

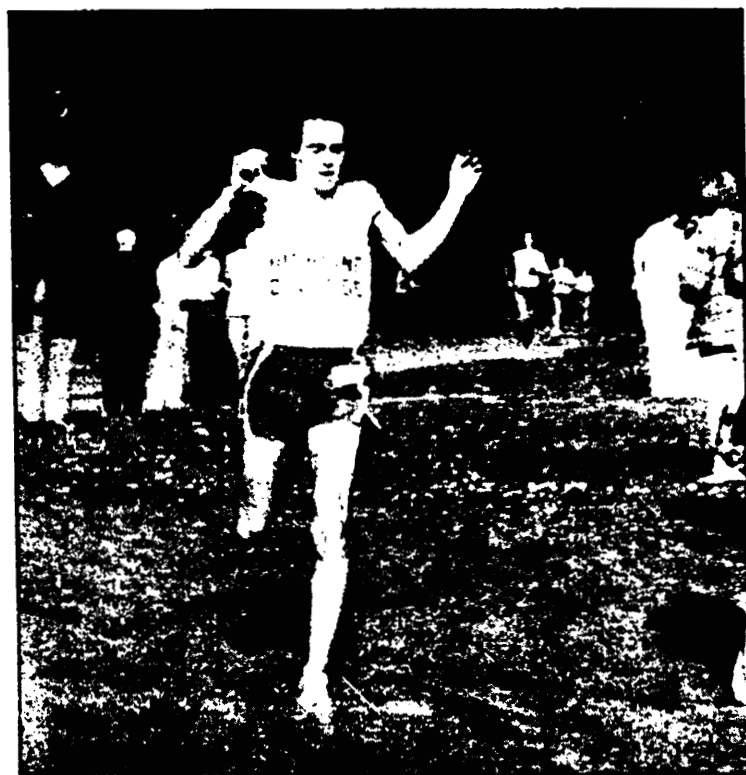
thunder word

Vol. 16, No. 5

Highline Community College, Midway, Wa.

Nov. 19, 1976

T-birds win title Highline harriers dump Spokane



FOUR IN A ROW...Scott Conley placed third in the NWAACC cross country championships, leading HCC to the title. Following closely are Thunderbirds Bruce Greene, Mark Anderson and Paul Eichenberger. For more sports see pages 13, 14 and 15.

Photo by Virgil Staiger.

The Highline Community College cross country team dumped defending Northwest Conference champion Spokane last Friday at Seward Park. Thunderbird harriers celebrated the first dumping with a second, dumping coach Bob Mapstone into the waters of Lake Washington.

Highline, runner-up to Spokane in the championship meet the last four years, earned a low score of 28 to top the 37 points of the Sasquatches.

"We put it together as a team," said Coach Bob Mapstone, after the team gave him a victory drink in Lake Washington.

Spokane's Steve Taylor won the individual race, but the running Thunderbirds overcame that disadvantage by placing five runners in the top ten.

Following Taylor, Spokane scorers placed 7th, 8th, 9th and 12th, turning the eleven team meet into a two-team race for the title.

Scott Conley led Highline scorers, placing 3rd over the four mile course with a time of 20:22. Bruce Greene followed closely in 4th with 20:23, with Mark Anderson finishing 5th in 20:32. Paul Eichenberger 6th in 20:39, and Bob Stanley 10th in 20:48 to complete the Thunderbird scoring. Bob Walls and Ed Hopfner placed 16th and 30th, respectively.

Coach Mapstone had nothing but praise for the team.

"We attained our goal through hard work, team togetherness," said Mapstone. The team did exactly what he said they would do: win the championship. The last words of the final meet of the season? "We won!"

Victory was not unexpected since the Thunderbirds were undefeated in community college competition this fall, including a win over Spokane at the Eastern Washington Invitational four weeks ago. Their only losses were to Washington State University, the University of Idaho and the University of Montana.

Watergate crises come to life via Bernstein

Carl Bernstein, "Final Days" co-author, claims the Washington press members were partially to blame for Watergate and the Nixon tragedy because "they were acting as stenographers not reporters."

This and other observations were made in a late-starting address Thursday noon, Nov. 11, in the 7th Avenue Theatre in Seattle. Because of fog Bernstein had missed a date at Bellevue Community College Wednesday night where he was to have been the highlight of a 10-hour seminar on Investigative Reporting.

He told the Seattle audience that the nation's press should be taking no bows for the Watergate exposure. He said that after five men were caught in the Democratic headquarters at night, wearing business suits and gloves, only 14 of the 2,000 reporters covering the national capital were assigned to investigate the Watergate affair.

He said the trouble started at the beginning of the Nixon administration when Ron Ziegler and Spiro Agnew led a carefully conceived plan to discredit the press. The technique worked for a long time and the press reached its lowest credibility in the official polls. Bernstein said the Nixon administration was able to undercut the press

because so many press people were acting as "stenographers not reporters." They accepted the public pronouncements as fact instead of subjecting them to measurement.

He said the situation was particularly bad in the State Department where reporters tended to report what they were told and Secretary Henry Kissinger had and has "an extraordinary ability to manipulate reporters." Here there is a built-in problem where reporters, as "diplomatic specialists" tend to stay many years.

John Mitchell in 1969 said "Watch what we do, not what we say." Bernstein said we should have done that; then the Administration might have felt itself more accountable. But we couldn't believe the Nixon administration wasn't a perfectly tuned machine.

The picture began to improve during the Viet Nam war when reporters began to report other than the briefings. The Pentagon papers' case was a step forward, too, according to Bernstein.

In Seattle the first question asked was: "Who is Deep Throat? Will you ever reveal the identity?" Bernstein repeated the information as given in "All the President's Men:" Deep Throat held a

highly sensitive position in the executive branch. He said their relationship with sources are the lifeblood of their reporting and they have built a relationship of trust. It is up to the source to reveal himself or herself.

Another member of the audience asked him if he and Woodward felt they have made enemies. He said they have had no direct threats but Deep Throat had said "People's lives might be in danger; possibly your own."

Asked about their evaluation of the movie "All the President's Men" Bernstein said he and Woodward consider it a fine movie. "It's about reporting and the project succeeded. It could have degenerated into a typical Hollywood movie."

Bernstein said when he started to write the Watergate stories he was not on the national staff of the Washington Post, had never covered the White House and had never been taken to the Sans Souci (famous Washington D.C. restaurant) "to be stroked by the sources." The lower status reporting role prevented him from being taken in by the power and glory of Washington politicians and personalities. Reporting at night and interviewing subjects in their own homes were added aids, he said.

Their night reporting was

opposite to the approach taken by the FBI which he said "was on the premises of the White House or the headquarters of CREEP (the Committee to Reelect the President); always in the presence of a senior campaign official and possibly monitored."

Their work was made more difficult by the "non denial denials" given by Nixon's men having been charged with wrong-doing in the Washington Post.

"They decided to make the issue the conduct of the press and not the conduct of the President's men ... they wanted to blame the messengers. They referred to Post news sources and fountains of misinformation."

Fog diverted Bernstein's plane to Portland Wednesday night, but he chose to drive in the next morning to avoid reporters at the hotel at night and in the morning. He arrived 10 minutes late for his theatre performance.

Radio station KZAM was the sponsor of the noon event. Bernstein spoke for 26 minutes and fielded questions for 45 minutes before several hundred series ticket holders and the few Bellevue ticket holders who had learned their tickets would be honored.

He irritated the local sponsors who had a written contract guaranteeing a press conference. He refused to talk to local reporters saying: "they can ask their questions at the same time as the audience" and he demanded that the TV cameras and lights be turned off during most of his address. He left immediately following the address thereby earning \$3500 for 71 minutes.

In all fairness it must be reported, he waived the \$3500 that Bellevue Community College might have been held to. Those who could not get to Seattle were assured of a refund.

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editorial

Campus security needs course in courtesy

One of the more unpleasant aspects of attending Highline has to be the antagonistic attitude of many of the campus security officers. Many students have expressed anger and frustration over the discourteous attitude displayed by the campus patrol.

Brow-beaten students have complained that questions have been answered with such replies as "Don't ask me," "I don't care," and "So what?" — the equivalent to "get lost." Many students feel this sort of treatment constitutes harassment and is unwarranted. To some students it appears that the security officers simply don't like people and wonder why they seek such employment.

An incident that may have fed the 'Cold War' between students and security occurred last January when a student in his car ran down a security officer. The officer was not severely injured and the student was charged with assault for his deplorable action.

Campus security holds the responsibility for enforcing traffic and parking rules, keeping the traffic moving during peak hours, aiding students in emergency situations and protecting the campus and its population from the acts of the irresponsible few. In these matters they do a pretty thorough job.

Still, a smile, a little understanding, and some common courtesy would go a long way toward improving the relationship between the officer and the student.

Puget Sound: to tank or not to tank

A three judge federal panel recently ignored environmental lessons learned in California and trampled the ideals of local control in invalidating Washington State's ban on large supertankers in Puget Sound. The threat of larger tankers and larger spills will be with us at least until a federal appeals court hears the state's side of the case.

The memory of oil spills in California's Santa Barbara Channel lingers on. A ban on tankers carrying over 125,000 deadweight tons would help prevent the kind of disasters that ruined the ecology of Southern California beaches in the 1960's.

Change is rapid in our society. Perhaps we have forgotten the sight of oil soaked birds being cleaned, having lost their own natural protective oils. That ecological mess was one of the causes of the student unrest in the last decade. If there are spills resulting from supertanker traffic on Puget Sound, protest such as that unrest may be the public's only way of speaking out.

The main logic offered by supertanker proponents doesn't, if you will excuse the expression, hold water. Sure, tankers have been entering Puget Sound for years, and have never had a major spill. These smaller tankers are welcome, as they bring in the region's own supply of oil.

