

POETRY ETC...



photo by Anne Culbertson

Keep This In Your Wallet

DREAM

One clear night, just minutes before your time arrives, you may open your eyes and find yourself lying

in the last place you look, with nothing to do but wait.

Lift your head, if you can, and watch for a star that keeps looking back, as if it were followed.

When the light goes, you must leave without being seen... like the end of a dream fading to a cold spot on the edge of a pillow.

Benjamin Dover

You are twenty-five and wrinkled as the walk begins. Unattended, you follow hidden two girls and a woman who smiles along the road by the cliffs; they are laughing, children playing, run back and forth to each other, away and back to the third

They cut through the fields to Addison Road, follow Cloyden but turn to the side Abruptly you panic, run to tell them they must travel Addison, the road where you were a child.

You run through the yard at Margorie Ferryman's suddenly nine and crying uncontrollably, you scream for Marjorie, you learn to stop screaming, learn that boys don't speak 'to girls, pretend 'she has never been your friend You keep running through the grass and out into the street

You pass the Havens, the Davejones, Meullers, and turn left to your own side-yard You stand in the patio with windows on three sides and wait

Chris Sullivan

SECRET THINGS

Tins I have to store and not For looks and hooks, to sit in nooks To save the thought, things sought, things got Cans to hold, boxes too hollow Cans for trash, cans for stash Cans for dogs in the night like little boys' hands in cookie jars

Cans with lids to withhold things withheld Tins missing lids to be kicked in the dark their contents sprawled at light's flick like the entrails of a tra-hy tin woodsman Cans for tinkertoys and tomato sauce For boot grease and bundled stuff for aspirin and asparagus Tins for hidden keys and marijuana seeds Boxes like angels; all wing'd and fairtailed spitoons like Purgatory: smells halfway from Hell One handled and portable like a dwarven smithies suitcase some scented so edible like childhood's best bakery

Some given, all taken, one stolen sans guilt One, broken, when shaken does clatter from jilt But the one I like best though of purple and gilt With a bejeweled couple stuck courting on top Metal lace encircling its sides Though hinged and clasped with tiny padlock Is so special because of its contents Secret things which if mentioned would surely lose their Sparkle

T. Vere Bailey

Metaphysical Cricket

Science is often the knowledge of what is not worth knowing. But Monsieur Fabre, Entomologist, found a fact for aching ontologists. Crickets, he somehow deduced, (inducted, dissected or concocted), cannot hear! So listen-- if the singer of nature's sweetest song, the chirping lyric of the summer porch, has a stone's awareness of what it does, then we too, we stoned with ears, may somehow charm the spheres, by being. Perhaps, though worms still watch and drool, we're not entirely the fools our deaf dim minds perceive.

Craig Oare

CALENDAR CALENDAR CALENDAR

TONIGHT!

Wood Stove Classes
Learn about the stove European masons have been building for centuries. The Energy Outreach Center will hold a Masonry Wood Stoves class at the First Christian Church from 7:00 - 8:30 p.m.

Naturopathic College Recruits
The John Bastyr College of Naturopathic Medicine is holding a meeting to introduce prospective students to naturopathic medicine and nutritional counseling from 7:00 - 9:30 p.m. at 54th and Latonia in Seattle. Call 523-9585 for more information.

Thursday Night Film
Murmur of the Heart: a sensitive and humorous French film directed by Louis Malle. Cast: Lea Massari, Benoit Ferroux and Daniel Gelin.

Friday

Spiritual Health Talk
The Evergreen Baha'i Association is sponsoring a talk by Portland social worker Joy Cross on spiritual, physical, and mental health at 7:30 p.m. in CAB 108.

Catch Some R & B
The Midnight Rhythm Band plays at the 4th Ave. Tavern. Cover charge at the door.

"An Unforgettable Theatrical Experience"
The Theatre Mask Ensemble combines mime, dance, and masks at 8 p.m. in The Experimental Theatre. Tickets are \$6 general, \$4 students and senior citizens.

Saturday

Big Deal Photo Sale
A get-together of pro photographers to sell and swap excess and used photo and darkroom gear from 1:00 - 6:00 p.m. 626 St. Helens Ave., Tacoma. For more information, call 582-7165.

Forest Planning Meeting
A statewide Forest Planning Strategy Meeting will be held Saturday, December 1st and Sunday, December 2nd, in Ellensburg, Citizens' Alternatives to National Forest Plans will be devised. Contact Hugh O'Neil at 866-6000 ext. 6784 for details.

Housing Dance
Housing will hold a dance from 9:00 p.m. to 1:00 a.m. in Library 4300 featuring the band "Common Cause."

Get Righteous
The Righteous Mothers will play a benefit for Safeplace in the TESC Recital Hall at 8 p.m. Free childcare is provided in Lib 3221. Tickets are \$8 in advance and \$10 at the door.

Meditation for the 80's
The Ananda Marga Society will present a lecture, slide show and workshop teaching the science and philosophy of Tantric yoga, Hatha yoga, and principles of PROUT from 10-12 and 1-5 p.m. in Lib 3500 and Lib 2205. Free.

Bazaar Christmas Gifts
Wreaths, baked goods and second hand gifts will be sold at the Olympia YWCA Christmas Bazaar/Flea Market from 9 a.m. to 4 p.m. at 220 E. Union, Olympia.

Sunday

Slade Gorton Speaks
The guy will give a speech to the Washington Association of Wheat Growers at their annual convention. Sheraton Hotel, Spokane. 7:30 p.m.

Watercolor Artists
Judy Mitchell Cook and Richard Apple are artists of the week at the Artists' Co-op Gallery, at 524 South Washington. The gallery is open 10 a.m. to 5 p.m. Monday through Saturday.

Monday

Democratic Community Network
A Democratic Community Network is being formed to facilitate autonomous synergistic relationships between people of shared interests. Meetings the first Monday of each month from 7:00 p.m. to 9:00 p.m. at the library check-out area. Contact Bill Lott at ext. 8268 for more information.

Wednesday

Cash for Books
Cloth or paper — used on this campus or not. The bookstore will buy all titles having resale market value from 9:00 a.m. - 6:00 p.m. through Friday.

Passive Solar Designs
The Energy Outreach Center is holding a class on passive solar designs from 7:00 p.m. to 9:00 p.m. at the Tumwater Library. For more information, call 943-4595.

