ARTS & EVENTS

GALLERY-ON CAMPUS

Two new art exhibits, both featuring works by Pacific Northwest photographers, will be n display in galleries at The Evergreen State College November 1-30. Regional artists will be featured in "New Northwest Photography, a show curated by Evergreen Faculty Member Dr. Kirk Thompson and opening in Gallery Two on the second floor of the Evans Library. Black and white and color photographs will illustrate four major groups of images created in the past year by artists Michael Burns, who focuses on large-scale Seattle architecture; Ford Gilbreath, a former Evergreen staff photographer who recently completed a Seattle Arts ommission grant with his series of handcolored "Bus Photographs:" Terry Toedtemeier a Portland artist who has completed a survey of early Northwest landscape photography and Carolyn Tucker, a University of Washington graduate student who combines photography and painting in her creations.

Opening in Gallery Four on the fourth floor of Evans Library is a show comprised of more han 40 photographs offering an Evergreen spective," of selections by nearly a en college staff, students and graduates, he exhibit, collected by photography teacher raig Hickman, will include works taken ing the past nine years at Evergreen by staff rtists Ford Gilbreath and Tracy Hamby, and vergreen alums Michael Cohen, Stu Tilger arry Shlim, Bob Iyall, Dick Park, Bonnie loonchild and Marcia Hanson

The two photo exhibits are presented in connection with the meeting of the Northwest chapter of the Society for Photographic Educa-The conference, which will be held Nov. 7-9 at Evergreen, will provide an oppor unity for communication among photographic artists from Washington, Oregon, Idaho, Montana and British Columbia. The program will eature a series of slide presentations of new vork by regional photographers, as well as the Gallery Two and Gallery Four exhibits.

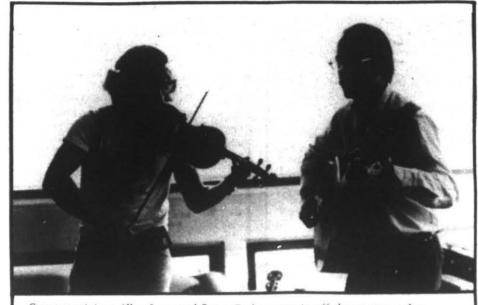
You are invited to join the members of the Society for Photographic Education at the opening on Friday. November 7 and to attend te slide presentations which will be held in CAB 110. 9-12 a.m., November 8. Foster White Gallery

Galen Garwood: New Paintings. The exhibit will show through Nov. 10. Gallery hours: Mon.-Sat 10 a.m.-5:30 p.m.; Sun. noon-(311 1/2 Occidental Ave., South, eattle, 622-2833)

Traver Gallery Lee Kelly Sculpture. October 31-November 3 Concurrent with the exhibition in the galatdoor sculptures will be installed at the Bell Plaza Building at 1600 Olive Way and at the Safeco Plaza Building at NE 45th and Brooklyn Ave. NE. Preview: Oct. 31, 6-8 p.m. Regular Gallery hours: Tues.-Fri. 10 a.m.-5 p.m. Sat. and Sun. Noon-5 p.m. (2219 Fourth Ave., Seattle, 622-4234) Olympia Area

State Capitol Museum "The Collagraph Idea, 1956-1980": Glen Alps, considered to be one of the foremost rintmakers in the U.S. is featured in a retropective exhibit of his works at the State apitol Museum, Olympia, through Oct. 30 Currently Professor of Art and Chairman of he Printmaking Division at the Univ. of Washington, Alps gained national prominence 1956 when he developed the technique of ollagraphy by combining traditional printmaking procedures with collage The exhibit will feature prints, plus a photo

ssay on the techniques of collagraphy and examples of collagraphic printing plates. The state Capitol Museum is open from 10 a.m.-4:30 p.m., Tues.-Fri., noon-4 p.m. Sat. and Sun. Admission is free.



Street musicians Allen Levy and Steve Guthe come in off the street to play bluegrass in the Campus Activities Building. photo by Theresa Conno

WORKSHOPS-Olympia Area Southern Puget Sound

Solar Energy Association The Southern Puget Sound Solar Energy Association is offering the second session of the Zero-Energy House workshops. Saturday, November 8, will be a hands-on workshop building an air-to-air heat exchanger, examin ing potentials for reducing home-heating fuels consumption. The workshop will be held at the Solar Outreach Center, 1620 East 4th. Olympia, from 9 a.m. to 3 p.m. Free to members and \$5 for non-members. For more details, call the Solar Outreach Center, 943-4595.

WORKSHOPS-Seattle

R.E.I. Clinic Series Free lectures, presentations, and demonstra-

tions by experts. Thursday, Nov 6, 7 p.m.-The Cross-Country Challenge: Skiing Mt. Rainier. A special presentation of this exciting new film John Fuller, one of the film's creators, will present the film and also show a series of slides depicting the story behind making the film.

Workshop: Sex and Violence Seattle Institute for Sex Therapy, Education and Research (SISTER) presents a workshop on Sex and Violence on Friday, November 7 from 7-11 p.m. An evening seminar on this controversial subject. An opportunity to review data, examine theories and explore solutions. Lectures, media and discussion with audience Topics include rape, child abuse, partner battering, impact of media, sado-masochism and therapy for victims and offenders. Rae Larson, Coordinator, Shirley Feldman-Summers, Barbara Gibson and Elaine Gowell. \$5 in advance; \$7.50 at the door. For more information, call 522-8588.

Workshops: Responsibility and Commitment The Evergreen Counseling Center is offering workshops on responsibility and commitment to self and others. The workshops are on

Tuesdays from 3-4:30 p.m. Responsibility and Commitment for a Student participants will discuss and clarify what their responsibility means when they

commit themselves to an academic program at Evergreen, Nov. 4, 3-4:30, Sem. Bldg. 4151.

ugosi. Black and white, 80 minutes. The son of Henry Frankenstein returns to his native village and takes up residence in the ancestral castle only to find The Monster in a secret chamber lying in a comatose state. What follows is good, trashy, halloween fun. Plus! A

Ski Party and Seaside Swingers, classic teenage movies from the sixties, will be shown at TESC Lecture Hall One on Saturday, November 1. SKI PARTY, which shows at 7 and 10:30 p.m., features music by James Brown and Lesley Gore and stars Frankie Avalon, Dwayne Hickman, and Deborah Walley. SWINGERS, playing at 8:45 p.m., stars Freddie & the Dreamers. A KAOS-FM benefit.

The Academic Film Series Wednesday, Nov. 5: Two Women (La with subtitles. Directed by Vittorio De Sica ance for this film, and was awarded the Oscar for Best Actress-the only time it's been given to an actress in a foreign language film. Two Women shows a mother and daughter's struggle to cope with the hazards of being unusual role for him, plays a frail, timid intel-lectual who shares a little love with them in the Italian hill country. After retreating Germans drag him off, mother and daughter, ollowing the Allies back to Rome-thinking they're safe-are raped. Devastated, they try to recover, recognizing their vulnerabilites and

MUSIC-on camp

KAOS presents... A whole weekend of Oldies, Soul and Rhythm and Blues. All Friday, Saturday and Sunday, October 30-November 2. Listen to 89 1/3-Thurston County's Community Radio Station! 866-5267 MUSIC-local

Bluegrass at the 4th Ave. Tavern Thursday, October 30, 8:30 p.m.-12:30 a.m. Scatter Creek Bluegrass Band. Good musici (210 4th Ave., downtown Olympia; \$2 at the **GNU DELI**

October 31: Three Damp Duck-9 p.m. (\$2) J. W. McClure. Rick Tuel and Mary Litchfield bring a variety of musical satire Blues, jazz, gospel and country & western. November 1: Barbara Donald and Unity-9 p.m. (\$4) Trumpet lady Barbara features this jazz quintet with lessica Williams on piano, Bert "Wheels" Wilson on tenor sax and

Irving Lovelette on drums. November 5: Malcolm Dalglish/Grey Larson with Kevin Burke/Mehal O'Donnell-8 p.m. (\$5) A musical finale for the Deli. Long awaited return of Malcolm and Greys hammer dulcimer and flutes, with the amazing Celtic display by Irishman Kevin and Mehal from the Bothy Boys.

(111 W. Thurston Ave., Olympia, 943-1371)

Applejam Nov. 1: Wild Rose String Band-One of the most popular string bands in the Seattle area with a unique sound, using the hammered dul-cimer, English concertina, and fiddle as elad nstruments. Michael Dowers, Sandra Hankins, Howard Meltzer and Will Saari play the music of the British Isles, France, Appalachia, New England and French Canada. (\$2)

Applejam opens at 8 p.m. Open mike at 8:15 and the main act follows. 220 East Union, Olympia.

MUSIC-Seattle

Bill Monroe in Concert Nov. 2: Bill Monroe and the Bluegrass Boys will be at The Place, 152 Pacific Highway South. Don't miss the father of bluegrass music. Tickets are \$7 at the door. Call 433-7990 for information

Gordon Lightfoot in concert Gordon Lightfoot returns to the Opera House for one performance on Thursday, Nov. 13 at 7 p.m. Tickets for the Northwest Releasing event are on sale at the downtown Bon and the usual suburban outlets.

Air Supply in concert Air Supply will be at the Paramount Northwest Theatre on Thanksgiving Eve (Wednesday, Nov. 26) at 8 p.m. for one performance Tickets for this event are \$9.50 and \$8.50 reserved and may be purchased at all Budget Tapes & Records, Peaches Records & Tapes (Tacoma) Tower Posters (Mercer Street) and Paramount Box Office (Mon.-Sat. 10 a.m.-2 p.m.)

THEATER-Seattle

A Man's a Man October 29-November 22: The Conservatory Theater Company presents Bertolt Brecht's "A Man's a Man. (1634 11th Ave., Seattle, 323-6800)

Intiman Theatre Company Intiman Theatre Company will produce its sixth annual Holiday Sampler from December 2 through 23 this year. The program of traditional song, prose and verse offers a taste of a genuine "old-fashioned" holiday season. The hour-long program can be performed nearly anywhere and is available for bookings with private parties, clubs or company functions schedule and fee information is available by calling the Intiman Theatre Company's Administrative Office at 624-4541.

Fear and Loathing Continued

mines, put in seven years as a state senator and learned his way around the Hill. Never a loud voice, this Jim McDermott, never in the center of the action. Mc-Dermott was and remained an outsidersmart, progressive and popular with the liberal King County Democratic machinebut still an outsider. McDermott bided his time, building his connections with that faction of the Democratic Party to which the name Dixy Lee Ray is a curse. When 1980 rolled around, Jim McDermott began to indicate that he was setting his sights on the governor's mansion. After the only other Democratic challenger, John Bagnaiol, was hit with a federal bribery indictment in March, he was left with an open field and only one opponent-Democratic incumbent Dixy Lee Ray.