Opening the gates of Puget Sound to supertankers will increase by many times the amount of oil being trafficked here. The supertankers will force Washington State into a role of dubious distinction. Do the people of Western Washington want their main waterway to become the primary transfer depot for Alaskan oil? Do they want the spills that seem to follow supertankers wherever they load and unload oil? Most importantly, will they be allowed to have a voice in the decision making process?

The 'battle of Puget Sound' is being waged between state officials opposing supertanker traffic on the Sound, and the federal government, which is subtly pushing for supertankers. Governor Dan Evans has indicated that he will fight supertankers all the way to the Supreme Court if necessary. If the Supreme Court ultimately decides the case, as it likely will, the decision will be an historic one.

The issue before the courts is one of local versus national control of the environment. Local control is not always advisable, especially in the area of human rights. The size and diversity of the United States prohibits effective national environment standards however. Puget Sound has an ecology totally unique in much the same way that no two persons have identical fingerprints. The differences may be subtle, but they are enough to warrant a special policy.

The fight locally will go indefinitely. Supertanker opponents face an even greater task with advocate Dixie Lee Ray in the Governor's chair in January. Persistence and increased public action are greatly needed to help in the effort to keep local waters under local control, and to keep supertankers in their rightful place—off Puget Sound.

The T-Word wants you!

How can you join the team?

Simple. Look in the Winter Quarter class schedule under Humanities. Find the little three credit course called Journalism 101, Fundamentals of News Writing, taught by Betty Strehlau.

Then, go to the registration building, sign up for it and lend a hand.

the mailbox

Support for Roberts

Dear Editor:

I wish to go on record as being among those in the Faculty Senate who voted in favor of having both student and classified employee representation on the committee to select a new college president. Both groups are entitled to have a voice. Furthermore, their considered opinions are very much needed—unless the successful candidate is to preside only over the faculty and not over the entire college.

I too am relieved that the Senate majority vote was not allowed to prevail in the final policy draft, and I am glad that Ms. Roberts reported how close the Senate vote was on the issue of representation. Elitism has no rightful place in this or any other supposedly democratic institution.

Sincerely,
Barbara Jane Berk,
Vice-Chairperson, Faculty Senate

Helpers in spotlight

EDITOR'S NOTE . . . As a handicapped student, (and a student senator) Chuck Rosebeary needs help in performing his senatorial duties and regular schoolwork. This is Chuck's report on some of the students who assist him to, and from campus each weekday.

CAROL HANSEN - Monday and Wednesday, 10:00-1:00 Carol Hansen started working for me last year in Student Government when I was first elected to office. She really likes working with me, and is a great help to me. Carol is in the transportation program here at Highline. She puts up with a lot from me when she really doesn't have to.

BRENDA JAMES - Monday, Wednesday, Friday, 11:00-1:00. I first saw Brenda while she was looking for a job in the student lounge earlier this quarter. We started talking, and I asked her if she wouldn't like to work for me. I told her what all was involved, and told her that she could receive credits while working for me.

She thought that was a good deal, and so she said she would be willing to work for me. Brenda likes to write and sing her own folk songs. And she does have a beautiful voice to go with her beautiful personality and smile.

TERISA - Tuesdays and

Thursdays 10:00-11:00. I found Terisa where I found Carol and Brenda, in the student lounge. She, like Carol and Brenda, is a lot of fun to have working for me.

MARY ANNE LOWE - daily, 1:00. Mary Anne works for me every day this quarter, and she is in child. ed. with me at Highline. Mary Anne is also secretary for our Handicapped committee. She was appointed by Sue Millsap, the co-chairman of our committee. I try really hard to keep Mary Anne busy around the office, as I do the rest of them. Mary Anne, like the rest of my girls, is a nice person to have working for me each day.

JEAN LEECH - Jean drives me to and from Highline each day. She too is very nice about wanting to work with me. We come to school each morning listening to crazy Hardwick, on KVI, and go home listening to silly Morton. Says Jean, "Working with you Chuck, is a real learning experience for me."

She is also able to see how hard it is for me to get around campus. Jean is very much appreciated for doing what she does for me.

Thank you all,
Chuck Rosebeary

Librarian protests coverage.

Dear Editor:

I wish to protest the use of over half the front page of the Oct. 22 Thunder Word for propagandizing the opinions of a political candidate. The

editor's disclaimer at the beginning of the article doesn't wash. There is the appearance of bias and unfairness. Timing permitted no reply or correction. Responsible newspapers will not print last minute charges in the last issue before an election—when there is no opportunity for rebuttal. The headline was biased.

The only fact presented in the article was that Ms. Hayek is a lawyer running for the legislature. The rest consists of her unverified opinions. None of her background is given to help the reader judge her expertise. The headline promised two things: "efficiency, special levy relief," which she could not have possibly accomplished had she been elected. More resourceful reporters would have at least contacted her opponent, Rep. Warnke, by telephone. (Incidentally Rep. Warnke is never mentioned by that title—a courtesy I would expect the Thunder Word to use toward all members of the legislature.)

She attacks Rep. Warnke for holding committee hearings while the legislature is not in session. Actually he should be praised for this. He frequently works on weekends and holds hearings around the state where citizens can attend more easily than at Olympia, and then reports these findings back to the full legislature. There is certainly no need to have 200 legislators standing around drawing pay while one or several committees are gathering preliminary data. Our legislature needs more information collected in an orderly fashion, instead of during the high pressure of a

(continued on page 3)

thunder word

The Thunder Word is a bi-monthly publication of the journalism students of Highline Community College. The opinions expressed herein are not necessarily those of the college or its student body.

The Thunder Word office is located in 19-107. We welcome letters, commentary and criticism from the campus population.

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Checkin' it out



Terry Sell, editor

Every society has certain customs and habits that are collectively called culture. Of those customs and habits specific ones can let an observer feel the roots of the people. These are the cornerstones of the culture.

After careful and considerable (most of an hour) thought, I have hit upon that one thing which most typifies our society.

Lying.

Lying is what makes this country go. Without it we would surely become decadent and fall to the Russians. Or something equally as dreadful (ridiculous?).

Lying has always been with us. This country was founded on lies. George Washington made history by supposedly telling the truth. But do you really believe a seven year old boy could cut down a healthy cherry tree? Not unless he had a chainsaw. George started what was to become 200 years of brilliant lying.

Benjamin Franklin, the real father of our country, helped us get allies by telling them what a great country this was. He didn't warn them about soap operas or Mrs. Olson or Howard Cosell. He didn't tell them that one-third of the population had hemorrhoids. They didn't know what they were getting in to!

Franklin and Washington lied. They are considered great men. We put their faces on coins and then lie about their actual value.

From the time we are born, we are told that lies are evil and that truth is beauty. This is, of course, only a lie.

Mother says, "Don't lie to me or I'll wash your mouth out with soap!" But ask her if she really would have.

"Are you kidding!? Do you think I want to

poison you or something!?" Probably it is the or something.

While on the surface lies are frowned upon (although frowning at a lie produces no response from it), the subtle undercurrents lead us to want to lie, and to do it well.

Several studies by men with foreign sounding names and degrees from expensive colleges pronounce clever lying to be a sign of high intelligence. Many people believe this, and the fact that they do would seem to bear out the studies.

And so lying has permeated our culture. People pass each other on the street (actually on the sidewalk, that phrase is a lie) and one asks the other "How are you today?"

The other person is feeling worse then he has in the last three years (maybe longer).

"Oh, terrific, thanks! How about yourself?" Smiling, cordial. Gee I hate your face.

"Just smashing, nice of you to ask!" I never thought anyone could make me sicker than you do, but you've outdone yourself!

"Well, take care of yourself."

"Yeah, see you later."

Lies! Neither one has anything but rotten feelings for the other. And then we feel good about not telling the other person how we really felt.

Our economy is built on credit, which is 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."

What a lie! You don't really have the money and won't for at least six months. And by then you'll get your third bill and the credit company will have figured out that you were lying.

Think if everyone had to tell the truth. No one would be able to buy anything except Jumbo Jacks and cigarettes. The economy would collapse. We have to lie to keep things going. Truth would mean no credit and no buying.

This leads back to one of our country's great historical events, the Boston Tea Party.

The Sons of Liberty had nothing to do with it (and that's the truth) but were willing to lie and take credit.

The whole thing was perpetrated by Boston tea merchants, who couldn't afford the higher taxes. They couldn't lie enough (see credit explanation above) to cover the cost. So they pretended to be Indians (a lie) and threw the tea in the harbor.

One particular habit practiced by our politicians deserves mention. Every election year candidates get famous actors to mosey on down the old campaign trail and

express their support for the candidate.

Actors earn their living making you believe that they are someone else, or lying about themselves. So what you get every four years is liars lying about more liars. This is known as endorsement.

It makes about as much sense as Charles Manson testifying as a personality witness for Sirhan Sirhan.

An interesting sidelight is that the actor who pitched for President Ford was Peter Graves. Perhaps it was felt that Graves' experience with "Mission: Impossible" could have helped the Ford campaign. This does not appear to be the case.

We are experiencing a worsening of the weather scene around the world. Colder summers, longer winters; the threat of disaster is looming over our heads like a midterm. To add to this cheery scene we are blessed with dozens of recent floods, earthquakes, and Jimmy Carter. Why?

Scientists give us all kinds of reasons to explain such occurrences. The earth is swinging away from the sun, increased activity below the earth's crust, or luck.

But can you just accept all that? Have you ever been to the sun and seen the earth floating around out there? It looks like the sun is being pulled around us to me. I know we are supposed to have put men on the moon but I lived in Saudi Arabia and it looks a lot like what we saw on television. The astronauts could have hid out in New Jersey for a month.

So why all the disasters? The Gods are displeased. Lying is our nature, and we have committed the greatest of sins. Two years, three and a half months ago we cast the greatest liar this country has ever known out of office. We castigated the strongest symbol of our culture.

