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Calling all photographers, writers, illustrators, poets, creative minds, etc... Cooper $r^{(Point}$ Volume 28 • Number 2 September 30, 1999 The Evergreen State College (C) Cooper Point Journal 1999

Bagpipes + Bivalves = Convocation

by Avery Johnson

A congregation of faculty and students met at the Longhouse last Friday at 2 p.m. Sept. 24 commemorated the beginning of the school year, and kilted bagpipe players were on hand to round up the troops.

The celebration included inspiring words from several teachers. George Freeman expounded upon homosexuality at Evergreen and Brian Price shared analogies of some first time experiences here. Marla Elliott concluded that "school is the mother of our soul," and reminded everyone that education sends us out into the world as whole people.

Excitement and anxiety permeate the air as we all await the first day of class. Tuition is due, books await patiently on their shelves, and all those boxes need unpacking as 900 students call the Evergreen campus their new home.

This year, 1600 new students will be setting foot on Evergreen soil, adding to the already 3700 existing students. This makes '99-'00 the most highly attended school year.

The convocation succeeded in presenting a comical yet meaningful outlook on the new school year for students. After all, allowing ourselves to open our minds and attend a school as progressive as Evergreen is certainly cause for celebration.

After stating that "there is no greater risk than public singing," Elliott led 365 enthusiastic voices in the Geoduck fight song. Complimentary tasty ice cream was distributed to all attendees, making it truly a worthwhile experience.

Avery just transferred to Evergreen to study environmental science and journalism. This is the first in a series of articles that she wants to write for the CPJ.



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RuRu, leader of the "Righteous Mothers," leads convocatees in an impassioned round of the Geoduck fight song. Photo by Lindsay Fauss

years

We at the Thurston - Santo Tomás Sister County Association will celebrate the arrival of **A Brief History** the delegates, Saturday, Oct. 9, at the Capitol Theater at 7 p.m.

This fund- raising event will be the premiere of a multimedia work entitled "A Story of Struggle and Hope" and live music by Los Calaveras, a local Latin American band that plays a mixture of folk, salsa, cumbia and other musical styles. Dessert and refreshments will be available.

There will also be a raffle for a Nicaraguan rocking chair, several pieces of woodcraft, one week's worth of organic veggies from Rising River Farm, and other great stuff.

On Oct. 4, the fifth delegation from Santo Tomás will arrive in Olympia. They will visit local schools, churches and community organizations. They will speak at Evergreen Wednesday, Oct. 20 in the Library Lobby at noon.

The TSTSCA's annual meeting and the delegations farewell party is Monday, Oct. 25

from Santo Tomás, Nicaragua will be coming There will be a silent auction for Nicaraguan to Olympia. Thurston County has had a sister woodcrafts including a beautiful chest relationship with Santo Tomas for over 10 handcrafted from one piece of wood by a implemented an economic plan that aimed at Nicaraguan artist.

In 1979, there was a popular uprising in Nicaragua that brought the Sandinista government to power. Change was happening on all levels:

Σ campaign that brought national illiteracy rates down from 52 percent to 12 percent in six months

Massive agrarian reform happened.

Dates to remember:

 Saturday, Oct. 9, 7 p.m. – the welcoming event at the Capitol Theater. Tickets available in advance for \$5 to \$10 (sliding scale). Wednesday, Oct. 20, noon to 2:30 p.m. – in the library lobby. The delegates from Santo

Tomás will speak. Monday, Oct. 25, 6 p.m. – silent auction/ raffle at the First United Methodist Church on the corner of Legion and Boundary.

It's that time again! Very soon, delegates at 6 p.m. at the First United Methodist Church. Σ • The education and health care systems were rekindled and rebuilt

> Σ The Sandinista government switching from emphasis on export to domestic production-keeping the food in the country.

> The U.S. government felt that this all threatened "U.S. security" and began to support a counterrevolution.

With U.S. dollars and support, the •There was a nation-wide literacy Contra War began. As local community members saw that a means to express their opposition to our government's actions and express solidarity for the Nicaraguan people was needed, the Thurston - Santo Tomás Sister

County Organization was born.

In the past decade the group has evolved into a working organization of solidarity fueled by students and community members.

Biographies of the Delegates

Facunda Zeledon Nuñez is a teacher and former president of the organization. Facunda came to Santo Tomás at age 21 with her husband. At the time she had a third-grade education.

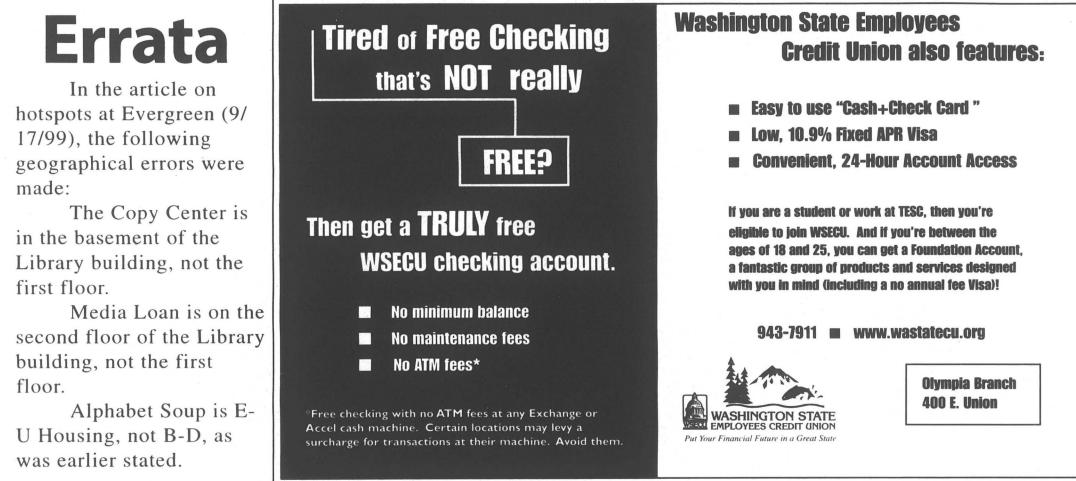
See Nicaragua, page 11

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News

89.3 percent of college presidents in the United States are white. 74 Native American women hold the rank of professor in the United States. **24,975** White women hold the rank of professor in the United States ,205 White men obtained a Master's degree in 1996 in the United States. 665 Native American men obtained a Master's degree in 1996 in the United States. percent of college freshman in the United States in 1998 were Mexican American. 82.5 percent of college freshmen in the United States in 1998 were white.



We need your help spending S&A Funds!

The S & A Board is a group of students who allocate over \$1,000,000 per year towards student groups and services.



You must be able to make a full school year commitment and be enrolled full time. Pick up an application at the front desk in CAB 320.

Deadline: October 15, 1999 @ Noon!

News

On Telemarketers by Ben Kinkade

been distracted from a moment of peace at dinner time, or family time, by a phone call from some person on the other coast offering vinyl siding, credit card insurance, or long mom wondering if you're eating O.K. (I SAID distance calling opportunities?

Not many of you haven't, I'll bet. Still, there are some people who have never

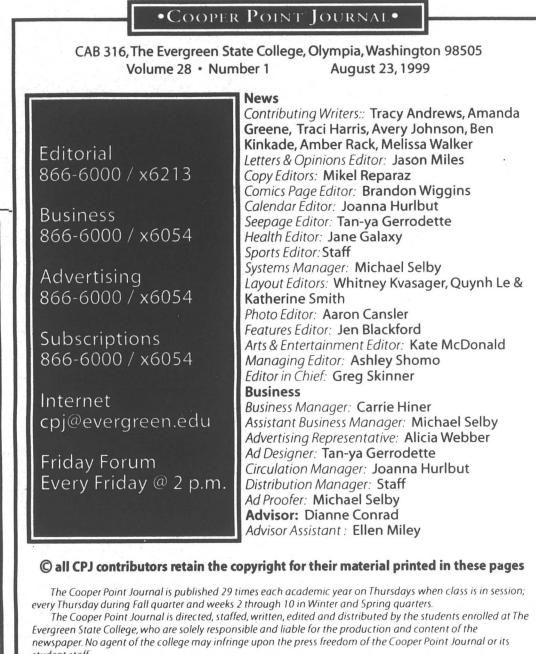
Commentary experienced this. Read on and you will find out who, and why.

