

# Controversial Pentagon defendant to visit campus

by Paul Wolman

Anthony Russo, co-defendant with Daniel Ellsberg in the Pentagon Papers trial, will present the first lecture of the 1974-75 "Take Five" speakers' series at Tacoma Community College. He will address students and the general public on Tuesday, Oct. 15, at 12:30 p.m. and again at 7:30 p.m., at TCC's Little Theatre, Bldg. 3. Admission is free to TCC students with I.D., \$1 to the public.

Russo became an opponent of U.S. Vietnam policy after two tours in Vietnam as a R.A.N.D. corporation expert convinced him of the hypocrisy of American policy-makers, and of the human dignity of the "enemy." In 1971 he was accused of helping Ellsberg leak the secret reports, now known as the Pentagon Papers, which revealed a sordid history of official miscalculation, deception and brutality reaching as far back as the U.S.' first involvement in Vietnam.

Russo was jailed and beaten for refusing to testify against Ellsberg, and with him, faced "treason" charges which could have

netted them a total of 150 years in jail, until the case was dismissed. The stormy trial revealed government use of illegal wire-taps, and covert burglary of Ellsberg's psychiatrist's office by Watergate "plumbers" Hunt and Liddy.

Finally, disclosure that the judge trying the case had been offered the directorship of the F.B.I. by John Erlichman served to effectively discredit the government case.

Russo is well qualified to analyze government deeds and misdeeds. Holder of B.S. and M.S. degrees in Aeronautical Engineering, he specialized in Econometrics in Princeton's Woodrow Wilson School of Public and International Affairs.

He traveled to Vietnam in 1965 to work for the R.A.N.D. Corporation's Vietcong Motivation and Morale Project. There he found fellow staff members consciously and unconsciously twisting the embarrassing and "inconvenient" results of their own studies, which revealed the Vietcong as "an idealistic people, monkishly dedicated." As one

official admitted: "If what (the study) says is true, we're fighting on the wrong side."

Yet in the face of studies which demonstrated the ineffectiveness and barbarity of high-level air-strikes, Russo relates; the "defense-intellectuals" carried favor with the air force to call in the B-52's. It became increasingly clear to Russo that his cohorts in the "defense establishment," busy "creating refugees," and "thinking the unthinkable," were unable or unwilling to see the obvious, and to submit their decisions to the tests of truth or humanity, and least of all, to public scrutiny. Russo's critical studies of his Vietnam experience were "poorly received" by R.A.N.D. experts who were busy justifying research data which supported extension crop destruction and cut-backs in social-welfare programs. Soon after, Russo was fired for "budgetary reasons" and he began on the road which led him, and the story of the American policy-making process into the public arena.

## Collegiate Challenge

Tacoma Community College

Vol. X No. 2

October 11, 1974

### Parking costs down 46%

Campus parking, at \$4 a year costs 46 per cent less than last year's \$7.50 fee. The quarterly parking rate is \$1.50 and reserved parking for both faculty and students is \$8 annually. Both regular and reserved parking stickers may be purchased in bldg. 2 (business office) and picked up in bldg. 21 (Security).

Although parking costs are down, fines will still be levied against persons parking in TCC lots without a valid sticker, according to Frank Mitchell, head of Physical Plant. First offenders will get a warning, second and third offenses will cost \$1 and each offense after that will cost \$5. With repeated offenses it is possible that the vehicle will eventually be towed away.

Mitchell pointed out a change in the procedure used to handle unauthorized parking in reserved parking areas — no warnings will be given prior to fines.

An additional innovation in the parking scene is the new sealer which went on all the lots prior to the beginning of fall quarter. The process used to apply the sealer is relatively new and was done at TCC for the first time in the Northwest. The sealer protects the asphalt from erosion due to oil, gas and weather.

Although the project is not entirely finished the total cost including the line painting should cost about \$30,000, Mitchell says. It should be at least ten years before this type of operation is required again.



Parking lots at full capacity. Cost reduction contributing factor?

Photo by Steve Bloom

### Violence dealt with by NOW

"Sexual Violence and Our Educational System: Prevention or Promotion?" is the topic of a workshop on sexual violence, sponsored by the Tacoma chapter of the National Organization for Women (NOW), which will be held tomorrow, Oct. 12 from 9:30 a.m. to 1:30 p.m. in the TCC Little Theatre.

The workshop features Dr. Jennifer James, assistant professor in the department of psychiatry and behavioral sciences at the University of Washington, who will present the perspective of cross-cultural sexual attitudes and practices from an academic humanist point of view. In addition to her university post, Dr. James is one of very few scholars who has done extensive research in the field of prostitution.

As a part of the workshop, participants will view a multi-image, slide-sound presentation dealing with today's sexual attitudes and violence. Afterwards, the public will participate in small policy-making groups, working with academic humanists in areas of their interest.

The workshop's aim is to examine current issues and collect ideas for future public policies regarding sexual violence. These issues include sex role stereotyping, sexual violence and its relation to our educational system, special counseling for the victimized and law enforcement.

### Election workers needed to man voting booths

Students can earn \$2 per hour working at poll booths during the student elections to be held on Wednesday Oct. 16 and Thursday Oct. 17. The poll booths will be open from 8:30 a.m. to 3:30 p.m. and 6 to 9 p.m.

The polling places during the day hours are the Resource Center, the Cafeteria, and Bldgs. 7, 15, and 18. In the evenings, the Resource Center and Bldgs. 7, 15, and 18 will have poll booths staffed.

Students interested in working should contact Paula Plamondon, Ray Miller, or Jerry Winch in Bldg. 15-16 or Linda Miller in Student Activities, bldg. 15-8.



