Arts & Events

Friday, January 29

Friday Nite Films presents A Touch of Class. 1973, color, 106 min. Directed by Melvin Frank. Starring Glenda Jackson and Gregory Segal. This is one of Melvin's late films. He also made My Favorite Blonde from Bob Hope's comedy. Lecture Hall I, TESC.

Tuesday, February 2

Medieval Etc Film Series presents Alexander Nevsky, 109 min., black and white. Directed by Sergei Eisenstein with Nikolai Cherkassov. Russian dialogue with English subtitles. Eisenstein conceived the film as cinematic opera based on a bold, contrapuntal relationship between Prokofiev's score and the tilms visual rhythm. Staged in 1242 in a region of Russia menaced by Mongolian raids. Prince Alexander Nevsky learns in Novgrad that the Teutonic knights are invading Russia. Nevsky is chosen by the people as their leader to maker peace with the invaders. —Sadoul Lecture Hall I, TESC, 4, 7, & 9:30 p.m. \$1.25.

Wednesday, February 3

Olympia Timberland Library presents The Third Man. 1949, 106 min. Starring Joseph Cotton, Trevor Howard, Alida Valli, Orson Welles. Directed by Carol Reed. Considered one of his finest films of the 1940's and 1950's by Ephariam Katz. Also one of his best-known films; a fascinating thriller set against the seedy background of post-war Vienna. Also showing short: The Bread Game, produced by National Film Board of Canada. Olympia Timberland Library. 7 p.m..

Monday, February 1 EPIC presents The New Klan. A film about the traditions and aims of today's Klu Klux Klan, Lecture Hall I, TESC. 7:30 p.m. and Tuesday, noon, CAB 110.

painter Florence Schwerdiam and stained glass artist Jean Stram. 524 S. Washington, oly. 10-5 Monday-Sunday.

Gail Tremblay: Mixed Media can be seen in Gallery 4 at TESC. Contemporary and traditional native art forms with images of poetry in various media. Weekdays 12-6. Weekends

San Francisco-based artist and Chicano cul-

can be seen in the Evans Library Gallery,

Friday, January 29-Sunday, January 31

Thursday, January 28-Sunday, January 31

The Seventh Annual Science Fiction X-po



The Tannahill Weavers will play Sunday, Jan. 31 3 p.m. Library lobby. From left to right: Les

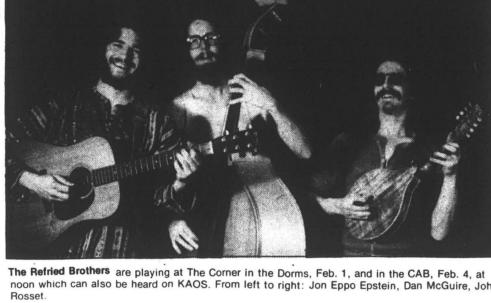
January 22-January 30 The Artists Coop Gallery continues with oil

Rupert Garcia Posters can also be seen in Gallery 5. Garcia is an internationally-known

A retrospective of Dave Gallagher's work

Danceworks Northwest presents "Conversations Both Public and Private" at Washington Hall, Seattle. Shows: 8 p.m., 2 p.m. Sunday.

will be at The Seattle Center Space Needle



noon which can also be heard on KAOS. From left to right: Jon Eppo Epstein, Dan McGuire, John

and Pacific Science Center. Featuring speeches on "Dream Building," James Doohan - Scotty of Star Trek, Sahdahi Bergman-Valeria of Conon The Barbarian and lots more. Produced by The One Reel Vaudeville Show. Info: 1-622-7656.

Friday, January 29 A speaker on Poland Solidarity will be in the Evans Library Lobby, TESC. 7 p.m. Free.

Gail Tremblay will present a reading of her poetry in conjunction with her exhibit in Gallery 4, TESC, 2 p n. Free.

A medieval armor and combat demonstra tion will be held in Red Square, TESC, at 1 p.m. Presented by The Medieval Etc Series and The Society for Creative Anachronism.

Parnell's presents Wednesday Night Women in Jazz. Info: 323-9388, Seattle

Frank Wakefield will play at A Festival of America in the Evans Library, TESC. Tickets: Rainy Day Records and TESC Bookstore and at the door. \$4 general and \$3 students/

seniors. 8 p.m. Info: 866-6220. Vednesday, January 27-Friday, January 30 Popeye's presents Iris Hall (formerly "Freeall") at 9 p.m. 2410 Harrison, Olympia. Info:

nursday, January 28-Sunday, January 31 Parnell's Jazz presents Roland Hanna Trio eaturing Chuck Metcalf. Info: 323-9388.

Sunday, January 31

Tannahill Weavers will play in the Evans Library Lobby at 8 p.m. Presented by The

Thursday, January 28-Saturday, January 30 John Alkins will play original piano music at Carnegie's. 7th and Franklin, Oly. No cover.

Applejam presents Saturday Night Special with Burt and Di Meyer and Jeff Cherniss. \$2.00. 8 p.m. 220 East Union, Olympia.

Wednesday, February 3-Saturday, February 6 Popeye's presents The Pamala Moore Band 9 p.m. 220 W. Harrison, Oly. Info: 786-9290.

COMING ATTRACTIONS

Bluegrass Festival featuring The Muddy Bottom Boys at The Evergreen State College. Also arts & crafts and workshops. Concert: 8:30 p.m. Guitar contest: 10-7. Sponsored by KAOS. Info: 866-5267.

The Olympia Film Society presents The Passion of Anna. Directed by Ingmar Bergman. Starring Liv Ullman, Max Von Sydow,

Melba Marbles presents The Debbie Snoot Adventure Series Episode #1: The Mysterious Dixie Caverns. An art exhibit and performance. CAB 30611-8. Sponsored by KAOS. 50¢

Deadline for Millions of Marbles II Submit art work, poetry, fiction essays to the CPJ February 4, 1982

J COOPER POINT J OUI 1



Baker said that ASH seeks to comply

According to Administrative Aid, Jeanne

Chandler, and Rebecca Wright, Evergreen

has only limited leverage in dealing with

ASH. The complex utilizes TESC sewer

and water lines. Beyond that dependency,

ASH has no legally binding agreements

This is the first of a two-part series on

with the act regardless of whether or not

they are banned by law.

Adult Student Housing.

with the college.

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ASH Answers to HUD not TESC

By Pat O'Hare

What is the relationship between Adult Student Housing, Inc. (ASH) and The Evergreen State College? Many people think that some legal agreement defines the relationship. This is not true.

The Evergreen State College

Volume 10 Number 13

Olympia, WA 98505

In the early 1970's, when TESC was still under construction, there was a need for additional student housing (that is, in addition to the dorms). The board of trustees studied several options. The alternative they chose involved a federally financed housing complex.

This financing arrangement fell under the general provisions of the College Housing Act of 1950. The act originally made funds available to colleges to provide for the construction of student and faculty housing. In 1965, the act was amended to open up the money to nonprofit corporations, established for the sole purpose of providing housing or other educational facilities for students and

After looking at several options, the board of trustees invited ASH, Inc. to participate in the housing project.

ASH purchased the property on Over-"Though Evergreen is the recipient of the between students and ASH management hulse Road from a private individual and services (it will receive the buildings and in the past built the complex with a loan from the property) it has no responsibility for pay-Department of Housing and Urban ment of the loan," he said. The arrange-Development (HUD). ment exists between ASH and HUD. ASH is designated a non-profit corporation.