It usually works this way: you're at home in the mods and you have a beautiful plate of hot spaghetti (don't worry, it's vegan and vegetarian for those of you that are) and How many of us at Evergreen alone have buttered zucchini. You have plans for a romantic dinner for two, you and your significant other. You just get settled in when BAM! the phone rings. Don't worry, its not you're eating zucchini, didn't I?!), or your

See Telemarketers, page 4

NEED A JOB? Don't have work study? Like to talk on the phone? If you can answer YES to all of the above

questions, The Office of College Advancement has the job for you! We're looking for a few good students to help raise money for the Evergreen Scholarship fund. Students should be assertive, possess excellent communication skills and have good voice projection. Need to have a good general knowledge of Evergreen. Prior telemarketing experience is desired. Average 12-15hr/wk. Salary \$5.75-6.00 per hr. Students hired will work Oct. thru mid-Dec. Possible rehire for mid-Jan. thru April depending on job performance. Contact: Debbie Garrington, Program Supervisor, Lib. 3121 or ext. 6190.



student staff. Evergreen's members live under a special set of rights and responsibilities, foremost among which is that of enjoying the freedom to explore ideas and to discuss their explorations in both speech and print. Both institutional and individual censorship are at variance with this basic freedom. Submissions are due Friday at 4 p.m. prior to publication, and are preferably received on 3.5" diskette in Microsoft Word formats. E-mail submissions are also acceptable.

All submissions must have the author's real name and valid telephone number.

Student Governance Opportunities

A number of Disappearing Task Forces (DTFs) and committees are seeking student members. Student input is critical to the functioning of the college. Serving on a committee or DTF provides students with opportunities to influence college policy and learn more about the college. For information about the groups listed below contact the Office of the Vice President for Student Affairs, extension 6296 or Library 3236.

S&A Fee Review Board: The S&A board has several paid positions for people to allocate the S&A funds around campus. Nine students sit on the board. The students are paid a stipend of \$150.00 fall quarter, \$150.00 winter quarter, and \$200.00 spring quarter. The group meets twice a week for the academic year. Applications are due October 15. Contact Joe Groshong at ext. 6221

Student Conduct Code Hearing Board: This group conducts hearings when students appeal decisions of the Campus Grievance Officer. Several students needed. Contact John Carmichael .ext. 6296.

Graduation Planning Committee: This group will help to plan commencement activities for June 2000. Students who are seniors are encouraged to become involved. Contact Jesse Welch. ext. 6310.

Faculty Hiring DTF & Committees: Two committees are involved in each regular faculty hire: a screening committee which reads files, recommends people for interview, and hosts the interviews, and the Faculty Hiring DTF, which interviews all candidates for all positions. There is a different screening committee for each hire, but one hiring DTF for all of the positions. The screening committee and Hiring DTF merge to make the final hiring recommendation for each position. The DTF and the other committees are

anxious to have 2-3 students each. Screening committees work fairly intensely for 2-4 weeks reading files, and another 2 weeks during interviews; the Hiring DTF meets almost all Mondays and Wednesdays of Winter Quarter during governance time, with some Fall and Spring meetings. Interested students should contact the Faculty Hiring Office as soon as possible at ext. 6861.

Enrollment Coordinating Committee: This group helps review and develop approaches for the recruitment and retention of students. This committee meets twice a month on Friday mornings, one student is needed. Contact Michele Elhardt, ext. 6310.

Drug & Alcohol Abuse Prevention Advisory Board: This board helps develop policy and reviews abuse prevention efforts. At least one student is needed. Contact Liz Nyman, ext. 6200.

Student Governance Implementation Group: This group will work on the implementation of an undergraduate student government. Contact Tom Mercado, ext. 6220.

Campus Land Use Committee: This committee is charged with making sure the college follows the Campus Master Plan. The committee reviews and makes recommendations on plans such as building new facilities, modernization, outdoor art installations, academic projects in undeveloped areas, ecological res-

toration, parkway repairs, landscaping, chemical use, and changes in land use policies. Contact Michel George, x 6115.

Deadly Force Review Board reviews every incident in which a firearm or other deadly weapon is drawn, discharged or unprofessionally exhibited by an Officer or by any other individual on campus. Contact John Carmichael, ext. 6296.

Peer Health Advisory Team: This group is starting this fall. Students are needed to participate in activities and workshops. Contact Joanna Hurlbut at ext. 6724.

Food Services Facilities DTF: This group will meet weekly to help the campus design a new food services facility. At least one student is needed. Contact Nancy McKinney, ext. 6501.

Space Management Committee: This group sets policy and approves space use on campus. This group meets at least quarterly. At least one student is needed. Contact Nancy McKinney, ext. 6501.

Infraction Review Committee: These are paid positions on a board that hears appeals of parking tickets. This committee meets once a month for two hours. Two students are needed. Contact Susie Seip, ext. 6131.

The Prevention/Wellness Program is looking for interns, work-study students, and volunteers to help plan workshops and other programs on substance abuse and wellness issues. Contact Elizabeth Nyman at ext. 6200.

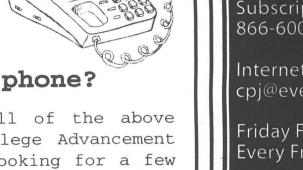
Communications Board: This group provides guidance on student media issues. The board meets once each quarter and needs two students. Contact Tom Mercado, ext. 6220.

Seminar Phase II Design: A major new classroom and office building is expected to open in Fall 2003. The design phase of the project is currently underway. Student input in the design phase is needed. Contact Michel George, ext. 6115.

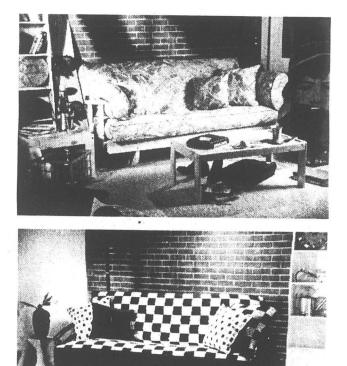
Bookstore Advisory Committee: This committee advises the bookstore in selecting merchandise and on bookstore policies. This group meets once a quarter. Two or three students are needed. Contact Nancy McKinney, ext. 6501.

Health and Safety Advisory Committee: This group helps to promote worker health and safety on campus. This committee meets monthly for two hours and needs at least one student. Contact Michel George, ext. 6115.

Graduation Process DTF: The Vice President for Student Affairs plans to convene a DTF to review the college's process for planning graduation activities. DTF membership is open to students at al levels (not just seniors). Contact John Carmichael, ext. 6296.

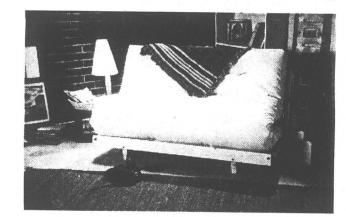


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"Nobody wants to be lectured by an invisible cow."

