Watergate crises come to life via Bernstein

Carl Bernstein, "Flash Don't" newspaper, indicated he and Bob Woodward were particularly in danger for their reporting on the Watergate scandal. The two reporters worked as government employees and were not direct beneficiaries of the scandal.

The picture began to degenerate into a typical end of the day's reporting when Woodward first learned to work in the morning. He those who could not get to the scenes of the stories he was not on the nation's front page. Both reporters agreed that the Watergate story was a matter of public concern and that the public had a right to know the truth. They wanted to report the story accurately and responsibly.

The situation became even more complex when Woodward and Bernstein both had to report on stories they had not worked on. Both reporters agreed that the public had a right to know the truth. They wanted to report the story accurately and responsibly.

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Radio station KZAM was the source of the story. It was possible that the Watergate story was an attempt to cover up an important event.

In all fairness it must be reported that Bernstein and Woodward were aware of a critical element in the news story.
support for roberts

Dear Editor:
I wish to set the record straight concerning the matter of Dr. Alan G. Roberts and his treatment of me.

Dr. Roberts was a student at the University of Washington and a member of the faculty at the time of the incident. He was accused of making an inappropriate comment to me while I was in the presence of several other students.

While I understand the need for a fair trial, I believe that Dr. Roberts' actions were inappropriate and that he should be held accountable for his behavior.

Sincerely,
[Your Name]

helpers in spotlight

Roger Michael is a former president of the College Student Press Association and a member of the administration. He is a valuable asset to the college and is always willing to lend a hand.

Mary Anne is a dedicated member of the faculty and always willing to lend a hand. She is a great example for the students to follow.

Carol Hansen is a seasoned administrator and is always willing to lend a hand. She is a great example for the students to follow.

CAROL HANSEN

Mondays and Wednesdays
10:00-1:00

Dear Editor:
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Sincerely,
[Your Name]

librarian protests coverage

Dear Editor:
I object to the use of the word "flirt" in the front page of the Oct. 13 issue of Journalism 101, "The Media and the College Student Body.

The word "flirt" has negative connotations and is not appropriate for use in this context.

Sincerely,
[Your Name]
Every society has certain customs and habits that are considered normal. Of these customs and habits specific ones can become quite annoying to people. These are the cornerstones of the culture. After careful consideration (most of an hour) the staff has hit upon one thing which most troubles our society.

Lying. Lying is what makes this country go, with some assistance from the Founding Fathers. It is the thing which most defines our society.

Lying has always been with us. This concept of truth seems to date back to George Washington. George Washington made history supposedly telling a lie. When you present a credit card or a check to purchase something, you are saying, "Well, I've got the money... but not with me." Just a lie! Don't you really have the money and won't it for at least six months. At least you then you'll get your third bill and the credit company will have figured out that you are a liar. Or worse.

people think that is to the truth. No one would be able to buy anything except Jumbo Jack and cigarettes. The economy is driven to keep people to lie going, misleading individuals, and no news will be spread.

This leads back to one of our country's most historical events, the Boston Tea Party. A son of liberty had nothing to do with it (and that is the truth) but were willing to take the fall.

The whole thing was perpetrated by individuals, who couldn't afford to pay for the higher taxes. They couldn't lie enough to be caught in the deception above) to lower the cost. So they pretended to be Indians (a lie) and threw the bales in the harbor.

One particular habit practiced by our politicians deserves mention. Every election year candidates get famous actors to promote their campaigns. This is, of course, the way to lie, and to do it (although frowning at a lie produces no sound)

It is not true that the only force to print such in-This is, of course, only a lie. We lie. This is, of course, only a lie. We lie.

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Handwriting reveals your secrets

by Holly Kerr

Handwriting analysis may sound like superstitious junk to some people but to many others it is a very serious study. Chucks De Santis, HCC student, is a certified professional graphologist.

Chucki has worked intensively on it for about four years and states emphatically that it is not some kind of fortune-telling trick.

Graphology is much older than the age of most people. Its origin can be found in ancient Egypt. It originated in Europe in the late 19th century. Graphology is a required course for psychology students.

Graphology is used in a wide range of capacities, from frivolous to intensely serious. It is used in personnel screening for corporations.

To produce science effectively it must be known who is a suspect. The personal trait that is looked for is called a certain area of the handwriting. Knowledge of this combined with practical experience gives extremely accurate knowledge of the suspect.

Even so, Chucki says that all things involved must be evaluated separately and together. "Handwriting analysis only means that you should take handwriting as a symbolic means of expressing thoughts and feelings. What they mean in one thing in a certain case doesn't mean the same thing in the next person."

There is a "dot" check to indicate irritability by a slashed dot or inactivity by a circle letters. Dots are given away by double loops of the circle letters. Organization is shown by upper and lower loops of letters being made in the same size. Even forming is indicated with a fine line through small a's or o's.

Chucki was asked whether medical problems show up and replied that they do, but in cases like that, it is only possible for her to suggest that the person see a doctor for a check-up. The prevailing skepticism would make it improbable for her to do anything with it and might even be dangerous. Everyone wants to know about themselves, but you always want to accept the knowledge.