Get a Job
Employment representatives will be at Career Planning and Placement's Summer Employment Workshop to be held in CAB 108 from 1:30 p.m. to 3:30 p.m. For more information, call ext. 6193.

Thursday

Auditions for Young Act Co.
A Contemporary Theatre (ACT) will hold auditions for the 1985 Young ACT Company between noon and 6 p.m. Audition appointments will be assigned by mail only and on a first-come, first-served basis. Interested actors, should send a stamped, self-addressed envelope, plus a resume and photograph to: P.O. Box 19400 Seattle, 98109.

World

Finding things to smile about after El Salvador

by Charlie Campbell

Ruth Hernandez is fourteen and laughs easily for a girl who at age nine left El Salvador after Salvadoran soldiers shot her nineteen-year-old brother to death as he walked home from work along a San Salvador street.

Her hair is cropped short on the sides, and bangs hang down the center of her forehead. She dresses punk. After only a year and a half in the United States, her English is graceful and precise. She carefully noted "sprint," a word she didn't know in a question asked of her. She unfailingly turned up a bright side of every event she described of her flight from El Salvador, in 1979, to the United States. Even in the story of her three years in Mexico - where her father, three brothers, and she lived in different homes - she giggled at the harsh sound of her own phrase: "and then, when that family got tired of me..."

Her family's birth records were lost when the Municipal Palace was burned down. They bought false papers to leave the country and travel through Guatemala and Mexico.

In Mexico, her father, who was a house painter in San Salvador, worked odd jobs around the country but was unable to support the children and was forced to separate them among different homes, since no one was able to support all four.

Ruth said, "The families were poor, but they had feelings and love. We were children and they cared for us, because they knew what it was like to not have food. They had food then, but before, maybe they were like us."

In Puebla, Mexico, Ruth ran track and was the fastest girl sprinter in her school. However, the separation of the father and children proved too painful to bear, and the family left for the United States. With the help of a man called Coyote, they slipped through a tunnel under the fence between Tijuana and San Diego.

Ruth remembers Coyote yelling, "Here comes that mosquito," and remembers crouching in the bushes as a border patrol helicopter swept its searchlight across the fields.

Ruth said that in Los Angeles "our room was very small, and we did not have enough to eat. I was walking down the street and I saw a sign that said 'Central American refugees.' " Ruth led her family to the refugee center, which provided food and shortly thereafter, they were contacted by Saint Michael's Church, which was willing to take in a Central American refugee family. The family decided to move again six months after their arrival. Saint Michael's sent a van to bring them to a church building which also houses a daycare center and a clothes bank.

Ruth likes Olympia. She is grateful to Saint Michael's. She spent one unhappy school year at Jefferson Middle School, where she competed in track with great success, but never felt comfortable with other students. She said, "I didn't have any friends because I couldn't speak English very well and didn't dress like them... Because I'm different, and think different thoughts, they put me down."

This year she takes Drama, English, Masks, Human Relations, and French at Off Campus, an alternative school. She may attend high school where she can run track. She has a large group of friends and spends many nights slam dancing at the Tropicana. She said, "I've never been a punk rocker before but I like it." Her father was dismayed when she cut her hair short. She said she told him, "So what, I'm fourteen but my hair is my hair. You're not going to wear it, I'm the one."

"I'm happy, but not as happy as I could be if I were in my own country," she said. She misses her barrio and the one room dirt and bamboo house where her family, including her grandparents, lived. She is adjusting to the cold rain. At first, she hated the bath tub, which offered less room than the river where she was accustomed to bathing. She is thankful that here she is not forced to sit still in church or even go to church. She is thankful she need not fear for her brother's and father's lives. But she remembers the murders of her brother, uncle, and cousin. She remembers Salvadoran soldiers impressing young men into service by beating them and taking them off in trucks. She said they were killed if they would not join the army.

"Sometimes I'm having fun at the Tropicana, and then I think, at this time people in El Salvador are waiting in their homes with the fear that they may not be alive the following day," she said.

She hopes to return to El Salvador when the war ends. She said, "It has to end sometime." She is critical of the United States sending military aid. "How can you help someone with weapons," she said, "That is no way to help." She said "I would like to know more about other governments, not just mine and the United States." She hopes to become a translator or El Salvador's Ambassador to a European country.

Ruth is optimistic, but her father has picked up English less readily, and without a Social Security number he has not found a job. He thanks the people of Olympia but holds a somber view of his family's prospects. He said, "Here, there is no future." His hope, like Ruth's, is that the war will end and his family can return to El Salvador, but he added, "It is something that we can't imagine."

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CPJ

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THE EVERGREEN STATE COLLEGE

ASH Makes "Modest Adjustment"

by Nancy Boulton

While Phil McLennan, owner of Adult Student Housing (ASH), was explaining to the CPJ last week that residents could expect a "modest adjustment" to their rents sometime in 1985, notices were being prepared to inform tenants of a 10 percent rate hike as of January 1.

This is the second substantial increase for ASH residents in four months. In August a one-bedroom apartment rented for \$150, a two-bedroom for \$186 and a three-bedroom for \$225. In January tenants will pay \$185, \$225, and \$270 per month, respectively.

The latest increase was made possible by a refinancing of the apartments, completed October 1. The owners changed their mortgagee from the federal government to a private bank. Because of this, rent increases are no longer supervised by the Department of Education. McLennan asserted that this switch would "give us a better opportunity to serve student's needs."

Over 50 ASH residents attended a meeting Sunday about the recent changes. Many of those present voiced outrage over the rent increases, which they consider to be too much, too soon. They organized a committee which drafted a letter to McLennan. In the letter, they presented their concerns and asked for justification for the rent hikes, the reasons behind the refinancing and whether tenants could expect policy changes pertaining to student/non-student occupancy.

For many residents, the timing of this increase was the worst possible. According to faculty member and ASH resident Terry Setter, any raise after school starts creates hardships for students because they are often on fixed incomes and must budget for the entire year.

Setter called a letter the owners sent to the tenants, which expressed hopes that the changes would not cause any special inconvenience, an insult. He and numerous others complained that this increase is especially hard on tenants because it is Christmas time. Some students say they already have a tough time celebrating Christmas and making their money last until the next financial aid check. They would like to see the increase pushed back at least to February, if not postponed until June.