— Stephen Notley

Entertainment Last Chance to ROCK R7

by Amber Rack

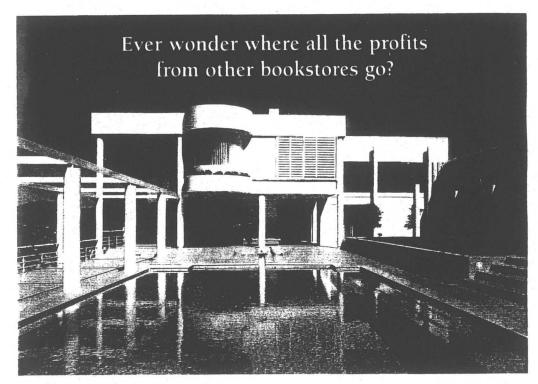
Art

I remember my first theater experience in Olympia: while exploring campus during orientation week, I chanced to sight a poster advertising a production of "A Man For All Seasons" with an extended run through the weekend before class. There was something called "student rush" that offered a \$10 ticket price if I paid at the door instead of reserving a seat. A day or so later, I was patiently waiting outside the box office at the Washington Center for the Performing Arts, where Harlequin productions played in the black-box theater, to collect my ticket to "A Man For All Seasons."

So what prompts this memory? Why is it relevant here? Once again, it is the beginning of the school year and Harlequin offers an extended run for its current production. This weekend may be your last chance to see a spectacular performance.

Two years ago, still playing in the black-box at Washington Center, Harlequin director Scot Whitney and his brother Bruce collaborated to produce "A Rock and Roll Twelfth Night" (with apologies to William Shakespeare). The show reinterprets Shakespeare's "Twelfth Night" by

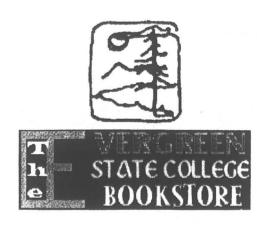
> THE EVERGREEN STATE COLLEGE BOOKSTORE RETURNS ALL PROFITS TO THE COLLEGE.



We're not sure either. Sometimes, the money goes to Wall Street shareholders. Or it may go toward the private perks of individual bookstore owners. We are sure, however, that only one store serving this campus returns all of its profits to the college. And that's us – The Evergreen State College Bookstore. We have been serving this campus since it's start, and going it for the sole good of the students and the college. And we're the only store that can say that. Keep that in mind the next time you need books, school supplies, and logo clothing. Keep your money on campus. Otherwise, who knows where it could end up?

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modelling each character after notable rock personalities. Despite the radical new version, the plot line is kept clear and true to Shakespeare. Tremendously successful the first time, the show has been revived now in Harlequin's new home at the State Theater.

For those who think they already saw it, think again. A bigger theater and better stage area meant opportunity for improvement and redesign. New cast members were added, bringing new voices to the music. And, choreographer Joey Calveri gave the show new life. Though most of the original cast remains, some replacements were made. G. W. Taylor as Sir Andrew Aguecheek is outstanding. Performing with incredible energy, he effectively finds his character somewhere between James Brown and the Cat from "Red Dwarf"

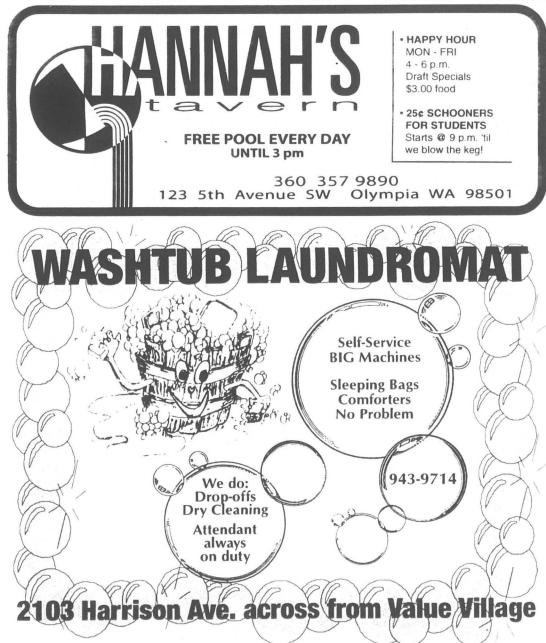
For those who haven't seen it, be warned: do not go looking for any of that "serious Shakespeare" stuff. This show is pure fun—really, it's just an excuse to have a party every night, playing heavily with a late 60's-70's atmosphere. It's crazy, corny, colorful, full of outrageous characters, and intentionally obvious about its humor. Classic moments include a chorus from "Let's do the Time Warp" ("Rocky Horror Picture Show") and a Michael Jackson moonwalk, during the dynamic dance number, "Get up and Dance." Jesse Hinds reprises his role as Antonio/Sid Vicious, still my favorite part of the show. And Harlequin is nothing if not spectacular every step of the way.

Harlequin's shows are always technically brilliant. Designers for "R&R Twelfth Night" include Evergreen's own Jill Carter (set), Darren Mills (wig, hair, makeup and costume), Nick Sheilman (lighting), and Karl Welty (sound). Phil Annis is the Technical Director. Bruce Whitney musically directs Sgt. Pepper's Lonely Hearts Club Band through a veritable deluge of musical numbers, ranging in style from reggae to Metallica.

This show is an experience. So take a chance. You might not get another.

For tickets and information call Harlequin's box office at 786-0105

Amber is a fourth-year student. She wrote this article because it's an interest of hers and she thought others might want to check it out.



ARTS AND ENTERTAINMENT

Book Review: " I Feel Sick": A Book About a Girl

By Kate McDonald

incredibly gruesome, sick, and twisted isolation and mental breakdown, "I comic book series that has been accused Feel Sick" is less saturated with of encouraging acts of violence by some, gruesome violence than JTHM or and hailed as a gothic masterpiece by Squee. This doesn't mean it lacks an others. Vasquez's work is controversial, edge; whatever the first part of the Devi offensive, and undeniably disgusting. It's damn funny, too.

"Johnny the Homicidal Maniac" (JTHM) Vasquez's pale, gothic characters an

and "Squee" is part one of a two part series devoted to Devi, character from Vasquez's original 'Johnny' comic book series Titled "I Feel Sick: A Book About a Girl, it is Vasquez's first full-color book, with help from Rosearik Rikki Simons. It is also, without a doubt, in the tradition of the JTHM series, one of the funniest comic books I've ever read.

" I Feel Sick" takes a look into the world of gothic artist Devi. who very possibly has the world's

Published by Slave Labor Graphics, August 1999 worst luck in dating. After a seamless even more alluring creepiness. night out with Johnny, he attempted to "immortalize the moment" of their he manages to make what would happiness by killing her. She managed to ordinarily be either just plain gross or not only steal his heart, but also gave him just plain weird into something a good solid crack in the jaw and sent him perversely hilarious. Devi's story headfirst into a mirror before leaving him unfolds in an evening out with her best unconscious and bleeding on the floor. friend and downstairs neighbor Tenna. She is, in a very real sense, "the one that Interspersed with the present-day story got away.

"I Feel Sick: A Book about a Girl"

by Jhonen Vasquez with Rosearik Rikki Simons

Dark humor is Vasquez's specialty;

are flashbacks to Devi's disastrous run-

Devi may be tough, but she's just ins with men. The list includes a about as tortured as Johnny. She spends drooling sex maniac, a brain-devouring much of the book either brooding or zombie, and a pretentious faux vampire

manic, teetering on the edge of sanity. In 1996, Jhonen Vasquez began an Focusing on themes of emotional series loses in blood-and-guts shock value, it makes up for in style. The The latest release from the creator of addition of color is superb, lending while trying to be spooky.

present; she has been hearing voices, and reasons. they are coming from her latest painting. perfectly complimentary color by best work since ITHM.

