C.I.P. needs many volunteers

Highline Community College has available a number of student volunteer positions to assist the Cerebral Palsy (C.P.) program. A special program for the handicapped is being inaugurated, and it will be necessary to have many student volunteers to help.

The Cerebral Palsy Program is in immediate need of volunteers to help the handicapped adults from the area's nursing homes. The goal is to provide them with one-to-one assistance at any time necessary. Some of the tasks that will be involved are dressing, getting them into and out of wheelchairs, and helping them to and from the poolside and to cover an area of its program.

Advisory

The program, initiated last year in any of the area's nursing homes, will also continue this year at Highline; the program is called the Cerebral Palsy (C.P.) program and will run the second and fourth week of May. The Justice and Insurance Placement office at Highline is in charge of the program.

New program is successful

The program is being run with the help of faculty members: Ron Engstrom, Tony Wlllon and Judith Mods. Among those pallbearers at the funeral were: three Highline Faculty members, and also had participated in campus activities to benefit Indians.

The Math Lab is located in the Student Union Building. The Math Lab is run by students for students. It is open Monday through Thursday from 9 a.m. to 11 p.m. and on Friday from 9 a.m. to 8 p.m. Students are welcome to use the lab for Homework, Project, Study, Test Prep and Help with Math.

Math Lab
Serves Students

A new Math Lab opens the evening program at Highline Community College. The lab will operate in the North Academic Building and will be open Monday through Thursday from 9 a.m. to 11 p.m. and on Friday from 9 a.m. to 8 p.m. Students are welcome to use the lab for Homework, Project, Study, Test Prep and Help with Math.

The Math Lab is located in the Student Union Building. The Math Lab is run by students for students. It is open Monday through Thursday from 9 a.m. to 11 p.m. and on Friday from 9 a.m. to 8 p.m. Students are welcome to use the lab for Homework, Project, Study, Test Prep and Help with Math.
THE HARDWARE...Cross Country coach Don McGinnis admires trophy won at Bellevue Invitational.

Photo by John Sankalis

THE HARDWARE...Cross Country coach Don McGinnis admires trophy won at Bellevue Invitational.

Photo by John Sankalis

THE HARDWARE...Cross Country coach Don McGinnis admires trophy won at Bellevue Invitational.

Photo by John Sankalis

THE HARDWARE...Cross Country coach Don McGinnis admires trophy won at Bellevue Invitational.

Photo by John Sankalis

Have a Good Meal Good Deal Good Time barrel of fun

- Two Pieces of Chicken
- Mashed Potatoes and Gravy
- Corn on the Cob
- Roll

ONLY $1.19

NOW SERVING A COMPLETE MENU FEATURING CHICKEN, HAMBURGERS, FISH, DESSERTS, AND DRINKS, FOR TAKE-OUT OR DINE IN ENJOYMENT.

Kentucky Fried Chicken.
23839 PACIFIC HWY. E. (JUIN EAST OFF CAMPUS)

Karate strikes at highline

by Bert Courrier

The Karate Club kicks off its second year at Highline Community College this week. The interest generated in the martial-arts has been increasing over the last two years, and the Karate Club offers the chance to learn this sport at a relatively low cost. The club is open to both men and women. It meets every Tuesday and Thursday afternoon from 1:00 to 2:00 p.m. in the pavilion.

Beginners and experienced karateka are welcome to join. Women in the club are taught basic self-defense. For the men, emphasis is on the sporting and competitive aspects of karate.

No academic credit is given for joining. The fees are $5.00 per quarter. More information about the club may be obtained from Nora Gallagher by calling 7 A.M. 2872.

Pigskin Proposals

The fearless forecasters of the Thunderbird Sport Department survived just barely the first two weeks of Pac West Eight competition. Mickey "Lambardi" Sankalis led all prognosticators the first week of predictions (Sept. 20) by correctly picking 14 of 28 games.

Mark Sundstrom and Scott Jasmin tied for top honors last week, each correctly picking 7-4 Pac West contests. For the season, Sundstrom, Jasmin, and Joseph are tied with eleven correct predictions out of fourteen (there has been one tie for a 1-0-1 score). Picking somewhere close to Don Smith — 8-4 for 61.2 per cent. Scoring a bit better than Sankalis — 9-5 for 64.2 per cent.