Really, the guy was a great liar. He stood for our culture. He acted almost as the Gods would have us act. And we threw him out. This has infuriated our creators and so we are left with all this chaos.

President Ford pardoned the man but that is only an admission of guilt. How could we call the man who personified our society guilty? Oh, Atlantis.

We need to repent. We must continue to lie with gusto and flair. Don't hide your lies! Be proud of them! If you can think of a phony excuse, use it. The Gods must be appeased. There's no telling who may be elected President in 1980. Four years of Jimmy Carter and (choke, gasp) truth (oh, I feel ill) may do terrible things to our nation.

So when you're stretching the facts, or hiding emotions, admit the truth:

You're lying!

more mailbox

(continued from page 2)

legislative session. It is ridiculous to suggest that he is doing it solely to draw the per diem pay—the pay is quite small. Ms. Hayek, as a lawyer, probably charges her clients as much for one hour as a legislator gets for the whole day.

It is particularly unfortunate that the whole article comes out as an attack on Frank Warnke, one of the senior leaders in the legislature. It follows a Thunder Word story this spring on the legislative maneuvering to get authorization for construction of a new library and remodeling of the old library and the administration building. Rep. Shupoch had questioned the last, and struck the whole project from the appropriations bill. It was then Rep. Frank Warnke, a key member of the Appropriations Committee, who made the key motion to restore the Highline request and those of other community

colleges. His motion carried and our project was authorized.

The Thunder Word front page story in February seemed to have been obtained from a Republican legislator who was not on the committee, but who tried to claim the credit for herself, and omitted any mention of Rep. Warnke.

We don't need powerful enemies in the legislature. Rep. Frank Warnke has generally been our friend in the past—please treat him fairly.

Sincerely,
Junius H. Morris,
Librarian

T-Word talks back

Dear Dr. Morris:

First of all we of the staff would like to thank you for your letter. It is the first correspondence received this year concerning an article in

the Thunder Word.

You are correct in several areas. We should have referred to Rep. Warnke as such; we should have contacted him; the article should have been other than front page.

There is no reply for the first error. However being students and members of the labor force as well as budding journalists leaves our time at a minimum. We also question the availability of Rep. Warnke during election time.

Secondly there was little else in the issue that warranted front page treatment. Had there been anything else we surely would have used it.

The article was not propagandizing Ms. Hayek's views, it was reporting them. If you do not think the views of a political candidate are of interest to the public, then you should be writing letters to the countless other newspapers that also print such interviews.

In the June 4, 1976 issue of

the Thunder Word we printed a similar article on a congressional candidate and we received no complaints. He mentioned nothing of his incumbent opponent because he didn't have one.

It is not true that the only fact presented in the article was Ms. Hayek's candidacy. Several of the things mentioned were actually done by Rep. Warnke; we believe that qualifies them as facts. You seem to ignore this.

It is true that Ms. Hayek could not have single-handedly achieved efficiency and/or special levy relief. If these claims were foolish than the discerning voter would have realized this and voted accordingly. We are flattered by the fact that you feel the Thunder Word has so much influence.

The headline was not biased. It summarized Ms. Hayek's claims. We have long believed that was one of the primary functions of the headline.

The charges printed were

not last minute. As we understand it Ms. Hayek had been making those claims since the campaign began.

Obviously there are many debts owed to Rep. Warnke. However to quote the statement in our masthead, "The opinions expressed herein are not necessarily those of the college or its student body." We would hope that he would not take the article, as you seem to have done, as a personal attack by the college.

Perhaps in the future we will be able to get replies to such articles. As for the article itself we feel you are off the mark. Thank you for your correspondence.

Sincerely,
The Staff

RECYCLING



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. Chucki De Santis, HCC student, is a certified professional graphologist.

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

Graphology is much older than most people might suspect. It originated in Europe about 200 years ago when psychology was also being formed. Many of the same people who worked to develop psychology also developed graphology. In many of the major universities in Europe today, graphology is a required course for psychology students.

Graphology is used in a wide range of capacities, from frivolous to intensely serious, in personal lives and major corporations.

To use the science effectively it must be known what it is you're looking for. The personality traits that are looked for are defined in certain areas of the handwriting. Knowledge of this combined with practical experience gives remarkable accuracy in the hands of an expert.

Even so, Chucki says that all things involved must be evaluated separately and together. "Handwriting analysis is based upon the concept that handwriting is a symbolic means of expressing thoughts and feelings. What may mean one thing in a certain case doesn't have to mean the same thing in the next person."

Things like "i" dots can indicate irritability by a slashed dot or insecurity by tiny circles for dots. Liars are given away by double loops of the circle letters. Organization is shown by upper and lower loops of letters being made the same size. Even flirting is indicated with a fine line through small a's or d'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 don't 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



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

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.

*they did eventually figure out
so defeated Williams showed the
bravery of Montezuma by showing
how clever he was. Is this true?*
Terry M Sell
*some analysis
being possible*

A preponderance of angular formations in all zones would indicate a probing, analytical mind. Considering the largeness of the writing, this exploratory mentality is found to be paired with a lack of objectivity.

A combination of heavy pressure and emphasis on the middle zone are indications of emotionalism (though not always expressed overtly) and self-interest, which would support subjective reasoning. This would not be a desirable combination for a scientist, but for a newspaperman, it would be fine. Editorials by this personality should be avoided unless no emotion is involved.

It should be noted that any of these graphological features may take on an entirely separate meaning when found in different combinations and degrees i.e. hand writing of a different personality.

Heart attacks need not be deadly

by Jean Olsen

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 first aid 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 involve a clot 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 throughout one or both shoulders; gasping and shortness of breath; pallor or bluish discoloration of the lips, skin and fingernail beds; extreme prostration and shock, as a rule. Vomiting is often associated with a heart attack, also.

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 manikin practice in performing individually as well as part of a team and periodic retraining.

unless first aiders have repeated experiences administering CPR, the American National Red Cross warns. CPR should only be carried out by qualified persons (those with sufficient training).

According to the American National Red Cross, the main priorities involved in CPR are: opening the airway; restoring the breathing; restoring circulation and definitive therapy in that order.

Definitive procedures include diagnosis, drugs, defibrillation and disposition and should only be carried out by qualified physicians or other members of health professions, such as authorized paramedical personnel.

The last two above priorities require special supplemental training and should not be attempted by individuals who have not had sufficient training.

External cardiac compression consists of rhythmic pressure over the lower half of the sternum and must always be accompanied by artificial ventilation. This type of pressure will compress the heart and produce a pulsatile artificial circulation.

Basically, there are three 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 spasmodically and the heart beat is very rapid and weak. Common causes include heart attack and electrocution. CPR will not defibrillate.

The third and last 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 (preferably sitting up as there is usually a shortness of breath); provide ventilation and at the same time guard against a draft. Call an ambulance equipped with oxygen and notify the victim's doctor.

To avoid a heart attack, you should have a checkup every year after the age of 40, control your weight, don't exercise strenuously if you're not used to it and get adequate rest.

Six clubs get recognition

The HCC Student Union meeting of November 8 brought the official recognition of six clubs.

These are Student Washington Education Association (S.W.E.A.), a club to stimulate growth of the highest ideals, professional interests, and attitudes for those people interested in the teaching profession; the Hiking Club, who shall promote, advance, and encourage the sports of hiking, climbing, and other similar outdoor activities; the Ski Club, an organization interested in advancing the sport and competition of skiing; and Phi Theta Kappa, which recognizes and encourages scholarships, and benefits the students of HCC interested in a university parallel academic program.

Two new clubs have also been recognized; the Political Forum Club, that will work on current political issues of concern of club members; and the Pep Club, that will be generating excitement and interest in our school's athletic program.

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'Self awareness is possible through numerology' - Davisky

by Rory 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.

subconscious mind and people. His theory being that to get ahead in this world one must know how to read people, how they act and react to all situations. He began with the science of Astrology, but found that the use of all the mathematics involved was much too mind-boggling. So with the help of his astrology teacher he turned to Numerology, found it very interesting and lots easier to work with. He has devoured everything having to do with this science ever since.

symbols is the foundation of Numerology.

A numerologist will take your name at birth, your present name and your birthdate. The letters in your name have a number equivalent, these numbers are added together and the numbers in your birthdate are added (i.e. 10/13/47). The result can give him a very good idea of the type of person you are, have been and will be; even things to look out for in your future.

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 flowing around and through her. That is why a husband may say to his wife: "You're just not the same woman I married x-number of years ago. What has happened?" What has happened is that she changed her name to his. This may sound rather abstract, but Davisky is very adamant about it.

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



John Hale Davisky...lecturing on the Science of Numerology.

Numbers have certain values, both concrete and spiritual. The spiritual or metaphysical use of numbers is to teach each man the lessons in life that he should be learning throughout his lifetime.

John began his study of Numerology seven years ago when he wished to study the

The ancient Greek philosopher and mathematician, Pythagoras was the gentleman who, besides founding the first university, also developed structured mathematics. His system of numbers is what we use today and his theory of numbers as energy-bearing



1961 AND TODAY...Dr. M.A. (Pat) Allan was Highline's president for its first ten years; Dr. Shirley Gordon is acting president this year. She will be greeting alums 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/ideas 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 Gurule, 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 Christianson, Mary Denny, May Hein, June Hitchcock and Emilie McCurley.

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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 discussions, 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 four-part series is designed to teach women the how and why of decision making. One need not have participated in the first two series to be able to attend the Nov. 23 program, "Taking our Bodies Back: Deciding for Ourselves Sexually" or the Dec. 7 "Where will You Be When You're Old?" These programs will be held at 7:30 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 women who have recognized education as a liberalizing 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

Author here today

Washington writer Jack Cady is in the middle of a visit to Highline to give an extensive series of lectures and discussions on writing.