At the San Diego Comic Con much noize in me head." International in August, Vasquez was on hand to comment on any recent point in the not-so-distant future.

who accidentally lights himself on fire cliffhanger JTHM series, he has not ruled out the possibility, but needed to take a However, Devi's real problems are in the break for the time being for personal

Despite his protestations and Filled with Vasquez's angular, penchant for complaint, it can be compelling artwork and rendered in assumed that there will be a great deal to come from Vasquez, who gives his life Simons, "I Feel Sick" is easily Vasquez's over to making comic books for the world to enjoy because, as he says, "I gots too

developments; he said that he is still very Kate is a transfer student from UW. She busy doing animation work, but added came to Evergreen to study the things that he will definitely be coming out with people put in books. She wrote this the second part of the Devi series at some article because she thinks everyone should like the things she likes.



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Cooper Point Journal

September 30, 1999 •6•

ENSURE THAT OUR TENANTS HAVE ADEQUATE PARKING AVAILABLE.

WE'VE CHANGED SOME STUFF AT THE CPJ ...

HERE'S WHAT

EVERY SUBMISSION NEEDS TO COME WITH SOME INFORMATION ABOUT ITS SUBMITTER. WE'VE PROVIDED SUBMISSION FORMS FOR THIS PURPOSE.

2. The deadline has been moved to Fridays instead of MONDAYS.

3. Writers can expect to spend some time with an editor WORKING ON THEIR STORY.

4. Somewhere NEAR EVERY SUBMISSION, WE'RE TRYING TO INCLUDE INFORMATION ABOUT THE AUTHOR/ARTIST.





L • Newsrooms tend to be hectic and their organization often

EXPLODES. WE BELIEVE YOUR WORK SHOULD BE TREATED WITH RESPECT. FILLING OUT THESE FORMS HELPS US WITH THAT ORGANIZATION AND KEEPS YOUR WORK FROM UNAVOIDABLE NEWSROOM CHAOS AND DOOM.

2. As students, putting a newspaper together is never a simple

TASK. WITH MONDAY DEADLINES, WE ONLY HAD THREE DAYS TO READ EVERYTHING, DEVELOP PHOTOS, DRAW ILLUSTRATIONS, AND DESIGN THE PAGES. NEEDLESS TO SAY, THE END RESULT OFTEN SUFFERED. SO, FOR THE SAKE OF EVERYBODY'S WORK, WE MOVED IT TO FRIDAY.

3. A FRESH PAIR OF EYES CAN ALWAYS BE USEFUL. WE BELIEVE THAT

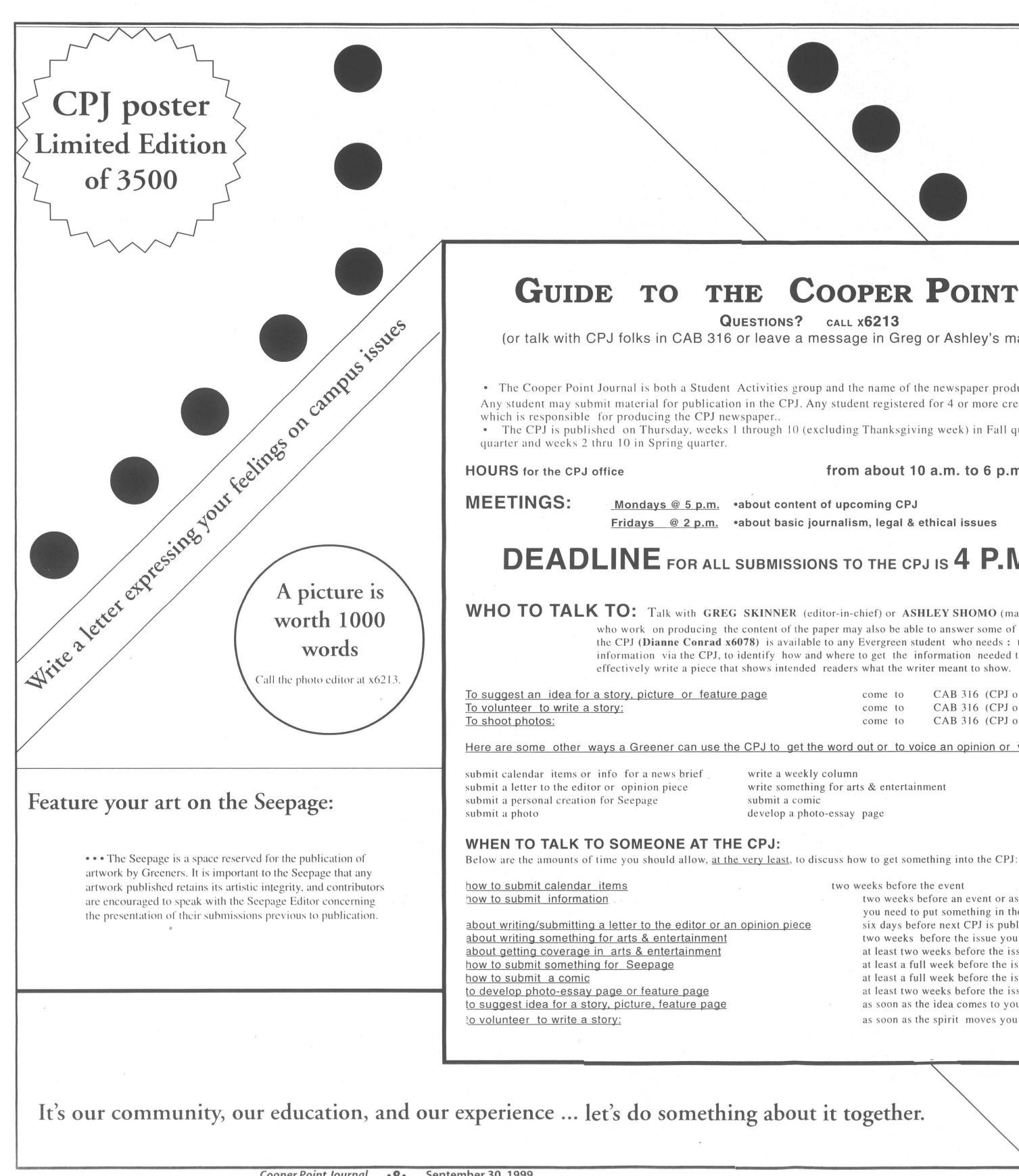
EDITING IS A DISCUSSION BETWEEN AN EDITOR AND A CONTRIBUTOR THAT ENDS WITH SOME FORM OF NEW UNDERSTANDING FOR BOTH PARTIES. WE DO NOT BELIEVE THAT EDITING IS CHANGING YOUR WORK BEHIND YOUR BACK.



4. WE KNOW SUBMITTING YOUR WORK TO A NEWSPAPER IS HARD AND

INTIMIDATING. THEREFORE, WE BELIEVE YOU DESERVE SOME RECOGNITION. WE ALSO BELIEVE THE READER DESERVES TO KNOW A LITTLE ABOUT THE AUTHOR/ARTIST.





GUIDE TO THE COOPER POINT JOURNAL

QUESTIONS? CALL X6213

(or talk with CPJ folks in CAB 316 or leave a message in Greg or Ashley's mailboxes in CAB 316)

• The Cooper Point Journal is both a Student Activities group and the name of the newspaper produced by and for students at Evergreer Any student may submit material for publication in the CPJ. Any student registered for 4 or more credits may join the CPJ Organization,

• The CPJ is published on Thursday, weeks 1 through 10 (excluding Thanksgiving week) in Fall quarter, weeks 2 through 10 in Winter

from about 10 a.m. to 6 p.m. Monday through Friday

Mondays @ 5 p.m. •about content of upcoming CPJ Fridays @ 2 p.m. •about basic journalism, legal & ethical issues

DEADLINE FOR ALL SUBMISSIONS TO THE CPJ IS 4 P.M. FRIDAY

WHO TO TALK TO: Talk with GREG SKINNER (editor-in-chief) or ASHLEY SHOMO (managing editor). Other CPJ members who work on producing the content of the paper may also be able to answer some of your questions. ALSO, the **advisor** to the CPJ (Dianne Conrad x6078) is available to any Evergreen student who needs : to discuss how to disseminate information via the CPJ, to identify how and where to get the information needed to write a piece, and to determine how to effectively write a piece that shows intended readers what the writer meant to show.