Phoenix Properties (based in Oregon) manages the complex and the present managers, Larry and Susan Freimark, are employees of that company.

Phoenix Properties District Manager, Robert Baker, said that ASH contracted to build and operate the buildings for 40 years. After that time, the federal loan and the land debt would be paid off and both the buildings and property would belong to Evergreen

Because the ASH complex is federally financed, rental rate increases must be approved by the Department of Health and Human Services (which has since taken up HUD's responsibilities in this

Evergreen has no record of this arrangement on file. Rebecca Wright, Affirmative Action officer, said she thought it was a strange way to do business.

Baker didn't think it was unusual as Evergreen is not a party to the agreement.

Rally Appeals for **El Salvador**

TESC's Recreation Center was discussed at be for labor. When it was suggested that

to the inequities at the Rec Center, where concerns. "But it is possible," he con-

By Pat O'Hare

Approximately 50 people lined up along Capitol Way between Legion and 8th at noon on Tuesday to protest President Reagan's decision to send \$55 million in additional military aid to El Salvador. The protestors distributed leaflets and carried signs such as: "Another Viet Nam" and "55 million equals more death."

At 12:30, several people left the picketing to begin a 48-hour hunger protest on the steps of the State Capitol. Lara Mc-Intosh, one of the participants, explained that the fast is a symbolic way of letting people know there's hunger in El Salvador and to point out the contradiction between severe domestic budget cuts and increased military aid to another country.

President Reagan has recently announced that he plans to send \$55 million in emergency military aid to El Salvador in addition to the \$26 million Congress has already approved.

After nearly a year of inaction, the

question of the unequal sauna facilities in

a meeting called by Director of Athletics

The Sauna Discussion Group focused its

purpose on finding a short-term solution

the sauna facilities for women are nearly

is in violation of Title IX of the Federal

Education Amendments, passed in 1972.

which mandates equal benefits for both

men and women in any education pro-

Though no solution was reached,

several were discussed. Among these, the

suggestion of switching the locker rooms

each year, whereby women would use the

men's larger facilities one year and their

own the next, received the most attention.

Self-Help Legal Aid representative Andy

Carter suggested that the facilities could

be used in this fashion by making the

switch every spring quarter. Director of out of use."

gram receiving federal funding.

half as small as those of the men's. This

By Katie Lieuallen

Jan Lambertz, Wednesday.

Orin Kirshner, another of the hunger protesters, said, "One reason for the fast is that Reagan maintains that human rights are improving and yet 733 Mozote peasants were murdered last week by the Salvadoran Army.'

At 12:50, three State Police arrived and Lt. F.L. Pilon asked the group if they had a permit. When he was told that they had not had time, he said that the group would have to break up and attempt to get one. He explained that if there are more than two people gathered on the Capitol steps without permission, it is considered unlawful assembly. The proa short time while one person went to get

The group, wearing signs of "Hunger Protest in Solidarity" has now been granted permission to have an organized gathering on the Capitol steps between 8 8 a.m. and 6 p.m. The fast will be carried

Solutions to Sauna Discussed

Facilities Dave Wallbom stated that the

cost of such a switch would total \$1,634,

labor. Forty percent of this cost would be

for materials, while the other 60% would

volunteers could be recruited for the job

of repainting the facilities each year,

Wallbom responded that this had not

historically been done because of liability

Next the issue of custodial services was

"It requires more men to clean the

brought up, and Wallbom explained the

greater expense of cleaning the men's

men's locker rooms than women to clean

the women's locker rooms." Wallborn.

stated. "I don't know why this is except

Alumnus Ted Buchart responded by

pointing out that switching would put the

men's urinals out of use, and stated that

he thought there must be a perfectly good

solution to the inequities without switch-

ing and putting "perfectly good urinals

locker rooms than the women's.

that maybe men are sloppier."

including the expense of materials and

Tuition Bill Amended Surcharge Dropped

By John Bauman

A substantially rewritten version of and Means Committee Monday. The new thought would pass the Senate," he said. Senate version drops the optional ten percent surcharge that the House version allowed the schools to add to tuition.

Rent is applied towards paying off the

original loan, the utilities not payed

directly by residents, maintenance of the

There is some doubt as to whether ASH

rental policies fall under the constraints

of the Washington Landlord Tenant Act.

and there have repeatedly been problems

property and employees' salaries.

Scott Huntly, staff member of the Senate Ways and Means Committee, called the Senate version "massively different" from the House version.

Another solution proposed was renova-

tion of the present locker facilities.

Darrell Six estimated the cost of this at

\$37,850, which would include adding new

and thus equalizing it with the men's. It

was pointed out that such a proposal for

the purpose of addressing sexual discrim-

ination would be laughed at by the legis-

lature and would drastically reduce

200-square foot sauna in the women's

locker room, Six explained that this would

be an even more negative step due to the

amount of space that would have to be

remodelled. "You'd get into losing two of

the four existing waterclosets with this,"

he stated, adding that the cost of \$19,240

agreement, and Jan Lambertz expressed

the hope that one more meeting would

provide the needed short-term solution.

"There is a problem," she said. "Anyone

who believes that just because there

The meeting ended without formal

In response to a suggestion to add a

TESC's funding opportunities.

would hardly justify this action.

to be is naive."

"The Senate had a different view of the testers disbanded into groups of twos for H.B. 784 passed out of the Senate Ways issues involved, so we wrote a bill we

> The Senate version makes the requirements for changing from non-resident to resident status tighter. A financiallyindependent student will have to demonstrate that he has been living in Washington for one year for other than educational purposes. This will make it difficult for a student to change status without taking a year off school.

> The House version brought the state about \$29 million and the Senate version brings in about \$25 million, according to Huntly. Graduate student tuition is not raised as much in the new bill.

Last year the legislature established an 'institutional loan fund" into which all the schools have been putting 2.5 percent of their tuition collections. This money locker space to the women's locker room was to have been used for loans to needy

The House version of 784 took this fund for this year and next year and had the schools put it in the state general fund. The Senate version only takes the 1981-82 loan fund and allows the schools to keep the funds for operating expenses.

In the House all the Democrats voted against the bill. If they do the same in the senate, then every Republican will have to vote for the bill for it to pass.

"We have yet to talk to any Democrats who are even shakey about voting against this bill," said Dennis Eagle, a representative of the state's community college students at the Capitol.

He said that they won't bring it up for a vote unless they have the votes lined up. "It could be this week. Once this bill comes out, it will just flash past," he said.

"It's still a bad bill," Eagle said. He shouldn't be a problem, there isn't going urged concerned students to contact their senators and to lobby against the bill.

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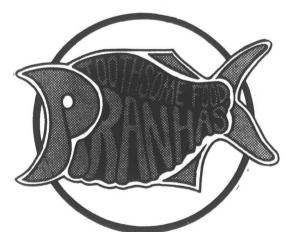
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Students Teach Students Organic Farming

By Kris Nelson, a member of the Explorations of the Future contract

Many residents around West Olympia's Garfield Elementary School are thrilled by a new garden in the neighborhood, and by the Evergreen students behind it. Last school year's first, fourth, and fifth graders have taught gardening tricks to appreciative parents. Numerous teachers at Garfield feel the community project provided an exceptional learning opportunity for their students and the Evergreeners. Why such support? Because they have seen what can be done between students from an Evergreen program and an Olympia organization working together.