A great amount of training is required for graphology. All the possible interpretations and significances must be understood before accurate interpretations can be given.

Chucki was fortunate to have studied under Judith Ballard, one of the few experts in this area. Even so it took two years of research and study to prepare for the test given by the American Association of Handwriting Analysts. This test can take up to three months to complete and might be indicative of Chucki's qualifications that she finished in much less than that.

At the T-Word office we asked her to do a sample analysis for us and Terry Sell was chosen as the subject.

A TYPE OF PSYCHOLOGY... Graphologist Chucki De Santis analyzes the handwriting of T-Word editor Terry Sell.

Heart attacks need not be deadly

by Jean Glenn

Heart disease is still the number one killer in the United States, but today there is no reason why you should have to die from it.

With the help of your own classes and other first aid training facilities, Seattle now leads the nation as far as knowledge goes about what to do in an emergency situation such as a heart attack.

A heart attack will usually occur in one of the blood vessels that supply the heart and may or may not be accompanied by loss of consciousness.

"The degree of pain is not a good indication of the seriousness of the disease," warns the American National Red Cross.

The symptoms of a heart attack may include: persistent chest pain, which may or may not radiate to one or both shoulders; gasping and intense breath pains; pain or blushing discoloration of the lips, skin and fingernail beds; extreme prostration and weakness, at a rate; vomiting often associated with a heart attack.

Cardiopulmonary resuscitation (CPR) is one way to aid in keeping the heart attack victim alive. According to the American National Red Cross, CPR is the combination of artificial respiration (mouth to mouth or mouth to nose resuscitation) and manual artificial circulation (chest compressions) that is recommended for use in cases of cardiac arrest. It requires special training in the recognition of cardiac arrest and also in the performance of CPR.

Instruction involves maintaining the victim in a position of comfort while you administer artificial ventilation. This type of pressure will compress the heart and produce a pulsatile artificial circulation.

Basically, there are these types of cardiac arrest. The first is called cardiovascular collapse. The heart still beats, but is very weak. The main causes are shock, loss of blood and extreme pain.

The second is called ventricular fibrillation. The heart contracts erratically and violently and the heart stops beating. It is usually a shortness of breath; persistent over the lower half of the sternum and may not be accompanied by artificial ventilation. This type of pressure will compress the heart and produce a pulsatile artificial circulation.

The third is called cardiac stand still in which there is no heartbeat. Common causes include drowning, suffocation and overdose of drugs.

In most cases, you will have less than four minutes to act, with the danger of brain damage increasing with each passing second.

If you suspect a heart attack, place the victim in a comfortable position and do not attempt to be neglected. CPR will not defibrillate.

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Self awareness is possible through numerology - Davisky

by Mary Lee Thiemann

John Hale Davisky is a numerologist, counselor, teacher, lecturer and poet; he is also a student at HCC. He lectured on his favorite topic, Numerology, Nov. 9 in the Lecture Hall and explained how he has achieved a greater self-awareness of himself through this ancient science. He will be teaching a three-week course of six sessions at the Federal Way Health Food Store in the Federal Way Shopping Center beginning Nov. 16.

Numerology has a 90% + accuracy. A good, empathetic counselor, like John Hale Davisky, can feel the person's needs and can counsel this person on how to meet these needs in order to get along more easily in their life, just by these numbers! The numbers also give the counselor a good composite picture of you, your strengths and your weaknesses.

A person's name has a great effect on his life, how people react to him, how he reacts to life and the other people around him. Davisky is on a one-man crusade to advocate women keeping their maiden names after marriage. The changing of her name changes the energy Numerology around and through her. That is why a husband may say to his wife: "You're just not the same woman I married a number of years ago. What has happened?" Davisky says that she changed her name to his. This may sound too abstract, but Davisky is very adamant.

So, why spend time with Numerology? John Hale Davisky says to achieve a greater self-awareness of self. The "who am I?" and "Where am I going?'" of life.

1961 AND TODAY...Dr. M.A. (Pat) Allen was Highline's president for its first ten years; Dr. Shirley Gordon is acting president this year. She will be greeting alumni at the Dec. 11 reunion.

Alumni meeting set

Plans are underway at Highline Community College to establish an Alumni Association. Many former students have indicated an interest in such an organization, according to Virg Staiger, Public Information Officer. A meeting of alumni and former students is planned for Saturday, Dec. 11 in the student center following the Highline-Spokane Falls basketball game. Staiger states that "a short meeting will be held and information received will be used to plan the next step for the group. Tentative plans will allow alumni and former students to attend the basketball game free. Responses from students and alumni have been encouraging. Bryan Gurney, Public Information Assistant, cites a "newfound willingness of students to involve themselves in something like this."

All present students, faculty, staff and administration as well as former students and alumni are invited to attend the Dec. 11 meeting. Anyone with suggestions and ideas for the association, or knowledge of former students who may be interested, are asked to contact the Public Information Office, Building, ext. 307.