President Paula Plamondon awaits next week's ASTCC election which will determine her slate of senators for the coming year.

Oct. 11, 1974

## Perspective

# Where the action is

Once again next Wednesday and Thursday we will be voting to elect representatives for Student Government and I would like to tell you just a little about what your representatives do.

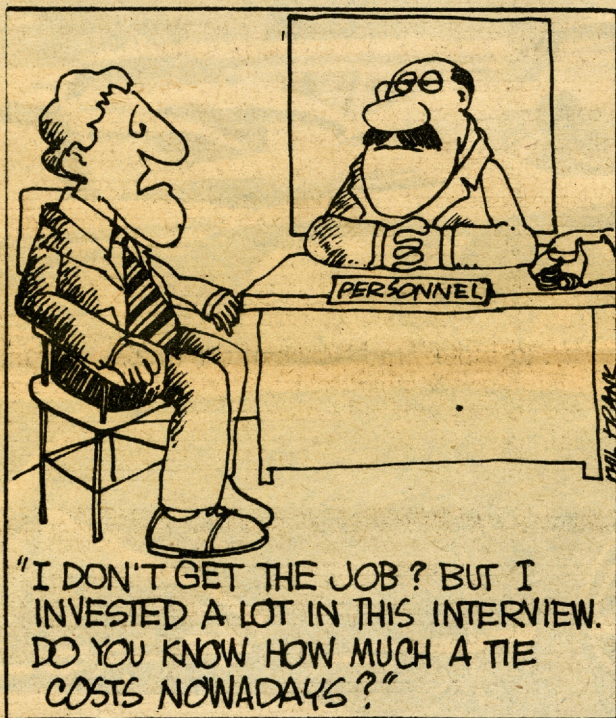
They are responsible for the budgeting and managing of a quarter million dollars. This money comes from the Student Services and Activities fee, \$14.50 which we pay each quarter. In addition it includes carry over from last year and any anticipated revenues.

Student Government also has the job of working for your rights within both the campus political structure as well as at the State level. For example, the administrative council is composed of administration, faculty, classified personnel and students. This council acts as a recommending body to the President and Board of Trustees. We also attend, once a month, a state wide meeting of an organization called CORP (Council of Representatives and Presidents) where we discuss the needs of the student statewide.

In addition to the meetings and the budgeting process we also have the responsibility for certain projects which have been concerns of the students. There are many examples, but a few successful ones from last year are the Book Swap, which was set up and run by the Senate, the Day Care Center, which was the project the Senate worked on all of the last year, and bike racks by classroom buildings. The Senate fought to get these projects completed because they were concerns of the students.

In effect what I think I'm trying to say is simply that the perception many of us bring from high school about Student government is very incorrect. It is a difficult job which requires considerable time and effort to make it work.

Consider this when you go to the polls — remember your senators represent you.



## P.M. counselor offers many services

Are you taking the right evening course? How many of your courses will transfer? Are you working towards the best degree for you? Do you feel right about the direction you are going?

These questions plus many more can be answered through the counseling services that are available to all part-time evening students who are unable to be on campus during the day to utilize the Counseling Center. The evening counselor, Mary Beth Johnson, is located in Bldg. 15, the "Glass Office," from 5 p.m. till 9 p.m. Monday through Thursday. She can be reached on ext. 5134. If you arrive on campus a little early she can be found in the Counseling Center, Bldg. 5A from 4 p.m. until 5 p.m.

Services available to evening students include obtaining information about four-year colleges in the state, local vocational schools, occupational and other degree programs at TCC and transferability of credits.

### Testing can help

Testing and interpretation of test scores is another service offered in the evening counseling office for those students interested in finding out a little more about themselves. Tests can be one of many valuable aids in assessing a student's vocational and academic success.

If you are feeling down, confused about what direction to take, or if you just feel like talking you are invited to take advantage of the professional counseling services being offered every evening.

Ms. Johnson encourages evening students to either drop in before class or on their 8 p.m. break or, if they wish, to make an appointment with her by calling the Counseling Center during daytime hours.

## Veterans corner

**VETS** — Need a tutor? Did you know that VA will pay for your tutor? Tutorial assistance is available for Veterans and their dependents who are attending TCC under Chapters 31, 34, 35. Veterans seeking tutorial assistance must be pursuing a course of education above high school level on at least a half-time basis.

A failing or poor grade is not necessary to request a tutor. Any Vet wishing to raise his grade point average may use the tutorial assistance during the quarter in which he is enrolled for the class.

**STUDENTS** — Like to earn a few extra dollars being a tutor? If you think you can qualify, I would like to hear from you. For further information see Dave Wicks in bldg. 1-3.

Dave Wicks

Veterans Affairs Office

## The Collegiate Challenge

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## Candidate comments on campaign, complications

by Skip Jones

If last Wednesday's laughable turnout here is any indication of things to come Jack Metcalf (R-Mukilteo) is in for a long, hard campaign. Add to that the fact that his opponent is incumbent Warren G. Magnuson, and the outlook becomes even dimmer.

Metcalf, GOP nominee for United States Senate appeared on campus for a speaking engagement Wednesday, Oct. 2 at 3:30 p.m., where he was greeted by three students.

Due to the lack of an audience Metcalf did not deliver a speech, but instead agreed to outline his views on three major campaign issues.

At the top of the list was inflation, followed by senatorial term limitation, and campaign financing.

"Most economists agree that inflation is caused by expanding the money supply without any increase in real productivity," and according to Metcalf the responsibility for the money increase lies with Congress.