Last winter, three Evergreen students in the Small Scale Agriculture Program set out to make an organic garden, not so they could cut themselves off from Safeway, but to help grade schoolers learn about effective gardening in a public setting. Perhaps more importantly, they demonstrated how to combine local facilities and effort on a problem that concerns us all: the high health, economic, and environmental costs of today's agriculture.

U2 was formed in Dublin, Ireland, about

five years ago by Bono Vox-vocals, The

drums. They released two albums in 1981.

The first album, Boy, was compiled from

been playing. October, was their second

When the group was formed, nobody

knew how to play their instruments. They

learned how to play their instruments at

the same time, and as they were going

NITTO - DAYTONA - DIPLOMAT - RAM-

HOLLEY - PERELLI - DUNHILL ALLIANCE

GENERAL - MTD - DUNLOP - SEIBERLING -

through adolescence, and into manhood

Edge (Dave Evans)-guitars and piano,

Adam Clayton-bass, and Larry Mullen-

a list of about 40 songs that they had

Music Review

By David Gaff

release of 1981.

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RAUDENBUSH

Twice a week, Ethan Schatz, Geo Shore, and Donna Goodman ventured into the rambunctious classrooms. To complement the chemical-free gardening methods. each Evergreener taught the basics of soil and plant ecologically. They talked about the importance of earthworms to the wellness of the soil. Window sills gave access to sunlight in order to grow their alfalfa sprouts—a visual lesson in photosynthesis. The fourth graders needed some explanation for mixing Garfield's discarded food with chicken manure.

Outside at the muddy plot, no signs of a human energy crisis could be found. Boys in dirty blue jeans and just as many girls, some in skirts, swung picks and jumped on shovels to loosen the rocky soil. After days of the arduous task, Evergreen's rototiller finally penetrated the ground

Western Soil Conditioners donated numerous loads of compost, and the Evergreen-Garfield clan mounded it with aged leaves to form raised beds. School bus drivers, firemen from the station beside the garden, and passersby in the adjacent Woodruff City Park often paused, struck with curiosity, to inquire about all the

U2 Has Not Reached Its Peak

Boy, was their way of expressing their feelings on adolescence and the journey

into manhood. Everybody knows their role

in the group, and nobody attempts to pass

they come up with is like no other in rock

Larry Mullen's drumming is pushed to

himself off as the star. The sound that

the front, as is the case in Steve Lilly-

mixed back usually, and is highly sup-

white's productions, but he doesn't over-

power the listener. Adam Clayton's bass is

portive. The Edge's guitar is perhaps what

makes U2 stand out. At times, he plays

activity. By the time beds had been prepared for planting, a neighbor gave the kids young raspberry plants, which they eagerly planted near lettuce and spinach rows. Anticipation, not only among the grade-schoolers and Evergreeners, but also among the neighbors and teachers grew with every new sprout.

Another person important to the project was Garfield principal Dale Lien. When Schatz, Shore, and Goodman approached him, he suggested they locate a garden in the front of the school with compost piles on both sides of the entrance walk. He really surprised them. Settling for a site between the school and the fire station instead, Lien felt quite satisfied and secured a \$600 mini-grant from the Olympia School District. The three parties agreed it would be money well spent.

Over the summer, Shore worked with the children at Latchkey Day Care on the lush garden. They watered the carrots. lettuce, zucchini, summer squash, corn, and vegetables. The pre-schoolers weeded and nurtured the sage, mint, parsley, and other herbs at the garden's center. Shore is receiving requests from his students, who are now at Jefferson Middle School.

churches, or a block of houses and determine the most effective electricity-saving measures within an eight-year, pay-back period. Certainly we need efforts to improve engine efficiency, like Evergreen's fuelconserving research car, but a higher priority, if not a moral obligation, is to help the Olympia community take control

to help organize a school garden through

to initiate gardens in elementary schools

throughout the Olympia School District.

not have to stop with Garfield's fall

out to such community groups as the

for instance. Students could conduct

energy audits of all municipal buildings,

YWCA, senior citizens centers, Boy and

Girl Scouts, or neighborhood associations

Consider the Energy Systems Program,

Such Olympia-Evergreen successes do

harvest. Many other programs could reach

their classes. He is also considering a plan

of its energy future. The economic reality must also be faced: about \$20 million leaves Olympia annually to pay for food and energy produced elsewhere. The possibilities for academic programs

to collaborate with other Olympia groups in building a self-reliant community are endless. Environmental Design, Outdoor Education, Science and Government. Human Health and Behavior could all be working with neighborhood associations to solve problems that are global in scope but locally evident. Peace-threatening interdependence among countries for dwindling resources calls Evergreen faculty and administrators as well as students to imaginatively apply their reservoir of insight and enthusiasm where efforts make a difference.

The ball is rolling. And the time is ripe for Evergreen to become a leader in joint self-help projects, stimulating new significance to community. In two years, Evergreen could be viewed as an important contributor to a positive future. It's a challenge well within the college's reach.



favorite, but for some reason it seems out of place on this album. Tomorrow, Rejoice, and With a Shout, also are great songs. There are, of course, slower numbers, like Scaflet and Stranger in a Strange Land. Even though this is only U2's second album, they should take more

U2-BOY

with harsh intensity, but he can also change quickly and feelingly to a soft melodic sound when appropriate. On top, or in addition, is Bono Vox. Bono's vocals, moments on the album. The first side begins and ends with powerful song: I and the place he takes in the music is similar to the way David Bowie and his Will Follow and Out of Control. It is no vocals take shape within his music. Bono, surprise that these two songs were both singles. Into the Heart and Shadows and like Bowie, doesn't overpower the musicians with his singing, but instead, Tall Trees are both slow songs, done with lets the music swirl and encircle the much feeling, and they are brought off surprisingly well. Into the Heart may be vocals. The resulting effect, at least on record, is a happy, hopeful, strong, powthe best song on the album. Those two tracks could have been the weak points of erful, and fresh approach to rock music the album if it hadn't been for the confidence of the group in their own material, and also in Steve Lillywhite's strong production. This album shows U2's emergence as a sensitive, intelligent, and

challengin pop group. U2's second album, October, continues their success. The album is somewhat flawed, in that they take no new risks. The songs are basically good, but with several standouts. Gloria is the immediate

chances. U2, though they are the best band around, probably have not reached their peak. Hopefully, they'll be around for a long time to come. Extraordinary Food at Ordinary Prices





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PIRANHAS

406 E. 4th Ave., Olympia, WA 786-9769

page 2 The Cooper Point Journal February 4, 1982

Bluegrass Great Entertains TESC

By J.W. Nielsen

One of the world's greatest mandolin players, Frank Wakefield, and his band put on an exquisite country/bluegrass concert Thursday night, January 28.

The band, which the night before. attracted a huge crowd in Vancouver, B.C., started playing just after 8 p.m. to a less than sold out crowd in the Library

Wakefield kept an immense smile on his face for the duration of the night. As he moved from song to song, it was obvious why he is called the best. His use of the fretboard is complete. From one end of the neck to the other he was pulling notes out with incredible speed. After playing a set of traditional country/bluegrass tunes, by the likes of Hank Williams and Earl Scruggs, the band left the stage and Wakefield was alone with his

Even though his country joking was a bit corny, Wakefield spoke to the audience as a professor would speak to his class. "I'll play this song in D, some people think its chimes, but it isn't....l

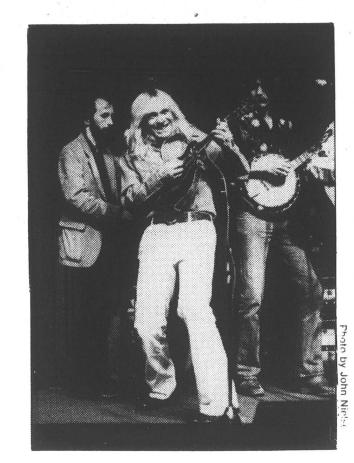
change my music around from how other people play it . . I've taught a lot of famous people to play and so did you.'