> CAB 316 (CPJ office) or call x6213 come to CAB 316 (CPJ office) or call x6213 come to CAB 316 (CPJ office) or call x6213 come to

Here are some other ways a Greener can use the CPJ to get the word out or to voice an opinion or vision:

write a weekly column write something for arts & entertainment submit a comic develop a photo-essay page

two weeks before the event two weeks before an event or as soon as you know you need to put something in the newspaper six days before next CPJ is published two weeks before the issue you want your piece to appear in at least two weeks before the issue you want something to appear in at least a full week before the issue you want to be published in at least a full week before the issue you want to be published in at least two weeks before the issue you want to be published in as soon as the idea comes to you as soon as the spirit moves you

Cooper Point Journal

September 30, 1999 .9.

Jouown

Strengthen your writing

••• Because the CPJ is student owned and student run, there's always something new to learn with each issue. Come on in to CAB 316 to work with others on these skills. Journalism is a great way to explore writing, communicating and clarity.

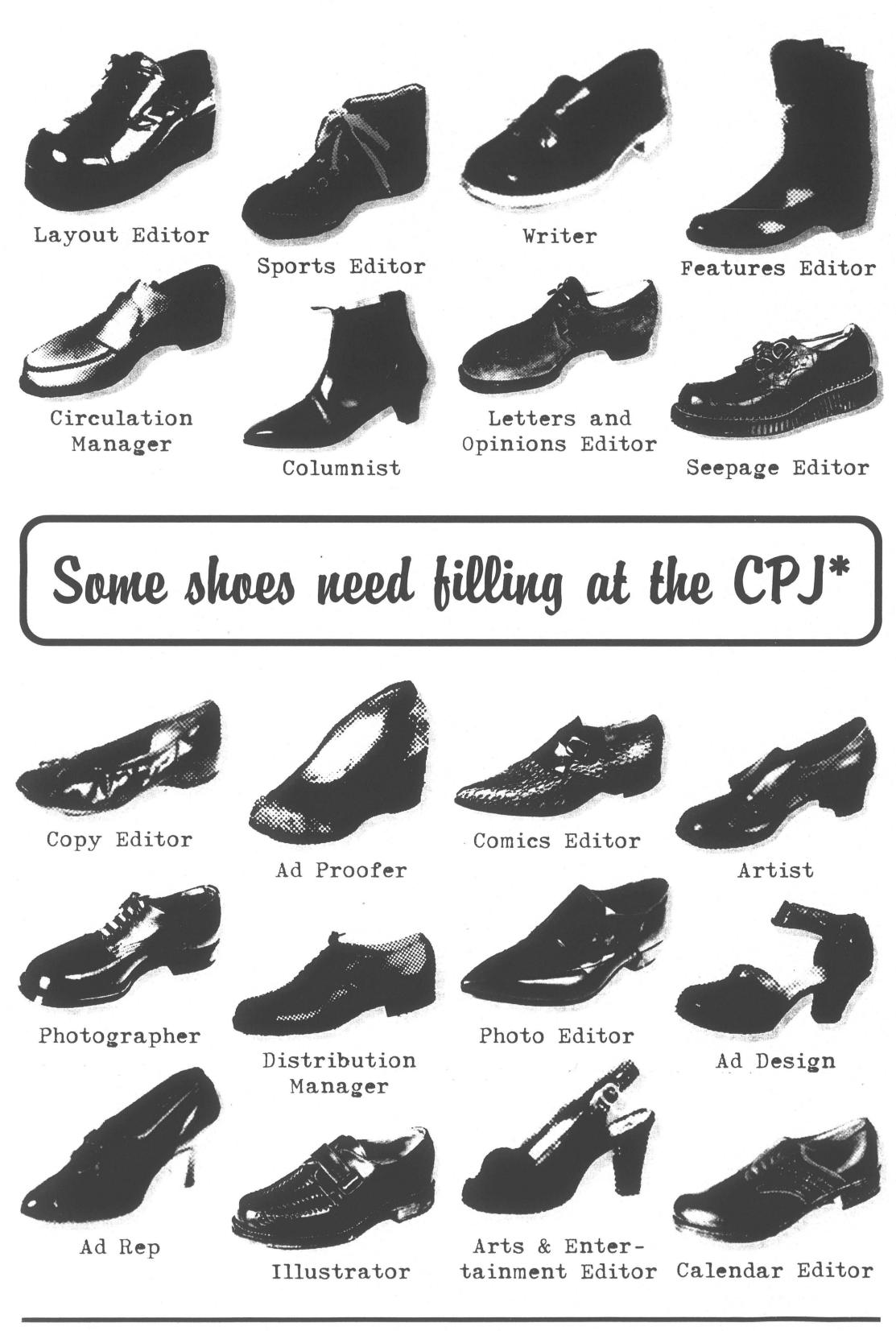
••• In addition, your experience will make for a great resume builder.

Writers' meeting:

6 p.m., Mondays in the student activities area on the third floor of the CAB.

The Cooper Point Journal is paid for with student funds. Therefore, the CPJ is completely student owned and operated. Any student of the Evergreen State College has the opportunity to contribute to the paper. It's yours - use it.





*Evergreen's student newspaper is hiring for the 1999-2000 school year. Shoes that are identifiably gender-specific in no way precludes people of the opposite gender from being eligible for that position. Not all positions are compensated. Position descriptions and applications are available outside the Cooper Point Journal in CAB 316. The closing date for all positions is October 14, 1999 at 4 p.m. in CAB 316 EXCEPT the Ad Rep position, for which the application is due on Friday, October 1 at 4 p.m.

1

Features

NICARAGUA continued from cover

Through government, she was able to work as a preschool teacher.

Later, she was asked to teach first grade and had the opportunity to go to school. "I worked teaching the first grade

and was studying my first year of high school," she said. Facunda worked and studied simultaneously until she completed her high school education and obtained her teaching title in the Normal (a school for licensingteachers) in 1989.

"It was a great accomplishment for me. I had no idea I would enjoy working in education. It started out of circumstance and now I ask, How could I live my life not being a teacher?"

She is presently teaching fifth graders and is in school to receive her graduate level teacher certification. She has hosted three Evergreen students in her home.

Pedro Contreras also is a schoolteacher and one of the Spanish teachers for The Evergreen State College student delegation, which studies and works in Santo Tomás each Spring Quarter. Pedro participated in the Literacy Crusade, launched by the Sandinista government almost immediately after the 1979 insurrection. Its mission was to teach the citizens of Nicaragua to read, write, and provide them with the skills necessary to participate in the democratization of their country. Pedro joined the almost 100,000 participants in the campaign.

He taught in a handful of Santo Tomás schools, including Ruben Darmo, and is now at El Instituto Nacional Autonomo de Santo Tomás, where he has been teaching History and Spanish for 13 years. He has many thoughts analyzing and critiquing all aspects of education in his country, from economic influences to pedagogy, politics, culture, and law.

the Sandinista He articulates himself well, making connections across many issues. Currently, he is finishing his licensing, previously postponed during the Contra War, at the University in Juigalpa on Saturdays.

Olendia Duarte is a long time activist in the poorest neighborhoods of

Santo Tomás. After the Sandinista triumph, Olendia worked educating her community about the revolution. She informed people about services such as vaccination programs, education, and access to health care. She taught them the politics of the revolution and why she felt it should be defended. "I

am thankful to the revolution because I learned a lot about how to organize people; to talk to the poor, the rich, to anyone. I learned a lot about

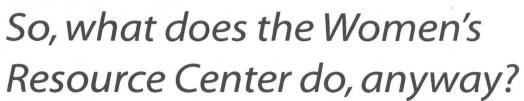
social history. I am not educated, but I Events and Activities: learned how to talk about

politics. And it was not just talking for yourself, but talking with people. To respect their ideas and opinions.