"For the past 30 years they (Congress) have averaged spending \$10 billion more than their income."

Metcalf went on to say that the only effective way to deal with inflation was to cut federal spending. If not done soon he said, "it will ruin us." And he added, "inflation doesn't just happen. It is caused deliberately . . . by politicians."

Congress' seniority system is a definite concern for Metcalf. "The seniority system is one of the great evils of our form of government. What it does is take power from the people and places it in the hands of a few."

Metcalf believes this concentration of power creates a situation whereby special interests and big business have only a few people to "buy."

The solution to the seniority system, said Metcalf, is limit-

ing senators to two terms.

"Congress saw the necessity of limiting the President to two terms, and we all know why. But," he added, "they haven't seen the necessity of limiting themselves."

Metcalf's tone became more urgent as he described the "undue" influence of big money interests on political campaigns. He feels "the three big monsters that are dominating American society are big labor, big money interests, and big government."

Big labor and money interests are buying elections for their friends, related Metcalf. "For instance," said Metcalf, "I'm afraid we're not going to raise enough money to even be heard. Maggie snapped his fingers and raised one third of a million dollars. While on the other hand we have had over 3,000 contributions at an average of eighteen dollars each."

Metcalf felt that the reason for making such large contributions to Magnuson was ". . . that he repays much more than he costs."

Metcalf advises that if the system of political payola is allowed to continue, "we will lose our form of government."

When asked what the chances were of a public confrontation with Magnuson on the issues, Metcalf replied, "zero." "Maggie isn't about to submit to a debate," he said. "He's riding high so why should he?"

Evidence shows that Metcalf certainly has a tough fight ahead of him. His track record against Magnuson is not good. He suffered lopsided defeats in the 1968 senatorial election and this year's primary.

Metcalf puts it best himself when, while looking at the empty seats in Bldg. 16 he sighed, "and you think this isn't frustrating."

# TCC revives John Brown's Body

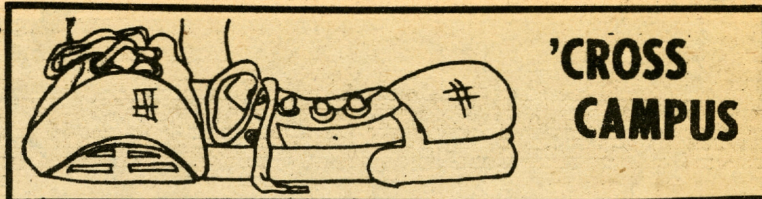
John Brown's Body mouldered in the grave soon after he was hanged for treason on Dec. 2, 1859. His truth, however, does indeed go marching on. The epic poem about the Civil War by Stephen Vincent Benet is to be staged once more by the Tacoma Community College drama department. The vigorous marching tune will be heard in the campus theater the evenings of Nov. 15, 16, 21, 22, and 23.

Although the poem "John Brown's Body" was first published in 1928, a dramatization of it was not attempted until 1952, when it was done by the actor-director, Charles Laughton. It was the first drama to be presented in the newly renovated Ford's Theater in 1968 in Washington, D.C. It is rapidly becoming a favorite, especially appropriate for the approaching bicentennial.

The over 300 pages of the poem have been whittled down to 34 in Chuck Cline's adaptation of the poem for reader's theatre.

The essence of the lives of a hero from the North and a hero from the South, portrayed against the background of the Civil War is distilled into these 34 pages. Students will portray in pantomime the characters in the readings of this Pulitzer-prize-winning poem.

The music of the Civil War marching song, which gave the poem its title, was originally a camp meeting hymn. Some witty soldier of the North put the words of the "John Brown's Body" doggerel to this music, and it was picked up as a marching song by the troops everywhere. Julia Ward Howe, hearing the tune while assisting with the war's wounded in 1862, came up with the more appropriate and nobler words of "The Battle Hymn of the Republic." Her song poem was first published in the "Atlantic Monthly" and quickly won wide acceptance. The troops, however, continued to sing "John Brown's Body."



## Huskies to bark here

Students interested in transfers and general information about the University of Washington should meet with their team of admissions and academic counselors who will visit TCC Thursday, Oct. 17 from 10 a.m. to noon and 1 to 3 p.m.

## Commuters, ride 'em

Students interested in getting or giving a ride to TCC should check the commuter ride board now situated in the student lounge, bldg. 15 room 8.

## Cream in your Kottke

Guitarist Leo Kottke performs in concert at the Opera House Thursday, Oct. 24, at 8:30 p.m. Appearing with Kottke is guitarist and singer Steve Goodman. Tickets for the Northwest Releasing concert are on sale at the Bon Marche, Shoreline Music, Lamonts in Burien, Campus Music, Bell, Book, and Candle in Bellevue and Bandwagon Music in Crossroads.

## Creative jive will come alive

Anyone interested in contributing articles or poetry to BLACK TALK, a publication designed to transmit black voices of communication, should contact Jewm Sims at the OBI office from 9 a.m. to 12 p.m. or from 3-5 p.m.

## New Rhode to 'Court C'

Singer Robert Rhode will perform at Court "C" tomorrow evening, along with Cowboy Gary Kanter and folk singer Brian Butler. The show starts at 9 p.m. and has a 75 cent door charge. Court "C" is located at 914 Broadway Plaza, upstairs.

## Theater draws flies

"Cool Hand Luke" and "Lord of the Flies" are coming to the Little Theater on Oct. 25 at 7:30 p.m. Admission to these and movies to follow is 50 cents with a TCC ID card and 75 cents without.