It was time for a taste of his "Jesus" music, a style that is entirely Frank Wakefield. With total control, Wakefield whipped right through his solo. The audience burst into a wild round of applause after he finished his last note.

His band joined him again for a few more songs before they all broke for intermission. A short while later, the band took to the stage and played out many more great tunes, among them such favorites as Sweet Georgia Brown and The Orange Blossom Special.

Wakefield had another solo set. I couldn't help but to close my eyes and meditate on the sweet sounds coming from his mandolin. It was quite an honor to have this man play at Evergreen, but it was unfortunate that a bigger crowd didn't show up.

The band was called back for an encore and the concert ended at 11 p.m. A splendid job was done by the sound and lighting crews as well as by those who stayed to help clean up.



Duck Sailors Land Second

By Erik Noyd

spill-filled weekend for Evergreen's Sailing to cross the finish line first every time. team, who placed second in the University of Washington's Afterguard Regatta. The regatta, held in Seattle, included

Evergreen, the University of Washington, the University of Puget Sound, and Seattle University. Most of the capsizings occurred Saturday, but the winds were lighter Sunday and the team was able to use some of their racing skills and tactics instead of concentrating on keeping the SU 3rd boats upright.

end as the University of Washington, weekend.

Winds in the 20-30 knot range caused a which is ranked 14th nationally, managed

The skilled Duck sailors, however, were never far behind, and made the University of Washington really work for their wins. The final results of the regatta were:

TESC 2nd UPS 4th

The sailing team will once again travel Competition was fierce over the week- to Seattle to compete with the UW, this



Sunday's lighter winds gave the Ducks some competitive racing.

Harrington Shines for Ducks

Photo by Ben Schroeter

Photo by Eric Noyd

By Ben Schroeter

land.

Gina Harrington, Evergreen Ski Team star cross country (nordic) skier, donned some downhill skis for the first time this year and came up one point out of first in the combined standings for slalom, giant slalom (GS), and cross country, at the Pioneer Invitational Ski Meet hosted by Lewis and Clark of Port-

The competition took place on January 29 and 30 at Multorpor Ski Bowl near fourth place in team standings, their best finish vet, for this year.

Harrington took second place on the 5 kilometer cross-country track with a time of 36:25, just one minute and four seconds behind Diane Johnson from Pacific Lutheran University (PLU), who is a nationallyranked runner.

Harrington's 2nd place finish in the cross country coupled with an 11th in GS, and 13th in slalom, gave her 26 combined

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Liz Davis of PLU won the Skimeister trophy with a 3rd in cross country, 16th in slalom and a 6th in GS for 25 combined

Harrington finished almost five minutes in front of Davis on the cross country

"I was very happy with my cross country finish," Harrington said, "but that was the [first slalom and GS] I've run in seven years so I was happy to finish."

The men's team also performed quite well with Eric Smith surprising everyone with the top time in the 10 Kilometer Mt. Hood Oregon. The Ducks captured cross country, 9th in GS and 17th in the

Smith, who is on leave this guarter, is not eligible according to National Collegiate Ski Association (NCSA) rules and regulations because he is not a full-time student, so his placings do not count.

Mike Cummings from the University of Washington team won the cross country despite skiing off the course and into the woods. Pete Guenther was the only other Duck to finish, taking 8th place out of 18 entrants.

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Il "The Beaver" Cleaver led the Ducks through the dual-slalom on Friday with a 14th-place finish. David Hampton was 22nd and Pete Guenther finished 25th.

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"The Beaver" was seeded against toprated Joe Lindstrom from PLU for the head-on-head slalom and on the second run "The Beaver" scorched to the finish just seconds behind Lindstrom. If Cleavers first run would have been as hot as his first, he would have broken into the top

John Ensinck was in the top ten after a screaming first run, but fell on his second run after he straddled a gate.

"The Beaver" also led the Ducks in the GS on Saturday with an 11th-place finish. Pete Guenther placed 17th and Hampton, and Ensinck fell.

When "The Beaver" was informed how well he did, he became quite jubilant.

"Right on!" Cleaver said, "I gotta get into the top five next race."

John Ensinck was seen hitting a large Galande for more than 100 feet of air on Saturday, impressing the locals with his expertise and finesse.

"That's the best air-time I've had in a long time," Ensinck said.

Letters

Concern Over "Bad Publicity"

Dear Editor,

The coverage of the Communications DTF on the front page of the CPJ was a welcome sight. Your reporter, Carrie Gevirtz, did a fine job of touching upon the several issues involved. Only one error of fact needs to be corrected; KAOS estimates that our broadcast can currently be received by up to 70,000 people in Thurston, Mason and southern Pierce counties. You reported 35,000 potential listeners for this area. The Grays Harbor Expansion Project would add up to 70,000 more potential listeners in Grays Harbor, Jefferson, Lewis and Pacific counties. Included in these four counties is a significant portion of the Native American population in western Washington. KAOS would very much like to serve this additional area, broaden our base of listeners and increase the number of potential

Some of your readers may be wondering why the college administration is reluctant to accept a federal grant to increase the broadcast area of KAOS. This is a puzzle to many of the volunteers and staff at KAOS who have worked for over 2 1/2 years to receive this grant. The federal government, through the National Telecommunications and Information Administration (NTIA), has offered \$27,000 to Evergreen and KAOS for this repeater system. Evergreen and KAOS have already received and spent the more than \$6,000 from the Haas Foundation which is the required local match for the NTIA grant.

The CPJ article suggested that a concern over "bad publicity" may be the cause of the administration's reluctance. The student and community volunteers at KAOS (over 130 people) sincerely hope that the administration is not embarrassed by the creative work of students or the volunteer efforts of community members. We broadcast more than 6,500 hours per year and read over 21,000 public service announcements. Another 21,000 community calendar, ride board and lost and found announcements are broadcast each year. Many Evergreen and community musicians have been carried live on KAOS and we provide a forum, albeit not often enough, for discussion of issues of interest to the community. This weekend we will bring many students and community members together on campus (an important public relations objective of the college administration) at the KAOS Bluegrass Festival.

An action which the college administration can take to reduce their level of fear (your article said they may be "afraid of bad publicity") is the adoption of the DTF recommendation that a full-time general manager be hired at KAOS. A large portion of the station's potential goes unused at this time. Full-time management would increase the value of the station to the college and to the community, as well as increase the rewards of service received by the volunteers.

Thank you again CPJ for the coverage of the Communications DTF and for this opportunity to respond

> Sincerely, **Bob Shirley** Station Manager

Graphic Is More or Less Accurate

To the Editor:

To begin, I'd like to clarify something for CPJ readers. On the cover of the 1/28 issue, my photograph was published with an accompanying title of KAOS-FM General Manager. As grand as that title might sound, I must deny it's validity. I am NOT the KAOS general manager. As the article indicates, that would be the title of the position proposed in the report of the Communications DTF. Presently KAOS has no general manager. The official title of my position is Program Assistant II, and my monicker inside the station is Academic Coordinator/Field

For the past four months I have been under the supervision of the station manager (officially). The cover graphic leads the reader to the opposite conclusion. While the graphic is a more or less accurate representation of the proposed structure, it does not reflect the current

I want to applaud Ms. Gevirtz for the level-headed and thoughtful reflection regarding the KAOS/CPJ controversy. The feature reflects a mature consideration of the situation which is refreshing. You people are publishing a newspaper; we run a radio station. The business of communications is a serious one, and it requires care in thought and action.