Pilot program helps nurses

A new pilot program allowing a limited number of licensed practical nurses into the second year of the Highline nursing program has been started this quarter, according to Irene Lewsley, chairman of the Health Division.

The program is related to the Green River Community College's program for practical nurses and it will aid in providing career mobility.

Those in the trial program are: Kathy Christiansen, Mary Denay, Mary Hein, Jane Hitchcock and Emilie McCurley.

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"How to Make $9 to $16 per hour while on vacation or on weekend."

$3 plus 50c postage and handling.

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368 South Dixie
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Call Army Opportunities

Join the people who've joined the Army.

Men - Women

Willing to travel?


Betty Colasurdo: the force behind the Women's Resource Center

by Emily Hill

Betty Colasurdo, a woman returning to the work force, is trying to make the transition of "returning" women on campus easier. Her job is to coordinate programs for returning women, refer them to programs either on campus or in the community that will help them with such problems as developing self reliance, counseling referral, and career planning. This is achieved through programs, group discussion, and lectures which she coordinates during the year.

"Women: Deciding for Ourselves" is the present lecture program being sponsored by the Women's Resource Center. The multipart series is designed to teach women how to make decision making. One need not have been enrolled in the first two series to be able to benefit from these sessions which are held at 7 p.m. in the Lecture Hall.

Ms. Colasurdo's special interests have always been geared to working with women; she served as Associated Women's Students president while attending Washington State. But, when asked if she considers herself a feminist, Colasurdo states, "I'm a humanist before I'm a feminist." Her philosophy is that men have a lot to gain if women are freed up. "You can talk women into change but they have to do it for themselves."

Before taking the post in 1974, Colasurdo kept busy as a member of the League of Women Voters and other community activities that involve planning and public relations. Ms. Colasurdo states that she and her husband agreed to "an equal partner system" in supporting the family. He is looking forward to the possibility of becoming Coordinator, a full time position so that he may take time off from his own career to pursue his interests.

About the position, Ms. Colasurdo feels that "it is a creative job that can go in many directions."

Colasurdo explains that the purpose of the center is "to develop programs to fit the needs of women... their special problems," she goes on to add that, "women are changing, they are experiencing a new awareness, have new questions and are making new demands of the college."

The center is geared to help, "a special type of woman, the entry level woman, the woman who has returned for education as a liberating aspect of their lives."

The Women's Resource Center began five years ago after the college received a federal grant to determine what women wanted from a community college. The original task of the center, and one that is being carried out today, is to establish programs to fit the needs of women.

Betty Colasurdo feels a strong commitment to the Women's Resource Center and its future. Although she recognizes that it is hard to find funding for the program, she feels the success of the program will depend upon the office hours being extended, with a better access to information concerning women's resources. The success of the program also depends upon the women on campus: their ideas, and feedback on how the center can help them, and was special programs they would like to see instituted.

Gazing into the future, she sees the need for a club or organization on campus for women returning to school or the workforce. And, after witnessing the drive and enthusiasm she has for the Center, we may have just such an organization sometime in the near future.
Just whose idea is this, anyway?

By the time we're old enough to have children, we've been thoroughly sold on the idea. By our parents, our grandparents, our friends and neighbors, the media, everyone. It's hard to remember we ever had a choice in the first place.

But there is a choice. Having a child is a tremendous responsibility and an important decision. Probably the most important decision we'll ever make.

And once it's made, it can never be undone. Just remember you do have a choice. So think about it, and do what's right for you.

I'd like to know more about N.O.N. Please send me your free "Am I Parent Material" package.

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By the way, there's an Indian cookout at the Minority Affairs salmon bake. It's on Nov. 3rd. Come on out and enjoy some salmon! The funds raised will be placed in a special account for the American Indian Student Association (AISA) and will be used for cultural activities.

The agenda begins with a no-host social hour at 6:30 p.m. The dinner starts at 7:00 p.m. The show starts at 8:00 p.m. Tickets are $15 per person.

The Fashion Merchandising department of Highline College is presenting its annual candlelight dinner and fashion show, "Hacks and Haberdashers," Thursday, Dec. 9, in the Galaxy Ballroom of the Sea-Tac Motor Inn.

ON SALE...

1 Calculator

Hewlett Packard HP 21

$125.00 reduced to $75.00

HCC Bookstore
HCC's diving technology class saws, welds and blasts while wet

story by Lois Steffan
photos by John Luman

"The tools and techniques of diversified student rollover order to take advantage of the program's nation-wide availability. Not only will the courses be taught by our own highly trained instructors, but they'll also be performed in the latest state-of-the-art equipment. These are the classes that will introduce you to the world of diving technology and will prepare you for a career in the field." - Jerry Fritzmann

Keeping up with the machines

BNW Robertson revs up his Ducati on the Program's motorcycle dyno, utilized to maintain offshore oil rigs and do some maintenance. Robertson believes that the program's uniqueness is its ability to teach English and give students the opportunity to work in their own language. "We have a waiting list for the program in the United Kingdom because of the high caliber of instruction. This effort, in addition to the program's availability in the United States, is greatly appreciated." - Robertson}