### Review

## 'Blazing Saddles'

by Kurt Kentfield

The title of mad genius of the movie industry, of course, goes to Mel Brooks. He appears in dual roles in this "everything goes" western. Brooks first appeared as a depraved frontier governor, then as a Jewish Indian chief who speaks Yiddish.

Clevon Little's role begins as a railroad worker who becomes sheriff of Rock Ridge, a western town filled with bigoted townspeople. Here he teams up with a drunken has-been gunslinger known as the Wako Kid, played by Gene Wilder.

Little has been hired by Harvey Korman, who hopes that the townspeople will kill their black sheriff and allow his band of bad guys (lead by Slim Pickens) to pick up land cheaply and sell it back to the railroad at a large profit.

If you haven't guessed it yet "Blazing Saddles" is no ordinary western. It's the kind of unhinged lunacy seldom seen since the Marx Brothers quit making films.

The movie is a slapdash comedy full of puns, parody, four letter words, racial enmities, some of it sophomoric, most of it profane and hilarious.

Life is cheap in Rock Ridge, and so are the jokes.

Madeline Kahn breathes life into the film as she appears in the Marlene Dietrich shtick as Lili Von Shtupp, a dance-hall vamp who invites Sheriff Little back to her "dwessing woom" at the climax of a song lamenting that she's gooddamn tired of unleashed passion.

The movie ends with Little and Wilder getting off their horses and riding off into the sunset in a cadillac limousine.

## Collegiate Challenge Classifieds

**NEED RIDE** Will help with gas. Must be at TCC 8:30 am daily, partial help appreciated. Dan Blachly, 516 N. "D" #5 (by Stadium) Tacoma, Wash. 98403 - or leave message at JU 2-0620 after 5 pm.

**FOR SALE:** Bridgestone radial snow tires for Datsun 240-Z's. Size 175 SR14 \$70. Contact Steve in the Challenge office.

**CHALLENGE CLASSIFIEDS** are FREE to the students, faculty and staff members of Tacoma Community College. Drop in the Challenge office, room 15-18, or call ext 253.

**TERM PAPERS!** Canada's largest service. For catalog send \$2 to: Essay Services, 57 Spadina Ave., #208, Toronto, Ontario, Canada.

**GOLDCREST DT-7** tripod, full swivel head, also tilts. \$14, contact Steve in the Challenge office.

**NEED ROOMMATE!** Large one bedroom house. Can make more room; large kitchen, large living room, large bathroom. Completely wooded, near school (8 blocks) in Fircrest. Want to split rent of \$125. Open minded individual, male or female. Contact Bob Cox, 713 Princeton, or I'm in Bldg. 15 smack bar 9:30-10:15 or 12:30-1:30.

**FOR RENT,** Large 1 Bedroom apt. all Utilities provided. \$115. per month, 756-5065.

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**NEW HOURS Monday - Friday 7 a.m. - 3 p.m.**



Photos by Steve Bloom



Today thousands of Americans are in a revolt of sorts against the urbanization of our society. A deep instinct is directing them back to nature — as campers, backpackers, canoeists, fishermen and hunters.

And they are getting lost. The majority of these latter day Daniel Boones are as fitted for wilderness travel as an aborigine is for finding his way in Manhattan.

Man has an innate sense of direction? Don't you believe it! If man at one time had an animal-like sixth sense inherited from his forebears, it has long since disappeared. The performances of storied wilderness guides and desert tribesmen, who seemed to possess an uncanny sense of direction, can be explained in other ways. They usually had uncommon powers of observation and a computer-like ability to mentally plot changes in direction, time and distance. True, the guide may have come to feel that he was born with these traits, when actually his training and acquired powers have merely passed into his subconscious.

Akin to the fallacy of the sixth sense is man's belief in his ability to walk in a straight line, when he really has as unerring a talent to walk in a circle.

In blindfold tests people can't walk in a straight line to a target. Why? A common explanation has been that the human body is lopsided. We veer because many of us have one leg longer or stronger than the other one.

Whatever the explanation, the circling propensity is overwhelming in man, so much so that search teams try to work on the assumption that a lost person will seldom get more than two-and-a-half miles from one point in a day, according to a National Safety Council spokesman.

A magnetic compass is not a magical instrument that will unerringly lead to safety. So not everybody can find his way with a compass.

Knowing which way is north is of little value if you don't know where your object lies in relation to north. A compass won't help you if you don't know how far off line your detour around an escarpment carried you. You may be on your true compass course, but parallel to it five miles to one side of your original line.

A compass needle points to magnetic north, not true north. Declination is simply the error or variation of the magnetic indication from true north. To either side of the magnetic line a compass will "decline" to the east or west in varying amounts, shown in degrees on maps. In some places failure to set off compass declination could cause an error of a mile in a three-mile hike.