> Working Hard (as always), Michael Huntsberger

More on the Communications DTF

Thank you for last week's coverage of the work done by the Communications Disappearing Task Force on KAOS and Cooper Point Journal Management and Advisory Issues (better known as the Communications DTF). Getting this kind of information out to the Evergreen community is one of the important functions of the CPJ.

Most of the information contained in the story is correct, however there are a few glaring errors that require immediate corrections. First, the proposed organizational model is just that: A proposal, not a fact. The photo image on the front page of last week's paper depicts Director of College Relations Chuck Fowler as the "Publisher/Advisor" of the CPJ. He is not.

Also, Michael Huntsberger is not General Manager for KAOS-fm. His position title is "Program Assistant 2." In that capacity his responsibilities include academic advising for all station staff members and field supervisor for students conducting internships at KAOS. Those are only two of the proposed duties of the proposed General Manager position.

It also needs to be pointed out that there are five members of the Evergreen Board of Trustees, not four, as is pictured on last week's front page. What happened to Thelma Jackson?

There is one other correction that needs to be made. I am quoted as stating that the DTF was charged because KAOS is in the process of applying for a grant from the National Telecommunications and Information Administration (NTIA) that would send the KAOS broadcast signal into Grays Harbor County. That may have been one of the reasons that President Evans charged the DTF. Other reasons may have included the investigation last spring of alleged improper activities in the way some members of the KAOS staff operated, the historical lack of professional field supervision for student interns at KAOS and the Cooper Point Journal, and the sporadic nature of the academic support provided by the college to both KAOS and the CPJ.

Again, thanks to Carrie Gevirtz for a news story that was comprehensive and, for the most part, correct. The Communications DTF will soon have a final report to President Evans and the Board of Trustees. We will be happy to share that report with the community-at-large. through KAOS and the CPJ, of course. Michael Hall

A Rave Review

Editor/CPJ:

David Goldsmith's piece on Meredith Monk's recent showing at Evergreen (CP) 1/28/82) is one of the best pieces of journalism I've seen in The CPJ recently (yes, even critics can be journalists) and at the top of all arts criticism I've read in some time (The New Yorker excepted, which is an honorable exception all the

same). And I read a respectable bit. Goldsmith has a deeply-rooted sensitivity for that daring task of translating the experience of Monk for those who weren't and who were there at the performance. My already heartfelt appreciation of the actual concert experience was elevated and illuminated in richer detail by his lucid and embracing reflection and interpretation of the event. Such writing! Thank you so much.

And, yes, Nesbitt has been a guiding light (in his quiet way), showing us the best, albeit a sampling, of American performance art at its most incisive edge. So why do we edge away in our budget support for this important part of our essence in times that slide from tough to tougher?

It's the Principle

Last Sunday night I worked security at the Tanahill Weavers concert here on campus. During the course of the evening I had to show out seven or eight people who tried to get in without paying. Nothing unusual, it happens at every concert, but something a friend said to me about it got me thinking. If they can't pay anyway, she rationalized, what difference does it make if they get in for free? Well, I thought about it, and the answer I came up with is that it is basically a matter of principle, of respect.

Listen, people. The bands that come here make their living touring. If they didn't get paid for performing they couldn't tour. Now, our concert promoters don't make any personal profit from these engagements, they need ticket sales to break even so they can pay the band (and the sound and lighting).

What I'm trying to say is, the basis of the entire system is that the money from the ticket sales is the money that enables these artists to make a living bringing live music to us. It makes no difference that, "Well, just a couple of people won't matter." It makes no difference that, in our case, the college will cover any deficit. It is the principle that matters.

Anyone that sneaks into a concert is showing a total lack of respect for the musicians and the way that they earn their living. If you like a band enough to want to see them live, then you should respect that band enough to pay your way in. If everyone sneaked into concerts, professional musicians couldn't tour. And that would be our loss as well as theirs.

Stopping Us Intervention

By the time you read this letter, spontaneous demonstrations will have already taken place in Olympia to protest the increase of U.S. military aid to El Salvador. On Sunday, January 31, the Olympians Against Intervention in El Salvador (O.A.I.E.S.) met and organized immediate actions to protest the authorization by Ronald Reagan of \$55 million in "emergency" military aid to the ruling junta in El Salvador without congressional ap-

This aid includes planes and helicopter gun machines to replace those destroyed last week in El Salvador by liberation forces. In that raid, 11 planes and helicopters were destroyed, which was a major blow to the army. (New York Times 1/28/82). These protest were also in response to the reports of continued massacres of Salvadoran working class, students, professors, union organizers, church officials, and anyone else "suspected" of sympathizing with the libera-

tion organizations there. On 2/1/81 the Seattle P.I. reported that "as many as 27 men and women, most of them in their teens and 20's, were killed during the pre-dawn sweep by about 200 government troops through San Salvador's working class district of San Antonio

In this raid three sisters were raped before being shot, and the mother of another victim said, "The soldiers said I had nothing to worry about as they took my daughter away.

In a Salvadoran government communique regarding the massacre it was stated that "The operation was a success," and that "This action was a result of training and professionalization of our officers and soldiers." (Seattle P.I. 2/1/81)

In Fort Bragg, N.C., 1600 Salvadoran officers and soldiers will be in "training" and the Reagan administration will ask for \$200-\$300 million more in military aid in the next year. This administration is using the guise of defense against communism to protect U.S. multi-national corporate interests throughout Central America. This is how the U.S. defense budget is being spent in the face of massive social service budget cuts.

O.A.I.E.S. responded with picketing and leafleting at noon and 4:30 on Monday, Feb. 1, that both informed and asked people to attend a rally and picket at noon on Tuesday, Feb. 2. That picket marked the beginning of a two-day fast by six members of O.A.I.E.S. i. protest of Reagan's actions. You can help by telephoning or sending a telegram to:

President Reagan, 1600 Pennsylvania Ave., Washington, D.C., (202) 456-7639. Don Bonker, U.S. House of Representatives, Washington, D.C., (202) 224-3121. Senators Gorton and Jackson, U.S. Senate Office Bldg., Washington, D.C., 20510, (202) 224-3121.

Lynn Russell

An Unfortunate Predicament

As a visual communications student I am amazed at the quantity and quality of facilities available at TESC. I have been to many colleges in California, including the University of California system and have found none comparable to Evergreen in facilities. The lack of quality qualified personnel for which to satisfy the huge hunger that abounds here is sadly lacking. Other colleges make do with less and produce much more. The Bruce Baillie band-aid solutions to

the continual problem of the lack of media faculty is an absurd attempt to shove a pacifier into the mouth of the Evergreen communications student. Evergreen is not a temporary tent city for esoteric artists to camp out at. Evergreen is an established college with implanted steel concrete buildings. Evergreen is also endowed with an enormous wealth of state of the art equipment; four recording studios, one broadcast quality TV studio, two 16mm editing flatbeds, seven professional-quality 16mm cameras, worth over \$1.5 million.