No problem too small for Sports Vehicle Program

photos by Douglas Sims
story by Jerry Fritzmann

"Training requires a team effort and all contributions are needed. It's important that we all work together to make the program successful." - John Luman

The Sports Vehicle Program Director, John Luman, reports that the program is designed to meet the needs of individuals who are interested in working in the sports vehicle industry. "The program is a great opportunity for students to learn about the mechanics of sports vehicles and to gain hands-on experience." - Luman

"We have a waiting list for the program in the United Kingdom because of the high caliber of instruction. This effort, in addition to the program's availability in the United States, is greatly appreciated." - Robertson
Filmmakers — On the Road in America

An unprecedented new film competition for college and university students has been announced by the U.S.A Nissan Motor Company.

The competition is being co-sponsored by Playboy Magazine, Pioneer Electronics, Airlie House of Styling and Nissan Motor Corporation.

FOCUS is open to any student in the United States enrolled in a college, university, art institute, or profession- 

The competition provides an opportunity for college-level film students to compete for Nissan au-

The competition is established to "provide the college or university in ac-

The FOCUS competition permits students to develop entries for either of two categories: filmmaking or film study. The theme of the competition is "On the Road to America.

Filmmaking entrants will be judged on their ability to capture the essence of the theme in a short film which can be animation, experimental, documentary or narrative. Film study entrants will be judged on their knowledge of American cinema and their ability to write cogently and im-

Two separate boards of judges composed of re-

The final board of judges in the filmmaking category will be announced at a later date. Winning first, second and third place entries in both categories will be invited to attend two special premieres to be held on the East and West Coasts. Students will be flown to both locations by American Airlines and provided accommodations by Nissan Motor Corporation.

FOCUS sponsors also expect to show winning films on college campuses across the country. Winners in both categories also will receive editorial coverage in the 1977 issue of Demart's Student Travel Guide: America, which is distributed on college campuses throughout the country in the Spring.

To obtain further information on FOCUS, together with blanks in either category, write to FOCUS, 530 FIFTH Av-

Guys & Gals
House of Styling

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Hovhaness brings music and nature

by Dan Crouch

Modern composer Allen Hovhaness visited HCC Nov. 2 with an exciting performance of some of his favorite works and spoke briefly of his background and musical stylings. He began on piano with a lively piece called "Gazel 1." Afterwards he spoke of his recent move to the Seattle area. He greatly enjoys our mountains and finds the general atmosphere of the Pacific Northwest perfect for his work.

He mentioned his wide travels in the Orient and how they have influenced his writing, "Oriental music is derived from nature and the sounds of the inner body," explained Hovhaness. Many of his pieces are based on a series of repeated notes underlying a more varied theme, much like music of the Orient. He spoke of his "Orchestra of the Mind," which is his ability to bear in his mind the exact note every instrument makes. Hovhaness said: "If I already know how my piece will sound, I just have it played for others enjoyment."

"Catching ideas the moment they happen" is another special talent of Hovhaness. Once an idea enters his mind he quickly writes it down and then later refines it to the finished product. These two unique abilities enable him to turn out large quantities of work.

Hovhaness spoke of "man's aspiration from nature." "Man is meant to live as part of nature and not to conquer it to his needs. Hovhaness voices much dislike of man's attack on nature in his music, particularly in his album "And God Created Great Whales."

An additional major Indian center is Vrindavana, the birthplace of Lord Krishna, where the society has recently opened the magnificent Krishna Balarama Temple and International Guest House. For more information regarding the lecture series or the society, contact Bob Wilson at 324-3902 or 329-5566 between 9:00 a.m. and 5:30 p.m.

Three day event will bring Eastern culture to campus

The Highline College philosophy Department will sponsor a lecture series featuring noted speakers of the International Society for Krishna Consciousness (ISKCON) next week. ISKCON is a worldwide, missionary oriented movement dedicated to propagating the teachings of Krishna, India's ancient spiritual and philosophical texts, which teach that the human form of life is meant for serving our original God consciousness through the practice of spiritual discipline.

Speakers in each of the three-day series will present a wide range of applications and academic sessions of contemporary Vedic thought upon all fields of knowledge.

Highlights of the three day event will be a musical and public address at the event, to be held at the show, Tuesday, Nov. 22. Chief Antelope will be a host with displays by the various tribes appearing on the J.P. Patches Thursday through Sunday, Chief Antelope adds that everyone has an ethnic origin. Chief Antelope will perform as the J.P. Patches show, Tuesday, Nov. 22, at 7:30 p.m. on channel 7.

