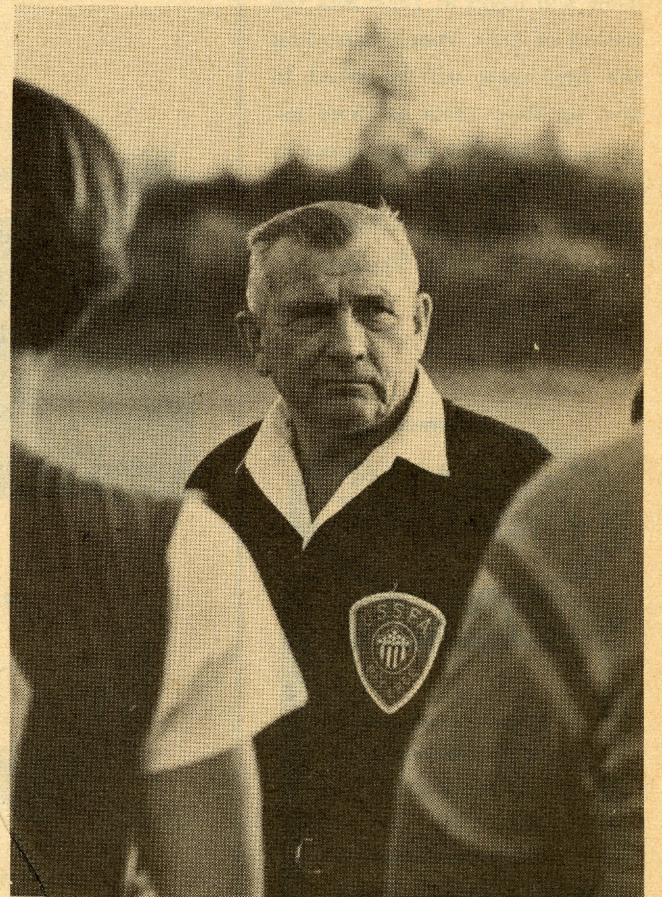
At 64, Hart must still have that kind of stamina. Besides soccer, he plays tennis and volley ball, and carries a full-load of college work, including American history and German. He hasn't asked to be excused from PE, either. He says he needs the exercise.

Born in South Central Germany, at Augsburg, of an English father and German mother, he came to the U.S. at the age of 15. Later he joined the U.S. Army and served with the Ordnance Department for 30 years.

He was with the occupation troops in Japan, and when his family joined him there, his infant son learned to speak Japanese along with English. Hart also served with NATO at Athens, Greece, and was a Supply Officer at the Mt. Rainier Ordnance Depot.

Hart and his wife Alice now live at Fircrest. They have two sons. Robert is a purchasing agent for the Boeing Company. Jack, the younger son, graduated cum laude from the University of Washington and is studying for his doctorate in journalism at the University of Wisconsin.

The Harts also have two grandsons.



— Challenge staff photo by Tom Winter

John Hart

"Soccer is a major sport in nearly every country of the world except United States and Canada."



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Wilson choir to perform in theater

On Wednesday February 24, the Wilson Swing Choir and Ensemble, conducted by Mr. Harley Stell, will be performing two concerts at the TCC Little Theatre.

This group of vocalists is considered one of the finest, most together high school groups in the United States. They are considered equal to and better than many college and professional groups. The selections will range from mellow folk tunes to 5th dimension type songs. Their style and delivery is exciting and unique.

The faculty and students at TCC, as well as the public, are invited to enjoy either or both of the shows that day. The first show will begin at 12:00 and the second at 1:00. People attending the first show will be asked to give up their seats to those arriving for the 1:00 performance in case the expected capacity is reached. Share the warmth. See you at the Little Theatre!

Washington Autocross February 15

by Bill McClarty

TCC Sports Car Club has slated another autocross, this time it will be on Washington's Birthday, Feb. 15th. This will be a full trophy autocross, with complete class breakdowns. Entry fee will be \$2.50. The schedule for the autocross is as follows: 9-11 am registration and technical inspection; 10:30 am to 12 noon practice runs; 12 noon on will be class runs.

Due to the large number of entries expected at this autocross, the above schedule will be adhered to rigidly, so all people desiring to participate in this event are asked to be on time. This is expected to be one of the largest events of this kind in this area.

All people who wish to come out and just watch this event will be in for a special treat. It is asked of all observers to stay off the course. See you there.

(Continued from Page 1)

macaroni, white sugar, cakes, pastries, spaghetti, dry cereals, candies, and pop. It's a fantastic exercise in self-discipline to stop eating these things. But once you've broken free, you will never go back.

Eat natural foods that are high in protein, minerals, and vitamins. Meat is the best source of protein, but there are good arguments against meat eating. I eat fish, fowl and animal byproducts such as eggs, milk, and cheese. Rather than blindly eating meat all your life, you should weigh the evidence and make some rational decision. The best non-meat argument I've come across is that man, as he evolves to higher forms of understanding, should also show greater compassion for all evolving life forms, and learn to live on the plant kingdom alone. The best meat substitutes are millet, sunflower seeds, soy beans, and sesame seeds. Some whole, unrefined cereal should be present at every meal. I'm convinced that brown rice, millet, and oats should be the backbone of any diet.