McLennan stated that they planned the rent hike for the quarter's end so that residents who would rather leave than pay the higher price will have more time to move. Joni and Gordon Kelsey, ASH managers, said that they plan to be lenient with those who give notice because of the increase. They say they'll give extra time to allow people to move when it is convenient.



photo by Chris Conroy

Adult Student Housing Apartments

Those who wish to stay but who won't have the full amount due at the beginning of the month may have to pay a 10 percent late charge if they pay after the 10th, according to company policy. But McLennan said that they might allow the difference between the old rent and the new to come in late in individual cases.

As financial aid checks will not be available until the 10th and work-study students don't get paid until the 15th, the managers may have many special cases to consider.

A survey prepared by the resident's committee asks tenants how they plan to meet the higher rent. According to committee member Kathy Dalley, some of those who have returned the survey said that they may take their phones out; some said they will cut back on food and some are planning on taking in roommates or moving. A couple of people have indicated that they may have to drop out of school.

Pegi Lee, a single parent with three children said, "I think the phone will have to go next, because the utilities can't." A woman who wished to be identified only as Karen stated that even without the increase "I don't turn my heat past fifty because I can't afford the bill." Karen hopes that people will include a note with their January rent stating that they are paying under protest.

Although some tenants are reported to be considering a rent strike, Setter said that the idea was frowned on by most of those attending the meeting. Most hoped to keep a reasonable rapport with the landlords, he stated.

Many tenants are concerned about harassment and retaliation. One person observed that the apartment managers took down names of those who spoke during the resident's meeting. Dalley said that the people who had a sign and a drop box for tenant surveys on their porch were told by the manager to remove it along with various potted plants and a pumpkin.

Joni Kelsey explained that they identified those present at the meeting so that they could contact tenants who did not attend. She said that they wanted to find out why those people stayed home and how they were being affected by the changes. Kelsey also asserted that they never allow big signs, such as the one hanging next to the questionnaire drop box, to remain on the porches.

It makes the place look like a ghetto," she said, "and we've got to pick it up. We ask people to clean up around their apartment all the time."

Some ASH residents feel most let down not by the businessmen at ASH, but by the college. Several people questioned Evergreen's apparent lack of interest in the recent occurrences at ASH.

Setter maintained that "Evergreen has a responsibility to provide low-cost housing. It's written in the catalog; if it's written there it's a legal contract."

Lee is working to decrease the institution's apathy concerning affordable housing for students with children. But she is dispirited by the College's reaction so far, and fatalistic about her chances for success. In relation to Evergreen's inaction during the recent changes at ASH, Lee sighed, "I have no options at The Evergreen State College. My options have been taken away by their neglect."

THE EVERGREEN STATE COLLEGE
Olympia, WA 98505

GO HOME.

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LETTERS

Fix it Fast

To Roger Dickey:
I'd be delighted if you'd follow your own suggestion and have Gary Wessels of Evergreen's Northwest Indian Center take photos for the CPJ. Coconut shells and bare bellies may have been the focus on Indigenous People's Day; that's unfortunate, but I can let it go. But your reply to Gary's criticism was too incredibly rude to let slide. Gary, the indigenous people honored at the celebration, and the Evergreen community deserve more than your tactless "slap in the face" response.

Get your energy camera fixed quick, Roger; I hope the flash attachment works, because you're in need of some illumination.
Linda Lammer

What's Next?

To the editor:
OK, OK, so I read the article, and I've seen the photos. What's next. My first impression to the response given to my letter was that someone in the CPJ office did not take their job seriously. Your comment at our Monday meeting was that it had been a 3 a.m. joke that no one thought would actually be printed. What?? The attention it received on your letters page didn't look like a prank to me. I believe that I had a legitimate concern about your reporting tactics, and should have received a legitimate response. If I had any idea that embarrassing Robin with that photo was to be the end result, I never would have written you. I do want to thank Roger Dickey for coming to our meeting though, and hope that what you told us was more sincere than your response to my letter.

One question about the article and the Polynesian Dancers from Vancouver Island. Is that the island next to Maui or Paulau? Sincerely,
Gary Wessels

Indigenous controversy settled?

This is to Gary Wessels and everyone else who took exception to either our coverage of Indigenous People's Day, or my response to Gary's letter in last week's CPJ.

You and I have talked, Gary, but come, I feel to more of a truce than an agreement. Here is my reasoning, as detailed as I can make it, all in one place. I hope this helps.

My initial reaction was sparked by your putdown of the people in our photographs as "nightclub dancers with fake coconut shells on their breasts." You were decidedly more involved in the planning of Indigenous People's Day than I. I was not because of our production schedule at the CPJ, even able to attend. So I'll have to rely on your statement about the way they earn their living. I do not think, however, it is unreasonable to assume that whoever invited them to perform at Indigenous People's Day thought they presented something of value about the culture of the South Pacific. Whatever other points your letter may have made, I think you erred in your description of the dancers. If you don't agree, contemplate the same statement made in passing on the way to some important point but with Native Americans wearing plastic feathers or naugahyde loincloths substituted for the Polynesians.

I could not help but feel especially after the Jerry Falwell denial, that you were implying that the CPJ chose those particular photographs because they were boob shots. We will get to why we used those shots in a moment, but look at them again. The top photo shows a group of dancers sitting on stage. You need a magnifying glass to get any titillation out of that. Beneath it is a photo of two fully clothed women. Well, they are barefoot. The bottom picture is of three women. I suppose it has some erotic possibilities, if you want it to. I doubt that Larry Flint is after the negative.

Look back at the papers we have printed this quarter. Show me photographs that support the implication that we choose the photographs that are the sexiest.