At first McDermott's campaign, like his abortive 1972 attempt, seemed hopelessly Quixotic. He had no money, no apparent organization and his standing in the polls was hovering around 2%. But this time Jim McDermott was going to play the game. He shaved off his beard. He trimmed his hair. He hired perhaps the ablest campaign team in the state-Wally Toner, a long-time political pro who has worked for just about every major politician in the state and Blair Butterworth, who put together Gov. Ray's winning page 8

So McDerrott went back to the salt effort in the 1976 primary on a hudget of around \$3,000. He used his muscle with the King County party apparatus and an alliance with U.S. Senator Warren Magnuson to maul Gov. Ray at the Democratic state convention last June. In the end, he won, beating Ray by almost 20%. Suddenly, the perennial outsider looked like a sure winner.

> But with McDermott a viable contender, there appeared what the reporter likes to call the "clone syndrome." The symptoms can be spotted very easily. One candidate's vague generalities start sounding very much like the other candidate's vague generalities. Both start practicing the First Commandment of American politics-"Thou shalt do thy best not to alienate or offend anybody.

> McDermota's opponent, a likeable mediocrity named John Spellman, has been doing this for years and, as the campaign progresses, Spellman is quickly chopping away at McDermott's lead. Like a ship that has leaned a little too far to the left, the state is beginning to tilt back towards dead center. That unaligned, generally apolitical block of voters that Arthur Schlesinger Jr. called the "Vital Center" and Norman Mailer dubbed "the undigestable wad of American politics," has begun to assert itself. Jim McDermott

is going after it. He started talking less about taxes and prisons and more abou such vital issues as "trust," "leadership" and the need to "bring people together." He's torn a page from Jimmy Carter's campaign book and is accusing John Spellman of trying to divide the state "city from country, East from West." Like the young liberal aspiring for the U.S. Senate that Robert Redford portrayed in the movie "The Candidate," Jim Mc-Dermott has mounted up and charged The System," and "The System" has, predictably, taken McDermott to its fat, greasy bosom

The campaign manager breaks the reporter's reverie. "I'm afraid we're going to have to wind this up. Anything else you need to know?" The reporter shakes his head, "No, I guess that about does it. But that doesn't about do it. The reporter has a lot of other things he would like to know. He wants to ask the campaign manger how he really feels about Jim McDermott. Does the campaign manager honestly think he would make a good governor? Does the campaign manager realize what a horse's ass a candidate has to make himself into in order to win an election? Does the campaign manager ever get tired of the rhetoric and the hype? Does he really like his job?

But the campaign manager is already

off on another errand, another person to call, another column of figures to read. The reporter is tired and hungry and has an hour and a half bus ride ahead of him. He puts on his coat and winds his way back down the long spiral ramp that leads to the noisy street outside. All the way down he thinks about what he has just seen and heard. He thinks about the candidates and about the armies of volunteers that are building their campaigns: the people who occupy dingy offices in towns like Prosser and Centralia, spend long, frantic hours stuffing envelopes and making phone calls. He thinks about the campaign manager, a professional political mercenary willing to take on any client able to pay the price. All of these people have something riding on this election, whether it be reputation, hope of a paying job in their candidate's administration, or even their personal admiration for the candidate and what he stands for. All of them want to win, that is the sole imperative.

All the way down the long carpeted ramp, the reporter can hear the echoing voices of the phone solicitors as they bend over their instruments. "Good morning... is...will...can I...would like your vote...can we...morning...your vote...for governor...your vote...your vote.

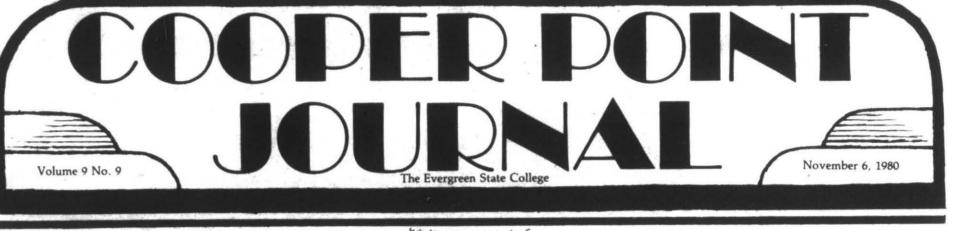
FILMS-on campus Friday Nite Films October 317 The Son of Frankenstein star-ring Basil Rathbone, Boris Karloff and Bela

Captain America episode, The Avenging Corpse. Lecture Hall One, 3, 7 & 9 p.m. \$1.25 **KAOS Benefit**

\$1: 50¢ for KAOS subscribers

Ciociara), from Italy, 1961, 105 min., b/w and written by Cesare Zavattini-both of whom also combined talents for Bicycle Thieves and Shoeshine, two classics of Neo-Realism. Two Women star Sophia Loren, Eleanor Brown, Jean-Paul Belmondo and Raf Vallone. Sophia, who was usually given slick and frivolous roles in American movies, delivered a very different and powerful perform Adapted from a novel by Alberto Moravia female in a world at war. Belmondo, in an strengths. "A simple, honest film gripping. -NY Times, Lecture Hall One, 1:30 and 7:30,





Complaints Lodged Against A.S.H. Management



physically and mentally," he said. Miner

listed a number of things which the

former managers had neglected or ig-

nored: explaining policies and rules to

new tenants; keeping scheduled office

the waiting list, rather than renting to

hours; renting to people without verifying

that they were students; and abiding by

anyone, regardless of how many applied

and were waiting for a vacancy. But the

biggest problem with the Moores, Miner

said, was deficiency in keeping up with

repairs and maintenance. Many tenants

mentioned that, since the new managers

took over, the response to repairs or to

arrived many of the lights along the path-

If the repair rate has improved, many

ways weren't working, and that he was

very concerned with his tenants' safety.

tenants feel that the human element has

vanished. One woman spoke of an "us

saying the wrong thing, lest they be

they give a 20-day notice.

tion equipment.

and them" attitude between tenants and

evicted. In Washington, a landlord can

evict a tenant for ANY reason, as long as

Some tenants charge that Miner runs

A.S.H. like a military base. He is a retired

career Navy man, having been an elec-

tronics technician for submarine simula-

tape-recorded, saying he didn't want to

be "taken out of context." He was also

extremely reluctant to discuss his back-

ground, saying he was hired because of

Miner explained how his boss in Port-

land told him that his job was to "clean-

Rebecca Wright, Evergreen's Affirma-

the Miners took over, she has received

four complaints against them, and that

some tenants had complained to the

and Urban Development) subsidized

A.S.H.'s mortgage with a loan of over

One of these complaints, Wright said,

she was denied occupancy. Another had

he was a vagrant. Wright said the stu-

his qualifications not his background.

meant from a physical standpoint.

AFFIRMATIVE ACTION

HEARS COMPLAINTS

\$2,000,000.

the management, and many are fearful of

complaints of noisy tenants has greatly

improved. Miner said that when he

By Kenneth Sternberg

Last May, Tom and Judy Moore resigned as the resident managers of the A.S.H. (Adult Student Housing) apartment complex adjacent to the Evergreen campus, after working in that capacity for about two years. The Olympia A.S.H. project is one of many nationwide, owned by a corporation based in Oregon. The new managers-Ray and Diana Minermoved in within a couple of weeks. Since then, a number of complaints have been lodged against the Miners' style of management; including allegations of discrimination, bias, favoritism and harassment. Whether or not any or all of these charges are true, most of the people interviewed in preparation for this article refused to allow their names to be used. All were afraid that the Miners would take some kind of retaliatory action against them. Everything stated in the article is based on what the tenants and managers of A.S.H. told the CPJ. The most pronounced change that occurred when the management switched was in the atmosphere of the A.S.H.

MILITARY ATMOSPHERE

community.

Ray Miner posted a sign on the door of the laundry building warning that all non-tenants would be subject to criminal trespass proceedings if they were caught using the facilities. He also began to get more strict about who lived in A.S.H., often asking people he saw whether or not they were tenants. According to one person, Miner asked a woman how many nights per week her boyfriend stayed at her apartment

According to A.S.H. rules, everyone living there must be a student or faculty member, and they must be listed on the rental agreement. (Tenants at A.S.H. pay on a monthly basis, and the document they sign is legally known as a rental agreement.) The rule of allowing only full-time students to live at A.S.H. has been on the books for the past few years, but has never been stringently enforced. Early fall quarter, Ken Jacob-Director of College Housing-asked the Miners to be more conscientious about this, hoping to ease the campus housing crunch.

In an interview, Ray Miner said that the Moores had been extremely lax in their management-that they had put many rules on the back burner. "When I first arrived, the place was a nightmare,

dent was never given an opportunity to rebut this charge, and that, legally the term is considered vague.

In a letter dated Sept. 22, Wright asked Elizabeth Baker, A.S.H. District Manager, about the possibility of forming an "administrative council," as spelled out in the A.S.H. administration guidelines given to Evergreen when the project was first proposed. Such a council would consist of seven members: 2 student-tenants of A.S.H., the manager, 2 representatives of the college, the district manager and 1 maintenance person from A.S.H. Wright suggested that formation of such a body might help to alleviate some of the present difficulties.

Under the operating guidelines for the council (taken from A.S.H. literature), the purpose is "to allow the sponsoring institution and the student tenants to be involved and informed." "It is for this reason," the document continues, "that administrative councils will be created for each project." It is further stated that meetings of the council need not be restricted to problems, but can and should be called for purposes of general communication, and keeping all parties informed on matters relating to the housing complex.

Baker told the CPJ that such a council had been formed in the Vancouver, Wash., project, but that most of the complaints had been of a "trivial, petty nature," and the idea hadn't worked well. Nevertheless, "if the need was there," she would "be glad" to set up a council here. She said that interested parties should contact her and the college. (Ms. Baker's address is A.S.H., 4550 Cornell Rd. N.E., Hillsboro, Oregon 97123.)

In early October, a meeting was held between Rebecca Wright, Ken Jacob, Ray Miner and Richard Schwartz, vicepresident for business at Evergreen. At the meeting, Wright presented the complaints her office had received. She said (in a later interview) that the attitude of the A.S.H. officials was that she was only taking the students' viewpoint, and was one-sided in her thinking. Wright felt that they took the opposite view, that both

sides were polarized on the issue and that no real communication took place. Baker ater commented that in all but one case, Wright hadn't brought the complaints to Miner's attention as soon as they were received, and that when she did, was quite demanding of him.

DON'T WANT YOUR KIND IN HERE

Miner voiced objections to forming an idministrative council, saying that "the tenants are not the managers here," and as long as I'm doing my job" there would be no need for it. He said he welcomes communication from tenants, but on a one-to-one basis.