Yesterday Mr. Cady discussed creative writing in the Lecture Hall.

Today from 10 to 12 o'clock he will be holding a fiction writing workshop in the Mamook Building (#4) and at 1 o'clock he will hold a public lecture discussion, both to be held in room 123.

In addition to writing, Cady also has worked as a teacher and lecturer. From 1968 through spring 1973 he taught in the English department at the University of Washington, and from 1973 through spring 1974, he taught at Knox College in Galesburg, Illinois.

He also taught at Clarion State College in Clarion, Pennsylvania during 1974 and at the Centrum Foundation in Port Townsend.

Over the past years, he has lectured in nearly fifteen universities in seven states.

Cady's collection of short stories entitled, "The Burning" won the Iowa Award for short fiction in 1972. Other stories appear in "The Best American Short Stories" for the years 1966, 1969, 1970, and 1971, and in The American Literary Anthology, 1971. He also has works for the Atlantic Monthly and Yale Review, among others. His novel, "House of Time" is forthcoming.

also depends upon the women on campus: their ideas, and feedback on how the center can help them, and what special programs they would like to see initiated.

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.

VA pays tutorial costs

Veterans and servicemen enrolled in college under the G.I. bill who need tutorial help can be paid as much as \$65 dollars a month up to a maximum of \$780 dollars for tutoring.

The tutoring is not charged against the veterans basic educational entitlement.

Tutorial benefits are also available to widows, widowers, spouses and children studying under the VA's Dependents' Educational Assistance Program.

"Veterans and servicemen studying at the post secondary level on at least a half-time basis are eligible if they have a deficiency in a subject required in an approved program of education."

"Application should be made within a year of the tutoring. It should be submitted to the VA regional office which maintains the veteran's claim folder and it should be certified by the school" the VA said.

Christmas food drive

A Christmas food drive to help those in need starts today and ends Dec. 10. The event is sponsored by the Highline College Classified Staff, Canned Goods and staples are needed but no perishables will be accepted.

Boxes are in faculty buildings, the administration building, the library, the counseling center, and the maintenance and operation building.

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GUARDING THE CATCH... Larry Young of the Lakoda tribe watches over the salmon while it roasts Indian style.



story and photos

by

Terri Gailfus

DRAWING A CROWD... If success is measured by numbers, then the Minority Affairs salmon bake was a smoking success.

Salmon bake nets dollars

Salmon roasting on an open fire, Jack Frost nipping at your nose, Yule-tide carols being sung by a choir, folks dressed up like Eskimos...

Salmon?

Well, maybe Jack Frost wasn't there, or a choir, but there was plenty of salmon as Minority Affairs sponsored a salmon bake Nov. 3 here on campus.

"A lot of work went into it, and we are really pleased with the way things turned out," stated Lee Piper, director of Minority Affairs.

The salmon bake raised \$198.00 clear. The funds are to be placed in a special account for the American Indian Student Association (AISA).

The association is presently

undecided as to what to do with the money. Ideas include buying cultural books, bringing speakers to HCC, or other activities.

Besides Indian cooked salmon, the meal included fry bread, tossed salad and potato salad. The price was \$2.00 per plate.

Last year the fish were donated for the salmon bake by Puyallup fisherman. Because of the bad fish season Minority Affairs was forced to buy the fish this year. The cost was \$125.00.

"It was a beautiful day for a salmon bake," exclaimed Ms. Piper. She added that it wasn't luck, it was planned: "We did a sun dance the night before."

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.

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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.

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Dec. 9 Fashion Merchandising show at Sea Tac Inn

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

The show is one of the major learning experiences of the program. The entire show is being produced by students of the Fashion Production and Promotion and Display classes.

The agenda begins with a no-host social hour at 6:30 p.m. The dinner starts at 7:30 p.m., the fashion show at 8:15 p.m. The Parable, a jazz ensemble, will entertain during the show.

"Hacks and Haberdashers" will be open to the public. Tickets are \$10 per person. Pre-paid only reservations can be made by contacting Ms. Pratt, Fashion Merchandising program director at 878-3710, extension 316.

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HCC Bookstore

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

story by Lois Steffan
photos by John Luman



KEEP CLEAR ... When these flags are flying, it is a warning that divers are down, keep clear. The flag at the top of the mast is the commercial divers' flag; the one below it, the sports divers' (scuba) flag.

"The nuts and bolts of diving" is how diving technology students refer to their chosen profession. They are enrolled in a two-year course which will give them the necessary training for a job in the undersea labor industry.

They are the divers who will be working underwater laying pipe, building bridge foundations, assembling prefabricated tunnels and installing piers.

They are the future crews who will work the oil fields and maintain offshore oil rigs and take part in salvage operations. Using pneumatic tools they will labor underwater, sawing, welding, cutting, hammering.

They will blast rock where clearing is necessary and do all the jobs their fellow laborers on the highways do. But they'll be performing their work from 30 to 160 feet under water.

The brainchild of Dr. David Story, then assistant dean of vocational education, and Dr. Duane Chapman, instructor in Oceanography, the course in diving technology was begun in 1967. From a commercial diving school in California, HCC enlisted the services of Peter Williams as the new program's diving instructor.

Williams, a master diver, trained in England's Royal Navy, had traveled all over the world doing commercial diving. Maurice Talbott joined the program in 1971 as an instructor and became its director last year. A retired lieutenant commander, he had been commanding officer of a diving and salvage unit.

Much of the school's

equipment, including a 2-man diving bell for depths over 165 feet and a decompression chamber, were received through Sea Grant. The diving pier in Redondo was built in 1974 with state funds.

Some commercial companies are generous with gifts of equipment to the school. The program recently received a new DM-7 helmet from General Aquadine Inc. Since a helmet costs about \$1,200, donations such as this are greatly appreciated.

With an employment rate now averaging 75% of the students, the school is regarded as one of the finest in the United States.

Andy Majewski decided on a diving career when he left the Navy (many of the diving students are veterans). "There are only about a dozen diving programs around the country," he said. "Highline was recommended to me as one of the best."

Because of the hard work and top performance that this type of profession demands, admission requirements are strict. There are medical tests to pass, scuba certification to obtain and a careful screening to undergo before 50 first-year students are accepted.

Except for scuba diving, the first three quarters are spent in classroom work studying construction technology, blueprint reading, power mechanics, industrial first aid, oceanography, hydraulics/pneumatics and welding.

The fourth (Summer) quarter introduces the student to helmet diving both classic and contemporary.

The top 30 students are then



TASK ACCOMPLISHED ... Diving students congregate on Redondo dock around diver who has just been brought up after completing a series of buoyancy control exercises. The divers do not wear gloves because of the intricate adjustments called for in their assignments.

chosen for the second year. Working from the Redondo dock in 30- to 60-foot depths, the students devote many hours to getting familiar with all the gear, learning the equipment's capabilities and limitations and becoming accustomed to moving and working in it.

Mike Fields, a second-year

student, describes a little uneasiness on his first few "hard hat" dives. "There was a little apprehension — not fear — everything was just new and strange," he said. "Once you learn the gear, then you're all right."

One of the first skills to master is buoyancy control. By moving their fins and ad-

justing the valves on their helmets they are able to maneuver or stay in a desired position.

Manual tests are first simple knot tying to determine the student's performance abilities underwater. (The students dive without gloves because most of their work requires a sensitive touch.)

Strict safety rules are a must in this environment, and each student knows the danger of carelessness. Williams quoted an old credo: "There are bold divers and there are old divers, but there are no old, bold divers."

Each diver on the air line has a tender who is responsible for his safety, and the students take turns in this role. Communication is via an intercom system supplemented by a series of hand signals.

When the students have "learned their gear" they go on to more demanding tasks that simulate actual job situations. These include welding, cutting, assembling pipe and utilizing the diving bell. Blasts with underwater application, is learned at a rock quarry in Black Diamond.

After obtaining an associate in applied science degree, the diver will probably serve an apprenticeship with a diving company before becoming a fulltime diver. He will most likely be working for a company under contract to an oil corporation with offshore rigging in the Gulf of Mexico.

The pay is good. Fields admits it's what convinced him to enter the profession. "I enjoy diving and had been

doing scuba diving for three years before I joined the program," he said, "but I guess what interested me was the money; it's very good in diving."

Williams agrees (two former students are earning over \$60,000 a year), but says, "We try to discourage the 3 D's diver - Dives, Dollar, Dare." We want safe, responsible divers, not ones who'll take risks for money, he added.

Jerry Flaherty looks for his biggest satisfactions in welding jobs and the travel opportunities that will be a big part of his career. He says his

first move will be to Louisiana "because that's where all the jobs are — in the Gulf."