As for the dancers themselves, had they appeared nude I think we would have published the

photographs if that had been presented on Indigenous People's Day as indicative of their culture. I would have braced myself for the charges of sexism, but I think an essential element in cultural literacy is understanding that the missionaries were wrong. The values of my culture should not be imposed upon someone else's. The CPJ's job in news stories and accompanying photos is to report what happened, not to editorialize about it, and not to decide for indigenous peoples what they are about.

speaker generates. I suspect we would have been in a no-win situation no matter how many pictures we took. Space limitations would have kept us down to printing three or four photos anyway. If we had shown two of the speakers and one of dancers we would have been guilty of making Indigenous People's Day look like another dull business convention with native dancers entertaining at intermission. If we had shown two of dancers and one the panel, we would be demonstrating our insensitivity to

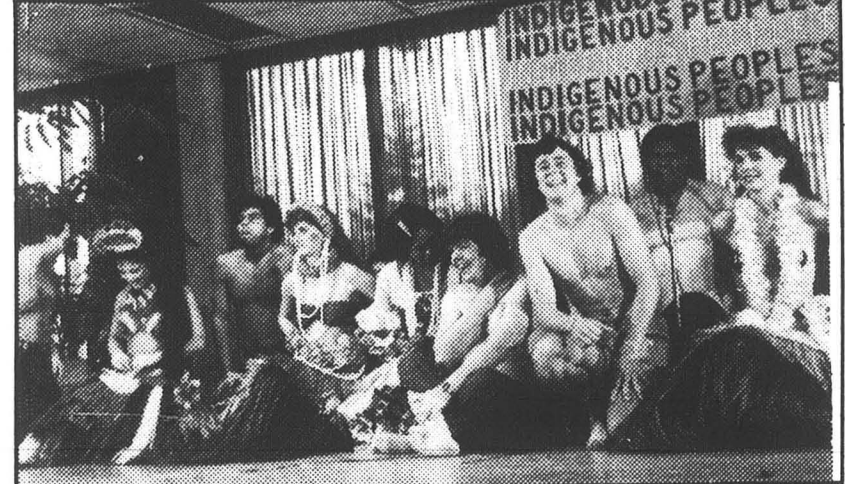


photo by Cris Corrie

Which brings us to why we did use those particular photographs. They were the only ones we had. Our photographer, a student, was only able to attend from 3 to 4 p.m. This was what was happening. He took pictures. We printed them.

But suppose we had been there all day. What should we have taken pictures of? Another panel discussion? The audience raptly watching the film? David Whitener eating the fish he caught? My sarcastic crack about our broken energy camera had this point: it's hard to capture the energy a panel discussion or

the seriousness of the situation. God only knows what editorial statement a picture of a Native American eating salmon would have been.

Our reporters and photographers are students. If their work was perfect, they wouldn't be here learning to be journalists, would they? I went over the criticism of Nancy Boulton's article that were pointed out in my meeting with you and other concerned community members.

Most are valid and deserve apology. Bruce Miller is *Skokomish*, not *Skykomish*.

Mary Nelson is affiliated with the Colville tribes, not the Chinook. Kaanohi's Polynesian Dancers are from Vancouver, Washington, not Vancouver Island. And, while this is getting harder and harder on a young journalist, I will take April's word that *Pilipino* is the "politically correct" spelling. Nancy wrote the story from her notes, using the names as she understood them during the presentation. She learned from this to confirm every spelling and to use the printed program. The CPJ is, after all, a learning experience.

Nancy and I both learned that the Third World Coalition is not a student group but a part of Support Services. The phrase "The Third World Coalition and other student groups" is incorrect. Our apologies.

I cannot defer, however, to the objection of the use of *garb* instead of dress to describe what the Twana Dancers wore. I do not find the word derogatory or condescending. I find it particularly appropriate. I use as my authority *Webster's New World Dictionary*, which defines *garb* as "clothing, manner or style of dress, especially as characteristic of an occupation, profession, or rank." Even more telling on the connotation that the word carries for me are its origins. It comes from *garbe* which is Old French meaning "gracefulness."

garbe in turn comes from *garbo* which is Italian for "elegance." The Greek work from which they are all derived means "making beautiful." If *garb* offends people of color on this campus, the CPJ will, during my editorship, refrain from using it to describe any Third World person's clothing. I miss the little fellow already.

I hope I've covered all the objections to Nancy's story. Nancy isn't an intern with the paper. She is a student in a full-time program who has volunteered what time she could to the CPJ. She came into the office, really excited about Indigenous People's Day, and wanted to know if she could cover it. GRATIS. For free. Because it was important to her. Thank you, Nancy. I liked your story. I was unable to attend the event but you captured a bit of it for me. I can still feel that I know what the day was about since not one person has suggested that the story itself is inaccurate. Let's call it an A-check those spellings next time.

Next time I might not reply the way I did to Gary's letter. I do not like conflict or offending people. Yet at five in the morning after working through the night I might respond in a similar fashion to another letter like that. I resented most of all, I suppose, that a working photographer who was at Indigenous People's Day would prefer to rag at us about our photographic documentation than to present for publications the images we missed. That has been taken care of now. I really appreciate your promise of those photographs for this issue.

And, as editor of The Cooper Point Journal, I offer formal apology to you and all who were offended by either our coverage of Indigenous People's Day, or my reply to Gary's letter.

There is, however, an apology I would like to personally tender. Robin, your picture printed with my reply has apparently caused you some embarrassment. For that I am deeply sorry. I personally find the picture delightful and the smiling, joyful person it shows, irresistible. It seemed to me a photo to cherish, not to hide. You did not, and the photo is of you. Once again, my sincere apologies.

LETTERS

Kar Kraze in Kent

Sir,
I am writing to ask if you could pass this letter on to one of your student who could be of help to me.

I am a collector of automobile license plates and would like to obtain one of 'Washington State' to add to my collection. There are, I understand, licenses normally found at what I think you call a wreckers yard and are usually free. If any student would forward one to me, I would be most grateful; postage of course will be paid.

Any package sent should be sent surface mail and marked NO COMMERCIAL VALUE.

Thank you for your help,
J. Ormandy
57 Rowenden Rd.
Rochester
Kent ME24PF
ENGLAND

ASH action

Dear Editor,
At one o'clock Sunday, December 2, a group of approximately 60 students who are residents of ASH apartments met in CAB 110 to express concern about the increase in rent to be effective January 1, 1985, and to explore courses of action available to tenants. ASH resident managers were also present. Objections to the September 1 increase were few, probably due to the fact that the rent had not been raised for around two years (when the mortgage was held by the Department of Housing and Urban Development, instead of the present private bank); however, much concern was voiced about the repercussions of the latest and continuing rent increases on student financing which, in many instances, is predetermined and difficult, if not impossible, to change. References were also made to the timing of these increases—the first before many students had returned from summer break and the 30-day notice of the second increase coming in the ninth week of a quarter that is followed by a three-week break for Christmas.

Among the questions raised were: what are the legal and moral obligations of ASH to the college in providing low-rent housing for students? What are the implications for the future if the majority of close, convenient housing other than dorms (which are not convenient for students with children) is under no obligation to the college or any other public governing body? What can be done about both present and future housing conditions? What will the college administration do?

