President visits CORP

Scoopspeaks out on education

by Bob Riddle

Scooping in a room is not something that usually comes to mind when thinking about education, but a recent meeting of The National Parent-Teacher Association (NPTA) did just that. The meeting was held on March 11th, at the Olympic Center in Seattle, and was attended by representatives from various school districts across the state. The main topic of discussion was the importance of parent involvement in education, and how it can improve student outcomes.

A key point discussed was the need for more funding for schools, particularly in areas that lack resources. It was emphasized that parents should be involved in decision-making processes, such as budgeting and curriculum development, to ensure that their children receive the best possible education. The meeting also touched on the importance of teacher training and professional development, as well as the need for more support for special education programs.

In conclusion, it was agreed that parent involvement in education is crucial for student success. By working together, parents, teachers, and administrators can create a more effective educational environment for all students.

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Highline meeting

Groups continue Metro sewer debate

By Randy Akimoto

Metro's announcement of the National Permit Decision (NPDES) permit for the South sludge discharge waste treatment facility was met with mixed reactions by attendees of the Highline meeting on March 11th. The permit allows for the discharge of treated sewage into the Duwamish River, near Burien, which has raised concerns about water quality in the area.

There were several groups present, including the Puget Soundkeeper, the Washington State PUD, and the Pacifica Environmental Group. The meeting was chaired by Henry Yates, who expressed concerns about the potential impact of the discharge on the local ecosystem.

Yates highlighted the need for more public input on the decision, and called for a moratorium on the discharge until further studies could be conducted. He emphasized the importance of protecting the water quality of the Duwamish River, and the need for transparency in the decision-making process.

The meeting also featured testimony from concerned citizens, who shared their perspectives on the issue. Some called for a stronger regulatory framework to ensure the safety of the discharge, while others advocated for a more collaborative approach to problem-solving.

In conclusion, the meeting underscored the importance of community involvement in environmental decision-making. By working together, concerned parties can ensure that the interests of all stakeholders are taken into account, and that the environment is protected for future generations.
Tutorial Program may disappear soon

by Mary Dickinson

For the past two years the Tutorial Program has been a part of the HCC campus. Due to budgetary problems this program could be phased out at the end of Spring Quarter. "We view this as a free service to students on campus," stated Dana Cassidy, Tutorial coordinator.

When the Tutorial Program first started it was also located in the Library. At that time every student received the same amount of pay. The program originally got under way by a grant from the Commission for Vocational Education. In the first year the CVE gave a grant of $10,000 which was matched by funds from the college. The grant was designed for one year, but since the program was doing so well the CVE gave another grant the second year. According to Cassidy, an implication with the grant stated that the college was to be in the tab after the program was in effect for one year.

The grant ran in December of last year. Former Associate Dean of Occupational Education Pat Justice put aside the funds from the college. The college's support of education has been declining. "It is my judgement that they (the Reagan administration) will not be able to maintain or establish the programs that were rapidly created to upgrade the basic skills needed to complete the course." Cassidy continued to point out the need to continue the tutoring program.

From the time the Tutorial Program started in January of 1980 to December of 1981, the total number of tutors was 160. The number of students who were tutored during the same time period was 1757. As the grant was designed for one year, the program is being run until the end of this year.

Graduation process simple

by Theresa Jones

With one foot almost out the door of Higline and the other trying to get in the door of an upperclassmen students graduating must follow a simple process.

The requirements for graduation are included in the Student Handbook on pages 18 and 19. Also the counseling office has a printed paper on the process of obtaining an Associate in Arts and Associate of Applied Science degree.

After completing 90 credit hours toward an Associate degree and successfully completing the application of graduation with the registration office, at least two quarters before graduation.

"Students who are being short-changed," said Betty Steiner, graduation desk. "When they transfer another college they must have their credits evaluated by receiving a failing grade in order to keep their credits at the other college."

"The college should evaluate transfer credits automatically, but Admissions is so swamped they are usually months behind," said Steiner.

One major problem transfer students face when they apply for graduation is that some of their credits are not valid. "Some of the classes a student is required to take for a degree requires a higher knowledge of the subject. If the student hasn't had the subject in high school they will need to be in the division, we have provided good students to be hired as tutors."

Jackson speaks to students at HCC

continued on page 2

future of our country. I want to help you and support you any way I can," said Jackson.

Jackson added that all citizens should get involved in the political system. He added that it is the public's duty to watch and control their own government. "I think that we owe an obligation as citizens to help our government and our country," he said.

On other issues, Jackson said that he supports the continuation of the GI Bill and its benefits. He called the veteran's bill "one of the best things in education."

"About more programs to help the nation's veterans," he said, "I think there's a reasonable chance that we can do something about that." Although President Reagan has pledged to eliminate the Department of Education, Jackson said that he would consider it a mistake if the government were to remove itself from educational administration. He said the plan to dismantle the Department of Education "in my judgment that they (the Reagan administration) will not be able to eliminate the Department of Education in this Congress," he said.

"We view the Department of Education as an important agency in making education accessible to all students. You can't eliminate the role of the federal government in education," he noted. Jackson said that he felt the public's support of education has been declining at a time when education is becoming increasingly important. He recalled the panic that the Spacenet satellite launches of the late 1950's caused, and the programs that were rapidly created to upgrade American's educational system. But now, he said, that attitude seems to be fading. "The public should be educated about the importance of education," he said.

About the removal of governmental regulations on businesses, Jackson agrees that even the best intentions can go too far. "The public should be educated about the importance of education," he said. Jackson said that he is very concerned about the high unemployment rate and considers that the most important problem facing the nation. He said that the government should place more attention on lowering unemployment. "The real task is to put people back to work," he said. "The biggest budget deficit is unemployment."
S & A Program scrutinized by review board

by Ron Del Mar

A major milestone was reached by the Service and Activities Budget Review Committee last week in what promises to be a long and tedious process of reviewing S & A funded programs at Highline.

Program directors took the stand in a series of three hearings to elaborate on how their respective programs benefit the student populace. S & A funded programs include Athletics, Performing Arts, Campus Publications, HSU and any other program which fits the mold of being a student activity. Program heads were asked to expand on how their activities meet student needs, generate student interest and serve as a recruiting device for the college.

This is the first time that such a review board has been used at Highline. College officials hope that it will become an annual event, according to Erle Elston, a member of the five person committee.

"We're trying to set up some type of precedent," he explained. "After reviewing each program's presentation we'll sit down, evaluate and compare each program. We'll then make our recommendations to the S & A Budget Committee."

The review board was established in order that the college might find out if various programs are still necessary and efficient with funding becoming an ever increasing problem, according to committee member Phil Swannberg, associate dean of student activities and job placement.

The committee was established with an attempt to represent each segment of the campus population. Besides Swannberg, the committee is comprised of Angela Parsons, data processing instructor, and three student representatives: Elston, Steve Woodcock and Janet Hutchinson.

"This gives us a wide range of perspective from our bara members," Swannberg said.

The committee has been a "long time in the happening," according to Swannberg. Guidelines were established by a special task force of the Student Affairs Council in February of 1976. The goal of the committee is to have recommendations ready prior to the S & A Budget Committee's decisions on next year.

Most programs being reviewed are ones that are currently being funded by S & A budget dollars. The only exception is the Tutoring Center which recently lost its grant and now is seeking to be funded by S & A. The review board must take into consideration S & A funding guidelines and must be careful not to fund programs which don't match up, according to Swannberg.