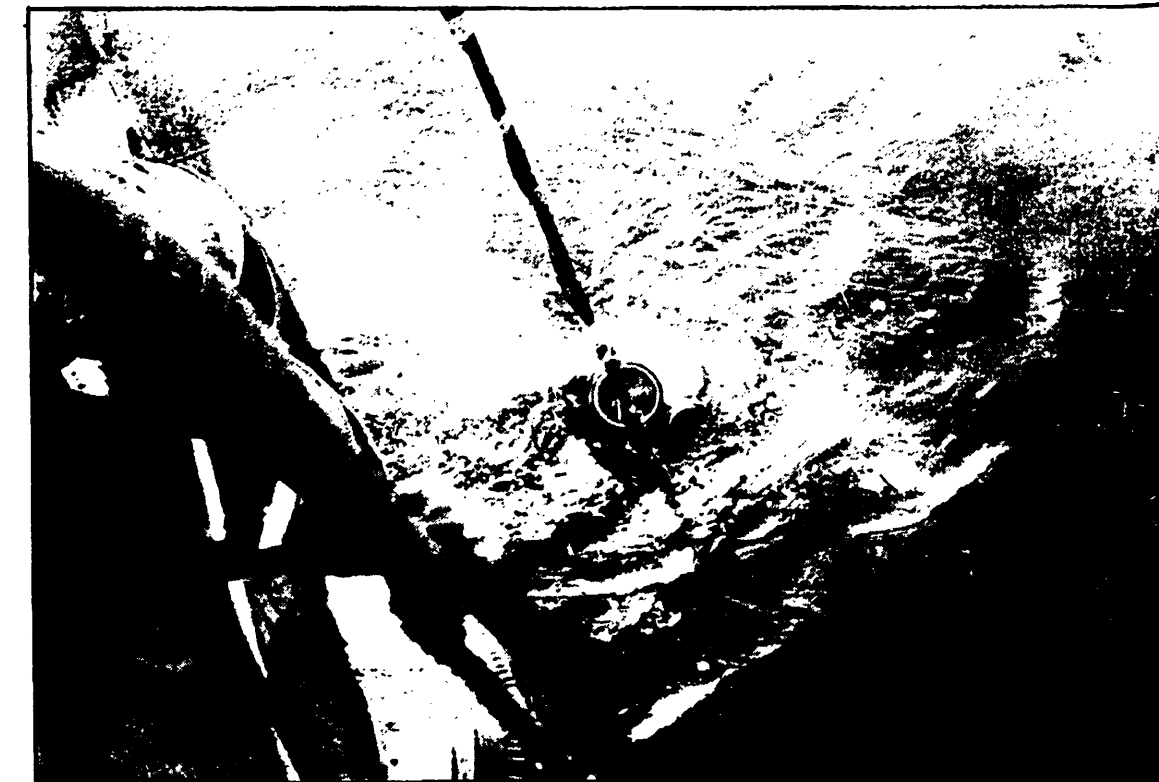
In 1970 the diving classes took part in the Department of Interior's Tektite project in the Virgin Islands. All students then enrolled earned credits and salary by serving as surface support and safety divers for aquanauts living in a habitat at a 50-foot depth.

(The project title comes from the small meteorites which survive the fiery plunge through the earth's atmosphere and often come to rest on the ocean's floor. The name was selected to symbolically link

oceanographic and space scientific interests in national undersea programs.)

An advisory committee, made up of both management and labor from the diving industry and a representative from Virginia Mason Research Center, meets with Talbott and Williams at least twice a year to go over the courses to suggest changes and incorporate new technology.

This effort, in addition to the high caliber of instruction, assures HCC's diving technology program will remain "one of the best."

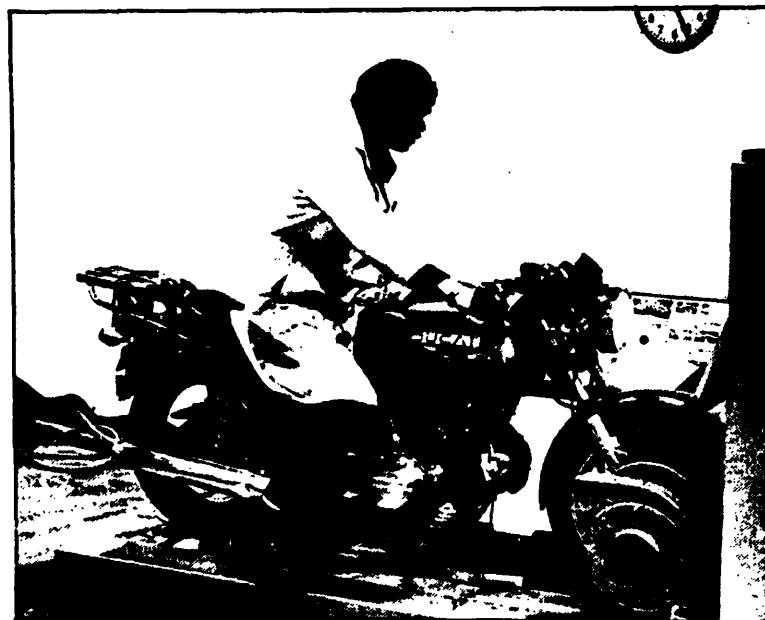


"BRING YOUR DIVER UP!" ... A student ascends with the assistance of another student (not shown). Each diver is assigned a tender who is responsible for his safety.

centerfold

No problem too small for Sports Vehicle Program

photos by Douglas Sims
story by Jerry Fritzmann



100 MPH ... Sports Vehicle Maintenance Program Director Bruce Robertson revs up his Ducati on the Program's motorcycle dynamometer. The dynamometer measures many of the vehicles working functions while the Motorbikes rear (drive) wheel spins harmlessly on the machine's treadmill.

Training students for a career is a goal not uncommon among vocational training programs. It's the subject matter that sets Highline Community College's Sports Vehicle Maintenance Program apart from the rest of the Occupational Division.

Program director Bruce Robertson's 20 students spend a lion's share of their three quarter program working on lawnmowers, snowmobiles, outboard motors, and other gasoline-powered sports vehicles. In the course of the program the students learn how motors work, tune-up and adjustment skills, engine rebuilding, and gearbox overhauling among other things. They receive a lot of instruction on electrical systems, according to Robertson, a sore spot for many students. "Everybody needs lots of help on electrical systems."

Robertson believes that sports vehicles are in some respects harder to work on than cars. He cites the engine size (most sports vehicles have engines 1/4 the size of automobile engines) and a larger number of parts in sports vehicle engines as examples.

Another dimension is the two stroke engine, common in sports vehicles but unheard of in automobiles. "Lots of car

people just don't understand two strokes," Robertson commented, adding that because the small engines put out proportionately more horsepower, they must be moved to the new Occupational Building last January, a wide range of special tools were included. Among them are a glass bead cleaner, a drastically cuts the time involved cleaning parts, and a motorcycle dynamometer, utilized to test motorcycle power.

The dynamometer allows us to test bikes in the shop," Robertson said, "without having to drive them 100 mph on the road."

The spacious quarters now occupied by the Sports Vehicle Maintenance Program are a far cry from its humble origins five years ago. "In a miserable little hole over by the welding shop, with very little space and almost zero equipment."

Problems of attrition of students from the program have led Robertson to institute a competitive examination to screen students. "A good score shows that the prospective student has sufficient mechanical aptitude," said Robertson. "We accept students on the basis of their aptitude test and their previous experience in the field ... Several of the

students are now working in shops around the area."

The Sports Vehicle Maintenance Program has yet to encounter a problem that they couldn't solve. "We've been stumped for a while," Robertson claims, "But we have a reputation of solving problems that have been turned down at other places."

Robertson's path to Highline Community College was "practically typical for a vocational educator. He has a Bachelor of Arts in English from the University of Washington. "A lot of people with similar backgrounds end up in the vocational field," Robertson commented. "It seems like an odd combination, and it is."

The instructor got into sports vehicle maintenance during high school, where he worked part-time in a motorcycle shop. The vocational field was a most logical career prospect after college because, "I didn't want to teach English."

Robertson has tentative plans to make use of this English degree by writing a textbook for sports vehicle maintenance programs. "I only know of one book right now, and I can't ever get a copy of that," he mused. "There's room for someone to write a book, and I'd like to do it but it will be a lot of work."

At present, only the

students enrolled in the program have access to the sports vehicle maintenance training here. The students take 12 credits in the shop and three related credits each of the programs three quarters. Beginning this year the program started Summer Quarter because, in Robertson's words, "demand is seasonal, and the season starts in spring."

The program's uniqueness is attested to by the fact that only one other school in western Washington has a similar program, and that is at Bate Vocational-Technical school in Tacoma, a private institution.

Although most of the vehicles worked on in the program are fairly typical types such as motorcycles and lawnmowers, a student last year brought in a 1954 Matchless, a vehicle that Robertson categorizes as being "very rare." Robertson and his students managed to fix even that one.

The cost of getting work done on your sports vehicle by HCC students is minimal. You pay retail costs for any parts, and a small miscellaneous charge to cover items such as cotter keys, nuts and bolts, oil, et cetera. The work is good and there is no charge for labor, and that in Bruce Robertson's words is a "pretty good deal."



NOT REALLY A MESS... Although it may seem otherwise to the casual observer, the

Sports Vehicle Maintenance Program's shop is very organized.

arts & entertainment

Larry Steagall
Rock Steady

ZZ Top Boogies Stewart Exquisite



YEAR OF THE CAT ... One of the Northwest's favorite musicians Al Stewart (on guitar) along with Peter White perform the melody on "The Dark and the Rolling Sea." photo by Larry Steagall

The largest tour in rock history, "ZZ Top's Worldwide Texas Tour: taking Texas to the People" stampeded the Seattle Coliseum on October 23. This current blitz will take the Texas trio to an audience of over two million rock fans worldwide. Their popularity in Seattle has soared dramatically, a year ago they played before less than 5,000 people in the same building.

The "Texas Tour" used twice as much equipment as did the Rolling Stones on their 1975 tour. Using a stage shaped like their Lone Star State, two black "buzzards," two rattlesnakes; one long horn steer; and a 2,000 pound black buffalo, it's not hard to see why they have been setting attendance records. However, the steer and the buffalo were only on stage for the opening minute of the show.

Billed as "that little ol' band from Texas" ZZ plays a loud brand of bluesy boogie rock that gets an audience jumping.

Onstage in sparkling specially made "Nudie" cowboy suits; bassist Dusty Hill and guitarist Billy Gibbons, looked like

extras from a Tom Mix movie instead of rock stars.

ZZ Top's songs originate from the past experiences the trilogy has had on the Texas prairies. Songs like "La Grange," a tune about a defunct whorehouse, "Precious and Grace," a song about two girls they picked up hitch-hiking, who were the ugliest girls they've ever seen, are prime examples.

Lead guitarist Gibbons started out as a protege of the late Jimi Hendrix, it shows periodically in their music. Gibbons and Hill show a great camaraderie for each other; strutting back and forth together, then up to the mikes simultaneously to share vocals.