In response to these questions, a number of people volunteered to form a steering committee which will accumulate more information by acquiring copies of ASH contracts with the college and federal agencies, delving into the history of ASH contracts, and contacting those whose input would be of value, for example, a letter will be sent to Phil McLennan, owner of ASH, requesting his point of view.

There is an important question here, and it is not merely one of an increase in rent, but whether access to higher education will be determined by the availability of low-rent housing.

Sincerely,
Scott Hall
P.S.: Thank you to the CPJ for the front page coverage of this issue in last week's edition.

HEALTH

Beating Bulimia: Eat Without Fear

by Leigh Cohn

Most students look forward to holiday vacations as a joyful time for reunions and large family meals; but, for people with eating disorders, these instead may be times for confrontations, lies, and painful anxiety. Bulimia, which is characterized by binge/purge behavior, and anorexia nervosa, a less common but related condition of self-starvation, are dangerous epidemics affecting between 25 - 33 percent of college aged women (and also many men). Under ordinary circumstances, their lives are dominated by low self-esteem, generalized fear, and obsessive thoughts about food. During the holidays, however, these feelings are intensified. With a well thought out plan and plenty of motivation, these individuals can use this time off to start a program for recovery.

Although the underlying causes vary, eating disorders typically begin for psychological reasons and become addictive. Most cases are women with unrealistically high expectations of achievement, especially concerning their own appearance and weight. The initial binges might be triggered by specific events, such as: moving away from home, rejection by a lover, or family pressures. The behavior often starts as a way of dieting or in reaction to a failed diet. It becomes a numbing, drug-like coping mechanism that provides instant relief for emotional pain or boredom. Bulimics often binge on several thousand calories after eating what they feel to be onerous:oo many at a meal. Since they have eaten more than they "should" anyway, they go ahead and binge, knowing that they will later force themselves to vomit or abuse laxatives. These purges confuse body signals, causing extremely low blood sugar levels, electrolyte imbalances, and cravings for more sugary foods. This cycle perpetuates itself, dangerously upsets normal digestion, and further complicates the original psychological reasons for bingeing.

Lindsey Hall, who cured herself after nine years of bulimia, has co-authored three booklets on this subject, which are used in more than 500 colleges and universities. She writes in her first booklet, *Eat Without Fear*, "I binged up to four and five times a day after the third year. There were very few days without one. My vision often became blurry and I had intense headaches. What used to be passing dizziness and weakness after a binge had become walking into doorjams and exhaustion. My complexion was poor and I was often constipated. Large blood blisters appeared on the back of my mouth. My teeth were a mess." The research study on which her third booklet, *Beating Bulimia*, is based, documents other bulimics who were hospitalized, had miscarriages, and spent more than 20 years struggling with food. Between 7 - 9 percent die due to cardiac arrest, kidney failure, or impaired metabolism. (Lindsey Hall's booklets are available from Garze Books, Box 20066U, Santa Barbara, CA 93120. The "bulimia set of three" costs \$13.25, including postage and handling.

Dr. Jean Rubel, president of Anorexia Nervosa and Related Eating Disorders (ANRED), a non-profit organization which serves as a national clearinghouse of information and referrals, observes that college students commonly fall victim to food problems. "Students are

vulnerable to a cycle of stress inherent in the structure of the school year. There is a separation from home and all this is familiar, anxiety resulting from having to make new friends and learn one's way around campus, plus classwork and studies which pile pressure on top of stress. All the while, women are being vigilant about presenting to the world an immaculate, thin appearance. Many students resort to disordered eating in efforts to gain some peace and release.

"That student returns home, perhaps still preoccupied with problems at school, to find a different set of pressures and expectations waiting. To further complicate matters, holidays are traditionally times of feasting. For someone who is already terrified of weight gain, who is craving rich food after a period of dieting, the prospect of spending time around large amounts of easily available food is frightening indeed."

Students with food obsessions can use the holiday break from school to begin to get better, though recovery is rarely quick or easy. Dr. Rubel recommends that students be aware of the pressures awaiting them at home and make detailed plans for how to cope with them. They should set reasonable goals for themselves, such as planning non-food related activities, perhaps by setting a limit for weight gain, or avoiding specific incidents that may trigger binges. She adds, "if you do slip back into a food behavior, remind yourself it does not mean your plan is not effective. It merely shows you a place to make some revision so you can more easily achieve your goals." (ANRED, Box 5102, Eugene, OR 97405. Include a self-addressed, stamped envelope.)

Most who are cured find that the commitment to getting better is made easier with the important first step of confiding in someone who can help. Vacation time may provide the perfect setting for getting support from friends or family members, who are often understanding and compassionate, despite the sufferer's fears of rejection. However, even with the help of loved ones, overcoming bulimia or anorexia nervosa may require professional therapy and medical treatment. Without proper attention, the behavior does not suddenly end and can continue for a lifetime.

Lindsey Hall's bulimia developed into a daily habit during her college years, and she regularly speaks to students struggling with food. She emphasizes her success at overcoming bulimia rather than dwelling on her suffering: "I am now able to enjoy growing, touching, tasting, smelling, and eating food without the temptation to binge. Ms. Hall asserts, "The best Christmas present that people with eating disorders can give themselves is to make a devoted effort to end their food obsessions."

Services Summary

Congratulations: you've made it to the last issue of the CPJ for Fall of '84! Feels good, doesn't it? You'd think at a time like this everyone would be perfectly content to relax and contemplate the peaks and valleys of the past quarter's accomplishments through a pleasant egg-nog haze. Not our editor, no.

The (bah, humbug) fiend in sending out the holidays for a "User's Guide." He's got this cockamamie scheme for presenting in one issue information on the purpose, location, services and so on of every group and office on campus. He's even going to try to cover the administrative structure and student services!

Just to give you some idea how ridiculous the whole idea is, this proposed guide is supposed to also hit the main points on Olympia, like favorite restaurants, best thrift shops and entertainment for under \$5.

Do you realize that for this to work, every student group coordinator, every services officer, every person with information on how Evergreen works has to write

a narrative description of their group or area and tell who it serves, where it is, when it's open, what it does, what the phone number is? How are you ever going to get them to do that? I mean, do you know how many Greeners it takes to change a lightbulb?