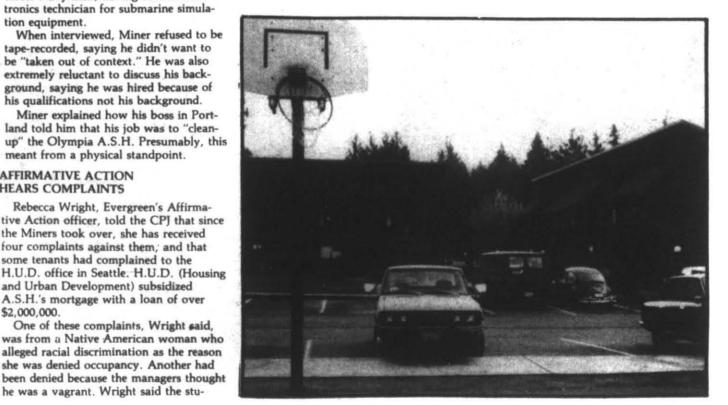
Asked his opinion of the tenants here, Miner replied that 98% of them "are excellent," but felt that the project was too close to Evergreen, which encouraged triends to stay overnight too often. He thought that Evergreen students (nontenants) came over to A.S.H. to vandalize the property, and noted that a few lamps were broken at a party two weeks ago. The tenants here are "mellow to each other," but are "argumentative" when

conflicts arise with management, he added. Miner described how many people, usually non-tenants, have lied to him when asked if they lived there. Regardless of whether or not all the tenants of an apartment approve of a guest staying there, it is against the rules unless they are registered with him. He said that many stay for extended periods, "making a commune of the place."

One man who has lived at A.S.H. for two years felt that Miner takes advantage of opportunities to exercise his power over others, often to a greater degree than the situation dictates. He went on to say that Miner had been warned by the A.S.H. office that the Olympia project differed from the others.

Miner admitted that Tom Moore told him that he'd never be able to manage here, but he feels that it is just like anywhere else, and that it has a diversity of people. Before coming to Olympia, Miner had been assistant manager for two years at the Corvallis, Oregon project.

continued to page 3



LETTERS





Watch for the continuing saga of Norm Normle in future issues of the CPJ.

CAN'T TAKE A JOKE

To the Editor:

Last Friday nite I went to the Halloween dance dressed as a member of the U.S. Labor party. Over my trench coat w/matching pants I wore sandwich billboards, the front read; "Boot the Kooks-build the nukes" and the back; "Save our environment-feed Ralph Nader to the whales." Much to my amazement, more than just a few people took me serious. One guy insisted on arguing the hazards of nuclear waste and stopped only after my suggestion that he go drink more beer. At one point it got so bad I had to take off the signs and get in the beer line myself until I was able to stand with a smile glazed upon my face no matter what was said to me.

EDITOR Kathy Davis

Associate Editors Theresa Connor Roger Stritmatter Miriam Lewis Brad Shannon

Production Manager Victoria Mixon

> Art Director Craig Bartlett

Business Manager Karen Berryman

Advertising Manager Richard Ordos

Photographer Ad design **Bill Livingston**

While I can't hold everyone responsible for what a few overzealous people chose to say, I must admit I was a little disappointed. After all, what's Halloween good for, if not a good laugh? Maybe I've got it all wrong! Maybe I'm the one who shouldn't have taken them seriously.

INFILTRATION OF THE RIGHT

To the Editor:

John Birchers are infiltrating our Halloween dances pretending to be Evergreen students! Next thing you know Reagan will be elected president Sincerely

Is nothing sacred? Now those dirty

Steve Moore

John Wagner

Aiders and Abettors: Trisha Riedy, Phillip Everling, Ken Sternberg, Allen Levy, Rich Silver, Loretta Huston, David Cox, Bill Livingston, John Stotts, Shirley Greene and dead cats every-



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 ournal's staff. Advertising material contained herein does not imply endorsement by this newspaper. Offices are located in the College Activities Building, CAB 104, Phone: 866-6213 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 ength. Names will be withheld on request. The editors reserve the right to reject material and to edit any contributions for length, content, and style.

INTRO. TO SLUG STUDIES

To the Editor:

Feeling that something is lacking from this Fall's course offerings, I am now proposing the course which I believe best rounds out the curriculum. SLUGOLOGY

Fall/Winter Group Contract

Sponsor: P. S. Gooshworm Enrollment: 40

Prerequisites: Basic understanding of biology and chemistry. Sponsor's

signature required Special Expenses: Dissecting kit; strong stomach.

Part-time Options: None.

This course is designed to insure a total understanding of our environment. It well compliments the Everrain Environment. Fall Quarter we will study the anatomy and physiology of slugs and their evolution and development. There will be some emphasis on lab work and students will be expected

to spend 5-10 hours a week in observing the little buggers in their natural environment

Winter Quarter will be spent studying slug mythology, slug cooking, exercise and sluggery, and slugs as pets (this will include guard and watchslugs, homing slugs, seeing-eye slugs, and slugs as a means of transporting mail faster than the Post Office.) Students will be expected to keep a journal and collect and write up their data. This paper will be written with publication in mind and will also be presented at the Pacific Northwest Symposium on "The Little Critters."

This program will attempt to develop a comprehensive understanding of the slug theory and theme through studies of history, ecology, folklore, biology and chemistry, and population studies and control.

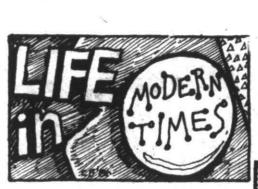
Subjects emphasized: Biology and the Practical Sciences. Program is prepatory for careers and/or further study in slug studies and theory. Modules: None

Internships: Yes-people needed for slug hunting.

Mary Ann LeRoy



Cocktail time at the CPJ. From left, Ken Sternberg, Miriam Lewis and Roger Stritmatter Photo by Craig Bartlet



By Allen Levy

Life in America in the early 19th century was full of hardships and danger. The settlers on the frontier had to defend themselves against hostile Indians, dangerous beasts, and harsh weather. Urban Americans in the first half of the 19th century faced harsh working conditions in the factories, and outbreaks of diseases from overcrowding and lack of adequate sanitation. Being a woman at this time in America had its own unique hazards. The daily domestic chores, and the strain of bearing children without the aid of competent medical assistance, took a toll on American women; many of whom died young as a result. But modern American magazines advertise relief from female hazards that the history books do not often talk about. The history books give not a clue as to how early Americans solved what one advertisement claims "is everyone's problem"-"feminine odor." We must infer from the claims of modern advertising that pioneer women smelled horribly. Was the westward migration of the pioneers really Manifest Destiny or merely



said Sept. 3.)

in his office.

At the end of last guarter, a student named Chuck Mathews ended his tenancy at A.S.H. According to Miner, Mathews

Life Was Rough for Grandma



a search for fresh air or breathing space? Without the aid of modern hygiene deodorants, women were confined to either the home, where they were little more than combination domestic servants and baby machines, or to the factories and textile mills working with other women so as not to offend the delicate sensibilities of the male half of society.

The history books fail to elaborate on another female hygiene problem that contributed to the hazards of early American life; "feminine protection." The names of some modern products hint ominously at what life must have been like for American women born too early to enjoy the protection of these products. Without the New Freedom to Rely on the Security of these Heavy Duty products, what was a woman to do with herself once every 28 days or so? The advertisements for these products do not provide an answer.

Modern advertising gives a solution to a domestic hazard that our American foremothers had to cope with as best they could-the Dry Hards. According to the

manufacturers of Electra Sol, the Dry Hards is what happens when food residues congeal and stick like glue to plates, cups, and silverware. So when great grandma was called away from doing the dinner dishes to help repel an Indian attack (perhaps by getting upwind of the savages) the Dry Hards were sure to set in. Lacking electric dishwashers, early American women could not know that "all leading dishwasher manufacturers" approve of Electra Sol whose "unique ormula of cleaning agent does more than clean the Dry Hards off dishes. It helps get glasses and flatware shiny clean, too. Nothing cleans the Dry Hards better.'

American women in the early 19th century faced hazards and hardships that are practically unheard of today. But glance through some of today's magazines, read the advertisements, pay attention to the commercials on television and radio, and imagine what life would be like without the blessings these products bestow on us. We can only marvel, indeed, we must stand in awe of the courage, strength, and tenacity of our American foremothers who unflinchingly faced the hardships and deprivation of living without so much of what we take for granted today. It is a wonder that women did not lock themselves in their rooms and hide away from the trials and tribulations of the 19th century life.

A.S.H. Cont'd continued from page 1 Several people told of a man who

had requested an upstairs apartment, and on inspection found that it was a downstairs unit. Miner told him that according to his records, the apartment was upstairs, and refused to accommodate his wishes. The man found housing elsewhere. Chris Rehkoph has lived in A.S.H. for

several months. She said that Miner refused to rent to a woman who reapplied for occupancy because her oven was dirty when she vacated her former apartment. Later, he relented and rented to her. Rehkoph felt that Miner likes to play power trips, plays God, and "makes people beg" for things.

Miner said that he is not out to antagonize or harass anyone, that he will bend over backwards for any tenant who abides by the rules and is reasonable. He cited a case where a student told him his rent would be late because his work-study check hadn't arrived yet. Since the person had explained the matter to him, Miner let him pay his rent late, with no late fees. He stressed that "any reasonable request" is honored, but when someone continued to dispute a matter. "that's it."

A woman who has lived at A.S.H. for seven months said that she had no trouble with Miner until September. On the night of Sept. 2 she had some friends over, and she admitted there was quite a bit of "excess" noise. The next night she again invited friends over. That night the noise level was considerably lower; they played Monopoly and listened to music. The next morning she went to the office to get a key, and Miner told her that he understood she had someone living in her apartment who was not on the rental agreement. She denied this, and left. The next morning the assistant manager and Miner served her with a notice of violation, which stated that she had broken Rules 3 & 4 (excess noise) and Rule 16 (people not on rental agreement). She again denied that anyone lived with her who wasn't on the agreement, and pointed out that the violation of noise for the date stated was untrue. (The date of her loud party was Sept. 2, and the notice

Miner showed her a copy of her rental agreement, taken from his office files. The name of the person who was supposedly living with her against the rule was on the agreement, but crossed out. According to the woman, beside the crossed out name were the words "Still on. O.K." Miner accused her of writing this in. She denied it and asked how she could have done this when the document had been stored

continued to hang around the complex, used the facilities, stayed in different apartments, and slept in his truck in the parking lot. Not long after this, Mathews applied for another apartment and was told by Miner "We don't want your kind in here." Miner refused to rent to him. Miner said that the behavior Mathews exhibited was not to his liking, and that he was within his rights to refuse him. Since A.S.H. is a private corporation, managers can refuse to rent to anyone they do not like, as long as the reason isn't based on sex, religion, race or creed.

Despite repeated attempts to reach him, Mathews never contacted the CPJ, and so could not comment on the incident. However, Sue Buis, a friend of his, denied that he had slept in his truck, noting that the truck was unenclosed, and the weather at the time was quite inclement. She also said that Mathews did not stay in many peoples' apartments; he only stayed n hers.

Miner stated that each person applying for an apartment is treated as an individual, and only when their behavior is not up to a "certain caliber," are they denied occupancy. Asked what this caliber was, Miner cited examples of what it wasn't. Mostly, he described people who were

rude, or who used offensive language when they applied for an apartment Some people have ripped up their applications and stormed out of his office, he added. A few others who he turned down were "spaced out" looking, he said. A CLOUD OF HERBICIDE

One of the most serious incidents mentioned by many tenants regarded the management's spraying of herbicide last May. Since Evergreeners are concerned about environmental matters, many people became alarmed over the matter. noting the affected areas were play areas for children

According to Jon Gribskov, his roommate was studying with the window open when the assistant manager came by, spraying. When asked what the substance was, he said he didn't know. Gribskov said that the bottle was labelled "Erbon," and that the active ingredient was related to 2,4,5-T. The herbicide had been stored at A.S.H. for two years, although it had not been marketed for almost three.