Known as "Beer drinkers and Hell raisers," ZZ Top is the one band that is making Texas as big as England on the rock map.

The live Al Stewart sounds exactly the same as the recorded Al Stewart; beautiful. Seattle audiences have put Stewart on the rock-n-roll map and you could tell he was out to play extra hard here. Nowhere else but in Seattle could Stewart headline two sold-out

shows, as he did the Paramount on October 29 and 30. By the caliber of music he plays I guess it proves that Seattle goes for sophisticated music.

I found myself leaning back, closing my eyes and singing the lyrics to myself.

The two best songs of the night were Seattle's favorite, "Roads to Moscow," where he used still photographs of the German invasion of Russia, and "Carol," the most electric number in his performance.

The only faults with the concert were that Tim Renwick's replacement wasn't as fluid and missed a lot of chords. Stewart's band also took too many breaks between songs instead of going right into the next number.

Concert Guide: Tomorrow night and on November 22, Wildman Ted Nugent headlines two shows at the Coliseum. Tickets can be purchased at Fidelity Lane. November 23, the "Irish Axeman" Rory Gallagher plays the Paramount. Tickets are on sale at all Paramount outlets. On Thanksgiving day, Blue Oyster Cult and Bob Seger destroy the Coliseum. Tickets are being sold at Fidelity Lane.

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 Corporation.

The competition is being conducted in cooperation with Playboy Magazine, Pioneer Electronics of America and Bell & Howell/Mamiya Co., under the billing "FOCUS - Films of College and University Students."

FOCUS is open to any student in the United States enrolled in a college, university, art institute, or professional film school. The competition provides an opportunity for college-level film students to compete for Datsun automobiles, scholarships, and film equipment in the categories of filmmaking and film study.

Nissan, distributor of Datsun cars and trucks in the U.S., has expanded the college-level creative competitions it has conducted over the past years with the announcement of this film competition. Other annual competitions are a student writing contest and a student advertising contest.

The film competition is the first annual event on college campuses to reward excellence in filmmaking and film study. According to

Robert Kent, Vice President-Marketing Services for Nissan, the competition was established to "provide the more than 100,000 college-level students involved in film study each semester with an opportunity to achieve recognition for their work in a nationally significant contest."

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 in 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 imaginatively in developing a full-length piece of film criticism, history or theory exploring the theme.

Entrants will be judged on their ability to express, within their chosen category, what the Road means to America and Americans in terms of values, attitudes, and myth. Duplicate awards are provided in each category: 1st Place - a \$3,000 scholarship

and a Datsun B 210 Hatchback; 2nd Place - a \$1,000 scholarship and a Bell & Howell 1744Z Super 8 film projector; 3rd Place - a \$500 scholarship and a Bell & Howell 1742Z film projector; honorable mention - a Bell & Howell 1733Z film projector.

To recognize the role of the college or university in acquainting students with the competition, the two schools where both first place winners are in attendance will win a Datsun automobile for use by their respective departments.

Special advisor for FOCUS is Dr. Gene S. Weiss, Associate Professor of the University of Maryland and Director of the Radio-Television-Film Division of the Department of Speech and Dramatic Art.

Two separate boards of judges composed of renowned individuals in the film, literary and education fields have been established to evaluate entries in the filmmaking and film study categories.

Pre-screening of film study entries will be conducted by Playboy Magazine's editorial staff. Among the final board of judges for the film study are critics Judith Crist of Saturday Revues; Andrew Sarris of the Village Voice;

Roger Ebert of the Chicago Sun-Times; Arthur Knight of the Hollywood Reporter; and Bruce Williamson, contributing film editor for Playboy Magazine.

Pre-screening filmmaking judges are Frank Kavanaugh, Executive Producer, Airline Productions; David L. Parker, head, Technical Unit, Motion Picture Section, Library of Congress; Thomas Radford, Film Coordinator, National Endowment for the Arts; Marian Pearson-Allen, Instructor, Radio-Television-Film Division, Department of Speech & Dramatic Art, University of Maryland.

The final board of judges in the filmmaking category will be announced at a later date.

Winning first, second and third place entrants 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 the Sheraton Universal of Los Angeles and the New York Sheraton.

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 Datsun'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 Avenue, New York, N.W. 10036.



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INTERNATIONAL LECTURER...Sukadeva das Adhikari, spent two years at Yale and has traveled to India four times. A disciple of A.C. Bhaktivedanta Swami he is Temple President of the Seattle, Hawaii, Laguna Beach and Phoenix temples.

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 styles.

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 hear in his mind the exact note every instrument makes. Hovhaness said: "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 separation from nature;" how man is meant to live as part of nature and not to contour 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."

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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, November 22, 23, 24.

ISKCON is a worldwide, nonsectarian movement dedicated to propagating the message of the Vedas, India's ancient spiritual and philosophical texts, which teach that the human form of life is meant for reviving our original God consciousness through the practice of spiritual discipline.

Speakers in each of the seminar classes will stress the relevance of practical application of contemporary Vedic thought upon all fields of knowledge.

Highlights of the three day event will be a musical recital and public address on Tuesday at noon in the Lecture Hall and a question and answer booth on all three days in the Student Lounge.

ISKCON was founded in 1966 by His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, who had come to the United States a year earlier on the order of his spiritual master (Sri Bhaktisiddhanta Sarasvati Goswami) to teach Krishna consciousness in the Western World.

Over the years the society has grown in popularity and influence, 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 lives of ISKCON's members is grounded firmly in the teachings of the Vedic literatures, specifically the Bhagavad-Gita and the Srimad-Bhagavatam; second, the spiritual master and founder of ISKCON, His Divine Grace A.C. Bhaktivedanta Swami Prabhupada, is a leader of substantial erudition and integrity.

As the current representative of an unbroken chain of self-realized spiritual masters, reaching back to Lord Krishna himself, His Divine Grace is the leading exponent of Vedic culture in the world today.

Once a year the members of ISKCON journey to the Society's International Headquarters at Sridhama Mayapur, West Bengal, India, where the Institute of Vedic Studies is located.

Visitors from all over the world can learn about Vedic culture and witness it in practice. Presently the world center includes a large facility for massive distribution of food to thousands of needy families.

Another major Indian center is in Vrndavana, the birthplace of Lord Krishna, where the Society has recently opened the magnificent Krishna-Balarma Temple and International Guest House.

Any further information regarding the lecture series or the Society can be obtained by contacting Bob Wilson at 324-4983 or 329-9348 between 9:00 a.m. and 5:00 p.m.

INTERDEPARTMENTAL LECTURE SERIES

Nov. 22

Monday:

9:00 a.m. Eastern Philosophy	Dr. Roy	Rm. 10-204
10:00 a.m. Introduction to Philosophy	D. Jones	Rm. 10-204
11:00 a.m. Intr. to Philosophy	D. Jones	Rm. 10-204
12:00 p.m. Sur. of Anthropology	Dr. Roy	Rm. 22-203

Nov. 23

Tuesday:

8:00 a.m. Survey of Society	W. Dodd	Rm. 21-203
9:00 a.m. Survey of Society	W. Dodd	Rm. 21-203
11:00 a.m. Survey of Society	W. Dodd	Rm. 21-203
12:00 p.m. The Orig. Transcendental Med. with Short Musical Recital		Lecture Hall

Nov. 24

Wednesday:

9:00 a.m. Ec. Princ: Overview	P. Droke	Rm. 10-202
10:00 a.m. Culture and Man	M. Campbell	Rm. 22-203
11:00 a.m. Culture and Man	M. Campbell	Rm. 22-203
12:00 p.m. Ec. Prin. Overview	P. Droke	Rm. 10-202
1:00 p.m. Culture and Man	M. Campbell	Rm. 21-203



VRINDAVANA, INDIA....The ISKCON temple at the birthplace of Lord Krishna was constructed in 1974 and is already a popular pilgrimage site.

Chief in pow wow



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 on the J.P. Patches show, Tuesday, Nov. 23, at 7:30 a.m. on channel 7.

First Chamber Dance Company prepares

by Carolyn Williamson

Anticipation and excitement fill the air around the Highline Arts Center as First Chamber Dance Company make the final preparations for their concert to be given at 8:00 p.m. on Nov. 30 at the Seattle Center Opera House.

The program for this concert is especially exciting. This evening has been chosen for the world premiere of "Cenogenesis" a new rock 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 Bays, Raymond Bussey, Donna Silva, and Sara de Luis. Sara de Luis, talked about qualities a dancer needs.

"Talent, discipline, and sacrifice are needed and talent goes no place 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.



SARA DE LUIS, DANCER ... "You are a better artist if you have to work hard." photo by Rory Lee Thiemann

Center. Also on the program is a fun dance "Assorted Rags," and a comedy "La Châsee" as well as the beautiful classical pas de deux from "Don Quixote," and a neo-classical Spanish ballet "Aire y Gracia."

The members of the First Chamber Dance Company have been officially "artists in residence" at Highline Community College since Oct. 18. The working relationship established between HCC and the First Chamber is the first one of this type between a group of performing artists and a community college in this 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 soloists with 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 essence of dance and to translate 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 Agnese, Frank Bays, Sara de Luis, Flemming Halby, Douglas Hevenor, Alexis 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 Danish Ballet, Ximenez-Vargas Ballets Espagnol, Harkness

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 behind the Iron Curtain in a competition such as this one.

His prize winner, the



THE IMPORTANCE OF BALLET ... "Ballet is the foundation for anything, like learning a scale." photo by Rory Lee Thiemann



"AIRE Y GRACIA" ... First Chamber dancers perform a ballet choreographed by Theodoro Morca with music by J.S. Bach. photo by Carol Beach

"Albinoni Adagio" later won the gold medal and first place for choreography in the First World Ballet Concours in Tokyo, Japan on February 5, 1976.