After running inside the academic maze and picking through all this wealth of equipment, we find no film faculty, two part-time TV teachers, one audio professional, and that's it, period. Each class these three teachers offer is filled during early registration with a waiting list trailing from here to Tacoma. There is a large number of highly enthusiastic students eagerly awaiting a chance to enroll in a communications class. Why don't we have more TV, audio, and at least one film faculty? Is the administration just waiting for all the millions of dollars of equipment to become obsolete?

Like a newborn child, technology grows, cries, screams and eats, but never seems to grow up. We the proprietors of this technical monstrosity are continually overwhelmed as our surroundings change faster than our ability to adapt. Our methods of coping with technological change vary from a willingness to confront directly, to a desire to go numb and accept frustration. At Evergreen both philosophies are entertained.

This problem area is crippling students interested in learning progressive visual communication skills. It is time we, the students, the faculty, and the administration all take some responsibility and correct this unfortunate predicament.

Mark Smith Ray Kirby

Opinion

Let Them Ride Scooters

It's finally come to me why the Washington State Legislature is so taken with our state's tax system.

Remember, the majority of those guys up there are Republicans, and Republicans these days are very concerned with incentives. That's the supply side idea that one has to consider all the effects of a tax, not only the money it brings in, but the way it makes people behave.

For instance, they don't want a tax on airplanes. If airplanes are taxed everyone will take their airplanes and park them in Oregon or somewhere, to avoid paying the tax.

The same argument applies to the proposed tax on intangibles. This would be a tax on the income from stocks, bonds, interest payments and other kinds of "intangible" property. The testimony opposing the intangible tax focused on the disincentive it would create to invest in Washington, People would go to Oregon to invest their money. Banks and such would be loathe to locate here and be taxed.

The tax on boats is similar. Not taxing boats is actually a rather neighborly gesture. We wouldn't want to give Oregon a problem with "boat people."

Heuve

And the income tax? Well, of course, that's unthinkable! We wouldn't want to discourage people from earning money, for God's sake!

Who knows what would happen if we instituted an income tax? Everyone would probably get a job in Oregon. We'd have o pave the Columbia River just to take are of rush hour.

Enough on proposed taxes. What's the distinctive feature of our tax system as it is? Washington is blessed with an unusually regressive tax structure. In other words, a lower income person pays a larger percentage of his or her income in state taxes than a rich person (see chart).

The advantage of this, of course, is that it means there is a disincentive to be poor here. In fact, poor people ought to be leaving in droves. The fact that this is not vet noticeable obviously means that our poor person tax needs to be raised. Let's take all their money. They can always sell their furniture, then they won't have to hire movers; they'll have money to rent scooters to leave on

We may be the first state to think of this, so we should make a serious effort to get rid of all our poor people before the other states start trying to get rid of their's. In the next few years the competition could become fierce. -1.B.

Family Income Percent paid in taxes \$ 5,000 5.9% \$10,000 5.5% \$15,000 \$20,000 5.3% \$25,000 4.5%

These figures were prepared for the House Revenue Committee in 1978, just after the tax was taken off food. Two recent tax changes, the abolition of the inheritance tax and the one percent sales tax increase, have both served to make the state tax system more regressive than hese figures show.

A Significant Life Experience

By Michael Barnes Michael Barnes is a campus political activist and a member of the Student Union.

Most Greeners would be appalled to think that more often than not, our responses are conditioned much like our parents'. Now that such a gruesome notion has been committed to paper, I think there is something to be gained from exploring it further. Most of what happens, or fails to happen, at Evergreen could be seen in a clearer light if the students realized to what extent we are dominated, like our parents, by a con-

sumer mentality. I cannot help but liken Evergreen to one of those newfangled high-tech consumer goods, say, a chrome-plated, multidialed, digital toaster. Wonderously complicated and flexible, capable of conformng to every whim of the user, and featuring the latest components and technology — Evergreen reads like a Madison Avenue dream.

After awhile, such products have a way of falling apart. Then the trouble begins there's no way to know what's wrong with the thing, finding someone who is qualified to fix it is next to impossible, and once you find someone, you discover the cost is more than the thing is worth in the

first place. In a society already plagued by an infatuation with complex technology, a tailspinning bombshell without functioning controls, where does Evergreen fit? The college strives to teach solutions to these social ills, yet at the same time is a victim of these ills. Evergreen isn't part of the solution, it's part of the problem.

Perhaps I'm not being completely fair to my fellow students. After all, most of us would be astute enough not to be taken in by a digital toaster. Maybe this is the reason for the stunning lack of interest in campus politics. Greeners seem immune to the call of campus involvement and the lure of material consumption as well.

The consumption mentality, however, is like the hardy cockroach—as soon as we discover an effective deterrent, it mutates into another form. If Greeners despise the old forms of consumption, then they have wholeheartedly embraced the new ones.

As theologian Harvey Cox warns, young people are no longer enthralled by the conspicuous material consumption of a generation ago. Instead, they are captivated by a new form of consumption, experiential consumption. We opt for travels through Nepal, seminars at Esalen, and summer-long bike tours with as much enthusiasm as our parents sought second cars and outdoor barbecues.

Ultimately, our diversions are no less expensive. Keeping up with the Joneses won't hurt our karma, as long as we do it in rip-stop nylon.

This is the real appeal of Evergreen what's being sold to us is the "Evergreen experience." Why should sharp young consumers like us settle for that old humdrum, routine university education, when, for the same price, we can purchase an Evergreen experience? It's new! It's different! It's exciting!

However appealing all this sounds, reducing Evergreen to a consumer product creates severe problems. For one, it aggravates the already troublesome dichotomy in our society between consumption and production. We forget too easily that ideas are not things which we consume for our pleasure. Ideas obligate us to be producers. We are responsible to our ideas, and for the attempt to make them manifest in the world.

At Evergreen, the failure to understand this is evident in the number of students



"Four dollars will bring the Cooper Point Journal into your home every week for one year; keep in touch with Evergreen from the students perspective. Order your subscription today! Send your name, address, phone number, and \$4.00 to Cooper Point Journal, CAB 305, The Evergreen State College, Olympia, WA 98505."

Heuvel who can articulate the latest Marxist critiques of our society, yet cannot translate this into any personal commitment or action. Ideas become so many potato

WEll.... What sort of

Significant Life Experience did you

have in mindio.

163216B 35

to them; they commit us to nothing. This could all be chalked up to Capitalism's incredible ability to co-opt its critics, but that would be too easy. It disavows our personal responsibility for our own world, and it disavows the necessity for us to prevent a slide toward despotism.

during seminar. We have no commitment

chips—tasty morsels to nibble upon

In her recent book on Trilateralism, editor Holly Sklar discusses Huxley's Brave New World and the "new totalitarianisms" of the future. Unlike the old totalitarianisms, which relied on brutality and repression, the new ones will be different — "That these new totalitarianisms do not resemble the old is largely contingent

upon the nurturing of a politically apathetic consumption community." As I sat in the audience at last year's

graduation, listening to the usual selfcongratulatory pronouncements, I was amazed by the conceit of us all here at vergreen. I felt like the young boy who can't see the Emperor's new clothes. I felt tike the unfortunate who jumps to his feet at the end of an EST seminar and shouts, "No, I don't get it. What is this 'experience' everybody talks about?"

"A politically apathetic consumption community" - sorry folks, but that sounds like Evergreen to me. Greeners won't have to fight the brave new worlds of the future, for they have already accepted a basic tenet, the consumer mentality. The comic-strip character Pogo said it a long time ago, and said it best - "I have seen the enemy, and he is us."