Last quarter Health Services approached the S & A Budget Committee with a funding request which was turned down on the basis that it violated S & A guidelines. Health Services wanted to receive funding to pay for the services of a part time nurse. S & A guidelines specifically state the "Salaries...should not be paid from S & A revenue funds."

Although there still might be a couple more hearings to clarify minor details, the majority of the hearing process is now completed, according to Swannberg. The review board must now tackle the task of evaluating each program. They will be placed in three basic categories: 1) ones for which funding is readily available, 2) ones that could be funded if additional revenue were available and 3) ones of low priority.

The board's recommendations will be presented to the S & A Budget Committee and the President of the College. Each program will have a chance for appeal, according to Swannberg.

No drastic changes are anticipated to result from the review board's decisions. However the school will now have more control over funding of programs with specific guidelines established for the first time.

Transfer grades smitten by inflation

by Karen Belegina

The dollar isn't the only item being hit this day. Many community college students transferring to the University of Washington School of Business will find that their grades have deflated in value as well.

According to Virginia Morrison, Director of the UW School of Business Admissions Office, the school has restricted admissions since 1974. Since then, the school has been criticized for admitting more community college transfer students than native UW students.

"In the past, admissions were based strictly on grade point averages," said Morrison. "We never made any determinations as to how students would perform.

Morrison explained that the School of Business decided it was necessary to determine how well each student's performance.

A study was conducted at the UW School of Business last winter. The UW Educational Assessment Office then processed the statistical information which was released in May 1981. Letters were sent to each of the state's 27 community college students transferring with a 3.5 GPA who have that GPA transferred to the UW School of Business. Students were asked if they majoring in business, then perhaps he or she should consider another college.

Morrison said if the student doesn't get accepted but wants to stay at the UW and try for admission the next quarter, they can study on their alternate major to improve their GPA.

"There have been several cases where students have found that they like their alternate major better," she said.

Students who insist on majoring in business usually find that their GPA drops each time they re-apply for admission, according to Morrison.

For as long as the UW School of Business has a restricted enrollment, Morrison said that the procedure will remain in effect.

"Students should be aware of this and plan their education accordingly," she said.

Both Morrison and Treanor strongly recommended that students wishing to transfer to the UW School of Business should have an alternate major in mind. If the student doesn't get accepted but insists on majoring in business, then perhaps he or she should consider another college.

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HCSU Column

Student government offers opportunities for involvement

Editor's note: Gary Fuller's column in the Feb. 19 issue was incorrectly edited. The following is Fuller's original version.

by Gary Fuller

I am one of nine elected student representatives, and it has come to my attention that many students still don't realize that we have a student government in which the student can become very involved. Maybe the students don't know about their representation or representation really don't care. Sure that may be their prerogative, but there are certain things that students should be aware of.

First, I'll discuss money. Out of every $1.50 that each full time student pays, $21.50 goes directly into what is called the Services and Activity budget. This budget is under the direct jurisdiction of the Highline Student Council. It adds up to somewhere near $300,000, which with seemingly little or no help from the students it affects, is allocated and supports programs such as sports, women's services, films, lectures, and many other student activities and services.

The most student input is to the effectiveness programs of these expenditures meeting the needs of the student population.

Definitely! Do we all have the input needed to direct these funds appropriately? Definitely not.

Now how about student representation. The high percentage of student Council members have represented Highline students on committees from Special Events to I.B. review, from Faculty Senate to the Accreditation Commission. Now something that I refer to my car as a "Vette," of course, referring to a "Chevette." I would like to clear something up: When I refer to my car as a "Vette," I am referring to a "Chevette." I am sorry Mr. Davolt is so disillusioned and has no more right to a political appointment than any other student. I realize that education is an opportunity for everyone to pursue, and that in this era of our time, all is a sudden non-existent, it is the schools that normally suffer first. But to have a group of elementary college students get together for coffee and doughnuts to formulate ideas is not only studentism, but a lot of the "pseudo-politicians" who exist but not represented this fall, I would suggest that our information on the subject is not only nonexistent, it is the schools that normally suffer first. But to have a group of elementary college students get together for coffee and doughnuts to formulate ideas is not only studentism, but a lot of the "pseudo-politicians" who exist but not represented this fall, I would suggest that our work without pay.

THUNDERATIONS

Bagels and other burning issues... by R.W. Davolt

I'm not saying that nuclear power is good or bad, I just want to point out that most Americans really know little or nothing about nuclear power. In order to make an intelligent decision on the subject, they need information from experts, not from celebrities and anti-nuclear fanatics who have no more real knowledge of nuclear power than the general public.

Michael Newsom

CORP offensive

I find it comforting to know that I will be leaving Highline at the end of this academic year. Not for the fact that I have completed the courses, but that a group called CORP is trying to make community colleges safe from the world.

I realize that education is an opportunity for everyone to pursue, and that in this era of our time, all is a sudden non-existent, it is the schools that normally suffer first. But to have a group of elementary college students get together for coffee and doughnuts to formulate ideas is not only studentism, but a lot of the "pseudo-politicians" who exist but not represented this fall, I would suggest that our work without pay.

Thunderword

PTK offended

In response to R.W. Davolt's Thunderword of Feb. 19, I would like to say that I am sorry Mr. Davolt is in disfavor with Phi Theta Kappa.

It seems that if he believes PTK is such a "crashing bore," he should have been wiser than to invest his time, money, and effort. It is true that Mr. Davolt has not attended any of Phi Theta Kappa'sorge activities, such as the Regional Conference at Occan Shores, and it seems to me that he will not likely want to.

As an active member of PTK and a participant in many activities sponsored by this organization, I feel the honor society has not only broadened my outlook on life which Mr. Davolt seems to be constantly narrowing, but PTK Theta Kappa has also provided me with close friendships and the chance to achieve something on my own merit.

Mr. Davolt has every right to voice his opinion. However, I think that he is a little deeper into his subject next time, that I thought that Highline needs more useful observations and less critical criticism.

And I would like to invite Mr. Davolt to attend PTK's National Convention next month. It promises to be more "colorful," just for cynical writers and the like.

Kevin Kerr

Thunderword

Nukes defended

Most Americans get virtually all of their information on topics like nuclear power from the media. The media, however, presents a very one-sided view of nuclear power. The media is always willing to cover events like "no-nuke" rallies and to listen to the opinions of movie celebrities, but very rarely makes an effort to present the views of scientists and engineers knowledgeable on the subject.

While the media may claim that anti-nuclear rallies and moviemakers are "newsworthy," and engineers are boring, it is irresponsible to give the public so much information from unreliable, uniformed sources and make no real effort to present the views of trained experts in the field.

Jane Fonda was great in her movie, but I doubt she learned much about nuclear fission at the Beverly Hills School of Fine Arts.

Do you care?
DSD receives mini-grant

by Jeannette R. Damey

A mini-grant for a workshop project was awarded to Highline's Developmental Studies Division. This project will focus on changing and identifying the teaching strategies of high-risk students and further instructional strategies. This grant, sponsored by the State Board for Community College Education, is one of 10 its kind received by various community colleges in Washington. Highline's grant was for $600. Others varied from $100 to $1000.

Highline's DSD hopes to encourage team approach, in order that students enrolled in courses are academically prepared for them, and that teachers can more efficiently provide services to the community college students.