Well known as a touring company, First Chamber has travelled 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 the New York area. 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 Harriet Cavalli, executive administrator for the Company. She added that they were pleased with the student 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 Ms. 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 \$10.00, but there is a 15% discount for senior citizens and students. Tickets for a First Chamber performance are in great demand. Anyone who would like to attend the concert would be wise to place an order at once.

sports

Netters invincible T-birds move on to state

The Highline College volleyball team assured a state playoff berth as they raised their record to 10-1 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 post season playoffs in the HCC pavilion Nov. 22 and 23. They will go to Pasco Dec. 2 to compete in the state tournament.

Ft. Steilacoom, the only team to beat Highline this year, was an easy target for the T-Birds this time. After winning the first game 15-3, with great teamwork and excellent spiking by Cindy Ochs, Cheryl Taylor, Kathy Wales and Cheryl Osborn, the T-Birds got off to a 14-0 lead in the second game.

HCC's Sandy Imano was the only server until Fort Steilacoom finally got the ball and scored six points. Kathy Wales smacked the final serve in for the 15-6 victory.

The third game showed some new faces as Carole Calvin and Michelle Schimling replaced Imano and Ochs in the starting lineup. While the HCC netters were piling up the points, coach Eileen Broomell inserted Latricia Thomas, Darvee Olsen, Brenda Berend and Shelly Anester. These netters won the game 15-6, as the T-birds beat Fort Steilacoom 3-0.

Green River college was edging toward Highline's first place spot but the T-Birds quickly pushed the Gators back on Nov. 10 with scores of 15-13, 16-14, 15-7. The HCC

netters took an early lead and were ahead throughout the game and won 15-13. The second game saw GRCC take an early lead but behind spiking by Cindy Ochs and excellent saves by Cheryl Taylor and Sandy Imano the T-Birds won 16-14.

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

Highline college hosted the Tacoma Titans Nov. 5 and the T-Birds came out on top 15-3, 15-5, 15-12.

Lynette Brown received special commendation by Coach Broomell as she served the final five points of the first game as well as six more crucial points in the second. Brown also did some excellent setting in both games with help from Sandy Imano and Carole Calvin. Kathy Wales, Cheryl Osborn 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 and Chester as Highline beat TCC 15-12.

The HCC netters traveled to lower Columbia College November 3 and came home with another win by scores of 15-10, 15-11, 15-10. Coach Eileen Broomell singled out Sandy Imano for her fine serves throughout the match.



HIGHLINE COMMUNITY COLLEGE THUNDERBIRDS... (Front Row — L to R) Randy Campbell, Tim Salberg, Tim Pollard, Ken Brooks, Walt Greer (Second Row — L to R) Don Smith, Pete Mezich, Barry Wolf, Dave Anderson, Mark Stucky, Russ Parkins, Robert Keller, Rob Stone.

photo by Virgil Staiger

Hoopsters short but sweet

NOTICE:

If you can stand up and walk, please report to any basketball coach on the Highline staff. The only other requirement is that you have to be over six foot eight.

No, the basketball team isn't asking for more bodies, it's just asking for bigger ones. Basketball is a game of size and speed, but this year's T-birds team can only brag about the latter.

Dave Anderson, the tallest of the T-birds at 6'7", will be out indefinitely due to an early season injury.

That leaves Mark Stuckey from Tumwater as the big man, but he won't get any nose bleeds or dizzy spells from height. Stuckey is 6'4".

Of the remaining ten players on the team, no one is over 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, 5'8" from Roosevelt and Rob Keller, 6'1" who played on last year's Triple-A state championship team at Cleveland.

From the local Highline area are Tim Pollard, 5'10"

from Kent-Meridian, Ken Brooks, 5'11" of Tyee and Barry Wolf, 6'2" from Federal Way.

Tim Salberg, 5'11" is from Kelso. The only out-of-state player on the squad is 6'1" Don Smith of Cincinnati, Ohio.

"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 the 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 Bolinger and Karl Albrecht 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 Aberdeen, on the 26 and 27 of Nov. Then the T-birds return for three straight home games. Highline squares off against Seattle Central on Nov. 30, Shoreline on Dec. 1, and Edmonds on Dec. 4.


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-foot-eight winners out there the Highline coaching staff would like to talk to you.

Phi Theta Kappa
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Phi Theta Kappa will hold a Christmas Bazaar Dec. 1 in the Library lounge. Artifacts and gifts will be sold to raise funds for club activities.

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You can bet on Barbara

AT THE WIRE ... Barbara is out in front. Lady Pat, #2, is shown breaking her maiden (winning her first race ever).

Photos by Jerry Clark, Longacres Racetrack

by Jean Olson

Little Barbara Thompson was only seven years old when she first learned to ride a horse. Today, she's presently the best distaff rider in the 42 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 bare back. She claimed that was the best way to learn to ride. Her speciality 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 Puyallup to train and show horses. She taught at the Aqua 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 interested in racing.

Then Norton came to Seattle and brought Barbara with him. She worked at Longacres during the summer as an exercise girl. From there, 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 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," explained Barbara. "It's extremely competitive. You learn to ride like the riders you ride with."

But 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."

Her main goal at 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



LEADING LADY...Barbara Thompson, leading female jockey at Longacres in 1976.

injuries are minor, if you're lucky.

"You must act and feel like the guys when you're racing, but as soon as you're through you have to be twice the lady. Everything you do really shines out because you're being compared to men."

Does Barbara get nervous before a race? "Sometimes, but when the bell rings and the gates open, you totally forget everything except the race at hand. You use all the wits and skills you've got."

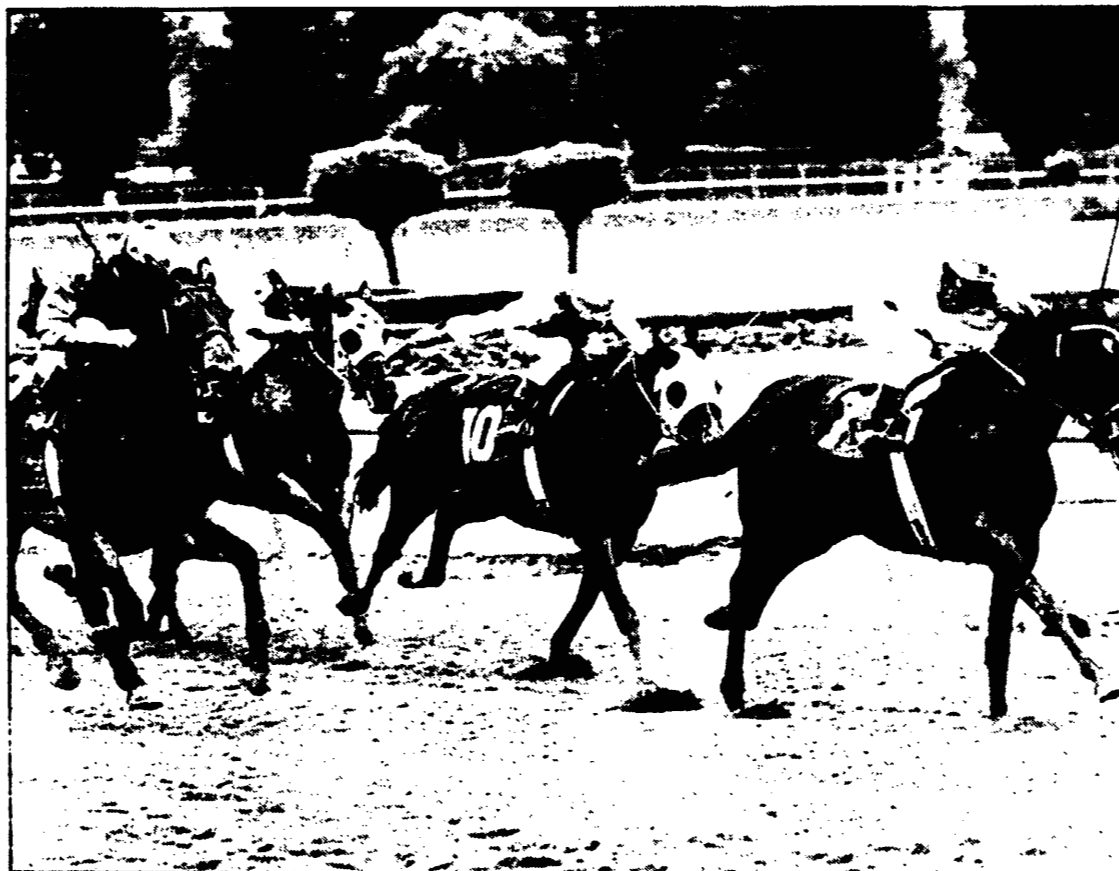
Like the time she took a spill by the rail during a race, got right back up and rode, and won a race later in the day with a horse named Frenchy's Kay.

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

Says Johnny Longden once master rider and now connoisseur owner and trainer, "She is a gutty gal, one of the best girl jockeys I've ever seen."



WINNERS CIRCLE ... This is what it's all about. Barbara and Lady Pat take a bow after winning a sprint race.



GOING NOWHERE FAST ... Nampam, #10, with Barbara aboard, broke fifth and finished fifth.

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Speakers highlight clinic

by Barry Wolf

Highline's first annual T-bird Basketball Drills Clinic was held last Saturday, (Nov. 13) with basic fundamentals, 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 participate in the free clinic, from 8:30 a.m. to 12:45 p.m.

Jack Hubbard welcomed all who attended the event, then introduced the main speakers and clinic participants.

Frank Ahern head coach at Cleveland High School, regarded by many as "Mr. Technician," led off the clinic, with an hour discussion on basic skills, fundamentals and stretching exercises.

Ahern insisted that stretching be done before every practice and that proper stretching exercises can save a team many needless injuries during the season.