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INTERDEPARTMENTAL LECTURE SERIES
Nov. 23
Monday:
9:00 a.m. Eastern Philosophy Dr. Roy
10:45 a.m. Introduction to Philosophy Dr. Jones
11:45 a.m. Astro to Philosophy Dr. Jones
12:45 p.m. Sur. of Anthropology Dr. Roy

Nov. 24
Tuesday:
8:00 a.m. Survey of Society W. Dodd
9:00 a.m. Survey of Society W. Dodd
11:00 a.m. Culture and Man M. Campbell
12:00 p.m. The Original Transcendental Med. with Short
1:00 p.m. Musical Recital

Nov. 26
Wednesday:
9:00 a.m. Ec. Princ: Overview P. Drek
10:00 a.m. Culture and Man M. Campbell
11:00 a.m. Culture and Man M. Campbell
12:00 p.m. Ec. Princ: Overview P. Drek
1:00 p.m. Culture and Man M. Campbell

VINDAYANA, DREA... The ISKCON journey to the birthplace of Lord Krishna was constructed in 1974 and is already a popular pilgrimage site.

Chief in pow wow

The International Student Center is a worldwide, non-sectarian movement dedicated to the study of India's ancient spiritual and philosophical texts, which to some extent everyone should know. The teaching and practice of knowledge will transcending religious boundaries, and today is recognized by theologians, scholars and laymen as a genuine and important spiritual movement.

The reason for this is twofold: first, the philosophy, which guides the ISKCON's members is grounded firmly in the teaching of the Vedic literature, particularly the Bhagavad-Gita and the Bhagavatam, second, the spiritual master and founder of ISKCON, His Divine Grace AC. Bhaktivedanta Swami Prabhupada, is a leader of substantial erudition and integrity.

As the current representative of an unbroken chain of spiritual predecessors, who teach the Vedas, India's ancient scriptures, which guides the lives of Krishna conscious people around the world, today is recognized by theologians, scholars and laymen as a genuine and important spiritual movement.

HCC student Chief Antelope, the last of the Cherokee chiefs, will be a host at the United Indian Pow Wow Thursday through Sunday, Nov. 25 through 28. Chief Antelope will also perform traditional tribal dances at the event, to be held at the Seattle Center Arena.

There will be a program in the student lounge Nov. 30 with displays by the various ethnic groups on campus. Chief Antelope adds that everyone has an ethnic origin. Chief Antelope will be appearing in the J.P. Patches show, Tuesday, Nov. 22, at 7:30 p.m. on channel 7.
Excitement fills the air around Seattle Center as First Chamber Dance Company prepares for its fall concert, which will be held at the Seattle Center Opera House on Nov. 30. The program features the world premiere of a ballet by Raymond Bussey, a former Broadway choreographer and now co-director of the Seattle Dance Ballet, and the San Francisco Ballet.

Teaching at HCC this fall are Frank Days, Raymond Bussey, Donna Silva, and Sara de Luis. Sara de Luis, who shared about qualities a dancer needs.

"Talent, discipline, and sacrifice are needed and talent goes nowhere without discipline. Technique is the means by which one is able to dance because technique gives the student the instrument to work with. A feeling for dance which one has or does not have is important," she explained.

First Chamber is noted both for the ability of the dancers and the quality of its choreography. Artistic Director Charles Bennett won a silver medal for modern choreography at the Sixth Annual International Ballet Competition in Varna, Bulgaria. He was the first American ever to bring back an award from the Iron Curtain in a competition such as this one.

The program for this concert is especially exciting. The members of the First Chamber Dance Company have been officially "artists in residence" at Highline Community College since Oct. 15. The working relationship established between HCC and the First Chamber is the first of this type between a group of performing artists and a community college in the state.

Blazing trails in the dance world, however, has become a habit with First Chamber. Even a brief look at the development of this company will show an amazing number of first achievements.

In 1961 Charles Bennett, the artistic director, and three of his friends, all members of the New York City Ballet, decided to break away from all the glitter and grandeur of the large ballet company. They wanted the freedom to explore the emotional dance and to transpose their thoughts and feelings into movements uncluttered by expensive sets, elaborate costumes, and a large corps de ballet.

Today First Chamber has increased to seven dancers: Rita Agnone, Frank Days, Sara de Luis, Flemming Halby, Douglas Stevermore, Abele Hoff, Donna Silva. Before joining First Chamber all of these dancers were soloists or principal dancers with such companies as the American Ballet Theater, Joffrey Ballet, Royal Ballet, Xiemenes-Vargas Ballett Espagnol, Habanos.

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His prize winner, the "Alhambra Verde," later won the gold medal and first place for choreography in the First World Ballet Competition in Tokyo, Japan on February 5, 1976.

Well known as a touring company, First Chamber has traveled under the auspices of the U.S. State Department and the National Endowment for the Arts Touring Program. They have toured the United States, Canada, Europe, Asia and Eastern Europe.

In 1974 First Chamber was the first professional arts organization in New York to respond to the suggestion from the National Endowment for the Arts to decentralize the arts from New York. They came to Seattle and became the first professional dance company in the Pacific Northwest.

The classes at HCC the members of First Chamber are teaching this quarter are for beginning ballet. The class was limited to 25 students.

"Twenty-three of the twenty-five were registered after two and one half days," said Harrie Cavalli, executive administrator for the company. She added that they were pleased with the student response at HCC.