You'll never get all those people to actually do that work and get it in by noon on January 14, 1984. You'll certainly never get any of them to turn it in the week before so it can all be typed into the computer in time. I know this place. Just because everyone complains they're not getting good press coverage and not reaching enough people, this guy thinks they're all actually going to write three or four hundred words, type it double-spaced and turn it in. Where does this guy come from?

Well, I wouldn't let him ruin my Christmas vacation with his ridiculous schemes. Poor attendance is abridge we can fall off when we come to it.

Merry Christmas!
Happy New Year!

Leisure Ed Variety

Are the dark dreary days of winter getting you down? Would you like to do something nice for yourself? The Leisure Education Program is offering 88 ways to be active, involved and have fun. Workshops are designed to provide individuals an opportunity to gain insight into a variety of recreational areas. Workshops are offered for participants' enrichment, not for academic credit.

Enrollment is limited and registration is on a first-come, first-serve basis. A special off-campus registration is set for Saturday, December 15, noon-3 p.m., South Sound Center at Place II entrance. Registration begins on campus Wednesday, January 2, at 8 a.m., and ends Friday, January 18, at 5 p.m. For persons unable to register during the day, four evening registration periods are offered from 5-8 p.m., Monday through Thursday, January 14-17. Workshops range in price from \$5 to \$70.

Workshops begin the week of January 14, unless otherwise stated, and continue for eight weeks. They encompass a broad range of instruction including: 19 workshops in Recreation and Sports, 18 workshops that are a hodge-podge of enrichment activities, 15 in Movement, 15 in Aquatics, 16 in Arts and Crafts, and 5 in Music.

Get involved! Recreation and Sport activities include: cross-country ski touring, ice climbing, the art of ski repair, winter mountaineering, winter sailing, rafts through eagle country, sea kayaking, eskimo rolling, white water kayaking, environmental bowling, pre-school gymnastics, modern fencing, racquetball, early morning workout, weight training, running, sport parachuting, co-ed volleyball and advanced women's volleyball.

Miscellaneous covers a broad range of workshops for personal enrichment such as: just imagine, breathe ease, meditation, massage techniques, herbal explorations, home maintenance and repair, self-contained homestead, home landscaping, organic gardening, today's cooking, brewing premium beer, dollars and sense, introducing your car, make your own futon, color analysis, now you're talking, personal computers and write on writers!

Kick up your feet! Movement workshops include: Appalachian clogging, ballroom dancing, ki and aikido, Latin dance, Mexican folkloric dance, ballet, jazz dance, a total body workout, start your day here, aerobic fitness, contact dance, hatha yoga, judo, taekwon-do karate, and tai chi ch'uan yang style.

Dive into aquatics with sunrise swim, beginner and advanced beginner swim, aqua aerobics, senior citizen swim, fitness swim, fear of the water, adult swim, springboard diving, advanced lifesaving, water safety instructor course, masters swim: recertification and aqua therapy.

Be creative. Arts and crafts offers knife making, letterpress and book designing, weekend drawing, expressive drawing, getting into paint, life and art: a marathon, knitting, spinning, loom weaving and dyeing, rug weaving, photography, tile making, hand building pottery, pottery: the thrower's edge, and "lost wax" casting.

For music lovers, workshops include: introduction to the recorder, magical musical motivation, fiddlers under the roof, guitar basics, and bluegrass banjo.

For more information and complete brochure details call 866-6000, ext. 6530.

Cooper Point Journal

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CPJ Staff of the Week



Kirty Erickson - chronically uncredited photographer

photo by Cris Corrie

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Rain on New Year's

Believe it or not, it's a New Year's Celebration with one of the region's most talented Caribbean jazz groups. *Tropical Rainstorm* will be appearing Friday, January 11th, right here at TESC, to help bring in the New Year. So, save those New Year's resolutions you're ready to make and bring them with you to this festive New Year's Celebration on campus...and dance, dance, dance....

Tropical Rainstorm Steelband was formed in the mid-'70s primarily by a group of West Indian graduate students at the University of Washington. The name *Tropical Rainstorm* was chosen to highlight the cultural revival of the two separate and distinct environments, namely the West Indies (the tropics) and Seattle (rainstorm), of which its members are an integral part. Currently, the band is made up of seven individuals with diverse educational and professional backgrounds.

Tropical Rainstorm is rated as one of the top six bands in the Pacific Northwest. The concept of the band is indigenous to the West Indies, but musically the band is versatile, with rich, torrid sounds and a repertoire reminiscent of all parts of the world, as well as all age groups. The band has one album out, *Yours Truly, Tropical Rainstorm*, under the Topaz label, and plans to do another by March 1985. Outside Washington State has performed in Denver, Vancouver, B.C., Harrison Hot Springs, and Portland, Beaverton, and Eugene, Oregon.

TR's seven members are:
Albert Chiddick, who hails from Trinidad, the mecca of steelband music. He is the group's musical arranger, and plays the double seconds. Albert is a steelband music teacher and a construction worker.

Noel Williams is originally from Belize, British Honduras, and is an original member. Noel plays the tenor or lead and also assists in musical arrangements. He holds a B.A. degree in engineering and is a civil engineer.

Stanley Alleyne is from Tobago, the West Indies. He plays the cello pans and assists in musical arrangements. He's a specialized automotive mechanic, and has travelled widely throughout the U.S. and Europe.

Theodore (Ted) Sharpe - from New York City via Jamaica, he plays the congas, and is the group's newest member. Ted attended the Rochester Institute of Technology, the University of Maryland, and also studied in Munich, Germany. Ted is a telecommunications manager.

James Kelly is a Seattleite transplanted from Chicago. He holds both B.A. and M.A. degree in social work, and is a social worker. **Floyd Gossett, Jr.** is another Seattleite originally from Louisiana. He is the group's booking agent and public relations manager. Floyd plays the basses, holds a masters degree in public administration, and is the group's insurance coordinator.

Charles Benjamin of Seattle was born in the Guyana, formerly British Guiana, on the northern coast of South America. He plays the double seconds. Charles holds both a BA and MA in economics, and an MBA. He is an economist and educator.

This New Year's event will warm away those winter chills as *Tropical Rainstorm's* rhythms and melody take you away to a balmy tropical beach drowsing under a westerling moon. Have a great holiday, and join us January 1.