"If you don't know how to

pass or dribble, you can't play basketball," expressed Ahern, "and if you want to improve, you must practice every day." Ahern also conducted demonstrations on rebounding, shooting, offensive and defensive maneuvers.

Doyle Winter was next. Winter is regarded as one of the best officials in the state. He officiates in the Puget Sound Region Community College Basketball, Pacific-8 and Big Sky Officials Associations.

Winter has also officiated the state community college tournament since 1966 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, an official's judgement and the rules and rule changes for the upcoming season.

Next on the agenda was H.C.C. head coach Fred Harrison, who introduced

assistant coaches Karl Albrecht, Dale Bolinger and the 1976-77 T-bird basketball team.

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

After running through practice, Coach Bolinger then introduced some fun games that the T-birds do at the end of every practice. "This breaks the monotony of practice," said Bolinger, "plus if they did have a bad practice, these sort of games pick them up again and get them going."

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. This clinic is not to benefit you, but to benefit the youths you teach."



1976 INTRAMURAL TENNIS CHAMPIONS ... (Front row) L to R: Debbie Kampfer, Lynette Brown, Valerie Lim, Kim Taylor. (Back row) Rich DeLorenzo, Randy Goodwin.

Goodwin, Brown take tennis titles

Over 40 students, faculty and staff participated in this year's annual intramural tennis tournament, which ended Nov. 4.

Competition was held in five different categories, including men's and women's singles, men's and women's doubles, and mixed doubles.

In the finals for the men's singles competition, Randy Goodwin defeated Mark Gauthier, 6-0, 6-0.

Lynette Brown defeated Kathy Wales 3-6, 6-4, 6-4 (default) for the women's singles crown. The final set was forfeited by Wales due to illness.

In men's doubles play the team of Rich DeLorenzo and Dan Toohy beat the team of Matt Wardian and Gary Cassidy, 6-2, 6-3.

The Women's doubles competition was taken by Debbie Kampfer and Kim Taylor, who beat Wales and Valerie Lim, 1-6, 6-4, 6-3 for the title.

Lim and Goodwin defeated Peggy Borden and Frank Haydon for the mixed doubles crown, 6-0, 6-0.

Several changes in the tournament format helped things move much smoother this year, Marge Command, women's tennis coach said.

Players were limited to competition in two events this year, which helped speed up play considerably. This move prevented contestants from taking on more than they had time to handle.

Also this year the tournament had two directors, Valerie Lim and Kathy Wales, whom Ms. Command said did much to keep the tournament running on time.

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

The Seattle Marathon

Your feet can make you famous!

Attention All Runners!!!

The 7th Annual Seattle Marathon will be held November 27, 1976, and now is the time to be training. This year's marathon is sponsored by KZAM-FM and the grand prize for the first runner to finish the full 26.2 mile marathon is a round trip ticket to Boston for the famed Boston Marathon in April. There will also be a 13.1 mile half marathon for those not as experienced in running the full marathon distance.

Both runs will start and finish at the entrance to Seward Park on Lake Washington in Seattle. The starting time is 11:00 a.m. There will be preregistration, but sign-ups the day of the event will start at 9:00 a.m. The entry fee is \$3.00 in advance and \$5.00 the day of the marathon.

All finishers of either the marathon or the half marathon will receive an official T-shirt designed specifically for the event. There will be 16 different divisions according to the age

and sex. The first place finishers in each division will receive a trophy.

Last year's marathon brought out 300 runners. With the increased exposure and addition of the half marathon this year many new runners are expected. The event is two days after Thanksgiving, bringing in many visiting marathoners from all parts of the U.S.

For more information and entry forms, contact:

Evan Shull
Meet Director
19620 Ballinger Way N.E.
Seattle, Wn. 98155
(206) 365-3187

Shelly Morrison
KZAM & FM
1200 112th N.E.
Bellevue, Wn. 98004
(206) 454-1540

People needed for CIP

by John Luman

It's a paradox of society that one needs experience to get a job and that one needs a job to get experience. This may seem a situation impossible to solve, but answers do exist.

Students are needed to work in the Community Involvement Project. CIP is a program where students can gain 1-3 credits per quarter plus experience doing volunteer work in the field of their 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: courtroom, drug crisis, grammar school teacher's aides, hospitals, helping mentally retarded, tutoring, personal hygiene and even welding. The list could go on if time and space allowed. Almost anybody can find a related interest in volunteer jobs.

Anyone interested in CIP can get more information and a more complete list of opportunities from George Very, program coordinator, in building 8, room 210, or call ext. 215.

Very is an employee of the Holly House, which is a group home for mentally retarded young adults. He is also a student of psychology here at Highline.

Swine Flu shots are given through Fall

by Marian Forschler

The Swine flu immunization program is part of the HCC 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 a flu shot is invited to stop by the Health Center and discuss the subject, says Gwen Fenbert, R.N., Health Center staff nurse.

Free venereal disease tests are also available to both men and women students at the Health Center. Low-cost pap smears 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 clinic is open 8 a.m. to 9 p.m. Monday through Thursday and 8 a.m. to 5 p.m. Fridays. Students may drop in for a broad assortment of testing, treatment and information.

The Health Center has published and distributed a new brochure listing in detail the services offered to students. Plan to pick one up.



General Science 100 The Roots of Science

There is no beginning of learning other than wonder. There is in every being's heart the love of wonder—the sweet amazement at the stars and starlike things and thoughts—Plato.

What is science? What does it say? Who cares? This course will attempt to answer these questions through the eyes of men who have made contributions. The sparkle and flavor of learning was charismatically attractive to men like Newton, Galileo and Einstein. Their discoveries have changed your life. The course deals with these discoveries and the basis for future development.

The arrangement of the class into two lectures and one two hour discussion each week will allow time to explore contemporary questions dealing with the beginnings of life, evolution, biblical creationism, the existence of Atlantis, the mysteries of space, and similar topics.

classifieds

MUST SELL: '69 Triumph TR-6, New Tires, Mags, Excellent engine, extras — \$2,400. 932-3689.

ATTENTION: People interested in starting a Barry Manilow fan club, contact Eileen in the T-Word office. Ext. 291.

FOR SALE: Women's ski boots size 7, never been worn — \$40; Trumpet and case, \$75 or best offer; student desk, \$5. Call 246-2237 after 2 p.m.

WOMEN...Interested in playing slow pitch soft ball - call 839-1505.

Wibaux conducts mime workshop

Body language has become a subject of great research in recent years. For some people, body language is a way of life. Communication without the use of words is possible through the art of mime.

This is the way of life for Sophie Wibaux, who conducted a mime workshop in conjunction with the "Dance of '77" series. Approximately 30 people took part in the workshop, held at the Madrona Dance Studio, on November 10.

The workshop began with a series of warm up exercises. As in any physical activity, warm ups are essential in order to avoid muscle strains. The exercises varied from basic stretches, to an exercise adapted from yoga.

Ms. Wibaux proceeded to demonstrate the six moving parts of the body: the head, neck, chest, waist, pelvis, and the legs. Students learned how

to move each individual section of the body. These are known as isolations. Emphasis was placed on body control, an essential aspect of the art of mime.

In the final part of the workshop, Ms. Wibaux taught a few illusions. Those taught included: leaning on a mantle, leaning on a cane, and moving along a wall by the use of hands. All of the illusions were created without the use of any props, instead using control over certain parts of the body. Other illusions included pulling a rope and leaning against a wall.

Ms. Wibaux had no time for questions at the end of the workshop, as she needed to rehearse for an evening performance.

Sophie Wibaux and Bert Houle gave two performances on November 10 & 11, at Meany Hall, University of



DEFINING THE OBJECT . . . through isolating one part of the body, the hand, Sophie creates a box on the floor.

story and photos by Les Kniskern

Washington. Bert Houle conducted a lecture demonstration on Nov. 9, at Highline High School.

Wibaux and Houle have

each studied under Etienne Decroux for two years. Mr. Decroux may be best known as having been Marcel Marceau's teacher. The of Wibaux and Houle has been

described in Show Business Magazine as "honesty and tenderness toward detail; a fluidity of movement; and a great rapport . . . between the two performers."



BODY CONTROL . . . Students learned this difficult art during the mime workshop, held at the Madrona Dance Studio.



MIME ARTIST . . . Sophie Wibaux demonstrates one of the more popular illusions, leaning on an imaginary object.

Foreign students here from 19 countries

Foreign students from 19 countries and five continents are attending H.C.C. this

quarter. The 109 foreign students are distributed between vocational and academic studies. These figures were released by the registrar's office.

The students come from as far away as Ethiopia. The greatest number of students however are from Japan followed by Hong Kong, and

Thailand.

The European nations are represented by West Germany, Greece, and Italy for a total of five students from Europe.

Our nearest neighbors Canada, and Mexico have one student apiece. South America brings four students to H.C.C.

Meetings planned

The Pre-Professional and Service Organization Committee will be holding a series of meetings starting next week concerning pre-professional work.

The Pre-Professional Committee is concerned with people going into professional areas such as doctors, lawyers, inkeepers and other outlets of professional work.

Anyone who may be interested in getting more information may contact Chairperson Nat Underwood in the Programs Office from 12 to 1:30 daily. He may also be contacted at home at 226-2727.



GINGER SPICE

29426 Pacific Highway South
Auburn 941-1663 Wash., 98003

**Madness?
Or Mental Health?**

Are you a little mad now and then? Or just plain crazy on Thursdays? How about during a full moon? Well then, this class if for you — we'll be looking at neurosis and psychosis in America (and other cultures too). Mike Campbell and Davidson Dodd are offering a five credit course, daily at 11:00 a.m. Winter Quarter under General Studies 260. Look under Behavioral Sciences or Social Sciences in the schedule. Also being offered is an additional three credit seminar (time to be arranged) which can be taken with the course. (If you take the seminar you must take the regular class also). The course is pass/no credit; no grades will be given.