Pam Arsenault, DSD director notes, "The high-risk student is any student whose chance for success in a specific class is affected by anxiety, language difficulty, basic skill levels, learning style or teaching style. This project is to make sure placements are correct." These mini-grant awards are one of many developments sponsored by the State Board for Community College Education (SBCCCE). They are supported through a $60,000 grant from the Fund for the Improvement of Post Secondary Education (FIPSE) entitled A Learning Assistance Support System. The major goal is to add quality resources to the WADE Bank, a resource service of Washington Association for Developmental Education/SBCCCE/FIPSE Project: A Learning Assistance Support System.

Transfer topics

Get AA to transfer to CWU

by Denise Huston

Central Washington University has advantages for the potential student including on-campus housing and strong education programs.

When transferring from another college, a grade point average of 2.0 with 40 quarter credits are need for admission. With fewer than 40 credits, high school records and Washington Pre-College Test scores should be submitted as well.

For general transfer from a community college, an Associate of Arts degree is necessary. An outline of classes needed for the AA is available in Bldg. 6.

Degrees offered at Central range from a Bachelor in Fashion Merchandising or Law and Justice, to a Masters degree in Art or Chemistry.

One of the strongest programs offered is Education. This includes programs in Elementary Education, Early Childhood Education, Physical Education, and Special Education. Each of these specialized education programs have a specific set of requirements, so it is best to write to CWU if interested.

On-campus living is strongly emphasized at Central. All freshmen and sophomore students under the age of 21 are required to live in university residence halls, unless living at home.

Resident halls include special quiet halls for those who prefer a more low-key atmosphere, all women halls, and co-ed housing.

With the exception of those three dorms, all rooms are supplied with furniture, telephones, and FM TV-collectors.

Projected expenses for the 1983-84 academic year for a single, Washington resident are:

- room and board: $967
- books and supplies: $300
- personal: $400
- total: $1677.

Located in Ellensburg, 45 miles of 14,000 Central Washington University is only a short distance from some of the best skiing and hunting in the state, according to the school's brochure.

Hamilton will bid adieu to Highline

by Leslie Exley

When the diplomas are handed out at this Spring's commencement, Highline will be losing more than its graduating students. A valued instructor will be saying goodbye.

Psychology Instructor, Dr. Mary Hamilton, is retiring.

"I have seen Highline grow," said Hamilton. She was one of the three teachers who initiated Highline College by teaching night classes at Highline High School. Although she has taught continually, she has been teaching here for about 10 years.

Hamilton has taught music and English but her love has always been for psychology. She took her first psychology class in 1938 and has been interested in it since then.

At the time she started, psychology was not considered a choice for a profession. There just weren't enough jobs in the field then, "I was lucky to get in on the ground floor," she said. She was able to study with prominent psychologists and get experience in all areas.

Hamilton considers herself a "pioneer." She was the first woman counselor in Washington, and has always had a special interest in people as individuals.

The thing she likes most about teaching is the people, "I love young adults," she said, "and will miss them very much when I retire." She thinks young adults are most interesting because they are just realizing their own minds and potentials.

"Students who are interested in psychology should decide on a particular area. They should also be willing to do a great deal of academic work. One good idea is to get a minor in psychology and apply it to another profession," she said.

P-I writer to teach on ESP

Marty Stephens, feature writer for the Seattle P-I IntelliQience, will teach a Community Service non-credit introductory class in extrasensory perception Monday evenings from 7:00 to 9:30 p.m., Spring Quarter, 1982.

Marty, whose bylined column THE SIXTH SENSE has been appearing in the Sunday P-I Lifestyle section for the past two years, has been investigating psychic phenomena for several years. The one-credit class, "YOUR SIXTH SENSE" will cover the five main areas of psychic ability: telepathy, pre-cognition, psychokinesis, clairvoyance and clairsentience.

"I've had many requests to teach this course from readers of my column," states Stephens. "From hundreds of letters, I've learned that almost everyone has psychic experiences. Most people are confused and frightened when they have a psychic experience. However, there is a great deal of scientific research being conducted both in this country and abroad which indicates that possibly everyone is psychic and that most people can be trained to develop and utilize ESP to enhance their lives. "YOUR SIXTH SENSE" is aimed at exploring some of these methods as well as taking an objective look at some of the research."

Marty's interest in the world of the paranormal has brought her into contact with well-known authors, psychic healers, authors, hunters, and ordinary people who often utilize ESP in their everyday lives. She is collecting authentic accounts of psychic experiences and can be reached in Bldg. 19-201 (Ext. 353) where she is an instructor in the Developmental Studies Division.

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Thunderword FOCUS: Finals...

Finals Anxiety--perfect script for stress

by R.W. Davolt

It might be a stomach in knots or sweaty palms. It could be sleepless nights with a nameless fear or tight muscles and headaches.

However it shows in each individual, Finals Anxiety puts additional stress on students as this time every-quarter, stress that may surface in any number of ways. Most mental health professionals agree that a certain amount of stress is beneficial. A certain degree of tension is considered necessary to hold a life together.

Counselor Lance Gibson of the Highline College Counseling Center draws the distinction between stress and distress. "Stress becomes distress when you can no longer cope with or manage the stress in your life, then upset system of friend or symptoms."

Gibson explained that finals tend to magnify existing weaknesses and "bring personal problems to the forefront." "Today's students overload themselves," according to Dr. Stirling Larsen of the Counseling Center, "they allow no time for mistakes and hold themselves too accountable for their actions.

Larsen charts the additional pressures of social, family and job responsibilities prevalent among community college students. Counselor Beverly Baum agreed saying, "I have a great deal of respect for the community college student. They have much more pressure than a student who lives in a dorm and concentrates their entire efforts on school."

Two to three weeks before finals, tragi-fact in and out of the Highline Counseling Center increases dramatically. Students may come in with a problem on their own or are referred to the Center by faculty, other students or by the Health Services department.

The symptoms of distress include a wide range of physical illnesses such as breathing difficulties, gas, heartburn, shortness of breath, heart palpitations, nausea, refrigerating, dizziness, difficulty in swallowing, and in some cases, ulcers and chronic indigestion. Other symptoms may be irritability, loss of appetite, palpitations, shyness and increased social-personal problems and withdrawal.

Baum points out that "the perfectionists--the ones who set high goals for themselves. Also, people who fear tests in general are targets for the stress of finals;" continued Baum, "depends on the person and how well they handle overheads in general.

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The stress of simply being young in the 1980s seems to have become a key factor. In King County, 18-24 year-olds range from 19 to 25 percent of all involuntary commitments made by the County to hospitals or mental institutions. Involuntary commitments are noted when persons are judged to be harmful to themselves or others, or have a disabling mental disorder.

Nationally, the rate of committed suicides in ages 10 to 24 has tripled in the past 20 years. According to the King County Medical Examiners Office, those between the ages of 10 and 24 have ranked first or second consistently since 1971 on a rating of suicide deaths in King County. This age group accounted for 33 suicides in 1980 within the county, out of a year total of 169.

The Medical Examiners Office can only certify a death as suicide when there is overwhelming evidence. Unofficial estimates of the true suicide rate may run much higher.

The next step in the spiral of unchecked stress is depression. It can stem from the sense of a loss of control and mastery, or from the general down and dead that are the resultants of distress. Lynn Schneider, Administrator for the Seattle-King County Crisis Clinic which handles about 100,000 calls per year from people in "emotional crisis," explained some of the signs of serious depression.