From the sidelines, history has struck. The New England Patriots were invaded by the Miami Dolphins. Beating them, the New England team took out the New York Giants down in front of their own fans. Heading west, the Patriots outdrew and outscored the underdog Los Angeles Rams. Not stopping there, they outgunned the Baltimore Colts.

Still early in the season, it could be a false start. But who knows? Miami has been the Super Bowl champions the last two seasons. Understood, the Patriots can never count on their own mediocrity. Last week, the Baltimore Colts were out-paced by a score of 43-3. This week, "Broadway" Joe Namath will lead his pack against the Patriots.

The coming New England games to watch for are: D. J. Simpson & the Buffalo Bills- Oct. 28 & Nov. 8; Fran Tarkenton's Minnesota Vikings- Oct. 27; Ken Behring's Oakland Raiders- Dec. 1; and Miami, again, on Dec. 15.

Personally, this writer feels John Hadl, Darrell Stingley and Randy Vatala make an impressive, strong defense. Beginners with this winning combination will do better. With this winning combination, the chances of this New England Patriots winning the Super Bowl looks very promising.

The Thunderbirds top seven other schools, received support from Steve Schnoor. For Highline in a time of 21:35; Karl Goetzinger, 21:41; and Jim Brisendine, 21:47. Tough listed in order of finish: Highline, 21; Bellevue, 22; Green River, 46; Everett, 46; Shoreline, 46; Baffet Valley, 46; Seattle Central and Yakima, no score.

Oregon State junior varsity, on the strength of second, third, and fourth place finishes, captured their meet by 30 points over Highline, and 64 points over third place Bellevue. Steve Stagenberg again backed up Murray as he placed second for Highline to help the T-Birds capture second place in the meet. Karl Goetzinger, Richard Gentry and Dave Schmier placed third, fourth, and fifth respectively for Highline.

By Greg Bennett

The Thunderbirds of Highline under the strength of sophomore Tim Murray, raked up a big win in the Bellevue Invitational, September 28, and placed third.

The Bellwood Invitational, tomorrow...

Tim Murray will head up the Thunderbird cross country squad when Highline hosts the annual Bellwood Invitational, tomorrow.

The defending champion Highline, will try to capture their seventh Bellwood Invitational behind the power of Murray, who is unbeaten in two meets.

The T-Birds so far have captured a first place in the Bellwood Invitational, and a second at Oregon State when the Reavers beat Highline by 30 points.

Covered both by David Pearson and Murray are Steve Stagenberg, Karl Goetzinger, Richard Gentry, Kurt Sphagino, Dave Schmier, and Jim Brisendine.

An impressive second at Oregon State, October 3, to open its 1974 cross country season, Murray's highline's record holder in the mile (4:41), ran the four mile Seward Park course in 20:29 to take first place in the Bellevue meet. He then proceeded to capture the top position down in Cowallis, Shoreline, 20:46; Bellevue, 21:35; and fifth respectively for Highline, 21:41; and Jim Brisendine.

The Bellevue meet which Murray held unchallenged, was moved from Sept. 28, to open 1974 1-974.
...and now folks he's here ...

The Student's Coordinator

A depiction of a student's life in upper division courses is the topic of the Student Coordinator's column, which is often written by the student coordinator. The column discusses the student's life at the university, including their experiences, challenges, and achievements.

Student Alert on new policies

This issue addresses the new policies that have been implemented for the current academic year.

New England Divers Inc.

Limited Time Only

The Basic Scuba Course:

$30.

For a limited time, New England Divers is offering the Basic Scuba Course for $30.

THINK DEEP

This includes Equipment

CH. 6 DEEP

HURST STORE ONLY

Happiness Is Singing At HCC

Happiness is singing at HCC, according to student statements. The instructor of the course emphasized the importance of students engaging in extracurricular activities to foster a sense of community and personal growth.

Highline Board Approves Budget

The Highline Board approved the budget for the upcoming academic year. The budget includes funding for various programs and activities, which are designed to support student engagement and academic success.

ACTIVITIES TO VARY Http://www.thunderword.com

Bruce wants to motivate students so they can initiate and follow through with plans and activities.
A GOOD COURSE TO TAKE IN CHECKING ACCOUNTS.

FirstLine
FirstLine is the ultimate in checking accounts.