As the Contra War escalated in the mid-1980's, the need for more Sandinista soldiers was inherent. In 1983, Olendia joined the growing number of women trained to fight in the Sandinista Army. She learned firearms management and military strategy. "In this way we, many women, liberated ourselves and got involved with the liberation of our country."

Olendia currently is a member of the committee for community development, the Madres de los Caidos, a group for families of those killed in the war, and works in a public laundry and drinking water facility.

Amanda is a fourth-year student who is studying Spanish and Pre-Med. She wrote this article to inform people about this event and opportunities to study abroad.



By Tracy Andrews, Traci Harris and Melissa Walker

The Women's Resource Center is a student-funded organization, staffed by volunteers. Our purpose, interests, and events are as diverse and evolving as the women on our campus.

In the WRC, you can get information about organizations that deal with legal aid, housing, health, sexual violence, and alcohol and drugs, among other things. We maintain a women's roommate directory to connect people looking for housing. The Women's Resource Center is also a safe, cozy place to relax, talk about issues, listen to music, plan a revolution, take a nap, drink tea, get involved, and connect with other women. Women and men alike are encouraged to utilize the resources that the WRC offers.

Educational Resources:

* Lending Library

* Lecture Series

Workshops May Include:

* Automechanics

* Carpentry

* Sexual Health

* Do-It-Yourself Sex Toys

* Bicycle Maintenance

* Workshops and Skill-shares

* Direct Action (political activism)

* Periodicals

Discussion Groups:

- Queer Women
- Body Image
- * Genderfuck (dialogue on gender issues)
- * Support for Survivors of Sexual Violence * Returning and Non-traditional Students
- * Unlearning Racism

- * Visionary Voices art show
- * Speakers, Performers, and Musicians
- * International Women's Week * Women's Film Festival
- * Body Image Awareness Panel
- * Diversity in Feminism Panel

Your ideas and vision can be a part of the Women's Resource Center. Come get involved and make it happen. Volunteer training only takes ten minutes, so stop by to get trained to staff the office, see what we have to offer you, or just give us feedback on what you'd like to see happen in the coming year.

Women's Resource Center CAB 206 866.6000 ext. 6162 wrc@evergreen.edu

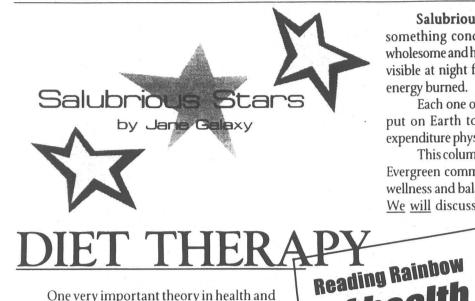
Tracy Andrews (WRC coordinator), Traci Harris and Melissa Walker help out at the WRC. They wrote it so people will learn what the WRC has to offer.





It's amazing what this little thing can do. Protect yourself from getting pregnant with the birth control pill or another contraceptive. During September and October, new patients receive first month's supply of birth control pills free! Call for an appointment today. Planned Parenthood[®] of Western Washington 1-800-230-PLAN www.ppww.org

Cooper Point Journal •11 • August 23, 1999



One very important theory in health and wellness that is slowly making its way into mainstream America is diet therapy-the idea that the type and quality of food consumed is in direct relation to the state of health an individual may enjoy.

Diet therapy follows the idea that by ingesting certain food, an individual can eliminate symptoms of illness. This is a highly practiced form of medicine in the Naturopathic world and as the science of health matures, Western practitioners are beginning to integrate the idea as well.

It is known that with certain diseases such as diabetes, heart disease, and cancer, diet is very important. Conditions can be thwarted or reversed when a strict dietary regime is followed.

For example, my father suffers from type II diabetes (onset by weight) and, though he knew this, he didn't pay any attention to his dietary needs until one day he was so weak and dizzy he fell to the ground and we had to have an ambulance take him to the hospital.

They put him in intensive care because his insulin had reached near-comatose levels. This was the wake up call he needed to get on track. When his insulin level was under control he was released from the hospital.

From that day on, he had committed himself to following a proper diet. Within five days he had lost a considerable amount of weight and maintained his blood sugar level. To this day, he has continued to follow a sugarless diet and actively monitors his blood sugar level to ensure he will not have another fainting spell.

In this case, it took a life-or-death matter to

Salubrious by definition is an adjective describing something conducive or favorable to health or well being; wholesome and healthful. Stars are tokens of light, celestial bodies visible at night from Earth whose energy generated equals the energy burned.

Each one of us has the light of the stars within us. We are put on Earth to learn how to balance our energy with our expenditure physically, emotionally, spiritually and intellectually. This column, Salubrious Stars is dedicated to providing the Evergreen community with insights regarding health, healing,

wellness and balance. We will discuss topics such as food allergy, whole food vs. ... these topics contact Jane Galaxy at anegalaxy@olywa.net.

of health

Paul Pitchford

Kristina Turner

necessary prescription for life.

symptoms

Staying Healthy With

Nutrition By Elson M. Haas

Healing With Whole Foods By

The Self Healing Cookbook By

realize that becoming an active participant in

lifestyle change through meal planning and

preparation was no longer an option but a

thing is to eliminate or at least cut back on all dairy products. Mucous buildup is detrimental to an aggravated trachea and will keep the problem flaring.

Also, refined sugar products wear down immune functions, weakening the body's own recovering systems.

So, when suffering from allergy or asthma remember to drink plenty of water and eat a variety of seasonal vegetables. The orange squashes rich in beta carotene and the dark leafy greens rich in calcium are wonderful tools to aid in healing. Cook them simply and eat them simply, not smothered in sauces or salts. I learned a few environmental factors that

help to minimize the allergens in the air around process the house:

• Number one, get an air purifier. This helps eliminate the mold spores that float around and multiply in this fabulous hotspot

processed, the importance of organics, how to listen to your body as well as provide tips on how to stay healthy in this fast paced society. We will also provide resources that help all individual stars tune into their light and emanate the luminance within.

Each week I will focus on a topic related to a spoke of the wellness wheel. Wellness is defined as "The constant and deliberate effort to stay healthy and trying to achieve the highest potential for well-being." (Hoegar & Hoegar, 1999, pg.4)