"There might be a notable and rapid change in eating or sleeping habits," she said, "and a loss of interest in old interests or hobbies. The person may give away precious, personal belongings in anticipation of not needing them after death. This is more obvious in younger children. And there may be a lack of affect, or, in other words, a lack of emotional reactions."

Schröder said that the symptoms of suicidal depression prevalent in age groups 10 to 24 more in high school ages than college is to act out behavior" or take wild risks and perform derelict antics with apparent disregard for one's self and others.

Schröder stressed the importance of friends in coping with such depression. "If a friend seems seriously depressed one should not hesitate to ask if their friend is thinking about suicide. People will tend to answer a question like that honestly. If they are, then they should get professional help immediately."

In addition to crisis counseling over the phone, the Crisis Clinic can arrange professional counseling on sliding fees scales. Dr. John Broedel, Director of Counseling at the University of Washington, supported the argument for a strong network of friends. Broedel said that the living situations of most community college students did not "allow the building of a firm support system" like living in a dorm would. Thus the student feels "isolated and insecure."

While the Highline Counseling Center also maintained the importance of a support network in dealing with stress in general, the consensus was that the best defense against Finals Anxiety was preparation. Workshops are offered each quarter on study skills and test-taking skills.

Out of simple being better prepared academically, there are other mechanics for reducing and reflecting the stress of finals. The following list was compiled from the Counseling Center, Highline Health Services, Group Health Hospital, and "Stress, Distress and Growth" by Walt Schafer.

- Reduce or eliminate your intake of alcohol and caffeine. Try to maintain an adequate eating and sleeping routine throughout finals week.
- Try studying in two-hour blocks, then exercise or reward yourself in some way (two back for another two hours).
- Know your enemy. Find out what kind of teacher your instructor gives, what the instructor expects, and how much the final counts toward the final grade.
- Allow for a margin of failure. Perhaps the instructor will give an "F" or "S" grades instead of an "F" so that your overall grade point will not be hurt by one mistake.
- Do only one thing at a time and plan your activities so that you are not rushing.
- Make sure there is slack time between activities and no overlap.
- Know your capacity and learn to say "no" to responsibilities or opportunities that would overtax you.
- Take time to create and maintain a support system. They allow no time for mistakes and hold themselves too accountable for their actions.
- Learn and use relaxation skills, including meditation, biofeedback training, deep breathing, imagery, and regular exercise.
- Manage stress by reducing the trivial in your life and by controlling and scheduling the stressors that are flexible. Don't plan to move or change plans at the last minute if you need to avoid it.
- Use Rodney Alan Rippy used to say, "take life a little easier." Take time for yourself and time to appreciate the good things in nature, people and yourself.

Bookstore buys back books

It's that time of the year again. Finals are descending upon us and it's almost time to sell those books. The bookstore will start buying books back on Feb. 15 thru Feb. 19. Bookstore hours are 8 a.m. to 7:30 p.m., Monday through Thursday, and 8 a.m. to 4:30 p.m. on Friday.

According to Mrs. Raynor of the book- store, they have come in between four and five o'clock in the evening.

"We have already received," she said, "the first couples of days are the worst." Books for Spring Quarter will go on sale during spring break, Feb. 17-26. The bookstore will open at 8 a.m. and close at 4:30 p.m.
Finals prove hazardous duty for teachers

by Michael Newby

Finals week is a hectic time for members of any school faculty, but opinion differs among teachers here at Highline about the levels of stress involved and the best ways to deal with it.

The main cause of teacher stress during finals week is an increase in the workload. The amount of work to be done increases because final exams must be prepared, administered, and graded during this period. Then, each student's final grade must be calculated and turned in by Friday. Technically, grades can be turned in the following Monday, but most teachers are reluctant to work over the weekend because Friday is the last day they get paid for working.

Bobby Roberts, an economics instructor, goes so far as to say that finals week for teachers is "not a stressful situation." When asked how this was possible, Roberts replied, "I never take my work home with me."

Davidson Dodd, who teaches political science classes, has another method of dealing with finals week stress. He eliminates stress for both students and himself by eliminating final exams in his classes. Dodd tries to keep the workload evenly distributed throughout the quarter, and uses the finals period to meet with students, evaluate the class, and wrap things up. Students who have taken Dodd's classes say this is a very good system.

Dodd thinks that having no final is the best way to ease everyone's burden. He even jokingly suggests that teachers giving finals should be entitled to "hazardous duty" pay.

One thing that all the teachers interviewed agreed on was that they found finals week far tougher to deal with as a student than they do now as teachers.

People in the streets

Kurt Young, sophomore
"In order to cope with the pressure, I participate in alcoholic pleasures which allows a release of pent up frustrations brought on by the administration of this institute and the governor."

Lillian Cinderich, sophomore
"I stay up till the wee hours of the morning studying for finals."

Dino Papino, computer programming major
"I'm busy studying for finals and trying to earn enough money for next quarter."

Connie Payne, sophomore
"Finals are going to come whether I like it or not."

Ribe Roberts, registration staff
"As the grader in registration, I keep very busy with the increased workload."

Ken Douglas, freshman
"A lot of headaches."

College clubs and organizations

WE NEED MONEY
FOR YOUR SPECIAL PROJECTS?

Earn a commission from selling tickets for the Highline Community College Foundation Spring Raffle.

Prizes include:
- An all-expenses paid trip for two to Hawaii, including air and ground transportation — Waikiki, Honolulu
- Intellivision Console
- Weekend for two in Reno with transportation and lodging
- Hot air balloon ride

FOR INFORMATION CALL REED HALE, EXT. 259
Be organized for success on final tests

by Roger Haight

The time to begin work on succeeding on final tests starts about 10 weeks prior to the test. "Students should avoid poor class performance during the quarter that puts them in a position of needing an 'A' on the final," Business Instructor Michael Cicero said. "Never let an 'A' put pressure on you."

The other way to avoid undue pressure is to go into the final confident of being fully prepared for the test. According to Cicero, students should get an idea of the test format and subject matter from the instructor, and then set aside time for ample preparation. "Know the finals schedule and plan ahead," Cicero said. "Plan your studying around the other demands on your time at the end of the quarter."

"About two weeks before the tests, think about preparing for them. Have a calendar and block out some time for the study. Be organized and know your available time."

The methods of studying for tests can vary with the type of test. "The best way to prepare for an objective (multiple choice) test is just to be familiar with the material," Cicero said. "Read and re-read the material."

"You might perform better on tests when you are well-prepared and confident," Cicero said.

Spring break: sleep in, water plants...

by Larry Jones

Spring break officially begins at the end of classes on March 19, and ends when they begin again on March 26. If you have caught up on your homework, cut out your long-forgotten house plants, you may decide to venture out into the world and don't eat at all.

"After the first day of the major holiday, you may decide to venture out into the world and do a't eat at all-"

Some may want to take one last flag at the local school while there is yet some snow. Other may wish to "Bill Jackson Hole" as some of the signs around campus recommend. For more information on this $850 package, the signs advise you to connect "Denny's, Big 8, room 201," and it is suggested anyone interested should do so to ensure insurance.

Others may just want to stay home and catch up on "the party." Laura really dear! What will happen to Laura who can't find the truth of the baby event? Did Gruenfeld really kill Helen? I'm the answers to these and other questions, type in to the Days of Our Young and Restless Children, who are living in Texas and seeing Doctors on the Edge of Night in Another World, or in other words have a nice vacation.