Free checking
If you keep a $200 minimum balance in your FirstLine account, there is no monthly service charge or charge per check.

Regular checking
This option gives you a checking account with a set monthly maintenance fee plus a small charge for each check posted.

Economy checking
If you write only a few checks each month, but need the convenience and safety of a checking account, FirstLine’s economy checking is for you.

Some premium reasons
If you open a new FirstLine account, we’ll give you a First Bank Frisbee bag free. Also, for only $5.99 plus tax, you can get a weatherproof nylon back pack which normally retails for $12.95. It’s perfect for bicycling, hiking, carrying books or shopping.
Step by your nearby First Bank branch and take a good course in checking. FirstLine.

*Premiums offered at participating branches for limited time only.

SEATTLE-FIRST NATIONAL BANK
707 South 227th Street
Des Moines, Washington 98188
Theft of College and Personal Property

An increase in the incidence of thievery on campus was seen last year.

During the year there were: eighteen (18) separate reports of lost/stolen purses and/or wallets, five (5) separate reports of stolen wallets, five (5) separate reports of stolen credit/bank cards, two (2) separate reports of stolen calculators, two (2) separate reports of stolen paycheck checks in desk drawers, one report of cash taken from a purse left unattended and one report of cash taken from a desk drawer, and 3 separate cases of thefts from automobiles.

For this quarter two (2) separate cases of thefts from automobiles have been reported.

Crime Prevention Policy starts with some common sense rules:

1. NEVER CARRY HUGE SUMS OF MONEY - Flashing a "wealth" of bills sets you up to being held up.
2. DON'T RESIST AN ARMED ROBBER - hand over your wallet or purse quickly and quietly.
3. LOUD SCREAMS OR FLIGHT - may project you from a strong-armed robber; but, remember, if he wasn't going to try "take you", he wouldn't have tried.
4. HANG ON TO YOUR MONEY - women should have a good grasp on their purses; men should carry their wallets close to their shirts.
5. STAY OFF DARK STREETS - walk with a companion when going away from your dormitory, classroom, or off campus.
6. WARN YOUR CHILDREN - in terms they can understand.
7. KNOW WHERE YOUR CHILDREN ARE - what they are doing and where they are.
8. CALL THE POLICE - if you see or fear a crime, don't investigate your own; report it to yourself or your children. Don't be afraid to report your suspicions.
9. Don't leave your car unlocked. Set your locks.
10. LEAVE YOUR CAR - in more valuable locations like garages, don't leave your keys in your car at all.
11. REPORT SUSPICIOUS ACTIONS - someone peering into every car in the parking lots, on the street, forcing your window, removing goodwill or license plates.
12. SHIELD YOUR CAR WITH A PCP BY THE POLICE - be polite, understanding. The man is doing his job. A policeman has to be prepared to arrest or conduct a criminal or an emotionally unbalanced person, so be on his guard until he's safe. YOU CAN BE HELD LIABLE FOR HARM TO A POLICEMAN.
13. USE YOUR LOCK - to more valuable locations like garages, don't leave your keys in your car at all.
14. REPORT ANY CRIME OR SUSPICION OF CRIME AT ONCE - Public apathy is the criminal's greatest ally. No violence is too small to be reported.

John Edgar Hoover stated "we are in an age of crime. every crime rate is up and the responsible person in every community act promptly to see law enforcement. Citizens must be the eyes and ears of the police - and yet, at times, lend them a hand - the terrifying use of criminality has created a genuine state of national emergency."

The danger to everyone's personal safety increases by the mere mention of crime and the increase in the number of crimes known to be committed in the society of free men. We must win the war against crime.

Schaefler granted leave for year in France

Eileen Schaefler, foreign language and English instructor, has been granted a leave for a year in France on the basis of her award of a $11,250 grant from the National Endowment for the Humanities. Schaefler, a graduate of the University of St. Thomas in St. Paul, Minn., will attend La Sorbonne in Paris this fall.

"The course will be conducted in French," Schaefler said. "I will be able to observe the teaching methods in French which are similar to those in the United States."

Issues in Mental Health

The professional staff of the Highline-West Seattle Mental Health Center will conduct a "Current Issues in Mental Health," a one-credit course, on Thursday evening from 7 to 9 p.m. beginning October 15, at Highline Community College.