Gribskov called the state Dept. of Ecology and was told to call the Sheriff to report a violation in progress. When a deputy arrived, he said the chemical and its application technique was legal, but that another herbicide in the storeroom,

containing 2,4,5-T could not be used. The purpose of Erbon, Gribskov noted, is to attack the root structure of plants, and applied too heavily, causes the leaves to turn black and wilt. He said that he observed this within two days of the spraying." There was a cloud (of the herbicide) around his (assistant manager's) head," Gribskov added. He said that A.S.H. has been sprayed at least four times since April

Mike Watson, of the E.P.A. in Seattle, said that Erbon is designated low to moderate in acute toxicity, and was more commonly used after 2,4,5-T was banned. Unless it is applied exactly as the label states, its use constitutes a violation of federal law

Bryant Fishback, a spokesman for Dow Chemical (Erbon's creator), said that until it was discontinued, Erbon had been available without a permit in stores. When asked whether it was used mainly

for broadleaf or grass-based weeds, Fish back replied that it was used "basical y wipe out everything."

Larry Freimark, the assistant manger A.S.H., said that he hadn't placed warn ing signs at the affected areas because the chemical covered plants with a white, chalky coating. He thought that no one would eat a plant which looked like that. However, many tenants doubted a child's ability to determine if such leaves would be harmful. According to him, the substance used was called "Ortho." Asked for more specifics about the name (since Ortho is the name of a manufacturer rather than a specific substance), he maintained it had been "Ortho."

DEAD CATS FOUND IN WOODS

On or about Oct. 2, Chris Rehkoph says she found the bodies of three dead cats in the A.S.H. woods. Their "skulls looked crushed," she said. A week earlier she had observed Miner chasing (and retrieving) a few cats.

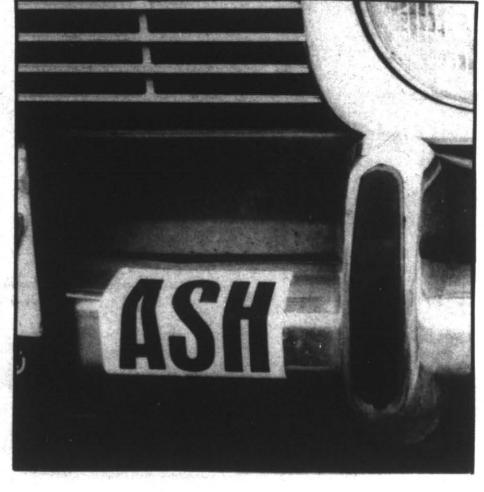
When Miner became manager, he began to strictly enforce the no pets rule to new tenants. Those living there who had pets before he took over could keep them.

Miner, who reportedly owns a dog, had seen a cat eating from a bowl by Rehkoph's door. She said that she gave the cat (a stray) some food that she had around the house. Miner told her that she was "aiding and abetting a cat," and warned her of the pet policy.

Larry Freimark denied that any stray animals are killed, and said they are chased away. He added that such animals were not taken to the city pound because conditions were overcrowded there, and that the disease, parvovirus, was prevalent among the pound's animals.

continued to page 9

page 3



Anorexia Nervosa: Cycle of Self-Destruction



Theresa Connor

After talking with other women at Evergreen, I have been surprised at the number of them who have admitted to being, or to having been anorexic. I suspect that there are many more women on campus who are suffering from this disorder; but so little is known about it, and so little is said that many women who have anorexia nervosa don't even recognize it. Anorexia nervosa is a psychosomatic disorder which forces women to starve themselves in a frenzied pursuit of thinness.

Thinking that something is wrong with themselves only, anorexies slowly withdraw from family and friends into almost total isolation. By knowing more about the disorder and where they can get support and counseling, women can break the hold that anorexia has on their life.

Anorexia Nervosa is a relatively modern phenomenon, characteristic of industrial, technologically advanced and affluent societies. It is a disease which is unheard of in underdeveloped and Third World nations. The disorder usually appears during the adolescent years; although cases of pre-adolescent and adult anorexics have been reported. Though it is not known why, the victims are predominantly women from white, middle to upper class families.

In the last 15 to 20 years, anorexia has escalated at an alarming rate. One psychologist noted the increase of anorexic patients referred to him over a six-year

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period. In 1972, he treated only one patient for the syndrome; during 1978, that figure rose to eight patients during the first six months. As the incident rate increases, so does

the concern over the disorder, particularly in light of its mortality rate. It has been estimated that anorexia claims the lives of 10 to 15 percent of its victims. Since the 1960's reports on anorexia have been published in numerous countries, including Russia, Australia, Sweden, Italy, England, France, Japan and the United States. Prior to this time, it was virtually unheard of. The majority of physicians recognized the name from their medical training, but had never dealt with it in their own practice. Today, it is extremely common and has become a serious problem in high schools and colleges. "One might speak of an epidemic illness," says Hilde Bruch, in her book The Golden Cage, "only there is no contagious agent, the spread must be attributed to psychosociological factors."

The psychological symptoms of anorexia usually involve a pursuit of thinness, a fear of gaining weight and a denial of hunger. Though the anorexic sharply decreases her food intake, it is not due to a lack of appetite. The basic symptoms are persistent hunger and a deliberate struggle against it. According to Bruch, 'Women suffering from anorexia are preoccupied with food and eating but consider self-denial and discipline the highest virtues and condemn satisfying their needs and desires ... " Anorexics will convince themselves that they are obese and proceed to diet. Despite nagging hunger and fatigue, anorexics maintain that they are not hungry and continue to starve themselves. Victims of anorexia train themselves to withstand their desire for food and to consider the feelings of hunger to be pleasant and desirable. "Being able to stand it and seeing themselves getting

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thinner and thinner gives them so much pride that they are willing to tolerate anything," observed Bruch.

They will supplement their rigid dietary program with exhaustive physical exercise, in an effort to compensate for what little food they do eat. Even when they reach their desired weight, anorexics refuse to believe that they are thin and continue to diet until they waste away. The weight of a patient suffering from acute anorexia can drop as low as 60 or 70 pounds, at which point hospitalization and treatment are necessary for survival.

For some, however, the hunger becomes overpowering. Unable to withstand it any longer, they surrender to their bodies and begin to grossly overeat—consuming enormous amounts of food despite their drive to be thin. Afterwards, feeling angry and frustrated at their weakness, they force themselves to vomit. The bingeeating and vomiting begins in response to uncontrollable hunger; but is soon regarded as a perfect solution to their problem. "They can give in to the urgent desire for food," said Bruch, "eat as much as they want and still lose weight ... yet as time passes, the pride in outwitting nature gives way to the feeling of being helplessly in the grip of a demonic powe that controls their lives. Gorging on food is no longer a way of satisfying hunger, but a terrifying, dominating compulsion.

According to Bruch, about 25 percent of all anorexics go through the bingeeating phase (bulimarexia) and many remain trapped there. Whenever anxiety or tension overwhelms them, they turn to food for comfort and thus avoid examining and dealing with the underlying prob-

lems. The pattern is extremely difficult to interrupt, because it serves as the primary stress outlet for the bulimarexic. When her eating problem surfaces at crisis points in her life, the pattern is resumed, which only serves to intensify the conflict. Swamped by a feeling of worthlessness due to her inability to control her eating, and horrified by thoughts of becoming

obese, she forces herself to vomit, further reinforcing her feeling of guilt, worthlessness and disgust.

Women who suffer from anorexia, or its variant bulimarexia, feel overcome by a sense of ineffectiveness and impotency. According to Saul Briet, a psychologist who provides counseling for anorexics in Seattle, these women feel lost-they have no aims of their own. Often they have no idea what they, themselves, think or want because they have been so concerned with meeting the expectations of others. In this regard, the relationship between the anorexic and her parents is extremely important. Anorexics tend to be "model" children who have established a pattern of acquiescing to their parents' wishes. When the disorder strikes, often during the first year that a woman is away from home, she suddenly realizes that she is independent of her parents physically, but is chained to them mentally and emotional-

ly. The prospect of having to make her own decisions, establish her own goals, respond to her own expectations, rather than those of her parents, becomes an imposing burden. Feelings of anxiety, ineffectiveness, impotence, and vulnerability undercut all other successes.

Though the symptoms are known, the origin of the disease remains a mystery. While many researchers agree with Bruch, that anorexia is attributable to psychosociological factors, others in the medical profession continue their research in the area of endocrinology to determine if metabolic and hormonal complications are involved. The balance between the physical condition and the mental/emotional state is highly sensitive and, as a result, it is difficult to distinguish the initiating factor of either a physical or

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psychological disorder. This is the central issue in the debate surrounding anorexia nervosa: is it to be attributed to the influence of social and psychological factors upon the hormonal secretions in the endocrine system, or to the influence of hormones upon behavior?

Anorexia is a serious problem, one that is all too common. The current statistics show that one out of every 300 women will suffer from anorexia. Like alcoholism, anorexia has been a secret disease, one that is suffered in despair and isolation. The anorexic and the bulimarexic withdraw into their personal hell and there they battle their demon ... self.

Anorexia *can* be treated and cured. There are resources on campus which are available to women who are dealing with this problem. Richard Rowan at the Counseling Center has worked with anorexic women in the past and can provide individual counseling if desired. There is also a possibility of organizing a support group where women can discuss anorexia nervosa, understand the disorder and how it relates to them as individuals. Anyone interested in such a program should contact the Counseling Center, 866-6151 (Seminar Building 2109).

For more information on Anorexia Nervosa American Anorexia Nervosa Association, Inc. The purpose of the organization is to provide services and programs for anyone involved with Anorexia Nervosa and to aid in the education, research, cure and prevention of this illness. Address: 101 Cedar Lane, Teaneck, NJ 97666 (201) 836-1800.

BOOKS

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Mara Selvini Palazzoli, Self-Starvation: from individual to family therapy in the treatment of anorexia nervosa, New York: J. Aronson, 1978.

Nancy Chodorow, The Reproduction of Mothering: psychoanalysis and the sociology of gender, Berkeley: University of California Press, 1978.



\$50 Late Fee Proposed

By Phillip Everling

Students who have not paid their tuition fees by the thirtieth calendar day of the quarter will have to pay a \$50 reinstatement fee if a proposed amendment is approved by the TESC Board of Trustees at their November 13 meeting. The current penalty charge for students failing to meet the 30-day payment deadline is \$15. The Registrar's Office views this increased late fee as a deterrent to late payment as well as a punitive assessment.