"You are a better artist if you have a better response at HCC."

Mrs. de Luis talked about dance being much more than just beautiful physical movement. Dance can open new worlds for the student.

"It teaches you to think for yourself," she explained that a teacher can demonstrate, but the student has to think and do it for himself. The mind and body must work together.

The dance workshop is also serving the larger community allowing visitors to attend their seminars on costumes and music. The rehearsals for the Nov. 30 concert will be open to as many as possible. Reservations must be made in advance to attend.

"The dance workshop is providing terrific exposure for the college community and the general public," said Mr. Cavalli.

For more information about the rehearsals and other programs open to the public contact Ms. Cavalli at 246-4313. To purchase tickets for the Nov. 30 concert at the Seattle Center Opera House call 344-7271. The tickets range in price from $5.50 to $10.50, but there is a 15% discount for senior citizens and students.

An important note for those who would like to attend the concert would be wise to place an order at once.
Netters invincible
T-birds move on to state

The Highline College volleyball team assured a state playoff berth as they raised their record to 9-1 by beating Ft. Steilacoom C.C. Friday Nov. 12. The T-Birds also registered wins over Green River, Tacoma and Lower Columbia.

The team traveled to Grays Harbor Wednesday November 17 to end their league play and will compete in postseason playoffs in the HCC pavilion Nov. 22 and 23. The first two games will go to Pasco Dec. 2 to determine the team to beat Highline this year, with great teamwork and excellent spiking by Cindy Ochs and excellent saves by Cheryl Taylor and Sandy Imano the T-Birds won.

The third game was highlighted by total T-Bird excellence. Kathy Wales and Lysette Brown astounded their opponents with their出击 set; and after dominating the entire game the T-Birds pulled out a win 15-7.

Lysette Brown received special commendation by Coach Bronswill as she served the final five points of the first game as well as six more crucial points in the second. Brown should be making excellent setting in both games with help from Sandy Imano and Carole Caldo, Kathy Wales, Cheryl Davis and Shelly Chester came through with some crucial hits also.

The third game was an opportunity for the rest of the T-Bird netters to score against Tacoma as Darvee Olsen, Patricia Thomas, Brenda Berend and Shari Davis came in to join Calvin Thomas, Brenda Berend and Shari Davis against the HCC netters were piling up the points, making it look like an easy win. It’s just asking for bigger than 6’2”. Consistency usually wins ball games, but being consistently small doesn’t help a basketball team very much.

Besides Stuckey, only two other lettermen returned from last year’s team. They’re Pete Mezich, 6’2” from O’Dea and Randy Campbell, 5’11” of Evergreen.

Rob Stone is the only other sophomore on the team. Last year stone, 6’1”, played on the University of Washington JV squad. Stone played his high school ball at Auburn.

Seven freshmen have made this year’s T-bird squad. From the Seattle area are Walter Greer, 6’8” from Roosevelt and Bob Keller, 6’1” who played on last year’s Triple-A state championship team at Cleveland.

From the rest of the area are Tim Pollard, 5’10” from Kent-Meridian. Ken Brooks, 5’11” of Tye and Barry Wolf, 6’7” from Federal Way.

Tumwater as the big height. Stuckey is 6’4”. Of the remaining ten players on the team, no one is over 6’2”. Consistency usually makes a team good, but it’s just asking for bigger than 6’2”. Consistency usually wins ball games, but being consistently small doesn’t help a basketball team very much.

No, the basketball team isn’t asking for more bodies, it’s just asking for bigger than 6’2”. Consistency usually wins ball games, but being consistently small doesn’t help a basketball team very much.

This is about the hardest working group of kids I’ve ever had” says head coach Fred Harrison, “and if you work hard in practice, it carries over into games.”

“You have to fight and compete for everything in your life,” added Harrison, “and that’s the way we’ll approach every basketball game.”

With such a small team, Harrison and assistant coaches Dale Bullinger and Karl Ahlbrecht have been emphasizing team defense and rebounding as the keys to T-bird success this season.

“We’ll have to control the tempo of the game, too,” mentioned Harrison, “and make other teams do what we want them to do.”

Highline opens up with the Cold Turkey Tournament in Seattle against Seattle Central on Nov. 30. Shizzle on Dec. 4, and Edmonds on Dec. 5.

Having never coached a losing team in his life, Harrison noted, “Once you accept losing, you become a loser.”

Now, if there’s any six- or eight winners out there, the Highline coaching staff will like to talk to you.
Little Barbara Thompson was only seven years old when she first learned to ride a horse. Today, she's presently just one year old history of Longacres Race Course which is quite a big jump for such a little tyke. Actually, she never intended to get into the business of horse racing. Instead, she just kind of "fell into it."

She started out riding in horse shows, doing most of her show riding and pleasure riding on two acres of land purchased by her retired parents in Enumclaw. Sparkle-eyed Barbara didn't even have a saddle, so she rode bareback. She claimed that was the best way to learn to ride. Her specialty however, was jumping.