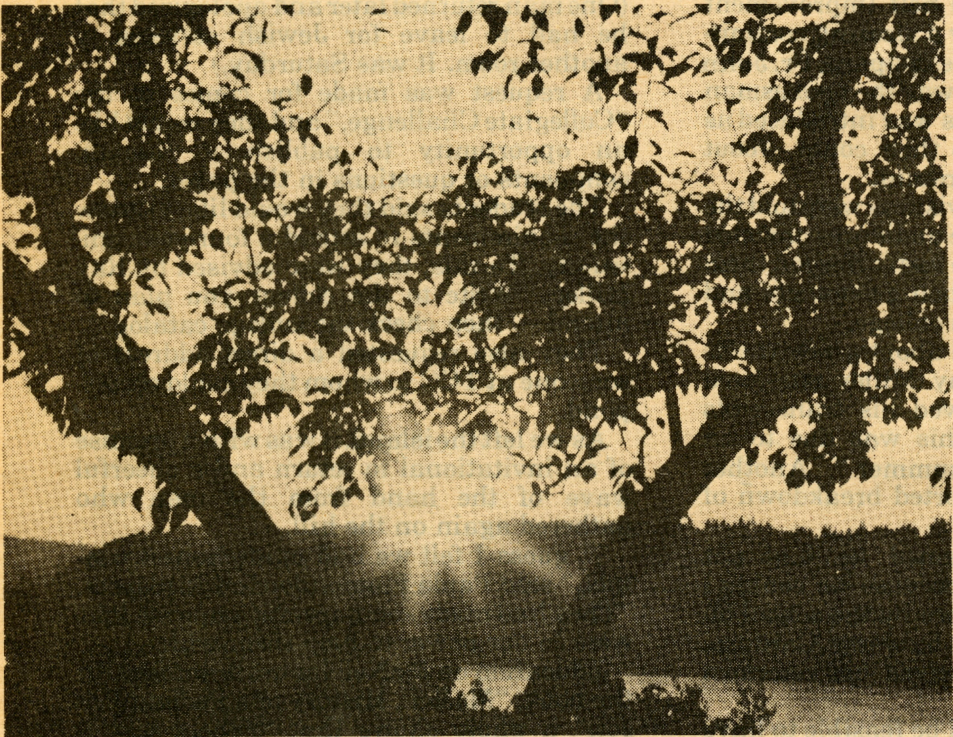
A compass also can be in error when in proximity to iron or steel. An outboard motor, steel tackle box, boat anchor, firearm, axe and even a belt buckle unless made of brass or aluminum can cause substantial error.

Suppose you know the compass course back to your camp, which is on a stream. You reach the stream, but which way is your camp, upstream or down? If, however, you had made a deliberate error in your return course, choosing a bearing you were dead certain would carry you, say to the downstream side of the camp, you would then have no doubt about which way to walk when you came to the water's edge. It may be the longer route home, but it's the surer way.

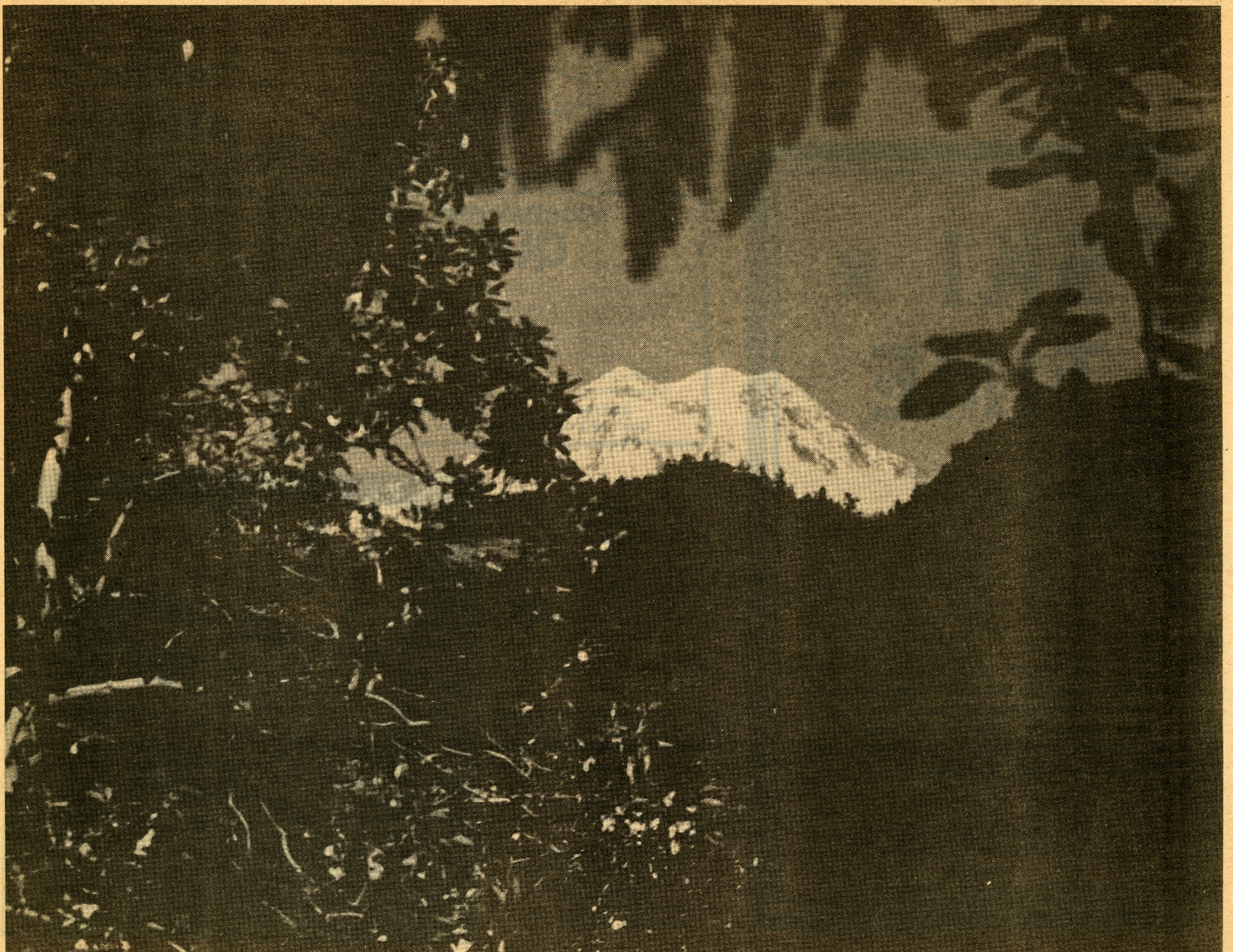


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*Excursions into nature's wilderness can be fun.  
But remember the way back home.*



# McNeil SIG asks TCC Senate aid

by Dolores Hill

Probably the most unusual Tacoma Community College classroom can be found on McNeil Island. Last Aug. 17 its students took a big step toward getting more involved in their college.