The Cooper Point Journal

Editor: D.S. DeZube

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Production: Shirley Greene, Shelton-Mason County Journal

Graphics: Karen Heuvel Pablo Schugurensky.

Photos: John Nielsen, Paul Stanford

The Cooper Point Journal is published weekly for the students, faculty and staff of The Evergreen State College. Views expressed are not necessarily those of the College or of the Journal's staff. Advertising material contained herein does not imply endorsement by this newspaper. Offices are located in the College

Activities Building, CAB 104. Phone: 868-6213.

All letters to the editor, announcements, and

arts and events items must be received by noon Tuesday for that week's publication. All articles are due by 5 p.m. Friday for publication the following week. All contributions must be signed, typed, double-spaced and of reasonable length. Names will be withheld on request. The editors reserve the right to reject material tent, and style.

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Is It Life Anyway?

By David Goldsmith

Whose Life Is It Anyway?, directed by John Badham.

The movie's title itself is indicative of its major flaw. Simply put, Badham's new film is about as subtle as a fart in an operating room. This is a shame, for a theme so inherently poignant as euthanasia deserves a much more sophisticated treatment. With a lighter touch, more imagination and, especially, a greater audience's intelligence W.L.I.I.A.? might

actually have succeeded. I guess it's the old Black-Hat/White-Hat mentality we're talking about here. Badham, and Hollywood in general obviously perceives the greater part of the American filmgoing public as being incapable of interpreting any verbal or visual clues short of a scream or an explosion. That may work well for The Thing That Ate Cleveland or even Star Wars but it certainly can't cut it for serious drama.

This heavy-handedness is at its worst in the very beginning of the movie. Even before all the credits have had a chance to settle themselves on the take-up reel. we are drowned in inanities. Our hero,

played by Richard Dreyfuss, is perchedl atop a Caulderesque sculpture welding the finishing touches to his latest masterwork See how full and active a life he leads? Now look down below to his cute girlfriend as she banters trite lines with Dreyfuss' student-helpers. Listen to her actual first line: "What is it? Its Art of course." Watch me finger my coat nervously, sitting still warm in the next seat, inviting me to beat a hasty retreat.

Cut to the next scene. Watch a runaway 18-wheeler reach the intersection at the same time Dreyfuss and his shiny Datsun 280Z does. Watch the nice car go under the rig. See the top come off. Then watch the medics cut off the door and pull Dreyfuss, his head rivulets of blood out of the wreck. This is all in the first two minutes, mind you.

Cut to the hospital room with Dreyfuss in bed and smiling, seemingly acclimated well to his new life as a quadraplegic. See tne hardnosed—really—compassionate— Puerto Rican - headnurse as she trains the new nurse in the art of bedsore prevention. Here comes his now ex-lover with flowers. Next comes the Rasta orderly to shave the quad: "Hey mon, it be time to

get cut." "Oh, no," says Dreyfuss, "A Black man with a razor." Cute, no?

In comes John Cassavettes as the chief of surgery, a clutch of third-year students in tow. They approach a still-warm corpse. One would-be doctor is caught by Cassavettes in mid-yawn and is lambasted by same: "Look at that. This should make you sick. It makes me sick. Anytime you see someone die before his allotted three score and ten you should get sick." Talk about being fairly clubbed over the head! Cassavettes might just as well have turned to the camera and declaimed, "Hi. I'm the chief of surgery here. I'm totally opposed to euthanasia and will be adamantly contesting this patient's so-called right to die. When you see me later, it'll all start to

I could go on and on. The stereotypical Jewish shrink, a Black shrink, a young lawyer who amazingly enough seems to only lose his stutter in the courtroom. Add to them the gorgeous doctor caught between her growing feelings for the quad's right to determine his own fate and her hypocratic oath to save lives. All stock figures moving in circles around the man in the bed whom we really never do seem to get inside of. In the one internal monologue of sorts, all we get is the obligatory scene of his former lover dancing and posing for Dreyfuss; one short B&W reflection of bygone days. That and one single tear running down the face of the man powerless to brush it

It is a poignant story, actually—Dalton Trumbo's Johnny Got His Gun proved that years ago. But without some belief in his audience's abilities, the entire production falls flat. And if we continue to be fed this pablum perhaps our teeth will indeed atrophy and be incapable of sinking into something tougher and more

Dreyfuss is witty enough, sharp-tongued, presenting an admirable, though tragic, figure. Cassavettes is wooden as ever; for once well-suited to his role. A few scenes are genuinely moving; one with a Rasta/Punk band absolutely hilarious. And thank God, Badham didn't pull a "Joni" and have Dreyfuss start molding clay with his teeth. But John, hey, let's leave the hats at home next time—for all

PHONE-A-THON '82 NEEDS YOU. This

year's fundraising phone-a-thon will be

held on the evenings of February 15-18,

23-25, 28 and March 1-3, in the Board

Room, Library 3112. Now, more than in

any prior year, the Development Office

needs your volunteer participation in this

major fundraising activity to benefit

Please help. Phone-A-Thon '82 needs

you to smile as you dial and carry the

Evergreen message across the nation to

alumni and parents. Sign up sheets have

been posted at various locations around

campus, and a drop box is in the Informa-

tion Center, 2nd floor CAB mall. Volun-

teer for just one evening or several, but

be sure to volunteer for this crucial and

quenched and your fummies from growl-

ing with an ample assortment of munchies

The calls begin each evening at 5:30

p.m. and conclude at about 9 p.m. At the

evening's end, each volunteer may place

one five-minute phone call anywhere in

the continental United States ... our way

Call Bonnie Marie, Development Office.

SUMMER JOBS: Interviewers from

Camp Easter Seal and the Campfire Girls

will be on campus to see applicants for

summer staff positions. Contact Career

Planning and Placement, LIB 1213, 866-

TO BE A STUDENT SPEAKER AT THE 1982

GRADUATION you must be a graduating

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Thursday, April 1, with your name,

address, phone number, speaker's resume,

and a brief essay outlining the main items

866-6565, for additional information.

of saying "Thanks."

6193, for times and dates.

of the speech.

As in years past, the good folks at the

News & Notes

THE GRADUATION COMMITTEE will meet Thursday, February 4, at 5 p.m. in LIB 3112 to judge the designs presented for the cover of the 1982 graduation program, to examine paper and graphics, and to discuss process deadlines.

DANCERS—Do you want to dance of need dancers? Auditions for a May Sprin Concert, February 3 and 10, CRC 30." 1:20-3:30.

A HEART FOR THE HARP SEALS. Com-Valentine's Day where will you be? You voice and support are needed for those who cannot speak for themselves: the harp seal pups are to be clubbed again this year. An assembly to protest the slaughter of these infant seals will be held in front of the Canadian Consulate in Seattle on Valentine's Day from 10 a.m. until 3 p.m. That's Sunday after next at the Plaza 600 Building. For further information call Kris Smith at 832-3717. Stop by the ERC for information on a "ride



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LIVE ARTS FOUNDATION opens its new Second Saturdays in Dance series on **SHIP**. February 13, with Beverly Rackoff's work-

SUMMER JOBS: Interviewers from Camp Easter Seal and the Campfire Girls will be on campus to hire summer staff. Contact Career Planning and Placement, LIB 1213, for times and dates.