After graduating from Enumclaw High School, Barbara and a good friend of hers decided to attend one of the better riding academies in England. From there, Barbara went to Portland to train and show horses. She taught at the Aquas Barn in Maple Valley for a short period before becoming an exercise girl for trainer N.E. "Nub" Norton in Portland. It was he who got Barbara involved in racing.

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Then Norton came to Seattle and brought Barbara with him. She rode horses during the summer as an exercise girl. Later, she went to Yakima Meadows where she competed in her first race ever on a recognized track. In fact, petite Barbara won her fourth race on opening weekend. She left Yakima in the end of November, 1975 and by the time January rolled around she was back at Portland Meadows. After riding only ten races, she had to stop due to an injury. After a two month rest, she returned to Yakima's Spring Meet to start again where things went quite well and she ended up tied for eighth leading rider.

In May 1976, Barbara came to Longacres again, this time as an apprentice jockey where a trainer named Ed Lewis helped to get her going. "Seattle was a huge challenge," says Barbara. "It's extremely competitive. You learn to ride like the riders you ride with."

Barbara was barely getting to ride more than one race a day and almost decided to go to Spokane until things started picking up. She gradually began to get more mounts and soon after started to win more races.

"In racing you can get the wins, if you can get the mounts. Once you're accepted, the other riders will help you. You've got to ride just as tough, but no differently. Generally, whoever starts off the season hot, usually stays that way, even though it was the opposite for me," says Barbara.

Barbara feels strength is an important factor in horse racing, but that timing (judgment of pace) and when it's used is far more important. She says that riders are the first when it comes to accepting girl jockeys, and that the owners and trainers are the hardest to convince.

"You either ignore it or take a good nature. I get along with the guys real well."

"When I came to Longacres, it was a wild goal a 1:1. Longacres was to first ride and then to win. Barbara did just that. In her last week at Longacres she won six races. In addition she also won the two mile marathon which was the last race of the last day. Now, one of Barbara's immediate goals is to ride in and win the Longacres Mile, but she insists she's pretty much a day to day person, refusing to dwell on the future.

"I just think in terms of the Longacres Mile - not the Kentucky Derby," says Barbara. However, things haven't always been rosy for Barbara. For instance, when a horse fell with her in Portland, she sprained her back and so she couldn't ride for several months. She also went down in a race in Yakima. The horse crossed his front legs and rolled over her, but she came out with just a very sore neck.

"You know you're going to get hurt in this business, you can't worry about it. Everyone goes down or off once in a while, but most of the injuries are minor, if you're lucky."

Barbara isn't racing now, but she plans to return next year at Longacres. She's now attending Highline Community College and plans to major in Public Relations, hoping whenever she feels she has the time to spare.

Says Johnny Longden once master rider and now co-owner of trainer and rider, "She's a bitty gal, one of those girl jockeys I've ever seen."
Speakers highlight clinic

by Barry Wolf

Highline's first annual T-bird Drillers Clinic was held last Saturday, Nov. 13 with basic fundamentals and drill demonstrations and the officials' job during the game being discussed.

All men and women who are coaching youths at any level were invited to attend the event, which was introduced by head coach Frank Ahern, head coach at Highline's Jack Hubbard welcomed Frank Ahern, head coach at Cleveland High School, regarded by many as "Mr. Technician," into the clinic, with an hour discussion on basic skills, fundamentals and stretching exercises.

Ahern insisted that stretching he done before every practice and that proper stretching can save a team many needless injuries. He added, "If you don't know how to pass or dribble, you can't play basketball." He also told the audience, "You must practice every day." Ahern also discussed the importance of rebounding, shooting, offensive and defensive maneuvers.

"Winter was 22," Winter is regarded by many as "Mr. Juries." Winter was introduced as one of the main speakers to the audience. He is a part of the Puget Sound Region Community College basketball, Pacific-8 and Big Sky Officials Associations.

Winter has also officiated the state community college tournament since 1980 and at high school tournaments since 1969.

"The official's job," Winter stated simply, "is to keep control of the game at all times." Winter talked about the position of the referee on the court, officials' judgment and the rules and rule changes for the upcoming season.

Next on the agenda was H.C. head coach Fred Harrison, who introduced assistant coaches Karl Arzube, Dale Bozene and the 1976-77 T-bird basketball team.

Their hour long session was basically what they do and when they practice. "We spend two hours and ten minutes on every drill," said Harrison, "that the kids have ample time to do and learn the drills.

"After running through practice, Coach Bozene then introduced some fun games that the T-birds do at the end of every practice. "This breaks the monotony of practice," said Bozene.

The remaining part of the program was devoted to a question and answer session. "Seeing someone else do something that you think is useful, then not using it yourself," commented Frank Ahern, "is stupid."

The clinic was to benefit the youth you teach."}

The Seattle Marathon
Your feet can make you famous!

Attention All Runners!!!

7th Annual Seattle Marathon will be held Nov. 12 in the midst of the most beautiful time of the year. This year's seventh anniversary of the Seattle Marathon will be held Nov. 12.