Powdered skim milk is a real super food. So concentrated is dry skim milk that it contains eleven times more high-grade protein, minerals, B-vitamins, and lactose than fresh whole milk. It is 36.5 per cent protein, as compared to 19.7 per cent protein found in an equal weight of lean beef. Powdered skim milk is 8 per cent minerals, containing all the important minerals necessary for human health.

With all the farming done on mineral depleted

soil you can't rely on fresh vegetables for all your vitamins. A handful of hulled sunflower seeds every day will fill your vitamin need. Pure blossom honey is the purest food, and provides quick, lasting energy. It is infinitely better than any processed sugar. Learn to bake your own breads. Use any common recipe but substitute white flour with two-thirds whole grain flour and one-third millet meal. Whole grain flour may be substituted in any recipe calling for white flour by using one-fifth more moisture, and about ten per cent less shortening.

Whole grains, raw honey, dried fruits, nuts, and other organic food will be available to you through a food co-op store which may open in March. It will be located next door to Court 'C' Coffeehouse. Right now the Puget Consumer's Co-op in Seattle, at 65th N.E. at 23rd offers all of these foods at less than half the price of commercially oriented health stores. With proper budgeting, an organic diet can be incredibly inexpensive. It's very easy to sit back and enjoy the tasty delights modern living foists off on us. But to shake off complacency and exercise discretion about what you put in your mouth, will greatly improve your life. Get back to the earth. Eat organically.

ABORTION COUNSELING, INFORMATION AND REFERRAL SERVICES

Abortions up to 24 weeks of pregnancy are now legal in New York State. There are no residency restrictions at cooperating hospitals. Only the consent of the patient and the performing physician is required.

If you think you are pregnant, consult your doctor. Don't delay. If you choose to have an abortion, early abortions are simpler and safer.

Abortions should be performed by Board certified obstetricians and gynecologists, with Board certified anesthesiologists attending, in fully licensed and accredited general hospitals. You should not have to pay exorbitant charges for any of these services.

If you need information or professional assistance, including immediate registration into available hospitals, telephone The Abortion Information Agency, (212-873-6650), which has helped counsel and place more than 22,000 women for safe, legal hospital abortions.

The total costs at good facilities range as follows (in-patient hospital service, except as noted):

For D & C: Pregnancy up to 9 weeks, \$285-\$310 (out-patient hospital service); up to 12 weeks, \$385-\$410; up to 14 weeks, \$560. For Saline Inductions: 16-24 weeks, \$560-\$585.

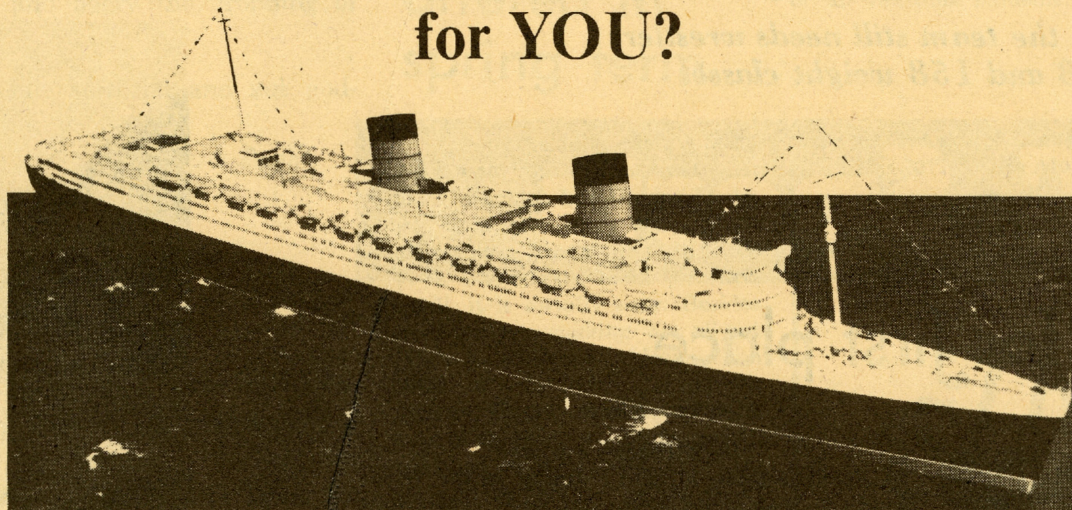
THE ABORTION INFORMATION AGENCY, INC.

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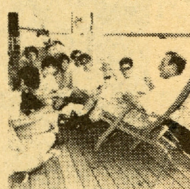
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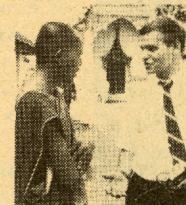


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