Tops at Chops

Marie Wick the top ranked women's martial artist in the Northwest and a fourth degree black belt, will teach a Judo class at TESC. Wick, came to Evergreen to pursue an Upside Down degree in Humanities. The class is open to those whose hobby is Judo, to those who practice Judo as a competitive sport exercise, or those who seek content proficiency. The class will be held Tuesdays and Thursdays from 6:00 p.m. to 7:30 p.m. in TESC Campus Recreation Center. For further information, call 866-6000 ext. 6530.



Marie Wick - Judo expert.

ENTERTAINMENT

Richard Johnson Presents A True American Art Form

by Roger Dickey

For three years Richard Johnson has dreamed of producing an old fashioned burlesque, with lavish production numbers, corny sketches, and everyone, including the production technicians, playing to the audience for every laugh they can get. He has saved money, watched and taped shows, and read everything he could find about American burlesque, its predecessors its descendants, all the way from the Italian *Comedia Dell Arte* at one end to *Sugar Babies* at the other. More recently he has written a script, assembled plumage, and sewn curtains. January 5, the curtain goes up.

Richard's production, *Tess, Tess, It's a Burlesque*, runs January 5 through 8, and 10 through 13, at 8:00 p.m. in the Experimental Theatre at The Evergreen State College.

He has invested over ten thousand dollars of his own money in a show he describes as "something completely different from anything that's ever been done at Evergreen."

He explained that the costumes and production numbers are of a scale not usually seen outside of major professional productions. Four thousand dollars has been spent on the dancers' costumes alone, including elaborate plumage. The production includes approximately thirty people, half of whom are dancers. The rest are divided about equally between actors and technicians but that division is hazy since the technicians are actively involved in the performance, often seen and heard by the audience. Richard's script has been a starting point, not the final word for the shows content. Actors and technicians improvise freely in order to capture the free-wheeling style of traditional burlesque, which Richard calls, "a truly American art form."

He has concentrated his rehearsal work on the actors, leaving the dance sequences up to the choreographer, Debbie Halverson. The result has been dance styles that are more current than he originally intended, but are based upon old fashioned burlesque.

Three years of work has left Richard "tired, very tired," but he is still excited about the project and expects everyone's excitement to peak "just before it comes up."



Photo by Chris Corrie

"Something completely different from anything that's ever been done at Evergreen."

Gallery Exhibits Donations

"Autumn Hi-Way," a colorful and vibrant landscape by Olympian Maury Haseltine, highlights "Recent Donations," currently exhibited in Gallery 2 of the Evans Library at The Evergreen State College through Sunday, January 13.

The Haseltine painting is a major work by a well-known regional artist," says Evergreen Galleries Director Sid White. "The college is extremely pleased to receive such a gift." Other recent donations on exhibit include six works by highly-acclaimed Northwest artist Helmi Juvonen, prints by Tacoma artist Michi Osaka, a painting by the late Evergreen Faculty Member David Gallagher, and works by former Evergreen instructors Young Harvill and Ann Lasko.

"The exhibit," adds White, "displays some of the important additions from the college's collection of Northwest art."

Gallery 2 is open 8:45 a.m. to 10:45 p.m. Monday through Thursday, 8:45 a.m. to 6:45 p.m. Fridays, and 11 a.m. to 6:45 p.m. on Sunday and Saturday. Admission is free and open to the public.



ENVIRONMENT

Puget Sound may soak up legislative attention

by Charlie Campbell

Puget Sound promises to be the darling issue of the 1985 legislative session. Puget Sound is cleaner than it was in 1956 when, a federal study ranked it the sixth most polluted body of water in the United States, but it has come to the attention of Washington State voters that it is not as clean as it could be. And during an election year, voter's concerns rapidly become politicians' concerns.

Cleaning up the Sound became a sturdy plank in both the Republican and Democratic platforms of the past Governor's race. Gubernatorial hopeful Booth Gardner announced his intention to clean up the Sound. The incumbent Spellman announced his intention to clean up the Sound. Then Gardner accused Spellman of a politically motivated turnaround. Next Spellman proposed a \$350 million statewide bond issue to upgrade sewage treatment plants dumping into the Sound.

The history of the cleaning up the Sound goes back over sixty years when pulp mills dumped thousands of gallons of raw wastes into the Sound each day. The mills have since estimated that they have spent over \$100 million conforming to waste treatment standards.

Unless the pollution of Puget Sound stops, "the entire natural resource vested in the marine life in the state will be greatly impaired and possibly destroyed," according to a state Health Department statement made in 1926.

Metro Seattle's waste disposal agency, began constructing sewage treatment plants in the early 1960's, but Joan Thomas remembers watching from a waterfront restaurant as raw sewage drifted from downtown Seattle into Elliot Bay in the late 1950's.

Governor Spellman's bond proposal follows three successful similar referendums. In 1968, Referendum 17 passed, authorizing the sale of \$25 million in state bonds, the funds to be spent on sewage treatment. Under the heading "Statement Against," in the 1968 Voter's Pamphlet, it reads, "Referendum Bill No. 17 was overwhelmingly approved by the 1967 Legislature, and no member could be enlisted to write a statement against the measure for publication in this pamphlet." A similar message appeared in the 1972 Voter's Pamphlet for Referendum 26, which authorized the sale of \$225 million in bonds for waste treatment. In 1980, Referendum 39, calling for a \$450 million bond passed. The bill was passed by the Legislature with only two nay votes between the House and Senate.

In the Clean Water Act of 1972, Congress said all water should provide for the protection of fish, shellfish, and provide for recreation, by 1983 and required cities to apply secondary treatment to sewage by 1988, with waivers granted to particular cities by the EPA. Metro was granted a temporary waiver. (Secondary treatment is adding bacteria to eat the nutrients in primary treated liquid waste and turn it into sludge.)

In 1975 the National Oceanic and Atmospheric Administration (NOAA) launched a five-year "major investigation" of Puget Sound that discovered PCB's in marine birds. In 1981 health officials discouraged eating bottom fish from Commencement Bay near Tacoma, Elliot Bay near Seattle, Port Gardner, the Mukilteo waterfront, and Eagle Harbor, after discovering toxic chemicals in fishes' diseased livers.

One month before the Clean Water Act's July 1983 deadline, Governor Spellman appointed the 21 members of the Puget Sound Water Quality Authority (PSWQA), charged by the Legislature to study and make recommendations on Puget Sound. The Clean Water Act's deadline passed, and the Sound remained dirty.