The Seattle Marathon has a 15 mile race, 10 mile race, 5k race and a 2 mile fun run. Starting time is 11:00 a.m. There will be a 10 minute warm up but sign-ups are limited to 300 runners. With the increased demand and the addition of the half marathon many more numbers are expected. The event is two days after Thanksgiving, bringing in many visiting marathoners from all parts of the U.S.

People needed for CIP

by John Leman

It's a paradox of society that one needs experience to get a job and then one needs experience to get experience. This may seem a circular reasoning, but it can be solved. One way is to do volunteer work in the field of your interest.

CIP is a chance for students to gain insight into real situations from a working viewpoint. It's also a chance to receive that experience so valuable to the job market.

Some of the fields open to volunteers are: community outreach, drug crisis, grammar school, teaching and that one needs a job to get experience. This may seem a circular reasoning, but it can be solved. One way is to do volunteer work in the field of your interest.

CIP is a chance for students to gain insight into real situations from a working viewpoint. It's also a chance to receive that experience so valuable to the job market.

For more information and applications, contact:

Everett Shull
20302 Ballinger Way N.E.
(206) 365-1783
Sharon Morrison
103 N.E. 157th
(206) 454-1890
Shelly Harrison
1200 112th N.E.
(206) 285-4578
Barbara L. Jones
2001 174th Blvd N.E.
(206) 454-1544

Goodwin, Brown take tennis titles

Lim and Goodwin defeated Pelle Bricce and Frank Haydon for the mixed doubles crown, 6-4, 6-0.

Several changes in the tournament format helped move things much smoother this year, Mr. Gamma Command, tennis coach said.

Players were invited to compete in two events this year, which helped expanded up considerably. This made more matches possible for each player.

Also this year the tournament had two directors, Valerie Lim and Kathy Wade, whose Mr. Command said did much to keep the tournament running on time.

The tournament for this year's tournament was smaller than last year's, but Mr. Command commented the event "more successful because less people dropped out."

Swine Flu shots are given through Fall

by Marisa Forschler

The Swine flu immunization program is part of the Student Health Center's ongoing program to keep students in class, according to Mary Frances Eckert, director.

Students who want to avoid the flu will be able to get flu shots until the end of Fall Quarter.

Any student who is uneasy about the possible side effects of the Swine flu is invited to stop by the Health Center and discuss the subject, says Gwen Funderburk, R.N., Health Center staff nurse.

Swine flu disease is also available to both men and women students at the Health Center. Low-cost pamphlets can be done by appointment.

"If students have these and other tests on campus, they won't have to go to town for them and miss classes," says Ms. Eckert. "They can save money too."

Pat Martinez, R.N., recently became the Health Center's fourth nurse. These nurses offer a variety of nursing specialties calculated to meet the health needs of students.

The Health Center's staff nurse, says Ms. Eckert, has published and distributed a new pamphlet telling to discuss the services offered to students. Plan to pick one up.
Wibaux conducts mime workshop

Sophie Wibaux conducted a mime workshop in November. The workshop was held at the Madrona Dance Studio. Sophie Wibaux, who conducted the workshop, is a mime artist from France. She is known for her fluidity of movement and her ability to create illusions without the use of props.

The workshop began with a series of warm-up exercises to prepare the students for the day's activities. The exercises varied from basic stretches to more advanced movements. The emphasis was placed on body language and communication through the art of mime.

As in any physical activity, warming up is essential in order to avoid muscle strains. This was well demonstrated by Wibaux who had no time for questions at the end of the workshop.

Other illusions included: leaning on a mantle, against a wall. Wibaux and Houle have described their work as having been a collaboration between the two performers.** Sophie Wibaux and Bert Houle have been performers.** Sophie Wibaux and Bert Houle have been working together for two years. Mr. Houle studied under Etienne Decroux for two years. Mr. Decroux may be best known for his work with Marcel Marceau, a French mime artist. Marceau's teacher, the late Etienne Decroux, is known for his great rapport.

As in any physical activity, warming up is essential in order to avoid muscle strains. This was well demonstrated by Wibaux who had no time for questions at the end of the workshop.

The workshop ended with a demonstration of the art of mime. Sophie Wibaux and Bert Houle gave two performances. Each performance was a study in fluidity and control, as she needed to move each individual section of the body. These are known as isolations. Emphasis was placed on body language and communication through the art of mime.

The workshop was a great success, with a total of 30 people taking part in the workshop. The students were able to learn new techniques and improve their skills in mime. The workshop was a great success and the students were very satisfied with the results.

Foreign students here from 19 countries

Foreign students are attending H.C.C. now.

Meetings planned

The Pre-Professional and Pre-Financial Aid Committee will be holding a meeting every Tuesday at 11:30 a.m. in the Student Union Building.

The Final Exam Schedule for Winter Quarter will be held on December 17th from 8:00 a.m. to 3:00 p.m.

The Focus Program will begin on January 1st and will continue through the Winter Quarter.

The Registrar's Office will be open on January 2nd from 8:00 a.m. to 3:00 p.m.

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