It all started when Student Body President Paula Plamondon, four members of student government and this reporter received a rather mysterious invitation to visit the island.

Mysterious, in the sense that none of us know why we were invited or what was expected of us upon arrival. Those attending were Ms. Plamondon, Fran and Jerry Cardoza and Larry Francis, ASTCC Adviser Ray Miller and the writer.

Everyone was organized but us. We were greeted at the dock and escorted to the gate, as a large group of men stood at the top of the hill. After a briefing in the waiting room we were ushered quickly into a rustic but ample chapel. There we were brought to the podium where tangerine leatherette chairs were arranged behind a table. It appeared we were to part of a panel.

After a few murmured protests we were all seated.

"I was scared," Paula said later. "I guess, basically, I felt we wouldn't be able to help."

Paula didn't have much time to be scared, however, because she was quickly handed a mike by a man named Hugh Hubert. When asked later what her reaction was, Paula explained, "The same thing anyone else feels when they are suddenly in front of a bunch of people they don't know."

Paula introduced herself, her position as ASTCC President and explained the Senate's role on campus. The mike was then handed to this reporter, who introduced herself and was quickly admonished to "Please tell our story when you get back."

One by one, each Senate member was

handed the mike and each introduced him or herself and purpose of office.

We learned that the organization that had invited us is called the Self Improvement Group and is headed by a steering committee of 5 members and the chapain, Fr. John McBride. Hugh Hubert was the spokesman for SIG and John Soares was introduced as secretary. According to their count, about ninety members were present.

At this time, the TCC visitors were told the purpose of the visit. The audience consisted of TCC students and the visit afforded them the opportunity to air their grievances and ask questions about the college.

Some were concerned about grade transcripts not received. Ray Miller answered that he had not received his transcripts either and explained this was due to an "understaff in the summer." Another explanation was a reported breakdown of the computer.

One veteran complained he had not received his payment because he couldn't get a record of attendance by the school office. He was reassured by Jerry Cardoza, because he had not received his veteran's check either.

They asked if it would be feasible to have an election on the island to get a student representative there. The Senate group agreed it would be a good idea.

At this point one man stood and questioned the authority of the five-man committee: "Who put you in office?" A lively, heated discussion followed between some of the inmates of Hugh Hubert.

"We shouldn't be airing this now," one spoke up. "We have guests. They aren't interested in our internal affairs."

"Sure. Let them hear it. I think it's a good idea," another said emphatically. The air was hot in debate for some time before they decided to postpone the argument until

later. After this some got up and walked out. (One man returned later and apologized that he had to leave for Jewish services in another room. It was Saturday.)

A request was made for copies of the "Collegiate Challenge," and they would like an opportunity to publish a column, comments or questions in the paper.

The students said they would like to know the requirements to attend a four-year university. To this, they were advised by Ray Miller, "Write to the college you plan to attend — then check the college catalog."

They also requested a direct address of someone at TCC to whom they could correspond.

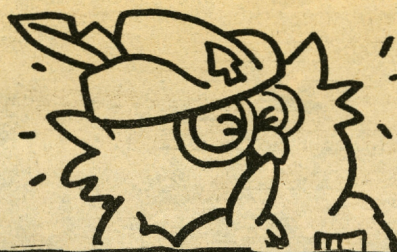
As we left the island, it was with a promise of an invitation to return and a cheerful wave of the hand from the men who gathered again on the hill.

"I guess I felt we had made honest contact," said Paula Plamondon in retrospect. "They had made some specific requests that were in our power to help them with."

Education on McNeil Island is not new. In the book, "McNeil, History of a Federal Prison" a photo shows that "School was a make-shift affair in 1933." The same book reports that "prisoners donated small amounts from their meager funds for a printing press" in 1920. The publication of the "Island Lantern" began that year. This is still provided free of charge to interested persons and shows an insight into prison life.

Today classes such as Biology, Oceanography, Anthropology, Criminal Justice, English Drama, Political Science and many others are offered with regular college credits received. Instructors go to the Island from TCC. Each class meets once a week for three hours with one break.

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Candidates  
October  
16 & 17



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# athletics

## Sonics look for first post season appearance

Well, it's basketball time in the pro rands, and fans of the Sonics will flock to the Seattle Coliseum to see their beloved team. But it will probably be a different fan who's only got one word on his mind, **PLAYOFFS**.

The SuperSonics are eight years old this season. Only once have they had a winning year, the last year of the Lenny Wilkens era, but owner Sam Schulman decided Sonic player-coach Wilkens should be strictly a player. Later Sam didn't think Lenny fit into the Sonic plans and rudely cast him off to Cleveland. Today Wilkens is the player-coach of Portland. Do you still think he's too old, Sam?

Wilkens' departure brought in Tom Nissalke, a little known coach in the rival American Basketball Association. A victim of circumstances rather than poor coaching, Nissalke was fired in mid-season and the Sonics played out the season in a lackluster way.

The rest of course is history. Bill Russell was hired and last year was more or less a wasted season as big Bill got to know the Sonics. Many people wondered why Russell didn't produce a winner in his initial year. After all, he was a winner at Boston, but he didn't have a great center at Seattle like he did in Beantown.