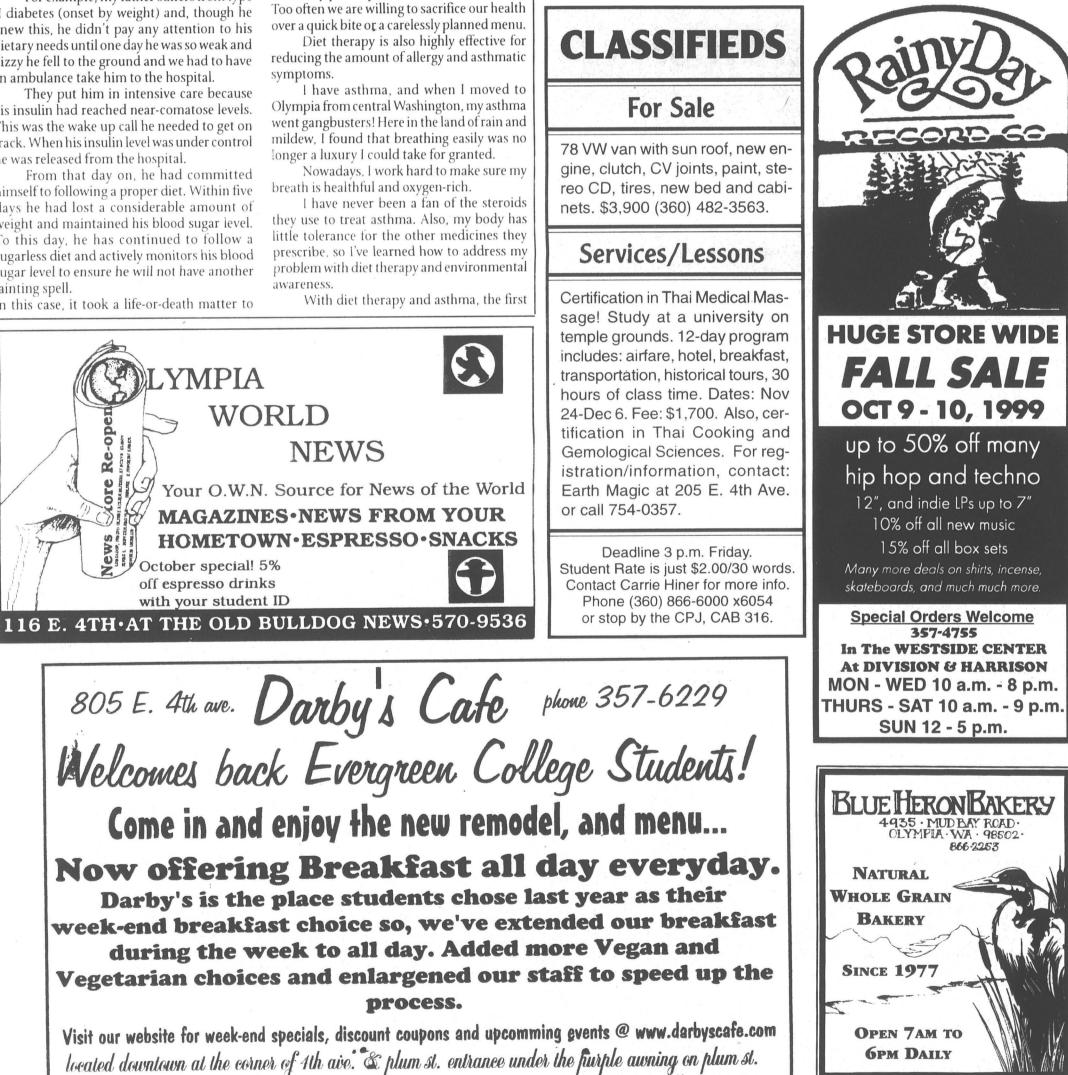
By studying health and deliberately practicing healthful behavior many challenges can be eliminated and life can take on a whole new meaning. If you are interested in writing on one of

for growth

• Number two, keep the place clean! In addition to the basic methods of cleaning, fill a spray bottle with a bleach water solution and sanitize surfaces and floors with this solution. This will also inhibit growth of molds and bacteria that can cause allergic reactions.

The food you eat is directly related to the state of wellness that you experience. It is obvious with the diseases discussed here but not all symptoms are so obvious. By including a variety of quality foods in your diet you will greatly increase your overall stamina, fitness and well being. And next time you are sick, think of ways to complement your healing

Jane is a senior at Evergreen studying multimedia and nutrition. She wrote this article because she wants to help people feel healthy.





prescribe, so I've learned how to address my problem with diet therapy and environmental awareness With diet therapy and asthma, the first **YMPIA**

October special! 5%

off espresso drinks

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WORLD

News

WHOZIT WHATZIT? Mediation Services

By Whitney Kvasager

Picture this: It's Sunday night. You've just come home. You notice your roommate's dishes have surpassed the boundaries of the sink.

As you walk down the hall towards his room, you trip over his scattered laundry. "Why don't you ever pick up your crap?"

you snarl at him. He bristles and hurls an answer vour way. "Hev — it's only half my mess."

The next day the scenario repeats. Soon you find yourself avoiding him altogether.

The moral of the story: simple conflicts can permeate entire relationships.

"You're left with an icky residue of misunderstanding," said Lynn Stockwell, Director of Mediation Services

Mediation Services seeks to wipe out misunderstanding's icky residue. Mediation Services is the confidential campus-wide conflict resolution center.

"A lot of people don't know we're here, we're so confidential," Stockwell said.

Mediation Services is made up of

volunteers who complete 40 hours of mediation training. Those volunteers facilitate conversation between two conflicting parties. "The mediators aren't judges or truth-finders, we're a neutral party," Stockwell said.

How does it work?

Say John and Max are disputing seminar members. They can't find a way out of their war-like interactions. Max calls Mediation Services. Mediation Services then calls John and sets up a meeting time and place. Max and John meet with two mediators who help negotiate a settlement. Both before and after the discussion Max and John sign agreements "in the spirit of complying.

Mediation is about having an open mind and putting all the information on the table. Stockwell said.

Mediation Services boasts an 80 percent success rate.

"It's not about pretending it's going to be perfect," Stockwell said. "But it gives an opportunity to say what you need. It's the perfect way for the first step."

Whitney is a second-year student who likes studying "the whole land and everything in it. She wrote this story because she wants to strengthen her writing.

TELEMARKETERS

from page 3

bookie calling to say you owe money in Kentucky. It's some poor soul who chose this telemarketer job as their job. Don't hate them for causing your spaghetti to go cold, they're just doing their job! But hold on, I'm not letting you off that

easy, telemarketer!

question: "Who came first, the telephone or America!?" the telemarketer?," telemarketing seems to be getting worse, doesn't it? It has become a quick and efficient way for companies to do business. But, while they are saving time, they are also wasting ours! If I had a dollar for every phone solicitation I was offered a week. I would, well, I would be able to buy a couple extra items at the grocery store next time!

What really gets me is when, say, a wellknown web provider (let's call them ... uh "Our Country's Name Online") calls, urging me to choose their company. I tell them kindly that I am not interested in becoming a member, they hang up, and a week later i receive a huge package made to look like a soft drink box with one wasteful CD-ROM from their company. Now, I have been disturbed by their phone call, AND I have to somehow dispose of this CD because I don't want it!! A

terrific waste of resources if you ask me.

During this summer, I had the opportunity to speak with a young lady from Munich, Germany. We were talking about long distance phone calls, and I asked her if in her country they were interrupted by these salespeople. She gave me this incredulous look While I'm sure I can answer the and said, "NO! Why, do they do that in

> When I told her how often I was phoned on average, she couldn't believe it. She thought it was ridiculous and extremely rude. She told me that in her country, phone calls cost a lot, and that people just don't do that out of respect.

"You can advertise on radio and TV." she said. "but that's it!"

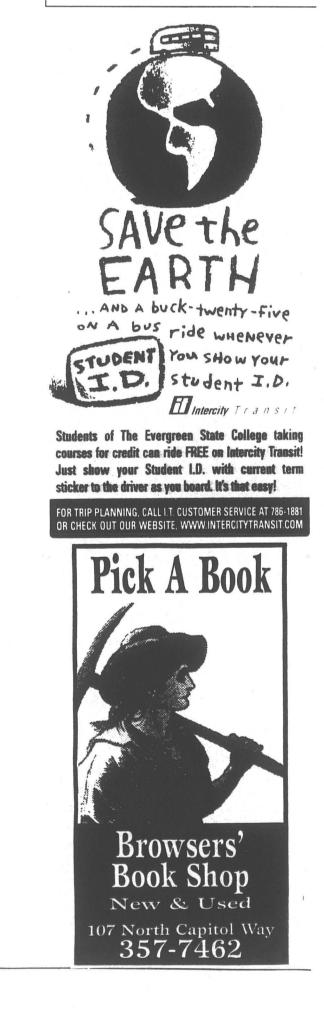
Now that's peaceful!

Telemarketing, despite its efficiency and quickness, is fast becoming a symbol of a fastmoving and overwhelming media marketing campaign. In a country of large spaces, we have quickly lost a lot of our privacy in the rush for our business

What can Greeners do?