'Sfinalistis' can be affiliated to some

by Christine Valdez

With finals week approaching, many students find themselves suffering from something like a "finalitis." Although it may sound suspicious, the stress from taking finals does actually affect people by making them ill. "I can tell when finals week is without looking at the calendar," said Mary Lou Holland, R.N., M.A., Family Nurse Practitioner. "just by the number of people who come in.

According to Holland, students complain of usual complaints such as headaches, stomachaches, backaches, eye strain and fatigue. There is also an increase in preoccupied students falling down. Students tend to take care of their bodies when they're studying. They stay up all night long, read in bed, fight, eat the wrong foods in a hurry or don't eat at all.

These students who lower their resistance may also fall victim to viruses that might be going around.

"When your body is under pressure and the problems are rushing around," said Holland, "that's when the viruses come."

The hypervigilant gland which regulates organ activity and body defensiveness, reacts to stress by stimulating the stomach, the liver, the heart and other organs. In what is known as the "flight or fight response," the body prepares itself to run from the object of fear or confront it.

It also stimulates the pituitary glands which stimulates increased production of hormones which increase blood pressure, heart rate and visual perception. This response can be vital when there is a true emergency. However, when stress is too long-term, a person's internal balance is disturbed and "burnout" results.

"Your body's hormonal system just goes out of whack. Some people even get problems with their sleep patterns," said Holland.

To simplify, Dr. Hans Selye, the director of the Institute of Experimental Medicine and Surgery at University of Montreal and recognized father of stress research, found there to be three phases of stress-related diseases. First, the body reacts to fear. Second, after the threat retreats, the body maintains an excess energy level and last, the reaction lasts too long. Biological exhaustion sets in and in more serious illnesses such as anxiety attacks, high blood pressure and heart attacks can result.

Fortunately, most students don't get that far. According to Holland, students might paint usually cause the same time finals end.

They usually start up to three weeks before finals. The week before finals is the busiest in the Health Services office. According to Dr. Robert Friedman and Ray H. Rosenwasser, two doctors from San Francisco who have no stress illnesses, there seems to be a type of person that is more susceptible to illnesses.

These people are considered a Type A. They tend to be hard-driving, aggressive, competitive, ambitious and tense. Holland adds that they tend to keep everything in and don't work off stress with any activity. Type B people, on the other hand, are easy-going, relaxed and work without major stress.

When treating a student complaining of unseen symptoms, Holland must first identify the problem. With students who fit under the type A category she has to "draw it all out and legitimize it, is it is very feel guilty getting sick."

Holland then reassures them that although they are sick, they probably don't have a brain tumor part of the treatment.

She has some tips for minimizing stress from finals. First of all, students shouldn't procrastinate. By doing the types of test and doing the important ones first, students can avoid stressing out for studying.

Becoming familiar with the material and being prepared can reduce anxiety. After preparing themselves, students should have a positive attitude and remind themselves, "I have worked hard and know the material. I will do well, but if I don't it is not the end of the world."

Most importantly, students can keep from becoming over-stressed in the first place by learning a drug-free relaxation method.

Holland also stressed that students take care of themselves by eating the right foods, not rushing through meals and getting plenty of exercise in order to avoid stress.

St. Pat's Day offers relief

by Dan Burper

Saint Patrick's Day has much to offer in the way of easing the finals week blues, if you are 21 years or older. With only one day of a Christian celebration to honor Saint Patrick, patron saint of Ireland, is now mainly observed by bar owners and their patrons. Delores Matacon of the VIP Taverners, "When you give away something for free everyone comes in" referring to the free Mulligan's Stew.

Bob Lake, the British born owner of Sir Bob's Pub said, "We're going to have a party." They will be featuring an Irish Whiskey special, live music, and face painting. The Yard's Bar Pub is gearing up for one of the biggest days of the year for bars. Buck Hill the proprietor said, "The regulars really get into it. Everyone brings a dish and we have a potluck dinner."

Many of the local drinking establishments will also be serving green beer and plenty of Leprechauns Wednesday the 17th.

For event and ticket information, contact The Seattle Center Information Office, 625-4234. There are also winery and brewery tours available at the local establishments which are fun for the singles as well as groups.

With the coming of Spring and the big weather, you might want to take out those hiking boots and start to break them in for the summer.

There are many trails around the Seattle area where those of us who get lazy this winter can get back in shape slowly. Some trails are portions of the Burke-Gilman Trail which leads from the Locks at Ballard to Lake Washington. Others wind through some of the larger parts such as Discovery Park in Magnolia and Warren G. Magnuson Park at Sand Point.

"The Abduction From the Seraglio" at the Seattle Opera will run March 18th till March 21st. Tickets will be available at the Center.

Mary Lou Holland (top) and Bandi Jones

Woodmont Christian Church 839-3380

2840 16th Avenue South
Seattle, WA 98122
Sunday School, 9:15 a.m. - 10:45 a.m.
Sunday School, 9:15 a.m. - 10:45 a.m.
Youth Group, 6:30 p.m.
Bible Study, 6:30 p.m.
Thursdays, 3:30 p.m.
HCEA elects new officers
by Caroline Bleakley

Two new officers were elected to the Highline College Education Association in December.

Highline Community College's Education Association is the recognized bargaining agent for the faculty. It negotiates faculty salaries and work conditions.

Bruce Roberts, chairman of the social science dept., was elected treasurer.

Patricia Haggerty, who works in student services, was elected secretary.

The president-elect, Kay Grable, a history instructor, is the president-elect.

"The officers are chosen by the faculty in an open election," said Gloria Volland, president of the education association.

Volland commented that the Education Association represents the faculty in negotiations and does quite a bit of political action work when the legislature is in session. The association is concerned with what is good or bad for Highline College.

Right now the association is in the process of influencing the legislature on a senate proposal aimed at keeping the faculty from receiving their cost of living increase next year, according to Volland.

"This has to be delayed," said Volland.

Volland also commented that they are also encouraging individual faculty members to become involved in their precinct activities, such as caucus meetings.

"Any faculty members, not just teachers, are eligible to be a member," said Volland. Highline has 87 faculty members who are involved in the Education Association.

Registration runs smoothly
by Trish Armstrong

Registration week for returning, matriculated students was February 22-26. It is commonly known as a week of lines and frustration, but this Spring some of that frustration appears to have been alleviated.

The registration windows still had long lines, but there were fewer ticket holders waiting their turn to register but lines thinned out as the week progressed.

Booker T. Watt, registrar at Highline Community College said he has seen less filing from them as numbered tickets were issued.

For better study habits. The Highline College library, by Teresa Joslin

Who wants to keep their mind on their studies but is what we get paid for."

How to Do better with your hours

"The best recommendation is not to cram for the finals, but the best suggestion is self discipline. With faith we can move our way through the finals." said Dr. Fedor.

The best references are periodicals, books and microcomputers. The Hayes of class closures could be the answer to this. Watt and his secretaries have noticed less student frustration. Low class closures could be the answer to this.

"If there is a math problem to be solved, one could try the use of class closure for study in the form of audio-visual and written term papers are usually held on reserve because they are used so often.

"The best references are How to Do Research and How to Write Term Papers," said Lennstrom.

"Everyone wants an update," we recommend magazines, and for background, encyclopedias are the best to use," said Lennstrom.