The course will be given in a five-week period and each weekly session will explore a facet of mental health. The first session will be devoted to "Communication Skills," and will assess a model currently in use in a variety of interpersonal settings.

There will be time allocated in each session for a question and answer period and general discussion. Some of the faculty members who will participate in the Mental Health Center include: Dr. Myron M. Hare, Director; John Harden, Director of Community Agency Relations; Dana O'Leary, Ph.D. (Clinical Psychologist); Thomas and Kathleen Thomas, M.D., psychiatric nurses; and Robert Sharp, School Psychologist.

Courses for Living at HCC

Food in B Languages - was featured at the Foreign Language Department's reception for last fall's foreign language faculty who were presented to the public for the first time.

The faculty hosts were: Giselle Schellhammer (German), Ken Hone (Swedish and French), Kalma Mellink (German), John Co-Tulin (Spanish and French), Mary Johnson (French), and Kathleen Pineola (Spanish).

Food served were: Puffen-mantchen (German Plum Cake), Pretzel am and strawberry (French), Marzipan German Almond Flute with Rose Water (German), Saltmeat patties (American and Licorice), Freulellen bon (hard fruit candy), Hashbrown (Dutch honey cake), Kipfel (Austrian treats), etc.

Others were: Liniertorte (both German and Austrian), Blauekirsche (German), Blaubeere (German), Saisonale (German), Baldsche (German), and Lumps (Philippines).

For the student who is concerned with their personal health, the issue of weight control is of interest. In this world of nutrition problems and current research, Home Economics 110 "Nutrition" offers exciting exploration and discovery.

For the student who is concerned with their personal health, the issue of weight control is of interest. In this world of nutrition problems and current research, Home Economics 110 "Nutrition" offers exciting exploration and discovery.

Home Economics classes at HCC offer to both the male and female student an enriched and diversified way of living. Classes are designed to individual growth and provide a course description of all Home Economics classes can be found on page 13 of the catalog.
I don't want to see it happen on this campus. When the feelings of tension arise it takes a lot of time and trouble to work out the problem areas. The tension is created by the "them vs. us" attitude I have witnessed in some of the people at Highline. It takes a small amount of maturity to realize for example that everyone over the age of 20 isn't "square" and can't possibly enjoy anything and have fun. It takes a little of the same maturity to figure out that the Dean isn't out to get you or anyone else. The man is a person and since he is, he's entitled to a little consideration that he has got a job to do, he can't please everyone and he may not please you. So our fingers are out that the Dean isn't out to 'get' you or anyone else. The man is a person and since he is, he's entitled to a little consideration that he has got a job to do, he can't please everyone and he may not please you.

I used the example of the Dean only as an example and nothing more. There are other cases of both students and faculty being black-listed and getting repercussions so agree merely by accident and misunderstanding.

On the level of students serving on committees and in the ASHCC government there have been this past summer some misunderstandings that I feel has led to serious consequences. These consequences are the interpretation by some students that a few members of the faculty are against students taking an active part in the running and organization of this school. On the subject of the current budget Lynn Elicker; ASHCC president, feels that the budget was approved and adopted without proper consideration of the government's requests. Although it's true all the changes the students suggested were not approved may we be overlooking the most important thing to come out of those meetings and confrontations; that we talked with and got to know people with different points of view than our own.

Some things for the students to consider is: these members of the faculty work year after year on the budget and on other committees as well and they have the inherent problems and they also have the training and the skill to work out the wrinkles.

On the other hand the administrators must remember that this use is a learning experience for students and they should be encouraged to seek alternatives in the present way things are done. Perchance they can come up with a better way. New faces and fresh ideas are important to keep committees from getting stale.

Those members of the faculty who are not interested in being members, show an interest in working out problems and your time invested will not only be appreciated but you'll meet people on both sides of the fence and gain strong friendships as your reward and you'll overcome the petty persecution complex.

LYNN ELLERER
the governing body of the student that represents. That is to say that it would be impossible for the student body to do it if one part of the campus.

This is the coordinator for the students when a problem arises between students and, say, administrators, on this campus, it's up to us to work for the students and, in large part, to make sure the students have a say in the things they should have. And student rights are increasing since there are more and more and more being passed by the state Legislature giving more authority to students. A good example of this would be an R.C.W. which deals with a professions medium for the entire campus; the opinions expressed are not necessarily those of the College or its student body.
Concerts of Summer '74

DAWNING OF AQUARIUS...The FISH Dimension gets it all together with the Age of Aquarius and Let The Sunshine "In."