Well, my only suggestion is to tell the telemarketer that you are not interested in their product because the last company you dealt with would continue to call and send junk mail even when you had refused their services. And that you don't support companies that waste precious resources.

Now hurry up, don't let ME keep your food from getting cold!



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Tor over 80 years, TIAA-CREF has been the leading retirement company on America's campuses. But experience is just one reason why so many smart investors trust us with their financial future. Here are a few more:

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With over \$250 billion in assets under man agement, TIAA-CREF is the world's largest retirement organization - and among the most solid. It's one of the reasons why Morningstar says, "TIAA-CREF sets the standard in the financial services industry."1

Solid, long-term performance

We seek out long-term opportunities that other companies, in pursuit of quick gains, often miss. Though past performance can't guarantee future results, this patient philosophy has proven extremely rewarding.

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We offer a wide variety of expertly managed investment options to help build your assets. We make it simple, too, with stock, bond, money market, real estate, and guaranteed options.

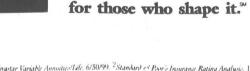
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• **4** • September 30, 1999

Calendar Hey Sailor, Lookin' For Something to Do?

Upcoming Concerts

C. Average, Dr. Steel, & The Sonics on Fri., Oct. 1 @ 9 p.m. Eastside Club \$4, Info: 357-9985. 21 and up.

Dirty Birds, SPIV, & Coronet 49 on Sat., Oct. 2 @ 8 p.m. Capitol Theater Backstage. All Ages \$3

Soup of the Day w/ guests DJ TBA, Sandman, & Captains Log on Sat., Oct. 2. Fun

@8 p.m., music @9 p.m. TESC \$18 the day of the show. Longhouse

Will Work 4

PVN

KOC

Super Duo, Lunchbox, Pop The Heavyweight Art Installation Shoppe, and Revolutionary on Sat., Oct. 2. Hydra on Sun., Oct. 3 @ 8:30 p.m. Arrowspace, Washington Street \$4.

SHOWS @ **METROPOLIS**

311 4th Ave E. All shows @ 8 p.m. All ages

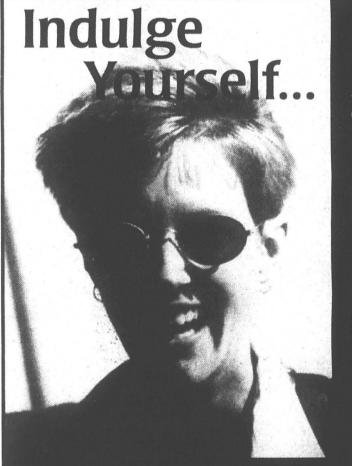
> TSOL, The Pitz, press release. and Valentine members. Killers Thurs, Sept. 30. Price TBA.

> > Sir-Mix-A-Lot & The \$15 in

> > > and

The Herbaliser, Roots Manuva, &

116 Love as Laughter on Mon., Oct. 5.



Eastern Washington University offers more than 40 master's degrees in a diversity of fields in programs that are convenient and flexible for working professionals. Courses are held at downtown Spokane locations during the evening.



...in a Graduate Degree from Eastern Washington University

'I think the MFA is so excellent because it is such a private degree. It would be silly to get recognition. One gets it privately. And its joys are

private ones .. of those words.

-Jennifer Oakes

For more information about specific EWU graduate programs, please contact the Graduate Studies Office at (509)359-6297 or e-mail at gradprograms@mail.ewu.edu

Films To See

The Olympia Film **Society Follows**

Information adapted from OFS

The \$6 for non-members \$3.50 for

Chocolate Factory" Rated G. an awesome event to see the Showing Fri., Oct. 1 @ 8 p.m. work of local artists. FREE. & Saturday October 2 @ 2 p.m. Synopsis:uhh... if you don't Take Back the Night on Sat., Tambains know what this one's about, you Oct.2, Music @ 7, Rally on Fri., had a deprived childhood. This Oct. 1. is a FREE Arts Walk event.

> rated showing Sun. Oct. 3- (corner of Pine and Thurs. Oct. 7. Times: Sun. @ 4 Broadway). & 9 p.m.; M & W @ 6:30 p.m.; T & Th @ 9 pm. Synopsis: This The Harvest Festival on Sat., documentary presents an Oct. 2, noon-6 p.m. (rain or electric, surreal look at the shine) at Evergreen's Organic chaos and carnage that ensued Farm. Live music all day. after the 1994 Zapatista Featured band is River Roots insurgence in southern Mexico. appearing at 4:00 p.m. Also

Sun Oct. 3-Thurs. Oct. 7. 6000 x6145. FREE Times: Sun, T, Thurs. @ 6:30 p.m.; M, W @ 9 p.m. Synopsis: Compiled by Joanna Hurlbut

A documentary about a Mexican woman who confronts the events and players of her sexually abusive childhood.



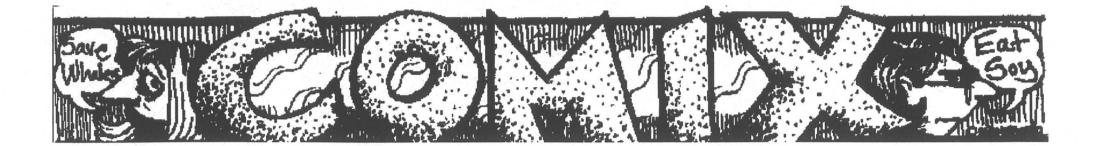
ArtsWalk on Friday, October on Capital Theater, 206 E 5th Ave. 1, 5-10 p.m. Downtown between 4th, 5th, Capitol, "Willy Wonka and the and Washington. Arts Walk is

@7:30 p.m., March @8:30. A Survivor Speakout will follow the march. At the Seattle advance, "A Place Called Chiapas" not Central Community Center

> Double feature with "Paulina." The Geoff Mullin Band, For info call Molly Barber, Tom "Paulina" not rated showing Gilbert, or Levi Todd @ 866-



Cooper Point Journal •14• September 30, 1999 en la lege service a la caestrata des





Beever (A K A Eric Klein) is a faithful submitter to the comics page.



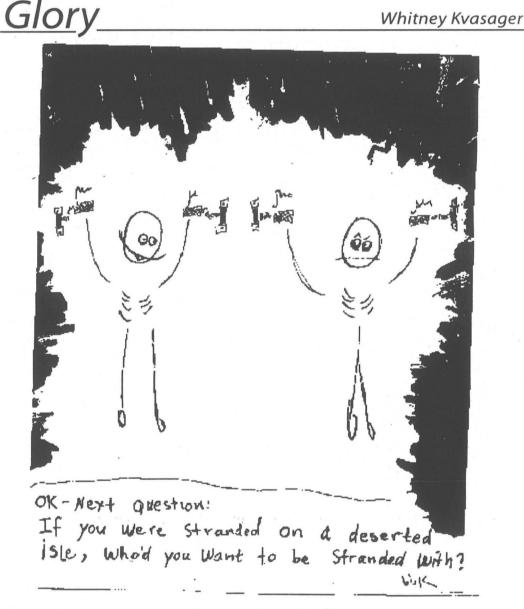
THE HACKY SACK

Sarah Yost is a first-year student whose lovely illustrations are dappled throughout this publication.

Lyndi Paxton



M.A. Haywood is a freshman who sees comics as "a rare gem in a sea of mundanality."



Whitney Kvasager is a second year student. She likes Fritos, potato burritos, but not mosquitoes.

Heeeey yooouuuu guuuuyyyyys!

The CPJ invites all to submit illustrations and comix page flag (the flag is the thing at the top of the page that requests the injestion of soy products for the benefit of large water mammals). Flag designs must be within two inches tall and ten inches wide (or within a ratio of 1 to 5).



M.A. Heywood