With 60,000 books and 600 periodicals, the student has many reasons to cram for the finals, but the best suggestion is self discipline. With faith we can move mountains, with self discipline we can study...and see the finals.

Music man lauds Highline for teaching him basics
by Donna Vert

Bill Crammate, founder of The Sound Solution, a mobile discotheque serving the greater Seattle area, credits his years at Highline with teaching him some of the basics of business.

Last year Crammate gained a partner in his business. Marilyn Engelsberg, who is the office manager of the Hayes of class closure for study in the form of audio-visual and written term papers are usually held on reserve because they are used so often.

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"Around Christmas time we do a lot of Christmas parties for big companies, such as General Electric," explained Crammate. "Rates are relatively inexpensive — $200 for four-and-a-half hours of nonstop entertainment, and business is increasing."

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The work behind *WORKING*.

Makeup has to be practiced to be applied properly.

Costumes need mending...

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And most important, the actors need direction.

Where do I go?... if you get?

There has to be magic in a musical.

After all the work, this is the end product.

*Photographs by R.A. Smart*
Rowing wins Gardiner Wayne State honor

by Deanna Warnes

Jim Gardiner, Highline art instructor since 1965, has rowed his way to a chest full of medals and two Halls of Fame. Gardiner recently returned from Wayne State University, where he put into the Wayne College (his alma mater) Sperrs Hall of Fame.

He started rowing in 1951, when he and his teammates tried for the Olympic team. Gardiner said "when some friends of mine suggested that I try out for the rowing team at the Detroit Boat Club. I jumped at the opportunity. It looked like a healthy, vigorous sport and I was right."

The coach told the team that he would send them to the Olympics if they followed his instructions. The team trained for eight months and came in third in the trials. In 1955, Gardiner was selected to row in the Pan American Games at Mexico because one of the members from the qualifying team had to be replaced. He took a semester off at Wayne and went to Syracuse where Walter Hoover, Jr., his partner, was attending.

Because it was winter, Gardiner and his teammate had to train on hydraulic machines and in an indoor rowing tank. "We trained hard but it was not like rowing together in a boat on water. I don't think that anybody ever trained this way before."

Gardiner and Hoover won a gold medal that year in the Pan-American races. "We won the race in the last few strokes and I had to be pulled out of the boat and given oxygen. We were racing at high altitude and I had given it everything I had in the stroke position in the boat."

This year, Gardiner was on the U.S. Olympic Rowing Team which took the silver medal, rowing in behind Russia.

HCC's 'hottest legit singer' aspires to world renown

by Kevin Kerr

Strains of Old Man River and other favorite songs of musical theater will be taking residence at HCC. A 25 year old native of the Seattle area, Montgomery is an up-and-coming opera star who hopes to break into the international music scene.

Coming from a musical family, Montgomery has always liked music. "My mom teaches piano and organ, and I played the violin for four years before high school," he said. "Except when I got to ninth grade, I couldn't stand it anymore."

Montgomery continued to dabble in music throughout high school, but after spending two years in Bolivia, he decided to make opera his life goal. "I learned a lot in Santa Cruz (Bolivia), mostly discipline. That was 1979, and I set my eyes on New York. I like light, Italian operas, but I can sing many different kinds. I want to be one of the top baritones in the world."

And the budding baritone is well on his way. After placing second in the Metropolitan Opera Regional Contest, both the Portland and Eugene opera houses have asked him to audition. Montgomery is also working with the Seattle Opera Association.

"I coach at the Opera two times a week. It's part of my training...I won their audition last year. Hopefully I may do something with them next season."

Montgomery keeps his vocals full inside the Opera. Not only does he maintain his classes but at Highline, he also works forty hours a week. Montgomery came back to Highline because it "was home" for him. He spent a year at Brigham Young University, deciding to continue his general education closer to his roots. But he maintains that his music comes before school.

"My first opera role was with the Civic Light Opera in 1979, and one of my biggest roles was in Cinderella with the Utah Opera Theater. I fake like doing musicals with the local Pacific Lively Arts."

Montgomery has just finished a run with PLAy's production of Carousel and is looking forward to this spring when he goes to Arkansas to do several operas, including the Magic Flute.

"The Magic Flute is a fun opera — a romp, I like it because it's just a bit of fun." The baritone also confides that his favorite opera is Rigoletto. "It's a vocal challenge. I enjoy the effort it demands, it keeps me on my toes."

But Montgomery admits he has a ways to go, especially with such productions as the Wagner cycles so popular in Seattle. He just isn't ready for the Ring. "I don't know if I'm ready. It takes a lot of endurance and is really written for heavier, older voices."

Montgomery can also be found in the school cafeteria, singing to his heart's content, just ask him for a favorite aria.

Vocal Ensemble tours northward

The 25 men and women of the Highline Vocal Ensemble sing their way over the border today after beginning a four-day tour in northern Washington yesterday. The ensemble will be working their way as far north as Vancouver.

Performances range from an assembly at Bates High School to a secular concert at Calvary Baptist Church in Coquitlam, B.C. Selections vary from Bach's Adagio to J.Might As We Sit In Spring by Richard Rodgers.

According to ensemble Director Gordon Voiles, the tour serves a learning function as well as being a lot of fun. "We must be prepared for different types of programs," he explained, "such as a mixed bag for high school and college audiences, all-sacred for church services and a program suitable for retirement homes, such as Wesley Gardens or Judson Park."

The ensemble usually tours the Vancouver, B.C. area every other year, performing in the Portland area on alternating years. "The group generally returns very enthusiastic because of fine audiences responses," Voiles added.

Tarolyn Kirby, who toured with the ensemble to Portland last year, recalled that students "enjoy to see how travelling on the road is a lot more work than fun." She also noted how the tour seems to form or reinforce ensemble member relations and/or disagreements.

Highline students will have an opportunity to hear the tour program March 12 at noon and March 14 at 3:30 p.m. in the Artist-Lecture Center.

by Kevin Kerr

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‘Quest’ a fascinating rendition of the past

**Quest for Fire**, starring Everett McGill, Ron Perlman, Newman El杜和Ray Dawn Chong, opens tonight at the U.A. 125, Rainier R.* ***

by Will Hartley

Finally! A foreign film that doesn’t lose it in the translation. Without the aid of subtitles or English dubbed in poorly as to make the original actors look like buffoons, *Quest for Fire* finally does it.

How do the makers of a Canada-France co-production do it? Easy — set a movie during the dawn of man when he was capable only of grunts and a few formed words (otra, am, ungowa, etc.) But is it really that y?

Anthony Burgess and Desmond Morris take on the task of eating a language and body — that pm vide a fascinating depiction of that time period while effectively communicating just what’s going on. It is interesting. Credit should be given to meenplay writer Gerard Brach and original novel writer J.H. Roany for their interesting ideas.

*Quest for Fire* is a story of the Ulam tribe (cave men) in search of fire. At the time, humans were not able to create fire, so as had to be acquired from nature and nurtured at all times.

The Ulams are attacked by the Wagahoise, a brutish gang that has moved up the evolutionary ladder, and lose their fire. This scene seems to provide an almost refreshing turn of violence — innocent, yet ugly. A struggle for survival. But as all the same the standard film play of romanticized brutality.

Without the Ulams would surely perish, so they send Noah (Everett McGill), Amosker (Ron Perlman) and Gav (Newman ElDud) and some men.

Along the way the hunters encounter cannibals, mountains, saber-toothed tigers and the Iwaka tribe, which eventually teach them the art of creating fire with friction sticks.