MOTION REQUESTED SONG...Belafonte sings "Try to Remember"

STANDING OVATION...Belafonte returns for an encore.

STANDOUTS...Florence Laue and Marilyn McCoo know where it's at.
...who will follow in their footsteps?

Highline election due October 14 & 15

SAMPLE BALLOT

- -

Greg Sowders

During the time that I served as a student senator last year I was able to listen to any of the suggestion matter that came before the board. I think we're all part of the student body. If you will let me know what you think is wrong I'll do my best to make it right.

JoAnn Fredrickson

I have received several complaints towards the posters, their salary, and work and I will always work on their behalf. It's time to deal with frustrations.

Norene Hooker

I want to stay on because I think we need more student involvement, as well as more student opinions voiced.

Jan Cheshier

We think we're representing the former "House of Values" Bldg. and would like to stay involved. We carry bells, Wrangler, Plus Many More.

Bettye Brown

I'm running for Senator because I believe in the school but to benefit themselves.

Terri Lee Johnson

If you want to get involved, let me know what you think is wrong and I'll do my best to make it right.

Debbie Wright

I'm running for Senator because I think we need more student involvement.
The Best of GBS Comes to Moore

George Bernard Shaw's "DON JUAN IN HELL," starring Ricardo Montalban, Edwina Marlowe, Howard McFarlane, and Kaye Ballard, opened at the Moore Theatre Stage for three performances on Friday and Saturday evening. Tickets for Friday and Saturday evening performances are sold out. The production ran for one week starting October 15th.

"Return To Forever" returns as The Eagle Flies by Don Smith. In a Los Angeles Times article, it was noted that "the group is probably the best in the world, with a repertoire that includes Latin, jazz, rock, and world music."

"Paris Bound" for 1st quarter

Since the completion of casting, Highline's first stage production of the season, "Paris Bound," has gotten off to a fine start.

"Paris Bound" is a small, gentle play, where characters are choosing a new home for their lives. It's a touching story about people who are facing the problem of making decisions about what they will do with their lives.

The production opened to a large audience and received positive reviews. According to the Seattle Times, "the play is a touching story about a family facing the problem of making decisions about what they will do with their lives."
HCC CROSS COUNTRY:
THE LONG ROAD TO HOME

photos by John Sankalis
sports

Nine Hole Courses

Jefferson: a duffer’s delight

by Scott Jansen

The thrill of playing one of the short, nine-hole courses is that there are not many challenging enough. Most of the fairways are straight and true, free of trees, brush, and lost golf balls. The greens are usually nice and small, which reduces the ob- stacle count during a round nine-hole.

The duffer who wants a little more of a challenge, yet still not on the eighteen-hole variety, should play the short nine at Jefferson Park in Seattle.

Jefferson’s short nine (there is an eighteen hole course across the street) resembles a big extra course in many ways. The duffer lovs one to play an approach shot or two with little confidence. There are also plenty of trees and brush to hit at Jefferson, which many golfers hit with amazing regularity.

A member of the “T-Word” Sport Department’s research team journeyed to Jefferson Park to give the nine-hole course a test. The course will cost you two dollars to play, but each subsequent round is only fifty cents.

Hole number one is one of the easiest holes on the course -- it is also the shortest, measuring a scant 110 yards. The “T-Word” research duffer parred the hole to start his round on a sane note.

Just start away out in the toe for the second hole which is only fifty yards. This hole is more than the second hole. This “T-Word” research duffer won’t be much about a two iron for his second par in a row.

The second hole is, without a doubt, the 360 yard hole. The tee shot faced into an ascending tree, which dropped it into an energetic meandering system. A quick (very quick) iron-iron shot later, the wet winter found itself behind the pin, for still another chip.

Two putts and a double-bogey five later, the duffer pre- pared for his tee shot on the fourth hole, and a 130 yard hole. Using his trusty seven iron, he made his yardage right on. However, his putt

SPORTS

White to ace all campus pool jocks

by Dede Black

Internationally famous pocket- ball superstar Jack White will be visiting the Highline College campus and readying himself to knock 500 ballers out of the box. Jack White will be holding a pool exhibition in the Lecture Hall from 12 noon to 1 p.m.