### Burleson Provides Hope

So what does Russell look forward to in his second year at the Sonic helm? For openers, he has a big man in Tom Burleson, the 7 footer from North Carolina State. The rookie will probably have his problems this year, but he is the man whom the Seattlites are basing their hopes on, not only in "75" but in the future.

### Clark is newest Sonic

Burleson cost the Sonics Dick Snyder, who had become a fixture in Seattle, but the Sonics picked up Archie Clark, an all-star performer, who can give you twenty points a game. Add Fred Brown and Spencer Haywood to these newcomers and the Sonics have a good nucleus for a playoff team. The other forward spot could go to another rookie, Leonard Gray, who Russell has said will be his policeman. Put Kennedy McIntosh's defense and John Brisker's offense together and you could have another great forward opposite Haywood. But since neither can do both, they'll play back-up roles. Jim Fox, probably the most consistent performer for Seattle, will also play a key role, whether he starts or comes off the bench. Slick Watts, the sparkbug, will give Clark and Brown a break as the third guard.

### Sonics in tough company

The Sonics do look strong on paper, but because they are in the tough Pacific Division, the playoffs could still be a year away. Los Angeles has to rate the favorite, despite the retirement of Jerry West. Gail Goodrich leads the Laker attack, with Cazzie Russell, Jim Price and company in supporting roles. If Bill Walton comes through with a good season, Portland could be the surprise of the league. Already blessed with all-star performers Geoff Petrie and Sidney Wicks, Walton could be the key to a playoff berth for the Trailblazers. Add Wilkens to that cast and they could give L.A. a run for their money. The loss of Nate Thurmond, Clyde Lee and Russell could mean the decline of Golden State, while Phoenix has Charlie Scott and that's it.

### Bucks, Celtics Favored

The remainder of the league is also strong, especially in the Atlantic division, with Boston and Buffalo expected to dominate in the weaker Central Division, Baltimore appears to have a big advantage over its opponents, including the New Orleans Jazz, which will be no patsy with Pete Maravich playing for them in their first year of the NBA.

In the midwest, it looks like the Jabbar Bucks with Chicago and Detroit chasing in frustration.

Without trying to embarrass myself, the NBA looks like this for 74-75.

- |                 |                 |
|-----------------|-----------------|
| Pacific         | Central         |
| 1. Los Angeles  | 1. Baltimore    |
| 2. Portland     | 2. Houston      |
| 3. Seattle      | 3. Atlanta      |
| 4. Golden State | 4. Cleveland    |
| 5. Pheonix      | 5. New Orleans  |
| Midwest         | Atlantic        |
| 1. Milwaukee    | 1. Boston       |
| 2. Detroit      | 2. Buffalo      |
| 3. Chicago      | 3. New York     |
| 4. Kansas City  | 4. Philadelphia |

## Meditator brings talents to TCC

John Lass, who has studied transcendental meditation with the Maharishi Mahesh Yogi in Spain and Belgium, will give a special on-campus presentation at TCC on Wednesday Oct. 16, at 1 p.m. in Bldg. 19, Room 11 and at 7:30 p.m. in Bldg. 18, Room 12.

Lass is a member of the Students' International Meditation Society, a non-profit educational organization that offers courses on campuses in transcendental meditation as taught by the Maharishi.

Lass defines Transcendental Meditation, or TM as he calls it, as a "simple, effortless mental technique which quickly and spontaneously brings about a state of very deep rest while at the same time expanding the conscious awareness of the mind." It is practiced twice a day, morning and evening, for about 15-20 minutes.

He stated that TM does not involve hypnosis or auto-suggestion and that it is completely unlike other techniques which go by the name meditation in that TM involves "absolutely no concentration, contemplation, or other mental discipline — it's easy and automatic when properly learned."

Although the technique originates from India via the Maharishi, a Hindu Monk, Lass emphasizes that TM is a technique only — not a religion or a philosophy — and requires no faith or belief or change of lifestyle in order to be learned and practiced successfully.

The value of TM, he says, is that it systematically develops increasing creative intelligence and awareness by allowing the mind to contact unbounded resources of energy and intelligence at the source of thought.

On the level of physiology, he said that the deep rest which occurs automatically with TM has a natural rejuvenating and relating effect.

### Scientific Studies

Lass backs up his claims of mental and physical improvement by citing numerous research studies on TM which have been conducted at highly respected scientific and educational institutions in the United

States, England and Europe.

A Harvard Medical School study indicates that TM produces a physiological state of rest much deeper than a night's sleep. Brain wave studies which have been replicated by several different researchers have shown that TM causes a unique synchronization and integration of the brain wave activity in the different areas of the brain.

Other physiological and psychological research shows that TM meditators show faster reaction time, improved mind-body coordination, greater resistance to stress and disease, increased learning ability, improved academic performance, and increased characteristics of self-actualization.

That TM works, says Lass, is shown by the tremendous spread of TM since its introduction the States by the Maharishi 13 years ago. In 1967 there were less than 400 Americans practicing TM. Today there are over 400,000—the vast majority of whom started solely from word of mouth. States Lass: "Our main publicity has always been the enthusiasm of people who have tried TM."

### Do-It-Yourself

Lass feels that the increasing popularity of TM is also due to the fact that it is so easy and can be practiced privately on one's own, requiring no personal commitments other than time—20 minutes twice a day.

"More and more people nowadays, both young and old, are looking for ways to develop their full potential and to enhance the value of daily life to the fullest. People are dissatisfied with remaining static. They want to grow, expand, evolve. They want to develop greater inner resourcefulness, stability and fulfillment in the face of the increasing stress and complexity of our modern world.