DUE TO POPULAR DEMAND, the Bookstore is extending Friday hours. The Bookstore will be open Monday-Thursday, 8-4:30: Friday, 8-3 p.m. and until 7 p.m. on Monday and Tuesday

IS GIVING A SHOW AS A BENEFIT FOR our clinic at 410 S. Washington (between **SAFEPLACE:** Rape Relief/Women's Shelter 4th & 5th streets in downtown Oly.). Services. Safe place provides 24-hour assistance to battered women and their children, as well as victims of rape, incest, and other sexual abuse. Tickets to the Ernestine Anderson concert are \$8 in advance and \$10 at the door. Tickets are Records (Westside), the YWCA and Music Douglass in LAB II 2266 for tickets.

THE COOPER POINT JOURNAL is lookng for a South American correspondent for Spring Quarter. We'll also be in need of a local and national political analyst. Stop by CAB 104, next door to the ERC for more information.



"YOUR SPRING QUARTER INTERN-.." A workshop on planning and developing your next step...sponsored shop Flying and Falling. For further in- by Cooperative Education and Career formation contact Karen Kirsch at Planning & Placement. When: February 10 (Wednesday) from 10 a.m. to noon. Where: CAB 110. They will discuss the reasons for doing internships and how they fit into career planning, how to find Evergreen and/or develop your next internship (including resume writing and how to conduct an informational interview), and how to go about finding a faculty sponsor. Important information for anyone thinking about doing a Spring Quarter internship. For more information about this workshop, contact Michael at 866-6391.

CERVICAL CAPS will be fitted at the Development Office will keep your thirst Olympia Women's Center on Monday, February 8. For more information and an IAZZ SINGER ERNESTINE ANDERSON appointment, call 943-6924 or come by

THE LAND: a series in six parts will be presented by KAOS 89.3 FM. The Land available in Olympia at Rainy Day was produced by Nancy Keith at KRAB 107.7 FM in Seattle. The series will be 6000 in Lacey. On campus see Jane presented in one-hour segments, and will be followed by a panel discussion, with call-in participation from the listening

> The air schedule is: Feb. 8, 7:30-8:30. The Human Landscape: Looking for the Secret Garden Feb. 9, 7:30-8:30, Private Property-

> American Land and Law Feb. 10, 7:30-8:30, Farmland-Earthbound Feb. 11, 7:30-8:30, The City-Up or Out? Feb. 12, 7:30-8:30, Land Use Planning-It Almost Works

Feb: 13, 5:30-6:30, Earthspace in the Future-Multiple Visions

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Nutrition

Helping Your Heart

By Rich Silver, a nutrition counselor at TESC's Health Services

Coronary Heart Disease (CHD) is the leading cause of death in this country. CAD, together with strokes, will account for approximately one million deaths in the United States this year.

They are caused by atherosclerosis, a type of arteriosclerosis (hardening of the arteries), characterized by deposits of cholesterol and other fats in the cell wall of the medium and large arteries. Fibrous tissues may accumulate around these deposits forming a plaque.

Studies have shown that this process begins very early in life. As these plaques enlarge over the years, they gradually narrow the opening of the blood vessels, thereby restricting blood flow. Heart attacks are caused by blood clotting in an artery of the heart, strokes are caused by blood clotting in one of the arteries leading to the brain, at the site of these plaques

The causes of atherosclerosis are unknown. However, many contributing factors have been examined that correlate to an increased risk of heart disease. They are male sex, age, family history of heart disease, high blood cholesterol levels, high blood pressure, diabetes, cigarette smoking, obesity and lack of exercise. Nothing can be done about the first three, but the other factors may be controlled.

Diets high in fat, saturated fat and holesterol have been shown to increase plood cholesterol levels. Since high blood holesterol levels have been implicated as a possible factor in heart disease, many

recommendations have been made to reduce the amounts of cholesterol and fat in our diets. To say the least, there is vast disagreement among the different authorities on the efficacy of this sort of dietary

Studies have shown that blood cholesterol levels can be lowered by reducing intake of fat, specifically saturated fat meats, dairy products). The real question seems to be whether lowering these levels will have any affect on the rate of atherosclerosis

The American Heart Association and numerous authorities seem to think there is no harm in recommending a diet that

The Society for Creative Anachronism held a demonstration in medieval fighting

techniques on the Red Square plaza on Sunday, January the 31st. The nation-wide

organization is a non-profit educational corporation which recreates the more

attractive aspects of pre-17th Century European culture. There is a new local

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branch of the S.C.A. called the Shire of Evercleare.

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provides 30% of its calories from fat and a reduction in dietary cholesterol to 300 mgs, or less per day. This amounts to a 10-15% drop in fat intake from the average U.S. diet, the drop mainly coming rom saturated fat. The American Medical Association and other authorities do not eel these changes are warranted at this ime, as there is no unequivocal proof hat it does any good in affecting the rate

Although I am not an authority on the subject, I have spent a considerable amount of time reviewing the scientific iterature concerning this matter. First of II. I don't think that lowering dietary cholesterol is very effective. However, there does appear to be some promise of overall health benefit in reducing fat in onjunction with eliminating the other isk factors. If there is no harm in reducng dietary saturated fat and taking in more calories in the form of whole grains fruits and vegetables, then I do not understand what the beef is all about in doing so. If we all understand that this alone will

of atherosclerosis.

probably not solve the problem then I do not think that those intent on finding the answer or answers will be blind to

> of this killer disease. High blood pressure (hypertension) is certainly a major risk factor in heart lisease; 24 million people in this country have it and millions of these don't even know it. I recommend getting your blood pressure checked as soon as possible. Normal ranges are 100/60 to 135/85. Numerous studies have shown a direct correlation between high intakes of sodium (from salt) and the incidence of hypertension. In many non-industrialized populations where salt intake is low, hypertension is absent. Salt intake in the United States is very high. As there is no benefit to this, it is strongly recommended that salt be eliminated in cooking and at the table.

other still possibly undiscovered causes

Cigarette smoking has been positively linked to an increase in lung cancer and is a strong risk factor in heart disease. There are no health benefits to smoking but there are many dangers. People smoke because they get pleasure from it. Even if

Correction:

In our January 21st issue, we incorrectly labeled the Third World Coalition as a student group. The Coalition is funded and organized through student services and is under the direction of Stone Thomas, not S&A.

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Obesity is a health problem of its own n this country and is a factor in high plood pressure and heart disease. It is extremely important to attain and main-

science can absolutely prove that smoking

is tied in with death from heart disease.

langer exists—the rest is your business.

people will still smoke. Realize that the

ain one's "ideal" body weight through lecreased caloric intake and increased physical exercise. Finally and possibly most important of all is the need to increase physical activity. Exercise is beneficial for con-

trolling obesity and high blood pressure. It is interesting to note that marathon runners have almost no incidence of coronary heart disease. Recommendations are to start out any new exercise program slowly, and gradually increase intensity and time of the chosen activity. Aerobic exercises like swimming, jogging, walking and racquetball are most beneficial for the heart. This kind of physical activity 3-4 times a week is probably sufficient for cardiovascular fitness. Be sure to consult a physician before beginning a new exercise program if you are out of shape.

In this article I have briefly described a topic that is laced with controversy. The scientific literature on atherosclerosis is voluminous and scans many decades of research. My report here is neither inclusive nor conclusive. My purpose was to present the major risk factors in hopes that by taking a little personal responsibility for our own health we may prevent unnecessary death and suffering. Any questions regarding this article or nutrition information in general can be made by contacting TESC Health Services.



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