Jack White has been featured in numerous magazines and appeared on many top TV shows. He has also received a “Doctor of Psychology” plaque from the University of Notre Dame in 1975. He is always in demand at colleges and universities and is popular at military installations. He is also request- ed for pool exhibitions by youth organizations.

White has performed for the United States and in several foreign countries. He has the distinction of being the only player ever to be invited to the White House. White encourages everyone to come and witness a great billiard show in the Lec- ture Hall.

Highline Community College Thunderbirds

by Dede Black

Highline Community College Thunderbirds

by Dede Black

Highline Community College Thunderbirds

by Dede Black

Jack White will be visiting the Inter- nally famous pocket- billiard and brick shot artist Jack White will be holding a pool exhi- bition in the Lecture Hall from 12 noon to 1 p.m.

Jack White has been featured in numerous magazines and appeared on many top TV shows. He has also received a “Doctor of Psychology” plaque from the University of Notre Dame in 1975. He is always in demand at colleges and universities and is popular at military installations. He is also request- ed for pool exhibitions by youth organizations.

White has performed for the United States and in several foreign countries. He has the distinction of being the only player ever to be invited to the White House. White encourages everyone to come and witness a great billiard show in the Lecture Hall.

Highline Community College Thunderbirds

by Dede Black

Highline Community College Thunderbirds

by Dede Black

Jack White will be visiting the Inter- nationally famous pocket- billiard and brick shot artist Jack White will be holding a pool exhi- bition in the Lecture Hall from 12 noon to 1 p.m.

Jack White has been featured in numerous magazines and appeared on many top TV shows. He has also received a “Doctor of Psychology” plaque from the University of Notre Dame in 1975. He is always in demand at colleges and universities and is popular at military installations. He is also request- ed for pool exhibitions by youth organizations.

White has performed for the United States and in several foreign countries. He has the distinction of being the only player ever to be invited to the White House. White encourages everyone to come and witness a great billiard show in the Lecture Hall.

Highline Community College Thunderbirds

by Dede Black

Highline Community College Thunderbirds

by Dede Black

Jack White will be visiting the Inter- nationally famous pocket- billiard and brick shot artist Jack White will be holding a pool exhi- bition in the Lecture Hall from 12 noon to 1 p.m.

Jack White has been featured in numerous magazines and appeared on many top TV shows. He has also received a “Doctor of Psychology” plaque from the University of Notre Dame in 1975. He is always in demand at colleges and universities and is popular at military installations. He is also request- ed for pool exhibitions by youth organizations.

White has performed for the United States and in several foreign countries. He has the distinction of being the only player ever to be invited to the White House. White encourages everyone to come and witness a great billiard show in the Lecture Hall.

Highline Community College Thunderbirds

by Dede Black

Highline Community College Thunderbirds

by Dede Black

Jack White will be visiting the Inter- nationally famous pocket- billiard and brick shot artist Jack White will be holding a pool exhi- bition in the Lecture Hall from 12 noon to 1 p.m.

Jack White has been featured in numerous magazines and appeared on many top TV shows. He has also received a “Doctor of Psychology” plaque from the University of Notre Dame in 1975. He is always in demand at colleges and universities and is popular at military installations. He is also request- ed for pool exhibitions by youth organizations.

White has performed for the United States and in several foreign countries. He has the distinction of being the only player ever to be invited to the White House. White encourages everyone to come and witness a great billiard show in the Lecture Hall.

Highline Community College Thunderbirds

by Dede Black

Highline Community College Thunderbirds

by Dede Black

Jack White will be visiting the Inter- nationally famous pocket- billiard and brick shot artist Jack White will be holding a pool exhi- bition in the Lecture Hall from 12 noon to 1 p.m.

Jack White has been featured in numerous magazines and appeared on many top TV shows. He has also received a “Doctor of Psychology” plaque from the University of Notre Dame in 1975. He is always in demand at colleges and universities and is popular at military installations. He is also request- ed for pool exhibitions by youth organizations.

White has performed for the United States and in several foreign countries. He has the distinction of being the only player ever to be invited to the White House. White encourages everyone to come and witness a great billiard show in the Lecture Hall.

Highline Community College Thunderbirds