"TM is something that is simple and natural, that works, and that can be done privately to develop and enrich all aspects of one's personal life," Lass concludes.

# For the student body.



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6th & Mildred

# athletics



Photo by Steve Bloom

## Spanish celebrations highlight instructor's research vacation

by W. A. Cullen

"The city goes mad. They celebrate to the hilt," Ms. Rachel Bard said to describe the festival of San Fermin in Pamplona, Spain. She added that there were parades, fireworks, dancing in the streets and, of course, bullfights.

Ms. Bard, staff instructor in journalism and advisor for the "Challenge," spent most of her combined vacation and research trip to Spain in this capital city in the province of Navarre in northern Spain. It is here, she reminded us, during the week long festival in July that the event called "The Running of the Bulls" occurs. (This is the custom of chasing the bulls through the city streets from their pasture to the bull ring.) Ms. Bard commented that the Spanish men get carried away in trying to prove their virility by running ahead of the bulls, and she added that a young boy was killed this last year. "It was very sad," she said in a soft tone. She explained that bull fights are still the favorite sport in Spain, but soccer is taking over in some parts.

Ms. Bard carefully asserted that this two months vacation was not all vacation, but it was also for research on the history of the province of Navarre, for a book she is writing on that subject. She became interested in this bit of the world's history many years back, when she was a Spanish history and language major at the University of Washington. She explained she spent a year in Spain two years ago doing research for this book. That year she took two courses in Spanish history at the University of Navarre in Pamplona.

Another goal of this year's trip, Ms. Bard said, was to see parts of Spain that she hadn't yet visited. That is why the very an-

cient University of Salamanca, first in Spain, was an early objective. Mrs. Bard's eyes lighted up as she said, "You can see the same classrooms Cervantes studied in, and in one you can see his initials carved on a bench." She explained, "This class room has been kept just as it was in the fourteenth century, with low benches for seats, behind higher benches for books." She added that the university buildings are a good example of Plateresque architecture, having a profusion of intricate carvings.

Also, in Salamanca she observed a "new" cathedral built right up against the older one. The "new" one, she explained, was built in the sixteenth century.

It was getting near time for journalism class, so Ms. Bard just mentioned a week's visiting in the northwest province of Galicia, "where it rains a lot," and then recounted spending a month in Pamplona, during which she researched the history of Navarre.

Finally, she told us of flying home by way of London. She admitted that the reason was as much because she is fond of London, where she has friends, as to do research at the British Museum. "Its library is tremendous," she exclaimed. "It has so many books on Spanish history, and some you can't even find in Spain."

Relating a highlight of her visit to London Ms. Bard said she discovered a pub on the Thames. "It's called the Pepys Tavern," she explained, and it is named after Samuel Pepys, who wrote a diary in the seventeenth century about London society and the court of Charles II. Ms. Bard commented, "It's been restored to look just as it did when he came there," and then added with a little sparkle in her eyes, "It has been said he liked to entertain the ladies, you know."

**AUDITIONS will be held Tuesday, October 15 at 1:30 in Theatre Bldg. 3 for "CONSTANTINOPLE SMITH"**

**A one-act play by Charles L. Mee, Jr.**

**If you're interested in learning about the theatre, put yourself in the situation.**

The above notice is part of the learning experience available under course No. 229, individual study. "Constantinople Smith" will be a student directed and performed play allowing a number of individuals to directly participate in the realm of theatre. Lighting effects, sound effects, costumes, acting, props, stage managing, and advertisement are a few of the problems to be dealt with and learned from. Please support.

### New staffer encourages effective media production

"I would like to encourage effective media production and use at TCC," related Nick Huddleston, TCC's new media-specialist. Huddleston has a master's degree in curriculum and instruction with an emphasis on media and has taught for several years. He will be working with the audio-visual office in bldg. 1 to help in media production efforts on campus.

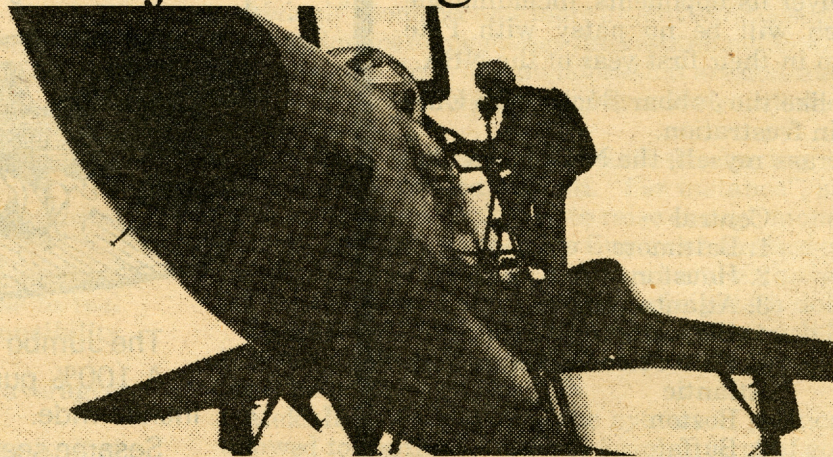
The A.V. department has equipment for graphic, photographic and video-tape production. Huddleston will be available to provide advice and help in developing media presentations in a variety of formats.

The new staff member says he is approaching media from an educational background and believes that "media can be a valuable resource in most instructional programs."

In addition to advising media production efforts on campus and providing services in that area, Huddleston is interested in developing and expanding the production capabilities of the audio-visual office.

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