The Registrar's procedure for dealing with delinquent tuition payment is as follows: if, by the 31st calendar day of an academic quarter, a student has not paid his or her tuition fees in full, the student is immediately disenrolled or un-registered. If the student wishes to remain in school, full tuition plus an additional \$15 must be paid before the student is reenrolled. However, if the student continues to attend classes and meets all course requirements, then he or she could theoretically forestall final payment until the last day of the guarter and still receive full credit even though s/he was technically not enrolled for over half of the quarter. This creates a great deal of extra paper work for the Registrar's Office during a quarter's most hectic period. It is hoped that the higher late fee will discourage those students who habitually use this late payment routine from doing so

Registrar Walker Allen has strongly emphasized the positive effects the \$50 late fee will have upon the vast major-

ity of Evergreen students who pay their fees prior to the 30-day deadline. The disenrollment-reenrollment procedure involves only two to three percent of the student body and causes an inordinate amount of time to be spent processing these claims. According to Allen, this time and effort would be better spent recording teacher and student evaluations and considering applications for new enrollments and graduation. Allen also stresses the point that this higher late fee is by no means an attempt to make more money for the college. By state law, the extra \$35 per reinstated student goes into the State General Fund and not directly to Evergreen

Assuming the Board of Trustees Approves this proposal, the \$50 late fee will be instituted for the 1981 winter quarter. Registrar Allen has acknowledged the fact that there are a number of students who are genuinely hard-pressed for funds and he urges these students to explore their financial aid options or to apply to the school's Emergency Loan Fund for a short term, low-interest loan. The handful of students who register on a wing and a prayer, with no foreseeable source of revenue, will be hit the hardest by the increased late fee. The registrar hopes that this will induce these students to have a more concrete financial base before registering for a given quarter. Finally, it should be noted that no penalty fee will be levied on a student when some type of institutional, error is at fault.



Thurston County Biking Guide Available

By Roger Stritmatter

Gloria and Jim Maender have given a big boost to bicycling in Thurston County. The couple, who have been touring the Olympia environs by bicycle for nearly six years, have merged their respective talents for graphics an³ vriting into a slim but useful little volume called *Bicycling Guide to Thurston County*.

The 58-page booklet, printed locally by the Hard Rain Printing Collective, is designed to meet the needs of novice riders and families looking for an afternoon outing, but also contains routes and maps which should inspire the enlightened interest of the most sophisticated bicycling buff as well.

Engagingly written, humorous, and attractively designed, the volume is an inspiration to the do-it-yourself publisher as well as a boon to the bicyclist. A total of 13 Thurston County routes, varying in length from 16 to 60 miles, are detailed by the authors, who claim (with impeccable veracity, in my opinion) to have peddled every mile. The authors say that a principal consideration in determining the configuration of each route was to have loops which are relatively traffic free and thus ideal for a relaxing trip undisturbed by gas hogs. A notable feature of the book is the series of double maps which illustrate each route; a large map detailing the loop and a smaller map which locates each route geographically within Thurston County. This tells the rider at a glance where the route is in relation to his/her doorstep.

Why would two derring-do Olympiads

become so enchanted with bicycling as to write a book about it? Well, the Maender's disclaim any pecuniary motivation to their publishing adventure. The first 500 copies of the booklet are available for \$3.25-3.50 from the TESC Bookstore, the Food Co-op, most downtown bookstores or Olympic outfitters. At that price, the Maenders are hoping to just break even on the venture.

Jim Maender says that he and Gloria have been bicycling for most of their six years in Thurston County, and that it was Evergreen students who turned them on to the idea. Jim used to watch Evergreen students peddling to and from school from the window of their first home on Overhulse road and thought it looked like fun. Apparently, it was. It was also healthy, and soon the biggest bonus of all came along in the form of skyrocketing fuel prices. Now, the Maenders say, they do most of their local traveling, both recreational and practical, by bicycle. 'To do other than use public transportation bicycle, or simply walk, is, given the times, approaching social irresponsibility It's time to scrap all those flimsy excuses.... Take a ride with the family friends; or bust your gut trying to geinto competitive shape. Maybe a solo accompanied by nothing more than your thoughts. Why not? Biking: you'll like it!'



People Share Cultures

Indigenous

By Trisha Riedy

"The life of this land is perpetuated by righteousness." This Hawaiian creed is still alive today in the hearts of the indigenous or native people of North and South America. These native North and South American Indians and Hawaiians have been stripped of their lands, religions and cultures by white missionaries and pilgrims. "Thanksgiving Day" to these people symbolizes the reinforcement of cultural oppression and broken treaties. On Monday, November 10, the Indigenous People will celebrate their "Thanksgiving Day," sharing with Evergreen and the Olympia community their rich cultures through music, films and special guest speakers. The program includes

Noon: Robert Maestas, director of a Seattle Chicano Social Services Center and "Auntie" Rose Aho, a local Hawaiian activist and hula instructor from Tacoma, will give an opening blessing in the library lobby.

1:00: "Salt of the Earth," a controversial film depicting struggles of Chicano mine workers, will be shown in Lecture Hall 1. 1:00: "Auntie" Aho along with her husband Kaimi and Tacomans, Emmalani Baker and Maile Baker, demonstrate Hawaiian Land Rights and History through Hula and Chants.



2:00: In Lecture Hall 5, Phil Lucas will give a presentation of Native Americans in Media, including excerpts from a miniseries he produced entitled, "Images of Indians." Phil is presently working on direction for another mini-series based on

"Bury My Heart at Wounded Knee." 3:00: The Seattle-based band Los de Rio Trio, will present an hour-long concert of native South American Indian music and Mexican music in the Library Lobby,

4:00: Dumi Maraire and his eight-piece Seattle band will entertain the crowd with African Marimba music.

5:00: Winterhawk concludes the Indigenous People's Day celebration with a blend of contemporary and Native American Indian music.

The Third World Coalition, NASA, MEChA, Ujamaa, Third World Women and the Asian Pacific Isle Coalition invite all to share in the Indigenous People's Day celebration and to learn something first-hand from another culture.

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COMMUNITY SCHOOL BENEFIT

The GNU DELI will host an afternoon of marvelous music and magic on Sunday, November 9 at 3 p.m.; all proceeds going to the Olympia Community School—a private, nonprofit school, grades K-2 in Tumwater.

Olympia's own "OLY-WA-DITTY BAND" will kick off the festivities with some toe-tappin' tunes, followed by the amazing DR. MYSTICAL at 4 p.m. performing fantasmic feats of prestidigitation. The "NEW WOMEN'S POV-ERTY BAND" will wind up the afternoon with a flurry of free wheelin' sounds guaranteed to send you home with a smile!

Children are welcome, so bring the whole family. Homemade goodies and beverages will be served throughout the afternoon. Tickets will be sold at the door at \$1.50 for children and \$3 for adults. No children under 12 will be admitted unless accompanied by an adult. For further information, please contact Ana O'Callaghan at 866-8304 or Mickey Morris at 357-6068.

ORCANIZATIONAL MEETING FOR PIRG

Organizing meeting for a Public Interest Research Group (PIRG) on Friday. Nov. 7, 2 p.m. at the Environmental Resource Center in CAB 103 on campus.

What is a PIRG? It is a private nonprofit corporation devoted to serving the concerns of students on issues of public interest. To this end, it is empowered by them to lobby on legislative issues and to bring litigation against persons or organizations who violate the public interest. It is an effective method of rendering government responsive to the needs of its constituency. It is public advocacy. If this sounds good to you, please come to the meeting.





NEWS AND NOTES

1900 HERE NOW

Bernardo Bertolucci's 1900 will definitely be here on campus this Friday, November 7 and Sunday, November 9 for a 7 p.m. showing both evenings. The film was originally scheduled to be shown in September but was cancelled because the distributor decided not to send it to us for some reason. Those who bought advance tickets in September may use them either evening. 1900 is four hours long, and remember, there will be no 3:00 or 9:30 showing on Friday. It will be shown in Lecture Hall One at 7 p.m. Friday and Sunday, and admission is \$1.25. Come early for good seats.

INTERNATIONAL GET-TOGETHER

Announcing a get-together for international students to meet with faculty and staff, Tuesday, November 11, in the Board Room (Library 3112) from 4-5:30. Coffee, tea, punch, cheese and sweets will be served.

All international students are invited. Interested faculty, staff and other students are very welcome to come. Let's talk and find out about each other! If you have a special "munchie" you would like to bring, please do so.

For more information, come in to Admissions or call 866-6170.

WATERFALL BAND PLAYS HERE

Waterfall's Band will play for a Rock 'n Roll Benefit Dance in the Library 4300 area, Saturday night, 8 p.m. 'til midnight. The popular Northwest recording artist demonstrates her versatility on piano and electric guitar with smooth vocals style she's famous for. With Linda will be Dudley Hill, lead guitar player, vocalist and songwriter, who was formerly with the Skyboys, a hot country rock band from the Seattle area. Hill is an accomplished guitar player and his album of acoustic flatpicked fiddle tunes "From a Northern Family" is still a big seller. Donnie Teasdale, the drummer with the band, has played for many years in various rock bands including the Skyboys. Greg Pecknold rounds out the group on bass and vocals.

Proceeds from the dance will be used to purchase "Love It Like a Fool" a biographical film on the life of Malvina Reynolds which will be donated to the Evergreen collection for use with academic programs.

All members of the Evergreen community are invited and are asked to bring identification proving they are over 21 if they wish to refresh themselves with a commonly appreciated adult beverage.

Tickets \$3 at the door.



"COG IV OPEN HEARING "

We are planning an open hearing for the Evergreen Community to give testimony about the present grievance system as exemplified by COG IV. We are interested in learning whether the present grievance system is adequate; whether students, faculty, staff want formal governance organizations, i.e., student, staff or faculty senates; or whether anyone has ideas about enhancing campus communications.

We invite everyone's testimony. We want to have as much information available to us as possible before we begin our deliberations. The hearing will be held Wednesday,

Nov. 12, 11:30-2:30, Room 306 CAB (the Coffeehouse).

PROPERTY FOR SALE

The Evergreen State College is offering the property listed below for sale to the public. For appointments to inspect property, call 866-6315 Monday thru Friday from 8 a.m. to 5 p.m., or contact the Inventory Inspector located in the Library Building, Room 1115. Bid forms are available from the Inventory Inspector. Bids will be opened on November 21.

1 ea Decollator Model: 2322 NFG: Tab Products Serial #: 4312 State ID#: 827788

Condition: Fair

1 ea Built-in Electric Wall Oven

30 x 30 inches Features: Time clock, motorized rotisserie, door with window Color: White

Mfg: Whirlpool Condition: Good

P.L.U. OFFERS COURSE SERIES

Voices of Change is a series of short courses for credit that meet evenings at Pacific Lutheran University to help build connections between peoples in today's changing world. The first course in the series is entitled: "Mao Tse Tung and the Liberation of China." Meeting times will be Mon. & Wed., Nov. 10-19, 6-9 p.m. in (room) Olson 106.