**Soroptimist scholarship**

Recently awarded to HCC interior design student

Kathryn Elmore’s next three quarters at Highline will now be $400 easier, thanks to her interior designing experience and Seattle’s South Soroptimist Club.

The Soroptimists have recently awarded Elmore a scholarship offered to area women entering the work field and are looking to further their training. An interior design major since last winter, she will apply the scholarship towards completing Highline’s Interior Design Program.

Elmore’s field experience includes her first freelance contract in which she is presently coordinating the architectural design of some additions to a Des Moines home.

“That includes wall placement, traffic control, cost analysis and some economic planning,” she explained. “They’ll contract my services for the actual interior design when the architectural portion is done.”

Over the summer, coop work experience entered the Elmore repertoire when she worked at Design Center Northwest in the Glacier Showroom. “It was a good hands-on experience for me to go out and meet architects and other designers.”

Elmore’s interest and interior design stems from her previous experience in art and textiles.

“Found it an easy transition,” she said of her conversion from part-time seamstress to full-time interior design student. “A lot of the women in the program have a similar background. Her art background comes from junior high and high school, classes at Highline, and her mother.

Ambitions of interior designers seem to lean towards the aesthetic and Elmore is no exception. “My goal is to make man’s environment a more pleasurable place to be. I want to go into residential work. I’m interested in a place to have their own thoughts.”

“An environment should match an individual’s personality and characteristics,” she added. “For example, zig-zag lines are good for someone who’s busy. They’re good where work needs to get done. Wavy lines are calming.”

RED, according to Elmore, promotes thirst (next time you’re in a tavern, notice what color is prevalent).

With society’s constant change and technological advancement, today’s interior designer is basically a jack-of-all-trades. “In this particular program, that is true. I’ve had to live that way, but it’s all very exciting. There’s always something new in interior design. They’re always developing new designs and techniques.”
Overseas employment on display

by Theresa Jones

Students thinking of working overseas can learn about others who have at the Global Awareness exhibit in the Library (fourth floor).

The various newspaper articles, maps and photos on display cover several worldwide topics from international cooperative education to ecology to trade. Business Instructor Frank Albin and Jack Pierce of Far Eastern Studies created the exhibit to interest students in Global Awareness.

"We have to be aware of the world's other countries," Toth said. "Global Awareness is for the purpose of bringing people together as world citizens."

For the future, Toth, Albin and Pierce, along with PNVIEC, hope to institute an international program into the Highline curriculum. This program will help to prepare student for careers overseas in industry, banking, government or as interpreters, just to list a few. So far, Highline has received a Title VI grant for this project.

Highline Happenings...

A new hit of books...
The library makes their contribution to Culture comes to the Artist-Lecture Center with the Northwest Chamber Orchestra performing on March 9 at 7:30 p.m. Admission will be 5.

Choral Concerts...
Fresh off of their Canadian tour, the Highline Vocal Ensemble will be giving students and faculty a taste of numbers from the tour on March at noon and 3:30 p.m. in the Artist-Lecture Center. Wednesday Knights...

Sell Your Books for Cash at the Bookstore!

Book Buy Back

MARCH 15-18
Schimmelbusch spices HCC with European flavor

by Ron Del Mar

Some people give the impression of being capable of conquering any obstacle that life might throw at them. They are a proud breed, whose persistent determination spells success with virtually any endeavor.

Gisella Schimmelbusch, Highline's German and part-time logic instructor may or may not fit this stereotype to a tee, but life has presented her with a few obstacles to climb and she has conquered them.

She was born in G preview a small farming community in East Germany. She later studied medicine in East Berlin for a couple of years before fleeing in 1960 to seek a new life in America.

Communism was just beginning to take hold of East Germany when she departed. Schimmelbusch could foresee what lay in her country's future and decided to get out.

"I felt stagnant as a person," she said. "I was grabbed by some adventurous spirit. When I finally made my decision to leave, it was a quick one."

Up until then, she had never seriously considered leaving. Schimmelbusch explained that there existed a "sacrificial idea" among those East Germans opposed to communism. Many were willing to stay in hope that communism would someday be repressed. They wanted to be there so there would be some type of base on which to establish a democracy.

Also, life on medical students was "pretty soft." The government was paranoid that it would lose its trust in the west.

"In 1959, 840 students were accepted into the school of medicine," she explained. "They were hoping that 400 of these would graduate and maybe 100 would remain to practice in East Germany."

"They pampered us because they wanted to keep women from deficiency in the quality of American high schools," she added. "I got an introduction to the American way of life."

Dr. Gisella Schimmelbusch, HCC instructor, with European flavor. photo by Lee Dean

When the doors began to close in American med schools she began to look elsewhere.

"I'm kind of a proud woman," she said. "I didn't feel like I had to take the discrimination."

Schimmelbusch became interested in the area of Germanic studies and found the language school at the University of Washington very receptive. She entered the U.W. in the fall of '61.

As Russian is the primary foreign language taught behind the iron curtain, Schimmelbusch had not had much exposure to the English language. "I was very lucky with my studies along with Germanic studies and German," she said. "I knew I'd have to learn English even though my mother always tried to make me understand that English was one of the most important languages for a girl to know."

"I managed to pass an English competency test upon entering the U.W. but admitted that she was placed at a higher level than she actually was," Schimmelbusch said. "Many of the text questions were based on the book East of Eden and I had just gotten through reading it."

With her efficiency in the English language and Schimmelbusch said that she really managed to push herself to keep up.

"The instructors made it clear right away that I wasn't going to get any special treatment," she said. "This was an incentive for me to work harder."

"My first year was a real struggle. I got an introduction to the American way of life."

She finished her B.A. in August of '62 and started work on her Masters the following September. She has been teaching German at HCC since 1966.

Having received her primary education in the much more academically oriented European schools, Schimmelbusch sees a deficiency in the quality of American high schools. She feels that American students are intellectually cradled and that life has presented her with a few obstacles to climb and she has conquered them.

"I found that students aren't prepared for college coming out of high school, that one is in Europe," she noted.

"There is relentless pressure on students. If you don't succeed, you're looked upon as a failure because you've wasted the government's money."

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Schimmelbusch considers herself a strict teacher. She really demands performance in her classes.

"I'm kind of a proud woman," she said. "I didn't feel like I had to take the discrimination."

Schimmelbusch has lived in the United States for about half her life. Although she is as American as apple pie, she has managed to retain a certain European flavor and spark.

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Every Day All You Can Eat! • ALL THE • FISH • FRIES • CHOWDER & COLESLAW THAT YOU CAN EAT! (GOOD AT ALL SKIPPERS LOCATIONS)
Bolinger and assistant Steve Stamps explain strategy

During the season the lady T-birds had the longest winning streak in the state. They started their 21 game onslaught on Dec. 11 and were finally stopped on Feb. 22 by the reigning National AAU champion Seattle Seabaskets.

The women made it to the final four by defeating Yakima Valley. They go on to face Lower Columbia tonight. If victorious they'll go on to the final game against an opponent to be determined.

Highline's Thunderbirds basketball teams are on the road to the state championship finals. Both teams finished the season with best records in the state. The men slated a 24-2 mark while the women came in at 23-2.

Trish Armstrong (24) battles for the board in action against the Seattle Seabaskets.

Jan Armstrong (28) towers over a Seabasket opponent.