Less than one week after Pierce County Executive Booth Gardner and Senator Jim McDermott placed cleaning up the Sound on the Democratic platform, Governor Spellman allocated the \$150,000 from his emergency fund and announced that he would seek funding for the cleanup and said EPA chief and former Seattleite William Ruckelshaus would help secure \$12 million to do the job. Oyster companies praised Spellman's action but a spokesperson of Gardner's called it "a complete election year trick."

On June 13, 1984, an EPA Northwest Advisor, Ernesta Barnes, and the Department of Ecology (EPA) submitted a plan to clean up Puget Sound to EPA's chief, and requested \$12 million over the next three years to pay for it. The request specified one-third of the funds be used to clean up toxics in the six urban bays.

On June 16, 1984 Spellman appointed the EPA's regional office, the PSWQA chief, and the DOE chief to an "executive directorate" to oversee the cleanup.

On June 23, 1984 the PSWQA recommended the dumping of inadequately treated sewage into Puget Sound stop, and added that state and federal agencies should stop granting waivers to treatment plants not able to comply.

The Federal Clean Water Renewal Act came before the United States House of Representatives in June. Joel Pritchard (R) worked to have Metro excused from the act, believing that Washington State could not bear the expense of converting to secondary treatment of sewage and would not get federal help to pay for it. However, in a deal negotiated by Mike Lawry (D) and Robert Roe, (D) from New Jersey and Chair of the House Subcommittee on Water Resources, the House version of the act included \$250 million in federal funding for converting to secondary treatment, estimated at \$300 million to \$400 million.

The bill passed to the Senate Environment and Public Works Committee, which Dan Evans sat on. Evans was critical of the bill saying that the bill did nothing to remedy the problem of heavy metal contamination, the cause of the aberrations in bottomfish. The bill is still in the Senate.

While the Senate considers the bill, EPA chief William Ruckelshaus has pressed on with the drive for secondary treatment. Ruckelshaus was the former senior Vice President of Weyerhaeuser Corporation, Director of the FBI, and Deputy Attorney General under Nixon. On August 10, 1984, the EPA withdrew the waiver exempting Metro from providing secondary treatment by 1988. Ruckelshaus did not request any funds for Puget Sound in his budget.

Metro pleaded that the real problem is toxic chemicals and heavy metals. A Metro study showed forty percent of the heavy metals and sixty percent of the cadmium and chromium in the treatment system is from industry. It also said that removal of the storm system from the sewage treatment system would raise treatment standards, and be less costly than secondary treatment, the reasoning being that hard rains force treatment plants to process more waste water than the plants can handle, and still maintain required treatment levels.

Mike Palko, Supervisor of DOE, said the state has \$25 million available, only enough to build one of the twenty-five secondary treatment plants needed. The total cost of conversion to secondary treatment is estimated at \$450 million.

Gardner said on July 7, 1984 that he would, if elected, ban new outfall pipes dumping sewage into Puget Sound until the issue is settled. Gardner is a former member of the Board of Directors of Weyerhaeuser, and is the stepson of former Weyerhaeuser Chair Norton Clapp, and owns a significant block of Weyerhaeuser stock. Gardner said the ban would effect Weyerhaeuser's Hawk's Prairie residential development near Nisqually Delta, but not block the project. However, Olympia's Mayor, Dave Skramstead, said that Gardner's proposal changed nothing because the DOE was already banning new sewage outfall pipes.

On September 27, 1984, Spellman proposed a \$350 million statewide bond sale, like the three that were so broadly supported before. He said \$150 million would go towards secondary treatment, plus \$50 million in other state funds. He said matching funds should come from the federal government. A spokesperson for Gardner said Spellman may have ruined the bid to get Congress to pay the secondary treatment by showing the state's willingness to pay.

The issue became so tangled that its role in Gardner's defeat of Spellman is unclear. The point is, it was crucial to both candidates to be seen as the candidate that would clean up the Sound.



Photo by Chris Corrie

People bomb

Editorial by R.J. Healy

What do an Ethiopian famine, urban sprawl, forest denudation and pestilence have in common? They are all aggravated or caused by the same thing: overpopulation of human beings.

Like the hydrogen bomb, the population bomb hangs over our collective head. And it keeps ticking. It is *everyone's* problem and it affects *every* nation.

As highrises and parking lots replace open space and farmlands, we habitually blame immigrating people. As the rate of exploitation and abuse of the land here and elsewhere climbs we ask, "why must this be so?"

And why, despite the medical and agricultural revolutions, do millions starve and die every year?

To live in Ethiopia today means famine for one-third of the people there. We look at this terrible tragedy and glibly say that the Ethiopians are dying because of drought-ruined crops. There is no mention of the fact that perhaps the number of humans there is exceeding the carrying capacity of the land.

Not until there is a switch from an emphasis on the quantity of human life to an emphasis on the quality of human life will the lot of every world citizen have the chance to improve. The earth *right now* has enough people on it.

If the high human birthrate continues, we will experience more starvation and the quality of life will decline due to crowding, diminished food supply, and destruction of the earth.

We must change the notion that life is cheap. Birth control, I believe, is preferable to environmental control factors such as famine. By not controlling our birth rate, we are automatically working towards a higher death rate. The growth of the human population will be stopped one way or another.

It is high time we began diverting attention from the treatment of the symptoms of overpopulation of the treatment of the cause of overpopulation. It is a personal and public responsibility. It is a planetary problem. It must be addressed internationally, and from every angle, political, economic, social, religious, and ideological.

Like most things, recognition that there is a problem is the first and most important step towards its solutions.

According to Isaac Asimov, it is the woman who purposefully limits her child-bearing capacity who is now the worthwhile and noble citizen of the planet. More accurately, it is the person who limits his/her childbearing capacity who is the worthwhile world citizen.

A strong reproductive capacity is inherent to any successful species existence. It now threatens ours. But we have the ability to consciously direct our destiny.

We must change the notion that sex is only for the purpose of childbearing, and that childbearing is the only purpose of life. If not, the death rate will continue to rise, and the value placed on human life will fall.

CLASSIFIEDS

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WANTED: House-sitting arrangement Dec. 22-29. My sister, husband and baby will be visiting me and eating at my house but need a place to sleep. Will pay small sum. Call Marilyn 866-8944.

Professional Woman with well-behaved dog has a temporary job in Olympia and would like to take care of your home (and pets) in early Jan-April. Call Kapia in Seattle. 525-7302 or 602-1812.

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