Four years after Mao's death and the seeming de-Maoization of the People's Republic of China, how much of his imprint remains on the Chinese social and political scene? By analyzing the Chairman's many roles as a revolutionary fighter, socialist theoretician, Third World symbol and Chinese charie matic leader, we will make a critical assessment of Mao's enduring legacy to the Chinese Revolution and the destiny of China's people. The course will be taught by Dr. Greg Guldin as Anthropology 350 for one credit. Daytime and evening registration takes place Mon.-Thurs. until 8 p.m. at the Registrar's office at PLU. Students may also register during the first class meeting. Tuition is \$127 per academic credit or \$31.75 per credit for auditors. For more information, please call 383-7591.



NEWS AND NOTES



COMEDY SHOWCASE APPEARS TUESDAY

The "Northwest Comedy Showcase" brings three hours of comedy, music, and improvisational theater to the Library Lobby for one performance only Tuesday, November 11.

The seven-act production, produced by Joc Davis as a road show for his Seattle Comedy Showcase, promises "the best among Pacific Northwest professional entertainers" who have been appearing regularly in local clubs and restaurants.

The Evergreen show, which begins at 8 p.m. Tuesday in the second floor lobby of the Evans Library opens to the talents of Texan Ray Ashby, a dramatic entertainer whose musica gamut runs from boisterous and bawdy to gently and loving. Andy Stamatin, a New England comedian, presents a monologue and what he calls "visual character impersonations," followed by the premiere Showcase performance of Evergreen student comic Steve Smith, who promises a ten-minute "laugh break." Five veteran Seattle actors will then stage a 50-minute improvisational theater presentation called "Play It Where It Lays."

Michelle Beaudry headlines the second half of the production with her original musical comedy, which she has frequently performed on the Seattle nightclub circuit. The show concludes with two 15-minute acts: the first featuring Olympia comedian Dave Parsons, who took second place in the 1980 Seattle Comedy competition; and the second featuring French Canadian performer Rav Bonneville, who-sings the blues and accompanies himself on guitar and harmonica.

Tickets to the three-hour comedy variety show are on sale now at the Evergreen Bookstore, the College Information Center, Budget Tapes and Records in downtown Olympia and Yenney's Music in West Olympia. Tickets will also be sold November 11 at the door of the Library. Cost is \$3 at the door and \$2 in advance.

PEACE CORPS AND VISTA RECRUIT AT TESC

Recruiting representatives for the Peace Corps and VISTA (Volunteers In Service to America), will be on The Evergreen State College campus November 12-14. Brian Davey, former VISTA volunteer and recruiting team leader, will be located at an information booth in the CAB Lobby from 9 a.m.-4 p.m. Wednesday and Thursday, Nov. 12-13. Individual interviews will be held on Friday, Nov. 14. Seniors are asked to sign up in advance in the Career Planning-Office or at the information booth.

A special Peace Corps and VISTA film seminar is scheduled for Thursday, Nov. 13, at noon in CAB 110. All students, faculty, and staff are invited to the seminar

KUBLER-ROSS TO SPEAK IN TUMWATER

Elisabeth Kubler-Ross, a physician and author of On Death and Dying will offer a public talk Tuesday, November 11, beginning at 8 p.m. at the Vance Tyee Motor Inn in Tumwater. Her talk, which is sponsored by Adult Day Services, a nonprofit United Way agency, will include discussion on such topics as recognizing the needs of the terminally ill and of the family, dealing with sudden death, completing unfinished business, and perceiving death as a transition. Tickets for a combined dinner and talk are \$15; admission to her talk only is \$8. All tickets must be purchased in advance through Word of Mouth Bookstore, Pat's Bookery, or Adult Day Services, on the corner of Harrison and Percival

FERTILITY/BODY AWARENESS WORKSHOP

A workshop on women's fertility and body awareness will be offered Nov. 17 from 7 to 9:30 p.m. at the Olympia Women's Center for Health at their new location at 410 S. Washington-downtown Olympia. The workshop will cover the physiology and anatomy of women's fertility and ovulation, with discussion about the recently discovered hormones, pheromones. The focus will not be on ovulation as a means of birth control, but rather women getting informed about their monthly cycles. Some time will also be spent on self-breast exam information and recent updates on tampons and toxic shock and the alternatives. All women are welcome-for childcare call 943-6924. Donations are welcome.



Gymrats Search for Basketball Space

By Brad Shannon

Gym rats have always lived mean, squalid lives, compared to other athletes. Seldom liking, and often not being talented enough to play organized sports, gym rats have had to scrounge facilities from the jocks when they wanted to stretch out a bit and play sports just for the hell of it. Pick-up basketball games are the trademark of the gym rat and, for several weeks this fall, gym rats and basketball flourished at the Evergreen recreation pavilion. Last week, the rat haven disappeared when the women's soccer team moved indoors to escape inclement weather and encroaching darkness. Thus, the old rivalry between soccer and basketball was renewed.

The main problem is the shortage of facilities during peak hours. The pavilion sits vacant most of the time, except between the hours of 4 to 7 in the evening, when the pavilion spills over with activity. The same is true of the weight-training rooms inside the Rec Center. Most organized sports teams and clubs hold practices during peak hours; and Evergreen's class schedules compound the problem by leaving most students available for sports at roughly the same time. As a result, the weight rooms are frequently jammed full.

Unlike larger schools, such as the University of Washington, Evergreen lacks the resources to support an open, intramural facility where anyone interested in unsupervised sports can find a place to play. The Rec Center solution has been to let groups and individuals reserve different facilities for the times they prefer. However, as the pavilion issue shows, this policy is not working to the satisfaction of the parties involved.

In the past, the Rec Center has made arrangements with local schools that have vacant gyms to provide Evergreen students with extra facilities. Last year, the Olympia School District traded access to the Jefferson Middle School gym for use of the Evergreen swimming pool on Thursday nights. For most of the year, gym rats had a place to play basketball on Thursday nights.

This year, however, Jeffeson does not want to repeat the exchange, and the school district has found other facilities for their students. lefferson's principal, Tom Eisenmann, said that since the basis for an exchange has ended, his school feels no obligation to share anything with Evergreen. He also said that his teachers and custodians were opposed to any sort of exchange this year. Eisenmann claimed that during last year's exchange, two volleyball nets were stolen, the premises were trashed, and there was often rowdy behavior. He said the "custodian was always chasing kids around." There was even "skating in the gym, up and down the halls " according to the custodian. Eisenmann said that from the start, his people had not liked the idea, but had felt obligated. The school had never allowed



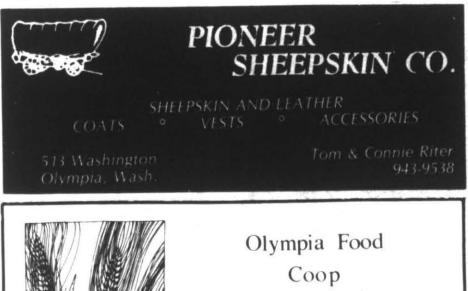
an outsider to open up and close the gyms in the 17 years that he personally remembers working with the school district. "We had to give a key to the Evergreen people," he said, though he didn't know who that person was. According to Eisenmann, the key opened the front doors, the equipment lockers, and storage areas where the "new, official" nets had been stored.

The exchange of facilities could have worked, Eisenmann said, if the volleyball nets had not been stolen, and if the Evergreen students had been closely supervised by a paid person who worked outside the school network, as is done in the City League program. On one occasion, he said, gym doors had been left open. Though there was no way to prove who was directly responsible, Evergreen stu-

dents were suspected. Pete Steilberg, director of the Rec Center, flatly disagreed. He said that an Evergreener, Joni Hendricks, was paid as a supervisor last year. Steilberg was suspicious of the open doors accusation, vouching for Joni's reliability. He pointed out the lack of feedback last year from the Jefferson people. No complaints were ever leveled against Evergreeners until the issue of gym usage came up again this year. Steilberg was surprised that resentment had been allowed to brew when it could have been expressed.

Eisenmann claimed that Jefferson has not had any problems this year but he noted that the City League basketball season has not yet begun. Since many city leaguers used the gym last year, he said Evergreen students cannot be blamed for all of the problems. It "could have been anyone around." Eisenmann specifically suggested that outsiders may have crept into the gym when games were in progress. He did not rule out future access to the Jefferson gym for Evergreen students. The one condition would be the hiring of a supervisor on his terms. Replacement of the volleyball nets would not be required; Eisenmann did not even know the value of the nets.

Eisenmann's offer to negotiate, however, will do little to alleviate the ongoing problem of the gym rats. The Jefferson gym would only be available on Friday nights and some weekends—times when the Evergreen Rec Pavilion is open for general use. Steilberg has looked into the availability of other gyms in the area. Only one school, in Tumwater, accepted the idea. However, the location of the gym makes such an arrangement impractical for students who simply want to play



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an outsider to open up and close the gyms a few games of basketball after class.

Despite recent efforts, the stalemate at the pavilion continues. "I would sooner schedule for regular gym rat hours, but I can't do that without hurting someone," said Steilberg. His motivation to help gym rats, he said, comes from his "intramural background at the University of Washington," where he worked several years in recreation. There, an entire recreation complex is designed exclusively for intramural sports.

Next fall, Steilberg says, additional pressure will be felt down at the pavilion when intercollegiate field hockey begins at Evergreen. But he insists that the upcoming influx of club and intercollegiate athletics need not infringe upon those students who pay S&A funds and wish to cash in on Rec Center offerings. "There will always be time to swim, work out, whatever, if one isn't intimidated by all the rattling around" of the team athletes. "They won't have exclusive use," he said.

Scott Scurlock, who represents the splintered, highly casual gym rats, is currently trying to work out some kind of compromise with Jacques Zimicki, coach of the women's soccer team. Scott Scurlock was not available for comment, but Zimicki explained some of the background issues.

According to Zimicki, the feud between the soccer players and basketball players has gone on for years. Occasionally, tempers have led "real near to fistfights." This year, he said, the gym rats could have reserved courts in the pavilion weeks ago, as he did for his team, but that none of them ever did. He mentioned a sign in the pavilion which advises users to reserve the facility if access is to be guaranteed. Whatever comes of the settlement,

someone is going to lose out, probably the gym rats. As Zimicki said, the two sports are completely incompatible in the same facility. Zimicki recalled injuries from earlier attempts to play both sports on the same premises.

Zimicki feels "sympathetic" to gym rat claims, but said his squad is well into the season, and playing so many matches, that the health of his players would suffer from rainy outdoor practices. He wants to "try to baby them in the pavilion."

photo by Bill Livingston

Zimicki complained that the soccer field is too dark for practice during the evenings and that the drainage is terrible. The contractor apparently cut corners when the drainage system and field were installed in 1975. He explained that since that time, no real improvements have been made to the field. However, if money were put into the field, his team might find outdoor practice more appealing, he said. Zimicki estimated that it would cost \$70,000 to \$80,000 to fix the drainage system.

Previous searches for alternative arrangements haven't worked out. The tennis courts were once proposed for soccer but the posts holding up tennis nets are sunk into pavement and cannot be readily moved. When the original lights in the pavilion were replaced on account of the tremendous racket they made (echoing and such), thought was given to lighting the field with them. TESC still has the lights, according to Zimicki, but no poles were ever acquired to put them up next to the field. According to Steilberg, the cost of light poles would be roughly \$17,000.