Jane Snyder directs a shot toward the basket.
Reaching for the top

The men suffered only two losses, those coming to non-conference teams. The first loss came to North Idaho, reigning NAIA champions. Brewster Packing, defending national AAU champion was the only other loss for the T-bird men.

Highline will face the Tacoma Titans in semi-final action. It earned the right to go on in the tourney by defeating Green River. The men's tournament is being held at Walla Walla.

Fred and the boys take a breather.

Reese Radliff soars through the air, spotting Jeff Valentine in mid-flight.

Rosu Beard screens off an Edmonds opponent.

Dan Sargeant rips down a rebound.

photos by Jeff Andrews
story by Mark Keaty
Hoopsters title bound, seek two wins

by Jeffrey J. Andrews

The Thunderbirds' men's basketball team has started its drive towards supremacy, and by the end of the weekend they hope to be parking in the spot marked for champions. Highline's trek to the top began last weekend as the T-birds routed the Green River Gators 139-96, in second round action of the Washington Athletic Association of Community Colleges state tournament.

Green River started all fast by scoring the first basket. The two teams traded baskets for the first two minutes as the Gators held their only lead of the contest. 62-54.

The T-birds then ran off 50 straight points to take a 107- advantage. From the 12:27 mark on, Highline did not open the game up.

Highline went on another 57 scoring spell, concluding their lead to 85 points (128-43) with 11:55 remaining on the 1st half clock.

The Thunderbirds went on a 19 straight point run to take the lead to 109-43 with 10:30 remaining on the 1st half clock. Highline led 109-52 at the 8:12 mark.

Highline's total of 139 points is the highest in the state's history. Highline's win over the Gators made them 24-2 on the season, the best record in the state.

Straight points stretching their lead to 74-32.

The T-birds showed their usual unselfish team play with fast break passes coming from Radliff and Joe Callero. Tough board work and a quick outlet pass from Jeff Valentine produced a fast break bucket from Callero at the 16:37 mark of the 2nd half.

Clay Williams of Green River tried to keep the Gators within striking distance as he went on a five-point scoring spree of his own.

At one point during the contest Highline held leads up to 35 points but scrappy play from Williams and Gator teammate Danny Zyskowski trimmed the lead to 23.

Radliff pumped in 33 points to lead all scorers. Callero followed in line for the T-birds with 16 points. The Gators were led by Williams and Zyskowski who scored 22 and 20 points respectively.

The Thunderbirds showed their depth with Jeremy Sampson and Terry Roman scoring the final 19 points of the game. Roman poured in 17 points, Sampson 2.

Highline was led by thier usual 12 scorers led by Jeff Valentine with 25, Valentine added 18 points while Charlie Marquard bolstered the team totals with his 17 point performance.

Renner was the recipient of several fast break passes, which attributed to a 16 point effort.

Highline earned a bye for the first round of the playoffs by virtue of its Region I winning record of 12-0. An overall record of 24-2 was the best in the state. Tournament play continues this weekend as the men will travel to Walla Walla. Their first opponent is Tacoma Community College. Winner of this contest will play the winner between Centralia and Walla Walla.

Coach Fred Harrison refuses to look ahead to the final game, "Right now Tacoma is the team to beat, we play them first."

BIRTHDAY SPECIAL

$30 perm with this ad
Good every Monday for the month of March
Women take high hopes to Wenatchee

by Mark Keaty

Highline’s women’s basketball team entered the Community College State Tournament with the best record in the state. They are Region I champs with a 33-3 record and never looked back, taking the victory 68-45.

A near capacity crowd saw Highline run away from the first eight points of the game. Yakima Valley broke the drought at the 15:32 mark with Janice Bastille’s jump shot.

Highline had led up to nine points in the first half. Yakima Valley battled to within three points with 1:36 showing on the clock, but could not get any closer. The T-Birds took a seven point lead into the locker room, 30-23.

In the second half the roof caved in on Yakima Valley. Highline turned it into a quick 10 point lead and then put the clamps on Yakima Valley’s offense. The Thunderbirds nailed a 2-3 zone and made Yakima Valley shoot from the outside. Highline’s defense held Yakima Valley to 22 second half points.

“I thought we played good defensively,” said Coach Dale Bollinger, “so did Yakima.”

Both teams had trouble shooting from the field. Highline shot 29-66 and Yakima Valley shot a cold 17-69.

Jan Armstrang put down nine points, Armstrong played great defense and made Yakima Valley shoot from the outside.

Yakima Valley was limited to 22 second half points. Highline led by Armstrong and9 rebounds.

In the championship game Highline had the advantage in rebounds, 58-36.

Highline’s defense held Eastern Oregon to 29 percent shooting, while Highline put down 33 percent shooting. The Thunderbirds were limited to 21 percent shooting from behind the arc.

Highline took the lead on its first shot of the game and never looked back, taking the victory 68-45.

The T-Birds took a seven point lead into the locker room, 30-23.

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### EVENTS

- **March 6**: Annual Beer Championships
- **March 7**: At Munchen
- **March 10**: At Wild West, 7 pm
- **March 12**: Annual Beer Championships

### FOR SALE

- **DENISE COBET TV 21 IN**: $300
  - No remote, 1984, 21 inch
  - Located in Renton, call 762-5181 mornings.

- **STEREO EQUIPMENT Panorama of money. Has doesn’t have a working one in the living room. It can be used as entertainment for the whole family. Contact by phone 325-1234.**

### AUTOS FOR SALE

- **NOTION MONTANA 1985**: $500
  - With 21,000 miles
  - Located in Renton

### FOR RENT

- **POPULAR STUDIO APARTMENT**: 1 1/2 rooms
  - Located in Renton
  - Asking $90/month, all utilities paid

### PERSONALS

- **NEW CLASS SPECIAL**: Mike and Jan are starting a new class. They are very eager to meet new people. They are looking for someone to join them. Contact Mike at 762-5181.

### SERVICES

- **HANDYMAN**: Now with your hand needs help, let us help you. Call Terry at 762-5181.

### WANTED

- **WANTED FOR MUST**: $500
  - Located in Renton

### FOR HIRE

- **FEBRUARY 1982 SPECIAL**: $500
  - Located in Renton

### MISC

- **HAPPY BIRTHDAY MOTHER**: Jennifer, Happy birthday. Love you Mom. With your warm hugs and smiles.

### CLASSIFIEDS

- **LAUNDRY WASHING SALE**: User manual, quality name and model of the washing machine. It can be used for various tasks. Call 762-5181 for details.

- **PERSONAL**: Mike and Jan want to meet someone new. They are looking for someone to join them. Contact Mike at 762-5181.

- **HAPPY BIRTHDAY MOTHER**: Jennifer, Happy birthday. Love you Mom. With your warm hugs and smiles.

- **GOOD OLD BOY**: It was fun hanging out with you today. Thanks for making it a great day. See you soon.

- **GOOD BYE BUDDY**: It was an honor meeting you. Thank you for being a great friend. Good luck.

- **NURSING CARE**: Now your hand needs help, let us help you. Call Terry at 762-5181.

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- **EVENTS**: Happy Birthday WAVEMAKERS, the best haircare products available on the market. Join us as we celebrate another year of success.

- **EVENTS**: Happy Birthday, lovely girl. I love you. With your beautiful smile and sweet personality.

- **EVENTS**: Good Ole Boy. It was fun hanging out with you today. Thanks for making it a great day. See you soon.

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