Given the budgetary mood of the state this winter, the future of gym rats looks pretty grim. Steilberg said that when the proposed wing of the Rec Center is finally built, more room will be available for intramural sports; but that solution will not come for at least four more years. For the time being, the gym rats must take what they can get. Although soccer season will end soon, city league basketball and women's basketball will tie up the pavilion for most of the winter. So those who don't want to, or who are simply too lousy to join a team, may have to find another sport for exercise.

Investigations into Sports Sex Bias

From The Chronicle of Higher Education, August 25, 1980, p. 19

The Office for Civil Rights this fall will begin investigating some of the 124 complaints of sex bias in intercollegiate athletics that have been filed against 84 colleges and universities.

The first targets of the investigations will be the Universities of Akron, Bridgeport, Hawaii, Kansas, and Michigan, and Cornell, Oklahoma State, and Washington State University. The institutions chosen for investigation should not be considered the "worst cases." They were chosen on the basis of 20 criteria including region, size of institution and scope of athletic program.

Handling of the complaints has been held up, in some cases for years, while the agency drew up guidelines for applying an anti-sex-bias law to intercollegiate sports and completed an investigators' manual. Letters have already gone out to the first eight institutions asking them to submit various data.

The complaints lodged against the 84 institutions include allegations of unequal pay for men's and women's coaches, unequal access to facilities and equipment, and discrimination in budgets, numbers of sports offered, and scholarships.

An institution's total athletic program will be scrutinized, not just the aspects of the program that formed the basis of the complaint, the OCR spokesperson said. The agency expects to have completed its investigation of all the sex-bias complaints relating to intercollegiate sports by next summer.

Women make up nearly 29% of the athletes at institutions that belong to both the Association for Intercollegiate Athletics for Women and the National Collegiate Athletic Association, the report said, but those institutions spent an average of only 14.3 percent of their total athletic budgets on women's programs in 1978-79. That was up from just 2.1 percent in 1973-74, however.

The Office for Civil Rights, according to its proposed annual operating plan published in the August 13 Federal Register, will devote about a quarter of its investigative resources to resolving Title IX complaints and nearly a third to resolving complaints alleging bias against handicapped employees and students.

One percent of its resources will go for resolving complaints of age bias, 15 percent for complaints based on national origin, and 28 percent for complaints of racial bias.

The civil-rights office also plans to step up its technical-assistance programs, including helping recipients of federal aid develop cost-effective ways to provide access to their facilities and programs for people with physical handicaps. The agency estimates it will help institutions save \$30 million.

The civil-rights office also estimates that it will have 2,144 complaints on file when the federal government's 1981 fiscal year begins on October 1. It expects to receive 4,272 new complaints during fiscal 1981 and to close 4,452 during the year, leaving a caseload of 1,964 complaints at the start of fiscal 1982.

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Whole Foods

Great Prices



A.S.H.Cont'd

Asked whether stray animals were being refused, Olympia Animal Control officer Carol Johnson said that they "never discourage people from bringing in stray or unwanted animals. That's what we're here for."

Rehkoph told of an incident regarding her Sept. rent payment. Her roommate had been late in depositing the rent money. She explained this to Miner, and added that her rent would be a little late. She asked him not to cash her check until the money to cover it was deposited. She said she was told that the check would be held, but that Miner cashed it too soon, and it bounced. According to Rehkoph, this occurred on Sept. 12, and her money was deposited Sept. 16. Shortly after this, she said she received a 24-hour eviction notice.

A.S.H. policy dictates that each tenant has a ten-day grace period in which to pay their rent. After this, a 10% late fee is added for each day late, and notice to pay within 24 hours is given. After this, a 72-hour notice to vacate is given. If there is still no response, the landlord has no alternative but to go to court. If the tenant cannot show good cause why they should not be evicted, the judge orders them to leave (and sends the sheriff to



continued from page 3 assist. if the tenant remains).

Miner said that Rehkoph's check bounced on Sept. 23, and a 72-hour notice was served on Sept. 29. He furnished documents to verify this.

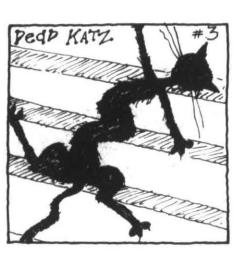
STRICTNESS HAS RELAXED

Most of those interviewed said that Miner had relaxed somewhat in his unbending adherence to the letter of every rule. Some say that, as he became accustomed to the community, and they to him, he has made earnest attempts to cooperate, and isn't as arbitrary as he was at first.

In the past six months A.S.H.'s turnover has been 96 of the 170 total units, District Manager Baker called this "unusually high." Of these, 40 moved because they weren't students, and 4 others were evicted. This leaves a net turnover of 52—more than a quarter of the total apartments.

Miner showed the CPJ his waiting list file, with over 100 names. He said that he makes several attempts to contact an applicant before offering a space to someone else. One tenant felt that since it was late in the quarter, many applicants had found other living arrangements, and that Miner was having trouble filling vacancies. Five weeks ago, a tenant asked Miner

about an apartment for friends of his and



was told there was a six month waiting list. One week later, Miner asked if his friends were still looking, that there was an opening.

The inference, said the tenant, was that when there are no vacancies, Miner is less than reasonable, but when tenants are difficult to find, he is nicer, more ingratiating to tenants (lest the move).

There are other incidents that point to a schism between the management and tenants of A.S.H. Several people told of the inconvenient change in mailroom hours. One woman objected to the building being locked at 10 p.m. because she works late, and now has difficulty getting her mail. Another complained that Miner returns the mail if the apartment number isn't on it.

Miner denied that he returns mail of any tenant officially listed on rental agreements, but admitted that he does return other mail.

The CPJ received numerous allegations that Miner or his staff had entered apartments without the tenants prior permission. One woman said that while her roommate was in bed one morning, Miner

entered and left, for no apparent reason. Such actions are illegal, and the Landlord-Tenant Act requires landlords to giv

lord-Tenant Act requires landlords to give 48-hour notice of intent to enter. Violation may entitle the tenant to call for a



police investigation, and to file trespass charges against the landlord.

Miner denied these allegations. He said he has never entered an apartment without permission.

SOME A.S.H. RULES MAY BE ILLEGAL

Invariably, tenants interviewed by the CPJ said that they were never told the location of their deposit money. This violates Section 270 of the Landlord-Tenant Act, which states that: "the landlord shall provide the tenant with written

notice of ... the location of the depository.' Raven Lidman, an Olympia attorney, doubts the legality of certain parts of A.S.H.'s rental agreement. Specifically, the last part of Section 25, which states: "... the Landlord, after 72 hours written notice of nonpayment (of rent) and his intention to terminate this agreement, if the rent is not paid... may immediately take possession." Ms. Lidman says the landlord may not take possession until he has gone through court procedures, and that this section of the agreement is unlawful.

A portion of A.S.H. Rule 14 states: "tenants using... these premises for any...immoral purposes... are subject to immediate termination of tenancy." ("Immediate" termination of tenancy is considered to be unenforceable under the Landlord-Tenant Act.) What is immoral, and who defines it? Diana Miner said that such things as a house of prostitution would be an example, though she said this had never occurred here. She did cite an incident where a tenant and her boyfriend were found in the laundry room, copulating.

Probably the most serious case occurred when a friend of a tenant was witnessed several times to be exposing himself publicly. When Miner found out about this (and after many complaints), he stormed over, ready to evict the tenant. However, when they spoke, it became clear to Miner that the tenant wasn't to blame, but rather his friend. The key point here is that Miner had not inquired of the tenant before preparing to evict him.

Perhaps one woman tenant best summed up the situation when she spoke of how Miner had suspiciously became more cordial toward her. "I don't know of anyone who feels comfortable around the man."

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The Fat Side of Life

By Loretta Huston and Rich Silver

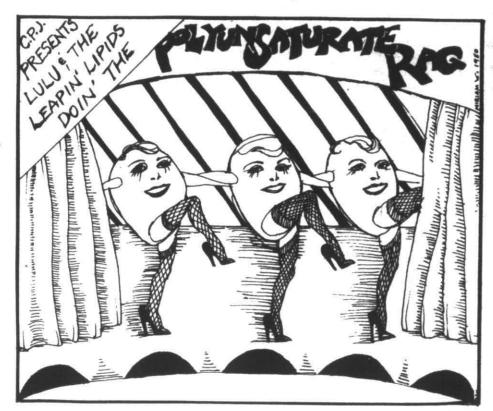
Though fat is essential for our survival, we need little fat to supply our needs. In America, fat intake supplies about 40 per cent of our calories. This is dangerously high. Lipid buildup, without being utilized, can lead to such health risks as atherosclerosis (hardening of the arteries), cancer and obesity. Most of this fat intake comes from the saturated fat you have heard about. What is saturated fat and is it bad for us?

Thick or thin, we are all composed of fat. It is a component of the membranes surrounding every cell of our bodies. Fats, also called lipids, provide padding protection for our body organs, keep us warm in cold climates, give vitality to our skin and hair, add aroma and flavor to our foods, and are carriers for the fat soluble vitamins (A, D, E, and K). They are the most concentrated source of energy in the body, providing 9 calories per gram compared to 4 calories per gram of carbohydrate or protein. Therefore, fat can provide twice as much energy as an equal amount of these other two nutrients. Also, fats provide a long term source of calories that carbohydrates and proteins cannot supply.

Triglycerides compose about 95 percent of the fat in foods and our bodies. These are molecules composed of chains of fatty acids, and may be either saturated, monounsaturated, or polyunsaturated, depending on the specific structure of the molecule. A rule of thumb for determining the degree of saturation, is to observe how hard a lipid is at room temperature. Saturated fats are usually solid. Some of the foods high in saturated fat are the meats, butter, milk, eggs, cheese and and pastries. Foods high in unsaturated fat are vegetable and fish oils. An exception is coconut oil, which is mostly saturated

Foods high in saturated fat are also high in cholesterol. Cholesterol is a sterol. one of the two kinds of fat making up the remaining 5 percent of fats that are not Triglycerides. Cholesterol is found in every cell of the body, where it is an essential component of the cell membrane. We cannot live without it, but we do not need it in our diets. The liver makes all the cholesterol we need. It is then either transported to the cell bodies; converted into bile acids; or used in building the sex hormones. Bile is indispensable for proper digestion of fat as it enters the small intestine

The problem with cholesterol, is that it is well established as one of the major risk factors for atherosclerosis and cardiovascular disease (diseases of the heart and arteries). In these diseases, plaques form inside arterial walls, restricting blood flow, leading to strokes and/or heart attacks. These plaques are composed largely of cholesterol. How this buildup



of cholesterol in the blood takes place is a matter of great controversy. One theory is that the buildup is directly related to your intake of cholesterol from foods. However, elevated blood cholesterol could be due to factors other than dietary intake. Recent evidence shows that it could be due to an inhibition of the enzyme that converts cholesterol to bile acids. This would lead to a buildup of cholesterol in

the liver, and ultimately in the blood. What is important for you to remember about cholesterol as regards your eating habits? Though there is no absolute link between dietary intake of cholesterol and cardiovascular disease, risks associated with eating a diet high in saturated fat and cholesterol are demonstrably large. Balancing your diet towards more whole grains, fruits, vegetables and unsaturated fats is prudent. Certainly, you can still eat eggs, meat, etc., but do so only in moderation

Now that we know some of the story of saturated fats, what about unsaturated fats? Why do we need them? As mentioned previously, there are two kinds of these fats-monounsaturated and polyunsaturated. Not all vegetable oils are polyunsaturated. The two that are not are coconut oil and olive oil. Coconut oil is predominantly saturated, as mentioned earlier, and olive oil is monounsaturated. This is extremely important to remember. By not eating polyunsaturated fats, you would deprive yourself of two fatty acids that can't be synthesized by your body. These are linoleic and linolenic acid. Since the body is unable to produce them, they are called "essential" fatty acids. Because

they are not saturated, they can carry fatsoluble vitamins around the bloodstream. They also help build tissue, promote growth of beneficial intestinal bacteria, and conserve body heat.

Oils can have their drawbacks if they are not properly cared for. Oils are endowed with natural preservatives like vitamin E and lecithin. Lecithin is important because it helps fat get in and out of our cells. Health food stores admonish

Soft Energy **Promoted by Bus**

By David Cox

Some of you may have noticed the two old school busses parked near the fire station during the spring and summer and wondered what was happening. An alcohol fuel powered, solar-heated motorhome was under construction. Aside from being the home of the owner, the busses will soon be touring, spreading the word about "soft energy" potential-renewable energy systems and ecologically sound technology. Soft energy systems deployed on a decentralized scale have great potential for helping people to realize a greater degree of self-sufficiency.

I'd like to digress here and talk about myself. Understanding my motives may help you see the method to my madness. I have a deep love and concern for the natural beauty and grace of our creator, Mother Earth. I clearly see that as long as we nurture the land, it will nurture us. I have been very grieved to study the rate of environmental degradation. All of this destruction is directly related to the fact that we do not see the earth properly.

It's not that we don't have alternatives ready to implement; the problem is that we are waiting for someone else to do the job. This project of mine is a direct attack on that problem.

The primary focus of the touring group will be the research and development of small-scale grain alcohol (ethanol) fuel distilleries. I intend to design, build and deploy small to intermediate-sized stills that would adapt themselves well to small farms. To date, I have two pots in the fire. I have made a proposal to a local farmer to build a still for him if he will provide the materials. As a payment for

patio I salon

Olympia

352-0111



you to buy this "wonder drug." The fact is lecithin is made by the body in abundant quantities, and is widely distributed in food.

When cooking with oils, it is important that the temperature be kept low, not . over 350 degrees fahrenheit. Some sources say temperatures up to 400 degrees are safe. The point is, not to let oils get to the point where they smoke. This could destroy many of the nutrients and also cause problems in the system when eaten. This is why many people buy "cold pressed" oils. Technically, there is no such thing as a cold pressed oil. All oils reach at least 130-150 degrees fahrenheit while being pressed. However, it is important to buy natural oils rather than highly processed ones. Natural oils are crude and unrefined, containing lecithin, vitamin E, copper, magnesium, calcium, and iron. They always contain a little sediment, giving them a somewhat cloudy appearance. Highly processed oils are refined, deodorized, and bleached, removing most of the nutrients just mentioned. They are clear and pure in appearance, but lacking in nutritional value. Oils should be refrigerated to keep them as fresh as possible.

In summary, keep your intake of fat around 20 percent of the calories in your diet. Make sure this is predominanatly unsaturated, with some polyunsaturated. Remember the keys to a healthy diet: moderation and variety



my services, I will get limited use of the still to produce fuel for use in the busses. I am also soliciting prospective members of a local alcohol fuel still co-op.

I want to approach people in a lighthearted way with music and theater, combined with workshops and demonstrations. A Montana group called the New Western Energy show, has had considerable success educating Montana citizens about environmental issues. They use a format similar to the one I propose.

Life is for learning and learning should be approached with joy, as a creative experience. The prophets of doom have calloused the consciousness of many people. The general public is already aware that we have environmental problems. What folks want to hear are some positive, pragmatic suggestions on how to approach these problems. If you are interested in being a part of such a venture, contact me, David Cox, in the ERC, CAB 103



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INTERNSHIDS

Legislative Internship Program Olympia

Application forms are now on file in the Office of Cooperative Education for the Legislative nternship Program which begins Winter Quarter. Students interested in this program must be in their Junior or Senior year and have attended Evergreen for one academic year. Some of the legislative areas of interest that a student may apply for are-Agriculture, Commerce, Higher Education, Ecology, etc. vergreen has been allotted four inter slots for this program. ALL APPLICATIONS MUST BE SUBMITTED TO THE OFFICE OF COOPERATIVE EDUCATION, LAB 1000 NO ATER THAN 3:00 PM. TUESDAY NO-VEMBER 11, 1980. A screening committee will be set up to review all applications. 1 quarter, 40 hrs/wk. \$50/week.



Beaters for sale. x5153

Due to the success of last week's Meats and Sweets potluck, we will hold another culinary orgy. 11-8, 6:00 D414 Chocolate-covered hamburgers welcome. Don't forget your buns.

Desperately needed. Authentic Ronald Reagan voodoo doll. Price is no object. x5153

Opinions for sale. Top quality, Sliding price scale. x5153

ATTENTION DEADHEADS: Robert Hunter premieres several new songs Saturday, November 29, Washington Hall, 153-14th Ave., Seattle. Tickets: Fidelity Lane outlets, University of Washington HUB ticket office. Seating is limited

Will do typing in my home (Westside Olympia). Term papers, resumes, orms. \$1.50/page. Call after 6 p.m. weekdays and anytime on weekends. Ask for Shelley. 357-7129

For Sale. Ski boots-men's Lange XL-700, size 11, used once (too small for me), \$100 or offer. Skis-Kastle 180 cm. with Look GT bindings, \$65 or offer. Call 866-5188, ask for Aaron.

Absolutely Free! Three-month-old male Springer Spaniel puppy. Friendly, relatively calm, points beautifully. 352-1560

Washington Winterim '81 Washington, D.C.

Washington Center for Learning Alternatives is presenting a three-week symposium on the 1981 Presidential Inauguration and National Policy Making. Winterim '81 will provide 200 students with an opportunity to analyze and discuss the inaugural process as it relates to larger national policy concerns such as: The onomy, Human/Civil Rights, Business/Government Relations, U.S. Foreign Policy, Political News Reporting, Party Politics, Energy, and the 1980 Elections. The highlight of this year's symposium will be attendance at the in-auguration of a President and the swearing in of the 97th Congress. Winterim '81 dates are January 1-23. Deadline for applications is wember 15: application forms are available at The Office of Cooperative Education. Cost f the symposium is \$395 plus a \$25 applicaion fee if a student chooses to stay in WCLA nousing. A student living outside ot WCLA housing will pay \$190 plus the application fee. Students should be aware that this cost is in addition to tuition at TESC

Animal Technician

Tacoma Opportunity to assist an aquarium statt with eeding, cleaning and maintenance of the aquarium. Also opportunity is provided to carry out a project in an area of the student's interest. Prefer student with some background n biological science. Flexible hours. Pay negotiable

Conservation Write San Francisco

Opportunity to write articles for various Sierra lub publications and produce reports on enronmental issues. Also opportunities to assist the coordination of campaigns pertinent to Nuclear Waste, Coastal Protection, Toxic Sub stances. Mining Law Reform and Wildlife. Prer student with commitment to environmental 30-40 hours week.

olunteer internship, office space provided

Media Technician

古

tudent intern will be responsible for all the technical work involved in the development of a ten-minute color slide tape show on women the Washington State Legislature. The intern vill work with the project director in the de relopment of the slide tape script. The interr will also develop a traveling display. Preter sponsible student with the necessary media ackground. 0 hours week. Pay \$960 quarter

mandarin

hou/e

Arts Management Intern

Seattle Two positions open, one each winter and spring quarters. Winter quarter position Opportunity to assist with the planning and implementation of a five-state conference on arts in education in rural settings and assist with administrative functions of Arts Coalition Northwest. Spring quarter position: Opportu-nity to work with the planners and implementers of Seattle's Imagination Celebration in the many facets of the production of such a festival, including scheduling, production guide training, evaluation and hospitality and to assist with the administrative functions of Arts Coalition Northwest. Prefer student with ability to work under pressure and some background in arts for children 40 hours week. \$600 guarter

Psychology Intern Ft. Steilacoom

Intern will be trained by staff psychologist to administer psychological tests. Student will work on a "short-term evaluation ward" for mentally ill criminal offenders. Student should have an interest in psychology and mentally ill patients 10 hours week.

Volunteer internship, lunches paid

ummer Journalist Seattle

Opportunity to write articles for a major seattle newspaper. Placement is available as general-assignment reporters, copy editors and sports desk editors, depending on student's terest and background. Position requires that student has demonstrated a commitment to print journalism through work on a student o other newspaper 40 hours week Approx \$275 week

Production Assistant Yakima

Opportunity to act as production assistant at a television station. Intern will assist with eleconic field production, operate cameras, write produce, tape, edit and direct Public Service Announcements. Prefer student who is familia with video cameras and has a basic back ground in video production and writing 40 hours week (approx.) Volunteer internship, some expenses paid

For further information contact Office of Cooperative Education 1 ab 1000. Phone 866-6391

MEN-WOMEN



program that may provide you up to \$4,000 o help pay for your education. If you're eligible, when you join the Reserve you may eceive money for tuition and other educationa expenses for college, vocational or technical chool, so you can concentrate more on getting an education and less on how to pay

And as a Reservist, you learn a skill and earn a starting income of over \$1,000 a year. That's for using your skill with your local un ust to hours a month plus two weeks active duty for training yearly. The hours won't interrupt your studies. And the pay will help vith your other expenses. Find out more about this Educational Assistance Program

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Nov. 14 Ir	iterviews. Early sign up in	selection

on Nov. 11-13.

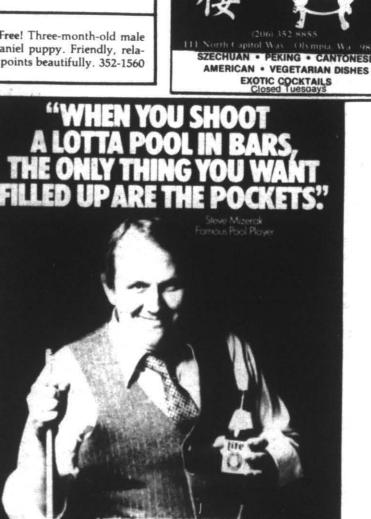
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nents for positions beginning May Dec. 1981 are now being made. pplicants have a greater chance of n and a wider choice of assign-Library 1213-Career Planning ments. We encourage you to apply NOW Office, or sign up at Info. table for these positions.

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